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Striders Club Run and Social

Mark your calendars! We are planning a club run and social on Saturday, March 12. We'll meet in Hallowell at noon, go for a short run, and then have some food & drinks at the fire pits at Maine Local Market. (If there's enough interest, we could also organize for a long-run group to meet earlier)

Email us at run@centralmainestriders.com by Monday, March 7 since we need to make a reservation for the fire pits.

We hope to see you there!

Find this info on our website

January Thaw Road Race Report

by Heather Cable

On January 16th, 21 runners returned for the first [in person] January Thaw since 2020! As runners lined up at the starting line, temperatures were just starting to rise above 10 degrees F. Just a typical winter day in Maine, so no problem!

The race starts at Belgrade Elementary School and travels in a loop briefly on route 27 then turning on to Manchester Rd where runners tackle a series of hills varying in size. A group of runners surged to the front at the start of the race including the men's first place finisher, Elijah Caret (25:42). As the runners turned onto Manchester rd we became more and more spaced.

Click here to read more of Heather's 2022 January Thaw Road Race Report!

January Thaw 2022 Results

Thanks to all the runners and volunteers who showed up to this race when the temperature at the start was around 11 degrees! Follow the link below for the full race results.

43rd Annual January Thaw Results

NORTHEAST DELTA DENTAL
MOUNT WASHINGTON
ROAD RACE

Mount Washington Road Race 2022

A quick note from Mark Fisher, who is coordinating our team for the Mount Washington Road Race this year:

Good day Central Maine Striders

As I write this the lottery for the 61st Mt. Washington Road Race is well underway. This unique running experience is one that will create a lifetime of great memories. Clearly a challenging course this year with "just one hill"!

The team has historically had 5 bibs from the organizers and provided 5 volunteers to support the effort. This year, we are being asked to help out with the parking on Friday, June 17th from 4-8 pm. With the move back this year to a single day race for all, they have aligned volunteers to cover the Saturday event. We have a long standing history of participation in this event and participation and volunteer support keep that viable.

Please reach out to me if you have interest in running this year or can help with our volunteer efforts. I can, when applicable, forward registration information.

Mark Fisher 603-340-1987 or MarkFisher3340@gmail.com

Please reach out to Mark if you are interested, so we can keep the tradition of the Striders being involved at this iconic race alive!

Find this info on our website

COMMON GROUND COUNTRY FAIR

CELEBRATE RURAL LIVING WITH MOFGA
SEPTEMBER 23, 24 & 25, 2022
UNITY, MAINE
Maine Organic Farmers and Gardeners Association

Race Coordinator Needed: Common Ground Fair 5k

I received this email from the Common Ground Fair Coordinator. They are looking for someone to help coordinate their 5k race, and I promised I'd pass this along to our club. Please contact Meg directly if you are interested. -Ryan

Hello there,

My name is Meg and I am the Common Ground Country Fair Coordinator. We are looking for someone who would be interested in taking the Lead role of coordinating the Common Ground Country Fair 5K this year and I am wondering if you would be able to share this opportunity with your network of contacts? The Coordinator of the CGCF 5K would be responsible for planning, setting up and cleaning up the annual 5K which takes place on the Sunday morning of the Fair. This year, the Fair is on September 23, 24, and 25.

The 5K is basically the same as any 5K that is put on. Here is some information about it:

- Preregistration begins in the spring and ends on the Wednesday or Thursday before the Fair. The Fair Office gets that list to the 5K Coordinator.
- On Saturday night, the 5K Coordinator comes and gets a small tent to set up the check-in table. Will also want to set up the mile markers on Saturday night, get the award ribbons ready, get numbered bibs ready and prepare who will be at the end of the course with a stopwatch.
- Sunday morning registration for those who have not preregistered starts at 6:30AM. There are usually 2 patrol cars on the road with their lights flashing so that the course is marked and our runners are safe. The run begins at the Bunk House, then goes down to the white Crosby house, and then back. Someone will be at the end of the course with a stopwatch keeping track of numbers and times.
- There are different categories that the runners fit into and the winners will receive a ribbon, along with any other prizes that vendors are inclined to donate (in the past there have been things such as pumpkins, flower crowns, etc.).
- After the race there will be needed cleanup and we usually post the winners and times on a white board around the Commons in the center of the Fairgrounds.

If you're able to share this opportunity out to your community, that would be so great and much appreciated! Please let people know that they can contact me directly (my contact information is in my email signature) if they have any questions or want to hear more information about this role.

Thank you so much for your time and consideration.

--
Meg Nadeau (she, her, hers)

Common Ground Country Fair Coordinator

Email: mnadeau@mofga.org

Tel: 207-568-6041

March and April Club Meetings

In lieu of a **March club meeting**, we will be having the club run and social on **March 12** (see top of newsletter). All club members (runners and non-runners) are welcome to attend.

Our April meeting will be conducted over Zoom:

Tuesday, April 5, 7pm: Click Here For Zoom Link

Meeting ID: 970 6604 0256

Passcode: run

Club Discounts

Use this exclusive Central Maine Striders discount code to get 10% off at **Running Warehouse**. CMAINESTRD

It's Time to Renew Your Membership!

If you haven't already done so, it's time to renew your annual membership in our club.

This will be the last newsletter for anyone who has not renewed their membership for 2022!

Remember, membership benefits include:
- Being part of the oldest, active running club in Maine
- Club newsletters, like this one
- Discount for January Thaw Road Race entry (FREE in 2022)
- 10% off at Runningwarehouse.com
- 25% off the Doc & Mardie 5k
- $10 off the Central Maine Striders Fall Classic
- $10 off the Save Your Breath 5k
- 10% off the Quarry Road Summer Race Series
- Discounted or free Central Maine Striders gear
- And more benefits coming soon!

For more information on how to renew, go to: https://www.centralmainestriders.com/join.html

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Shirts and Other Gear

For more information on buying Striders shirts and other gear, click here.

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