



2015

CENTRAL MASS STRIDERS

Are you ready for a
wonderful year of running?



Top: Start of the 2014 Ric Buxton Memorial 5K.


Above: Kizer, Art Besse's border collie gearing up for a run. He's ready, are you?

Photos taken or supplied by: Bob Dio, Stu Kravitz, Melissa McDonald, Mark Johnson, Stan Grossfeld, Art Besse, Scott Schaeffer-Duffy, Joe O'Connor, Hicham Maalouf, Tom Derderian, Men's racing team, and Nick Kanaracus.



Start of the not-so-freezing Freezer Five in 2010, Boutelle Road, Sterling.

JANUARY 2015

M	T	W	Th	F	Sat	Sun
			 FREEZER FIVE 1	2	3	4
					CMS 5K, WSU, 9AM	
5	6	7	8	9	10	11
3 mile, self-timed run at Greyhound Pub, Water St., Worcester, 6:30PM, Mondays, all year.					CMS 5K, WSU, 9AM	
12	13	14	15	16	17	18
					CMS 5K, WSU, 9AM	
19	20	21	22	23	24	25
					CMS 5K, WSU, 9AM	Marathon training runs begin, WSU, 8AM with Coach Al Halper
26	27	28	29	30	31	
					CMS 5K, WSU, 9AM	



Clockwise from top: Karen McGahie, Cheryl Taylor, Mary Lammi and Barbara McManus at the Grand Prix awards ceremony in January 2014, posing in their championship winners' vests.



Part of the CMS contingent at the 30K Grand Prix in Nahant: Jim Pawlicki, Arthur Besse, Scott Leslie, Martin Tighe. In the 7-race GP series, the CMS men's open and masters teams placed first for the year.



Men's Senior Team that placed first at the US-ATF New England CC Meet, Boston, 2014: Paul Bazanchuk, Erik Vandendries, Dave Mingori, Joe Shairs, John Gillis, Todd Callaghan, Jim Pawlicki, Greg Putnam, Martin Tighe, Dave Dunham, Dan Verrington

FEBRUARY 2015

M	T	W	Th	F	Sat	Sun
						1
2	3	4	5	6	7	8
					CMS 5K, WSU, 9AM	
9	10	11	12	13	14	15
					CMS 5K, WSU, 9AM	
16	17	18	19	20	21	22
					CMS 5K, WSU, 9AM	USATF Grand Prix, 10M, Amherst, MA, 11AM
23	24	25	26	27	28	
					CMS 5K, WSU, 9AM	



Top: The pack getting strung out while climbing the a mile-long hill at the beginning of Stu's 30K, 2014. **Right:** Runners focused and cranking out the miles about mid-way on Rt. 140. **Above:** CMS's Scott Leslie cruising from the beginning for a second-place finish in 1:49:30.

MARCH 2015

M	T	W	Th	F	Sat	Sun
						1 CMS/Stu's 30K, Clinton, 11AM
2	3	4	5	6	7 CMS 5K, WSU, 9AM	8
9	10	11	12	13	14 CMS 5K, WSU, 9AM	15 USATF Grand Prix, 13.1, New Bedford, MA, 11AM
16	17	18	19	20	21 CMS 5K, WSU, 9AM	22
23	24	25	26	27	28 CMS 5K, WSU, 9AM	29
30	31					



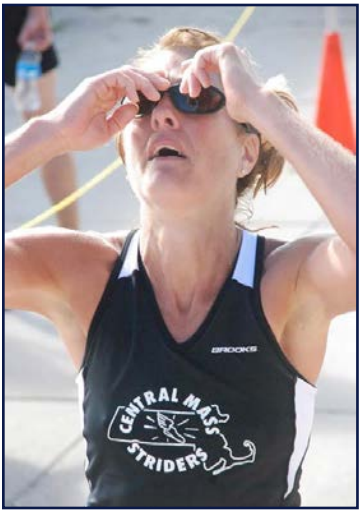
Left and right: Melissa McDonald and Bob Dio feeling just fine after finishing Boston; **Middle:** CMSers at the start of the Boston Marathon training run; **Background:** athlete's village in Hopkinton on race day, 2014.

