



The Interval Newsletter



Rail Trail Pub-to-Pub-to-Pub Run coming in November

Save the date of Saturday, November 10, for the Striders "Pub-to-Pub-to-Pub Run" along the Kennebec River Rail Trail in the Augusta/Hallowell area. Time, place, and other details to come. Stay tuned to the [Facebook event](#) for updates or contact Ryan Goebel, Strider VP, for more info.

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! Three board positions—Secretary, Treasurer, and Communications—are open, or will be shortly. The club needs individuals who can step up and support and grow Striders.

More Info



Race Report: Doc & Mardie 5K

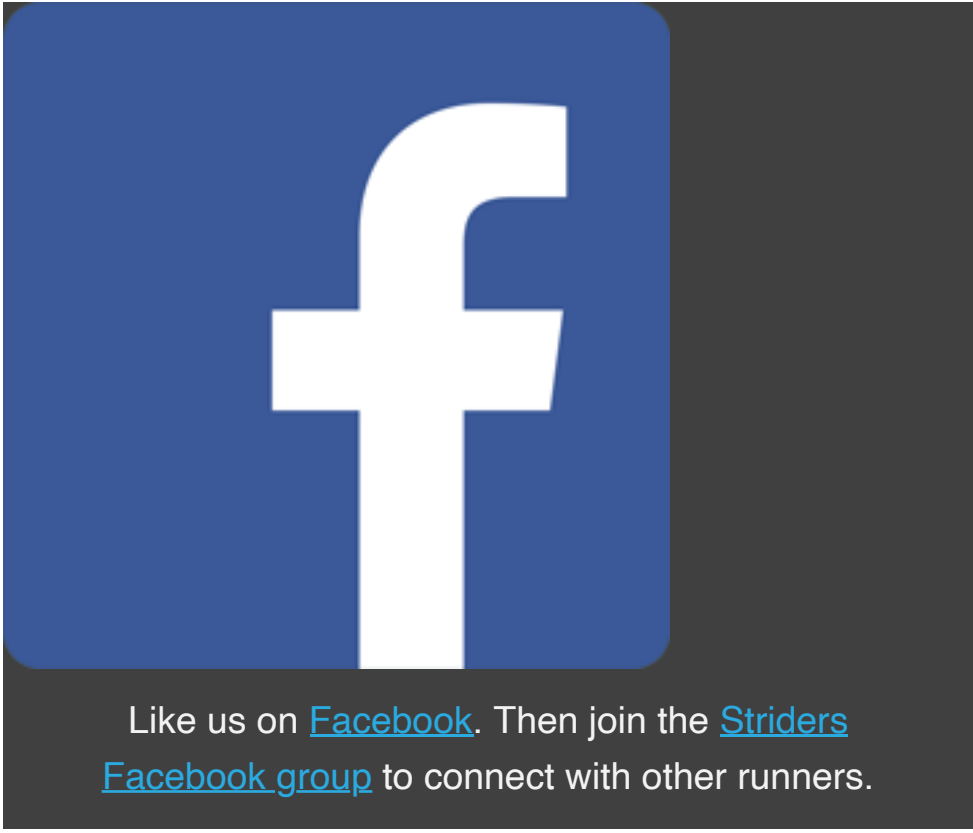
"It is hard not to run a race that starts less than a mile from your house. That's probably the main reason I ran the Doc & Mardie Brown 5K last year and again this year," writes Ryan Goebel, Strider VP. That and "I wanted to come back in 2018 and win." Check out Ryan's race report for the result.

Doc & Mardie Race Report



Mike Brooks Inducted into NE 65+ Hall of Fame

Congratulations to Mike Brooks, who was inducted into the Hall of Fame of the New England 65+ Running Club. The honor is bestowed annually on "exceptional athletes who had amassed truly impressive records in road racing and/or track and field competition." Mike, second from left above, celebrated with Phil Pierce (holding Mike's 10.8-pound trophy), wife Denise, and daughter Heidi.



Join Striders for 2019

If you haven't already, join Central Maine Striders. Members who join now through the end of the year will have their memberships extended through 2019.

Annual membership is just \$15 and covers your entire household (kids too!).
[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](#)
Kennebec River Rail Trail,
Augusta/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

Saturday, October 13

[Rollie's Run for Kids 5K](#)
Belfast

[Pumpkin Harvest Half](#)
Bethel

[Trust Trail Fest](#)
Kennebunkport

[Ocean Commotion 5K](#)
Phippsburg

[The Frank N Stein Mile](#)
Auburn

Sunday, October 14

[Big Brad Ultras](#)
Pownal

[Mount Desert Island Marathon and Half](#)
Bar Harbor

[L.L.Bean Flannel 5K](#)
Freeport

[Terrier Trot 5K](#)
Waterville

Saturday, October 20

[Run the Ridge Trail Races](#)
Westbrook

[Buck for our Fallen](#)
Ogunquit

Sunday, October 21

[OCMHS Race to Recovery 5K](#)
Mexico

[Somerset County Domestic Violence Task Force 5K](#)
Hinckley

[UMF Snow Sports 5K](#)
Tipton

[Bad Little 2.5M and 7M Trail Run](#)
Machias

[Love for Lexi 5K](#)
Hiram

[Fair Election 5K](#)
Falmouth

Saturday, October 27

[Wicked Weird and Totally Freaky Trick or Treat Trot by the Lake 5K and 10K](#)
Norway

[On Track to Recovery 5K](#)
Augusta

[Husson Pumpkin Fun Run and 5K](#)
Bangor

[Scare Me 5K](#)
Rockland

[The Zombie 5K](#)
Old Town

[2-Mile Dead Run and Headless Half Mile Trail Races](#)
Ellsworth

Sunday, October 28

[Double Trouble Wildlands 2M and 6.3M](#)
Orland

Saturday, November 3

[Moose Pond Half and 5K](#)
Bridgton

[Lost Valley 5K Relay](#)
Auburn

[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.



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](#)

