



Looking for runners and volunteers for Central Maine Striders Fall Classic 10k



This year's Central Maine Striders Fall Classic 10k will be held on Sunday, October 8th.

If you are interested in volunteering, please email kateccscott@gmail.com.

[Click here to register to run the race](#)

Race Reports

5k Woof Run to Benefit Waterville Area Humane Society

by Billy Kabin

Dozens of dogs and humans made the inaugural 5K Woof Run a doggone success.

The June 10 run kicked off the daylong Woofstock festival held outside the Waterville Area Humane Society, with proceeds benefitting the organization and its vital work with animals.



Photo by Humane Society Waterville Area.

[Click here to read more about the Woof Run](#)

Mount Washington Road Race

by Mark Fisher

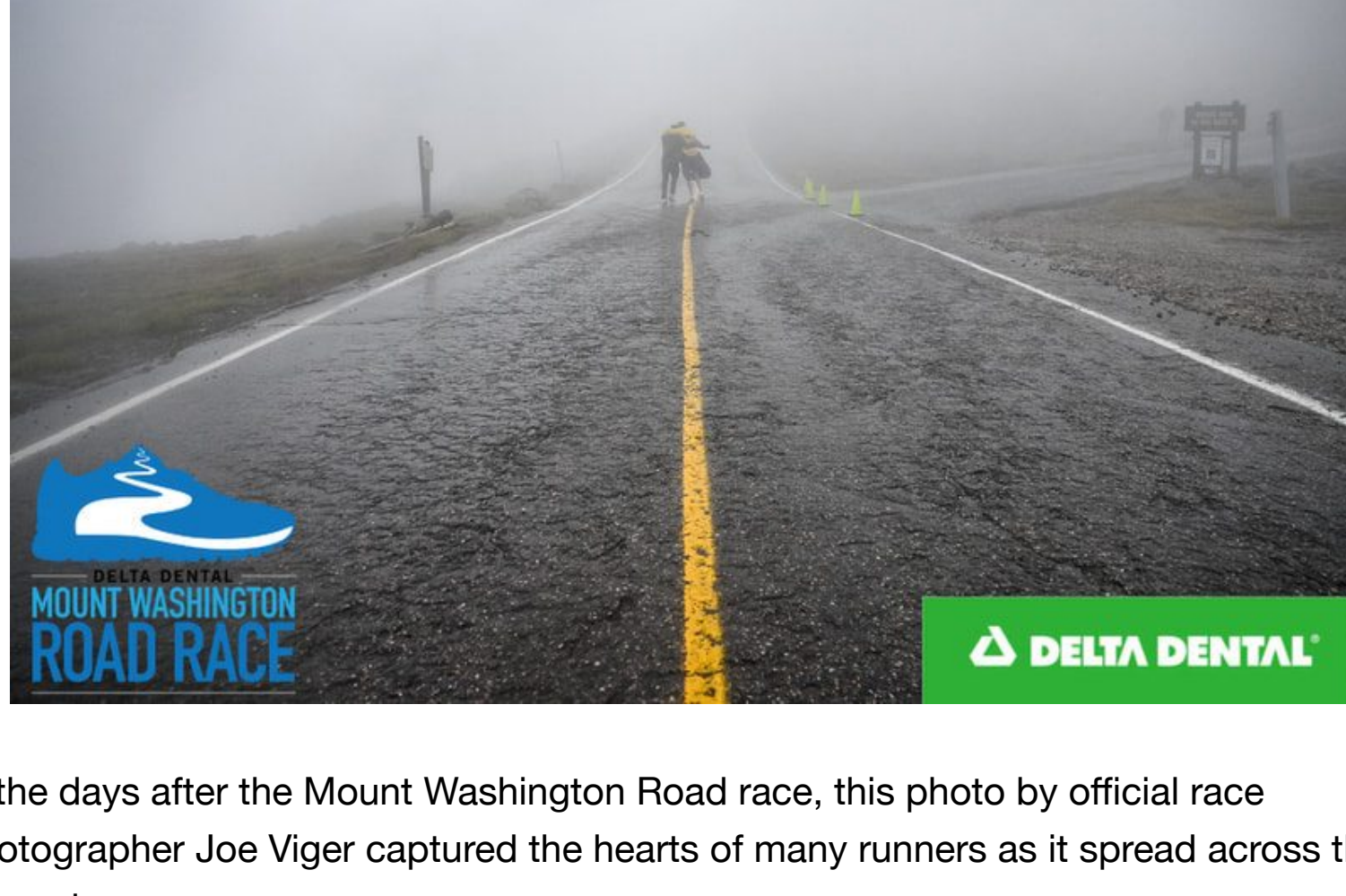
It was a great but highly variable weather day on the mountain for this year's edition of the Mount Washington Road Race. A very successful day for the Central Maine Striders and a milestone year for two of our teammates.

Friday started with our team volunteering to support the parking process for Registration. I want to thank Linda Fisher for her leadership on site as I was unable to make it to the mountain on time. The team was well represented and did a stellar job in allowing 5 CMS Team members to get into the field despite not "winning" the lottery.



[Click here to read more about the the Mount Wshington race](#)

The Mt Washington Photo That Perfectly Captured a Difficult Moment



In the days after the Mount Washington Road race, this photo by official race photographer Joe Viger captured the hearts of many runners as it spread across the internet.

[Click here to read more about this photo of Ron Paquette and John McGinty](#)

TUCARD 2022

by Amy Stabins

Its not to late to register for September's TUCARD 2023! Here is a race report from last year for inspiration.

