

Reach the Beach Relay

The Green Mountain Gals

Linda Wheatley

The Reach the Beach Relay, held on the front end of New England's foliage season, involves the rotation of runners, continuously and one at a time, along a 198-mile route from Bretton Woods to Hampton Beach, New Hampshire. This year's event, on September 28th and 29th, was the third annual RTB Relay. Ninety-nine teams of six to twelve runners were registered; double the number that participated in 2000. From 8:00 Friday morning, until 3:00 that afternoon, groups of runners were launched every fifteen minutes from the Bretton Woods Ski Area to run the first of thirty-six legs. A team's starting time was based on the its expected finishing time, and all teams were expected to finish by 5:00pm Saturday. A consistent pace of 7:30 minutes per mile would get a team to the finish in 24 hours.

Relay teams of six or fewer runners were given 'ultra' status. Only one 'ultra' women's team was registered. That would be us: the Green Mountain Gals, Linda Wheatley, Melodie LaPorte and Laura Medalie of Montpelier, Ruth Einstein and Merrill Cray of Middlesex, and Lori Bisson of Barre. This revelation fed our excitement at the start, but hinted at something that left each of us questioning our sanity.

Exactly one week before the race, Ruth fell over a vacuum cleaner and down her concrete stairs, with a full dog dish in each hand. She did not spill the dog food, but she strained an old injury to her Anterior Cruciate Ligament (ACL). We decided to have her run the first leg of the relay as a test. This 3.5 mile-leg was the

most difficult of the thirty-six that made up the course. It climbed straight up the mountain and then zigzagged down on ski trails. If this 'test' failed, we teammates would have to absorb her thirty-four miles. We waited anxiously at the first transition area watching her fluorescent yellow jacket slowly bobbing back and forth across the mountain. I was ready to take over if needed. But she limped through and continued on the second leg with the five of us yelling after her, "You go, girl!" Our spirits soared.

The anticipation had been building for so long that I flew through my first leg. My body felt light and powerful and my stride was impossibly springy. I pumped out ten miles without a whimper, and handed off to Laura who was bouncing uncontrollably and grinning like a Cheshire cat. The task then became establishing a routine of recovery and preparation for the next leg, five hours away. In my case, this meant stuffing my face, no matter how hungry I felt, for one hour immediately after running, and drinking water continuously until an hour before my next leg. Stretching and changing out of damp clothes into layers of warm fleece were critical to warding off cramps and chills. Keeping track of shoes, socks, your number, and all the other paraphernalia needed to survive outdoors for 30 hours, and run 30 miles, was also a challenge.

Our team had two vehicles. The sedan became known as the 'world's smallest support vehicle' as it couldn't compare with the huge vans rented by the other teams. The SUV became known as 'The

Bra-mobile' due to the number of damp bras draped or hanging on every surface. As the sun went down, we exchanged the sedan for a pick-up. This became our rotating bed. We were extremely lucky to have a nighttime driver who seemed to enjoy, was even inspired by our zaniness. From 7:30 Friday night until 4:30 on Saturday afternoon, Shaun Donahue shuttled runners to and from transition areas, regularly checked in on and watered the current runner, and ensured access to dry clothes, food and water to six physically and mentally deteriorating women. He was our team angel. When he checked in on Ruth during her last leg, she said, "If you tell me I have two, not one more mile to go, I will cry." He told her she had one.

The nighttime legs were long and lonely. Occasionally, for company, I could see a blinking red light on a runner far ahead of me. The mesmerizing, repetitive slapping of my running shoes provided some relief. So did the occasional support vehicle reassuring me that I hadn't gone off route. Otherwise, it was darker than dark, especially on the back roads through towns like Sandwich, Tamworth and Gilmanton Ironworks. Hearing became my predominant sense, and I was keenly aware of the slightest noise. Armed with a small flashlight to ward off unexpected dips in the pavement, it was difficult to control the anxiety felt when a dog barked or when the wind stirred the fallen leaves behind you.

