



## Virtual Saturday 5K and Fun Run April 18, 2020

### 5K Finishers

Runner	HOMETOWN	TIME	Type of Run	Age Group	Notes
Alicia McHugh	Sterling	26.32	Road	W Seniors	
Amanda Gregoire	Worcester	28.04	Road	W Open	
Andrew MacDonald	Worcester	28min	Road	M Open	Indian Lake Loop
Andy Sieracki	Hadley	26.18/2.01.49	Road	M Seniors	14 Miler Overall
Arthur Besse	Templeton	18.31	Road	M Masters	16K easy/5k tempo overall workout
Beth Caruso	Rutland	27.24	Road	W Masters	
Bill Gonsorcik	Worcester			M Seniors	Walk
Brenda Morris	Worcester	30.06	Road	W Seniors	
Debbie Linder	Shrewsbury	33.5	Road	W Open	
Doug Usher	Upton	34.34	Trail	W Superveterans	6.5 Total Miles
James Dowd	Worcester	24.32	Road	M Masters	
Jeff Adair	Worcester	28.55	Road	M Veterans	First 5K of 10K at Elm Park
Jen Graves	Worcester	30.33	Road	W Masters	Part of Long Run
Jenn Miola	Lunenburg	25.22	Road	W Masters	Mya Sighting!
Jessica Howland	Worcester	32.41	Road	W Masters	Technically a Pi Run 3.14
Kevin Bartlett	Devens	35.48	Road	M Veterans	
Kevin Fallon	Shrewsbury	27.45/2hrs5min	Road	M Seniors	13.2 Total Miles
Kim Gordon	Holden	25mins	Treadmill	W Open	
Linda Usher	Upton	34.34	Trail	M Veterans	
Meghan MacDonald	Woonsocket, RI	30.06/1.35.27	Road	W Masters	Virtual 15K Hot Chocolate Race

Milo Linder	Shrewsbury	33.5	Road	Good Dog	
Nancy Khalaf	Worcester	31.05	Road	W Open	
Paul Lemerise	Leicester	42.15	Road	M Veterans	Walk
Scott Deslongchamps	North Grosvenordale, CT	47.38	Trail	M Seniors	Exploration Mission
Tammy Bailey	Worcester	55mins	Road	W Masters	Snowy Walk

## Other Distance Finishers

Runner	HOMETOWN	TIME	Type of Run	Age Group	Notes
Adam Shaughnessy	Worcester	40mins	Trail	M Open	Speed Disc Golf at Newton Hill
Andrea Berger	Holden	37.59	Road	W Masters	4.1 Miles
Carol Hurley	Spencer		Road	W Veterans	5 Miles
Dan Milton	Marlborough	49.07	Road	M Seniors	6 Miler
Dan Vassallo	Peabody	138mins	Road	M Open	Undeclared Mileage ;)
Derya Deane	Sterling	1.25.33	Trail	W Open	
Isabel Bruggenwirth	Worcester/Netherlands	1hr50m	Road	W Open	11.9 Mile Long Run
Karen Troy	Shrewsbury	1hr24mins	Road/Trail	W Masters	6.3 Miles
Kate Pietrovito	Sterling	34.34	Treadmill	W Open	3.24 Miles
Linda Luthman	Worcester	1hr15m	Road	W Seniors	Indian Hill 7 Miler
Melanie Ferguson	Holden		Treadmill	W Seniors	6 Miles
Nancy Peaslee	Sterling	24.4	Road	W Veterans	2 Miles
Nicole McGurin	Holden	36.35	Road	W Masters	3.75 Miles
Norm Everett	Auburn		Road	M Open	5.7 Miles
Rich Toronto	Northborough	1.20.48	Road	M Seniors	10 Miles
Steve Brightman		64.37	Road	M Seniors	10 Miles
Steven Mercier	Worcester	2hrs3mins	Road	M	13 Miler







**THANK YOU! Stay safe out there. Miss running with you all!**  
**Weather: SNOW UGH, slushy roads and trails for all**  
**Send Corrections to: Kim at [cmsrunweb@gmail.com](mailto:cmsrunweb@gmail.com)**