

Lake Park 5K Series - Race 2							
Lake Quinsigamond State Park							
Worcester, MA							
July 14, 2026							
Weather - Wildfire Haze, 88° Humidity 59% Wind 10 mph, Feels Like 90°							
PLACE	TIME	NAME	Div/Tot	AGE	TOWN	CLUB	BIB #
1	19:33	Paul Kamuzora	1/4	M40-49	Northboro	CMS	735
2	19:43	Rob Auger	2/4	M40-49	Millbury	CMS	739
3	21:16	Aaron Hero	3/4	M40-49	Boylston	CMS	382
4	21:35	Kristen Legendre	1/1	F40-49	Uxbridge		723
5	21:56	Paul McNeil	4/4	M40-49	Worcester	CMS	716
6	22:19	Adam Nabulsi	1/4	M20-39	Brookline	CMS	738
7	22:53	Peter Welland	1/5	M50-59	Shrewsbury	CMS	740
8	23:32	Matt Zaterka	2/5	M50-59	Paxton	CMS	720
9	23:48	Stanley Mungai	2/4	M20-39	Worcester	CMS	718
10	24:22	Tim Foley	3/4	M20-39	Worcester	CMS	733
11	25:18	James Morrissey	3/5	M50-59	W Boylston	CMS	717
12	25:26	Cheryl Bechunas	1/1	M50-59	Sutton	CMS	734
13	25:40	Erica Scholl	1/4	F20-39	Worcester	CMS	741
14	27:06	Jim Hehir	1/4	M60-69	Worcester	CMS	736
15	27:18	Landon Melton	4/4	M20-39	Shrewsbury	CMS	724
16	27:21	Mike Lynch	2/4	M60-69	Worcester	CMS	729
17	27:52	Elliot Beane	2/4	F20-39	Worcester	CMS	728
18	27:55	Nancy Ryan	1/3	F60-69	Sutton	CMS	737
19	28:01	Fran Madigan	3/4	M60-69	Shrewsbury	CMS	731
20	28:13	John Pajer	4/4	M60-69	Leicester	CMS	719
21	28:18	John Shepardson	4/5	M50-59	Worcester	CMS	730
22	30:15	Emily Dietzel	3/4	F20-39	Worcester	CMS	726
23	30:33	Vin Garofoli	1/2	M70+	Worcester	CMS	715
24	31:56	Lou Valdenaire	4/4	F20-39	Worcester		722
25	38:47	Marta Carlson	2/3	F60-69	Paxton	CMS	721
26	40:23	Nate Howe	5/5	M50-59	Marlboro	CMS	725
27	43:28	Julie Carrier	3/3	F60-69	Lancaster	CMS	727
28	53:08	John Hendrick	2/2	M70+	Berlin	CMS	732
RACE DIRECTORS:		Steve Laska, Clare Foley					
VOLUNTEERS:		Matt Hall, Karen Lemerise, Karen Pajer, Linda Luthman, Paul Lemerise, Barbara McManus, Fiona Walsh, Phil Savoy, Karen McGahie, Kim Gordon Laska, Matt Kaestner, Joe Alfano, Linda Marie Simmons, Kelly Wolf-Bellin, Molly Riordan, Jennifer Saunders, Stephen Carrier, Steve Genatossio.					
Timing and Scoring by Central Mass Striders www.cmsrun.org							
Corrections please e-mail centralmassstridersresults@gmail.com							