

Central MAINE Striders

Kennebec Valley Youth Symphony Orchestras 5K is August 30



Kennebec Valley Youth Symphony Orchestras 5K
Saturday, August 30, 10:30 a.m.
Quarry Road Trails, Waterville
Support Central Maine student musicians while running trails! Kennebec Valley Youth Symphony Orchestras is holding a 5K fundraiser and Striders is a co-sponsor. All proceeds go to support enrichment opportunities for local middle and high school musicians.

Register:
<https://forms.gle/CZuHttqfPTrd9SLQZ>
Rain date is Sunday, August 31.
For more info contact info@kvyso.org

Register today

Volunteer Opportunities



Thanks to all the Striders who represented the club while volunteering at Ironman Maine in Augusta in July! If you'd like to get involved, send an email to Tom Farmer (tfarmer001@gmail.com) for info on volunteering at the following Waterville races:

- August 23: **AYCC Doc & Mardie 5K**
- August 30: **KVYSO 5K**
- October 12: **Fall Classic 10K**
10K volunteer sign-up: <https://forms.gle/UejZCrAIREhyhZ4r8>



Registration Open for Fall Classic 10K



Central Maine Striders Fall Classic 10K
Sunday, October 12, 10 a.m.
Quarry Road, Waterville

Save the date and join us Sunday, October 12, for our 8th annual Central Maine Striders Fall Classic! The Fall Classic is a 10K road race that starts and ends at Quarry Road Trails and travels through Waterville. [Register today!](#)

Register today

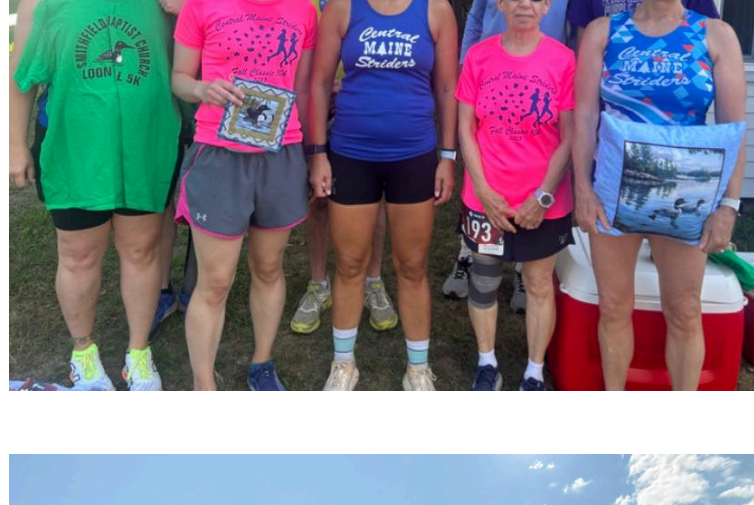
Upcoming Striders Runs



Weekly Social Runs

Run and socialize! The club's regular social run is Wednesday evenings, often in the Waterville area, though also in other Kennebec County locations and places further afield. Email Ron Peck (rpeck75@gmail.com) to be included on the email list and be notified of weekly times and locations, or to suggest a future spot. Also, check out our [Facebook group](#) for informal runs organized by members.

Upcoming Maine Races



August 19: 3K and Awards—Quarry Road Trails Summer Running Series
(Waterville)

August 23: Doc & Mardie 5K and Kids 1-Mile Fun Run
Alford Youth and Community Center, Waterville
Join the Striders team when you register.

August 30: Kennebec Valley Youth Symphony Orchestras 5K
(Waterville)

August 31: Bald Pate 10K and Five Fields Farm 50K
(Bridgton)

August 31: Fairgrounds 5K and Mile
(Cumberland Fairgrounds track)

September 1: Labor Day 5-Miler
(Bangor)

September 6: Megunticook Trail Festival
Megunticook 50K, Trail Half 20K, and Wicked Tough 10K
(Camden Hills State Park)

September 7: PAWS Carnival Fun Run and 5K
(Levant)

September 13: TUCARD
(Orono)

September 13: Run Wild! 5K and 10K
(Rail Trail, Belfast)

September 14: Bradbury Bruiser 12-Miler
(Bradbury Mountain State Park, Pownal)

September 20: Autumn & Ales Half, 10K, and 5K
(Scarborough)

September 21: Almost Half Way to St. Patrick's Day 5K
(Portland)

September 28: Farm to Farm Ultra
50-Miler, 50K (solo or relay), and 25K (solo or relay)
(Wolfe's Neck Farm, Freeport)

September 28: Pleasant Mountain Half/21K
(Bridgton)

October 12: Central Maine Striders Fall Classic 10K
(Waterville) [Register today!](#)

Striders shares upcoming race info for the benefit of the Maine running community. However, race info is subject to change and is not vetted by the club. Please confirm all specifics with each race's organizers.

More Maine Races

Striders Gear Store



Tech shirt, hoodies, hats, and more—the Central Maine Striders gear store is open at [Squadlocker](#). Check out the offerings; order your Striders wear; then share and tag us on [Facebook](#) or [Instagram](#) with your running pics wearing your Striders gear.

Shop Striders

Racing Singlets



Limited-edition Striders 50th anniversary racing singlets are available (\$50, plus shipping) at the link below. Email president Martha (run@centralmainestriders.com) if interested in combining orders; If we order 10+ we get a discount (\$44).

Order Singlet

Thanks for being a 2025 Member



You're receiving this newsletter as a 2025 member of Central Maine Striders. Thank you for your support! Know other runners who want to join or renew? Send them to the link below.

Join/Renew with Striders

Running Warehouse Discount

Club members get 10% to 20% off at [Running Warehouse](#) with this exclusive Central Maine Striders discount code:
BS4U2KNQ

*20% off clothing and socks, 10% off select clearance shoes, nutrition, hats/visors. Discount is off MSRP with exception of clearance shoes. Discount valid until January 1, 2026. Some exclusions apply.

