

The Central Mass Striders and the Mass. Dept. of Conservation & Recreation
PRESENTS THE



TUESDAYS in JULY, 2017
6:30 PM, July 4, 11, 18, 25

- What:** 5K, very flat course, beginning and ending at the bathhouse. A two-mile loop partly within the park followed by a one-mile loop all in the park.
- Where:** DCR Quinsigamond State Park, Lake Ave. at Hamilton St., Worcester. Across from the DCR skating rink.
- When:** Run begins at 6:30PM. Rain or shine, hot or cold.
- Registration:** On-site registration only, starting at approximately 6PM. Free parking after 5PM.
- Cost:** FREE to CMS members, \$5 for non-members. Join CMS for only \$20/year, \$25/family.
- Features:** Timing and Scoring by CMS, Joe Alfano, Crew Chief.
Awards to Top Male and Female: 0-39, 40-49, 50-59, 60+ and random draw prizes.
Water at start and at 2 miles, refreshments.
Commemorative T-shirts to all who volunteer and/or complete at least 3 runs.
- More Info:** Visit our website at <http://cmsrun.org/lake-park-5k/> to view a fun video of the course.
Bob Dio, Race Director, bobdioruns@gmail.com, 978-807-5368
- Sponsor:** Sneakerama, 12 Lake Ave, Worcester, MA <http://sneakerama.com/>

