Baxter Memorial Library invites you to

Go the Distance!
Adult Summer Reading

Summer Events:
“Go the Distance”
Book Discussion Series
Wednesdays from 5:30-6:30pm

July 10th
What I Talk About When I Talk About Running
by Haruki Murakami

July 24th
Born to Run: A Hidden Tribe, Superathletes, and the Greatest Race the World Has Never Seen
by Christopher McDougall

August 14th
Cookbook Discussion & Potluck
Title TBA

Book Group
Thursdays at 10:00am

July 18th:
The Friend by Sigrid Nunez

August 15th:
Daughter of Moloka’i by Alan Brennert

Couch to 5K Run Meet-ups
Tuesdays at 5:30pm
Meets at Gazebo Park
June 25th—August 13th

This summer our adult reading program encourages participants to Go the Distance on your reading goals with our checklist challenge. Also, if interested, you can take part in an optional Couch to 5K training program which will culminate in a 5K race sponsored by the library!

Turn in your checklist, regardless of how much you accomplish, by

Friday, August 16th, 2019

Every checklist will be eligible to receive our fun participation prizes and an entry into the raffle drawing!

Check off eight or more challenges to be eligible for our grand prize drawing!
Checklist Challenge

Read a book…

- outside
- you started but never finished
- that is part of a series
- you own but have never picked up
- originally published in another language
- set in a foreign location
- with more than 500 pages
- by a new-to-you author
- assigned in school but never read
- checked out from one of our reciprocal borrowing locations: Scarborough, South Portland, Thomas, and Walker libraries

- Read an epistolary novel
- Read the same book as a friend
- Read a graphic novel
- Take a drive with an audiobook
- Find a local book club, read the book and attend a book discussion
- Ask for a book recommendation from a [friend/librarian/colleague/family member] and read it

Take pictures of your accomplishments, tag the library, & share on Facebook @BaxterLibrary or Instagram @baxtermemoriallibrary

Check out a...

- hiking/walking/biking/kayaking/etc. book and do the activity
- cookbook and try the recipe
- Art/craft book and make something

Check off one box per book read

Here at Baxter we value movement as a healthy lifestyle choice and this summer we invite people to get moving and participate in a self-guided Couch to 5K program. We will host weekly run meet-ups so people can check in with their progress, enjoy a group run, and maybe meet some like-minded individuals!

Couch to 5K is a program that's been designed as a gentle introduction to getting the body moving. Starting off it alternates between walking and running small distances. You’ll slowly build up distance until after 8 weeks you're ready to run a 5K or for roughly 30 minutes non-stop.

We will culminate our summer reading program with the:

Baxter Memorial Library
First Edition Print Run
Saturday, August 17th at 9:00am

Registration for the race is online at: tinyurl.com/BMLPrintRun2019

Race fee is $5 for our summer reading participants. First 100 registrants by 7/19/19 will be guaranteed a t-shirt.

Some Reading Suggestions:

- Autumn by Ali Smith
- Family Friendly Hikes in Maine by Aislinn Sarnacki
- Figuring by Maria Popova
- The Girls at 17 Swann Street by Yara Zgheib
- Grandma Gatewood’s Walk by Ben Montgomery
- The Guernsey Literary and Potato Peel Pie Society by Mary Ann Shaffer and Annie Barrows
- Home After Dark by David Small
- Kid Gloves by Lucy Knisley
- Maybe You Should Talk to Someone by Lori Gottlieb
- No Scrap Left Behind by Amanda Jean Nyberg
- Once Upon a Chef: The Cookbook by Alexandra Grablewski
- Paddling Southern Maine by Sandy Moore and Kimberlee Bennett
- Provenance by Ann Leckie
- Racing the Antelope by Bernd Heinrich (also published as Why We Run)
- Run for Fun, 5k, 10k, Half & Marathon by Justin Bowyer
- The Smitten Kitchen Cookbook by Deb Perelman
- The Terrible and Wonderful Reason Why I Run Long Distances by Matthew Inman
- The Valedictorian of Being Dead by Heather B. Armstrong

Recommended on Audio:

- All the Light We Cannot See by Anthony Doerr
- Bird Box by Josh Malerman
- Brief Answers to the Big Questions by Stephen Hawking
- Calypso by David Sedaris
- Freefall by Jessica Barry
- Lincoln in the Bardo by George Saunders