



The Interval Newsletter



Pub-to-Pub-to-Pub Run this Saturday, November 10

Join Striders this Saturday, November 10, for the club's first ever "Pub-to-Pub-to-Pub Run" on the Kennebec River Rail Trail in Hallowell and Augusta.

- ~1 p.m.—Meet at The Liberal Cup (115 Water St, Hallowell)
- ~2 p.m.—Run along KRRT to Cushnoc Brewing Co. Tasting Room (40 Front St, Augusta). This is the tasting room, located on the back side of the building facing the river, not the restaurant.
- ~3:15 p.m.—Run back along KRRT to The Quarry Tap Room (122 Water St, Hallowell)

Please consider carpooling and/or having a designated driver if you plan on drinking alcohol at any of the stops.

This is a non-competitive, social event. There are no awards, start lines, finish lines, or timers. Please be courteous to other people on the KRRT, as well as the staff and other patrons at the establishments we will be visiting.

Current club members, get your Striders stickers and gloves at the start or finish.

Facebook Event

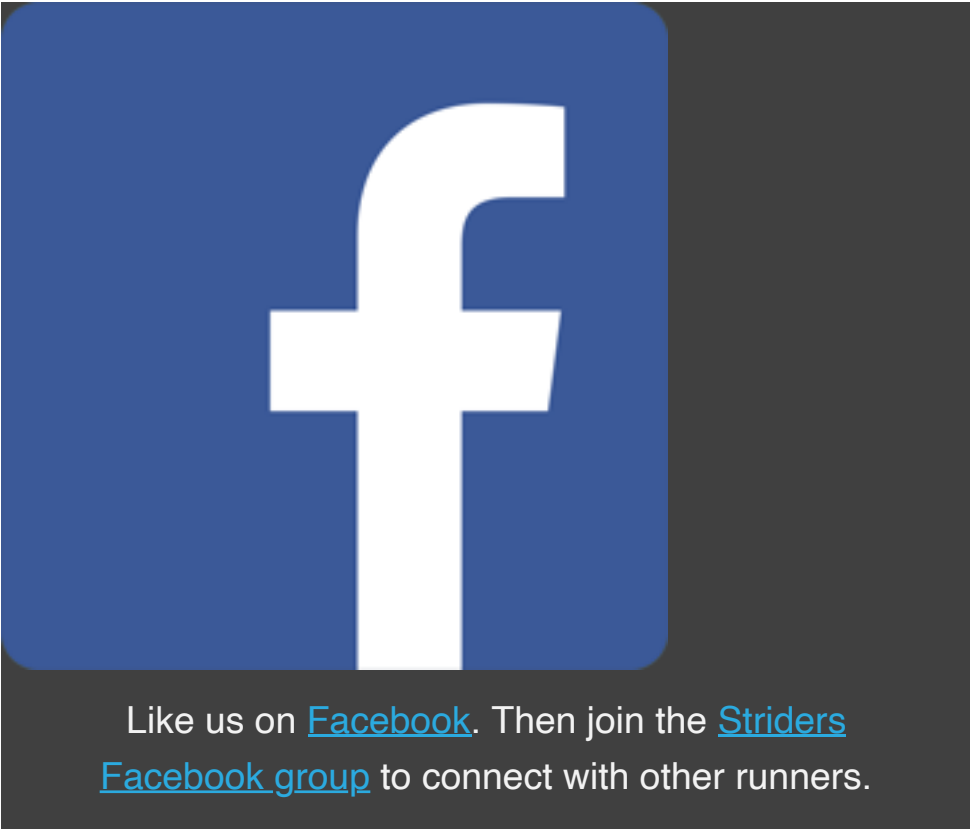


Join our Board and help Striders Grow in 2019

Take your love of running and the running community even further—join the Central Maine Striders board! We have three board positions—Secretary, Treasurer, and Communications—opening due to term limits, and the club needs individuals like you who can step up to support and grow Striders.

To learn more, come to a monthly club meeting (next one is [November 14](#) at 6 p.m. at Mainely Brews, Waterville) or email run@centralmainestriders.com.

More Info



Join Striders in 2019

Join Central Maine Striders for 2019.

Annual membership is just \$15 and covers your entire household (kids too!). Plus, we've got gloves and stickers (members can get them at monthly meetings or a pub run). Join now and we'll extend your membership through 2019.

[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

[Pub-to-Pub-to-Pub Run Saturday, November 10, 1 p.m.](#)
Meet at Liberal Cup, Hallowell

[November Club Meeting Wednesday, November 14, 6 p.m.](#)
Mainely Brews
1 Post Office Square, Waterville
All are welcome.

[Monthly Club Meeting Wednesday, December 13](#)
Details TBD
All are welcome.

Maine Races

Sunday, November 11

[Girls on the Run 5K](#)
New Gloucester

[Moosehorn Ghost Run Half Marathon and Relay](#)
Baring

[Veterans Remembrance 4-Miler](#)
Ellsworth

Saturday, November 17

[Dashing for Drumsticks 5K, 10K, and Fun Run](#)
Oakland

[UMF FRC Turkey Trot 5K and 10K](#)
Farmington

Sunday, November 18

[Maine Track Club Turkey Trot 5K](#)
Cape Elizabeth

[Brewer High School Turkey Trot](#)
Brewer

Thursday, November 22

[Gasping Gobbler 5K](#)
Augusta

[Wobble and Gobble 5K](#)
Bethel

[Catch That Turkey 5K](#)
Bar Harbor

Friday, November 23

[YMCA Turkey Trot 5K](#)
Rockport

Saturday, November 24

[Burn Off the Turkey 5K](#)
Gorham

Sunday, December 2

[Santa Hustle Maine 5K](#)
South Portland

[Jingle Bell Run Freeport 5K](#)
Freeport

Saturday, December 8

[Millinocket Marathon & Half](#)
Millinocket

Sunday, December 9

[Portland Trails Holiday Dash Winter 5K](#)
Portland

Tuesday, January 1

[Foulmouthed New Year's Mile](#)
South Portland

Sunday, January 13

[Indoor Insanity 5K](#)
Gorham

[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. Information can change.

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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