



Virtual Saturday 5K and Fun Run April 4, 2020

5K Finishers

Runner	HOMETOWN	TIME	Type of Run	Age Group	Notes
Adam Shaughnessy	Worcester	22.29	Road	M Open	
Alicia McHugh	Sterling	25.24	Road	W Seniors	PR!
Andrea Berger	Holden	27.34	Road	W Masters	Part of 10 Miler
Andy Sieracki	Hadley	21.3	Trail	M Seniors	SO FAST
Arthur Besse	Templeton	24.28	Road	M Masters	Last 5K of 4.2 Miler
Beth Caruso	Rutland	27.55	Road	W Open	
Brenda Morris	Worcester	25.59	Road	W Seniors	
Christine Hoogasian	Worcester	33.07/42.32	Road	W Masters	5K and 4 Miler
Corinne Walsh Stratton		Untimed	Road	W Open	<3
Derya Deane	Sterling	42.03	Trail	W Open	
Dianne Torrey Esposito	Worcester	30.34	Road	W Masters	
Doug Usher	Upton	31.47	Trail	M Veterans	Hopedale Park
Ed Healy	Worcester	31.09	Road	M Seniors	
Jeff Adair	Worcester	28.25	Road	M Seniors	First 5K of 10K
Jen Graves	Worcester	28.06	Road	W Masters	WSU Clockwise
Jenn Miola	Lunenburg	27.2	Road	W Masters	Part of 12 Miles with Mya
Kate Pietrovito	Sterling	1hr32	Trail	W Open	Hike
Kevin Bartlett	Leominster	27.01	Road	M Veterans	
Linda Simmons	Auburn	Untimed	Road	W Seniors	
Linda Usher	Upton	34.08	Trail	W Superveterans	Hopedale Park
Meghan MacDonald	Woonsocket,	31.52 / 5.11.22	Road	W Masters	Ran 44K for her birthday!

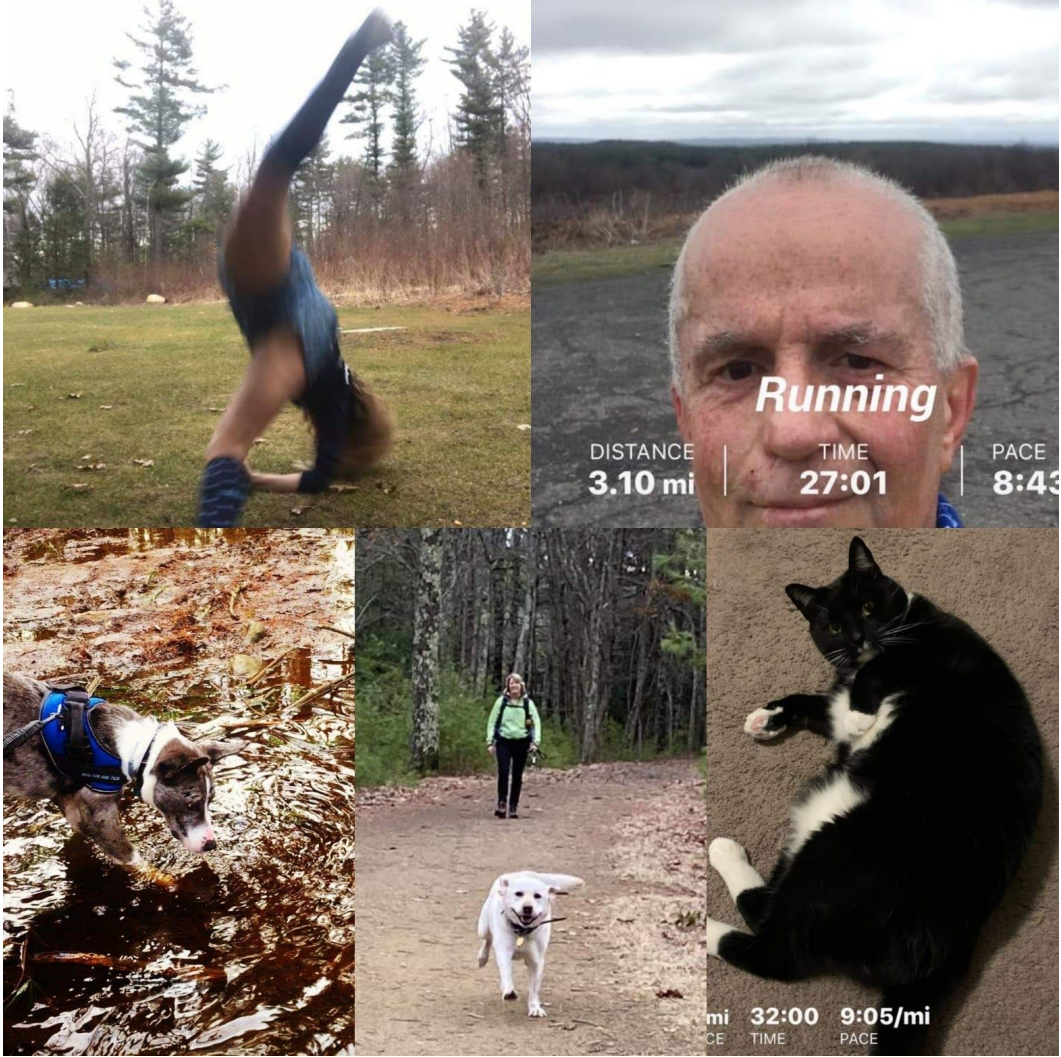
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Michelle Carbone	Leominster	34.21	Road	W Masters	Part of 10K
Michelle Carr Harris	Sterling	30.44	Road	W Masters	
Mike Keating	Worcester	30.18	Road	M Seniors	Indian Lake Clockwise
Mike Penza	Rutland	24.31	Road/Tempo	M Open	
Nicole McGurin	Holden	29.33	Road	W Masters	
Norman Everett	Auburn	19.05	Road	M Open	CMS 5K Course

