



## MARCH 2018 ANNOUNCEMENTS

### Hello, CMS!

It finally feels like there is a little bit of spring in the air! Just in time for a very busy month ahead for your running club.

Thank you to all our members that came to this year's CMS Winter Banquet. If you were not able to attend, you still have a chance to check out the fantastic **Year in Review Video** put together by Jen Graves. (Thank you, Jen!)  
<https://www.youtube.com/watch?v=tW9a8Qv2LQY>

The final countdown to **Stu's 30K** is on. If you intend to run Stu's as a Relay, you only have until Friday to sign up, there is NO day-of registration for relay teams. The registration fee for individual runners also increases if you register at the race. With a good weather forecast for Sunday there's no reason to delay, so sign up today. <http://cmsrun.org/races-events-3/stu-30k/>

Thank you to all that have already signed up to **Volunteer at Stu's!** There are still a few spots where we could really use a hand, specifically in the kitchen and out on the course itself. We truly cannot do it without you. <http://signup.com/go/KVeyacp>

Congratulations to our **Stu's 30K Soup Mug Giveaway** winners! They are as follows: Denise Murphy from Quincy, Jeff Carlson from Holden, James Morrissey from West Boylston, and Susan Lynch from Stow. I will have your mugs at the CMS Merchandise table on race day. Thank you so much for registering for Stu's 30K and have a great race!

**CMS Clothing** will be on sale at Stu's 30K. If you'd like to reserve an item, please check out our website to review the items available: <http://cmsrun.org/cms-merchandise-for-sale/> and then contact Kim at [clothing@cmsrun.org](mailto:clothing@cmsrun.org) and I can set something aside for you. Cash or check (made out to CMS), please.

**Sunday Supported Long Runs** and **Wednesday Track Workouts** with Coach Alan Halper will continue through the month of March, weather permitting. The Long Run at Worcester State on March 4th will be replaced by an opportunity for volunteers and those with scheduling conflicts to run part of the Stu's 30K course before the race itself. Coach Al will be there at 7:30AM and can provide support until approximately 9:30AM. You **MUST** e-mail Coach at [ahalper@worchester.edu](mailto:ahalper@worchester.edu) and let him know to expect you, please include your phone number. The workout will not be held if there is limited interest. Track continues every Wednesday evening at 7PM at Worcester State. As always, workouts are dependent on weather and the WSU campus being open.

The next **CMS Board Meeting** will be held on March 6th. Board meetings are held in room 310 of the Sullivan Building at Worcester State University. They are open to all members! Come and have a say in how your club operates, or just hang out for the free pizza.

We are heading toward a sell-out for the **Boston Rehearsal Run** bus, only a handful of seats remain. Don't miss out on your chance to run 21 miles of the famous Boston Marathon course with incredible course support: <http://cmsrun.org/races-events-3/boston-rehearsal-run/>

If you are a CMS member running the Boston Marathon, remember to send your completed application back to Karen Lemerise as soon as possible if you would like to secure a seat on our **CMS Boston Marathon Bus**. Applications will be accepted from non-CMS runners as well as spectators starting March 1st, and there have been members from other clubs expressing interest this year. All the information you need to contact Karen can be found here: <http://cmsrun.org/races-events-3/bus-to-boston/>

The **USATF-NE Grand Prix** kicks off in March with two races, the New Bedford Half Marathon and the Frank Nealon Boston Tune-Up 15K. Good luck to all our runners competing in these fantastic events! <http://www.usatfne.org/road/gp.html>

Speaking of the Grand Prix, it certainly looks like our **Men's Team** is ready for an exceptional season. The team of Dan Vassallo, Scott Mindel, and Daniel Raboin secured 2nd place in the Team Competition at the Amherst Ten Miler on February 25th with three Top Ten finishes. Congratulations to them for such an impressive performance and bring on the spring.

Registration for the **26th Annual Wachusett Mountain Race** is now open! Please join us Memorial Day weekend on Saturday, May 26th. This year's race once again features a 3 mile and a 10K option. We are proud that once again our race will be a part of the USATF-NE Mountain Circuit. Online and mail-in options are available. <http://cmsrun.org/races-events-3/wachusett-mountain-10k/>

For more information on the **Mountain Series**, please check out the new website here: <http://newengland.usatf.org/Sports/Mountain-Ultra-Trail.aspx>

The **CMS 52-Week 5K Series** is held every Saturday at Worcester State: <http://cmsrun.org/races-events-3/52-week-5k/> It's a great, inexpensive way to get yourself into race mode for the spring, and it's also a nice introduction to the club if you are a new member.

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

**Instagram** - <https://www.instagram.com/centralmassstriders/>

**Twitter** - [https://twitter.com/CMS\\_Run](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 CMS. Best of luck to all training for spring races. Happy running!

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