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The Interval Newsletter

Welcome, Secretary Shara!

A big welcome and thank you to Shara Marquis, who recently was voted in as the new Central Maine Striders secretary. Get to know Shara in the article below. Join fellow members and officers at our next meeting (October 11, 6 p.m. Big G's Deli).

Meet Shara

Thank You, Mark!

The club now has a pop-up tent for races and other events, thanks in part to a donation from member Mark Fisher, a regular in the Striders team at the Mt. Washington Road Race. Thank you, Mark! Get to know more about Mark below.

Meet Mark

Race Report: Vermont 100

Knowing something is hard and doing something that is hard are not the same thing. On July 15-16 I ran the Vermont 100, a race I've wanted to do for several years. It was hard. It was far. It was painful at times. It was incredible.

Race Report: Vermont 100

Race Report: Buckin' Hell 50K

Often races dictate where we end up vacationing and after looking at the course for the Buckin' Hell 50K and noticing it also came with some points towards UTMB we decided to spend a week exploring Vancouver and Whistler this summer.

Race Report: Buckin' Hell 50K

Connect with other club members and local runners. Share your runs and races. Ask questions. **Join our** Central Maine Striders Facebook group**!**

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**!**

Support Striders, Join Today

Did you know Central Maine Striders is the oldest, active running club in Maine? Since 1975, our volunteer-run club has workined to build and support the Central Maine running community, with members like you.

Annual membership is just $15 and covers your entire household (kids too!).

If you're not already a Strider, please join us today:

- 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

Not sure if you're a member?
Send an email to run@centralmainestriders.com.

Join or Renew

Strider Events

October Club Meeting
Wed., October 11, 6 p.m.
Big G's, 581 Benton Ave, Winslow

Please join us at Big G's for our monthly club meeting. Sandwiches, baked goods, and more are available for purchase. All are welcome!

Volunteers Needed:
Fall Potluck and Running
TBD: Late October

The club would like to host a fun, family-friendly, fall potluck/run event. If you're interested in planning or helping out in any way, please come to our October 11th meeting at 6 p.m. (Big G's, 581 Benton Ave, Winslow).

November Club Meeting
Wed., November 8, 6 p.m.
Big G's, 581 Benton Ave, Winslow
All are welcome.

Maine Races

Sat., October 7

Mt. Abram Ascent
Greenwood

Lincoln Harvest Moon Festival 5K
Lincoln

Harvest Hustle 5K
Fayette

Tanglewood Tracks 3.5-Miler
Lincolnville

Crockett Trail 5K
Rockport

Sun., October 8

Farm to Farm Ultra
Wolfe's Neck Farm, Freeport

Sugarloaf Uphill Climb
Carrabassett Valley

Mickey's 5K
Old Town-Orono YMCA

Kennebunkport Conservation Trust Fall Trail Races
Kennebunkport

Betty ReeZ Columbus 4-Miler
Freeport

Bug Light 5K
South Portland

Waterford Fall Foliage 5K
Waterford

5K For the Health of It
Saint Joseph's, Standish

Fri., October 13

Headlamp 5K Trail Run
UMaine, Orono

Sat., October 14

Pumpkin Harvest Half
Bethel

The Frank N Stein Mile
Lost Valley, Auburn

Ridge Runner 5K and 10K
Dixfield

Race to End Domestic Violence 5K
Hinckley

Make Track for Kids
Farmington

Team Kyle 5K
Scarborough

Ocean Commotion 5K
Phippsburg

Beach to Beech 5K
Rockport

Sun., October 15

Terrier Trot 5K
Thomas College, Waterville

UMF Snow Sports Trail Run
Titcomb Mountain, Farmington

Mount Desert Island Marathon, Half, Relay
Bar Harbor

Big Brad Ultras
Pownal

Sat., October 21

Fit and Fun 5K
Wilton

Sun, October 22

Fair Election 5K
Falmouth

Grahamtastic Connection 5K
Springvale

Sat., October 28

Wicked Weird and Totally Freaky Trick or Treat Trot by the Lake 5K/10K
Norway

Wicked Warrior 5K
Newport

Sun, October 29

Great Pumpkin 10K
Saco

GPMCT Wildlands Trail Race
Orland

Sat, November 4

Moose Pond Half Marathon and 5K
Shawnee Peak, Bridgton

Great Osprey 10K Ocean Run
Wolfe's Neck Woods, Freeport

Sun, November 5

Save Your Breath 5K
Augusta

Lost Valley 5K Relay
Auburn

Frenchman Bay Conservancy Autumn Trail Races
Sullivan

Visit our race calendar for more events.

Submit your event:
run@centralmainestriders.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.

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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