



November 2003  
Volume 24, Issue 5

## Central Vermont Runners November 2003 Newsletter

### NOTES FROM THE PREZ

I'm hoping this newsletter gets to you just in time to get you to our last meeting of 2003 on Monday Nov. 17 at 6:30. We have some important business to discuss, most importantly the (drum roll ):

**VOLUNTEERS and RACE SERIES AWARDS DINNER:** At last meeting we raised the possibility of resurrecting the winter dinner where CVR/ORS Series awards were presented with a free dinner for all who had volunteered at races through the year. The last few events included spaghetti at the Methodist church, but this year we're thinking of opening the treasury and having it at a restaurant. Sean and Nora's in Barre has been nominated. If you want input into the date, place, menu, or any specifics, come and voice your opinion and vote. I am hoping we can also start planning events celebrating CVR's 25<sup>th</sup> anniversary in 2004.

As the racing season winds down, I find myself looking back at how the year went. Our Thursday night CVR/ORS series events continued to pull in great numbers of participants. Leafpeepers celebrated it's 20<sup>th</sup> running and I received a very nice note of appreciation from someone on the board of the RRCA who ran it. Of particular note were Tim Noonan's addition of 2 new fun Wednesday night events: the age/gender graded Sodom Pond 4 miler and the Hubbard Park 'Know Your Pace' Race. He did a great job with both races and we thank him for his efforts. I was particularly happy to see the number of younger runners attending our races. Let's hope they get involved to keep them going for years to come!

I recently noted a couple of statistics about running in Vermont I want to share. One is that we are listed on the web as having the highest per capita running participation (see [www.runningusa.org/statistics/demographics.html](http://www.runningusa.org/statistics/demographics.html)). I highly doubt the accuracy of the 177,000 or 29% runner estimate for VT, but it sure looks good. The other statistic was from the Ironman World Championships in Hawaii this year. There were 1700 entered, approximately 400 female for 23% of the field; however from Vermont there were 8 entered, 7 of them female for 87% of our field. So, are Vermont women extra strong or is it a comment about our male endurance athletes? Something to discuss on your next long run.

See you at the meeting or on the roads.  
Donna

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### Get \$10 Off Your Next Purchase of \$50 or More!



The Sportshoe Center on the Barre-Montpelier Road is generously offering discounts to members of CVR. *For a two-month period ending at the close of November, the store is offering \$10 off on purchases of \$50 or more.* This special offer is available ONLY at the Sportshoe Center on the Barre-Montpelier Road. In order to

receive the discount, you must present a current CVR membership card, or present your driver's license which will be checked against a club membership list. If you have any questions about the discount, you can speak with the store manager, Jason McAllister.

Check [www.cvrrunners.org](http://www.cvrrunners.org) for special discount offers for December and January and February 2004!!

## Secretary's Notes September 22, 2003 Meeting

President Donna Smyers called the meeting to order at 7:22 p.m. on Monday, September 22, 2003, at the home of Tim Noonan & Maureen Carr. Eleven club members attended the meeting.

### Old Business

**Newsletter:** Comments were given that the latest edition of the newsletter was excellent and Beth Eliason is doing a good job. CVR members should take note that the Sportshoe Center discount for the month of September is 20% instead of 15% as indicated in the newsletter.

**Hubbard Park 5K Race & Sodom Pond Run:** The Hubbard Park Race was a success with 36 runners participating. The Sodom Pond Run on Wednesday, September 24<sup>th</sup> will be just short of 4 miles. Bathrooms and parking will be available. A computer will be used to calculate the age and gender adjusted times. Race director Tim Noonan reported that the River Street Potters provided pottery prizes at a 50% discount for both races. Both races will be continued as annual events.

**Leaf Peepers:** Race Director Sandy Colvin still needs volunteers. A discussion was held regarding paying the race director a stipend as has been done in the past. The by-laws and the past Leaf Peepers budgets will be reviewed prior to making any decision on this issue.

**Northfield Labor Day Race:** Race Coordinator Tim Noonan reported that the personnel at the Northfield Savings Bank were new but did a good job. However, only seven CVR members volunteered to help when there have been 15-20 in past years. The Club made \$400 from the race.