Other Distance Finishers

Runner	HOMETOWN	TIME	Type of Run	Age Group	Notes
Adam Cohen	King of Vernon Hill	0	None	M Masters	Personal Best
Amanda Gregoire	Worcester	32	Road	W Open	3.52 Miles
Barry Bacon	Worcester	1hr38sec	Road	M Masters	3.33 Miles
Beth Songer	Sterling	2.09.17	Road	W Masters	WSU - 13.1 Mile PR!
Bob Kirby	Jefferson	52.27	Road	M Veterans	5 Miler
Carol Hurley	Spencer	54	Road/Hills	W Veterans	6 Miles
David Lamontagne	Worcester	31.09	Road	M Seniors	3.25 Mile Lake Loop
David Sheridan	Auburn	1.46.22	Road/Hills	M Open	10.54 Miles
Debbie Linder	Shrewsbury	51.29	Trail	W Open	4 Miles
Evan McGurin	Holden	42	Road	M Juniors	6 Miles
Heather Gladwin	Holden	1.53.08	Road	W Open	13 Miles
Holly Wielsma	Spencer	34.3	Road	W Masters	3.4 Miles
Jay Morrissey	West Boylston	1.41.51	Road	M Seniors	11.75 Miles
Jennifer Nappila	Groton	3hr6m	Road/Trail	W Masters	17.93 Miles
Jessica Howland	Worcester	1.31.02	Road/Trail	W Masters	7.6 Miles
Karen Anne	Holden	44.11	Road	W Masters	4 Miles
Karen Troy	Shrewsbury	40.5	Road	W Masters	3.9 Miles
Kate Leahy	Northborough	58.27	Road	W Open	5.46 Miles
Kevin Fallon	Shrewsbury	2.41.12	Road	M Seniors	16 Miles
Kim Gordon	Holden	24	Trail	W Open	1.25 Miles With Good Dog Max
Kristi Fielder	Worcester	56.33	Trail	W Seniors	5.65 Miles
Kristina Pedone	West Boylston	1.18.46	Road	W Open	9 Miles

Linda Luthman	Worcester	53.15	Road/Hills	W Seniors	5 Miles
Madge Szulga	Northborough	53.43	Road	W Open	5 Miles
Milo Linder	Shrewsbury	51.29	Trail	Good Dog	4 Miles
Neal Szulga	Northborough	48.58	Road	M Open	5 Miles
Scott Delongchamps	North Grosvenordale, CT	1hr14min	Road	M Seniors	9 Miles
Stephen Laska	Holden	51.27	Road	M Senior	Fred Warren/10K
Sue Stomski	Dudley	35.18	Road	W Veterans	3.5 Miles
Tim Wright	Holden	1hr35	Trail	M Masters	Hike up Wachusett with Son





THANK YOU! Stay safe out there. Miss running with you all!
Weather: Typical April Blah
Send Corrections to: Kim at cmsrunweb@gmail.com