It is not unusual to have subfreezing temperatures in late September. On this particular Friday night, however, temperatures stayed in the 40s and winds were light. It was comfortable running weather and made it easier to prevent hypothermia after running. Daylight on Saturday still brought a thrill. As I handed off to Laura, I gleefully proclaimed what a beautiful morning it

was. She responded, "Yeah. It's a great day for a run. A run!" By this time, we had each logged at least twenty-five miles over three or four legs. Our individual health concerns were getting harder to ignore; diarrhea, blisters, sore knees, tight hamstrings. It was difficult to keep track of Ibuprofen intake as we dug into the humongous queen-size bottle. None of us had slept for more than an hour or two in the back of the pickup or on the seat of The Bra-mobile. Our exhaustion was expressed as giddiness. We laughed a lot and it probably appeared to everyone else that we laughed at anything. I suppose this was healthier than crying.

Volunteers staffed the thirty-six transition areas, one in between each leg of the Reach the Beach Relay. This support was as awe-inspiring as running the race. Firefighters cheerfully waved their flashlights in Bear Brook State Park throughout the night. Girl Scouts were everywhere with soup, gorp, and, of course, cookies. Volunteers served snacks and hot drinks at churches, schools, fire stations, and state and town parks. Occasionally a transition area was just a painted line on a back road – that, too, was well staffed. One especially pleasing moment for me occurred in Rye as I approached a major intersection. I watched a police cruiser, with blue lights swirling, pull into the middle of the intersection and stop all traffic. A fully uniformed policeman climbed out of the car and escorted me through the intersection. To a lone runner on slightly wobbly legs and in a somewhat disoriented state of mind, this was a miracle. I could have hugged him but probably would not have let go.

Organization was key to a successful race. I had created a series of spreadsheets, based on how long Ruth's knee might last. These lists told us, based on a nine-minute mile, who ran when, for

how long, and under what conditions. The spreadsheets included each leg's distance, a one or two-word description of the difficulty of the leg, and a brief list of each transition area's amenities. This small amount of information somehow eased significant amounts of stress. It took the enormity of what each runner was trying to do, and cut it into pieces small enough to focus a dehydrated, electrolyte-imbalanced, and exhausted mind. The charts also proved to be highly accurate. After 29 hours and 36 minutes of running nearly 200 miles, The Green Mountain Gals finished just ten minutes ahead of our estimated time of 3:45pm.

I now have five, no six, new heroes. Ruth, with her Rastafarian hair flying as she

pumped out thirty miles on an injured knee. Lori, a newcomer to distance running, who's smooth, steady stride carried her through a couple of especially long and uphill legs. Merrill, the running machine, who's constant antics and jokes kept us laughing and oblivious to our condition. Laura, who never seemed to slow down, and started each of her legs with excitement in her eyes. Melodie, the trooper, powered only by Gatorade for the last 25 of her 38 miles, who offered to run the last leg when no one else wanted it, and ran those five miles at a 7:20 pace. And, finally, Shaun, who sacrificed a good night's sleep and a fall day of chopping wood to support six slightly insane women running across New Hampshire.



Onion River Sports Race Series

The Race Series continues! Now in its third year, the Onion River Sports Race Series offers a chance for recognition of achievement and service to the road racing scene in central Vermont. The series awards participation by adding points from all races in a 8-race season. It awards service by the requirement of volunteering at one race to be eligible for prizes.

Points for each event are awarded based on performance relative to age/gender class winners. Points for all races are tallied, and the top finisher in each class that meets the requirements (CVR members in good standing and having volunteered in at least one race) win awards.

