



Striders Race Down East!



Congratulations to the three Striders teams who represented the club while racing the 102.7-mile Down East Sunrise Trail Relay on July 18-19: Central Maine Striders OG (13:11:21), Central Maine Striders 3point1 (13:50:50), and CMS 2 point 0 (16:11:15)! We look forward to a DESTR race report in a future issue.

Striders Night at Quarry Road August 5



Join us on **Tuesday, August 5**, at Quarry Road Trails in Waterville for a special Striders 50th anniversary night at the summer running series. Race either the Dirt Road 1-mile (one night only, all ages) or the 8K trail distance (for the series standings). Afterwards, celebrate with flavored Italian ices from Sojourn Ice food truck; the club also will cook up hotdogs. Come out to race, spectate, or just celebrate!

Register to race

Race Report: Mount Washington 2025



Congratulations to the five Striders runners at the Mount Washington Road Race and thank-you to our five club volunteers! Mark Fisher shared a race report: *Given the low temperatures and winds, the race officials decided to take a cautious approach and halt the June 14th race at the halfway point on the auto road. While it was disappointing to see the race cut short this year, it was a reasonable approach given the risks that are part of changing weather on the "rock pile".*

Mark's Race Report

Volunteer at Ironman

Ironman 70.3 Maine in Augusta is coming up this Sunday, July 27, and Striders is staffing **Run Aid Station #4** on the Kennebec River Rail Trail in Farmingdale (among other opportunities). If you've already signed up to volunteer with the club—great! If you haven't—there's still time to [sign up](#). Contact Tom Farmer (tfarmer001@gmail.com) with questions and for more info on volunteering with Striders.

Upcoming Striders Runs



Club Meeting and Social Run Wednesday, August 13

Chace Community Forum, 150 Main Street, Waterville
Want to meet fellow Striders, go for a social run/walk, get more involved? Join us for our August club meeting at 6:15 p.m., preceded by a 5:30 p.m. social run/walk. All are welcome to the run/walk and/or the club meeting.

Weekly Social Runs

Run and socialize! The club's regular social run is Wednesday evenings, often in the Waterville area, though also in other Kennebec County locations and places further afield. Email Ron Peck (rpeck75@gmail.com) to be included on the email list and be notified of weekly times and locations, or to suggest a future spot. Also, check out our [Facebook group](#) for informal runs organized by members.

Upcoming Striders Races



Kennebec Valley Youth Symphony Orchestras 5K
Saturday, August 30, 10:30 a.m.
Quarry Road Trails, Waterville
Support Central Maine student musicians while running trails! Kennebec Valley Youth Symphony Orchestras is holding a 5K fundraiser and Striders is a co-sponsor. All proceeds go to support enrichment opportunities for local middle and high school musicians.

Register:
<https://forms.gle/CZuHttgP7d9SL0Z>
Rain date is Sunday, August 31.
For more info contact info@kvyso.org



Central Maine Striders Fall Classic 10K
Sunday, October 12, 10 a.m.
Quarry Road Trails, Waterville

Save the date and join us Sunday, October 12, for our 6th annual Central Maine Striders Fall Classic! The Fall Classic is a 10K road race that starts and ends at Quarry Road Trails and travels through Waterville. Registration will open in August.

Striders Gear Store



Tech shirt, hoodies, hats, and more—the Central Maine Striders gear store is open at [SquadLocker](#). Check out the offerings; order your Striders wear; then share and tag us on [Facebook](#) or [Instagram](#) with your running pics wearing your Striders gear.

Shop Striders

Racing Singlets



Limited-edition Striders 50th anniversary racing singlets are available in men's, women's, and youth sizes (\$50, plus shipping) at the link below. Email president Martha (fun@centralmainestriders.com) if interested in combining orders; if we order 10+ we get a discount (\$44).

Order Singlet

Upcoming Maine Races



July 26: RiverFest 5K (Guilford)

July 26: Peaks Island Road Race

July 27: Ironman 70.3 Maine (Augusta)

Swim, bike, run, or volunteer with [Striders](#)

July 27: Crooked River 5K (Harrison)

July 29: 8K—Quarry Road Trails Summer Running Series (Waterville)

August 2: TD Beach to Beacon 10K (Cape Elizabeth)

August 2: Loon Call 5K and Fun Run

Smithfield Baptist Church, Smithfield
5K at 8 a.m. Registration at 7:30 a.m.

August 3: Maine Lobster Festival 10K and 5K (Rockland)

August 5: 1-Mile and 8K—Quarry Road Trails Summer Running Series

(Waterville)
Join us for Striders night at Quarry Road Trails.

August 6: Weekly Back Cove 5K: Twinning Day (Portland)

August 10: Bradbury Mountain Breaker 9-Miler (Pownal)

August 10: Mount Vernon Loon Lap 5K

August 12: 3K and Awards—Quarry Road Trails Summer Running Series (Waterville)

August 16: Machias Blueberry 5-Mile and 1-Mile Fun Run

(Machias River Preserve)

August 19: Make-up Date—Quarry Road Trails Summer Running Series

(Waterville)

August 29: Doc & Mardie 5K and Kids 1-Mile Fun Run

Alford Youth and Community Center, Waterville
Join the Striders team when you register.

August 30: Kennebec Valley Youth Symphony Orchestras 5K (Waterville)

October 12: Central Maine Striders Fall Classic 10K

(Waterville) Registration will open in August.

Striders shares upcoming race info for the benefit of the Maine running community. However, race info is subject to change and is not vetted by the club. Please confirm all specifics with each race's organizers.

More Maine Races

Share Your Race Report

Have you run a race you want to tell others about? Have stories or advice to share with fellow runners? Send website and newsletter queries and submissions to alicia@macleay.com.

Thanks for being a 2025 Member



You're receiving this newsletter as a 2025 member of Central Maine Striders. Thank you for your support! Know other runners who want to join or renew? Send them to the link below.

Join/Renew with Striders

Running Warehouse Discount

Club members get 10% to 20% off at [Running Warehouse](#) with this exclusive Central Maine Striders discount code:
BS4U2KNQ

*20% off clothing and socks, 10% off select clearance shoes, nutrition, hats/visors. Discount is off MSRP with exception of specialty shoes. Discount valid until January 1, 2026. Some exclusions apply.

