



September 2003
Volume 24, Issue 3

Central Vermont Runners September 2003 Newsletter

My Vermont-100 Journal Submitted by Rowly Brucken

- 11:00pm I've tried to sleep for 2 hours now but just as I was about ready to sleep, it started to rain. The drops hit the tent roof loudly, and I think about running tomorrow in the rain. Will doing so build character or merely the number of post-race washes it will take to get my running socks close to white again? And why do I even care about that?
- 3:00am The alarm clock goes off; I think I got about 4 hours of napping. Time to put the contacts on, make sure my shirt has the race number of it, and put on lots of Body Glide...even on places where I couldn't conceivably chafe...just to be sure.
- 3:45am I walk to the starting line, listening to two contrasting sounds: a man lit by candlelight playing "Chariots of Fire" on the piano while fireworks explode overhead. The only thought that comes to me is that the guy tickling the ivories looks a lot like Meatloaf.
- 4:00am The start...and they're off...slowly...into the darkness. And I actually remember to start the stopwatch!
- 4:45am I hit the first manned aid station at mile 3. A glance at my watch shows 45 minutes. Mmm...too slow, says the racing part of me...then the ultra part reminds me: Why do I care how long it's taken me to run the first 3 miles? I decide the first reaction is better...so I pick it up a little as daylight breaks.
- 5:30am I meet up with 2 other runners, one of whom is researching a dissertation on school guidance counselors. We talk about dissertations and then current American foreign policy. The time just flies...
- 11:03am Two other runners have joined me, and we're discussing triathlons. I brag that I run sometimes with Donna Smyers, and we discuss the benefits of cross-training. We then hit a dead end in the road...with no direction arrows in sight. In a panic, I speed off at 5k pace in the direction we had run...and learn we went about a mile off-course. Adrenaline can be a powerful cure for stiffening muscles!
- 1:15pm The half-way point is now behind me. I celebrate by tripping over a root in the bright sunlight and falling flat on my face. I look back...no one saw me!
- 6:00pm I meet a runner from Georgia, and we chat about having children. Suddenly, he yells, "ouch!" and touches his face. A bee has just bitten him on the lip. He then recounts how he was stung on the leg after running through a hornet's nest at mile 20, and a cat chased him around mile 38. I vow to leave him as soon as possible.
- 7:59pm My watch shows 15:59...all is well, and I'm ahead of last year's pace.
- 8:30pm Blood Hill is a long climb, but I'll make it to the top before night falls. My watch still says 15:59...mmm...I learn for the first time the limitations of the stopwatch feature.
- 10:00pm The last aid station before the finish. The next 3.9 miles will be tough: on trail, in pitch black, with climbs, descents, and hopefully, glowsticks to guide the way. Time as the only way to approximate distance covered now. I make sure the water bottle is filled, and as I slip into the forest, I hear nothing around me.
- 11:00pm I see the white bags with candles inside on either side of the path...only 100 yards to go, but most of it is downhill. So it's time for the sideways ultra shuffle! The finish line appears marked with a red neon sign on top. I let out a yell...and relish the closing. My time is a full 3.25 hours faster than last year...what an epic journey for one day!
- 12:00am No fainting this year after finishing...but still a hard climb back to the tent. I tear off the contacts, open the sleeping bag, and my crusty, smelly, and battered body accepts some sleep...no repeat of last night! I'm asleep just as soon as my mind lets go of the repetitive sound of running shoes hitting the ground...

The Vermont-100 was held on August 1, 2003. Rowly was the first Vermonter to finish – with a time of 19:01:33

Secretary's Notes

August 4, 2003 Meeting

President Donna Smyers called the meeting to order at 7:00 p.m. on Monday, August 4, 2003, at the home of Michael Chernick. Nine club members attended the meeting.

Old Business

Timing Clock: The timing clock has not yet been purchased. Tim Noonan asked if the Club wanted the clock to be one-sided or two-sided and it was determined that it should be two-sided.

Sports Shoe Center Discount: A Club discount from the Sports Shoe Center on the Barre-Montpelier Road has not been finalized but the store is still interested. The manager needs to contact the regional manager. The store manager asked that a Club member contact him. Phyllis Arsenault-Berry will follow up with the Sports Shoe Center.

New Business

Berlin Pond Race: Race Director Michael Chernick left the meeting early to attend the Berlin Selectboard meeting in order to get a permit for the Berlin Pond Race. Michael has about five volunteers lined up. The registration table will be set up by the Canadian and US flags in the Comfort Inn parking lot.

Leaf Peepers: Race Director Sandy Colvin reported that volunteers are still needed. Everything else is on schedule. The next planning committee meeting (not a potluck) is on Monday, August 25th at 6:30 p.m. at Darragh Ellerson's home.

Northfield Labor Day Race: Race Coordinator Tim Noonan reported that volunteers are still needed. The Northfield Savings Bank personnel have changed but race plans seem to be going smoothly.

Additional Purchases: Norm Robinson relayed a request that the Club purchase a small tent to be used at the finish line of races. Costco sells tents that are easy to set up. After discussion, a motion was made and approved to authorize Norm to spend up to \$300.00 to purchase a tent. Tim Noonan suggested that the Club purchase a measuring wheel. A motion was made and approved to allocate a maximum of \$100.00 for the purchase of a wheel.

Beer Sponsor: A discussion was held on the topic of getting a beer sponsor for the Club. This issue will be put on the agenda for the next meeting.

Additional Club Sponsored Races: Tim Noonan stated that he would like to organize two more races. The first would be a 5K at Hubbard Park in Montpelier on Wednesday, September 17th. Prizes would be awarded based on the runners' ability to predict their finishing times. The second race would be a 4 miler at Sodom Pond in

Adamant on Wednesday, October 15th. This would be a gender and age base adjusted race. A motion was made and approved for the Club to put on these two races.

Berlin Permit Problem: The permit problem with Berlin was raised for discussion by President Donna. She suggested that a Club representative apply at one time in advance for the permits for all three Club races that are held wholly or partially in Berlin. Dot Helling volunteered to take on this responsibility and will apply for permits as soon as the dates for the three races are set.

Suggestions: In the June 2003 CVR Newsletter, President Donna discussed the level of commitment and involvement of Club members and asked for suggestions. The following suggestions were submitted and discussed:

1. Awarding a set amount of points for participation in the Tuesday evening Fun Runs to be applied to the Central Vermont Race Series sponsored by Onion River Sports. For example, 5 points per fun run would be added at the end of the season to a member's total points. This would encourage more Club members to participate in the Fun Runs. This would not be started until next year so the issue will be open for further discussion and may be voted on at the annual meeting.
2. Discounts on CVR sponsored race entry fees could be given for CVR members. For example, if CVR members received a discount of \$1.00 per race, potential members may want to join, as the discount would practically pay for their membership dues.
3. More notice should be given for the meetings such as an email reminder right before the meeting. President Donna did send out email notices of this meeting (8/4) but the email address list may need updating.
4. Informational programs could be added to the Club meetings to encourage attendance. Possible topics would include running shoes, training tips, foot care, etc.
5. Incentives could be given to Race Directors and Club Officers such as free Club membership or waivers of CVR race entry fees.

These suggestions are open for comments and additional suggestions are welcomed. Discussions will be held at future meetings.

The meeting adjourned at 8:15 pm.

Next Meeting: The next potluck and meeting will be at 6:30 pm on Monday, September 22nd at the home of Tim Noonan.

CVR HOLDS KID'S TRACK MEET

Submitted by Betty Rose

The 15th Annual CVR Kid's Track Meet was held on June 21, 2003 at the Montpelier High School track. While the attendance at this free community service event was smaller than in past years, the weather was beautiful and everyone had a wonderful time. The CVR member volunteers especially enjoyed the opportunity to work with a great bunch of children.

Event directors Tim Noonan and Norm Robinson were assisted by CVR member volunteers Ann Bushey, Dick Bushey, Michael Chernick, Dave Kissner, Nancy Rice, Betty Rose and Wade Walker. All of the events were age appropriate. The eleven girls and four boys in the 3rd and 4th grade category participated in the ¼ mile and mile runs. In the 1st and 2nd grade category, six girls and two boys ran distances of ¼ mile and ½ mile. Three girls and six boys in Preschool to Kindergarten ran ¼ mile. All age groups competed in the 100 yard dash, long jump and softball throw. It was especially enjoyable to watch the three preschool girls run the 100 yard dash holding hands.

