



Striders Feature in Downeast Magazine



There's a nice little writeup in the May 2022 edition of Down East magazine called "Lessons from Maine's Oldest Running Club". There are some quotes from current President Ryan Goebel, as well as from former Presidents Gene Roy and Ron Paquette.

You can buy Down East magazine wherever magazines are sold, or you can buy it online here:

<https://shop.downeast.com/product/down-east-magazine-may-2022/>.

Find this info on our website

AYCC Sprint Triathlon



On the 18th of June the Alford Youth and Community Center will be hosting a sprint triathlon here at the AYCC. The triathlon will consist of a 500 yard swim, a 11.6 mile bike ride and finishing off with a 5K run.

Striders members get 20% off their entrance fee. Use the code Member20 for your discount!

Click here to visit the AYCC race page

Good Luck to all the Striders running at Sugarloaf next week!



May and June Club Meetings

Our May and June meetings will be conducted over Zoom:

Tuesday, May 10, 7:30 pm: [Click Here For Zoom Link](#)

Meeting ID: 314 277 7649

Passcode: run

Tuesday, June 7, 7:30 pm: [Click Here For Zoom Link](#)

Meeting ID: 314 277 7649

Passcode: run

Club Discounts

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

Shirts and Other Gear

For more information on buying Striders shirts and other gear, [click here](#).

