



Meet our New President Martha Nadeau

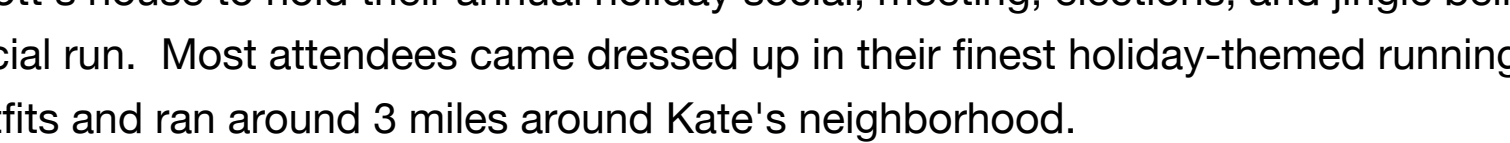


I am honored and excited to be the newest president of Central Maine Striders. I have been a member for several years, officially joining at the January Thaw in 2019 (or was it 2020?). One of the many reasons for joining was to attend a weekend social run that ended at Big G's for breakfast (still hoping that will happen soon).

As a "back of the pack" runner, I would like to be a reminder to everyone that our club is not just for "fast" runners, although we do have quite a few - all speeds and non-runners alike are welcome here. Looking forward to meeting more members and getting your ideas for new races to attend and activities to share.

-Martha Nadeau

Year-End Holiday Social Run and Club Meeting!



by Ryan Goebel

On Saturday, December 9, the Central Maine Striders met at Vice-President Kate's Scott's house to hold their annual holiday social, meeting, elections, and jingle bell social run. Most attendees came dressed up in their finest holiday-themed running outfits and ran around 3 miles around Kate's neighborhood.

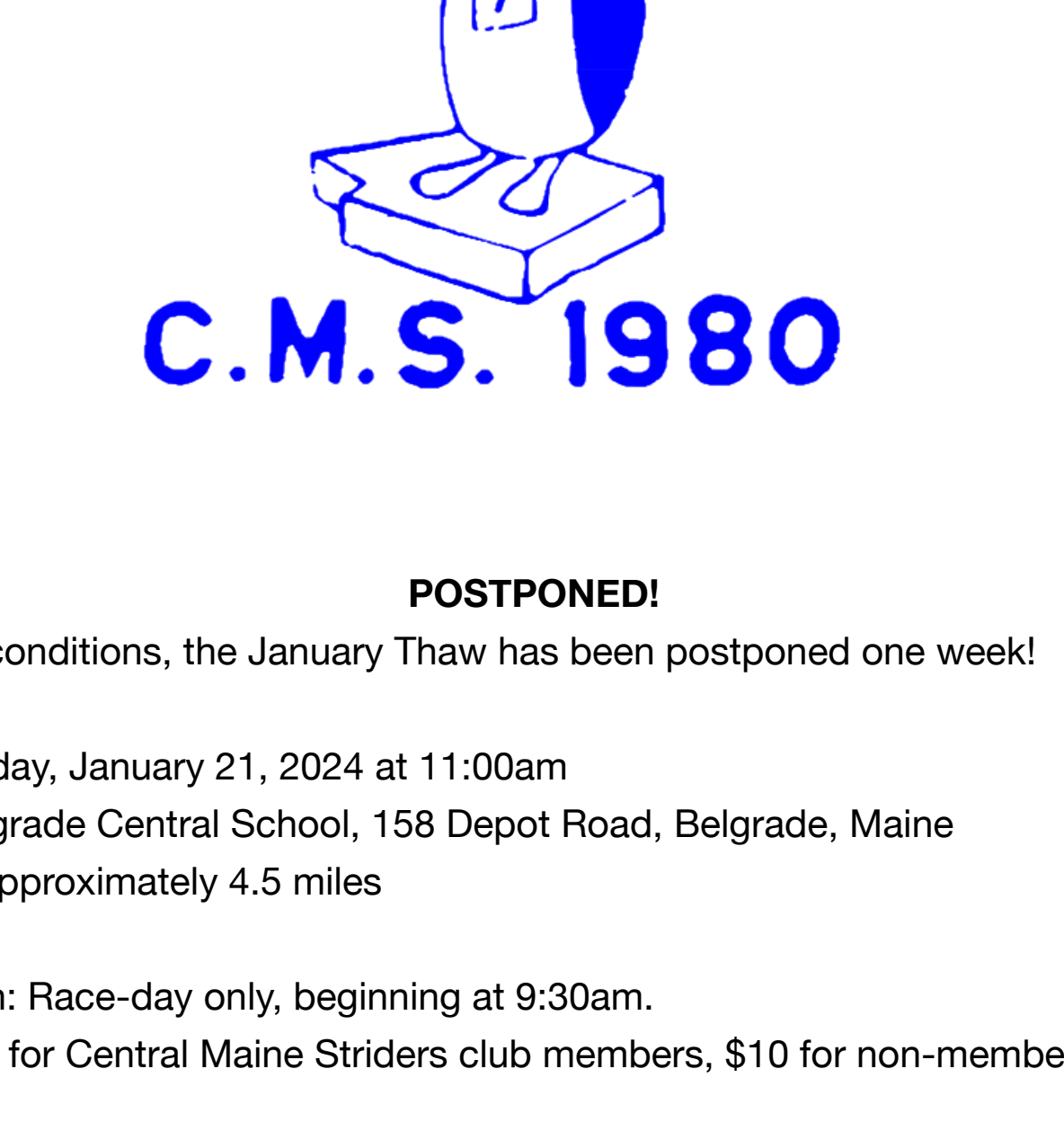
One of agenda items at the club's year-end meetings is typically some sort of awards. Following the pattern of last year, awards were given out to two members in each of three categories, as chosen by the club's officers.

