



Registration for the 4th Annual Central Maine Striders Fall Classic is now open!



Join us Sunday, October 8th for our 4th Annual Central Maine Striders Fall Classic! The Fall Classic is a 10k road race that starts and ends at Quarry Road Recreation Area, near the yurt.
No dogs or strollers will be allowed in the race. This race is for runners only. There will be a tiered pricing structure this year.

Central Maine Striders members receive a \$10 discount.
Registration pricing is as follows:

- Special early bird discount through June 30: \$12 for Central Maine Striders members / \$22 for general public
- July 1 - July 31: \$17 for Striders / \$27 for general public
- Aug 1 - Oct 6: \$ 22 for Striders / \$32 for general public
- Race Day: \$40 for everyone

In order to receive an event technical t-shirt, participants must register before September 15. No race shirts will be guaranteed to anyone who registers after this date.

[Click here to register](#)

Quarry Road Trails Summer Race Series



The Quarry Road Trails Summer Race Series begins on June 20 this year and continues through August 22. Contact Jeff Tucker at trails@quarryroad.org for more information.

[Click here for more info or to register](#)

Pizza Social

To kick off the summer racing season, the Central Maine Striders will be hosting a pizza party following the first Quarry Road trail race of the summer. Stick around after the 3k race on June 20th for some pizza and socializing. If the weather isn't accommodating for eating pizza outside, we reserve the right to cancel or reschedule for another date.

5k to Benefit Waterville Area Humane Society



The Central Maine Striders are excited to co-present the Woof Run 5k with the Waterville Area Humane Society. Striders members get a \$5 discount on the race entry.

[Click here for more information](#)

Central Maine Striders Socks



We've recently purchased a limited number of custom Central Maine Striders socks. As discussed at recent club meetings, these socks will be given to any Central Maine Strider member who volunteers at an event.

[Click here for more information](#)

Local Schools Outreach

The Central Maine Striders are excited to announce our new High School Outreach Committee, focused on supporting local high school cross country and indoor/outdoor track runners in Central Maine. As a community-oriented running club, we believe in the importance of fostering young talent and promoting a healthy and active lifestyle.

[Click here for more information](#)

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



Looking for Volunteers

Calling all Striders!

Many club members volunteered at the Ironman 70.3 Maine in Augusta last year and some actually COMPETED in the event (Go Andrew Catalina!). This year, we have decided to formalize our volunteering participation in order to secure a grant from the corporation to support our club. If you are available on July 30, 2023, then please consider volunteering for the event under the Central Maine Striders umbrella. It is likely that we will be working the swim leg, where we will get to see sunrise from the beautiful Kennebec River. Please reach out to Martha Nadeau (Veggie60@roadrunner.com) and Julie Millard (jtmillar@colby.edu) for more information about the event.

Highlighted Upcoming Races

- May 27-28: [Trail Festival at Pineland Farms](#)
- June 10: [Humane Society Woof Run 5k](#)
- June 17: [Mt. Washington Road Race](#)
- June 20 - Aug 22: [Quarry Road Summer Trail Race Series](#)
- July 21-22: [Downeast Sunrise Trail Relay](#)
- Sept 16: [Northeast Kingdom Marathon and Half](#)
- Sept 16: [TUCARD](#)
- Aug 19: [Doc & Mardie 5k](#)
- Oct 8: [Central Maine Striders Fall Classic 10k](#)
- Oct 28: Quarry Road Trailfest 5k and 15k
- Oct 14: [Save Your Breath 5k](#) (Discount code: **CMS2023**)
- Dec 2: [Millinocket Marathon and Half](#)

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.

June Club Meeting

Our April club meeting will be conducted in person at a member's home in Waterville:

Wednesday, June 14
5:30pm: Group fun run
6:00 pm: Meeting

Contact us at run@centralmainestriders.com for directions 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.

July Club Meeting

Our April club meeting will be conducted in person at a member's home in Waterville:

Wednesday, July 12
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.

Club Discount At Runningwarehouse.com

Use this exclusive Central Maine Striders discount code to get 10% off at [Running Warehouse](#). CMAINESTRD

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](#)

