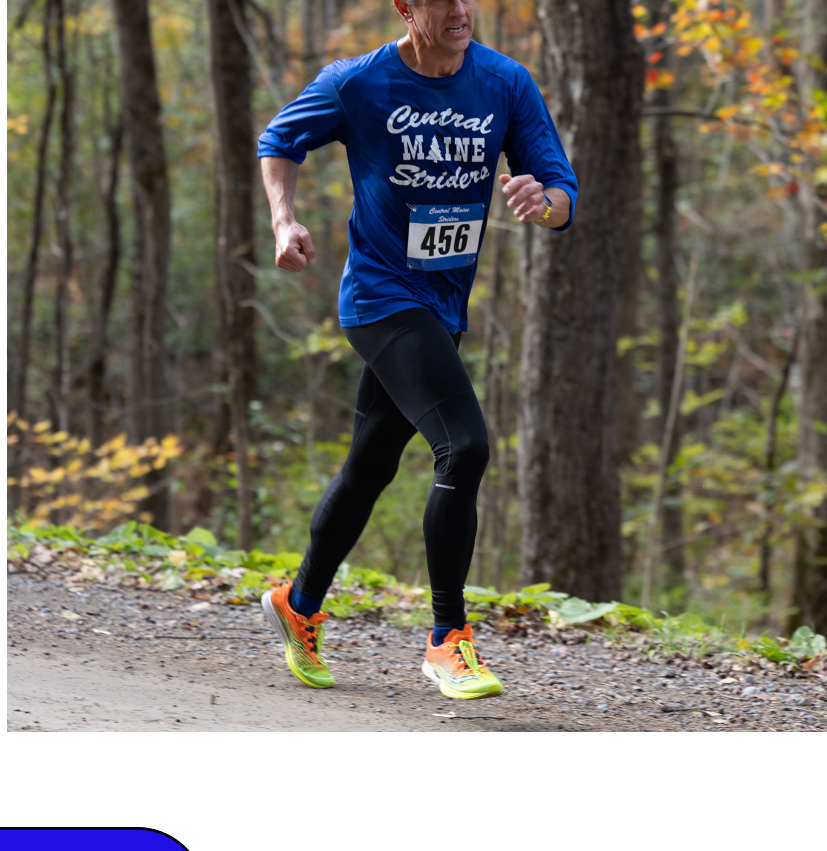
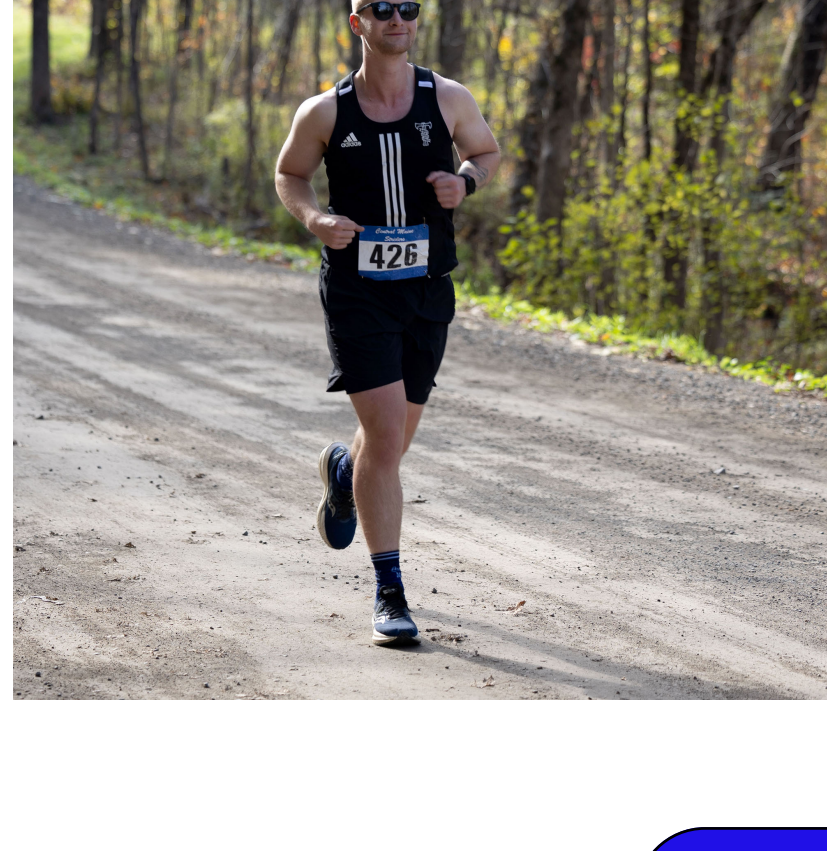
