



Central Mass Striders

NEW ENGLAND'S LARGEST RUNNING CLUB

Central Mass Striders Newsletter Number 152 - June/July 2002 (Bimonthly) Central Mass Striders, Box 6002, Worcester, MA 01606-
Now in color at <http://www.cmsrun.org>

Inside!

- President's Notes
- Boston Marathon
- James Joyce Ramble
- Race Results
- 52 Week Series
- Group Workouts
- Running Ahead
- Race Applications
- Much
- Much
- More

Contact Us

President's e-mail address:
 leme@massed.net
 Webmaster: Barry Smith
<http://www.cmsrun.org>

| | |
|-----------------|--------------------------------|
| President | Rich Lemerise 508-831-7008 |
| Vice-President | Heather Beam 508-835-3709 |
| Secretary | Karen Lemerise 508-987-8089 |
| Treasurer | Nancy Dandro 508-853-9185 |
| Asst. Treasurer | Roger Nasatka 978-692-9094 |
| Clerk | Lisa Mentzer 508-791-2565 |
| Member-at-large | Dale Ames 508-755-3830 |
| Member-at-large | Ken Lemerise 508-248-6021 |

The CMS Newsletter is published six times per year by the Central Mass Striders, P.O. Box 60002, Worcester, MA 01606-0002.



A little rebellion, now and then, is a good thing, and as necessary in the political world as storms in the physical. . . . It is a medicine necessary for the sound health of government. (Thomas Jefferson To Madison, 1787)

The tree of liberty must be refreshed from time to time. (Thomas Jefferson To Colonel Smith, 1787)

High minded principals you say? Too high

minded to apply those words of Thomas Jefferson to the elections of a small New England Running Club? Nonsense! As the great Seal of Massachusetts reads: "ense petit placidam sub libertate quietem." Translated from the original Latin, it means, if your name's not Kennedy, stick with the private sector. Ok, so maybe that's not the best slogan to motivate a CMS election process. I mean, have you seen Ted Kennedy? My guess is that he's not done much jogging recently. For sure, T. Jefferson isn't doing any jogging these days.

Question: What would Thomas Jefferson be doing if he were alive today?
 Answer: Scratching and clawing at the inside of a closed coffin lid.

Again, we've digressed. Elections for CMS Officers and Board of Directors are approaching. The date is June 12th at the members only race. Here's how this Democratic process works. First, there are nominations. You all know what nominations mean. Break it down: "nom" is translated to "name," "in" means "in" and "ations" probably doesn't but should mean "hat." So, literally translated, nominations means put your name in a hat. Then, following the nominations, at the Members Only Race, there's an election reminiscent of the Florida Gore/Bush Foodfight. There'll be smoke filled rooms, hanging Chads, swinging Chads, counts, recounts, recounts and another count, lawyers, CNN, ABC, NBC, victory speeches, tears, cheers, ticker tape parades and a 5K race. Did I mention free food?

Why you should be at the members only race and elections:

- Free food;
- Free race;
- Free speech;
- You're a contributing, active member of CMS with multifarious ideas and suggestions;

-- You've been nominated for one of the several elected positions and you must be there to rig the vote. e.g. "Hey look, it's Bill Rogers!" scribble, scibble, scribble. "Huh! Imagine that! Looks like six thousand people just voted for me as you looked away."

Why you shouldn't be there:

- Lancaster, Mass is just to the left of the edge of the earth;
- Your mother-in-law's in town, your life's hanging by a thread, time is not your own, your children have joined cults and the car won't start;
- You're an apathetic Dweeb.