Directors Tim and Norm indicated that the smaller attendance this year was probably due to the late date of the event, which is usually held before school closes for the summer. It is very difficult to schedule time on the track during the high school track season so future events may need to be held during the evening in early June.

All competitors were winners and received a medal and ribbon. This event is designed to provide a fun time for young people while encouraging them to become physically active. After all, these are our future CVR members.

25th Annual Bear Swamp Run Race Results

July 10, 2003

Overall Male Winner: Brad Allen - 31:42
Overall Female Winner: Caitlin Compton - 38:10
Total Finishers: 49

Women's Results

| Overall Place | Name | Time |
|-----------------------|----------------------|-------|
| <i>Female 20 – 29</i> | | |
| 7 | Caitlin Compton | 38:10 |
| 32 | Hilary Nelson | 46:44 |
| <i>Female 30 – 39</i> | | |
| 16 | Sandy Colvin | 41:29 |
| 29 | Rebecca Deidrich | 45:46 |
| 35 | Julie Morrison | 48:02 |
| 39 | Susan Perreault | 49:56 |
| 45 | Erica Burke | 55:08 |
| 48 | Sherry Ricker | 58:35 |
| <i>Female 40 – 49</i> | | |
| 9 | Donna Smyers | 39:21 |
| 10 | Dot Martin | 39:29 |
| 23 | Andrea McLaughlin | 43:52 |
| 24 | Lori Lacroix | 43:59 |
| 34 | Ann Bushey | 47:12 |
| 49 | Janet Nunziata | 58:52 |
| <i>Female 50 – 59</i> | | |
| 19 | Patty Foltz | 42:13 |
| 31 | Dot Helling | 46:20 |
| 43 | Andrea McMahan | 54:11 |
| 44 | Elizabeth Meiklejohn | 54:46 |
| 46 | Betty Rose | 56:31 |
| 47 | Paula Sawyer | 57:09 |

Men's Results

| Overall Place | Name | Time |
|----------------------|--------------------|-------|
| <i>Male Under 20</i> | | |
| 6 | Aaron Griggs | 38:02 |
| 21 | Corey Griggs | 42:58 |
| 40 | Kyle Wells | 50:03 |
| <i>Male 20 – 29</i> | | |
| 1 | Brad Allen | 31:42 |
| 2 | Mark Churchill | 32:02 |
| 3 | Derek Martisus | 32:13 |
| 4 | Joe Gingras | 34:20 |
| 15 | Kevin Nadzam | 40:59 |
| <i>Male 30 – 39</i> | | |
| 8 | Daniel Scheidt | 38:14 |
| 11 | David Kissner | 39:55 |
| 13 | Bill Morvan | 40:09 |
| 33 | Mike Nelson | 46:45 |
| 41 | Jake Brown | 51:18 |
| <i>Male 40 – 49</i> | | |
| 6 | Larry Lackey | 37:50 |
| 17 | Tim Noonan | 41:59 |
| 20 | Mack Gardner-Morse | 42:38 |
| 22 | Jerry McMahan | 43:41 |
| 25 | Scott Griggs | 44:12 |
| 28 | Terry Field | 45:22 |
| 36 | Michael Chernick | 48:26 |
| 38 | Kevin Russell | 49:48 |
| <i>Male 50 – 59</i> | | |
| 12 | John Lazenby | 40:00 |
| 14 | Bill Holland | 40:40 |
| 18 | Greg Gerdel | 42:05 |
| 26 | Dennis Nealon | 44:17 |
| 37 | Greg Wight | 49:32 |
| 42 | Phil Petty | 53:09 |
| <i>Male 60 +</i> | | |
| 27 | Charles Sawyer | 44:19 |
| 30 | Newton Baker | 46:11 |

Berlin Pond Run Around Race Results

August 14, 2003 - Berlin, Vermont

On August 14, 2003, the Central Vermont Runners' Club annual circumferential sprint around Berlin Pond was run under sunny skies. This 8km race, historically held on a weekend morning, was conducted for the first time as a Thursday evening event. The change of time and day proved popular as 60 runners, the largest number in recent years, crossed the finished line as the waning afternoon light was signaling sunset's approach.

Special thanks to the outstanding race day volunteers including: Tim Noonan who expertly set the course; Elizabeth Meiklejohn who assisted with registration duties prior to running in the race; Lori Lacroix who volunteered at the water stop; Nancy Rice for working at both the registration and post-race refreshment stands and Dick and Sandra Millar for their registration and finish line support.

The Central Vermont Runners' Club is also pleased to acknowledge the continuing support of Onion River Sports of Montpelier, underwriter of the club's annual race series, of which the Berlin Pond Run Around is a part, and Doug Hill, owner of the Comfort Inn of Berlin, who has continued to make his facilities available to CVR for Berlin Pond Run Around registration and award activities.

Top Male Finisher:

| Name | Time | Age | Hometown |
|-----------------|-------|-----|--------------|
| Thorin Markison | 27:42 | 20 | Danville, VT |

Top Woman Finisher:

| Name | Time | Age | Hometown |
|--------------|-------|-----|----------------|
| Sandy Colvin | 35:38 | 35 | Montpelier, VT |

Women's Results:

| Name | Time | Hometown |
|---------------------------|---------|---------------------|
| Age Range: 0-19 | | |
| Lisa Erickson | 44:34 | Barre, VT |
| Julie Smith | 45:00 | Burlington, VT |
| Sarah Erickson | 46:00 | Barre VT |
| Danielle Duplissa | 46:29 | St. Albans, VT |
| Age Range: 20-29 | | |
| Megan Valentine | 35:54 | Williston, VT |
| Hilary Nelson | 40:10 | Middlesex, VT |
| Elizabeth Delia | 42:25 | Northfield, VT |
| Age Range: 30-39 | | |
| Sandy Colvin | 35:38 | Montpelier, VT |
| Siobhan Alessi | 35:46 | Middlesex, VT |
| Rebecca Diedrich | 39:13 | Berlin, VT |
| Julie Morrison | 40:59 | Barre, VT |
| Sandy Phillips | 41:31 | Hinesburg, VT |
| Susan Perreault | 41:36 | Fayston, VT |
| V. Kerhoas | 42:44 | Montpelier, VT |
| Beth Aiken | 48:10 | Montpelier, VT |
| Carolyn Roberge | 53:12 | Middlesex, VT |
| Age Range: 40-49 | | |
| Andrea McLaughlin | 38:09 | Barre, VT |
| Laura Medalie | 38:59 | East Montpelier, VT |
| Kathy McArdle | 39:17 | Barre, VT |
| Patricia O'Regan | 48:10 | Montpelier, VT |
| Age Range :50-59 | | |
| Patty Foltz | 36:17 | Stowe, VT |
| Dot Helling | 39:06 | Montpelier, VT |
| Debbie LaRosa | 43:58 | Waitsfield, VT |
| Andrea McMahan | 46:47 | Waterbury, VT |
| Betty Rose | 47:10 | Montpelier, VT |
| Elizabeth Meiklejohn | 48:17 | Calais, VT |
| Beth Gambler | 1:03:13 | Montpelier, VT |
| Age Range: 60 Plus | | |
| Katherine Kilmurry | 50:13 | Montpelier, VT |

