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Year-End Holiday Social Run and Club Meeting!

Join us for the Central Maine Striders Annual Meeting on Saturday, December 9th!

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 Kate's address will be shared with you.

We will start off at 5pm with an optional 1-3 mile neighborhood run to enjoy the holiday lights. Jingle bells provided, headlamps and reflective gear recommended, ugly sweaters and/or other holiday costumes are encouraged! Following the run, please join us inside for food, holiday sweets, and a brief annual meeting (including awards and voting for next year's officers). BYOB. Non-alcoholic drinks will be provided.

Click here for Evite

Accepting Nominations for 2024 Club Officers

At our aforementioned annual club meeting on December 9th, we'll be voting for next year's club officers.

The positions available are as follows:

President: Ryan Goebel has reached the term limit of 4 years and is ineligible to run for President again.
Vice-President: Kate Scott has served for 3 years and will run again for the position.
Secretary: Amy Stabins has served for 1 year and will run again for the position.
Treasurer: Ron Peck has served for 1 year and will run again for the position.

Please email run@centralmainestriders.com before November 27 to nominate either yourself or another member for any of these positions.

Race Reports

Central Maine Striders 4th Annual Fall Classic 10k

by Ryan Goebel, Photos by Ryan Goebel and Alicia Macleay

The Central Maine Striders hosted their 4th annual Central Maine Striders Fall Classic 10k on Sunday, October 8th. There was a light rain at the start and during most of the race, but with the temperatures being a bit warmer than in previous years, it seemed that most of the runners didn't mind.

The race's top finishers provided a thrilling finish, with the first three runners crossing the finish line within 22 seconds of each other. Newcomer to Maine and to the

Central Maine Striders club, Billy Kobin edged out the competition for first place overall with a time of 35:38. Bangor's Andrew Knightly finished three seconds behind Billy to nab second place overall and the award for 1st place Master's Male runner. Last year's champion, Harrison Mosher, finished third overall with a time of 35:50, which was nearly 30 seconds faster than his winning time last year.

Click here to read more, see more photos, and find results

Loon Call 5k Race

by Julie Millard

These days, you can't get much for 5 bucks. A cup of fancy coffee, a movie rental, a gallon of gas…or a delightful 5k at the Baptist Church in Smithfield. I last ran this family friendly race in 2012, and it was easy to convince Lindsey Madison and Ron Peck to join me this year. The modest entry fee, the prospect of running early to beat the heat, the tantalizing assortment of prizes, and the promise of a post-race breakfast at Early Bird were all powerful selling points.

Click here to read more about the Loon Call 5k race

The Pineland Farms Trail Festival

by Heather Cable

Striders, both human and canine, were well represented at this year's Pineland Farms Trail Festival over Memorial Day weekend.

On Saturday, Arne Koch competed in the event's 50k distance! After looping through the two loops of winding, hilly trails he finished in a time of 6:06:56.

On Sunday, Julie Millard, Lindsey Madison, and myself took part in the Canicross 5k with our dogs, Lily, Ginny, and Tidbit, respectively. It was starting to heat up as runners lined up with their pups.

Click here to read more about the Pineland Trail Festival

Volunteering at the Ironman 70.3 Maine

by Julie Millard

There's not much that gets me up before 4:00 AM, but the two events that severely cut into my beauty sleep this summer both involved the Striders! One was the Downeast Sunrise Trail Relay— which hardly counts as "getting up early" as there was no bed the night before— and the other was volunteering at IRONMAN 70.3 Maine.

It was pitch black when fellow Strider Lindsey Madison and I rendezvoused at the local "park and ride" (AKA Marden's parking lot) for the short trip down to the Augusta boat launch. The sky was showing the first glimmers of light as we picked out our loaner kayaks and paddles from the pile and found the other faithful Strider volunteers, Amy and Allison Stabins and Martha Nadeau. We had a short briefing meeting in which we were given our assignments, then maneuvered our kayaks, canoes, and paddleboards to our designated spots on the river about half an hour before the first wave of triathletes entered the water.

Click here to read more about volunteering at the Ironman 70.3

Central Maine Striders Socks

We've recently purchased a limited number of custom Central Maine Striders socks. As discussed at recent club meetings, these socks will be given to any Central Maine Strider member who volunteers at an event.

Click here for more information

Local Schools Outreach

The Central Maine Striders are excited to announce our new High School Outreach Committee, focused on supporting local high school cross country and indoor/outdoor track runners in Central Maine. As a community-oriented running club, we believe in the importance of fostering young talent and promoting a healthy and active lifestyle.

Click here for more information

Request for Race Reports and Other Articles

Have you run a race recently that you'd like to tell us about?
Do you have any stories or advice that other runners might be interested in?
We're always looking for race reports and other submissions for our newsletter and webpage. Please send any submissions to: run@centralmainestriders.com

Highlighted Upcoming Races

Dec 2: Millinocket Marathon and Half
Jan 14: January Thaw 4.5-mile Road Race

Social Runs

Interested in combining socializing and running? Our regular social run is Wednesday evenings, usually in the Waterville area. During the warmer months, we may additionally meet on other days and in places further afield. Occasionally, we incorporate other activities such as trivia and crafts.

Email Ron Peck at rfpeck75@gmail.com to be included on the email list to be notified of times and locations.

Upcoming Club Meetings

Our November and December club meetings will be conducted in person at a member's home in Waterville:

Wednesday, November 8
5:30pm: Group fun run
6:00 pm: Meeting

&

Saturday, December 9
5:00pm: Jingle Bell Holiday Run
6:00pm: Annual Meeting followed by Social

Contact us at run@centralmainestriders.com for directions if you would like to join us.

Please note that if it is raining on Wednesday evening, the social run will be cancelled but the meeting will still continue as planned.

Club Discount At Runningwarehouse.com

Use this exclusive Central Maine Striders discount code to get 10% off at **Running Warehouse**. CMAINESTRD

Striders Online Store!

We're excited to announce that we now have an online store where you can buy Central Maine Striders tech shirts, hoodies, and beanies through B&B Embroidery and Ink in Oakland, Maine!
For more information on buying Striders shirts and other gear, click the button below.

Link to ordering info

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