



The Interval Newsletter



Geoff Hill and Gene Roy to be honored by Striders

On Wednesday, March 7, at the club annual meeting, Central Maine Striders will recognize Geoff Hill and Gene Roy, two long-time club members, for their service to and support of the club. Congratulations, Geoff and Gene, and thank you for all you've done for Central Maine Striders!



Meet Geoff and Gene



Join Us March 7 at Mainely Brews for Annual Dinner

On Wednesday, March 7 (weather permitting), please join fellow Central Maine Striders for food, drinks, awards, and election of officers at the club's annual dinner at Mainely Brews (1 Post Office Road, Waterville) at 6 p.m. All are welcome!

All 2018 members will get free Striders gloves and stickers. [Renew or join now](#) or at the meeting for \$15.

([Check Facebook](#) on Wednesday afternoon for any changes due to weather.)

Facebook Event Info



Mt. Washington Road Race

Runners interested in the 2018 Mt. Washington Road Race on Saturday, June 16, should contact Ron Paquette (uphill@uninets.net) at their earliest convenience. There are a limited number of entries per team for club members. Runners will have to provide a volunteer to assist the club on race day.

If you want a slot in this challenging 7.6-mile race to the top, to volunteer on behalf of the club, or to help coordinate the Striders team, please contact Ron (uphill@uninets.net).

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!). Plus, all 2018 members will get free gloves and stickers at our annual meeting on March 7.

[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

[Annual Club Dinner](#)
Wed., March 7, 6 p.m.
Mainely Brews,
1 Post Office Road, Waterville
All are welcome!

([Check Facebook](#) on Wednesday afternoon for any changes due to weather)

Maine Races

Sat., March 17
[Trackside Station Lucky Leprechaun 5K](#)
Rockland

Sat., March 24
[On the Run Half Marathon](#)
Old Orchard Beach

Sun., March 25
[Great Scot 5K](#)
Standish

Sat., March 31
[Kennebunkport 5 Miler](#)
Kennebunkport
[Challenger 5K Space Race](#)
Bangor

Sat., April 7
[Falmouth 4-Miler](#)
Falmouth
[Tiger 5K](#)
Gardiner

Sun., April 8
[Bridge the Gap Race 3-Miler and 10-Miler](#)
Bucksport

Sun., April 15
[Thomas College Dirty Dog Mud Run](#)
Waterville

Fri., April 20
[Healthy High 5K, 10K, and 1M](#)
Orono

Sat., April 21
[Unity College Spring 5K](#)
Unity
[Kaufman 5K](#)
Ellsworth

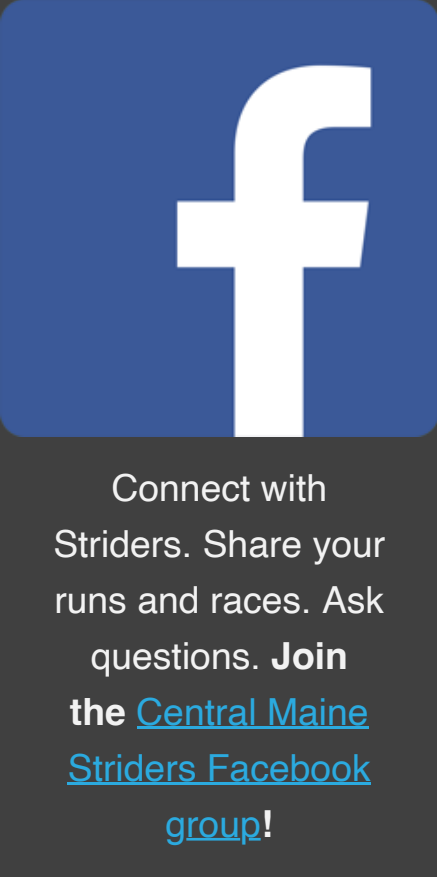
Sun., April 22
[Inaugural Portland 10 Miler](#)
Portland
[Wells2Kennebunk Beach 10 Miler](#)
Wells
[Raccoon Run 5K](#)
Portland
[Erin's Run 5K](#)
Bangor

Sat., April 28
[Feed ME 5K Walk/Run](#)
Augusta
[Fly Like An Eagle 5K](#)
South China

Sun., April 29
[One in Five 5K](#)
Waterville

[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.



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.

