



## MAY 2018 ANNOUNCEMENTS

### Hello, Striders!

After a wet and wild April, our runners are heading back to the track, the trails, and road races around New England to enjoy some sunshine at long last. We hope that you will join us in May and throughout the summer, as CMS has a lot in store for our members.

We are only a few weeks away from one of our signature races, **The 26th Annual Wachusett Mountain Race** in Princeton, MA. There are two distances offered -- the 3 miles road race to the top, or complete the 10K and race back down the mountain to the finish line. Online registration is open until May 25th, and Day Of Registration will be available that morning. For all the details, and a sneak preview of the drawstring bags the first 300 registrants will receive, please visit our webpage: <http://cmsrun.org/races-events-3/wachusett-mountain-10k/>

Facebook Group Members, time to throw on your CMS gear and snap a picture for the **May Selfie Contest**. Don't forget to tag (that's tag, not hashtag) Jen Graves in your post. The winner receives a \$25 gift card to the business of their choice.

**Speed Workouts** at the Wachusett Regional High School track will continue through the month with Coach Paul Reilly. Workouts begin at 6:00PM every Wednesday evening. For a weekly update on the planned workout, check Facebook before you head out.

The **CMS Monthly Board Meeting** has been rescheduled for Tuesday, May 8th. It will still be held at Worcester State University, in room 310 of the Sullivan Building. Meetings are open to all members of the Central Mass Striders, and there's pizza!

For those interested in being a member of the **Central Mass Striders Executive Board**, you must fill out the **2018 Candidates Form** by May 20th to be eligible and have your name appear on the

ballot. All current members that have a desire to represent their fellow club members and can devote themselves to attending board meetings are encouraged to apply. Instructions and the application itself can be found by following this link: <http://cmsrun.org/candidates-2018/>

We have a date for our annual **CMS Members Only 5K and Annual Meeting**: June 20th in West Boylston. Come run a FREE 5K, eat a FREE meal, get a FREE gift (and it is pretty sweet this year, you'll have to attend to grab one!) and best of all, spend time with all your friends from CMS. It's one of the best events of the year, save the date.

April was an incredibly exciting month for our competitive teams. Our Men's Team took home another National Title at the James Joyce Ramble in Dedham, winning the 40+ Men's Team Competition at the USATF Masters 10K Championship. Patrick Rich finished 2nd overall in 33:02, and was joined by his teammates Greg Putnam, Michael Quintal (not a bad way to kick off a Masters career for Michael!), Derrick Jones, Joshua Perks, Joe Shairs, and David Principe.

The **USATF-NE Mountain Circuit** began with a great start for CMS, with both Men's and Women's teams covering the mountains in a sea of white and royal blue (which was somewhat visible under the mud on the trails) at the Sleepy Hollow Mountain Race. The Women's Team captured second place overall and first place in the Masters Division thanks to aces Leslie O'Dell and Barbara McManus, and the Men's team swept Open, Masters, and Seniors, with Tim Van Orden, Steve Brightman, and Dave Dunham all placing in the Top Ten.

Of course, we can't go without mentioning one of the most thrilling moments of April, watching our very own Daniel Vassallo emerge from the epically frosty, windy, and drenching rains of this year's **Boston Marathon** with a 10th place finish. He also anchored an extraordinary 2nd place finish for the Men's Open Team, assisted by tenacious running from Scott Mindel and Kevin Hankens. Congratulations to Dan for such an extraordinary achievement. We are all so proud of you not only for that amazing day, but all the days that it took to get there.

Next for our teams? More mountains, and the next **USATF-NE Grand Prix** series in June, the Ribfest 5 Miler in New Hampshire.

**Calling all volunteers!** Spring 5K season is full swing, and our timing services volunteer corps needs you! We assist many races in the Central Massachusetts area, both great and small, servicing a wide variety of non-profits, schools, and other organizations. Timing races is incredibly easy to learn, and you get to give back to the community while having some fun (and sometimes there is great free food!) Please consider signing up today, any race is the perfect race to jump right in and learn the ropes: <http://vols.pt/CycD6Q>

Our **52-Week 5K Series** is still going strong. Our new sunrise start for walkers has been a success, with a group from Worcester State and several family members of runners taking advantage. The race begins as always at 9:00AM, rain or shine, every Saturday. There is one exception, the race will not be held on the day of our Wachusett Mountain Race, May 26th (Memorial Day Weekend).

<http://cmsrun.org/races-events-3/52-week-5k/>

Looking forward to summer, we are only weeks away from Tuesdays becoming your favorite evening of the week. We kick off our 3 months of summer series with the **West Boylston Rail Trail 5K and 10K** in June. <http://cmsrun.org/races-events-3/wbtrail10k/>

**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. 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/>

Thank you for being part of our club! Happy running.

**Yours,**

**The Central Mass Striders Board**

**webmaster@cmsrun.org**