Men's Results:

| Name | Time | Hometown |
|---------------------------|-------|---------------------|
| Age Range: 0-19 | | |
| Jim Mazino | 31:37 | Killington, VT |
| Tyler Magnan | 32:48 | St. Albans, VT |
| Aaron Griggs | 33:15 | Orange, VT |
| Jeremy Gibbons | 38:34 | Georgia, VT |
| Charlie Farrington | 39:21 | St. Albans, VT |
| Age Range: 20-29 | | |
| Thorin Markinson | 27:42 | Danville, VT |
| Joe Gingras | 28:43 | Berlin, VT |
| Kevin Cranse | 38:09 | Montpelier, VT |
| Dan Byrne | 43:46 | Northfield, VT |
| Age Range: 30-39 | | |
| Jean Lacroix | 31:39 | Montpelier, VT |
| Daniel Scheidt | 32:29 | Burlington, VT |
| Bill Morvan | 34:45 | Northfield, VT |
| Mike Nelson | 38:17 | Middlesex, VT |
| Age Range: 40-49 | | |
| Allan Heathman | 31:00 | Newbury, VT |
| Dick Millar | 33:03 | Montpelier, VT |
| Jerry McMahan | 37:04 | Waterbury, VT |
| Scott Griggs | 37:40 | Orange, VT |
| Walter Greenberg | 40:07 | Underhill, VT |
| Ed Alexander | 40:15 | Richmond, VT |
| Jim Suendsen | 41:49 | Bristol, VT |
| Trevor Whipple | 42:25 | Barre, VT |
| Kevin Russell | 42:44 | Waitsfield, VT |
| Dennis Smith | 53:14 | Burlington, VT |
| Age Range: 50-59 | | |
| Steve Burkholder | 32:27 | St John, V.I. |
| John Valentine | 33:01 | Roxbury, VT |
| Greg Gerdel | 36:21 | Montpelier, VT |
| Greg Wight | 41:41 | Brookfield, VT |
| Age Range: 60 Plus | | |
| Hugh Wilson | 38:38 | Dorval, Quebec |
| Gordon Johnson | 41:15 | Ayer Cliff, Quebec |
| Bob Pecor | 43:47 | Melbourne Beach, Fl |
| Richard Hale | 44:36 | Brookfield, VT |
| Bud Harlow | 51:36 | Woodstock, VT |

26TH NORTHFIELD SAVING'S BANK 5K FOOT RACE & CHILDREN'S 1-MILE RACE
 Aug. 30, 2003 **5K Foot Race Results** (USATF Certified #VT89001BT) Northfield, VT
 Timing By: Granite State Race Services www.gsr.com (603)863-2537

| DIV/DIV TOT | TIME | NAME | CITY/STATE | DIV/DIV TOT | TIME | NAME | CITY/STATE | | | | |
|-------------|-------|-------|------------|----------------------|-------------------|------|------------|-------|--------|--------------------|--------------------|
| 1 | 1/16 | M2029 | 15:36 | BRUCE AYDE | WAITSFIELD, VT | 53 | 9/23 | M3039 | 20:26 | DAVE KISSNER | BERLIN, VT |
| 2 | 1/37 | M0119 | 16:20 | KEITH NUNZIATA | BURLINGTON, VT | 54 | 14/37 | M0119 | 20:31 | SCOTT WOODWARD | NORTHFIELD, VT |
| 3 | 1/36 | M4049 | 16:22 | RANDY SIGHTLER | BURLINGTON, VT | 55 | 10/34 | M5059 | 20:33 | TOM FOLTZ | STOWE, VT |
| 4 | 2/36 | M4049 | 16:25 | SAM DAVIS | COLCHESTER, VT | 56 | 3/23 | F2029 | 20:34 | MEGAN VALENTINE | WILLISTON, VT |
| 5 | 3/36 | M4049 | 16:41 | TONY BATES | SALISBURY, VT | 57 | 11/36 | M4049 | 20:37 | RAY CHARBONNEAU | MEDFORD, MA |
| 6 | 2/16 | M2029 | 17:08 | JOE GINGRAS | BERLIN, VT | 58 | 11/34 | M5059 | 20:38 | GREGORY GERDEL | MONTPELIER, VT |
| 7 | 4/36 | M4049 | 17:25 | NORM LARSON | BURLINGTON, VT | 59 | 7/16 | M2029 | 20:40 | TIM LECLAIR | BELCHERTOWN, VT |
| 8 | 5/36 | M4049 | 17:42 | JACK FAHEY | BELMONT, MA | 60 | 4/23 | F2029 | 20:43 | COURTNEY GATES | WILLISTON, VT |
| 9 | | | 17:46 | ERIC ELEY | WATERBURY CTR, VT | 61 | 3/24 | F4049 | 20:47 | SUSAN T. ALEXANDER | RICHMOND, VT |
| 10 | 1/23 | M3039 | 17:47 | DUNCAN LARKIN | HUNTINGTON, VT | 62 | 12/36 | M4049 | 20:48 | STEVEN DEPALMA | STOCKHOLM, NJ |
| 11 | 1/34 | M5059 | 17:59* | GORDON MCFARLAND | RICHMOND, VT | 63 | 15/37 | M0119 | 20:49 | MORGAN REDES | NORTHFIELD, VT |
| 12 | 2/23 | M3039 | 18:07 | KEITH O'BRIEN | CHELMSFORD, MA | 64 | 12/34 | M5059 | 20:50 | P.T. BURKE | WINOOSKI, VT |
| 13 | 2/34 | M5059 | 18:17 | LEN HALL | ENFIELD, NH | 65 | 16/37 | M0119 | 20:51 | JEREMY MULLINS | S. DUXBURY, VT |
| 14 | 3/23 | M3039 | 18:21 | CHRIS VOLLARO | STARKSBORO, VT | 66 | 1/31 | F0119 | 20:51 | ALICIA FREESE | TUNBRIDGE, VT |
| 15 | 2/37 | M0119 | 18:22 | BRUCE MCDONALD | BARRE, MA | 67 | 8/16 | M2029 | 20:54 | JASON BENNETT | NORTHFIELD, VT |
| 16 | 4/23 | M3039 | 18:24 | BLAKE MACKKEY | BOULDER, CO | 68 | 9/16 | M2029 | 21:01 | NI YI-FENG | NORTHFIELD, VT |
| 17 | 6/36 | M4049 | 18:34 | JAMES DOUGLASS | WESTHAMPTON, MA | 69 | 13/34 | M5059 | 21:05 | RICHARD THOMPSON | CORNISH, NH |
| 18 | 3/37 | M0119 | 18:41 | ADAM LEATHERS | TANEYTOWN, MD | 70 | 13/36 | M4049 | 21:07 | JERRY MCMAHAN | WATERBURY, VT |
