



JUNE 2018 ANNOUNCEMENTS

Hello, CMS!

We were so happy to see so many of you at our **Wachusett Mountain Race** this Memorial Day weekend. Thank you for once again coming out to support one of our largest races as runners, volunteers, and spectators. Our Men's and Women's Teams did a tremendous job scoring victories in multiple categories as well! We can't wait until next year and the 27th Annual Wachusett Mountain race, we hope to see you then.

Looking forward, it is one of the most important times of the year for our club, the period of voting for our **Executive Board Election 2018** has begun. To review the slate of candidates, please consult the following webpage: <http://cmsrun.org/cms-executive-board-candidates-2018/>

The online voting will be held until June 19th. To request a ballot, you must e-mail cmselection2018@gmail.com. Make sure your name is somewhere in the e-mail so your membership can be verified, and you will be sent a link to the ballot. You must be a CMS Member with an Individual Membership, or a part of a Family Membership and 18 years old by June 20th to vote in the election. If you vote online, you cannot vote in person at the Members Only 5K.

Speaking of, our annual **CMS Members Only 5K and Annual Meeting** will be held on June 20th in West Boylston. Come run a FREE 5K, eat a FREE meal, and get a great FREE gift. We will also have in-person voting for the CMS Executive Board Election that evening. For more details, please visit: <http://cmsrun.org/members-only/>

We kick off our 3 months of Summer Running Series with the **West Boylston Rail Trail 5K and 10K Fun Run Series** in June. Every Tuesday at 6:30PM, enjoy a self-timed race with a group of your fellow trail running enthusiasts! If you have never run the trail before, it is a treat on a summer day with plenty of shade and great views. Park at the Thomas St. Lot and the race begins at the nearby gate.
<http://cmsrun.org/races-events-3/wbtrail10k/>

Registration is open for the **12th Annual Devin Kravitz Memorial 5K**. This wonderful event, held in Leicester every Labor Day weekend, is fun for the whole family and raises much needed funds and awareness for the Myocarditis Foundation. For more details, please see our website: <http://cmsrun.org/races-events-3/devin-krevitz-memorial-5k/>

Speed Workouts at the Wachusett Regional High School track will continue throughout June with Coach Paul Reilly (recent winner of the Worcester Firefighters 6K, congratulations to Paul!). Workouts begin at 6:00PM every Wednesday evening. For a weekly update on the planned workout, check Facebook before you head out.

The next event in the **USATF-NE Grand Prix** series is in June, the Ribfest 5 Miler in New Hampshire. Good luck to all our runners tackling this event!

Last call for **BAA 10K volunteers!** We could use a few more people to help staff our Fluid Station on June 24th on Commonwealth Avenue in Boston. It's an incredible day assisting hundreds of runners, and this year you will have an up-close seat to see Boston Marathon champ Desiree Linden as she flies by! Please e-mail webmaster@cmsrun.org for instructions on how to sign up.

Our timing services have been in a lot of demand this year, and we have a handful of upcoming races in June. We could really use your help! Timing races is incredibly easy to learn, and you get to give back to the community while having some fun. 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 all summer long. The race begins as always at 9:00AM, rain or shine, every Saturday. <http://cmsrun.org/races-events-3/52-week-5k/>

Pub Runs in Holden and Worcester continue throughout the 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

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/>

And if you are free this evening (June 5, 2018), come check out the CMS Board Meeting at Worcester State University's Sullivan Building, Room 310, starting at 6:30PM. Board meetings are open to all members.

Stay cool out there! Best of luck to all as you tackle those tough summer races and long runs. We hope to see you soon!

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

