



The Interval Newsletter



Four Quarry Road Summer Trail Races Left

The Quarry Road Summer Race Series is in full swing on Tuesday nights in Waterville, and four races remain. There's still time to join any of the races below or even to compete for age group and overall series awards (just run one of each 3K, 5K, and 8K distance).

- July 25: 8K
- August 1: 8K
- August 8: 5K
- August 15: 3K and Series Awards
- August 22: Makeup date (if needed)

Registration starts at 5 p.m. Kids Fun Runs start at 5:30 p.m. Races start at 6 p.m.

Quarry Road Series Info

Quarry Road Races on Facebook



Trip Report: Riverlands 100

Congratulations to team Kennebec Trail Runners. In May, several Striders were part of this mixed five-person relay team at Riverlands 100 & Relay, Maine's first 100-mile trail race.

Striders Karen Gross (team captain), Shara Marquis, and Scott Frasca were joined by Rich Beaudoin and Mark Bonderud for the inaugural event put on by Trail Monster Running Riverlands State Park in Turner. The course consisted of a 20-mile loop located mostly on ATV trails with one section of single track.

[Check out their race report](#) in which each runner shared his or her individual experience.

Read Riverlands Race Report



Central Maine Striders on Facebook

Have you been racing the Quarry Road Summer Race Series, Bond Brook, Bradbury Mountain Trail Running Series, or other races this summer? Have you hit the trails or roads in Maine or farther afield?

We went to see and hear about your favorite or most memorable runs and races so far of summer.

[Join our Central Maine Striders Facebook group](#) and connect with other members and share your runs and races with us.

Central Maine Striders Facebook Group

Striders on Strava

How far did you run this week? How much elevation did you gain? What was your average pace?

If you enjoy recording the data details, join the [Central Maine Striders club](#) on Strava. You can find out where other members run, compare miles on the leaderboard, and more.

Central Maine Striders Strava Group

Become a Strider

If you aren't already a current member of Central Maine Striders, we hope you'll join.

[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

Membership covers your entire household (kids too!) in the oldest, active running club in Maine.

Join or Renew

Strider Events

[Quarry Road Summer Series](#)

July 25-August 22
Quarry Road Trails, Waterville
Weekly trail running series with 3K, 5K, and 8K races

[Doc and Mardie Brown 5K](#)

Sat., August 12
Alford Youth Center,
Waterville

Maine Races

[Down East Sunrise Trail Relay](#)

July 21-22
Ellsworth to Eastport
Good luck, Striders Team!

[Walk, Run, Roll 5K](#)

Sat., July 22
Bangor

[Pat's Pizza Clam Festival Classic](#)

Sat., July 22
Yarmouth

[Nordic Trail Festival](#)

Sat., July 22
Presque Isle

[Oakfest Triathlon](#)

Sun., July 23
Oakland

[Emily's Run 5K](#)

Sun., July 23
Auburn

[Pittston Fair 5K for ALS](#)

Sun., July 23
Pittston

[Back Cove 5K Weekly Series](#)

Wed., July 26, August 2, 9, 16, 23
Back Cove Trail, Portland

[Bond Brook Summer 5K Trail Race Series](#)

Thurs., July 27
Augusta

[Friends of the Belgrade Public Library 5K](#)

Sat., July 29
Belgrade

[Loon's Call 5K](#)

Sat., July 29
Smithfield

[Casco Days Country Run](#)

Sat., July 29
Casco

[Peaks Island 5-Miler](#)

Sat., July 29
Portland

[Bob Burns Memorial 5K](#)

Sun., July 30
Augusta

[Salvation Army Freedom 5K](#)

Mon., July 31
Old Orchard Beach

[Beach to Beacon 10K](#)

Sat., August 5
Cape Elizabeth

[Cary Memorial Library 5K](#)

Sat., August 5
Wayne

[Maine Huts & Trails Backwoods Duathlon](#)

Sat., August 5
Carrabassett Valley

[Washington Challenge 5K](#)

Sun., August 6
Washington

[Hollis Pirate Fest 5K & 5-Miler](#)

Sat., August 12
Hollis Center

[Island Ripple Run 4-Miler](#)

Sat., August 12
Great Diamond Island

[Mars Hill Mountain Challenge](#)

Sat., August 12
Mars Hill

[Downeast Lakes 5-Miler](#)

Sat., August 12
Grand Lake Stream

[Mt. Apatite 5K](#)

Sat., August 12
Auburn

[Bradbury Mountain Breaker 9-Miler](#)

Sun., August 13
Pownal

[Breaker to Breaker 10K](#)

Sun., August 13
Scarborough

[Bond Brook Summer 5K Trail Race Series](#)

Thurs., August 17
Augusta

[Katahdin Woods & Waters 5K Relay](#)

Sat., August 19
Matagamon

[4 Seasons Series of KCT: Summer Trail Races](#)

Sun., August 20
Kennebunkport

[Maine Vets 5K](#)

Sun., August 20
Scarborough

[Run for our Fallen Heroes 5K and 10K](#)

Sun., August 20
Brunswick

[Bond Brook Summer 5K Trail Race Series](#)

Thurs., August 24
Augusta

Race Calendar:
[Visit our race calendar](#) for more events.

Submit your event:
run@centralmainestriders.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: 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.

