



### March

**1 SATURDAY**  
**Himie Towle Memorial Winter Frolic**  
Nordic Heritage, 12 pm

Cross country ski events for people of all ages. Snowshoe trails will also be open. Registration 10:00-11:30 am, with the event beginning at noon. Free lunch for participants following the event. Cost is \$20/family; \$10/adults; \$5/youth.

**3 SUNDAY**  
**ARG Day at Quoggy**  
Quoggy Jo, 11 am - 4 pm

Free lift tickets and lessons; \$12 equipment rental (while supplies last). Passports punched 11 am to 1 pm. Sponsored by AR Gould Hospital.

**15 FRIDAY/SATURDAY**  
**Winter Carnival**  
Easton • Free

Friday night includes games, bounce house, and more at the Elementary School from 5-8 pm. On Saturday, there will be sliding on Kinney Hill off Rt. 1A from 10am - 1pm. Bring your own sled.

**17 SUNDAY**  
**Sneakers & Shamrocks**  
NMCC, 12 pm • \$4

Run or walk a 4K on St. Patrick's Day. Registration begins at noon in the lobby of the Smith Wellness Center at Northern Maine Community College. All participants will be awarded green shoelaces and a one day pass at the Wellness Center. Best dressed will win a special prize. Sponsored by AR Gould Hospital & NMCC.

**31 SUNDAY**  
**Now & Forever**  
Nordic Heritage, 1-3 pm

Middle and high school nordic skiers are invited. Includes games, terrain park, obstacle course, and Q&A with Olympic skiers. FMI: hannahstreinz@gmail.com

### April

**5 FRIDAY**  
**Splash & Dash Club**  
UMPI, 3 pm

This is the first of four training sessions for the Splash & Dash; or kids age 8-12. Swim and running coaches will train the kids; gym activities included. Come to this first session to try it out. Free transportation to UMPI for MSAD 1 students. \$5 for this drop in session; \$35 to enroll in the club (includes cost of the Splash & Dash event registration, club t-shirt, event t-shirt and medal).

**6 SATURDAY**  
**Spring RunOff**  
UMPI, 9 am • \$15

Registration for this 5K road race begins at 8 am. Walkers start at 9:30 am, and runners start at 10 am. There is also a 3-person relay team option. Pizza will be served in Wieden Gym after the race.

**14 SUNDAY**  
**Sunday Swim & Photos with Easter Bunny**  
Gentile Hall, 2-5 pm • \$1

The first two hours (2-4 pm) will be general swim. The last hour (4-5 pm) is reserved for seniors and special needs. Sponsored by AR Gould Hospital.

**18 THURSDAY**  
**Peanut Carnival**  
PI Rec Center, 1-3 pm • \$2

The event includes a variety of games, bounce houses and the chance to win a new bike. Open to all children grades K-6.

**28 SUNDAY**  
**Sunday Swim**  
Gentile Hall, 2-5 pm • \$1

The first two hours (2-4 pm) will be general swim. The last hour (4-5 pm) is reserved for seniors and special needs. Sponsored by AR Gould Hospital.

### May

**4 SATURDAY**  
**Star City Splash & Dash**  
UMPI, 8:30 am • \$15

This is a fun event that combines running and swimming. The focus is on participation rather than competition. Open to kids ages 8-12 (by 12/31/19). Registration begins at 8:30 am, with the event starting at 9 am. End time will be determined by the number of participants. Event t-shirt and medal for all participants.

**18 SATURDAY**  
**Aroostook River Fun Run**  
Three Course Options  
\$15 adults; \$8 kids under 13

This event includes 3 fun options, all of which end at the PI Fish & Game Club. Paddle down the Aroostook River from Washburn to PI; bike from PI to Washburn and back; or run/walk a 5K from Machias Savings Bank to the PI Fish & Game Club. A free BBQ lunch, awards and door prizes take place at the close. Registration is from 8:30-9:30 (paddlers at Thomas Brewer Park in Washburn; bikers at PI Bus Garage; and runners/walkers at Machias Savings Bank). All events start at 10 am. Sponsored by PI & Washburn Rotary Clubs, PI Kiwanis Club, AR Gould Hospital, PI Fish & Game Club, and Machias Savings Bank.

**30 THURSDAY**  
**Rockin' on Riverside**  
Riverside, 6-8:30 pm • Free

Kids can play at the playground while families are enjoying the music and other festivities. Star City Syndicate will be performing.

Prizes and incentives available at various activities. For more details on events, call Jamie Guerrette at 768-4008.