

CMS 52-Week 5K Series - Week 11						
Worcester State University						
Worcester, MA						
March 14, 2026						
Weather - Cloudy 40°. Humidity 6%. Wind 20 mph W. Feels Like 32°.						
The snow has finally melted!!!						
Back to the course on the road after several weeks on the alternate campus course due to unsafe roads conditions from this winter's snowstorms.						
PLACE	TIME	NAME	Div/Tot	AGE	TOWN	CLUB
1	21:48	Matthew Thyous	1/7	M0-19	Worcester	South High
2	24:52	Simon Muchohi	1/6	M50-59	Marlboro	CMS
3	25:11	John Pajer	1/5	M60-69	Leicester	CMS
4	25:59	David Dalto	2/7	M0-19	Worcester	South High
5	26:31	Quentin Williams	3/7	M0-19	Worcester	South High
6	26:38	Erik Stedman	2/5	M60-69	Grafton	CMS
7	26:59	Chris Waslaske	2/6	M50-59	Athol	CMS
8	27:06	Carlos Sampaio	3/6	M50-59	Worcester	CMS
9	27:24	David Maher	3/5	M60-69	N Brookfield	CMS
10	27:41	Vin Garofoli	1/2	M70+	Worcester	CMS
11	27:44	Julie Dragon	1/1	F40-49	Sturbridge	CMS
12	28:03	Mark Swistak	1/1	M40-49	W Brookfield	CMS
13	28:14	Vanette Inacio	1/1	F50-59	Worcester	CMS
14	28:45	Jim Hehir	4/5	M60-69	Worcester	CMS
15	29:11	Rick Wood	4/6	M50-59	Paxton	CMS
16	30:38	Scott Schaeffer-Duffy	5/5	M60-69	Worcester	CMS
17	31:11	Javier Pichardo	4/7	M0-19	Worcester	South High
18	31:12	Giovanni Guzman	5/7	M0-19	Worcester	South High
19	31:21	Al Morrissey	2/2	M70+	Shrewsbury	CMS
20	34:04	Stephen Trombley	5/6	M50-59	Boylston	CMS
21	35:05	Nicole Dean	1/1	F20-39	Marlboro	
22	35:05	Anthony Famaia	6/7	M0-19	Marlboro	
23	35:20	Eamon McDonald	7/7	M0-19	Worcester	
24	35:40	Bill Gonsorcik	6/6	M50-59	Worcester	CMS
DIRECTION: Counter-Clockwise						
VOLUNTEERS: Joe Alfano, Bob Brady, Linda Luthman, Linda Simmons, Matt Hall. Result Posting- Karen Pajer						
Timing and Scoring by Central Mass Striders www.cmsrun.org						
Corrections please e-mail centralmassstridersresults@gmail.com						