



[January Thaw Road Race](#)

The January Thaw road race is returning to Belgrade on Sunday, January 16 at 11am. The race will be FREE for all Central Maine Striders members and \$10 for non-members this year.

We're also looking for some volunteers to help with runner registration, timing, and directing runners along the course. Email Ron Peck at rfpeck75@gmail.com if you are able and willing to help out.

[Click here for more information about the 2022 January Thaw Road Race](#)

[Our Running Achievements in 2021](#)

In our last newsletter and on Facebook, we asked our members to share with us what their greatest running accomplishments of 2021 were. Thank you to everyone who sent us their accomplishments!

[Click here to read about what our members accomplished this past year](#)



[Race Report: Millinocket Marathon and Half](#)

At least 12 Striders made their way to Millinocket to run in the Millinocket Marathon and Half. Ryan Goebel wrote a race report about this famously cold, hilly, hard, free, and fun race on the first Saturday in December in the Magic City.

[Click here to read more of Ryan's race report](#)



[Race Report: Save Your Breath 5k](#)

As many of you know, our club Secretary Deb Violette runs a non-profit organization Free ME From Lung Cancer. In November, several Striders showed up to support that organization through their "Save Your Breath 5k". Striders brought home the prizes and cash for winning the top overall male and top overall female times.

[Click here to read more about the Save Your Breath 5k](#)

[Frozen Four Social Run](#)

Laurel King is hosting a New Year's Day "Frozen Four" social run. There will be a 2-mile out and 2-mile back run followed by socializing. She has a large finished basement that opens to the outside and a fire pit in the backyard. All Striders are welcome, but Laurel just asks that you are fully vaccinated if you want to come. Email her at laureldileking@gmail.com for the location and other details.

[January and February Club Meetings](#)

Our January and February club meetings will be held virtually on Zoom.

January 12, 7pm: [Click Here For Zoom Link](#)

Meeting ID: 961 6378 4899

Passcode: RunCMS

February 9, 7pm: [Click Here For Zoom Link](#)

January 12, 7pm

Zoom link: <https://northeastern.zoom.us/j/92085910712>

Meeting ID: 956 5770 7972

Passcode: RunCMS

[Club Discounts](#)

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

[It's Time to Renew Your Membership!](#)

If you haven't already done so, it's time to renew your annual membership in our club.

Remember, membership benefits include:

- Being part of the oldest, active running club in Maine
- Club newsletters, like this one
- Discount for January Thaw Road Race entry (FREE in 2022)
- 10% off at Runningwarehouse.com
- 25% off the Doc & Mardie 5k
- \$10 off the Central Maine Striders Fall Classic
- \$10 off the Save Your Breath 5k
- 10% off the Quarry Road Summer Race Series
- Discounted or free Central Maine Striders gear
- And more benefits coming soon!

For more information on how to renew, go to:
<https://www.centralmainestridders.com/join.html>

[Shirts and Other Gear](#)

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

