

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



**TUESDAYS in JULY, 2022 6:30 PM,
July 5, 12, 19, 26th**

What: 5K, very flat course, beginning and ending at the bathhouse.

Where: DCR Quinsigamond State Park, Lake Ave. at Hamilton St., Worcester.

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. Awards and Prizes this year are still a closely guarded secret, but will be given to anyone **who participates in all 4 weeks of the series** – either as a runner or a volunteer! Age group winners will also be announced following the race on July 26th. A cumulative points system will determine who the winners are based on the following: *Weekly 1st place in age group gets 3 points, 2nd place 2 points, 3rd place 1 point.* At the end of the series point totals will be calculated and prizes awarded to all age group winners. You do not have to attend all 4 races to win, but the more races you run, the better your chances will be.

More Info: Visit our website at <http://cmsrun.org/lake-park-5k/> to view a fun video of the course.

Contact Steve Laska, Race Director, stephenlaska@remax.net

Sponsor: Sneakerama, 12 Lake Ave, Worcester, MA <http://sneakerama.com/>



sneakerama
FOR THE LONG RUN

