



Annual Meeting, Social Run, and Holiday Party



Saturday, December 10

Jingle Bell Night Run (5pm)
Annual Meeting (6pm)

RSVP for Address.

Join us for the Central Maine Striders Annual Meeting!

This event will be hosted by club Vice President, Kate Scott, at her home in Waterville. Club members, prospective members, and their families are welcome to attend. Please RSVP with your number of guests and her address will be shared with you.

We will start off at 5 pm with an optional 1-3 mile neighborhood run to enjoy the holiday lights. Jingle bells provided, headlamps and reflective gear recommended, ugly sweaters encouraged!

Following the run, please join us inside for food, holiday sweets, and a brief annual meeting.

BYOB. Food and non-alcoholic beverages and food will be provided.

[Click here to RSVP](#)

If you CANNOT make it to the annual meeting and would still like to cast your vote for officer elections and the re-appointment of the Board of Directors, [CLICK HERE](#) to fill out an absentee ballot. Absentee ballots MUST be received prior to Friday, December 9th at 5pm.

Mark your calendars for the 44th annual



Everyone's favorite 4.5-mile January road race is back for its 44th edition!

When: Sunday, January 15, 2023 at 11:00am
Where: Belgrade Central School, 156 Depot Road, Belgrade, Maine
Distance: Approximately 4.5 miles

Registration: Race-day only, beginning at 9:30am.
Cost: FREE for Central Maine Striders club members, \$10 for non-members

Contact Ron Peck at rpeck75@gmail.com for more info or to express interest in volunteering.

[Go to Race Page](#)

Race Report: Central Maine Striders Fall Classic 10k



by Ryan Goebel

On October 9th, runners and volunteers gathered at Waterville's Quarry Road Recreation Area for the 3rd annual Central Maine Striders Fall Classic 10k road race. Beautiful fall colors graced the trees and frost covered the ground as runners checked in for the race on this cool Sunday morning.

Before the start of the race, it appeared that the men's race had the potential for a speedy battle ...

[Click here to read the rest of the race report](#)

Race Report: Save Your Breath 5k



by Heather Cable

On Saturday, October 15th 42 runners gathered at the Kennebec River Rail Trail in Augusta for the Save Your Breath 5k. This event is a fundraiser to help support Free ME from Lung Cancer's mission to conduct research, help uninsured high-risk patients get access to early detection via low dose CT scans, help single-family low-income homeowners get access to radon air abatement systems, and to establish Covid relief funds in Maine hospitals to help keep the high-risk patients and front-line workers safe.

There was a great showing for Central Maine Striders! ...

[Click here to read the rest of the race report](#)

Race Report: Wicked 10k



by Heather Cable

For some reason, I have always been compelled to get a hot dog costume and run in it. It's probably because going around saying, "well hot dawg!" is oddly compelling. On October 29th, I finally decided to give it a try at the Wicked 10k...

[Click here to read the rest of the race report](#)

Race Report: Quarry Road TrailFest 15k



by Lindsey Madison

To close out the summer, Quarry Road Trails hosted the inaugural Quarry Road TrailFest with a 5k fun run and 15k challenge trail race on October 30th.

I have my sights set to tackle my first Half in Millinocket in December, so I was eager to get my mileage up. What better way than a 15k trail race through the woods of Quarry Road Trails? To add to the fun, two other Striders and I dressed up with the theme of "Cook-out Essentials", dressing as a Hamburger (Heather Cable), Ketchup (Ron Peck), and Reye's Mustard (myself). ...

[Click here to read the rest of the race report](#)

It's time to renew your membership!



As a reminder, 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 fee rates at club races
- Free or discounted Central Maine Striders apparel
- 10% 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

[Click here to renew your membership](#)

January and February Club Meetings

The dates and either Zoom links or locations for the January and February club meetings will be announced at a later date via a separate email.

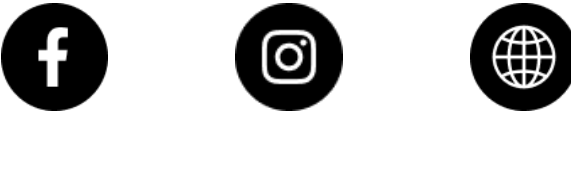
Club Discounts

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

Shirts and Other Gear



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



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