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The Interval Newsletter

Join Us March 21 at Mainely Brews for Annual Dinner

Please join fellow Central Maine Striders on Wednesday, March 21, for food, drinks, awards, and election of officers at the club's annual dinner. The event is 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 just $15.

Facebook Event Info

Geoff Hill and Gene Roy to be honored by Striders

On Wednesday, March 21, 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

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.

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 21.

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 21, 6 p.m.
Mainely Brews,
1 Post Office Road, Waterville
All are welcome!

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

Tiger 5K
Gardiner

Falmouth 4-Miler
Falmouth

Sun., April 8

Bridge the Gap Race 3-Miler and 10-Miler
Bucksport

Sun., April 15

Thomas College Dirty Dog Mud Run
Waterville

Midcoast Mudathlon
Jefferson

Wed., April 18

Hidden Valley Nature Center Spring Trail Running Series
Wednesdays through May 23
Jefferson

Fri., April 20

Healthy High 5K, 10K, and 1M
Orono

Sat., April 21

Unity College Spring 5K
Unity

Kaufman 5K
Ellsworth

Sun., April 22

Erin's Run 5K
Bangor

Raccoon Run 5K
Portland

Inaugural Portland 10 Miler
Portland

Wells2Kennebunk Beach 10 Miler
Wells

Sat., April 28

Feed ME 5K Walk/Run
Augusta

George Kohl Memorial 5K
Oakland

Sun., April 29

One in Five 5K
Waterville

Fly Like An Eagle 5K
South China

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.

Connect with Striders. Share your runs and races. Ask questions. **Join the** Central Maine Striders Facebook group**!**

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.

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