The Race Series for 2002 includes the following CVR races:

- Paul Mailman 10 M, May 12
- Capitol Stampede 10K, June 8
- Bear Swamp 5.7 M, June 20
- Berlin Pond 8K, August 11
- Northfield 5K, August 31
- Leaf Peepers 5K, October 6
- Leaf Peepers 13.1 M, October 6
- First Night 5K, December 31

Central Vermont Runners Meeting Minutes

Michael Chernick, secretary

Annual meeting

April 7, 2002

Introduction: On Sunday April 7, 2002, the Central Vermont Runners' Club gathered in Montpelier, at the home of Michael Chernick, for the annual meeting. Incumbent CVR President, Richard Cleveland, convened the business session to order at 4:30. The membership addressed the following topics:

Election of Officers for 2002-2003: The first order of business was to elect new club officers for the coming year. Under the club's revised bylaws, the newly elected officers will serve a term that extends from April 2002 through March 2003. The following slate was approved unanimously:

President: Richard Cleveland
Vice President: Darragh Ellerson
Secretary: Michael Chernick
Treasurer: Laura Medalie
Newsletter Editor: Jamie Shanley

Newsletter & Membership Duties: Having elected the new officers, the membership discussed the possibility of splitting the duties of newsletter editing and membership administration between two persons. Jamie Shanley, the newsletter editor, suggested issuing the publication on a quarterly basis as does the Green Mountain Athletic Association. GMAA is a far larger organization than CVR, and it is able to operate nicely with only four newsletters each year. The discussion then

focused on the optimal publication schedule. After further discussion, the membership decided not to adopt a formal publication schedule, but to plan for 4 or 5 newsletters per year. By abandoning the club's historic practice of attempting to publish 8-10 newsletters each year, Jamie can devote more attention to membership matters. As for the minutes, which have regularly appeared in past newsletter issues, their continued publication in the newsletter will now be at the editor's discretion. Often, the information will be dated by the date of publication. However, as a more timely alternative, the minutes will be posted on the club's website, www.cvrrunners.org.

Database Management: Curtis Picard, the Leaf Peepers race director, explained the method for managing that race's data in Excel. The data is then passed on to Donna Smyers. Jamie, in his membership role, will discuss, with Donna, new data coordination options. Otherwise, Jamie will request data management assistance in a notice to be published in the next newsletter.

Timers: Dave Kissner has one of the timers. Either Norm Robinson or Tim Noonan was thought to have others. Norm then reported he currently has two timers at home.

2002 Race Schedule: A discussion of the race schedule followed. The schedule was published in the January newsletter and is posted on the website. There were 2 date changes from the original schedule: Kids' Track Meet from June 1 to June 15, and Bear Swamp from June 28 to June 20.

Onion River Sports Race Series: As of April 4, 2002, there had not been an awards dinner for the 2001 winners. We were also lacking final results from Onion River and had not been in communication with Tracy. Michael Chernick agreed to contact Tracy both with respect to 2001 results and plans for 2002. Norm commented that the club should designate a person to serve as liaison with Onion River Sports. (Note: The following day, Michael met with Tracy and arrangements were made

to present the 2001 awards at the Ten Miler. Tracy supplied an updated logo for imprinting on the award mugs. The continuation of the series in 2002 was confirmed, and Onion River agreed to subsidize at least one advertisement in Vermont Sports Today in lieu of a cash payment to the club.)

Lenny Sports Discount: Lenny Sports will now provide a merchandise discount to CVR membership cardholders.

Road Runners Club of America (RRCA): The CVR listing on the RRCA website has now been update. It is important that the CVR membership list be sent to RRCA twice a year in order for members to receive RRCA publications.

Business meeting

May 20, 2002

This meeting was held at Rowley Brucken's home in Barre and focussed on a review of the season's events:

Paul Mailman Ten Miler Report: Dave Kissner, the director of the Paul Mailman Ten Miler reported a fairly good turnout of 62 runners considering the race occurred on Mother's Day and the preceding day's running of a half-marathon in Charlotte. A sufficient number of volunteers were available. Special thanks are extended to David & Darragh Ellerson who came to lend their knowledgeable volunteer services despite having only returned home the prior day from a

trip to Arizona. Dave Kissner is inclined to keep the Ten Miler in May. If the race were moved to a Saturday, the high school may not be available. Another alternative is to approach the Children's Forum and arrange a co-sponsorship with both its 5k and the Ten Miler run concurrently. Such a change, however, would necessitate changing the Ten Miler's start and finish lines to correspond with the 5k race. Regardless of any decision on co-sponsorship and simultaneous

running of the two races, Dave would like to revise the course in order to include more of the bike path. Peter Ovaoid was the top male finisher and Sue McNamara won the female honors.