**Purchase of Tent, Clock and Measuring Wheel:** Costco no longer sells the tent and they are very expensive

elsewhere. The tents may be available at Costco again next spring and if one is needed for the Leaf Peepers Race, it might be rented or borrowed from Onion River Sports. Tim Noonan and Norm Robinson have not yet purchased the clock but will soon. The measuring wheel also has not yet been purchased.

**Beer Sponsor:** A motion was made and seconded to allow any race director the option of seeking a beer sponsor for any CVR race. After a discussion, a vote was held and the motion failed.

### New Business

**First Night Montpelier 5K:** Race Director Rowly Brucken sent word that prizes are being assembled for the First Night Race and may include gift certificates from a ski area. Registration forms will be mailed out soon.

**Volunteer Recognition and Central Vermont Race Series Awards Dinner:** While this event has been held twice in the past, no dinner was held last year. Options for an event in January or February of 2004 were discussed. The dinner would be free for volunteers and Series winners and others CVR members and guests may attend for the cost of the meal. President Donna will work on organizing the event and Bob Murphy will contact Sean & Nora's Restaurant in Barre as a possible location.

The meeting adjourned at 8:10 pm.

**Next Meeting:** The next potluck and meeting will be at 6:30 pm on Monday, November 17<sup>th</sup> at the home of Betty Rose.

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## First Night 5K Raffle Prize Donations Requested!

Rowly Brucken, the race director of First Night 5k, is calling on CVR members whose employers might be willing to donate a small item for the post-race raffle. If your employer is willing to make a donation, please call or email Rowly with the donation before the race (so I know what businesses have donated). Donations can be brought to the race itself, or tell Rowly when a convenient time would for it to be picked up. Rowly can be reached at rbrucken@norwich.edu or 479-0796.

Thanks!

## Hubbard Park 5k September 17, 2003 Race Results

*(This was a predict-a-time race. Place is based on how close the actual race time is to the time predicted by the racer prior to the race.)*

Place	Name	Predicted Time	Actual Time	Difference
1	Brent Ehrlich	20:30	20:41	11
2	Rose Nash	22:35	22:53	18
3	Dick Millar	22:00	22:29	29
4	Mike Nelson	24:00	23:30	30
5	John Valentine	21:30	22:01	31
6	Dave Kissner	22:30	23:05	35
7 tie	Rebecca Diedrich	27:41	28:22	41
7 tie	Damian Bolduc	21:00	20:19	41
9 tie	Curtis Perry	22:20	23:02	42
9 tie	Bridget Wiedl	24:00	23:18	42
11	Gerow Carlson	31:00	31:46	46
12	Lori Lacroix	27:30	26:39	51
13	Andrea McLaughlin	26:41	25:47	54
14	John Lazenby	22:15	23:21	1:06
15	Todd Sternbach	23:30	24:37	1:07
16	Brendan Borden	21:00	19:52	1:08
17	John Hackney	21:10	22:25	1:15
18	Greg Gerdel	24:00	25:17	1:17
19	Hilary Nelson	27:00	28:21	1:21
20 tie	Larry Lackey	20:30	22:05	1:35
20 tie	Megan Valentine	22:37	24:12	1:35
20 tie	Hannah Wilson	30:00	31:35	1:35
23	Jean Lacroix	21:30	19:51	1:39
24	Tim Noonan	21:44	23:29	1:45
25 tie	Norm Robinson	26:18	28:06	1:48
25 tie	Dot Helling	24:31	26:19	1:48
25 tie	John Elkins	24:30	26:18	1:48
28	Mack Gardner-Morse	21:00	22:51	1:51
29	Sandy Colvin	23:38	25:32	1:54
30	Marie Brock	29:48	32:19	2:31
31	Cathy Frey	29:42	32:48	3:06
32	Andy Tatro	27:00	32:37	5:37
33	Josie Lang	40:00	33:59	6:01
34	Kate Flanagan	40:00	33:57	6:03
35	Lindsay Wheeler	38:00	54:12	16:12
36	Elizabeth Shatney	38:00	54:12	16:12

*Many thanks to the following volunteers: Norm Robinson, Richard Cleveland, Bob Murphy, Chris Lang, Laura Medalie, Dick Millar.*