| 19 | 3/16 | M2029 | 18:43 | BRENDAN BARDEN | HINESBURG, VT | 71 | 14/36 | M4049 | 21:13 | TERENCE FIELD | MONTPELIER, VT |
| 20 | 3/34 | M5059 | 18:50 | MIKE MASON | NORTHFIELD, VT | 72 | 15/36 | M4049 | 21:14 | DONALD LESSARD | GRANITEVILLE, VT |
| 21 | 4/16 | M2029 | 18:51 | JONATHAN CAPEN | PORT KENT, NY | 73 | 14/34 | M5059 | 21:20 | PAUL MUNN | LYME, NH |
| 22 | 1/23 | F2029 | 18:51 | CHRISTINA GINGRAS | BARRE, VT | 74 | 1/21 | F5059 | 21:22 | MOIRA DURNIN | STOWE, VT |
| 23 | 7/36 | M4049 | 18:55 | PASCAL CRAVEDI-CHENG | BURLINGTON, VT | 75 | 10/23 | M3039 | 21:24 | MIKE BRESSETTE | ST. ALBANS, VT |
| 24 | 8/36 | M4049 | 19:00 | RICK KELLEY | HINESBURG, VT | 76 | 17/37 | M0119 | 21:33 | DAN GUILLETTE | NORTHFIELD, VT |
| 25 | 4/37 | M0119 | 19:05 | AARON GRIGGS | ORANGE, VT | 77 | 18/37 | M0119 | 21:40 | DOUG MACKKEY | WATERBURY CTR., VT |
| 26 | 5/37 | M0119 | 19:09 | TIM CURTIS | RAYMOND, ME | 78 | 11/23 | M3039 | 21:41 | MARC KUTLER | S. BURLINGTON, VT |
| 27 | 5/16 | M2029 | 19:12 | CHRIS BIGOTT | NORTHFIELD, VT | 79 | 15/34 | M5059 | 21:43 | DICK THOMPSON | SWANTON, VT |
| 28 | 6/37 | M0119 | 19:15 | BRIAN KEE | NORTHFIELD, VT | 80 | 16/34 | M5059 | 21:43 | MARK BROOK | LONDONDERRY, NH |
| 29 | 5/23 | M3039 | 19:23 | MATTHEW MURAWSKI | WINOOSKI, VT | 81 | 2/13 | M6069 | 21:44 | CHARLES SAWYER | CONCORD, NH |
| 30 | 6/23 | M3039 | 19:24 | BILL MORRAN | NORTHFIELD, VT | 82 | 2/21 | F5059 | 21:50* | PATTY FOLTZ | STOWE, VT |
| 31 | 1/24 | F4049 | 19:26* | SUSAN HACKNEY | MONTPELIER, VT | 83 | 5/23 | F2029 | 21:53 | JENNIFER ZELKO | BARRE, VT |
| 32 | 7/37 | M0119 | 19:26 | MICHAEL SLAWSKI | NORTHFIELD, VT | 84 | 16/36 | M4049 | 21:55 | SCOTT GRIGGS | ORANGE, VT |
| 33 | 7/23 | M3039 | 19:29 | JON REIDEL | BURLINGTON, VT | 85 | 12/23 | M3039 | 22:03 | CHRIS RIVERS | WATERBURY CTR., VT |
| 34 | 4/34 | M5059 | 19:31 | DONALD CAMERON | BROOKFIELD, VT | 86 | 13/23 | M3039 | 22:08 | KENT MURDICK | KILLINGTON, VT |
| 35 | 5/34 | M5059 | 19:31 | JOE HACKNEY | MONTPELIER, VT | 87 | 17/34 | M5059 | 22:09 | CHARLES EVANS | N.MIDDLESEX, VT |
| 36 | 8/37 | M0119 | 19:32 | EDSON BASTISTA | BROCKTON, MA | 88 | 14/23 | M3039 | 22:11 | TOM ROBERGE | MIDDLESEX, VT |
| 37 | 6/34 | M5059 | 19:33 | DHYAN NIRMEGH | HUNTINGTON, VT | 89 | 18/34 | M5059 | 22:11 | JEAN-GUY POIRIER | BELMONT, MA |
| 38 | 6/16 | M2029 | 19:37 | LARRY IVERSON JR | HAVELSCHLI, NC | 90 | 10/16 | M2029 | 22:13 | CURTIS PERRY | BARRE, VT |
| 39 | 8/23 | M3039 | 19:38 | JERRY LEGER | NORTHFIELD, VT | 91 | 19/37 | M0119 | 22:14 | TERRY MELENDY | LEBANON, NH |
| 40 | 7/34 | M5059 | 19:39 | WILLIAM FREESE | TUNBRIDGE, VT | 92 | 2/31 | F0119 | 22:14 | FELICIA HERSHEY | BECKLEY, WV |
| 41 | 2/23 | F2029 | 19:47 | ROSE NASH | HARDWICK, VT | 93 | 11/16 | M2029 | 22:21 | KEVIN CRANSE | MONTPELIER, VT |
| 42 | 8/34 | M5059 | 19:50 | JOHN VALENTINE | ROXBURY, VT | 94 | 12/16 | M2029 | 22:25 | DANIEL BYRNE | NORTHFIELD, VT |
| 43 | 9/37 | M0119 | 19:52 | DANIEL LEDDY | NORTHFIELD, VT | 95 | 3/31 | F0119 | 22:27 | ROBYN ANDERSON | STOWE, VT |
| 44 | 10/37 | M0119 | 19:56 | COLE RYAN | NORTHFIELD, VT | 96 | 1/2 | M7099 | 22:31* | JEAN BERNAQUEZ | MONTREAL, PQ |
| 45 | 9/36 | M4049 | 19:57 | KEN WELLS | LEBANON, NH | 97 | 6/23 | F2029 | 22:33 | ANGELA LACROIX | BARRE, VT |
| 46 | 10/36 | M4049 | 20:04 | RON MACBRUCE | BROOKFIELD, VT | 98 | 4/31 | F0119 | 22:35 | JULIE LAYBOURNE | BARRE, VT |
| 47 | 1/13 | M6069 | 20:10 | DOUG MACGREGOR | LEBANON, NH | 99 | 20/37 | M0119 | 22:37 | ANDREW BELL | WARREN, VT |
| 48 | 11/37 | M0119 | 20:14 | VINCENT LEPELTIER | FAIRFIELD, VT | 100 | 4/24 | F4049 | 22:37 | PAM LOWE | WATERBURY, VT |
| 49 | 9/34 | M5059 | 20:16 | JOHN LAZENBY | MONTPELIER, VT | 101 | 19/34 | M5059 | 22:40 | MICHAEL DESANTO | GEORGIA, VT |
| 50 | 12/37 | M0119 | 20:22 | ANTHONY ROBEY | NORTHFIELD, VT | 102 | 3/13 | M6069 | 22:43 | HUGH WILSON | MONTREAL, PQ |
| 51 | 13/37 | M0119 | 20:24 | COREY GRIGGS | ORANGE, VT | 103 | 20/34 | M5059 | 22:47 | ERIC RYEA | EAST CALAIS, VT |
| 52 | 2/24 | F4049 | 20:26 | DONNA SMYERS | BERLIN, VT | 104 | 3/21 | F5059 | 22:47 | DOT HELLING | MONTPELIER, VT |

