



## JULY 2018 ANNOUNCEMENTS

**Hello Striders,**

I have to admit that when I started writing these monthly e-mail announcements at the beginning of the year, I did not envision myself writing one in July as your new President. I also neglected to imagine the record heat wave we are facing, perhaps due to the record cold snap we were experiencing at the time. But then and now, despite a mercurial Mother Nature throwing her worst at the runners of CMS, I am awed and inspired by you all as you tackle races, tough training schedules, and all the struggles of being a runner in New England with true grit. I feel incredibly lucky to be a Strider and I hope I can emulate the spirit and mettle I see demonstrated by the members of this club every day. I am so excited for the year ahead, and I hope I will get to see many of you this summer at our upcoming events.

Our annual **Lake Park Summer Fitness 5K Series** kicks off this Tuesday, July 3rd, at 6:30PM at DCR's Lake Quinsigamond State Park in Worcester and will be held every Tuesday in July. It is FREE for CMS Members, or \$5 for non-members. The course is fast and flat, and there will be a water stop and light refreshments served, making it the perfect choice for getting in a run on a hot day. For more details, please visit our website: <http://cmsrun.org/lake-park-5k/>

For the second year in a row, CMS is teaming up with the YMCA and TSR to keep the **Leonide J. Lemire Road Race** in Southbridge race alive. Come on down this 4th of July to be a part of one of the oldest continuously run races in the United States; it's a gem of a race and only \$10 day of registration. Check out the Y's website for all the details you need: [http://www.tricomunityymca.org/health\\_fitness/leonide-j-lemire-road-race/](http://www.tricomunityymca.org/health_fitness/leonide-j-lemire-road-race/)

A quick reminder that this Wednesday is a holiday, and the **Track Workout at WRHS** will not be held. Speed work with Coach Reilly will continue throughout the summer on subsequent Wednesdays at 6PM.

There will be a one week only change in venue for the **CMS 52-Week 5K Series** this coming Saturday, July 7th. Please meet for registration at the May Street Building lobby instead of the Sullivan Building, it is just down the block and the course, of course, remains the same. As always, look for the CMS cones outside to guide your way.

There will also be a special contest for all those participating in the 8:45AM Sunrise Start for Walkers at the Weekly 5K throughout the month of July. The walker that participates in the most races will receive a special prize! If more than one walker attends all four July races, the fastest overall accumulated time wins. Only walkers are eligible for the prize, but never fear runners, you'll have your chances in the future. <http://cmsrun.org/races-events-3/52-week-5k/>

Thanks to everyone that already signed up for the **Fred Warren 5.5 Mile Road Race**, which will be held July 29th at 6:30PM in Holden. We have a great field of runners coming together, and for the second year in a row the race will be followed by a post-race cookout just a block away at Race Director Stephen Laska's home. Pre-race registration is only \$15, and you can sign up online at <http://www.signmeup.com/SC2V3H7> or fill in the mail-in form found on our website. All the other details you need can be found here: <http://cmsrun.org/races-events-3/fred-warren-5-5-miles/>

Don't forget to pencil in our later summer events onto your calendar as well. The **Newton Hill XC 5K Series** will begin on August 7th and start every Tuesday in August at 6:30PM. <http://cmsrun.org/races-events-3/newton-hill-xc/>

And registration for the **Devin Kravitz 5K** on Labor Day weekend is open as well. It is a great event for the entire family with fantastic vendors, prizes, a kids run, and more! <http://cmsrun.org/races-events-3/devin-krevitz-memorial-5k/>

If you're sick of the heat already, you also have the option to think really far ahead and grab the low \$20 registration rate for the **2019 Freezer 5** on New Year's Day! This special price will melt away by the end of the summer, save yourself some stone cold cash and sign up today. <https://racewire.com/register.php?id=9555>

July is a quiet month for our CMS Timing Services due to the heat, but we can always use a few extra hands at the Lake Park Series as course monitors, timing staff, and more. Please consider signing up for one or more races -- like the runners, volunteers can earn a t-shirt! <http://signup.com/go/zXhrbgm>

We also have one exceptional volunteer opportunity coming up for the right person. The Canal Diggers Road Race in September is one of the biggest and most beloved races in Worcester. CMS volunteers are a huge part of making this race happen, and the current volunteer coordinator will be away this fall leaving quite a large hole to fill. We could really use a CMS volunteer to step in. Most of the groundwork has already been set up, and needless to say CMS volunteers are the best in the world, but it is an ongoing commitment and we need someone dedicated. If you are interested in learning more, please contact me at [president@cmsrun.org](mailto:president@cmsrun.org) and I can fill you in on more details. Thank you for your consideration.