*Tim Noonan, Race Director*

## Sodom Pond Run - Adamant, VT

24 Sep 2003

## Age &amp; Sex Adjusted Results

Bib	Plc	Name	Age	Age Adj.	Sex	Sex Adj.	Time in Min.:	Time in Sec.	Time in Sec.	Adj. Time Sec.	Adj. Time Min.:	Adj. Time Sec.
250	5	Sue Hackney	46	0.8970	F	0.901	25:44		1544	1248	20:48	
241	17	Patty Foltz	55	0.8285	F	0.901	28:36		1716	1281	21:21	
249	10	John Hackney	58	0.8201	M	1.000	26:21		1581	1297	21:37	
253	14	Donna Smyers	46	0.8970	F	0.901	27:35		1655	1338	22:18	
263	8	John Valentine	54	0.8517	M	1.000	26:11		1571	1338	22:18	
240	20	Dot Helling	53	0.8450	F	0.901	29:23		1763	1342	22:22	
258	12	John Lazenby	54	0.8517	M	1.000	27:06		1626	1385	23:05	
259	7	Rose Nash	24	1.0000	F	0.901	26:03		1563	1408	23:28	
252	1	Brendan Barden	26	1.0000	M	1.000	23:29		1409	1409	23:29	
246	3	Jean Lacroix	33	0.9834	M	1.000	24:22		1462	1438	23:58	
262	4	Tim Seaver	41	0.9370	M	1.000	25:35		1535	1438	23:58	
242	18	John Elkins	57	0.8282	M	1.000	29:00		1740	1441	24:01	
248	6	Dick Millar	42	0.9310	M	1.000	25:54		1554	1447	24:07	
264	2	Damian Bolduc	26	1.0000	M	1.000	24:08		1448	1448	24:08	
236	11	Tim Noonan	47	0.9002	M	1.000	26:52		1612	1451	24:11	
245	21	Phyllis Arsenault-Berry	46	0.8970	F	0.901	29:56		1796	1452	24:12	
257	19	Greg Gerdel	56	0.8362	M	1.000	29:16		1756	1468	24:28	
238	16	Eric Ryea	50	0.8804	M	1.000	28:17		1697	1494	24:54	
237	31	Gerry Carlson	71	0.7106	M	1.000	35:06		2106	1497	24:57	
266	22	Lori Lacroix	41	0.9307	F	0.901	30:00		1800	1509	25:09	
271	13	Mack Gardner-Morse	42	0.9310	M	1.000	27:11		1631	1518	25:18	
256	23	Andrea McLaughlin	41	0.9307	F	0.901	30:22		1822	1528	25:28	
270	24	Rebecca Diedrich	39	0.9439	F	0.901	30:27		1827	1554	25:54	
269	9	James Biggam	25	1.0000	M	1.000	26:20		1580	1580	26:20	
239	26	C. Nick Vieux	54	0.8517	M	1.000	31:55		1915	1631	27:11	
243	25	Norm Robinson	47	0.9002	M	1.000	30:37		1837	1654	27:34	
244	27	Laura Medalie	40	0.9373	F	0.901	33:00		1980	1672	27:52	
268	15	Curtis Perry	26	1.0000	M	1.000	27:53		1673	1673	27:53	
261	32	Susan Bradt	61	0.7752	F	0.901	40:06		2406	1680	28:0	
267	28	Julie Morrison	38	0.9504	F	0.901	33:19		1999	1712	28:32	
272	29	Michael Chernick	49	0.8872	M	1.000	33:30		2010	1783	29:43	
251	30	Hannah Wilson	25	1.0000	F	0.901	34:59		2099	1891	31:31	
265	35	Roger Cranse	62	0.7874	M	1.000	40:57		2457	1935	32:15	
254	34	Nancy Fowler	44	0.9106	F	0.901	40:51		2451	2011	33:31	
255	33	Cathy Frey	41	0.9307	F	0.901	40:51		2451	2055	34:15	
260	36	Andy Tatro	15	0.9064	M	1.000	45:05		2705	2452	40:52	
247		Elisabeth Kann	30	1.0000	F	0.901	DNF					

