



The Interval Newsletter



Quarry Road starts June 12

The 2018 Quarry Road Summer Race Series kicks off with a 3K trail race on Tuesday, June 12. Each of the nine race weeks participants complete a 3K, 5K, or 8K on the Quarry Road Trails in Waterville. Along with the featured race (6 p.m.), there is a kid's fun run (5:30 p.m.) for children 12 and under.

Join in for a single race (register for just \$5 that day) or participate all summer long to compete for the overall series title and age group awards.

- [Register for the full series](#) (\$35 for nine races!)
- [Series schedule and weekly sponsors](#)
- Please [contact Patrick Guerrette](#) if you can volunteer

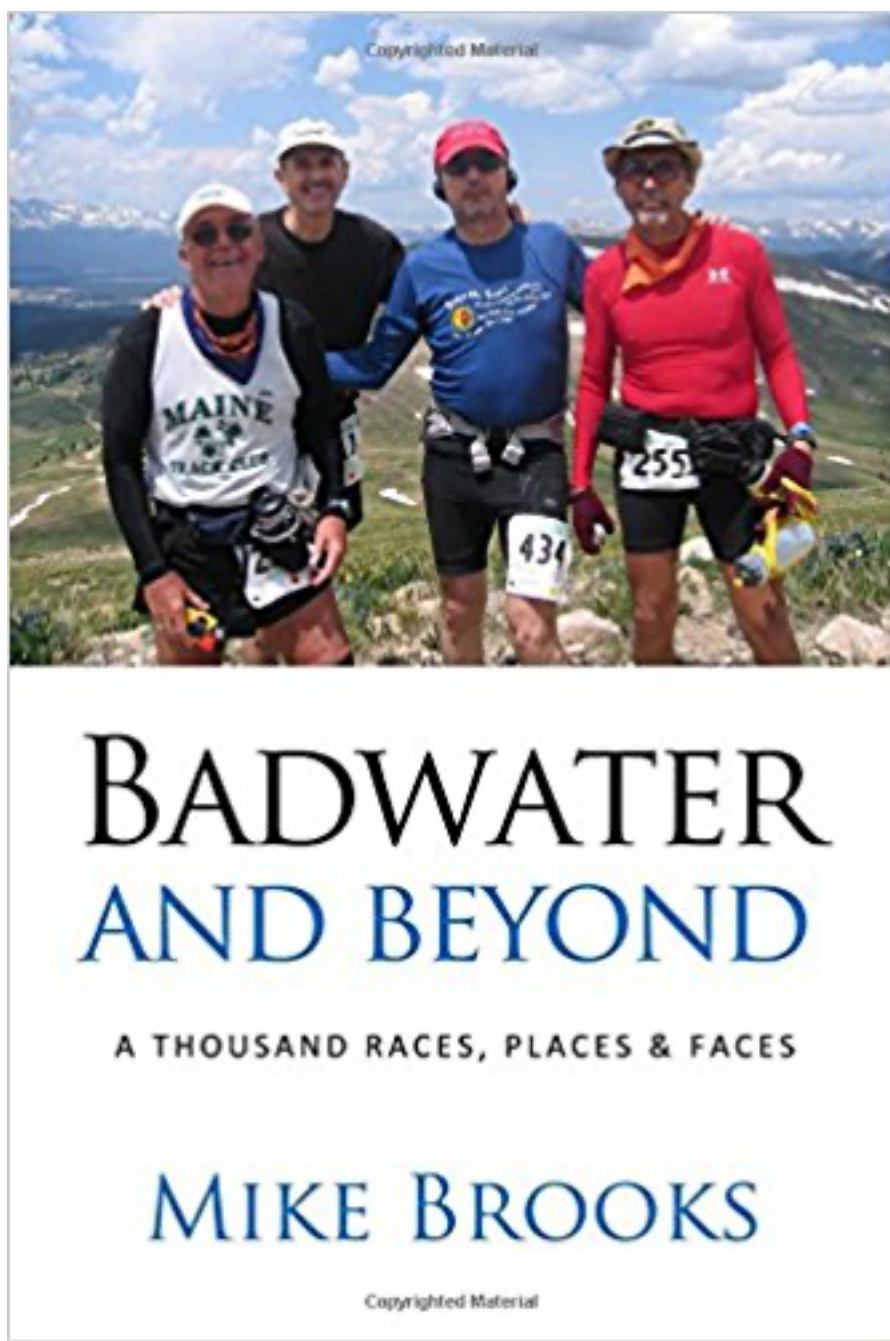
Quarry Road on Facebook

Club Social and Book Signing: June 12

Stick around after the 3K on Tuesday, June 12, for a club social and a book signing at Quarry Road Trails. We'll have a casual potluck with food and drinks to share. Plus, Mike Brooks, our 2016 Strider of the Year, will be on hand with copies of his new book *Badwater and Beyond: A Thousand Races, Places & Faces*, with proceeds going to support Special Olympics.

Racers, runners, walkers, spectators, friends—all are welcome!

