



Register for our 2022 Fall Classic 10k!



Join us Sunday, October 9th for our 3rd Annual Central Maine Striders Fall Classic!

The Fall Classic is a 10k road race that starts and ends at Quarry Road Recreation Area, near the yurt.

No dogs or strollers will be allowed in the race. This race is for runners only.

Registration pricing is as follows:

- Now - Oct 7: \$ 20 for Striders / \$35 for general public
- Race Day: \$40 for everyone

In order to receive an event technical t-shirt, participants must register before September 15. No race shirts will be guaranteed to anyone who registers after this date.

VOLUNTEERS NEEDED!

Not running this year? Lend a hand! Reach out to us at race@centralmainestriders.com

[Go to Race Registration Page](#)

Finishing Eliza's Run



by Ron Peck and Ryan Goebel

The Central Maine Striders met on the morning of Sunday, Sept. 11th to honor the memory of Eliza Fletcher, a dedicated runner who was abducted while on her morning run in Tennessee and later murdered. Running communities across the country have held events to "[Finish Eliza's Run](#)" to mourn a fellow runner and raise awareness that all people deserve a safe environment to enjoy the outdoors. About twenty members of the Striders met for a moment of reflection led by club Vice President Kate Scott, then ran 3-6 miles in memory of Fletcher.

[Click here for an AP News story about Eliza's Run](#)

Doc and Mardie Brown 5k



by Ryan Goebel with photos from the AYCC

On Saturday, August 20, runners gathered at the Waterville Alford Youth Center for the annual Doc and Mardie Brown 5k. Former Central Maine Striders members, Doc and Mardie Brown exemplified the spirit of our club, with both of them being active well into their 90's. This run is held in their honor and even includes an award for the oldest finisher.

Overall Champions were Joshua Way and Vanessa Holman. Visit our website to read more about this race, see more photos, and find links to the results.

[Doc and Mardie 5k](#)

2022 Quarry Road Summer Race Series



by Ryan Goebel with photos from [Quarry Road Trails](#)

The summer of 2022 marked another summer of Tuesday night trail racing at Quarry Road Trails in Waterville. This year was a transitional year, as there was a gap between outgoing Quarry Road program director Justin Fereshetian and the new program director Jeff Tucker. In the meantime, Patrick Guerette, Koren Coughlin, and a team of other volunteers including many Central Maine Striders stepped up to keep the series going.

Overall winners were Zach Ross and Alanna McDonough. Visit our website to read more about the race series, find age group results, more photos, and links to the overall results.

[Quarry Road Summer Series](#)

Save Your Breath 5k

Don't forget about the upcoming Save Your Breath 5k in Augusta on October 15, 2022. A great race for a great cause!

Central Maine Striders members get a discount by using code [CMS2022](#)

[Save Your Breath 5k](#)

October and November Club Meetings

Our October and November meetings will be conducted over Zoom:

Tuesday, October 4th, 8:00 pm: [Click Here For Zoom Link](#)

Meeting ID: 314 277 7649

Tuesday, November 1st, 8:00 pm: [Click Here For Zoom Link](#)

Meeting ID: 314 277 7649

Club Discounts

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

Shirts and Other Gear

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

