



FEBRUARY 2018 ANNOUNCEMENTS

Hello, Striders!

It might be the shortest month of the year, but CMS has a lot going on all February long.

Calling all volunteers! CMS has been given the honor of staffing our own **Elite Hydration Station at the 2018 Boston Marathon**. There are a couple of spots left, and anyone that is a CMS member in good standing is eligible. Please see the CMS Facebook page for instructions on how to apply, or contact Steve Laska at slaska@ix.netcom.com. Don't delay, the deadline is February 7th.

The next **CMS Board Meeting** will be held tonight, Tuesday February 6th, in room 310 of the Sullivan Building at Worcester State University. All members are welcome and encouraged to attend. There's even free pizza! If you have any questions, contact CMS President Bob Dio at president@cmsrun.org

The **February CMS Selfie Contest** is now underway. Put on your favorite CMS gear, snap a pic of yourself out and about, and post it to our Facebook page. Enter as many times as you like, just be sure to tag Jen Graves in your posts. There are two ways to win a \$25 gift card of your choosing, one is a random drawing from all entries, and one is for the globetrotting person that snaps a pic in their CMS finery the furthest away from home!
<https://www.facebook.com/groups/cmsrun/>

Training for a spring race? Join Coach Al Halper every Sunday for our **CMS Supported Long Runs**. The group meets behind the Worcester State University Sullivan building. Please arrive by 7:45am. If Worcester State closes the campus due to a snow or other emergency, no session will be held that Sunday.

Winter Speed Training Sessions will be begin and held through February and March. They are scheduled to meet for 7PM, on Wednesday evenings, but could be changed as needed, to a Tuesday or Thursday. The first session is scheduled for Wednesday, February 7, 2018, but the forecast of late day snow tomorrow does not look promising. If Worcester State closes the campus due to a snow or other emergency, no session will be held. Changes and cancellations will be posted on the CMS Facebook page as well as to Coach Halper's Contact List, check in weekly for updates. Contact ahalper@worchester.edu for more details.

The Party of the Year is almost here! The **CMS Winter Banquet** will be held this Saturday, February 10th at the Elks Club on Mill Street in Worcester. This event is FREE and open to CMS members and their families. The cash bar opens at 5:00pm and dinner will be at

6:00pm. It is potluck style, so bring a dish if you'd like. (Or don't, just show up!) There will be entertainment, the official world premier of the CMS Year in Review Video, and more!
<http://cmsrun.org/races-events-3/winter-banquet/>

As of last check, there were approximately 30 seats remaining for the **Boston Rehearsal Run** bus on March 24, 2018. Reserve your spot today before remaining seats are opened up to the public on February 11, 2018. <http://cmsrun.org/races-events-3/boston-rehearsal-run/>

Did you miss out on scoring a soup mug from **Stu's 30K** last year? (Or do your family members keep stealing yours?) You still have a chance to snag the swag. Everyone that registers for Stu's by 11:59pm on February 16th will be entered in a drawing to win a soup mug. We have several to give away, so there will be multiple winners. <http://cmsrun.org/races-events-3/stu-30k/>

Can't run Stu's this year? **Volunteer Sign-ups** are now underway! Stu's is a huge race, and we need a lot of hands on deck. If you can, please consider signing up, our CMS volunteers make all the magic happen. There are many different assignments to choose from: <http://cmsrun.org/volunteering/volunteering-opportunities/>

Applications for the **CMS Bus to the Boston Marathon** are now available for CMS Members with Official 2018 Boston Bibs. You must apply with Karen Lemerise to get a seat on the bus. For details, please consult the webpage at: <http://cmsrun.org/races-events-3/bus-to-boston/>

The **CMS 52-Week 5K Series** has been going strong all winter long despite some tough conditions. We closed out January with a blistering 14:51 performance by Jim Spisak of Rhode Island. Will anyone be able to challenge that mark this year? Come find out, every Saturday at Worcester State: <http://cmsrun.org/races-events-3/52-week-5k/>

Looking for a group to run at 5:00AM with? Wondering how to join the pub run crews at the Ballot Box in Worcester or Flip-Flops in Holden? We have an active CMS Facebook Group. Join us today for daily activities in the Leominster/Lancaster area, the Wachusett region, Worcester, and more! <https://www.facebook.com/groups/cmsrun/>

Follow CMS across all your social media platforms to keep up to date! We can be found in the following places. Any questions, please contact webmaster@cmsrun.org
Instagram - <https://www.instagram.com/centralmassstriders/>
Twitter - https://twitter.com/CMS_Run

For a list of other local events, be sure to visit our website and take a look at the calendar. <http://cmsrun.org/google-calendar/>

Thanks again for being a part of our club. Happy Running!

Yours,
The Central Mass Striders Board
webmaster@cmsrun.org