



Fall Classic 10K Race Results

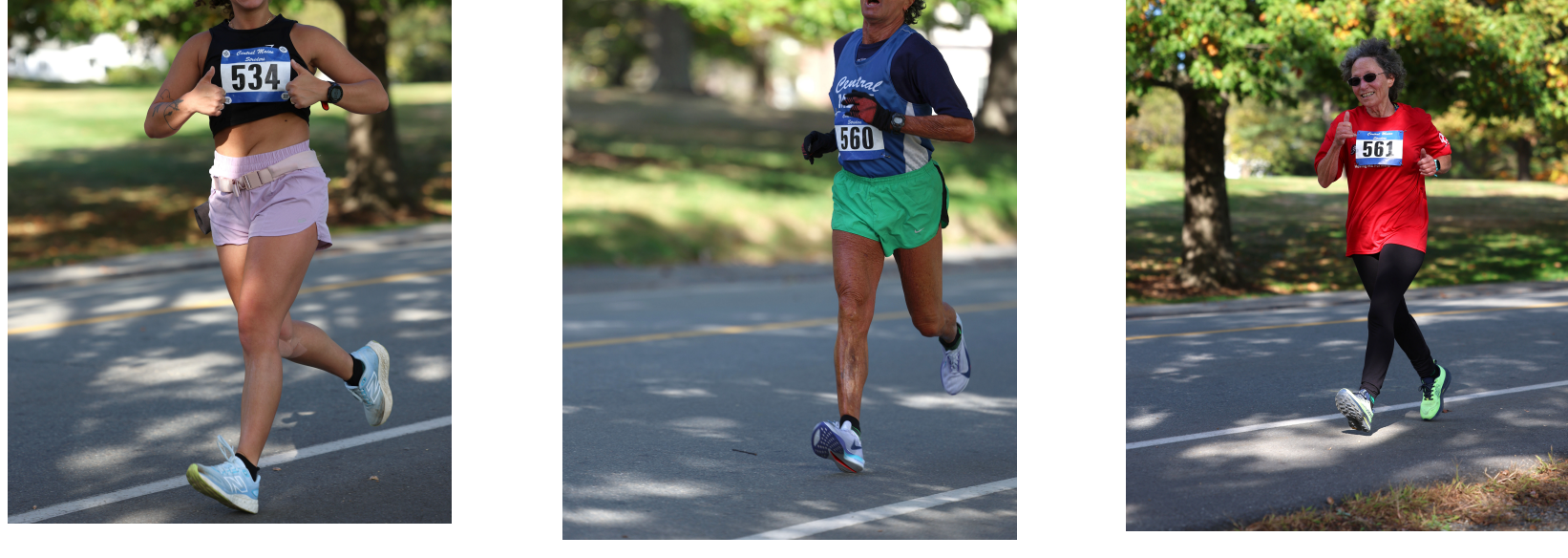


Congratulations to **Pierce Coughlin** (35:23) and **Alanna McDonough Tucker** (39:48), our top open men's and women's finishers, and to **Ryan Goebel** (37:56) and **Kelly Harmon** (50:16) our top masters men's and women's finishers, at the Central Maine Striders Fall Classic 10K road race in Waterville. Forty-two runners came out October 12th to race the sixth annual race. Due to construction at Quarry Road Trails, there was a slight course change for 2025, but racers still enjoyed a full 10K distance through Waterville and beautiful fall weather.

left to right: Kelly Harmon, Ryan Goebel, Pierce Coughlin, Alanna McDonough Tucker

Fall Classic Results

Fall Classic Race Day Photos



Find Your Free Fall Classic Photos

Thank You, Volunteers!



Thanks to all the volunteers who made the Fall Classic a success, led by Race Director Ian Hepburn, Volunteer Coordinator Tom Farmer, and Central Maine Striders club president Martha Cowperthwaite. Julie Millard created stained glass prizes, Maeve Wilcox designed the shirts, and Alicia McCarthy organized registration and the finish line. Beth Bridger, Charlie Jacobs, Billy Kobin, Tom McGuire, Butch Parker, Amy Stabins, Lindsay Theis, and Debra Violette all helped race day run smoothly, and Alicia MacLeay took photos.

Thanks also to our Fall Classic race sponsors: Waterville Parks & Rec and Quarry Road Trails. Pin High Printing, Alfond Youth & Community Center, Hannaford, Sunrise Bagel, Carrabasset Coffee, and White Pine Dentistry.



Race Report: Reach the Beach

Ian Hepburn shared a race report from Ragnar Reach the Beach:

In September I and fellow Strider Nick Erickson took part in the Ragnar Reach the Beach Relay on a team with 10 other runners. This event began in Lancaster, New Hampshire, early on Friday, September 12, and ended at Hampton Beach the next day. The course covered 204 miles split into 36 segments, which equated to three legs per runner for our team...



Read Ian's Race Report

Striders History: Dyer Memorial Races



Thanks to **Charlie Jacobs** for finding and sharing his 1988 copy of *The Pine Tree Road Runner: The Story of Roland Dyer* by Rick Kraus. Its section on the history of the Dyer Memorial Races (page 33-39), covers the efforts of Central Maine Striders **Gene Roy** and **Jerry Saint Amand** to put on these races in the '70s and '80s in honor of a pioneer of Maine road racing.