| DIV/DIV TOT | TIME | NAME | CITY/STATE | DIV/DIV TOT | TIME | NAME | CITY/STATE | | | | |
|-------------|-------|-------|------------|--------------------|--------------------|------|------------|-------|----------|------------------------|-------------------|
| 105 | 5/24 | F4049 | 22:56 | CARYN ETHERINGTON | MIDDLEBURY, VT | 161 | 5/17 | F3039 | 24:54:00 | JUDY ABER | WHITMAN, MA |
| 106 | 21/34 | M5059 | 22:59 | DAN ST. JOHN | EAST CALAIS, VT | 162 | 24/36 | M4049 | 25:00:00 | JOHN MAHONEY | BURLINGTON, VT |
| 107 | 21/37 | M0119 | 23:00 | MICHAEL KINSELLA | NORTHFIELD, VT | 163 | 25/34 | M5059 | 25:05:00 | FRAN COOK | MORETOWN, VT |
| 108 | 7/23 | F2029 | 23:02 | LIZ DAVIS | LEBANON, NH | 164 | 14/31 | F0119 | 25:11:00 | SARAH BUTSCH | BERLIN, VT |
| 109 | 13/16 | M2029 | 23:03 | JONATHAN FREDRITZ | NORTHFIELD, VT | 165 | 26/34 | M5059 | 25:12:00 | PHILIP PETTY | BARRE, VT |
| 110 | 17/36 | M4049 | 23:05 | KEN BUNCE | BARRE, VT | 166 | 19/23 | M3039 | 25:15:00 | BILL MARCINKOWSKI | PENRYN, CA |
| 111 | 22/37 | M0119 | 23:09 | SEAN MASON | STOWE, VT | 167 | 15/16 | M2029 | 25:16:00 | CHRIS BUTSCH | BERLIN, VT |
| 112 | 5/31 | F0119 | 23:10 | MELISSA CLARK | NORTHFIELD, VT | 168 | 15/31 | F0119 | 25:17:00 | JESSIE EBERSOLE | MONTPELIER, VT |
| 113 | 6/31 | F0119 | 23:12 | DANIELLE DECHARLES | NORTHFIELD, VT | 169 | 16/31 | F0119 | 25:20:00 | EMILY RICKER | NORTHFIELD, VT |
| 114 | 4/13 | M6069 | 23:13 | STEVE AIKENHEAD | PERKINSVILLE, VT | 170 | 27/34 | M5059 | 25:21:00 | DAVID ERICKSON | BARRE, VT |
| 115 | 18/36 | M4049 | 23:13 | LES LAWRENCE | LEBANON, NH | 171 | 17/31 | F0119 | 25:25:00 | ERIN GIGUERE | NORTHFIELD, VT |
| 116 | 6/24 | F4049 | 23:14 | RUTH BLAUWIEKEL | BURLINGTON, VT | 172 | 18/31 | F0119 | 25:29:00 | LISA ERICKSON | BARRE, VT |
| 117 | 5/16 | M6069 | 23:19 | GORDON JOHNSON | AYER'S CLIFF, QC | 173 | 19/31 | F0119 | 25:35:00 | HEIDI KUNKEL | NORTHFIELD, VT |
| 118 | 23/37 | M0119 | 23:22 | JOE TRICOMI | WOBURN, MA | 174 | 7/13 | M6069 | 25:42:00 | STEVE SMITH | OVIDO, FL |
| 119 | 24/37 | M0119 | 23:24 | SILAS POWER | NORTHFIELD, VT | 175 | 20/23 | M3039 | 25:43:00 | TJ CHOLEWA | FAIRFAX, VT |
| 120 | 15/23 | M3039 | 23:25 | BRUCE HALL | ASHFORD, AL | 176 | 21/23 | M3039 | 25:47:00 | JAMIE EVANS | BARRE, VT |
| 121 | 19/36 | M4049 | 23:25 | MIKE GONNEVILLE | NORTHFIELD, VT | 177 | 34/37 | M6069 | 25:52:00 | RICHARD HALE | BROOKFIELD, VT |
| 122 | 7/31 | F0119 | 23:26 | SARAH DEFELICI | NORTHFIELD, VT | 178 | 34/37 | M0119 | 26:00:00 | PATRICK LYNCH | NORTHFIELD, VT |
| 123 | 8/31 | F0119 | 23:28 | MARY DIEBOLD | NORTHFIELD, VT | 179 | 11/23 | F2029 | 26:02:00 | SARAH WOODWARD | BARRE, VT |
| 124 | 16/23 | M3039 | 23:30 | NEIL NUSSBAUM | FAYSTON, VT | 180 | 25/36 | M4049 | 26:02:00 | THOMAS ZELKO | BARRE, VT |
| 125 | 1/17 | F3039 | 23:30 | LORI HENNESSEY | HINESBURG, VT | 181 | 8/24 | F4049 | 26:03:00 | MARIS SINEN | COLCHESTER, VT |
| 126 | 20/36 | M4049 | 23:33 | DOUGLAS POWER | NORTHFIELD, VT | 182 | 7/21 | F5059 | 26:13:00 | LAUREL SCANNELL | WATERBURY, VT |
| 127 | 9/31 | F0119 | 23:34 | KATIE SERAFINE | LEON VALLEY, TX | 183 | 20/31 | F0119 | 26:14:00 | KATHLEEN BYLAN | NORTHFIELD, VT |
| 128 | 4/21 | F5059 | 23:42 | CAROL VASSAR | BERLIN, VT | 184 | 9/24 | F4049 | 26:20:00 | MARIE BROCK | HINESBURG, VT |
| 129 | 25/37 | M0119 | 23:47 | KYLE WELLS | BARRE, VT | 185 | 28/34 | M5059 | 26:21:00 | CHIP WINNER | MIDDLEBURY, VT |
| 130 | 10/31 | F0119 | 23:47 | DEVIN SCANNELL | WATERBURY, VT | 186 | 12/21 | F2029 | 26:24:00 | LYDIA PETTY | RANDOLPH CTR, VT |
| 131 | 11/31 | F0119 | 23:48 | HEATHER MATTSON | CENTERVILLE, WA | 187 | 26/36 | M4049 | 26:24:00 | CHARLES BALDWIN | BARRE, VT |
| 132 | 26/37 | M0119 | 23:50 | MATT BALDWIN | BARRE, VT | 188 | 35/37 | M0119 | 26:31:00 | CAMERON RIVERS | WATERBURY CTR, VT |
| 133 | 27/37 | M0119 | 23:54 | ERIK WELLS | BARRE, VT | 189 | 13/23 | F2029 | 26:41:00 | HEATHER CASSIDY | NORTHFIELD, VT |
| 134 | 28/37 | M0119 | 23:55 | RYAN CROSS | BARRE, VT | 190 | 14/23 | F2029 | 26:42:00 | BONNIE SHAPPY | WOODSTOCK, VT |
| 135 | 22/34 | M5059 | 23:56 | GREG WIGHT | BROOKFIELD, VT | 191 | 15/23 | F2029 | 26:43:00 | AMANDA COOKSON | NORTHFIELD, VT |
| 136 | 17/23 | M3039 | 23:59 | SHAUN MORIARTY | POTOSI, MO | 192 | 10/24 | F4049 | 26:51:00 | CLAUDIA SULLIVAN | JERICO, VT |
| 137 | 29/37 | M0119 | 24:02:00 | DAVID GREENWOOD | NORTHFIELD, VT | 193 | 21/31 | F0119 | 26:52:00 | WHIT GONEVILLE | NORTHFIELD, VT |
| 138 | 21/36 | M4049 | 24:04:00 | MICHAEL CHURNICK | MONTPELIER, VT | 194 | 11/24 | F4049 | 27:00:00 | CHRISTINE AXTEN | ENFIELD, NH |
| 139 | 14/16 | M2029 | 24:05:00 | LYZHIN ALEXANDER | ALEISK, RUSSIA | 195 | 2/2 | M7099 | 27:02:00 | GEROW CARLSON | MONTPELIER, VT |
| 140 | 30/37 | M0119 | 24:07:00 | DYLAN MAYNARD | WOODBURY, VT | 196 | 9/13 | M6069 | 27:05:00 | DALE HARRIS | BRANDON, VT |
| 141 | 18/23 | M3039 | 24:12:00 | SCOTT MACKAY | WATERBURY CTR., VT | 197 | 8/21 | F5059 | 27:06:00 | LINN SMITH | OVIDO, FL |
| 142 | 8/23 | F2029 | 24:14:00 | TIFFANY BURROUGHS | NORTHFIELD, VT | 198 | 16/23 | F2029 | 27:12:00 | JENNIE-BETH SCHOONEJON | ESSEX JCT, VT |
| 143 | 12/31 | F0119 | 24:15:00 | JACQUELINE CURRY | NORTHFIELD, VT | 199 | 6/17 | F3039 | 27:14:00 | LAURIE MORRAN | NORTHFIELD, VT |
| 144 | 9/23 | F2029 | 24:15:00 | KATHLEEN DUES | NORTHFIELD, VT | 200 | 7/17 | F3039 | 27:16:00 | SHANNON MURPHY | STOWE, VT |
| 145 | 31/37 | M0119 | 24:16:00 | FRANCISCO SIMON | NORTHFIELD, VT | 201 | 22/31 | F0119 | 27:18:00 | EMMA MOVES | BARRE, VT |
| 146 | 22/36 | M4049 | 24:17:00 | JEFF KELLEY | ROXBURY, VT | 202 | 23/31 | F0119 | 27:20:00 | LACIE SNOW | NORTHFIELD, VT |
| 147 | 32/37 | M0119 | 24:17:00 | JAMES WEIS | COOPERSTBERG, PA | 203 | 8/17 | F3039 | 27:25:00 | KARIN KASUPSKI | MILTON, VT |
| 148 | 7/24 | F4049 | 24:19:00 | NANCY GONNEVILLE | NORTHFIELD, VT | 204 | 12/24 | F4049 | 27:25:00 | KIM SINER | COLCHESTER, VT |
| 149 | 33/37 | M0119 | 24:23:00 | COLIN FAHEY | WALTHAM, MA | 205 | 29/34 | M5059 | 27:29:00 | JOSEPH FAHEY | WALTHAM, MA |
| 150 | 6/13 | M6069 | 24:26:00 | JOHN LUSSIER | RANDOLPH, VT | 206 | 13/24 | F4049 | 27:33:00 | CATHY FREY | BARRE, VT |
| 151 | 5/21 | F5059 | 24:43:00 | PEGGY CURTIS | RICHMOND, VT | 207 | 27/36 | M4049 | 27:34:00 | SCOTT FREY | BARRE, VT |
| 152 | 23/34 | M5059 | 24:43:00 | SANDY BEACH | WOLCOTT, VT | 208 | 24/31 | F0119 | 27:35:00 | ROSE SINCLAIR | NORTHFIELD, VT |
| 153 | 23/36 | M4049 | 24:47:00 | ALEC PORTALUPI | BARRE, VT | 209 | 25/31 | F0119 | 27:36:00 | AMY TRIANO | NORTHFIELD, VT |
| 154 | 2/17 | F3039 | 24:49:00 | TANYA BENOSKY | SHELBURNE, VT | 210 | 28/36 | M4049 | 27:37:00 | SCOTT MACDONALD | ENFIELD, NH |
| 155 | 6/21 | F5059 | 24:50:00 | JANET SCOTT | WEST DANVILLE, VT | 211 | 30/34 | M5059 | 27:47:00 | DUANE WILDING | CROWNSVILLE, MD |
| 156 | 3/17 | F3039 | 24:51:00 | BRENDA DEPALMA | STOCKHOLM, NJ | 212 | 29/36 | M4049 | 27:48:00 | KENN PICARDI | POTTSTOWN, PA |
| 157 | 4/17 | F3039 | 24:51:00 | CARA WORTHLEY | S. BURLINGTON, VT | 213 | 9/17 | F3039 | 27:48:00 | MAUREEN WHITNEY | ESSEX JCT, VT |
| 158 | 10/23 | F2029 | 24:52:00 | KATIE TAYLOR | BARRE, VT | 214 | 10/13 | M6069 | 27:49:00 | BOB O'DONNELL | MONTPELIER, VT |
| 159 | 13/31 | F0119 | 24:53:00 | JEN FRICKE | NORTHFIELD, VT | 215 | 22/23 | M3039 | 27:52:00 | T ALLARD | |
| 160 | 24/34 | M5059 | 24:54:00 | BRUCE NUNZIATA | BURLINGTON, VT | | | | | | |