Capital Stampede: Richard Cleveland reported that Sam Davis, the Capital Stampede's director, could use volunteers for the Saturday morning June 8 event. Registration, and the start and finish will remain at the Montpelier Unitarian Church.

Kids Track Meet: The Kids' Track Meet is scheduled for Saturday morning, June 15 at Montpelier High School. Registration starts at 8:30 with the first event at 9:30. Volunteer support is appreciated. There is no charge for the participants. Tim Noonan and Norm Robinson are co-directors.

Bear Swamp: This annual running tour of the Middlesex hills is scheduled for Thursday June 20 at 6:00 P.M. Please note the corrected date. Registration will begin at 5:00 P.M. at the Rumney School. Tim Noonan is race director.

GMAA Interclub Gathering: CVR and GMAA (Green Mountain Athletic Association) the Burlington area's running club will hold their second annual joint get-together on Saturday, July 27 at 3:30 in Hubbard Park at the large picnic shelter atop the meadow (enter from the Elm Street side of the park). This event consists of a relay race and refreshments. Dave Kissner will arrange for the ice cream and Michael Chernick will obtain a shelter reservation (which has since

been arranged). Our Hubbard Park expert, Tim Noonan, will arrange the course.

Northfield 5K & Kids' Race: A preliminary meeting was held on May 6 with staff members from Northfield Savings Bank in preparation for this annual Saturday before Labor Day event and everything is on schedule.

Leaf Peepers: Darragh inquired regarding the status of the registration forms and Richard Cleveland informed the group that the forms were at the printers. The Leaf Peepers Committee and Curtis Picard, the race's director, are continuing work on this year's fall classic.

Cool Running: Turning to matter other than the schedule, Darragh commented on the technical problems she has experienced using the revised Cool Running format online. She will inquire of Cool Running.

Race Series: Race Series 2001 awards are planned for presentation at the Stampede on June 8. (*Ed. note; now planned for Bear Swamp Race on June 20.*) We will work with Onion River to be certain that the process is flowing smoothly for 2002 including the recording of membership information.

Next Meeting: Monday July 1, 2002 at Dave Kissner's at 7:00 P.M.

CVR team for Lake Winnepesaukee Relay

The Lake Winnepesaukee Relay will be held on Sept. 21st this year. Norm Robinson will once again coordinate the relay. If you are interested in going you can contact Norm at normr@adelphia.net, or call 223-7351.

The Relay is a 64 mile race made up of 8 person teams. The distances of the legs vary from 4 to 11 miles. As in the past, the first 8 to come up with the \$16.25 entry fee will be on a team. We will put together more than one team if possible, and at that point look at the makeup of the teams (i.e. - male, female, competitive or fun, etc.) We ALWAYS go over with the idea of having fun first. At the same time we have had competitive teams at times.

This is a great team event and many of us spend one or both nights at the event. Others just drive over for the day. If you want more information you can contact Norm.

CVR membership renewal

Membership in CVR is on a calendar year basis. You are paid through the year indicated to the right of your name on the address label. Now is the time to renew. If you are not paid through 2002, please send in your dues with the application below.

Central Vermont Runners

Membership application

Name (please print) _____ email _____

Street _____

City _____ State _____ Zip Code _____

Sex: M F Age _____ Birth Date _____ Phone _____

Names and birth dates of additional household members of CVR:

1. _____ 2. _____
3. _____ 4. _____

Volunteer

As a responsibility of club membership, I will try to be available to work on at least one club race during the year. My preferred race is indicated below. (Race directors will contact you.)

