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Get Excited for the Racing Season with this Marshall Point 5k Race Report!

by Martha Nadeau

The Marshall Point 5k Saturday July 16, 2022

According to the race organizers:
"THIS SCENIC COURSE ON THE ST. GEORGE PENINSULA BEGINS AT DRIFT INN BEACH IN PORT CLYDE. IT OFFERS SOME FANTASTIC VIEWS OF THE MAINE COAST AS IT WINDS ITS WAY TOWARDS THE LIGHTHOUSE, DOWN THROUGH THE VILLAGE OF PORT CLYDE, AND ENDING BACK AT DRIFT INN BEACH".This annual race is located just south of Rockland/Thomaston, for those not familiar with the area. After a 1 1/2 drive from my house, the small parking lot had already been filled and I had to locate parking on the road, which isn't easy to find since the road is fairly narrow. Having done this race before, I was aware this might be the case and allowed some extra time. Snagging a prime spot, I head to the folding table set-up in the small dirt parking lot, to register. Registration can be done ahead, by printing out the form and sending a check for $15 or on race day for $20, between 7:30-8:30. T-shirts were guaranteed, if registered ahead, but I lucked out and there were choices available to me. This parking lot is also where the port-o-potties are located. TMI? I don't think so.

Click here to read the rest of Martha's report

Looking for Volunteers

Calling all Striders!

Many club members volunteered at the Ironman 70.3 Maine in Augusta last year and some actually COMPETED in the event (Go Andrew Catalina!). This year, we have decided to formalize our volunteering participation in order to secure a grant from the corporation to support our club. If you are available on July 30, 2023, then please consider volunteering for the event under the Central Maine Striders umbrella. It is likely that we will be working the swim leg, where we will get to see sunrise from the beautiful Kennebec River. Please reach out to Martha Nadeau (veggie60@roadrunner.com) and Julie Millard (jtmillar@colby.edu) for more information about the event.

It's time to renew your membership!

As a reminder, for just $20 a year you get:

- Membership for your entire household (kids too!) in Maine's oldest, active running club
- *Interval* newsletter and club updates via email, including upcoming local races, events, and club news
- Reduced registration fee rates at club races
- Free or discounted Central Maine Striders apparel
- 10% discount at runningwarehouse.com
- Access to club events, like seasonal group runs and training programs
- Opportunities to connect with other local runners of all ages and abilities

Click here to renew your membership

Highlighted Upcoming Races

- May 27-28: Trail Festival at Pineland Farms
- June 17: Mt. Washington Road Race
- TBD: Quarry Road Summer Trail Race Series
- July 21-22: Downeast Sunrise Trail Relay
- Sept 16: Northeast Kingdom Marathon and Half
- TBD: Doc & Mardie 5k
- Oct 8: Central Maine Striders Fall Classic 10k
- Oct 14: Save Your Breath 5k (Discount code: **CMS2023**)
- Dec 2: Millinocket Marathon and Half

Social Runs

Are you interested in joining our social run group? We typically meet on Wednesday evenings for a short, easy-paced run followed by socializing. To be included in the email list to be notified of the dates and locations, or for more information, email Ron Peck at rfpeck75@gmail.com.

April Club Meeting

Our April club meeting will be conducted in person at a member's home in Waterville:

Wednesday, April 5
5:30pm: Group fun run
6:00 pm: Meeting

Contact us at run@centralmainestriders.com for directions if you would like to join us.

Please note that if it is raining on Wednesday evening, the social run will be cancelled but the meeting will still continue as planned.

May Club Meeting

Our April club meeting will be conducted in person at a member's home in Waterville:

Wednesday, May 3
5:30pm: Group fun run
6:00 pm: Meeting

Please contact us at run@centralmainestriders.com for directions if you would like to join us.

Club Discount At Runningwarehouse.com

Use this exclusive Central Maine Striders discount code to get 10% off at **Running Warehouse**. CMAINESTRD

New Striders Online Store!

We're excited to announce that we now have an online store where you can buy Central Maine Striders tech shirts, hoodies, and beanies through B&B Embroidery and Ink in Oakland, Maine!
For more information on buying Striders shirts and other gear, click the button below.

Link to ordering info

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