In 2021 I competed in my first TUCARD, Maine's most Terrifically (& Unnecessarily!) Complicated Adventure Race and Duathlon. You can read that race report [HERE](#) if you want to understand the next few paragraphs of this write up. Or better yet, google the TUCARD website.

In 2022, the organizers changed things up. This year participants were given starting and ending points, and a list of coordinates that MIGHT be waypoints on race day. This was a bonus for me, as I'm largely unfamiliar with the Old Town area and being able to scout the actual locations was extremely helpful. The night before race day we were given our final instructions- in order to know which locations were official waypoints, we could go to the point furthest from the start to visit 'The Oracle' who would provide the correct list of waypoints. Option two was to skip The Oracle and just visit as many points as possible with the hope of hitting the right ones- this could be a big time saver or a wild goose chase. The third option was to go to a point that was the furthest from the start in the opposite direction and get a 'Golden Ticket' which would allow you to skip all other waypoints. The Golden Ticket would require wading through a mucky wetland, but could get you across the finish line first. At this point in my narrative you may be thinking that this explanation makes no sense- I will refer you back to the race name...



[Click here to read more about TUCARD 2022](#)

Central Maine Striders Socks



We've recently purchased a limited number of custom Central Maine Striders socks. As discussed at recent club meetings, these socks will be given to any Central Maine Strider member who volunteers at an event.

[Click here for more information](#)

Local Schools Outreach

The Central Maine Striders are excited to announce our new High School Outreach Committee, focused on supporting local high school cross country and indoor/outdoor track runners in Central Maine. As a community-oriented running club, we believe in the importance of fostering young talent and promoting a healthy and active lifestyle.

[Click here for more information](#)

Request for Race Reports and Other Articles

Have you run a race recently that you'd like to tell us about?

Do you have any stories or advice that other runners might be interested in?

We're always looking for race reports and other submissions for our newsletter and webpage. Please send any submissions to: run@centralmainestriders.com

Highlighted Upcoming Races

- Aug 19: [Doc & Mardie 5k](#)
- Sept 16: [Northeast Kingdom Marathon and Half](#)
- Sept 16: [TUCARD](#)
- Sept 30 - Oct 1: [Xterra Trail Run World Championship](#). (Discount code: 2023XTRWC10)
- Oct 8: [Central Maine Striders Fall Classic 10k](#)
- Oct 8: Quarry Road Trailfest 5k and 15k
- Oct 14: [Save Your Breath 5k](#) (Discount code: CMS2023)
- Dec 2: [Millinocket Marathon and Half](#)

Social Runs

Interested in combining socializing and running? Our regular social run is Wednesday evenings, usually in the Waterville area. During the warmer months, we may additionally meet on other days and in places further afield. Occasionally, we incorporate other activities such as trivia and crafts.

Email Ron Peck at rpeck75@gmail.com to be included on the email list to be notified of times and locations.

Upcoming Club Meetings

Our August and September club meetings will be conducted in person at a member's home in Waterville:

Wednesday, August 9

&

Wednesday, September 13

5:30pm: Group fun run

6:00 pm: Meeting

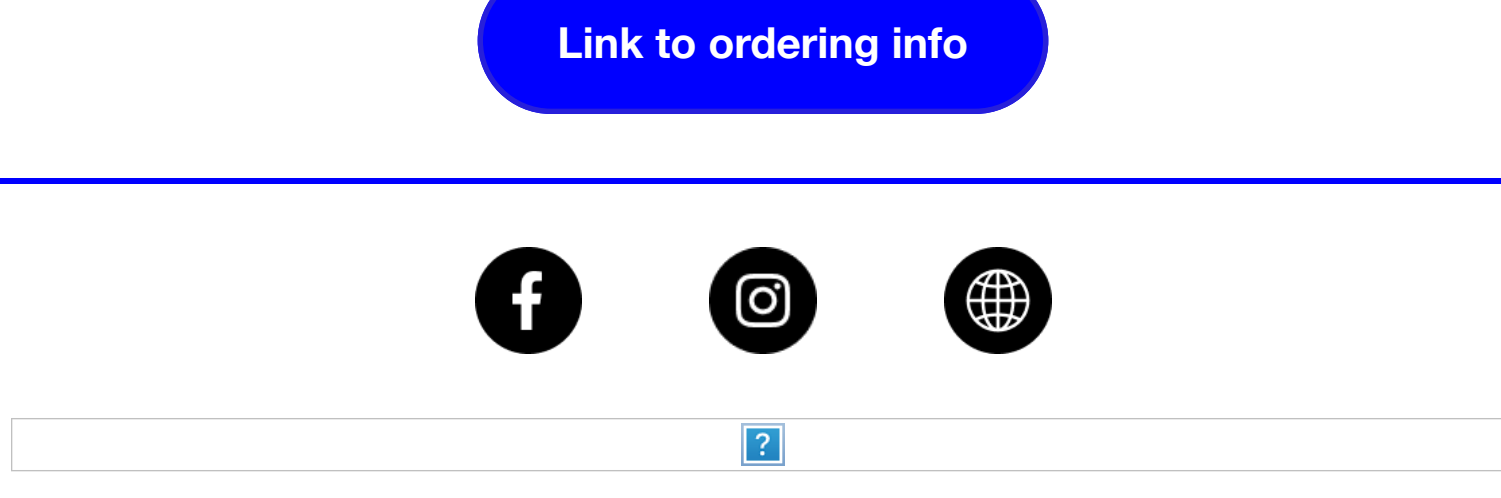
Contact us at run@centralmainestriders.com for directions if you would like to join us.

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

Club Discount At Runningwarehouse.com

Use this exclusive Central Maine Striders discount code to get 10% off at [Running Warehouse](#). CMAINESTRD

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](#)