____ April	Mutt Strutt 3-mile	____ June	Bear Swamp 5.7-mile
____ May-Oct.	Tuesday fun runs	____ Aug.	Berlin Pond 8K
____ May	Paul Mailman 10 Miler	____ Sept	Northfield 5K
____ June	Capitol City Stampede 10K	____ Oct.	Leaf Peepers 5K/half marathon
____ June	Kids' Track Meet	____ Dec	First Night 5K

Annual dues

____ \$10 individual or family ____ \$2 student

Enclosed are dues for the following years: 2002 2003 2004 2005 2006

Please send checks payable to Central Vermont Runners to
Laura Medalie, 150 Barnes Road, Montpelier, VT 05602

28th Annual Paul Mailman 10-miler

Sunday, May 12, 2002

On a new, earlier date, this race was held under humid but relatively cool conditions.
CVR runners are highlighted in bold.

Overall	In class	First	Last	Town	State	Gender	Age	Time
1	1	Peter	Oviatt	Lebanon	CT	M	32	0:57:47
2	2	Matt	Czaplinski	Northampton	MA	M	35	0:59:10
3	3	Tim	Shea	Montpelier	VT	M	32	1:00:05
4	1	Gordon	MacFarland	Burlington	VT	M	54	1:00:54
5	4	Gordon	Dixon	Stowe	VT	M	38	1:04:24
6	1	Tim	Noonan	Montpelier	VT	M	45	1:04:53
7	1	Ryan	Robitaille	Barton	VT	M	18	1:05:27
8	2	John	Valentine	Roxbury	VT	M	52	1:05:39
9	1	Brian	Letourneau	Orange	VT	M	22	1:05:52
10	1	Sue	McNamara	Williston	VT	F	42	1:06:15
11	5	Daniel	Scheidt	Burlington	VT	M	30	1:06:31
12	3	Zeke	Zucker	Jeffersonville	VT	M	58	1:08:45
13	2	Jamie	Shanley	E. Montpelier	VT	M	49	1:08:49
14	2	Cindy	New	Montreal	QUE	F	45	1:09:19
15	3	Charles	Lavergne	Montreal	QUE	M	45	1:10:17
16	4	Robin	Robitaille	Barton	VT	M	51	1:10:52
17	1	Megan	Valentine	Williston	VT	F	23	1:11:18
18	4	Michael	Gillis	Middlesex	VT	M	45	1:11:26
19	2	Jessica	Bolduc	Montpelier	VT	F	26	1:11:32
20	6	Bill	Morvan	Northfield	VT	M	37	1:12:19
21	5	Glenn	Gershaneck	Montpelier	VT	M	54	1:12:35
22	5	Peter	Alexander	Newport	VT	M	40	1:13:38
23	6	Craig	Whipple	Barre	VT	M	49	1:13:48
24	6	Dave	Chioffi	Woodstock	VT	M	59	1:14:13
25	7	Bruce	Gould	Lyndon Ctr.	VT	M	50	1:14:46
26	3	Nina	Aitken	Waterbury Ctr.	VT	F	47	1:15:45
27	7	Walter	Greenberg	Underhill Ctr.	VT	M	46	1:16:18
28	8	Wayne	Brownell	Essex Jct.	VT	M	48	1:16:34
29	4	Kimberly	Pierce	Marshfield	VT	F	40	1:16:47
30	7	Bob	Stahl	Colchester	VT	M	37	1:16:57
31	1	Pamela	Lowe	Waterbury	VT	F	39	1:17:11
32	8	Paul	Harrington	Middlesex	VT	M	52	1:17:26
33	2	Anne	Treadwell	Burlington	VT	F	34	1:17:37
34	9	Todd	Sternbach	Montpelier	VT	M	41	1:17:54
35	8	Johnnie	Andrews	N. Woodstock	NH	M	38	1:17:59
36	2	Dante	Napolitano	Burlington	VT	M	25	1:18:24
37	9	Jeff	Bourdeau	Winooski	VT	M	39	1:18:58
38	3	Chris	O'Hern	Burlington	VT	F	25	1:19:27
39	1	Dot	Helling	Montpelier	VT	F	52	1:19:33
40	10	Ken	Bunce	Barre	VT	M	40	1:19:58
41	1	Newton	Baker	Montpelier	VT	M	60	1:19:59

