



## FALL CLASSIC 10k:

Thank you to all of the runners, volunteers, and sponsors who made it a success!

Congratulations to overall winners Elizabeth Young and Patrick Guerette, and Masters winners Dana Anderson and Ryan Goebel! Good job, everyone!

Also, a big thanks to David Colby Young @ Maine Running Photos, Strider Alicia MacLeay, and Jim Kirby for taking pictures at the event.



Visit our website for more photos and the complete results!

[Click here to visit the Fall Classic race page](#)

## November Club Meeting

Our November club meeting will be held on Zoom on Wednesday, November 3 at 8:00 pm. All are welcome.

Zoom link: <https://northeastern.zoom.us/j/92085910712>

Meeting ID: 920 8591 0712

## Upcoming Race: Save Your Breath 5k

The **Save Your Breath** fundraisers bring together a community filled with support that will help empower those touched by the disease. It helps lung cancer patients, families and caregivers connect with others facing this disease to provide hope and inspiration. Proceeds will help Free ME from Lung Cancer's mission ~ research, education, and community support. The Save Your Breath 5k run is one of only two fundraisers they do each year. These events are the only means of supporting their mission ~ research, early lung cancer screening, and helping single-family low-income homeowners get access to radon air abatement systems.

The Save Your Break 5k live and virtual run or walk is November 6, 2021 in Augusta, starting at Capitol Park and continuing as an out-and-back along the rail trail.

Central Maine Striders members get \$10 off registration for the **Save Your Breath 5k** with discount code: CMS2021

[Click here to register for the Save Your Breath 5k](#)

## What was your greatest running accomplishment in 2021?

We're working on compiling an end-of-the-year article about all of the wonderful achievements all of you Striders have made in the last year. What was your greatest running achievement in 2021? Did you run your first 5k? Or your fastest marathon? Or did you finish a race with your significant other? Or did you start running again after a long period of injury? Let us know. No accomplishment is too small or too big. We really want to know what you've been up to this year. Your response can be anywhere from one word to multiple sentences (but please try to keep it to 100 words or less). Please email it to [run@centralmainestriders.com](mailto:run@centralmainestriders.com) with the subject: "My Greatest Running Achievement in 2021".

## Race Report: Doc and Mardie 2021



*By Drew McCormick*

Arriving at the Waterville Alford Youth Center was a little different due to the construction going on in the parking lot, but there was still plenty of room. I parked and got my race bib from some very friendly volunteers, and saw the race director Patrick Guerette zooming around! I informed him I was ecstatic that he would not be able to run this race, and that it gave me a chance for the age bracket win! I then headed right over to the Central Maine Striders tent for some pre-race nerve talk with Kate, Ron, Ryan and Julie which helped as always, I was then off for some warm up miles. There were racers warming up along North Street and everyone was friendly saying good morning to one another. Just an all around great feel/vibe to the air.

[Click here to read the rest of Drew's race report!](#)

## Race Report: TUCARD 2021



*By Amy Stabins*

TUCARD- Maine's most Terrifically (& Unnecessarily) Complicated Adventure Race and Duathlon. The race announcement came across my Strider's FaceBook feed late last December and something inspired me to click through to see what they meant by 'complicated'- and I was not disappointed. In that post, interested participants were provided with a map that had the 'Shadow of the Sparkle Pony' laid across it, and told that the race would take place within that shadowed area- there is no official route.

[Click here to read the rest of Amy's report!](#)

## Club Discounts

Central Maine Striders members get \$10 off registration for the **Save Your Breath 5k** with discount code: CMS2021 (Registration is free for members who raise \$100 or more. Contact [lung.support@gmail.com](mailto:lung.support@gmail.com) for more info.) Sign up here: <https://runsignup.com/Race/ME/Augusta/SaveYourBreathAugusta>

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

## It's Time to Renew Your Membership!

2022 is right around the corner! Memberships for anyone who joins now will be valid through December 31, 2022.

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
- 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:

<https://www.centralmainestriders.com/join.html>

## Shirts and other Gear

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