### CVR Member Results from Area Races

#### 35th Annual GMAA Archie Post Five Miler - Burlington, VT September 6, 2003

42. Mike Desanto Milton M 54 34:33

#### THE 20TH ANNUAL LEAF PEEPERS 5K

October 5, 2003

Place	Div/Tot	Div	Time	Pace	Name	Age	S	City/state
42	1/20	F5059	22:29	7:15	Dot Helling	53	F	Montpelier VT
161	24/29	M3039	28:24	9:09	Dave Kissner	38	M	Montpelier VT
224	14/17	M6099	31:22	10:06	Bob Olkin	63	M	Waitsfield VT

#### THE 20TH ANNUAL LEAF PEEPERS HALF MARATHON

October 5, 2003

Place	Div/Tot	Div	Time	Pace	Name	Age	S	City/state
48	6/56	M5059	1:31:05	6:57	John Valentine	54	M	Roxbury VT
102	13/56	M5059	1:37:55	7:29	Michael Desanto	54	M	Milton VT
175	50/99	M4049	1:43:31	7:54	Dick Millar	42	M	Montpelier VT
226	11/78	F4049	1:46:44	8:09	Phyllis Arsenault-Berr	46	F	Duxbury VT
298	75/99	M4049	1:50:27	8:26	Michael Chernick	49	M	
324	79/99	M4049	1:52:30	8:35	Joe Loga	40	M	Montpelier VT
429	49/78	F4049	1:59:28	9:07	Laura Medalie	40	F	Montpelier VT
550	13/21	F5059	2:13:33	10:12	Betty Rose	55	F	

#### 30th Annual GMAA Apple Harvest 10K - Shelburne, VT

October 11, 2003

10.	Steve Eustis	Essex Junction	M 33	40:56
18.	Michael DeSanto	Milton	M 54	42:46

#### 33rd Annual GMAA Green Mountain Marathon - South Hero, VT

October 18, 2003

11.	Rowly Brucken	Barre	M 35	3:10:12
41.	Dot Helling	Montpelier	F 53	3:39:11

#### 33rd Annual GMAA Green Mountain Half Marathon - South Hero, VT

October 18, 2003

97.	Phyllis Arsenault-Berry	Duxbury	F 46	1:47:40
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### CVR Member Results from the Ironman World Championship Kona Hawaii Oct. 18, 2003

Swim 2.4 mi, Bike 112 mi, Run 26.2 mi

Donna Smyers	10:38:05	S 1:09:07	B 5:335:35,	R 3:47:36 (plus transitions)
Linda Hallinger	14:04:10	S 1:36:59	B 6:54:15,	R 5:21:47 (plus transitions)

Congratulations to Donna who won the women's 45-49 age group

## CVR Race Series 2003 -

## Semi-final standings as of the Leafpeepers races, 5 October 2003

Final standings will be posted in early November. If you see errors that need to be corrected, please contact Bob Murphy, rmm@sover.net, to let him know.