Overall	In class	First	Last	Town	State	Gender	Age	Time
42	5	Carol	Ayer	Montpelier	VT	F	42	1:20:35
43	9	Ron	Ridlon	Morrisville	VT	M	55	1:21:03
44	3	Lori	Bisson	Barre	VT	F	34	1:21:13
45	11	Mario	Bonacorsi	Barre	VT	M	49	1:21:49
46	10	Richard	Gilstrap	S. Burlington	VT	M	50	1:22:55
47	4	Martha	Lane	Hanover	NH	F	37	1:23:43
48	11	Peter	Wallan	Sharon	MA	M	59	1:23:53
49	12	John	Martin	Barre	VT	M	50	1:24:09
50	13	Rod	Davis	Morrisville	VT	M	59	1:24:09
51	12	Dan	Casey	Montpelier	VT	M	43	1:24:19
52	5	Gail	Pelkey	Waterbury	VT	F	37	1:24:24
53	13	Michael	Chernick	Montpelier	VT	M	48	1:24:50
54	14	Bill	Lorenz	Richmond	VT	M	54	1:27:40
55	6	Rebecca	Diedrich	Berlin	VT	F	37	1:28:10
56	4	Kelvey	Richards	Waitsfield	VT	F	28	1:31:01
57	2	Rosemary	Rusin	Florence	VT	F	59	1:32:31
58	6	Cindy	Gilstrap	S. Burlington	VT	F	40	1:33:31
59	7	Maureen	Davis	Barre	VT	F	36	1:33:41
60	3	Judy	Colombo	Montpelier	VT	F	59	1:33:43
61	8	Robyn	Truman	Northfield	VT	F	38	1:49:40
62	7	Kathleen	Hassey	S. Royalton	VT	F	43	1:49:42

Special thanks to all volunteers.....

Mike Baginski	Ann Bushey	Greg Gerdel	Eric Schwarz
Whitney Brice	Richard Bushey	Tracy Mancini	Jamie Shanley
Helen Bryan	Steve Camolli	Tim Noonan	John Valentine
Shawn Bryan	Darragh Ellerson	Anne Peters	Katherine Williams
	David Ellerson	Bill Perrault	

and sponsors:


Onion River Sports	Montpelier Recreation Dept.
Sammy's New York Style Bagels	Vermont Dept. of Employment and Training
Montpelier Police Dept.	The (Washington County) World

Onion River Sports 2001 Race Series Winners

The winners of the 2001 Onion River Sports Race Series will be honored immediately following the Bear Swamp Race on Thursday evening, June 20 at the Rumney school in Middlesex.

And the winners are.....

Men 19-under: No winner	Women 19-under: No winner
Men 20-29: No winner	Women 20-29: No winner
Men 30-39: Dave Kissner	Women 30-39: Sandy Colvin
Men 40-49: Pat Miner	Women 40-49: Donna Smyers
Men 50-59: Glenn Gershanek	Women 50-59: Dot Helling
Men 60+: Bob Murphy	Women 60+: Reidun Nuquist



24th ANNUAL BEAR SWAMP RUN
THURSDAY, JUNE 20, 2002 - 6:00 P.M.
(Note: This is a different day and time from past years)

Part of the
Central Vermont



RACE SERIES

- PLACE:** Rumney Memorial School
Shady Rill, Middlesex, Vermont
- SPONSORS:** Central Vermont Runners and Onion River Sports
- REGISTRATION:** 5:00 - 5:45 p.m., June 20, Rumney Memorial School
- FEE:** \$5.00
- START TIME:** 6:00 p.m.
- COURSE:** 5.7 miles of scenic gravel road climbing 450 feet over the first three miles and gradually descending back to the starting point.
- DIVISIONS:** Female and male – Under 18, 18-29, 30-39, 40-49, 50-59, 60+
- AWARDS:** Gift Certificates to top finishers in each division.
- INFORMATION:** Call Tim Noonan (802-223-6216)