The 2023 Striders Spirit Award was given to Sapan Bhatt and Alicia McCarthy for their positive spirit while representing the club. Next, the President's Award was given to Julie Millard and Martha Nadeau for their invaluable contributions to the club during the year. And finally, the 2023 Striders of the Year awards went to Billy Kobin and Lindsey Madison for their running achievements while representing the club during the year. While we don't have the room nor the memory to list all the accomplishments of these amazing six club members through out the year, we can say that all of them contributed immensely to the club by volunteering at events, setting various personal bests, hosting other runners for social runs, and just generally being wonderful people who continually show up and participate in our little club.

Before continuing the meeting, Kate Scott announced that there was one more award or gift to be given. She then presented outgoing President Ryan Goebel a photo book compiled by several club members from the years of his club presidency (2020-2023) and a card signed by everyone at the year-end meeting as a thanks for his contributions to the club over the last four years.

The final item of business for the evening was to announce the election results. By unanimous decision, the entire Board of Directors was reappointed to their positions. The Board of Directors includes Patrick Guerette, Alicia MacLeay, Tom McGuire, Julie Millard, Ron Peck, and Ron Paquette. Secretary Amy Stabins, Treasurer Ron Peck, and Vice President Kate Scott were all re-elected to their positions. And, Martha Nadeau was elected to be the next club President. Tom McGuire pointed out that Martha will be the club's first woman president, to which Ryan Goebel added that it is also the first time that the majority of the club officers are women.

[Click here for a more detailed report and photos!](#)



POSTPONED!

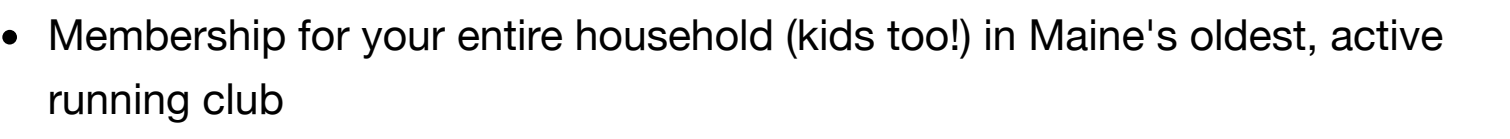
Due to icy conditions, the January Thaw has been postponed one week!

When: Sunday, January 21, 2024 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 rpeck75@gmail.com for more info or to express interest in volunteering.

It's Time to Renew Your Membership for 2024!



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](https://www.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](#)

Lost Valley Race Report

By Billy Kobin

Several Striders ran well on the trails of Lost Valley in Auburn and then also drank well at the Backyard Brew Festival on Nov. 4.

The Saturday morning event offered a 5K, 10K and 15K race up, down and around the Lost Valley ski area that had nice and muddy trails in late fall.

Lindsey Madison and Billy Kobin were the top female and male finishers, respectively, in the 5K. They cheered on Julie Millard as she won her age group in the 10K and then kept encouraging Ron Peck as he braced three loops of the tough course to take home first place in the 15K.

[Click here for more about Lost Valley](#)

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

January 21, 2024 January Thaw 4.5 (details in this newsletter)
February 4, 2024 Midwinter Classic 10 mile in Cape Elizabeth
March 2, 2024 Lamoine Half Marathon in Lamoine
May 12, 2024 Sugarloaf 9k and Half
April 15, 2024 Boston Marathon
June 15, 2024 Mount Washington Road Race Registration is open!
Summer 2024 Quarry Road Summer Race Series
July 19/20, 2024 DESTRA
September 22, 2024 Northeast Kingdom + 1/2 Island Pond, VT Registration is open!

Social Runs

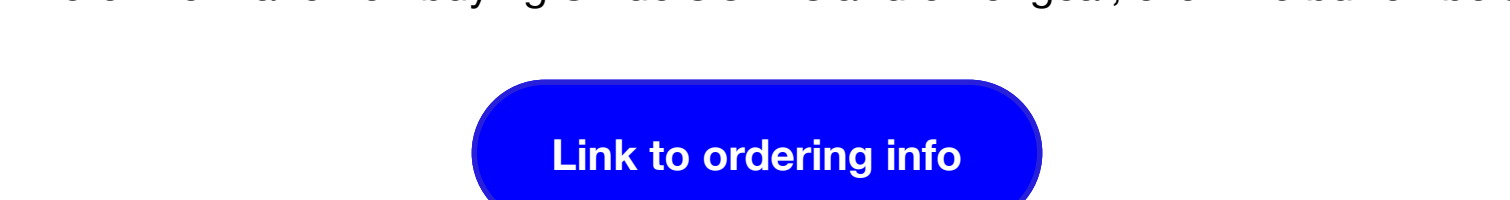
Interested in combining socializing and running? Our regular social run is Wednesday evenings, usually in the Waterville area. During the warmer months, we may additionally meet on other days and in places further afield. Occasionally, we incorporate other activities such as trivia and crafts.

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](https://www.runningwarehouse.com). CMAINESTRID

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](#)

Upcoming Meetings

Wednesday, January 17 6:00 pm via Zoom
Contact us at run@centralmainestriders.com if you would like to join us.

Wednesday, February 7, location TBD
5:30pm: Group fun run
6:00 pm: Meeting
Contact us at run@centralmainestriders.com if you would like to join us.

Please note that if it is raining on Wednesday evening, the social run will be cancelled but the meeting will still continue as planned.