Download and read your own PDF copy

Upcoming Striders Events



Weekly Social Runs

Run and socialize! The club's regular social run is Wednesday evenings, often in the Waterville area, though also in other Kennebec County locations and places further afield. Email run@centralmainestriders.com to be included on the email list and be notified of weekly times and locations, or to host or suggest a future spot. Also, join our [Facebook group](#) for informal runs organized by members and more.

Save the Date: December 13 Holiday Party

Mark your calendars. The club's annual Holiday Party and Annual Meeting will be held Saturday, December 13. More details to come.

Upcoming Maine Races



November 16: **Turkey Trot Tune Up and Kid's Turkey Dash**

Portland

November 23: **Maine Track Club Turkey Trot 5K**

Cape Elizabeth Middle School

November 27: **Gaspings Gobbler 5K**

Augusta

sponsored by Cony All Sports Boosters

November 27: **Greely Hockey 5K Turkey Trot**

Cumberland

benefits the Greely Hockey Boosters

December 6: **Millinocket Marathon & Half**

Millinocket

benefits New England Epilepsy Foundation and Camp Sunshine

December 20: **Seaside Santa Dash 5K and 10K**

Kennebunk

January 4: **Polar Bear Dip and Dash**

Southern Maine Community College, South Portland

Natural Resources Council of Maine's annual 5K run/walk and polar plunge

January 11: **Indoor Insanity 5K**

Waterville

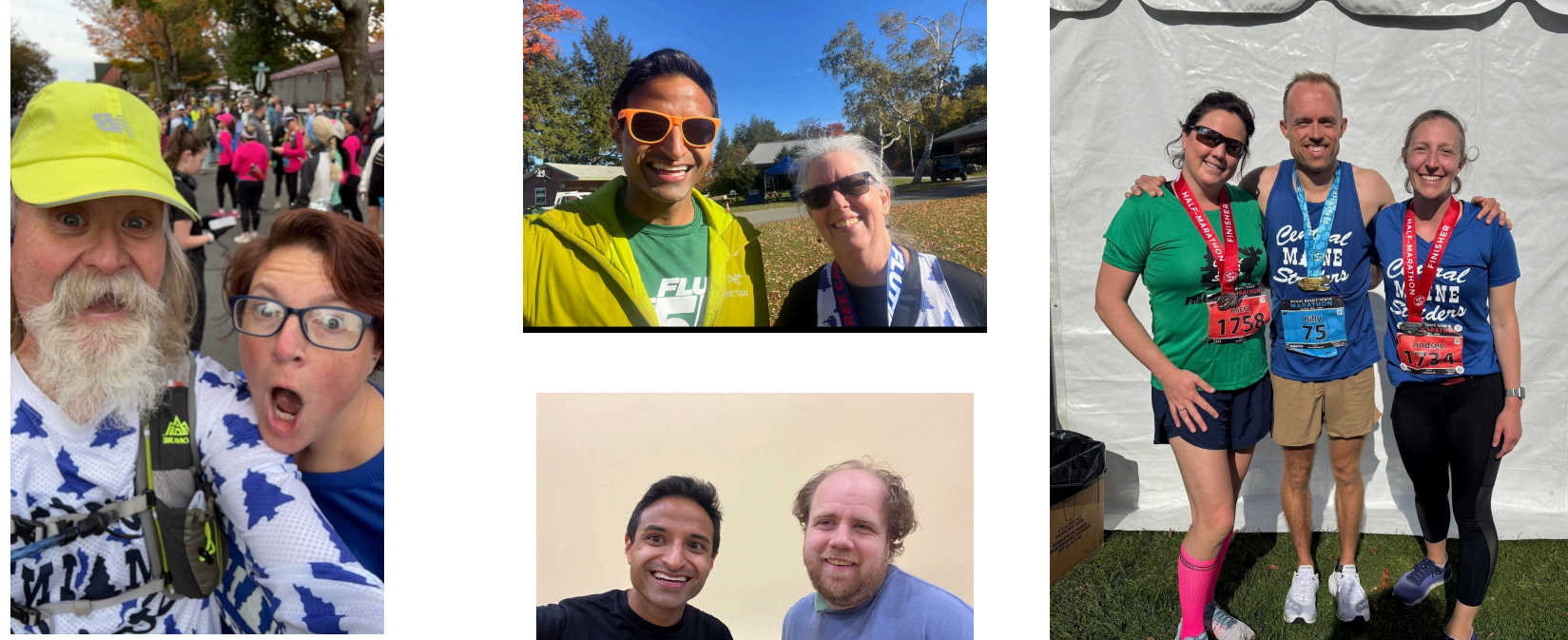
supports installation of radon mitigation systems in low-income Maine households

January: **47th annual January Thaw 4.5-Miler**

Belgrade Central School, Belgrade

Stay tuned for race details

Striders shares upcoming race info for the benefit of the Maine running community. However, race info is subject to change and is not vetted by the club. Please confirm all specifics with each race's organizers.



More Maine Races

Striders Gear Store



Tech shirt, hoodies, hats, and more—check out the Central Maine Striders gear store at [SquadLocker](#). Order your Striders wear, then share and tag us on [Facebook](#) or [Instagram](#) with your running pics wearing your Striders gear.

Shop Striders

Thanks for being a 2025 Member



You're receiving this newsletter as a 2025 member of Central Maine Striders.

Thank you for your support! Know other runners who want to join or renew? Send them to the link below.

Join/Renew with Striders

Running Warehouse Discount

Club members get 10% to 20% off at [Running Warehouse](#) with

this exclusive Central Maine Striders discount code:

BS4U2KNQ

**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 January 1, 2026. Some exclusions apply.*