Sixth Annual Mutt Strutt

3-mile race for canine-human teams

Waterbury, VT, April 28, 2002

Central Vermont Runners

Every year is different. Last year, the long winter left much of the course under a foot of snow, but race day weather was beautiful. This year, winter was long gone, but new snow was falling from the sky. And more than a little rain with it. But the number of teams competing was about the same as other years. So thanks for not letting the weather get you down! With the clear course, we returned it to the original route. Tim Noonan and Gus are the only team to have competed in all six Mutt Strutts, and they won for the third time. Lauren Heyl with Raina was first female and fourth overall.

We thank our longstanding sponsors: Onion River Animal Hospital, Julio's Mexican Restaurant, Guy's Farm and Yard, House Mouse Designs, and K.C.'s Bagels for the prizes and refreshments. Also, we greatly appreciate special donations this year from Funny Times and Kate Carter/Cottonbrook Publications, and Cold Spring Farm. Thanks also to our volunteers: Mack Gardner-Morse and family, John (last name?), John Martin, Sandy Colvin, Eric Ryea, and Michael Chernick. And an extra special thanks to super-volunteer Dave Kissner, who filled in for co-director Jamie Shanley. Thanks, finally to all the humans and dogs who braved the weather and raced. Your participation made possible a donation of \$187 to the Central Vermont Humane Society. See you again next year,

Donna Smyers and Jamie Shanley, Race Directors

Place Overall	Place in Category	Human	Dog	Sex	Cat*	Age Group	Home town	Time
1	1	Tim Noonan	Gus	M	S	40-49	Montpelier	19:23
2	1	Bruce Linton	Matt	M	S	30-39	Waterbury	20:03
3	1	Tim Grover	Toby	M	L	40-49	Waterbury	20:32
4	1	Lauren Heyl	Raina	F	L	30-39	Woodbury	22:14
5	1	Neil Shapiro	Rosie	M	L	30-39	Stowe	22:22
6	2	Bill Heigis	Jake	M	L	30-39	E. Montpelier	22:32
7	2	Bob Stahl	Gemma	M	S	30-39	Colchester	22:35
8	2	Roger Clapp	Sippi	M	S	40-49	Waterbury	22:45
9	2	Lisa Gosselin	Blueberry	F	L	30-39	Stowe	23:43
10	3	Lisa Osborn	Elsa	F	L	30-39	Shelburne	23:48
11	1	Heidi Hales	Oliver	F	S	30-39	Burlington	23:50
12	1	Dot Helling	Smoochie	F	S	50-59	Montpelier	24:09
13	4	Susan Perreault	Rudy	F	L	30-39	Fayston	24:30
14	1	Philip Giammarino	Balooshi	M	L	20-29	Proctorsville	24:36
15	1	Carrie Conway	Kensi	F	L	20-29	Montpelier	25:31
16	5	Michelle Hill	Chloe	F	L	30-39	Hinesburg	25:58
17	3	Chris Cote	Pepper	M	S	30-39	Duxbury	26:07
18	3	Ted Kalil	Oli	M	L	30-39	Westmount, P.Q.	26:44
19	4	Trevor Whipple	Harper	M	L	30-39	Barre	27:13
19	1	Cathy Hartshorn	Harper	F	L	40-49	Barre	27:13
20	2	Phyllis Arsenault-Berry	Mick	F	L	40-49	Duxbury	27:44
21	1	Bill Lorenz	Koda	M	L	50-59	Richmond	27:45
22	3	Jean Kissner	Zach	F	L	40-49	Williston	27:55
23	6	Pamela Clapp	Alex	F	L	30-39	Waterbury	28:02
24	2	Andrea Cabral	Denali	F	L	20-29	Montpelier	30:00
25	7	Paige Weed	Keeler	F	L	30-39	Middlesex	31:10
26	1	John Halpin	Rise & Shine	M	S	50-59	Thetford Center	32:43
27	2	June Middleton	Lucy	F	S	50-59	Waterbury Ctr.	32:43
28	4	Cynthia Gardner-Morse	Jonquille	F	L	40-49	Calais	33:06
29	8	Prudence Krasofski	Jake & Zack	F	L	30-39	Waitsfield	33:17
30	3	Cathy McCann	Mack	F	S	50-59	Essex Jct.	34:09
30	2	Bob McCann	Mack	M	S	50-59	Essex	34:09
31	2	Barb Cote	Twilight & Molly	F	S	30-39	Duxbury	36:24
32	3	Emily Noyes	Melody	F	L	20-29	Berlin	37:12
33	1	Ann Rago	Gretzky	F	L	50-59	Montpelier	41:36
34	4	Michelle Anderson	Bo	F	L	20-29	S. Burlington	Walker
34	9	Danielle Hampton	Daisy	F	L	30-39	Waitsfield	Walker
34	9	Tricia Dwyer	O.J.	F	L	30-39	E. Montpelier	Walker