| DIV/DIV TOT | TIME | NAME | CITY/STATE | DIV/DIV TOT | TIME | NAME | CITY/STATE | | |
|-------------|-------|-------|---------------------------------|-------------------|------|-------|------------|-----------------------------|-------------------|
| 216 | 30/36 | M4049 | 27:56:00 JIM WEIS | COOPERSTBERG, PA | 250 | 28/31 | F0119 | 30:37:00 ELLEN RICKER | NORTHFIELD, VT |
| 217 | 9/21 | F5059 | 28:06:00 BETTY ROSE | MONTPELIER, VT | 251 | 13/21 | F5059 | 30:39:00 CATHERINE CANNAN | SOMERVILLE, MA |
| 218 | 10/17 | F3039 | 28:12:00 STEPHANIE CREASE | NORTHFIELD, VT | 252 | 14/21 | F5059 | 30:57:00 DENISE HOLMES | BROOKFIELD, VT |
| 219 | 14/24 | F4049 | 28:21:00 DAWN DUES | MILFORD, MA | 253 | 15/21 | F5059 | 30:58:00 KATHY ELKINS | STOWE, VT |
| 220 | 1/4 | F6099 | 28:25:00 MAUREEN MURPHY | S.BURLINGTON, VT | 254 | 3/4 | F6099 | 31:05:00 REIDUN NUQUIST | BERLIN, VT |
| 221 | 10/21 | F5059 | 28:33:00 ANDREA MCMAHAN | WATERBURY, VT | 255 | 29/31 | F0119 | 31:07:00 ELYSE CHOQUETTE | NORTHFIELD, VT |
| 222 | 26/31 | F0119 | 28:40:00 AMY CAMERON | BROOKFIELD, VT | 256 | 22/23 | F2029 | 31:09:00 EMILY NOYES | BERLIN, VT |
| 223 | 31/36 | M4049 | 28:53:00 JOHN LEPORE | NORTHFIELD, VT | 257 | 18/24 | F4049 | 31:24:00 STEVIE WILDING | CROWNSVILLE, MD |
| 224 | 11/13 | M6069 | 28:53:00 ANDY LEADER | WORCESTER, VT | 258 | 23/23 | F2029 | 31:25:00 STACEY LEADBETTER | S. BARRE, VT |
| 225 | 31/34 | M5059 | 28:57:00 JEFF MARTIN | PLAINFIELD, VT | 259 | 15/17 | F3039 | 31:25:00 AVA WHITCOMB | MARSHFIELD, VT |
| 226 | 27/31 | F0119 | 29:06:00 CHARITY COMBS | NORTHFIELD, VT | 260 | 19/24 | F4049 | 31:28:00 MAURA KELLEY | HINESBURG, VT |
| 227 | 2/4 | F6099 | 29:12:00 KATHERINE KILMURRY | MONTPELIER, VT | 261 | 34/36 | M4049 | 31:33:00 LAWRENCE SMITH | ENFIELD, CT |
| 228 | 32/36 | M4049 | 29:14:00 JAMES WOOD | N.MONTPELIER, VT | 262 | 20/24 | F4049 | 31:36:00 PAULA BALDWIN | BARRE, VT |
| 229 | 17/23 | F2029 | 29:18:00 ARIANA MONTI | MONTPELIER, VT | 263 | 16/21 | F5059 | 31:40:00 SUSAN WOODS | S. BURLINGTON, VT |
| 230 | 23/23 | M3039 | 29:19:00 JEREMY DROWN | FALL RIVER, MA | 264 | 21/24 | F4049 | 31:40:00 TRACEY CHOQUETTE | NORTHFIELD, VT |
| 231 | 36/37 | M0119 | 29:30:00 SHAWN AVERY | BARRE, VT | 265 | 4/4 | F6099 | 31:49:00 SUSAN BRADT | CALAIS, VT |
| 232 | 18/23 | F2029 | 29:31:00 STACEY HARPER | MEDFORD, MA | 266 | 30/31 | F0119 | 32:13:00 MARYADA DEFELICE | NORTHFIELD, VT |
| 233 | 19/23 | F2029 | 29:32:00 EDINA NA-SONGKHLA | NORTHFIELD, VT | 267 | 35/36 | M4049 | 32:14:00 DAVID DEFELICE | NORTHFIELD, VT |
| 234 | 16/16 | M2029 | 29:33:00 NOEL POIRIER | BELMONT, MA | 268 | 32/34 | M5059 | 32:27:00 JOHN HALL | NORTHFIELD, VT |
| 235 | 11/21 | F5059 | 29:35:00 SHEILA SCHWEITZER | WOODSTOCK, VT | 269 | 17/21 | F5059 | 32:42:00 PEG MANGAN | BERLIN, VT |
| 236 | 11/17 | F3039 | 29:41:00 KELLY CLEVELAND | BARRE, VT | 270 | 22/24 | F4049 | 32:47:00 KIMALIE PORTALUPI | BARRE, VT |
| 237 | 12/17 | F3039 | 29:45:00 CAROLYN KINIRY-ROBERGE | MIDDLESEX, VT | 271 | 36/36 | M4049 | 32:58:00 JAMES GIORGIO | BROOKLYN, NY |
| 238 | 12/13 | M6069 | 29:46:00 DAVID BUTSCH | BERLIN, VT | 272 | 23/24 | F4049 | 33:37:00 MARGARET FOSTER | STOWE, VT |
| 239 | 15/24 | F4049 | 29:47:00 KAREN TAYLOR | BARRE, VT | 273 | 31/31 | F0119 | 35:10:00 AMANDA HEBERT | BARRE, VT |
| 240 | 16/24 | F4049 | 29:51:00 JANET NUNZIATA | BURLINGTON, VT | 274 | 18/21 | F5059 | 35:10:00 SUSAN BARNARD | NORTHFIELD, VT |
| 241 | 17/24 | F4049 | 29:57:00 CINDY CROSS | BARRE, VT | 275 | 19/21 | F5059 | 35:15:00 MARY MELLO | BERLIN, VT |
| 242 | 13/17 | F3039 | 30:04:00 KATIE EVANS | BARRE, VT | 276 | 33/34 | M5059 | 35:35:00 DAVID DUES | MILFORD, MA |
| 243 | 20/23 | F2029 | 30:06:00 APRIL DAVILA | NORTHFIELD, VT | 277 | 20/21 | F5059 | 35:41:00 BETH GAMBLER | MONTPELIER, VT |
| 244 | 21/23 | F2029 | 30:06:00 JULIE JENSEN | NORTHFIELD, VT | 278 | 16/17 | F3039 | 36:10:00 KIMBERLY DUQUETTE | NORTHFIELD, VT |
| 245 | 14/17 | F3039 | 30:09:00 LAURA THYGESSEN | WILLIAMSTOWN, VT | 279 | 17/17 | F3039 | 38:03:00 KELLEY AVERY | BARRE, VT |
| 246 | 13/13 | M6069 | 30:25:00 ROGER CRANSE | MONTPELIER, VT | 280 | 34/34 | M5059 | 44:58:00 DICK BASHAW | ST ALBANS, VT |
| 247 | 37/37 | M0119 | 30:28:00 WAYNE DION | NORTHFIELD, VT | 281 | 24/24 | F4049 | 50:37:00 MARY ALICE POIRIER | BELMONT, MA |
| 248 | 12/21 | F5059 | 30:29:00 VALERIE SMITH | WATERBURY CTR, VT | 282 | 21/21 | F5059 | KIT LANE-JOHNSON | RUTLAND, VT |
| 249 | 33/36 | M4049 | 30:32:00 WILLIAM DONAHUE | S.BURLINGTON, VT | | | | | |

