



AUGUST 2018 ANNOUNCEMENTS

Hello, Striders!

I hope this correspondence finds you well, if not exactly cool or comfortable. Despite the heat, humidity, and impressive storms of this last month, I know you are all getting out there, hitting the roads and the trails preparing for your autumn races. I wish you the best of luck, and better weather soon!

The first meeting of our new Executive Board elected in June will be held MONDAY, August 6th, at 6:30PM in Room 310 of the Sullivan Building at Worcester State University. The meeting is one day early due to the conflict with Newton Hill and will be held on Tuesdays for the rest of the year, weather permitting. Board meetings are open to all CMS members, and pizza will be served. If you would like to add an item to our meeting agenda, please contact Kim at president@cmsrun.org

The **Newton Hill 5K Cross Country Series** begins on Tuesday, August 7th and will continue throughout the month every Tuesday in August. Registration begins at the park near the Newton Square Rotary at 6:00PM and the race begins promptly at 6:30. The race benefits the Friends of Newton Hill, and it's always a pleasure to enjoy one of Worcester's greenest jewels and run the trails of Elm Park. For more information, please visit our website at: <http://cmsrun.org/races-events-3/newton-hill-xc/>

The **12th Annual Devin Kravitz Memorial 5K**, benefitting the American Heart Association and Myocarditis Foundation will be held on Saturday, September 1st, at 9:00AM in Leicester. This is our most family friendly event of the year, and there is a Kids Race, multiple vendors to receive samples from, great prizes that all runners are eligible to win, and more. Find online and mail-in registration details on our website: <http://cmsrun.org/races-events-3/devin-krevitz-memorial-5k/>

Many thanks to all the runners and volunteers who came out in July for our Lake Park 5K Summer Series and Fred Warren 5.5 Mile Road Race! Both events were incredibly successful due to the keen leadership of Race Directors Keri Hoenig and Stephen Laska. All the results and photographs have been posted to our website at <http://cmsrun.org> if you want to relive the memories (minus the humidity).

Summer speed workouts continue throughout the month at the Wachusett Regional High School track on Wednesday evenings with Coach Reilly. The workout begins at 6:00PM. Check our Facebook group for a weekly post with the details of the workout.

Supported Long Runs with Coach Al Halper will begin in a few weeks. More details will be provided near the end of the month.

Many volunteer opportunities will be coming up in the next few weeks as our CMS Timing crew gets ready for the onslaught of fall 5Ks, the BAA Half Marathon volunteering registration opening mid-month, and Canal Diggers which is rapidly approaching. I'll send out an additional e-mail detailing those opportunities soon, but for now, we have 4 weeks of Newton Hill races that need course monitors and timing staff. Volunteers also receive a t-shirt if they attend 3 out of the 4 events! <http://vols.pt/CycD6Q>

Although it has been a quiet month for our competitive teams on the roads this month with the Grand Prix series on hiatus until the CRAFT New Hampshire 10 Miler on August 25th, both our Men's and Women's Teams have been quite busy, taking to the mountains, trails, and track to rack up some impressive performances all around New England.

At the National Mountain Running Championships at Loon Mountain on July 8th, our Women's team lead by Regina Loiacano, Leslie O'Dell, and Xi Chen placed second in the Open team competition and Loiacano, O'Dell, and Barbara McManus placed first in Masters. The Men's Squad, led by Dave Dunham, Erik Vandendries, and Steve Brightman placed first in Masters and third in Open, which is more than a little impressive considering that Brightman is the youngest man in that group at 49 years old. The Men also captured victories in Seniors and Veterans.

The USATF-NE Trail Championships, held this year at the Run with the Beavers 10 Mile Trail Race in Rhode Island, also saw the Men's and Women's team emerge at the top. The Men's team of Scott Mindel (2nd place overall and in course record breaking time), Christopher Mahoney, and Matthew Veiga and Women's team of Leslie O'Dell (2nd female and first Master), Barbara McManus, and Kim Gordon captured 1st place in team competition. Congratulations as well to CMS team member and Race Director Bob Jackman for putting on such a fantastic event.

The Run with the Beavers race also served as the second event in the 2018 USATF-NE All-Terrain Series. After the third event, the 1500m at the USATF-NE Track and Field Championships, CMS runners have captured almost half of the top spots on the leaderboard, with Mindel holding a massive lead in the Men's Open Category, Jim Pawlicki in second and Christopher Smith in third in the Masters Category, Gordon in second in the Female Open division, and McManus in third in Female Masters.

And of course, our ongoing weekly events continue...

The **CMS 52-Week Series 5K** is held every Saturday morning at Worcester State University. Registration begins at 8:30AM in Room 126 of the Sullivan Academic Building, and the race begins promptly at 9:00AM. We are currently looking for a few missing course records in several age groups, if you have information please get in touch with Bill Gonsorcik. <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/>

Stay cool out there! Happy Running.

Yours,

Kim Gordon

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