Looking back to reflect on the month that just passed, I would like to send a hearty congratulations to all our runners for their accomplishments in June. Our teams had quite the weekend on June 16th and 17th, as they tackled both the Mt. Washington Road Race on Saturday and the USATF-NE Grand Prix 5 Miler at Ribfest in New Hampshire. Five of our runners ran these events back to back, including Leslie O'Dell and Barbara McManus from the Women's team, and from the Men's squad Erik Vandendries, David Lapierre, and 3x Mt. Washington Winner Dave Dunham who was still a top finisher 30 years after his first victory.

The Men's Team won the Open, Masters, and Seniors divisions at Mt. Washington, and captured a 3rd in Open, 1st in Masters, and 1st in Seniors at Ribfest. The Women's Open team anchored by Erin Haynes also earned a 3rd place finish, the Masters and Seniors placed 2nd, and the team of Carol Hurley, Mary Sharkey, and Linda Usher cruised to a Veterans 1st place in the USATF-NE Event.

Next up for our runners? The US Mountain Running Championship at Loon Mountain and the USATF-NE Trail Championship at the Run with the Beavers Trail Race in July, followed by the USATF-NE Grand Prix Craft New Hampshire 10 Miler in August.

We also held our **CMS Members Only 5K and Annual Meeting** on June 20th in West Boylston. On hand were Team Captains Jim Pawlicki and Barbara McManus, and they were proud to present our own Daniel Vassallo with a Lifetime CMS Membership for his tremendous running accomplishments in a CMS singlet, including his 10th place finish at this year's wet and wild Boston Marathon. Both the club and the Men's team also presented Dan with a gift to assist him in his quest to once again attend the Olympic Trials. Congratulations to Dan, we are so incredibly delighted to celebrate your achievements and look forward to all that is yet to come!

That night also saw the conclusion of our **2018 Executive Board Election**. The following CMS members were elected to our board for the next year:

President - Kim Gordon

Vice President - Jen Graves

Treasurer - Karen Lemerise

Membership Secretary - JoAnne Bedard

Clerk - Keri Hoenig

Members-at-Large - Barry Bacon, Bob Dio, Heather Gladwin, Stu Kravitz, Linda Luthman, and Meghan MacDonald

Thanks to everyone who ran for the board, and also all of those that came out to vote or voted throughout our online process. CMS is a non-profit organization run by volunteers, and without an active membership we would not be the same club! Please consider joining us at our first board meeting at the beginning of August, more details will be found in the August announcements.

I'd also like to take a quick moment to thank our outgoing CMS President Bob Dio for all the time and energy he poured into the club in the last year, not only as the captain of our team but also as Race Director of the Lake Park and Newton Hill series, a tireless volunteer at too many events to name, and a dedicated and inspiring runner that doesn't have the word quit in his vocabulary. I think I speak for all of us when I say that I am deeply grateful that you stepped up to the plate when we really needed you, and I am so thankful you will be staying on as part of the board. The day you joined CMS was a lucky day for us all. Thank you.

And as always...

**Pub Runs** in Holden and Worcester continue throughout the the summer, every Monday at 6:30PM at Flip-Flops and the Ballot Box. There are also many other unofficial group runs throughout the week. Please join us on our CMS Facebook group for more information and daily updates: <https://www.facebook.com/groups/cmsrun/>

Follow CMS across all your social media platforms to keep up to date! We can be found in the following places:

**Instagram** - <https://www.instagram.com/centralmassstriders/>

**Twitter** - [https://twitter.com/CMS\\_Run](https://twitter.com/CMS_Run)

For a list of other local events, be sure to visit our website and take a look at the calendar. <http://cmsrun.org/google-calendar/>

Stay cool out there! Happy Running.

Yours,  
Kim Gordon  
[president@cmsrun.org](mailto:president@cmsrun.org)