Record 14:24 by Eric Morse in 1991.
 * Under USATF Age-Group guideline



Central Vermont Runners 2003 Summer Fun Runs & Walks

Fun runs are held every Tuesday evening at **5:30 pm sharp**, from April through October, during the Daylight Savings Time period. Distances are on an out-and-back course of 2, 4 and 6 miles. Runners and walkers are welcome.

Unless otherwise noted, fun runs begin and end at the parking lot of the Vermont State Liquor Control Warehouse at the end of Green Mountain Drive in Montpelier, VT.

Visit the CVR website for additional information.

25TH NORTHFIELD SAVING'S BANK 5K FOOT RACE & CHILDREN'S 1-MILE RACE

Aug. 31, 2002 Children's 1-Mile Race Results Northfield,
Timing By: Granite State Race Services www.gsrs.com (603)863-2537

| DIV/TOT | DIV | NAME | TIME | DIV/TOT | DIV | NAME | TIME |
|---------|------|------------------------------|------|---------|------|---------------------------|-------|
| 1 | 1/26 | B1013 JEREMY LACHTRUPP | 5:33 | 68 | 16/3 | B0509 MICHAEL BARMAN III | 9:02 |
| 2 | 2/26 | B1013 ERIC MACKAY | 6:00 | 69 | 20/2 | G1013 BRITTANY MAE AUSTIN | 9:03 |
| 3 | 3/26 | B1013 STEPHEN LAROCK | 6:01 | 70 | 17/3 | B0509 JUSTIN SELL | 9:13 |
| 4 | 1/27 | G1013 RUTH MCGOVERN | 6:05 | 71 | 18/3 | B0509 JEREMIAH ZYBAS | 9:14 |
| 5 | 4/26 | B1013 GREG LACHTRUPP | 6:07 | 72 | 11/2 | G0509 CLAIRE DOUGLASS | 9:15 |
| 6 | 5/26 | B1013 MICHAEL DAVISON | 6:25 | 73 | 19/3 | B0509 BENJAMIN NUSSBAUM | 9:20 |
| 7 | 6/26 | B1013 ELI DIEBOLD | 6:26 | 74 | 24/2 | B1013 TONY REIDEL | 9:25 |
| 8 | 2/27 | G1013 CHELSEA EVANS | 6:26 | 75 | 12/2 | G0509 EMMA RIVERS | 9:26 |
| 9 | 3/27 | G1013 JESSICA TAPLIN | 6:36 | 76 | 20/3 | B0509 ASA WORTHLEY | 9:27 |
| 10 | 7/26 | B1013 NICK SKINAS | 6:41 | 77 | 13/2 | G0509 MARGARET DOUGLASS | 9:29 |
| 11 | 8/26 | B1013 MICHAEL CLARK | 6:42 | 78 | 14/2 | G0509 TESS JOHNSON | 9:30 |
| 12 | 4/27 | G1013 SUSANNE WIELICZKI | 6:44 | 79 | 21/3 | B0509 IAN ZYBAS | 9:35 |
| 13 | 9/26 | B1013 ALEX HENNESSEY | 6:49 | 80 | 15/2 | G0509 LUCY HILGENDORF | 9:35 |
| 14 | 5/27 | G1013 MARIE MCGOVERN | 6:49 | 81 | 21/2 | G1013 RANDI LOWE | 9:39 |
| 15 | 6/27 | G1013 SYLVIE LEPELTIER | 6:53 | 82 | 22/2 | G1013 STEPHANIE MORVAN | 9:44 |
| 16 | 10/2 | B1013 GARRETT ARNOLD | 7:00 | 83 | 16/2 | G0509 OLIVIA WEIS | 9:48 |
| 17 | 7/27 | G1013 LAURA RIPLEY | 7:00 | 84 | 23/2 | G1013 HAYLEE MOORE | 9:51 |
| 18 | 11/2 | B1013 IAN YOUNG | 7:04 | 85 | 17/2 | G0509 DANIELLE AYER | 9:51 |
| 19 | 12/2 | B1013 SEAN FRICKE | 7:06 | 86 | 18/2 | G0509 HADDIE LARY | 9:53 |
| 20 | 13/2 | B1013 TYLER GRIGGS | 7:06 | 87 | 24/2 | G1013 NICOLE FREY | 9:54 |
| 21 | 14/2 | B1013 JACKSON DIEBOLD | 7:06 | 88 | 22/3 | B0509 BRANDON GARBREIK | 9:56 |
| 22 | 8/27 | G1013 HANNAH WORTHLEY | 7:13 | 89 | 19/2 | G0509 COLLEEN MCGOVERN | 9:58 |
| 23 | 9/27 | G1013 KELSIE BAILEY | 7:14 | 90 | 25/2 | G1013 SARAH TOMASZEWSKI | 9:59 |
| 24 | 15/2 | 1013 ANDREW WEIS | 7:16 | 91 | 23/3 | B0509 WILLIAM MCGOVERN | 9:59 |
| 25 | 16/2 | B1013 ZACH BALDWIN | 7:17 | 92 | 26/2 | G1013 DEVIN KELSEY | 10:13 |
| 26 | 1/32 | B0509 CHRISTOPHER GIORGIO | 7:21 | 93 | 20/2 | G0509 BROCKE ANGELL | 10:14 |
| 27 | 17/2 | B1013 BRENDAN RYAN | 7:27 | 94 | 24/3 | B0509 JAMES MAGLIONI | 10:15 |
| 28 | 2/32 | B0509 CONNOR VAN ARNAM | 7:28 | 95 | 25/3 | B0509 RICHARE GOLDER | 10:23 |
| 29 | 18/2 | B1013 NICK GONNEVILLE | 7:28 | 96 | 26/3 | B0509 SILAS BAKER | 10:27 |
| 30 | 10/2 | G1013 MAGGIE MCGOVERN | 7:28 | 97 | 27/3 | B0509 KEITH AYER | 10:35 |
| 31 | 3/32 | B0509 JONATHAN XILIAN | 7:40 | 98 | 25/2 | B1013 IAIN PORTALUPI | 10:38 |
| 32 | 1/29 | G0509 LIZA MACKAY | 7:41 | 99 | 28/3 | B0509 DAKOTA LORING | 10:40 |
| 33 | 4/32 | B0509 BILLY WHALEY | 7:48 | 100 | 21/2 | G0509 CHELSEA ZELKO | 10:45 |
| 34 | 19/2 | B1013 RYAN GAGE | 7:52 | 101 | 22/2 | G0509 LAUREN KELLEY | 10:52 |
| 35 | 5/32 | B0509 ROBBIE LEMNAH | 7:52 | 102 | 23/2 | G0509 FERN MOORE | 10:56 |
| 36 | 2/29 | G0509 HAYLEY ARNOLD | 7:54 | 103 | 24/2 | G0509 KATIE THYGESEN | 11:08 |
| 37 | 3/29 | G0509 HALEY LARY | 7:57 | 104 | 25/2 | G0509 JIN AYER | 11:25 |
| 38 | 20/2 | 1013 BRENDAN STRIEBE | 7:58 | 105 | 26/2 | B1013 WATUMBE NOBLE | 11:28 |
| 39 | 6/32 | B0509 ETHAN EVANS | 7:59 | 106 | 26/2 | G0509 LYDIA HOFFMAN | 11:34 |
| 40 | 7/32 | B0509 KEVIN AVERY | 8:02 | 107 | 29/3 | B0509 JAMES DONAHUE | 11:52 |
| 41 | 4/29 | G0509 MOLLY CLARK | 8:08 | 108 | 27/2 | G1013 CHELSEY DION | 11:54 |
| 42 | 8/32 | B0509 TYLER LAROCK | 8:09 | 109 | 30/3 | B0509 MITCHELL YACAVONI | 12:50 |
| 43 | 11/2 | G1013 PAIGE FORTIER | 8:09 | 110 | 27/2 | G0509 BRENNAL PORTALUPI | 12:54 |
| 44 | 12/2 | G1013 CATIE SALVADOR | 8:12 | 111 | 31/3 | B0509 ADAM MARCINKOWSKI | 13:30 |
| 45 | 13/2 | G1013 TATIANA PORTER | 8:14 | 112 | 28/2 | G0509 KIRSTEN COOPER | 13:37 |
| 46 | 9/32 | B0509 CALEB KASUPSKI | 8:22 | 113 | 32/3 | B0509 SIMON HOFFMAN | 14:45 |
| 47 | 21/2 | B1013 DEREK LOWE | 8:23 | 114 | 29/2 | G0509 DEVIN BAKER | 17:24 |
| 48 | 5/29 | G0509 STEPHANIE CLEVELAND | 8:23 | | | | |
| 49 | 22/2 | B1013 JEFREY CAMERON | 8:23 | | | | |
| 50 | 10/3 | B0509 HARRISON BAILEY | 8:25 | | | | |
| 51 | 11/3 | B0509 MATTHEW AVERY | 8:25 | | | | |
| 52 | 6/29 | G0509 CARA LACHTRUPP | 8:26 | | | | |
| 53 | 14/2 | G1013 ANDREA YACAVONI | 8:26 | | | | |
| 54 | 15/2 | G1013 LINDSEY GRIGGS | 8:29 | | | | |
| 55 | 7/29 | G0509 ELANA VAN ARNAM | 8:30 | | | | |
| 56 | 12/3 | B0509 BENJAMIN EVANS | 8:33 | | | | |
| 57 | 13/3 | B0509 GAVIN PORTER | 8:36 | | | | |
| 58 | 23/2 | B1013 TOREN BALLARD | 8:40 | | | | |
| 59 | 16/2 | G1013 SHELBY GREGOIRE | 8:41 | | | | |
| 60 | 17/2 | G1013 GREER LEMNAH | 8:41 | | | | |
| 61 | 8/29 | G0509 JESSE BUSSIÈRE | 8:42 | | | | |
| 62 | 14/3 | B0509 CHRISTOPHER LAROCK | 8:43 | | | | |
| 63 | 18/2 | G1013 EMILY ZELKO | 8:52 | | | | |
| 64 | 19/2 | G1013 MARIAH CARLSON-KIRIGIN | 8:52 | | | | |
| 65 | 9/29 | G0509 CLARA CARLSON-KIRIGIN | 8:53 | | | | |
| 66 | 15/3 | 0509 JONATHAN DAVISON | 8:54 | | | | |
| 67 | 10/2 | G0509 SARAH WHALEY | 8:54 | | | | |

