

Central MAINE Striders Interval



Doc & Mardie 5K on August 13

Join the 11th Annual Doc & Mardie 5K and Youth 1 Mile Fun Run on Saturday, August 13, at the Alford Youth Center in Waterville. This all-ages, family-friendly race includes parents pushing babies in strollers to active older runners, plus overall and age group awards and awards for oldest and youngest 5K finishers. Volunteers are needed for before, during, and after the race.

Register Today



Striders Singlets Available

Show your Central Maine Striders pride by wearing a club singlet, tee, or hat at an upcoming race or run. Men's and women's singlets, performance short- and long-sleeve tees, and caps are all available for purchase at the Central Maine Striders apparel store from Atayne.

Order Yours



Run/Walk for Life 5K benefits Hospice Volunteers

Congratulations to Patrick Guerette (21:06) and Stephanie LeBlanc (25:04) the top male and female finishers at the sixth annual Run/Walk for Life 5K held on Saturday, June 25, at Thomas College in Waterville.

Race Results



Race Report: Striders Run Mount Washington Road Race

On Saturday, June 18, former Central Maine Striders club president Dean Rasmussen and every runner's favorite mentor, Ron Paquette, each ran their 35th consecutive Mt. Washington Road Race on a picture-perfect day. Check out the full report from the race with only one hill.

Race Report

Who Will Be 2016 Strider of the Year?

At this time of year, Strider members are busy racing, volunteering at, and directing a variety of running events. While we're in the midst of the 2016 racing season is a good time to start considering who will be our 2016 Strider(s) of the Year and other annual club honorees.

Read More



3 More Quarry Road Races

Just three races remain in the Quarry Road Summer Race Series on the Waterville trails. Up next is the final 8K race (August 2), final 5K (August 9), and final 3K (August 16). Races start at 6 p.m. Free weekly fun runs for kids 12 and under are held at 5:30 p.m. A club BBQ is planned for after the final race.

Join Us!

Upcoming Strider Events

Quarry Road Summer Race Series

Tuesdays through August 16, 6 p.m.
3K, 5K, and 8K weekly trail races, plus free kids fun run.
Club BBQ after final race.
Quarry Road Trails, Waterville

Doc & Mardie 5K and Youth 1 Mile Fun Run

Saturday, August 13, 9 a.m.
Family-friendly race in honor of Doc and Mardie Brown that benefits Alford Youth Center.
Alford Youth Center, Waterville

Other Races

Friends of the Belgrade Public Library 5K

Saturday, July 30
Belgrade Central School, Belgrade

Fellowship of Christian Athletes 5K

Saturday, July 30
Kennebec River Rail Trail, Augusta

Loon Call 5K and 1M Fun Run

Saturday, July 30
25 Lake Shore Drive, Smithfield

Peaks Island 5-Miler

Saturday, July 30
Portland

Bond Brook 5K Trail Race Series

Thursday, August 4 and 11
Bond Brook Recreation Area, Augusta

Carrabassett Backwoods 10K

Saturday, August 6
Carrabassett Valley

Maine Huts & Trails Backwoods Duathlon

Saturday, August 6
Carrabassett Valley

Downeast Lakes 5-Miler

Saturday, August 13
Grand Lake Stream

The Flume 5K and 10K

Saturday, August 20
Sugarloaf Mountain

Run for our Fallen Heroes 5K and 10K

Saturday, August 20
Brunswick Landing Entrance

Katahdin Woods and Waters 5K Relay

Saturday, August 20
Matagamon

Winthrop Helluva Hill 5K Obstacle Race

Sunday, August 21
United Fitness, Winthrop

New Balance Family 5K

Saturday, August 27
New Balance, Skowhegan

Paws for a Cause 5K

Saturday, August 27
L.L. Bean Discovery Park, Freeport

LA Bridge Run 5K

Sunday, August 28
Rollodrome, Auburn

Maine Vets 5K

Sunday, August 28
Memorial Park, Scarborough

5K Race for the Lakes

Saturday, September 3
Camp Runoia, Belgrade

Augusta Boys and Girls Club for Teens 5K

Saturday, September 10
Capital Park, Augusta

Bond Brook Tread Fest: 5-Mile and 5K Trail Runs

Sunday, September 11
Bond Brook Recreation Area, Augusta

Lake Auburn Half, 5K Walk/Run, and Kids Fun Run

Sunday, September 11
Central Maine Community College, Auburn

Freeport Half Marathon & 5K

Sunday, September 11
Freeport

5K Run for the Trees

Saturday, September 17
Viles Arboretum, Augusta

Race Calendar:

Visit our [race calendar](#) for even more events.

Race Submissions:

Submit your event to our race calendar: alicia@macleay.com

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.

Contact Us

E-mail: Central Maine Striders has a new email address: run@centralmainestriders.com

Please add it to your address books, so you won't miss club news. (Note, the older Gmail address will continue to work.)

Mail: The club's mailing address is: Central Maine Striders, P.O. Box 1177, Waterville, ME 04903.

Due to a billing error, some mail may have been returned to sender recently. If you sent mail that was returned, please resend it. We apologize for any inconvenience.

Social Striders

Facebook: Join the [Central Maine Striders Facebook group](#) to connect with other members, discuss upcoming races, and more.

Strava: Join the [Central Maine Striders club](#) on Strava and find out where other members run, compare miles on the leaderboard, and more.

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.

