



RUN CENTRAL MASS

APRIL RUNNING CHALLENGE

RULES: *Keep it local, keep it safe!*

All runs in this challenge must be completed solo or with a member of your household only. All runs must be completed in the spirit of the stay-at-home order, without significant travel from your home (can't complete runs on vacation somewhere). And don't snot rocket. 😊

Challenge runs from April 1st - April 30th

All runners that complete 10 points will be eligible to win a fun, local-themed prize bundle provided they submit their runs to the official Google Form by the end of May 1st: <https://forms.gle/H5EVFj3NaACECnD58>

You can't win if you don't submit by the deadline!

Each run you do counts for a maximum of one point, except if it is a PR run for you, then that run can count as two points. You can run multiple courses from a single category for multiple points (you could run the Celtic 5K course for a point and the Canal Diggers course for a point, for example), but you can't use the same place twice for points or run one big mega run on multiple courses for multiple points.

HOW TO SCORE POINTS:

BONUS POINT: If you are a nurse, doctor, paramedic, police, fire, or other person on the front lines, you get a free point to start. That and our eternal thanks.

1 POINT EACH (Each course can only be used one time for a point): Run part or all of a classic local race course. Some possibilities include Celtic 5K, Canal Diggers, Worcester Firefighters, Jay Lyons, Slattery's, Old Home Day, Paxton Summer Solstice, Rutland 4th of July, Hubbardston Library, Tribute 5 Mile, etc.

1 POINT EACH: At least one rep up a famous Worcester Hill: Bancroft, George Street, Deadhorse, Hamilton

1 POINT (CAN ONLY BE USED ONCE, only point that can be combined with another run): Set a PR of any kind!

1 POINT: Start a run from Sneakerama (the Fun Run Loop, the Saturday morning long run loop, etc.)

1 POINT EACH: Run in at least one park along Worcester's East-West Trail (See attached map)

1 POINT: Run one of our favorite rail trails. (Try to avoid large crowds!)

1 POINT: Stage your own solo Pub Run from your favorite watering hole/brewery (can substitute an ice cream stand if you'd like)

1 POINT EACH: Start a run from a popular 5@5 spot (any time of day will do): Nu Cafe, Holden Center, Rutland Library, Auburn Skating Rink, Doyle Field, Webster Planet Fitness, etc.

1 POINT EACH: Run part or all of a CMS race or event course: the WSU Saturday 5K, Freezer 5, Wachusett Road Race, Devin Kravitz 5K, Stu's 30K, Members Only/Ric Buxton 5K, Christmas Eve Run, Fred Warren Race

1 POINT: Run by your favorite local farm! And post pictures of the cute animals to Facebook, obviously.

1 POINT: It's April, here come the showers. Get out there and run from (or at least near) home in the rain.

1 POINT: Run a fast mile (fast for you!) on Marathon Monday and log it in our team competition

1 POINT: Post a time in all 4 Virtual Saturday 5K and Fun Runs in April


This is on the honor system! But we will have a few posts on Facebook where you can share your selfies, Stravas, etc. of your progress or use the hashtag **#runcentralmassapril**

Email: cmsrunweb@gmail.com with questions and complaints

Worcester's East-West Trail

 East-West trail

 East-West trail parks

 Other city parks and greenspaces