Next Club Meeting:

Monday, Sept. 22, 6:30 pm

@ home of Tim Noonan & Maureen Carr
1 Pinewood Rd., Mplr.

The next CVR meeting is scheduled for Monday, September 22, 2003, 6:30 pm at Tim Noonan & Maureen Carr's home at 1 Pinewood Rd., Montpelier.*

A pot-luck dinner will be part of the festivities... please join us!
* - Please contact Tim or Maureen at 223-6216 for directions to their house.

Sportshoe Center Discounts

The Sportshoe Center which has recently opened on the Barre-Montpelier Rodad is generously offering the following discounts to current members of the Central Vermont Runners Club.

For the month of September 2003 only:
15% off all running shoes and apparel

For the months of October and November 2003 only:

CENTRAL VERMONT **ONE COUPON** CENTRAL VT RUNNERS CLUB

Good for \$10 off your next purchase of \$50 or more at Barre-Montpelier Road Store

\$10 OFF \$50

Limit one coupon per customer-Not valid with any other promotion
 Coupon Valid 10/1/03-11/30/03 Customer Signature: _____

*Phyllis says
2003 for Sig.
Check w/Season
List under
Coupons*

These special discounts are available **ONLY** at the Sportshoe Center on the Barre-Montpelier Road and only for the month specified.

In order to receive the discount you must present a current Central Vermont Runners Club Card **OR** your driver's license which will be checked against the club membership list. For the months of October and November you will also need to present the coupon printed above. If you have any questions about the discounts, you may speak with the store manager, Jason McAllister.

Special discounts for the months of December, January, and February will be published in the next newsletter, due out mid-November. (Many thanks to Phyllis Arsenault-Berry for her work with the Sportshoe Center).

Central Vermont Race Series 2003

Sponsored by Onion River Sports & the Shoe Horn at Onion River Montpelier, Vermont

A 7 race series of some of your favorite Central Vermont races hosted by Central Vermont Runners and sponsored by Onion River Sports. Onion River Sports supports this series by providing prizes for individual races. The following races comprise the CVR Race Series 2003:

- First Night Montpelier 5K • Capital City Stampede 10K • Paul Mailman Montpelier 10-Miler • Bear Swamp Run 5.7 mile • Berlin Pond Run Around 8K • Northfield Savings Bank 5K • Leaf Peepers Half Marathon or 5K •

THE FINAL RACE IN THE SERIES IS COMING UP!!

Race #7: Leaf Peepers Half Marathon or 5K on Sunday, October 5

Check the CVR website for current standings and additional details





Sodom Pond Run

September 24, 2003, 6:00 p.m.

Registration 5:00 – 5:45 p.m.

Race 4 miles around Sodom Pond in Adamant (this is in the East Montpelier and Calais area). This is a resurrection of a race held for many years. The rolling course is on dirt roads circling the pond. The twist to this race is finishing times will be adjusted based on gender and age. The top five finishers after times are adjusted will receive prizes.

Directions: Directions begin from the top of State Street in Montpelier. At the light at the intersection of State and Main Streets, take a left onto Main Street. Approximately 9/10 of a mile up Main Street, it will turn sharply to the left on a steep hill. Stay on Main Street (which becomes County Road) for another mile until you take a right onto Center Road. Stay on Center Road for the next 3.4 miles until you come to a “twisted t” intersection. Stay straight at the intersection and continue on Center Road for an additional 1.5 miles until you come to the Adamant Coop. Registration and the race start and finish will be in the Coop area. The race fee is \$5.

If you have any questions, call Tim Noonan at 223-6216.

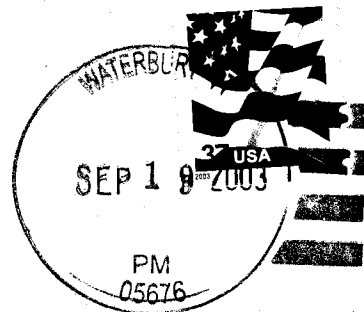
2003 Officers:

President: Donna Smyers
VP: Michael Chernick
Secretary: Betty Rose
Treasurer: Laura Medalie
Webmaster: Dave Kissner

Visit the CVR Website at www.cvrrunners.org for more information



c/o Beth Eliason
P.O. Box 1822
Waitsfield, VT 05673



ROBERT MURPHY
35 BIRCHWOOD PARK DR
BARRE, VT 05641

September 2003