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The Interval Newsletter

Congratulations 2018 Quarry Road Series Winners

Congratulations to Scott Harrison and Tiana Thomas, overall winners of the 2018 Quarry Road Summer Race Series, and all of the age group winners!

- Overall: **Scott Harrison** and **Tiana Thomas**
- 14 and under: **Addison Pellerin** and **Noah Koch**
- 15-19: **Elijah Caret**
- 20-29: **Liz Atwood** and **Cooper Nelson**
- 30-39: **Lyra Collard** and **Samuel Trafton**
- 40-49: **Tracey Cote** and **Ryan Goebel**
- 50-59: **Julie Millard** and **Brian Morin**
- 60+: **Harold Shaw**

Thanks to everyone who came out to run, and to series sponsor New Balance (Series Sponsor) Inland Hospital (Kids Fun Run Sponsor), and Trailspace (Finish Line Sponsor), and to weekly sponsors The End Zone, Selah Tea Cafe, and The Proper Pig. Proceeds from the race series go to support the Boys & Girls Clubs and YMCA of Greater Waterville.

2018 Quarry Road Winners

Waterville Pub Run and Club Meeting on September 12

Join the club on Wednesday, September 12, for a pub run followed by the monthly Striders meeting. All are welcome!

6 p.m. Pub Run (downtown Waterville)
Meet at the Concourse in downtown Waterville near the back side of Key Bank. We will go for a run of about 3 miles. All speeds and abilities are welcome.

7 p.m. Club Meeting (The Proper Pig)
Following the group run, meet at the Proper Pig (16 Common Street, Waterville) for the Striders monthly club meeting and social. All are welcome.

Facebook Event

Race Report: Tales from the Down East Sunrise Trail Relay

In July a Central Maine Striders team tackled the Down East Sunrise Trail Relay for the second year. In the DEST Relay team members take turns over 16 legs running the 102.7 miles from Ellsworth to Eastport.

This year's Striders DEST team included Pat Cote, Bruce Maxwell, Ron Peck, Jess Beers, Cecilia Morin, Tracey Cote, Julie Millard, and Brian Morin. Team captain Julie Millard shared the following race report.

DEST Race Report

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

Join Striders for 2018-19

If you haven't already, please 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

Waterville Pub Run and Monthly Club Meeting
Wednesday, September 12
Waterville
6 p.m. Pub Run (Concourse)
7 p.m. Club Meeting (Proper Pig, 16 Common Street)
All are welcome.

Maine Races

Saturday, September 8

Newport Cultural Center 5K
Newport

Tate House 5K Trail Run
Cape Elizabeth

Sunday, September 9

Bradbury Bruiser 12-Miler
Pownal

Lake Auburn Half Marathon and 5K
Auburn

9/11 Heroes Run 5K
Bangor

Surry Forest 5K and 10K
Surry

Thursday, September 13

Nomad Trail Race Series
Norway

Saturday, September 15

Bar Harbor Bank & Trust Half Marathon and Fall 5K
Bar Harbor

River Jam 5K
Biddeford

Swallow Sprint 5K
Old Town

Northern Outdoors 10K
West Forks

Funky Bow Trail Hop 5K
Lyman

Wells Harbor 5K
Wells

Sunday, September 16

Kennebec River Rail Trail Half Marathon and 5K
Augusta
Striders get 20% discount. Use promo code: Striders

Skyline Farm 5K Trail Run
Yarmouth

Waterville High School Music Boosters 5K Color Run
Waterville

Caribou Marathon and Half
Caribou

Trail to Ale 10K
Portland

5K Race for Recovery
Bangor

Saturday, September 22

Roger Willey 5K and 10K
Ellsworth

Applefest Family 5K
Acton

Walk, Run, Roll 5K
Bangor

Black Bear Attack
Orono

Sunday, September 23

Black & White 2 Peak Challenge
Rumford

Common Ground Country Fair 5K
Unity

Firebird Trail Races 25K, 50K, 50M
Windham

Ragged Mountain Scuttle 5K
Camden

Riverlands 10K
Turner

Friday, September 28

Rise 'N Shine 5K
Augusta

Saturday, September 29

AppleFest 5K
Monmouth

Karen's Walk 5K
Rockland

Ossipee Mountain 4-Miler
Waterboro

Camden Snow Bowl Trail Fest
Camden

Sunday, September 30

Gorham Savings Bank Maine Marathon
Portland

Race Through the Woods
Jefferson

Miles Across Maine 5K
Hallowell

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.

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