APRIL 2015

M	T	W	Th	F	Sat	Sun
		1 Track workouts begin at Wachusett HS, Holden, 6PM, with Coach Barbara McManus	2	3	4 CMS 5K, WSU, 9AM	5
6 3 mile, self-timed run at Greyhound Pub, Water St., Worcester, 6:30PM, Mondays, all year.	7	8	9	10	11 CMS 5K, WSU, 9AM	12
13	14	15	16	17	18 CMS 5K, WSU, 9AM	19
20 CMS Bus to the Boston Marathon	21	22	23	24	25 CMS 5K, WSU, 9AM	26
27	28	29	30			

Clockwise:

Cheryl Taylor showing intense and overpowering emotion as she wins the NEAC 30K, 2013; Dan Vassallo wins and secures an Olympic Trials Qualifying time in Philadelphia, 2:17:28, 5:14/mile; Claire Schaeffer-Duffy wearing the CMS colors in Jordan; Pippi being escorted by Mark Johnson at the South HS 5K; Joe Alfano at the soaking wet Cape Cod Marathon; Scott Schaeffer-Duffy crossing the finish line at some well-known marathon in Boston; Barbara McManus "climbing" Mount Washington, 2014.



MAY 2015

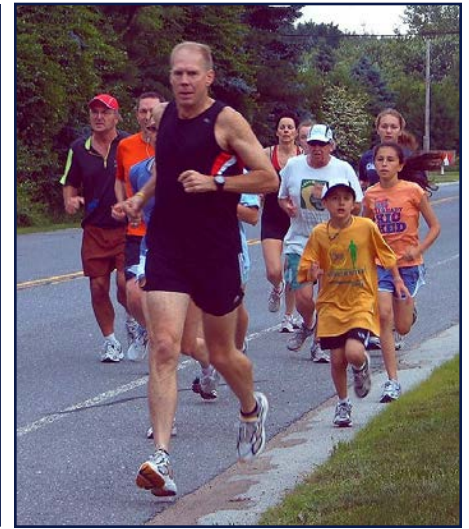
M	T	W	Th	F	Sat	Sun
				1	2	3
					CMS 5K, WSU, 9AM	
4	5	6	7	8	9	10
					CMS 5K, WSU, 9AM	
11	12	13	14	15	16	17
					CMS 5K, WSU, 9AM	
18	19	20	21	22	23	24
					CMS/Wachusett Mt. 10K, Princeton, 9:30AM	USATF Grand Prix, 26.2M, Burlington, VT, 8:30AM
25	26	27	28	29	30	31
					CMS 5K, WSU, 9AM	



When you visit Maine, stop by and run a few miles on the Eastern Trail. Top: the trail in Scarborough as it crosses the salt marshes; **Bottom left:** a section near the southern end; **Right:** the footbridge over I95. <http://www.easterntrail.org>

JUNE 2015

M	T	W	Th	F	Sat	Sun
1	2	3	4	5	6	7
					CMS 5K, WSU, 9AM	
8	9	10	11	12	13	14
			USATF Grand Prix, 5K, Hollis, NH, 6:30PM		CMS 5K, WSU, 9AM	
15	16	17	18	19	20	21
		CMS Members 5K, West Boylston, 6:30PM			CMS 5K, WSU, 9AM	
22	23	24	25	26	27	28
					CMS 5K, WSU, 9AM	
29	30					



Clockwise from top: Carol Hurley flying to the finish at a December WSU 5K; the CMS timing and scoring crew of Larry Morris, Bill Gonsorcik, and Joe Alfano; David Krom leading a pack at the CMS Members 5K; the start of a summer WSU 5K.

JULY 2015

M	T	W	Th	F	Sat	Sun
		1	2	3	4	5
			CMS 5K, Lake Park, Worcester, 6:30PM*		CMS 5K, WSU, 9AM	
6	7	8	9	10	11	12
3 mile, self-timed run at Greyhound Pub, Water St., Worcester, 6:30PM, Mondays, all year.			CMS 5K, Lake Park, Worcester, 6:30PM*		CMS 5K, WSU, 9AM	
13	14	15	16	17	18	19
			CMS 5K, Lake Park, Worcester, 6:30PM*		CMS 5K, WSU, 9AM	
20	21	22	23	24	25	26
			CMS 5K, Lake Park, Worcester, 6:30PM*		CMS 5K, WSU, 9AM	CMS/Fred Warren 5.5M, Holden, MA, 6:30 PM
27	28	29	30	31	*The CMS Lake Park Summer Fitness 5K series is new for 2015. Details are not complete yet but the event is free for CMS members. Begins & ends at Lake Park, Quinsig. Ave., Worcester. Super flat and fast.	
			CMS 5K, Lake Park, Worcester, 6:30PM*			



If you run the Newton Hill Cross Country races in August, you will not see the trail covered in snow like this. Runners crest this small hill and return back. Then the fun begins.

