



Year-End Holiday Social Run and Club Meeting!



Join us for the Central Maine Striders Annual Meeting on Saturday, December 14!

This event will be held at the Colby Chace Forum at 150 Main Street in Waterville. Club members, prospective members and their families are welcome to attend. Please RSVP with your number of guests.

We will start off at 1:30 pm with an optional 1-3 mile neighborhood jingle-lit run. Ugly sweaters and/or other holiday costumes are encouraged!

Following the run, please join us for snacks and our annual meeting- This is the time of year when officers are elected! All positions are self nominated- please send your self-nomination to run@centralmainestriders.com by December 10th. Here is a brief description of each position:

President

Guide club activities, partnerships, community reputation and media presence in accordance with the club mission statement and with guidance and input from other elected club officers and the club board. Promote club recognition, membership recruitment and community engagement through various activities including developing and maintaining relationships with other running groups, race directors, coaches, and teams and attending races and events.

Serve as the voice of the Central Maine Striders by sending regular communications to members and fielding inquiries to the club email account, social media sites, and from the press. Coordinate with newsletter and social media coordinators to create, review and edit official club communications on website, Facebook and Instagram. Serve as primary point of contact for Road Runners Club of America (RRCA), club insurance.

Coordinate activities of club officers and members through scheduling and chairing regular club meetings, setting the meeting agenda, delegating tasks, and communicating meeting minutes and other important updates. Inspire membership engagement and volunteering through positive attitude and passion for running.

Maintain official club documentation including mission statement, bylaws, articles of incorporation. Coordinate communication with club board of directors.

Vice President

Assist president with duties, including club promotion and member engagement. Serve as back up meeting facilitator when president is not able to attend.

Treasurer

Prepare monthly and annual treasurer report. Maintain tracking system to monitor bank account deposits and withdrawals, including membership dues, race entry fees, deposit checks, reimburse members for club related expenses. Check P.O. Box for paper membership renewals. Pay bills and renew registrations for club insurance, post office box, non-profit status with state of Maine, 501c3 tax exempt status with and IRS, and file taxes.

Secretary

Attend all club meetings. Take attendance and notes and meetings. Maintain files of meeting minutes and share with club President for distribution at next club meeting. Maintain the Striders website. Create and mail out the Striders newsletter with content coordination with the President

Social Run Coordinator

Serve as point of contact for members interested in regular social runs. Maintain (long) list of emails of runners and communicate details of upcoming social runs. Recruit hosts and plan running routes.

Millinocket Marathon and Half 2024

Will you be at the Millinocket Marathon and Half this year? The Central Maine Striders will be meeting at the gazebo near the starting line at 9:45 am for a group photo. See you there!

Save the Date!

January Thaw

The Central Maine Strider's 46th January Thaw 4.5 mile road race will be held on January 19th at the Belgrade Central School. See you there!

Race Report

Northeast Kingdom Marathon and Half



by Billy Kobin

Another year, another successful and enjoyable time in Vermont for the Northeast Kingdom Marathon and Half Marathon. The race that is modeled after Millinocket by way of having no registration fee was on a Sunday (Sept. 22) rather than Saturday this year, so that made it tough for a bigger group to go this year, but several Striders - Martha Nadeau, Sylvia Ryan, Butch Parker, Billy Kobin, and David Audet- along with our four-legged member Zena made the trek to beautiful Island Pond, Vermont, to enjoy the half marathon and an idyllic fall weekend.

All of us ran the half marathon and felt generally good, with some high finishes in the overall and/or age group categories for the group. We once again stayed at a cabin owned by a guy from Mass named Biff, and Biff's place continued to offer exactly what we need, with the pond behind it always offering an ideal spot to relax, meditate, paddle and stand in while appreciating the Vermont scenery. Supporting the local businesses, cafes and food spots in Island Pond is always a key part of the trip, and Friday night karaoke at the Essex House & Tavern featured Martha winning a prize. Some of the locals literally couldn't keep their eyes off of us. That's how much of an aura we have.

Those hoping to return next year or run NEK for the first time should definitely do so. The organizer said he had a new job in education this year that made it difficult to hold a Saturday race with a smaller team of volunteers, but he may go back to that day in the future, which would make for plenty of more good memories. The team behind the race, volunteers and Island Pond residents otherwise greatly appreciate our presence and love having Central Mainers Striders visit.

TUCARD Race Report

The Sparkle Pony Claims Another Strider

by Ian Hepburn

TUCARD: The Terrifically (And Unnecessarily) Complicated Adventure Race Duathlon. I am prefacing my race report with this expansion of the acronym so that I can emphasize the "Unnecessarily Complicated" aspect of this event. I will try my best to describe the rules that TUCARD participants had to follow in this year's race, with the understanding that I probably can't make them that clear in the space I have allotted.

On Sept 21st, 2024 I participated in my first TUCARD, which is an annual event facilitated by the Marsh Island Trail Runners. I am not the first Strider to take part in this event (see previous TUCARD race reports from Amy Stabins <https://www.centralmainestriders.com/news/race-report-tucard-2021> and <https://www.centralmainestriders.com/news/race-report-tucard-2022>). The TUCARD has elements of an orienteering challenge, i.e. navigating to points on a map, combined with running and biking (or other modes of conveyance, which I will get to in a moment). Complexity is added by the terrain itself, as it takes place in/on/around the trail networks north of Bangor like the Bangor City Forest, the Crono Bogwalk, the Caribou Bog Conservation Area, and other trails in that vicinity. The Veazie Railroad Bed runs through these trail systems as well, connecting them all. Some of these trails, like the railroad bed, are wide and flat, but they are connected by smaller, capillary like trails that are rougher, steeper, and difficult to move quickly on.

[Click here for the rest of Ian's report](#)

Running Resources

Did you know that the Central Maine Striders website has a Resource page? Visit for helpful links to information on gear, training, coaching, and more!

[Click here for our Resource page](#)

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

November 28- Champions Turkey Trot 5k, 10k
December 7- Millinocket Marathon and Half
January 19- January Thaw
January 26- Indoor Insanity at Colby's indoor track
February 2- Mid-Winter Classic

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.

Club Discount At Runningwarehouse.com

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

Saturday, December 14 1:30 pm
See description above for more details.

It's Time to Renew Your Membership for 2025!



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 Through our RunSignup Link](#)