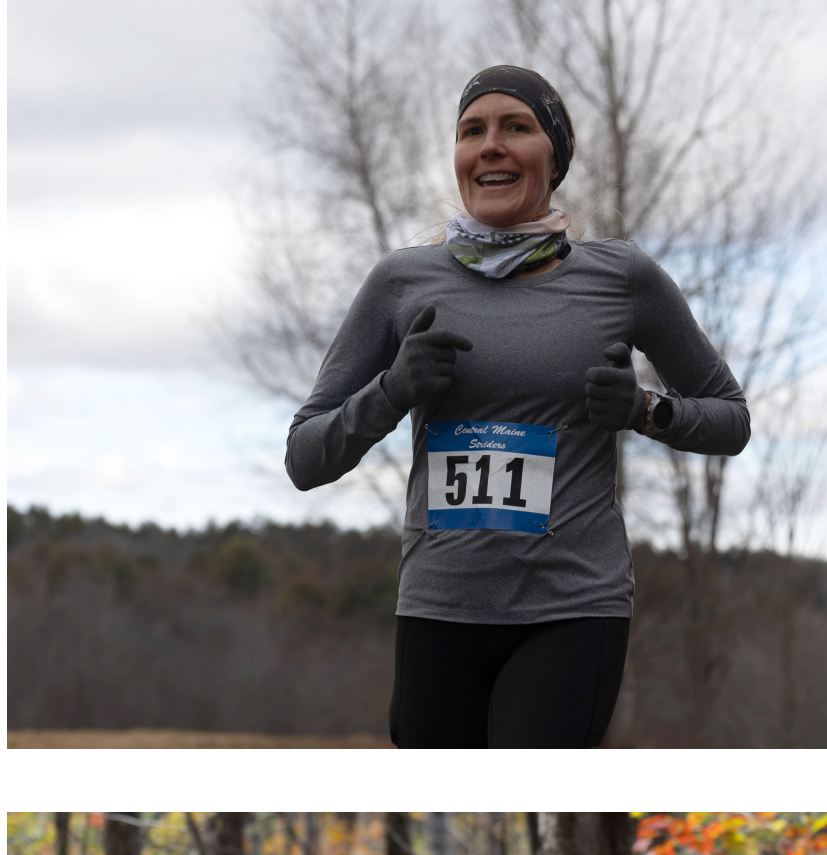




