



Get Involved: 2016 Club Officer Positions Are Open

Central Maine Striders has three club officer positions to fill for 2016. Officers Patrick Guerette, president; Tracey Cote, vice president; and Kate Cooley, secretary; are all stepping down. We'll miss them and their service. However, this is an opportunity for other members to help support our local running community.

Nominations should be sent to centralmainestriders@gmail.com by Tuesday, December 8. Voting will take place at the Annual Meeting and Banquet on January 12 at Maine-ly Brews in Waterville. Members also will be able to mail in or email their votes beforehand.

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Upcoming Strider Events

Striders Monthly Meeting
Tuesday, December 8, 6 p.m.
Alfond Youth Center boardroom (second floor), 126 North St, Waterville. All are welcome.

Annual Meeting & Banquet
Tuesday, January 12
Maine-ly Brews, 1 Post Office Square, Waterville
All are welcome.

January Thaw Road Race
Sunday, January 17
37th annual 4.5-mile road race
Belgrade Central School, 158 Depot Road, Belgrade

Other Local Races

Gasping Gobbler 5K
Thursday, November 26
Cony High School, 60 Pierce Dr, Augusta
5K race sponsored by Cony All Sports Boosters to support student athletes. Pre-registration: \$25.

Champions Thanksgiving Turkey Trot
Thursday, November 26
Champions Fitness Club, 30 Elm Plaza, Waterville
13th annual 5K or 10K run or walk on Thanksgiving morning.

[Visit our race calendar](#) for more Maine running events.

Tell us about your 2016 race. Submit it to our race calendar: alicia@macleay.com



Fall Strider Member News

Our members are busy this fall: Tony Dalisio has started Running Fox Coaching. Member Jerry Allanach in Illinois shared thoughts on racing in Maine and getting older. Alicia MacLeay enjoyed volunteering with a youth running club. And Brendan Gilpatrick finished fourth overall at the TARC 50K.

Read on for more details. Then tell us what you've been up to on the roads and trails.

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Central Maine Ski Club Holds Running Paintball Biathlon

Central Maine Ski Club held a running paintball biathlon at Quarry Road Recreation Area in Waterville in November. A number of Strider members of all ages raced in the event and several helped out as volunteers.



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Established in 1975, the Central Maine Striders running club is the oldest, active running club in Maine. The club is open to all interested runners and serves runners of all ages, abilities, and interest levels in the Central Maine area.