Facebook Event

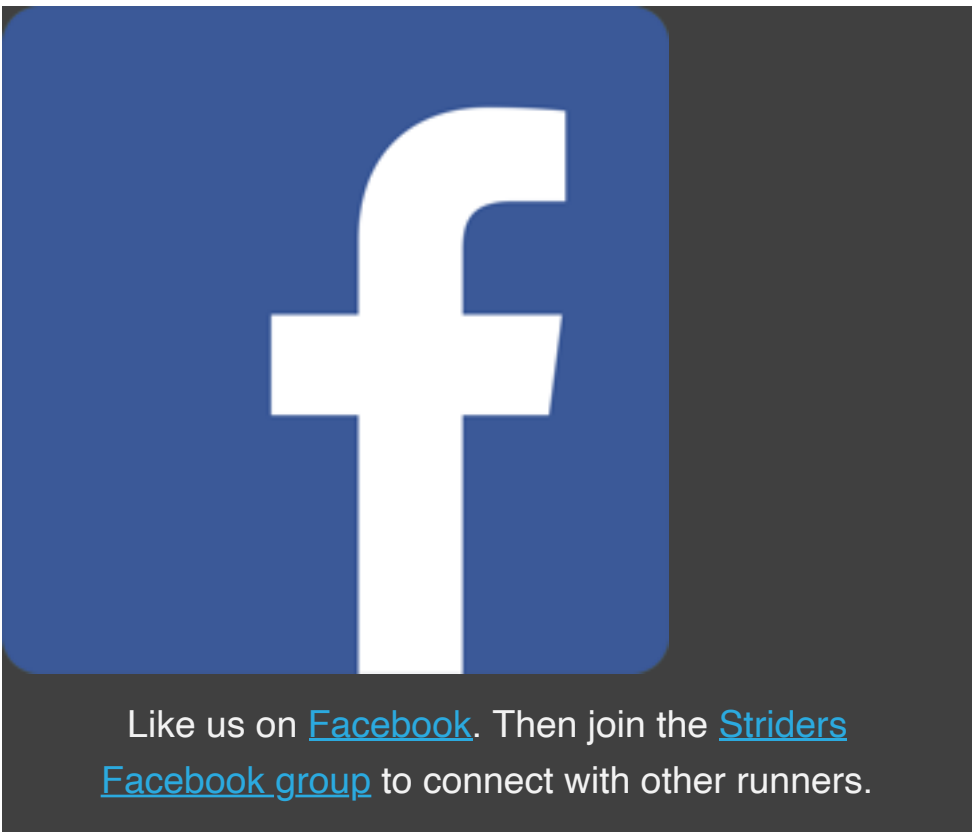


Weekly Waterville Pub Runs

Join Striders for a weekly group run and pub social on Wednesdays at 6 p.m. this summer. This is not a race or competitive event, and it is open to all runners.

Meet at the Concourse in downtown Waterville near the back side of Key Bank. We will go for a run of about 3 miles and then stop by one of the Waterville pubs. If enough people show up, we can split into multiple groups of different distances and/or speeds. Thanks to Strider VP, Ryan Goebel, for organizing these fun pub runs!

Pub Runs on Facebook



Join Striders for 2018

If you haven't already, please join Central Maine Striders for 2018. If you already have, thank you!

Annual membership is just \$15 and covers your entire household (kids too!).

[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

Join or Renew

Strider Events

[Waterville Pub Runs Wednesdays 6 p.m.](#)
Concourse, Waterville
Weekly group run and pub social.

[Quarry Road Summer Race Series](#)
[Most Tuesdays, starting June 12](#)
Quarry Road Trails, Waterville
5:30 p.m. — Kids Fun Run
6 p.m. — 3K, 5K or 8K race

[Club Social & Book Signing Tuesday, June 12, 8 p.m.](#)
Quarry Road Trails, Waterville
Casual potluck after Quarry Road 3K, plus "Badwater and Beyond: A Thousand Races, Places & Faces" book signing by Mike Brooks.

[Doc & Mardie Brown 5K and Kids 1-Mile Fun Run](#)
Saturday, August 11
Alford Youth Center, Waterville

Maine Races

Summer Series

Tuesdays through August 21
[Quarry Road Summer Race Series](#)
Quarry Road Trails, Waterville

Wednesdays through August 29
[Back Cove Weekly 5K](#)
Portland

Thursdays: June 28, July 12 and 19, August 2 and 9
[Bond Brook 5K Series](#)
Augusta

Saturday, June 9
[5K Tiger Trail Race](#)
Sullivan

[Pants on Fire 5K Beer Run](#)
Winterport

Sunday, June 10
[Luv 2 Run Portland 5K](#)
Portland

[Run with Dad 5K](#)
Rockland

Saturday, June 16
[PEBE CPAs "Run the Numbers" 5K](#)
Oakland

[Maine Summer Adventure Race](#)
Jefferson

[Waldoboro Day 5K](#)
Waldoboro

[Leavitt Father's Day 5K](#)
Turner

Sunday, June 17
[Bond Brook Tread Fest — Run](#)
Augusta

Thursday, June 21
[Gorham 4-Miler](#)
Gorham

Saturday, June 23
[Shoeyard Old Port Half Marathon](#)
Portland

[Run for the Gold 5K](#)
Bangor

Sunday, June 24
[Bay of Fundy International Marathon](#)
Lubec

Saturday, June 30
[Rocky Coast Road Races 5K and 10K](#)
Boothbay Harbor

[Randall's Run for the Gym 5K](#)
Springvale

[Run for Recovery 5K](#)
Orrington

Wednesday, July 4
[July Fourth Around Mount Desert Island Relay](#)
Create a Striders team!
Mount Desert Island

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

[Heritage Days Road Race 5-Miler](#)
Bath

[Firecracker 5K](#)
Thomaston

[Walter Hunt 4th of July 3K](#)
Brewer

[Find more races](#)

[Submit your event](#)

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

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.

[Facebook](#) [Facebook Group](#) [Website](#) [Email](#)

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