



Everyone's favorite 4.5-mile January road race is back for its 44th edition!

**When:** Sunday, January 15, 2023 at 11:00am  
**Where:** Belgrade Central School, 158 Depot Road, Belgrade, Maine  
**Distance:** Approximately 4.5 miles

**Registration:** Race-day only, beginning at 9:30am.  
**Cost:** FREE for Central Maine Striders club members, \$10 for non-members

Contact Ron Peck at [rfpeck75@gmail.com](mailto:rfpeck75@gmail.com) for more info or to express interest in volunteering.

[Go to Race 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](http://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/](http://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](mailto:markfisher3340@gmail.com)) for more info about the Striders entries to the race or if you are interested in volunteering as a Strider.

January Club Meeting

Our January club meeting will be conducted over Zoom:

**Monday, January 9, 8:00pm:**

[Click Here For Zoom Link](#)

Meeting ID: 314 277 7649

We are working on plans for an in-person meeting for February. We'll let you know when we have the details worked out.

Club Discounts

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

Shirts and Other Gear



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

