

Central MAINE Striders

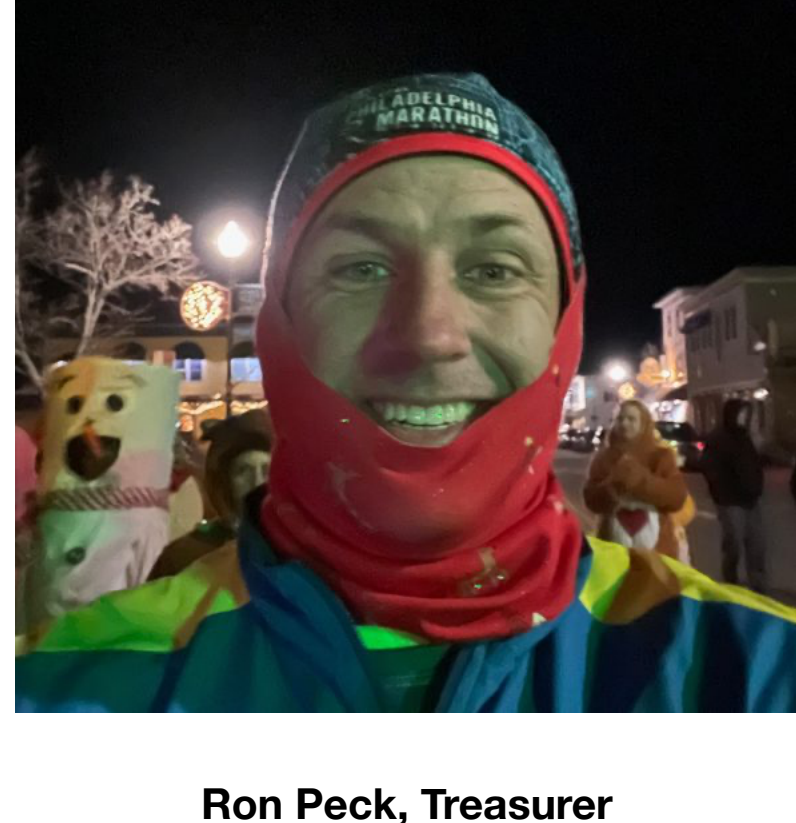
Meet our 2023 Officers!



Ryan Goebel, President



Kate Scott, Vice President



Ron Peck, Treasurer



Amy Stabins, Secretary

[Read a short bio about each of the officers](#)

Annual Meeting Awards

The following awards were announced at the Striders December meeting. Award winners received a gift card to Fleet Feet. Congratulations!

For their unstoppable positive spirit while representing the Central Maine Striders during the year, Martha Nadeau and Drew McCormick were given "Strider Spirit Awards".



For their invaluable assistance with the operations of the club during the year (often behind-the-scenes), Kate Scott and Amy Stabins were recognized with "President's Awards."



For their running achievements while representing the Central Maine Striders during the year, Ron Peck and Heather Cable were given "Strider of the Year" awards.



JANUARY THAW ROAD RACE



January Thaw Road Race Results!

Congrats to first place finishers Sapan Bhatt and Alanna McDonough! Follow the link below for all results and pics from the race!

[Go to Race Results Page](#)

January Thaw Road Race Report!

From first place finisher Sapan Bhatt:

The 44th edition of the Central Maine Striders January Thaw was a great success! Held every year since 1980, this race has been a staple of Maine's winter road races for decades. Turnout was excellent for this edition, with 36 runners and many more in family and support staff.

The conditions were 26-degrees F and windy but with plenty of sun. The loop is about 4.5 miles (thankfully for me probably a little short of this) starting with a three-quarter mile surge out from the school to Augusta Road. Huge shout out to the volunteers who stood in the cold to direct runners at each turn...

Follow the link to the rest of Sapan's write-up:

[Go to Race Report page](#)

It's time to renew your membership!



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](#)



This year's Mount Washington Road Race will be held on Saturday, June 17, 2023. Registration for the race through the random selection process opens on February 13. Go to mt-washington.com/mount-washington-road-race/ for more info.