Meet Your Striders Board

Get to know your 2025 Striders Board Members: Martha, Lindsay, Alex, and Ron



[Meet the Board](#)

Meet Our Members: Tom Farmer, Volunteer Coordinator

We like getting to know our fellow Striders—who they are, why they run, why they're part of Central Maine Striders. Recently we caught up with new member Tom Farmer, who stepped up to be our club's Volunteer Coordinator after moving to Maine only last year. Thank you, Tom!

We asked Tom to introduce himself and share some of his running life. Fun fact: In Kentucky, Tom was also a Strider—one of the Frankfort Striders.

[Meet Tom](#)



2 Mount Washington Race Slots Remain



Want to run to the top of the highest peak in the Northeast? Central Maine Striders has **two lottery bypass slots left** (as of this weekend) for the 2025 Delta Dental Mount Washington Road Race on Saturday, June 14. Available on a first-come, first-served basis to current club members, bypasses must be redeemed by March 7. Contact [Mark Fisher \(MarkFisher3340@gmail.com\)](mailto:MarkFisher3340@gmail.com) asap if interested.

Striders Gear

Want to show off your love of Central Maine Striders at your next race? The club is looking into options for members to purchase Striders clothing directly online. But, first we need to hear from you any of the following ways:

- [Complete our poll on Facebook](#) (Share additional details and suggestions in the comments—colors, fabrics, other items, etc).
- [Send us an email](#) with your thoughts and suggestions.
- Come to our next club meeting, March 5 at 6 p.m. (Chace Community Forum, Waterville, after weekly social run)

Weekly Social Runs



Like to combine socializing and running? Our regular social run is Wednesday evenings, usually in the Waterville area. During the warmer months, we may meet on other days and in places further afield. Occasionally, we incorporate activities such as trivia and crafts. Email Ron Peck (rpeck75@gmail.com) to be included on the email list to be notified of times and locations.

Also, check out our [Facebook group](#) for informal runs organized by members.

Club Meetings

Wednesday, March 5, 6 p.m.

Chace Community Forum, 150 Main Street, Waterville
Open to everyone. Join us after the weekly Wednesday social run

Future meetings: April 23, May 14, June 11

Upcoming Maine Races

March 22: [On the Run Half Marathon](#)

USATF certified course in Old Orchard Beach

April 27: [Moosehead Marathon and Half](#)

inaugural race along shores of Moosehead Lake, Greenville

May 3: [Run to Belong 5K](#)

5K on Augusta's Rail Trail benefits Camp to Belong Maine

May 3: [Maine Coast Half Marathon](#)

May 4: [Maine Coast Marathon and 5K](#)

scenic, coastal running in Wells

May 11: [Sugarloaf Marathon and 15K](#)

Registration open until April 1, or whenever races fill

May 24-25: [Trail Festival at Pineland Farms](#)

Canicross, 5K, 10K, 15K, 25K, 50K, 100K, 30 Hour

June 1: [Acadia Half Marathon and 10K](#)

10K still has a spots, Half is wait list

June 1: [Maine Running Hall of Fame 5K In Memory of Julius Marzul](#)

Portland's Back Cove

June 1: [The Great Bangor Marathon & Half](#)

USATF sanctioned and Boston certified

June 7: [Old Port Half Marathon & 5K](#)

race along Portland's stunning waterfront

June 14: [Mount Washington Road Race](#)

Contact [Mark Fisher \(MarkFisher3340@gmail.com\)](mailto:MarkFisher3340@gmail.com) for bypass info

June 15: [Raccoon Run 5K](#)

benefits Animal Refuge League of Greater Portland

June 20: [Longest Day 5K](#)

supports Libby Hill Forest trails in Gray, includes kids 1K race

June 21: [Crush Cancer Lobster Crawl](#)

10K, 5K, and kids dash in Jonesboro

June 22: [Bay of Fundy International Marathon](#)

Lubec, Maine and Campobello, New Brunswick

July TBD: [Down East Sunrise Trail Relay/DESTR](#)

Dates to be announced. Interested in running from Ellsworth to Eastport and/or captaining a CMS team? Reach out to run@centralmainestriders.com



Striders Turns 50!

2025 marks 50 years of Central Maine Striders! Help us plan something special. Send your ideas to run@centralmainestriders.com

Race Reports Wanted

Have you run a race you want to tell others about? Have stories or advice to share with fellow runners? We're always looking for race reports and submissions for the website and newsletter. Send submissions and queries 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!

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 fees at club races
- Free or discounted Central Maine Striders apparel
- 10-20% discount at 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

Know other runners who should join or renew? Send them to the link below.

[Join/Renew with Central Maine Striders](#)

Running Warehouse Discount

Club members get 10% to 20% off at [Running Warehouse](http://RunningWarehouse.com) with this exclusive Central Maine Striders discount code:

Z3XX6UYP

*20% off clothing and socks, 10% off select clearance shoes, nutrition, hats/visors. Discount is off MSRP with exception of clearance shoes. Discount valid until July 1, 2025. Some exclusions apply.

