



FALL CLASSIC 10k: Sign up before the price increase!!!

The Central Maine Striders Fall Classic 10k will return on October 10, 2021.

Registration pricing is as follows:

Now - Aug 15: \$15 for Striders / \$25 for general public

Aug 16 - Oct 7: \$20 for Striders / \$30 for general public

Race Day: \$40 for everyone

Register here:
<https://runsignup.com/Race/ME/Waterville/CentralMaineStridersFallClassic10k>



Race Report: Running with the Dogs at Pineland Farms



By Julie Millard (Photo Credit: Ron Peck)

Most runners have a love-hate relationship with the sport, but we are often inspired by our training partners, who get us out the door even on the toughest days. In recent years, my most faithful running companions have been lovely ladies with four legs and infinite enthusiasm. My current trail buddy is Lily, a young Border Collie, who is always up for an adventure. On Memorial Day weekend we made the trip to Pineland Farms for the Canicross 5k. This race was part of the new Pineland Farms Trail Festival-- a lot like the old Trail Running Festival but under new management by Back40Events!

[Click here to read the rest of Julie's race report!](#)

Race Report: Mount Washington Road Race 2021



By Mark Fisher

Just a quick note back to you regarding the weekend at Mt. Washington. A great weekend for our runners and volunteers. It seems that a lot of teams fell short on the volunteer end and us having our runners all matched with volunteers was not the norm. We had a chance to chat with Tom the race director and he was very appreciative of our efforts.

[Click here to read the rest of Mark's report!](#)

Race Report: DEST Relay 2021



By Brian and Cecilia Morin

The Central Maine Striders competed in the 2021 rendition of the Down East Sunrise Trail Relay between Friday, July 23 and Saturday, July 24. Seven members of the team assembled at 5:30PM in a Colby College parking lot and waited thirty minutes for the eighth runner (who shall not be named) to arrive.

The team arrived at Pat's Pizza in Ellsworth around 7:30PM. They ordered salads, calzones, sandwiches, and pizzas all while trying to maximize their carbohydrate consumption. The team of four males and four females with a 37-year age span between the youngest and oldest runners drove to the start of the relay. These eight fully-vaccinated runners were ready to race after a long year of virtual competitions. However, they made the surprising discovery that they were the only team slated to start at 10:30PM. Clearly, they were in a class of their own.

[Click here to read the rest of the Morin's race report!](#)

Coffee and Bagels Social Run

Join us Saturday, August 28 at 9am at Quarry Road to socialize with fellow Striders, go for a short run, and enjoy some coffee and bagels, courtesy of the club.

September Club Meeting

Our September club meeting will be held at the North Street Recreation Area in Waterville (under one of the pavilions) on Wednesday, September 1 at 6:30pm. All are welcome.

Webpage Help

We're still looking for someone to help out with our webpage. Email run@centralmainestriders.com for more info.

Discounts

Central Maine Striders automatically get 20% online registration for the **Doc & Mardie 5k**. Visit <https://runsignup.com/Race/ME/Waterville/DocMardie5kandYouth1MileFunRun> for more info.

Central Maine Striders members get \$10 off registration for the **Save Your Breath 5k** with discount code: CMS2021 (Registration is free for members who raise \$100 or more. Contact lung.support@gmail.com for more info.) Sign up here: <https://runsignup.com/Race/ME/Augusta/SaveYourBreathAugusta>

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

Shirts and other Gear

For more information on buying Striders shirts and other gear, [click here](#).

