

Central MAINE Striders Interval



Weekly Summer Races Return to Quarry Road Trails June 7

The fourth annual Quarry Road Summer Race Series kicks off on Tuesday, June 7, with a 3K trail race at Waterville's Quarry Road Trails.

The series offers weekly races most Tuesday nights, starting on June 7 and continuing 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!

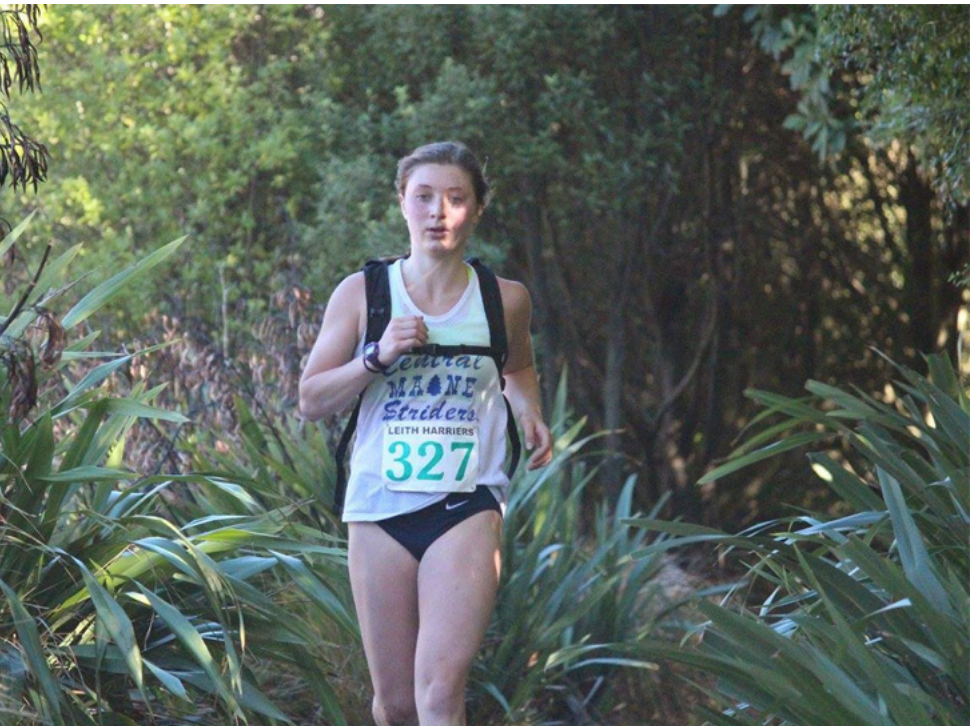
Register Today



Run/Walk for Life 5K on June 25 benefits Hospice Volunteers

The 6th annual Run/Walk Trek for Life 5K will be held 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. Come out support a great cause!

Register Today



Race Report: Erzsie Races over New Zealand Mountains

Long-time Strider Erzsie Nagy sent us a race report from New Zealand where she is studying abroad. Erzsie is a junior at Middlebury College, where she runs cross country and track. When she competed for Lawrence High School, she was a multiple state champion and all-time fastest high school girl in the 800 meters.

Read Erzsie's Race Report

Get Social with Striders

Join the [Central Maine Striders Facebook group](#) and 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 7- 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

Other Races

[Salomon Trail Running Festival](#)

Saturday, May 28, & Sunday, May 29

Pineland Farms, New Gloucester

[Miles for Mills 5K](#)

Monday, May 30

Cony High School, Augusta

[Blue Light 5K Run](#)

Saturday, June 4

Colby College, Waterville

[Out Run Lyme with Kassie 5K](#)

Saturday, June 4

Farm to Farm course, Athens
Kate Cooley,
yiddlek@hotmail.com

[Black Bear Marathon, Half Marathon, & 10K](#)

Sunday, June 5

University of Maine, Orono

[Acadia Half Marathon & 10K](#)

Sunday, June 5

Bar Harbor

[Maine Running Hall of Fame 5K](#)

Sunday, June 5

Portland

[5K Blood Sweat and Cheers Glow Run & Walk](#)

Friday, June 10

Lawrence High School, Fairfield

[Amy Buxton's Underdog Jog](#)

Saturday, June 11

Cony High School, Augusta

[YMCA Fit Fest 5K](#)

RRCA Championship 5K

Sunday, June 12

Festival Plaza, Auburn

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

Thursday, June 16 & 23

July 7 & 14, August 4 & 11

Bond Brook Trails, Augusta

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

Saturday, June 18

46 First Park Dr, Oakland

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

Sunday, June 26

Old Fort Western, Augusta

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

Monday, July 4

American Legion, Winthrop

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

Monday, July 4

Freeport

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

Saturday, July 9

Portland

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.

