The Interval Newsletter

40th Annual January Thaw RESCHEDULED for January 27

Due to the forecasted storm, you now have another week to prepare!

Run, walk, waddle, or race and join Central Maine Striders for the 40th annual 4.5-mile January Thaw Road Race. This year's race, originally scheduled for January 20, is now set for Sunday, January 27, at 11 a.m. at the Belgrade Central School (158 Depot Road, Belgrade).

The top female and male runners will receive $50 gift certificates each from New Balance. There also will be a post-race raffle for all runners with gift certificates from local businesses. Refreshments will be served after the race in the Belgrade Central School cafeteria.

Registration:

- Race fee: $10 on the day of the race (please make out checks to Central Maine Striders) Note: There is only day-of registration.
- Registration will be held at Belgrade Central School (158 Depot Road, Belgrade) starting at 9:30 a.m. on race day
- Facebook event for updates

Facebook Event

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
NEW DATE (RESCHEDULED DUE TO STORM)
Sunday, January 27, 11 a.m.
Belgrade Central School, 158 Depot Rd, Belgrade

Maine Races

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.

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