

Central MAINE Striders Interval



[7 Marathons in 7 Days for Camp Sunshine](#)
Strider member Mike Brooks is celebrating his 70th birthday by running seven marathons in seven days in seven states to raise funds for Camp Sunshine.

Mike will take on his "Riverboat Challenge" April 17 through April 23 starting with a marathon in Louisiana, followed by ones in Arkansas, Mississippi, Tennessee, Kentucky, Missouri, and Illinois. [Support his fundraiser with a donation.](#)

[Learn More & Support Mike](#)

[Join Striders on Strava](#)
Are you on Strava? Club treasurer Ron Peck has started a Central Maine Striders club on the website/mobile app. Join the [Central Maine Striders club](#) on Strava and find out where other members run, compare miles on the leaderboard, and give and get kudos. "Hopefully, we can have a bit of friendly competition and see where and when people run around here," says Ron.

[Join CMS on Strava](#)



[Triple Crown Winner at Catalina Island Marathon!](#)
Jerry Allanach sent in a race report after running the Catalina Island Marathon in California:

Striders like Gene Roy and Ron Paquette that ran with me back in the '80s will likely recall how much I have always loved this California trail run. While starting and finishing at sea level, in between the roller-coaster run through mountains adds an estimated 4,310 vertical feet of climbing, and of course that means you also have to experience a much more muscle punishing 4,310 feet of running downhill. ...

As we age we have to get somewhat creative when claiming victory, so here is my self-proclaimed marathon triple crown.

[Read Jerry's Report](#)



[Quarry Snow Shuffle 5K](#)
Congratulations to Chris Poirier (37:01) and Hannah Raymond (41:38), the men's and women's winners respectively of the second annual Quarry Snow Shuffle 5K snowshoe race.

The event was held Sunday, February 7, at Quarry Road Trails in Waterville and benefited the nonprofit WinterKids.

[Race Results](#)

Upcoming Strider Events

April Club Meeting
Wednesday, April 13, 6 p.m.
Alfond Youth Center boardroom, 126 North St, Waterville. All are welcome.

May Club Meeting
Wednesday, May 11, 6 p.m.
Alfond Youth Center boardroom, 126 North St, Waterville. All are welcome.

[Quarry Road Summer Race Series](#)
Tuesdays, June 3-August 23
3K, 5K, and 8K weekly trail races, plus free kids fun run
Quarry Road Trails, Waterville

Run/Walk for Life 5K
Saturday, June 25, 9 a.m.
Benefits Hospice Volunteers of Waterville Area and L.N. Clark Inspiration Network
Thomas College, Waterville

Other Races

[Spring Fling 5K Run/Walk](#)
Saturday, April 2
Fryeburg

[Falmouth 4-Miler](#)
Saturday, April 9
Falmouth

[Great Scot Trot](#)
Saturday, April 9
Bonny Eagle High School, Standish

[Bridge the Gap Race](#)
Sunday, April 10
Fort Knox State Park

[Unity College Spring 5K](#)
Saturday, April 16, 9:30 a.m.
Unity College, Unity

[Thomas College Dirty Dog Mud Run](#)
Sunday, April 17
Thomas College, Waterville

[Spring Trail Running Series](#)
Wednesdays, April 20-May 25
Hidden Valley Nature Center, Jefferson

[Urban Runoff 5K](#)
Saturday, April 23
Deering High School, Portland

[One in Five 5K](#)
Sunday, April 24
Thomas College, Waterville

[Fly Like an Eagle 5K](#)
Saturday, April 30
Erskine Academy, South China

[Run To Prevent Child Abuse 5K/10K](#)
Saturday, April 30
Franklin County Children's Task Force, Farmington

[Spawning Run 5K](#)
Saturday, April 30
University of Maine, Orono

[Hospice House 5K & Remembrance Walk](#)
Sunday, May 1
Franklin County Court House, Farmington

[George Kohl Memorial 5K](#)
Saturday, May 7
Messalonskee High School, Oakland

[Portland Sea Dogs Mother's Day 5K](#)
Sunday, May 8
Portland

[Black Bear Boogie 5K](#)
Saturday, May 14
Wayne

[Miles for Mills 5K](#)
Monday, May 30
Cony High School, Augusta

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

Race Submissions:
Tell us about your 2016 race. Submit it 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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