AUGUST 2015

M	T	W	Th	F	Sat	Sun
					1 CMS 5K, WSU, 9AM	2
3	4 Newton Hill CC 5K, Worcester, 6:30PM	5	6	7	8 CMS 5K, WSU, 9AM	9 USATF Grand Prix, 5M, Narragansett, RI, 9AM
10	11 Newton Hill CC 5K, Worcester, 6:30PM	12	13	14	15 CMS 5K, WSU, 9AM	16
17	18 Newton Hill CC 5K, Worcester, 6:30PM	19	20	21	22 CMS 5K, WSU, 9AM	23
24	25 Newton Hill CC 5K, Worcester, 6:30PM	26	27	28	29 CMS 5K, WSU, 9AM	30
31						



Start of the 2014 Devin Kravitz Memorial 5K, Leicester.

SEPTEMBER 2015

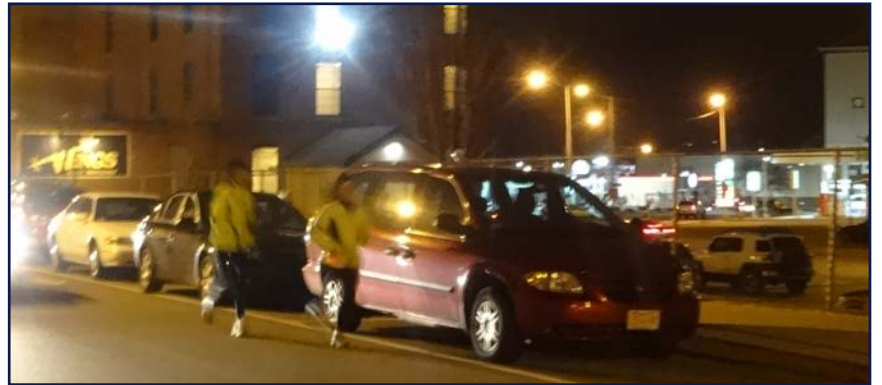
M	T	W	Th	F	Sat	Sun
	1	2	3	4	5	6
					Deven Kravitz Memorial 5K, Leicester, 9AM	USATF Grand Prix, 20K, Acton, MA, 9AM
7	8	9	10	11	12	13
					CMS 5K, WSU, 9AM	
14	15	16	17	18	19	20
					CMS 5K, WSU, 9AM	USATF Grand Prix, 10K, Gloucester, MA, 9AM
21	22	23	24	25	26	27
					Worcester City Open CMS XC Run, 12PM, Paxton, MA	
28	29	30				



What can you say about these not-so-serious runners lining up for the South High School Student/Adult 5K? The SHS team is coached by Scott Schaeffer-Duffy and assistant Bob Dio.

OCTOBER 2015

M	T	W	Th	F	Sat	Sun
			1	2	3	4
					CMS 5K, WSU, 9AM	
5 3 mile, self-timed run at Greyhound Pub, Water St., Worcester, 6:30PM, Mondays, all year.	6	7	8	9	10	11
					CMS 5K, WSU, 9AM	
12	13	14	15	16	17	18
					CMS 5K, WSU, 9AM	South High CC Benefit 5K, Worcester, 2PM
19	20	21	22	23	24	25
					CMS 5K, WSU, 9AM	
26	27	28	29	30	31	
					CMS 5K, WSU, 9AM	



Scenes from the weekly, low-key and self-timed Greyhound Pub 3M. The best part is the buffet feast after the run. Run-EAT-Drink. Mondays, 6:30 PM, Water St., Worcester.

NOVEMBER 2015

M	T	W	Th	F	Sat	Sun
						1
2	3	4	5	6	7	8
					CMS 5K, WSU, 9AM	
9	10	11	12	13	14	15
					CMS 5K, WSU, 9AM	
16	17	18	19	20	21	22
					CMS 5K, WSU, 9AM	
23	24	25	26	27	28	29
					CMS 5K, WSU, 9AM	
30						



Training here in the winter (through the Holden Reservoirs) will get you there in the summer (Worcester Half Marathon).



DECEMBER 2015

M	T	W	Th	F	Sat	Sun
	1	2	3	4	5	6 CMS/Ric Buxton Memorial 5K, West Boylston, 1PM
7	8	9	10	11	12 CMS 5K, WSU, 9AM	13
14	15	16	17	18	19 CMS 5K, WSU, 9AM	20
21	22	23	24 Christmas Eve Fun Run, Sterling to O'Connors in Worcester, 12PM	25	26 CMS 5K, WSU, 9AM	27
28	29	30	31			