The Interval Newsletter

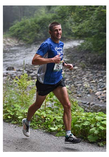
40th Annual January Thaw to be held January 20

Join Striders for the 40th annual 4.5-mile January Thaw Road Race on Sunday, January 20, at 11 a.m. at the Belgrade Central School (158 Depot Rd, Belgrade).

The top female and male runners will each receive $50 New Balance gift certificates. Plus, there's a post-race raffle for all runners with gift certificates from local businesses, and refreshments.

Registration is $10 and begins at 9:30 a.m.
(Note: There is only day-of registration.)

Facebook Event



Ron Peck and Alicia MacLeay Finish Terms on Club Board

The club is thankful for the service of two board members who finished their second two-year terms in December. **Ron Peck** served as the club's treasurer from 2015-18, and **Alicia MacLeay** served as the club's communications director from 2015-18, overseeing the Striders website, newsletter, race calendar, and other outreach efforts. Thank you, Ron and Alicia!

Read More

Volunteer with Striders

We're grateful to **Jennifer Brockway** (newsletter/website) and **Debbie Violette** (Facebook admin) who recently volunteered to assist the club with communications in 2019. However, there are still openings for a club secretary and treasurer, and opportunities to help with member communication/outreach and updating the club's race calendar.
Email: run@centralmainestriders.com

Renew Your Membership

Now is the time to renew your membership with Central Maine Striders for 2019.

Annual membership is just $15 and covers your entire household. Plus, members get free gloves and stickers (pick them up at a monthly meeting or pub run) and support the oldest, active running club in Maine.

Join or renew online through runsignup, *or*
Print and mail a membership form and check for $15 to: Central Maine Striders, P.O. Box 1177, Waterville, ME 04903

Renew Now

Like us on Facebook. Then join the Striders Facebook group to connect with other runners.

Strider Events

40th Annual January Thaw 4.5-Mile Road Race
Sunday, January 20, 11 a.m.
Belgrade Central School, 158 Depot Rd, Belgrade
(Snow Date: January 27)

Maine Races

Sunday, January 13

Indoor Insanity 5K
Gorham

Bradbury Squall Snowshoe Race
Pownal

Sunday, January 20

January Thaw 4.5-Mile Road Race
Belgrade
(Snow Date: January 27)

Sunday, February 3

Mid-Winter Classic 10-Miler
Cape Elizabeth

Sunday, February 10

Bradbury White Out Snowshoe Race
Pownal

Sunday, February 17

The Longfellow February Frostbite 2.5K
Portland

Sunday, March 3

Irish Road Rover 5K
Portland

Bradbury Blizzard Snowshoe Race
Pownal

Saturday, March 16

Thirsty Leprechaun 5K
South Portland

Sunday, March 24

Kerrymen 5K
Saco

Sunday, April 14

Dirty Dog Mud Run
Waterville

Saturday, April 20

Healthy High 5K, 10K, 1M
Orono

Saturday, April 27

George Kohl Memorial 5K
Oakland

Sunday, April 28

One in Five 5K
Waterville

Portland 10-Miler
Portland

Saturday, May 11

Shipyard Maine Coast Marathon and Half
Kennebunk and Biddeford
Striders 10% off registration code: CMS19

Sunday, May 19

Sugarloaf Marathon and 15K
Eustis and Carrabassett Valley

May 25-26

Pineland Farms Trail Running Festival
New Gloucester
Striders 10% off registration code: CMS19

Submit your 2019 race

Find more races

Race Info:
It is the responsibility of participants to confirm all race times, dates, locations, and other info directly with the group or individual responsible for that event. Information can change.

STRAVA

Find out where other members run. Compare miles run, elevation gained, and more on the weekly leaderboard. Find out who holds that local Strava course record...for now.
Join Central Maine Striders on Strava!

Contact Us

Email: run@centralmainestriders.com

Mail:
Central Maine Striders
P.O. Box 1177
Waterville, ME 04903

Please add us to your Google Contacts or other email contact and address books so you won't miss club news.

Established in 1975, the Central Maine Striders running club is the oldest, active running club in Maine. The club is open to all interested runners and serves runners of all ages, abilities, and interest levels in the Central Maine area.

Facebook | Facebook Group | Website | Email

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