You're receiving this email because you are a member or friend of Central Maine Striders running club.

Please add run@centralmainestriders.com to your address book.

View this email in your browser

The Interval Newsletter

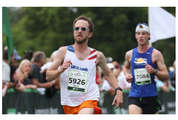
Wednesday Track Workouts

Join Striders for early morning Wednesday workouts starting May 2. Tracey Cote will lead informal weekly track workouts May 2, 9, 16, 23, and 30 and June 6 on the Colby College track.

Meet at 5:45 a.m. at the Colby track (at steps by the tennis court side of the track) in Waterville for a warm-up. Tracey will bring weekly workouts, which can be modified for different levels, shortened, or run by yourself. All runners and running abilities welcome.

- **Wednesdays: May 2, 9, 16, 23, 30 and June 6; Start at 5:45 a.m.**
- **Colby College, Alfond Track, Waterville**
- **Rain or shine. All abilities welcome!**

Facebook Event



Meet Ryan Goebel, Striders Club Vice President

A big welcome and thank you to Ryan Goebel, who was voted in as the new Central Maine Striders Vice President at the club's annual meeting in March. Ryan, who started running competitively in high school, ran his first marathon last year and recently ran the Boston Marathon.

Get to know Ryan at the link below.

Meet Ryan

2018 Quarry Road Series

Mark your calendars for Tuesday, June 12, the first week of the 2018 Quarry Road Summer Race Series. A nine-week trail running series, each week participants complete a 3K, 5K, or 8K on the Quarry Road Trails in Waterville. Along with the featured race (6 p.m.), each week there is a kid's fun run (5:30 p.m.) for children 12 and under.

Join in for a single race or participate all summer long to compete for the overall series title and age group awards.

Quarry Road on Facebook

Pinelands and MDI Teams

When registering for the Pineland Farms Trail Running Festival (May 26-27) please join the Central Maine Striders team. In each race distance, the times of the top four finishers on a team are combined for team awards and prizes. If you're already registered, email the RD.

The club is also looking for any members interested in being part of a Striders team for the July 4th MDI Relay, a 100km relay around Mount Desert Island. Relay teams consist of 2-9 people. If interested email run@centralmainestriders.com or post in the Striders Facebook group.

BADWATER AND BEYOND

A THOUSAND RACES, PLACES & FACES

MIKE BROOKS

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Badwater and Beyond Book

Congratulations to Mike Brooks, long-time Strider and 2016 Strider of the Year, who has published the book *Badwater and Beyond: A Thousand Races, Places & Faces*. Through his running efforts, Mike has raised more than $60,000 for children's nonprofits, and he'll be donating proceeds from the book to Special Olympics.

Find a copy on Amazon ($14.95) and read about some of Mike's running highlights from running through Death Valley to 491 miles in 10 days.

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 get free gloves and stickers. Collect yours at a monthly meeting.

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

Wed. Morning Track Workouts
May 2, 9, 16, 23, 30, June 6
Colby, Alfond Track, Waterville
Start at 5:45 a.m. Done by 7 a.m.
All welcome. Rain or shine. Meet at steps by tennis court side of track.

May Striders Club Meeting
Wednesday, May 9, 6 p.m.
Alfond Youth Center, boardroom (second floor), 126 North St, Waterville
All are welcome at the monthly meeting of the Central Maine Striders running club.

Quarry Road Race Series
Tuesdays, starting June 12
Quarry Road Trails, Waterville
5:30 p.m. Kids Fun Run
6 p.m. 3K, 5K or 8K race
Check calendar for weeks off.

Maine Races

Wednesdays May 2, 9, 16, 23

Hidden Valley Nature Center Spring Trail Running Series
Jefferson

Saturday, May 5

Big A 50K
York

St. Mary's Commit to Get Fit Challenge: 3K/5K/10K/15K
Auburn

The "Munch"
Bath

Falmouth Foreside 5K
Falmouth

Elaine Hill Love a Nurse 5K
Milbridge

Sunday, May 6

Moose Tracks 5K
Augusta

Airline TrALE Run 5k/10k/Marathon
Amherst

Saturday, May 12

Riverlands 100 & Relay
Turner

Shipyard Maine Coast Half Marathon
Biddeford

The Hard Cider Run
Portland

Sunday, May 13

Shipyard Maine Coast Marathon
Kennebunk

Sea Dogs' Mother's Day 5K
Portland

Saturday, May 19

Kipple's 5K
Westbrook

Moose Mainea 5K and 10K
Greenville

Run Hard, Be Happy 5K
Old Town

Sunday, May 20

Sugarloaf Marathon and 15K
Kingfield

For Them 5K
Augusta

Casey's Run 5K
Waterboro

Saturday, May 26

Mutt Strut and 5K
Augusta

Pineland Farms Trail Running Festival
When registering, join Central Maine Striders team
New Gloucester

Sunday, May 27

Pineland Farms Trail Running Festival
When registering, join Central Maine Striders team
New Gloucester

Monday, May 28

Miles for Mills 5K
Augusta

Main Street Memorial Mile
Ellsworth

Saturday, June 2

Safe Voices 5K
Lewiston

Rock My Socks 5K
Bangor

Cobscook Bay Road Races 5K and 10K
Pembroke

Readers, Writers, and Runners 5K
Phillips

Sunday, June 3

Acadia Half Marathon & 10K
Bar Harbor

Maine Running Hall of Fame 5K
Portland

Girls on the Run 5K
Cumberland Center

Thomaston Trek 5K & 10K
Thomaston

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.

Like us on Facebook. Then join the Striders Facebook group to connect with other runners.

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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