* L = large dog, over 50 pounds; S = small dog, 50 lbs. or less

Upcoming events (for comprehensive list visit www.cvrrunners.org)

- Saturday, June 15, 8:30am. **CVR Kids' Track Meet** (pre-school-6th grade), Montpelier High School, Montpelier, VT, Tim Noonan, 223-6216, Norm Robinson, 223-7351
- Saturday, June 15, 10am. Mt. Washington Road Race, Pinkham Notch, NH, Bob Tescheck, 603-863-2537, racetim@gsrcs.com (registration closed)
- Saturday, June 15, 10am. The Legend of Sleepy Hollow Cross-Country Running Race 10K, Huntington, VT, Eli Enman, 802-434-2283, www.skisleepyhollow.com
- Thursday, June 20, 6pm. **CVR 24th Annual Bear Swamp Run**, 5.7 miles, Rumney School, Middlesex, VT, Tim Noonan, 223-6216
- Saturday, June 22, 9am. Mount Ascutney Foot Race, 3.8 uphill miles, Mt. Ascutney State Park, Windsor, VT, Melissa Currier, 802-885-8845
- Thursday, June 27, 6pm. The Mile, Copley Track, Morrisville, VT, Mark Churchill, 802-888-6212
- Saturday, June 29, 8:30am. **GMAA 23rd Partner's Race** 4.8 Miles, Jericho Center Green, Barb & Dave Capen, 802-372-4993
- Thursday, July 4, 8:30am. **GMAA 24th Clarence DeMar Road Race 5K/10K**, Folsom School, So. Hero, VT, demar@gmaa.net
- Monday, July 1, 7pm. CVR meeting, at home of Dave, Laura, and Max, Barnes Rd., 229-4523.
- Saturday, July 6, 8:30am. Cannonball Run 4-Miler & 1-Mile Kids' Run, People's Academy, Morrisville, VT, Rod Davis, 802-888-4312
- Saturday/Sunday, July 20-21, 4am. Vermont 100-Mile Endurance Race, S. Woodstock, VT
- Saturday, July 27, 3:30pm. **CVR/GMAA Interclub Gathering**, relay races and social, Hubbard Park, Montpelier. Tim Noonan, 223-6216; Michael Chernick, 223-0918; Dave Kissner, 229-4523.
- Sunday, August 11, 9am. **CVR Berlin Pond Run Around 8K**, Berlin, VT, Michael Chernick, 223-0918



Central Vermont Runners
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Vice President: Darragh Ellerson
Secretary: Michael Chernick
Treasurer: Laura Medalie
Webmaster: Dave Kissner
<http://www.cvrrunners.org>

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Bear Swamp Run-- new date! Thursday, June 20, 6 pm. Application inside.