As in the past, the Central Maine Striders have 5 bypass slots for runners who do not get selected through the normal race lottery process. If you are interested in racing, we ask that you enter the lottery first and have the bypass as a backup plan. This will maximize the number of Striders who are able to enter the race. Keep in mind that if you use a bypass slot, you must provide a volunteer for Friday parking during registration (which will most likely be in the late afternoon).

Contact Mark Fisher (markfisher3340@gmail.com) for more info about the Striders entries to the race or if you are interested in volunteering as a Strider.

Millinocket Marathon and Half Marathon

Reminder- Registration for this free race is now open! Race day is December 3rd this year. Sorry, but we don't have the weather forecast for that date quite yet.

[Link to race page](#)

Lucky 7k at the AYCC



Reminder- The AYCC in Waterville is holding their Lucky 7k road race on March 18th. Striders members can use this code for a discount!

Striders23

[Link to race page](#)

Social Runs

Are you interested in joining our social run group? We typically meet on Wednesday evenings for a short, easy-paced run followed by socializing. To be included in the email list to be notified of the dates and locations, or for more information, email Ron Peck at rpeck75@gmail.com.

February Club Meeting

Our February club meeting will be conducted in person:

Wednesday, February 8

5:30pm: Group fun run

6:00 pm: Meeting

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

March Club Meeting

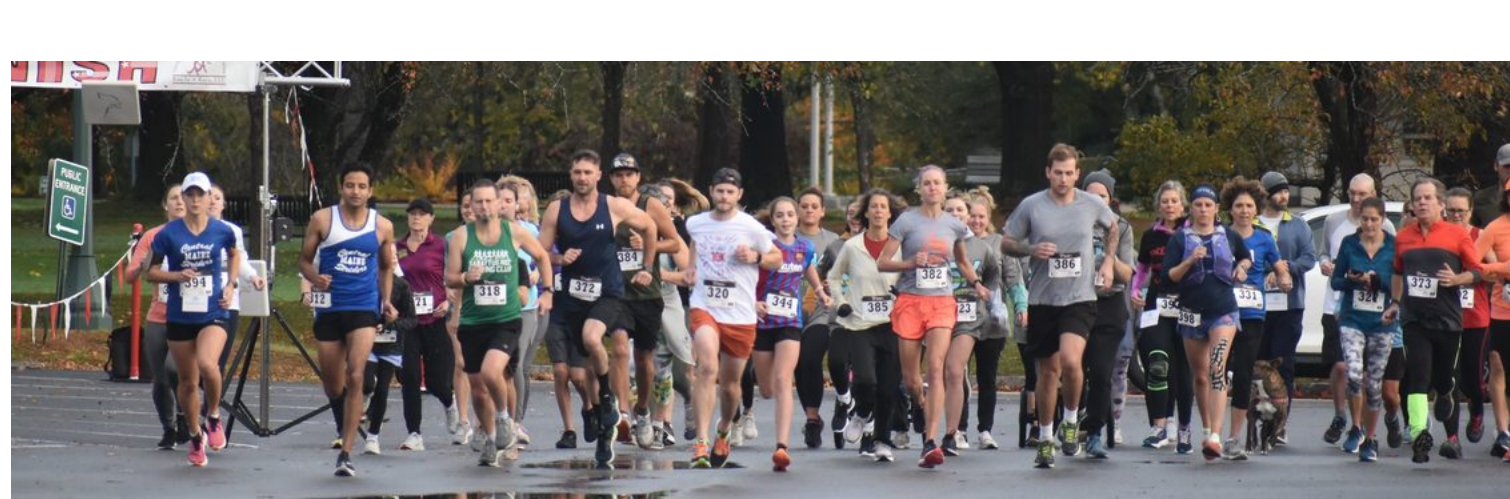
Our March club meeting will be conducted via Zoom:

Wednesday, March 8 at 8:00pm

Zoom Meeting ID: 314 277 7649

[Zoom Link](#)

Save Your Breath 5k



Central Maine Striders members will receive a discount with the code STRIDERS2023 when signing up for the Save Your Breath 5k. The race is planned for October 14, 2023 in Augusta.

[Click here to get more info or sign up!](#)

Club Discount At Runningwarehouse.com

Use this exclusive Central Maine Striders discount code to get 10% off at [Running Warehouse](http://RunningWarehouse.com). CMAINESTRD

New 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](#)

