



## JANUARY 2018 ANNOUNCEMENTS

### Hello, CMS!

It was wonderful to see so many of you in the last few weeks at the Christmas Eve Run and the Freezer 5. Once again, thank you so much for coming out and supporting our club. As we look forward to spring, we hope you will join us again at some of our upcoming events.

**Supported Long Runs** with Coach Al Halper begin Sunday, January 21<sup>st</sup> at Worcester State University, and will continue throughout the spring. Please arrive at 7:45AM for an 8:00AM start time. These runs are open to active CMS members, and there will be many potential running partners at all different paces and distances, depending on the week. Coach Al is also a wonderful resource for your distance running questions, and water and other assistance will be provided along the course.

If you need to renew your membership before the first run, please see the CMS website at <http://cmsrun.org/join-us/sign-up-form/>

The date for the **CMS Winter Banquet** has been announced! Please join us on Saturday, February 10<sup>th</sup> for an evening of food and fun as we celebrate another great year for our club. Cocktails will begin at 5:00PM and Dinner is served at 6:00PM. The event is FREE for all CMS members. It is a potluck dinner, so feel free to bring a dish (and if you can't cook, it doesn't have to be homemade!). There will be a cash bar, entertainment, and dancing. <http://cmsrun.org/races-events-3/winter-banquet/>

Both online and mail-in registration for **Stu's 30K** are now open. Run the full distance, or take on the classic New England course with a few friends. This year's race will be held on March 4<sup>th</sup> at 11:00AM starting, as always, in Clinton, Massachusetts. For links and race information, visit our website: <http://cmsrun.org/races-events-3/stu-30k/>

The **Boston Marathon Rehearsal Run** will be held on Saturday, March 24<sup>th</sup>. The bus will leave from Worcester in the morning and make its way to the start line in Hopkinton. Runners will have the opportunity to run up to 21 miles of the famous Boston Marathon course, finishing just after Heartbreak Hill, with plenty of course support and smiling faces along the way. This year, no snow day will be offered, and there have been several other policy changes. Please review the event's page on our website on how to reserve your seat. <http://cmsrun.org/races-events-3/boston-rehearsal-run/>

No matter the weather, you can always get in a run at our **CMS 52-Week 5K Series** at Worcester State University. Registration is held in Room 126 of the Sullivan Building, and the race begins promptly at 9:00AM every Saturday. Check out of website for additional information: <http://cmsrun.org/races-events-3/52-week-5k/>

**Wednesday Hill Workouts** are wrapping up for the season with Coach Barbara McManus. We are working on arrangements for Wednesday Track Workouts with Coach Al Halper to begin soon, however our track is current snowed and iced in. Please keep an eye on our Facebook page and Google Calendar for updates, or e-mail [webmaster@cmsrun.org](mailto:webmaster@cmsrun.org) to be updated individually when the dates and location have been announced.

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/>

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/>

Wishing you and your families a wonderful 2018! Thanks for being a part of CMS.

Yours,  
The Central Mass Striders Board  
[webmaster@cmsrun.org](mailto:webmaster@cmsrun.org)