

Central MAINE Striders Interval



[Run/Walk for Life 5K on June 25 benefits Hospice Volunteers](#)

The 6th annual Run/Walk Trek for Life 5K is this Saturday, June 25, at 9 a.m. at Thomas College in Waterville. The race benefits Hospice Volunteers of Waterville Area and L.N. Clark Inspiration Network.

Volunteers are also needed. If you're available, please contact Donnajean Pohlman (upbeat@uninets.net). Come out support a great cause!

[Register Today](#)



[Race Report: 7 Marathons in 7 States in 7 Days for Camp Sunshine](#)

For his 70th birthday, Strider Mike Brooks pledged to run seven marathons in seven days in seven states, all to raise money for Camp Sunshine, a Maine retreat for children with life-threatening illnesses. Find out how it went this spring in Mike's race report.

[Read Mike's Race Report](#)



[Races on Quarry Road Trails on Tuesdays this Summer](#)

The fourth annual Quarry Road Summer Race Series is now underway on Waterville's Quarry Road Trails.

Up next are an **8K race tonight** (Tuesday, June 21) and a makeup 3K next week (Tuesday, June 28). The series continues through August 16. Races start at 6 p.m. and distances alternate between 3K, 5K, and 8K. Free weekly fun runs for youth 12 and under are held at 5:30 p.m.

Join us for one race or all summer long!

[Join Us!](#)

New Striders Email

Central Maine Striders has a new email address: run@centralmainestriders.com. Please add it to your address books, so you won't miss any local running events or news, and use it to contact the club. (Note, the older Gmail address will still continue to work.)

Get Social with Striders

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

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

Upcoming Strider Events

[Quarry Road Summer Race Series](#)

Most Tuesdays, June 21-August 16, 6 p.m.
3K, 5K, and 8K weekly trail races, plus free kids fun run
Quarry Road Trails, Waterville

[Run/Walk Trek for Life 5K](#)

Saturday, June 25, 9 a.m.
Benefits Hospice Volunteers of Waterville Area and L.N. Clark Inspiration Network
Thomas College, 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 the Alford Youth Center.
Alford Youth Center, Waterville

Other Races

[PFBF CPAs "Run the Numbers" 5K](#)

Saturday, June 18
46 First Park Drive, Oakland

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

Thursday, June 23
July 7 & 14, August 4 & 11
Bond Brook Trails, Augusta

[Craft Brew Races - Portland](#)

Saturday, June 25
Edward Payson Park, Portland

[Kennebec River Rail Trail Half Marathon, Relay, & 5K](#)

Sunday, June 26
Old Fort Western, Augusta

[Bay of Fundy International Marathon, Half, & 10K](#)

Sunday, June 26
Lubec

[Falmouth Five and Dime Trail Races](#)

Sunday, June 26
Falmouth Community Park, Falmouth

[Gorham 4-Miler](#)

Thursday, June 30
Gorham

[Friends on the 4th 5K](#)

Monday, July 4
American Legion, Winthrop

[L.L.Bean Fourth of July 10K](#)

Monday, July 4
Freeport

[Bridgton 4 on the Fourth](#)

Monday, July 4
Memorial School, Bridgton

[Shipyard Old Port Half Marathon & 5K](#)

Saturday, July 9
10% discount to Central Maine Striders. Use Promo Code: runoldportME2016
Portland

[MollyOckett Day Classic](#)

Saturday, July 16
Bethel Common, Bethel

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

Saturday, July 30
Belgrade Central School, Belgrade

Race Calendar:

[Visit our race calendar](#) for 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.

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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