



## APRIL 2018 ANNOUNCEMENTS

### Hello, Striders!

It might not look like spring outside today, but CMS is charging full steam ahead into April with a full calendar of events.

Our monthly **CMS Board Meeting** will be held on Tuesday, 4/3/18 in Room 310 of the Sullivan Building at Worcester State University at 6:30PM. Board meetings are open to all members, and they are a great way to learn more about the club and to get involved. If you have any questions or would like to appear on the agenda, please e-mail President Bob Dio at [bobdioruns@gmail.com](mailto:bobdioruns@gmail.com)

**Supported Long Runs with Coach Al Halper** continue through April. Please meet behind the Sullivan Building at 7:45AM on Sunday mornings. The Long Run is cancelled in the case of inclement weather, just in case April has a few more fools in store for us.

We have a new speed workout coach! Please welcome Coach Paul Reilly, who will be leading our **Track Workouts** starting this Wednesday, 4/4/18, at 6:00PM on the track at Wachusett Regional High School in Holden, MA. Paul is an outstanding athlete that many of you may recognize from his dominant victory at the Worcester Half Marathon this fall. He has a stellar record both as a runner and as a coach, and is currently competing for the Central Mass Striders Men's Team in the 2018 USATF-NE Grand Prix. We are thrilled to have him, and we hope that many of you will come out, meet Paul, and try out a speed workout. Track workouts are for competitive athletes and beginners alike, and are open to all current members of CMS.

Last call for the **CMS Boston Marathon Bus**. If you have already signed up for the bus, check your e-mail, there have been changes in the morning bus pick-up times due to some scheduling modifications that came down from the BAA. <http://cmsrun.org/races-events-3/bus-to-boston/>

For those of you that have signed up with the BAA to volunteer at our **Elite Hydration Station** during the marathon, you can contact Jay Morrissey at [jamesmorrissey9@gmail.com](mailto:jamesmorrissey9@gmail.com) with any questions you may have about logistics. And thank you for stepping up to represent our club!

As spring approaches, so do the Spring 5Ks! Once again we will be **Volunteering at the Jay Lyons Race** in Worcester, which honors one of our fallen heroes and raises funds for a local scholarship. If you are free this weekend, we need Volunteers this Saturday 4/7/18 at

bib pick-up and on Sunday 4/8/18 before the race. Please log into our Volunteer Spot site and sign up if you can. Thank you again for all you do. <http://vols.pt/CycD6Q>

Our **Men's and Women's Teams** have started their spring seasons off with some impressive performances in the USATF-NE Grand Prix. At the New Bedford Half Marathon earlier in March, our Men's Teams medaled in several divisions, with our Open team led by Dan Vassallo coming in 2nd, the Masters team led by Al Bernier placing 3rd, and the Senior team led by David Principe Sr. scoring 1st place. Just two weeks later, Dan Vassallo once again led the charge and the Open Team secured a 1st place finish at the Frank Nealon Boston Tune-Up 15K, with Scott Mindel and Pat Fullerton also racing to Top Ten finishes. The Masters team placed 2nd and the Seniors team 3rd.

As if that wasn't enough for the month of March, the CMS men's masters team of Tim Van Orden, Greg Hammett, Steve Brightman, James Pawlicki, and Ed Sheldon won the Masters team competition at US Snowshoe Championships in Woodford / Bennington VT. Congratulations to all, especially Tim Van Orden, who also served as race director for this fantastic event!

Our Women's Team also spent some time on the podium this month! At the Frank Nealon 15K, the Women's team was led by a fantastic performance by ace Laura Brustolon, and scored 2nd place in the team competition in both Masters and Seniors thanks to great racing from Leslie O'Dell, Karla Steele, Karen McGahie, and Barbara McManus. Best of all, the Women's Veterans team of Sidney Letendre, Mary Sharkey, and Linda Usher came out on top with a 1st place showing, right on the back of their 2nd place at New Bedford just a couple weeks prior. Our female Masters came in 2nd at the USATF-NE Grand Prix Half Marathon thanks to the decisive comeback of Regina Loiacano, and our Seniors placed 3rd. Congratulations to the entire team!

Next on the docket for the teams is the James Joyce Ramble, which will serve as the USATF National Masters 10K Road Race. All scoring team members must have a USATF number and be registered with the Central Mass Striders, as well as wear a matching team singlet. <http://www.ramble.org> Let the CMS Men's team coordinator know if you have any questions at [jlprawlicki@aol.com](mailto:jlprawlicki@aol.com)

Registration for the **Wachusett Mountain Race** is open. You can sign up today on Racewire by following this link: <https://racewire.com/register.php?id=8975> CMS is also proud to announce that not only will Wachusett serve as the third race in the 2018 USATF-NE Mountain Circuit, but it will also be the first race in the All-Terrain Series (ATR) this year.

Our **CMS 52-Week 5K Series** continues every Saturday at Worcester State University. We are now offering a 8:45AM special start for any walkers that would like to receive an official time but get back a little earlier. The run start remains the same, with registration beginning at 8:30AM and the race start at 9:00AM sharp.

**Pub Runs** in Holden and Worcester continue throughout the spring and the summer, every Monday at 6:30PM at Flip-Flops and the Ballot Box. There are also many other unofficial group runs throughout the week, and if we finally get lucky and it stops snowing, maybe some will be out on the trails soon! Please join us on our CMS Facebook group for more information and daily updates: <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/>

Best of luck to all of our runners this Spring, especially our Boston Marathon runners! May the wind be at your back.

Yours,  
The Central Mass Striders Board  
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