

Central MAINE Striders Interval



[Don Your Costumes for the Freaky 5K on October 29](#)

Dust off your superhero capes, feather boas, and running shoes for the Freaky 5K on Saturday, October 29, at Colby College in Waterville. Presented by Hardy Girls Healthy Women, the annual Freaky 5K is a reminder that Halloween should be about imaginative and creative costumes. The costume contest and kids fun run start at 9:45 a.m. The 5K race (costumes optional but appreciated) begins at 10 a.m.

[Register Today](#)



500th Marathon for Mike!

Congratulations to Strider Mike Brooks who completed his 500th marathon odyssey on October 2 at the Maine Marathon in Portland. Mike planned this finish far in advance only to have a setback a couple of months prior when he underwent heart surgery to replace a valve. Recovery took longer than expected jeopardizing his making it to Portland.

However, Mike did it (wearing bib #500!) and celebrated his marathon milestone with family and friends. Fellow Strider Ron Paquette (below), who has run many marathons with Mike, accompanied him on this historic one. Congratulations, Mike!



[2016 Striders of the Year are...](#)

At the annual banquet in January (more info to come!), we'll honor a number of Striders for their racing achievements this year, including youth standouts. Plus we'll recognize members for their volunteer efforts, race directing, and race sponsorship. Who do you think deserves to be recognized? We'd like to hear your suggestions. Please send them to Tom McGuire tmcguire46@gmail.com for consideration.



[Tell Us About Your 2017 Races](#)

Are you directing, or know of, a 2017 race? Tell us about it, so we can get it on our race calendar. Send your race info to alicia@macleay.com.



[Striders Singlets Available](#)

Show your Central Maine Striders pride by wearing a club singlet, tee, or hat at an upcoming race or run. Men's and women's singlets, performance short- and long-sleeve tees, and caps are all available for purchase at the Central Maine Striders apparel store from Atayne.

[Order Yours](#)

Social Striders

Facebook: Join the [Central Maine Striders Facebook group](#) to connect with other members, discuss upcoming races, and more.

Strava: 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

Monthly Striders Meeting
Wed., October 12, 6 p.m.
Wed., November 9, 6 p.m.
Wed., December 14, 6 p.m.
Alford Youth Center
boardroom, 2nd floor
126 North St, Waterville
All members are welcome.

Upcoming Races

[Wicked Warrior 5K](#)

Saturday, October 15
Nokomis Regional High School

[Ocean Commotion 5K](#)

Saturday, October 15
Hermit Island Campground,
Phippsburg

[Big Brad Ultras](#)

Sunday, October 16
Bradbury Mountain State Park

[Mount Desert Island Marathon, Half, & Relay](#)

Sunday, October 16
Bar Harbor

[Nonantum Resort Wicked 5K](#)

Sunday, October 16
Nonantum Resort,
Kennebunkport

[Pound the Pavement 5K](#)

Sunday, October 16
Brewer

[Reiche International 5K](#)

Sunday, October 16
Portland

[Running Water 5K](#)

Sunday, October 16
Bangor

[Madamimadaam 5K](#)

Saturday, October 22
Bridgton

[Costumed 2 Mile Dead Run & Headless Half Mile](#)

Saturday, October 22
Ellsworth

[Lost Valley 5K Relay](#)

Sunday, October 23
Lost Valley, Auburn

[Back Cove Sunrise 5K](#)

Sunday, October 23
Portland

[WCCC Ghost Run, Half Marathon & Relay](#)

Sunday, October 23
Moosehorn Wildlife Refuge,
Baileysville

[Freaky 5K](#)

Saturday, October 29
Colby College, Waterville

[Great Osprey 10K Ocean Run](#)

Saturday, October 29
Wolfe's Neck Woods State Park

[Scare Me 5K](#)

Saturday, October 29
Rockland

[Pumpkin Run 5K](#)

Saturday, October 29
Yarmouth

[Rolling Bones 5K](#)

Saturday, October 29
Bar Harbor

[Great Pumpkin 10K](#)

Sunday, October 30
Saco

[Halloween 5K](#)

Sunday, October 30
Back Cove, Portland

[Bath Area Family Y Pumpkin Run 5K](#)

Sunday, October 30
Bath

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

Saturday, November 5
Shawnee Peak, Bridgton

[Save Your Breath 5K](#)

Sunday, November 6
Augusta

[CMSC 5K Run Biathlon](#)

Sunday, November 6
Quarry Road Recreation Area,
Waterville

[Turkey Trot 5K](#)

Sunday, November 6
South Paris

[RKT 8K & 2.5 Mile Race](#)

Sunday, November 6
Indian Island

[Veterans Day 5K](#)

Saturday, November 12
Wells

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

Sunday, November 20
Cape Elizabeth Middle School

[Turkey Trot 5K](#)

Saturday, November 26
York

[Santa Hustle New England 5K & Half Marathon](#)

Sunday, December 4
South Portland

[Millinocket Marathon & Half](#)

Saturday, December 10
Millinocket

[Polar Bear Dip and Dash](#)

Saturday, December 31
Back Cove, Portland

Race Calendar:

[Visit our race calendar](#) for even 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.

Contact Us

E-mail:
run@centralmainestriders.com

Please add it to your Google Contacts or other email contact and address books so you won't miss club news.

Mail:

Central Maine Striders
P.O. Box 1177
Waterville, ME 04903

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.