Name	Vol.	First Night 5 km	Capital Stampede 10 km	Paul Mailman 10 mi.	Bear Swamp 5.7 mi.	Berlin Pond 8 km	Northfield 5 km	Leaf- Peepers Half-M.	Leaf- Peepers 5 km	Total Points
<i>Female 0-19</i>										
<i>Female 20-29</i>										
Phillips, Brenda	Y							70.8		70.8
<i>Female 30-39</i>										
Colvin, Sandy	Y	82.9	97.9	86.9	100	100				467.7
Parker, Jen		100.0								100.0
Pelkey, Gail			88.2							88.2
Williamson-Loga, Amy									68.8	68.8
<i>Female 40-49</i>										
Arsenault-Berry, Phyllis								87.8		87.8
Ayer, Carol				72.6						72.6
Gillis, Maryke	Y	67.3								67.3
Hackney, Sue		100.0	100.0				100.0			300.0
LaCroix, Lori	Y				89.5					89.5
Martin, Dot	Y		93.3		99.7					193.0
McLaughlin, Andrea	Y		85.9		89.7	100.0				275.6
Medalie, Laura	Y					97.9				97.9
O'Regan, Patricia	Y					79.2				79.2
Smyers, Donna	Y	95.8	94.1	92.7	100.0		95.1			477.7
<i>Female 50-59</i>										
Foltz, Patti	Y	97.4	100.0	100.0	100.0	100.0	97.9			595.3
Hallinger, Linda		94.8								94.8
Helling, Dot	Y	100.0			91.1	92.8	93.8		100.0	472.7
Meiklejohn, Elizabeth	Y		74.5	74.8	77.1	75.1				301.5
Rose, Betty	Y		77.1	75.0	74.7	76.9	76.0	75.1		454.8
<i>Female 60+</i>										
Bradt, Susan				100.0			89.3	85.7		275.0
Kilmurry, Katherine	Y					100.0	97.3	88.4		285.7
Nuquist, Reidun							91.4		100.0	191.4
<i>Male 0-19</i>										
Ryan, Cole		88.6					81.9		100.0	270.5
<i>Male 20-29</i>										
Letourneau, Brian		97.9	97.3							195.2
<i>Male 30-39</i>										
Kissner, Dave	Y	85.9			95.8		87		55.8	324.5
Shea, Tim				100.0						100.0
<i>Male 40-49</i>										
Birse, David		84.5								84.5
Bunce, Ken		66.2		73.6			70.9	70.8		281.5
Chemick, Mike	Y	65.8			78.1		68.0			211.9
Colvin, Craig		60.1								60.1
Gardner-Morse, Mack		79.8			88.7					168.5
Gillis, Mike		78.9								78.9
Griggs, Scott	Y	71.8	87.2		85.6	82.3	74.7			401.6
Hennemuth, Greg									100.0	100.0
Loga, Joe								66.6		66.6
Ryea, Eric	Y	64.2					78.9			143.1
Deluca, Paul		55.8								55.8
Millar, Dick	Y		96.0	76.6		93.8		72.4		338.8
Noonan, Tim	Y		88.3		90.1					178.4

## CVR Race Series 2003 - continued

Name	Vol.	First Night 5 km	Capital Stampede 10 km	Paul Mailman 10 mi.	Bear Swamp 5.7 mi.	Berlin Pond 8 km	Northfield 5 km	Leaf- Peepers Half-M.	Leaf- Peepers 5 km
<i>Male 50-59</i>									
Busetti, Henry									98.1
DeBlasio, Paschal				72.6					
Desanto, Mike			88.8				79.3	86.0	
Ferno, Richard	Y	70.1							
Foltz, Tom	Y	91.7					87.5		
Gerdel, Greg	Y		94.7		95.0	89.3	87.2		
Hackney, John	Y	100.0					92.1		
Kaeding, John			83.5						
MacFarland, Gordon	Y						100.0		
Valentine, John	Y					98.3	90.7	92.4	
Wight, Greg	Y	81.0			80.8	77.8	75.1		
<i>Male 60+</i>									
Carlson, Gerow							74.6		76.9
Cranse, Roger	Y	72.1	72.5				66.3		
Mercier, Bob	Y	75.2							
Murphy, Bob	Y	100.0							
Olkin, Bob									67.0

**Turkey Lane Turkey Trot**  
Sponsored by the Hinesburg Land Trust  
4.25 mile Fun Run and Walk  
Sunday, November 30, 2003

Everyone, runners, walkers, and walkers with dogs are welcome and encouraged to participate.  
Race starts at the Turkey Lane Bridge at 1:00 PM.  
Registration begins at 12:30 PM. No rain date.

Directions: At Lewis Creek Road, in Hinesburg, off of Silver Street (Monkton Road), 2.8 miles south of Lantman's IGA in Hinesburg. Turn left going south. Continue east for .25 miles for registration, parking, and race start. Internet location is junction of Turkey Lane and Lewis Creek Road, Hinesburg, VT 05461.

Call Colin McNaull, 802-482-3347 or Elizabeth Ross, 802-482-2405, or email saratogalives@yahoo.com if you have any questions or need more information.

The next Central Vermont Runners meeting  
is scheduled for Monday, November 17th 2003, 6:30 pm  
at Betty Rose's home  
29 Deerfield Drive, Montpelier.\*

A pot-luck dinner will be part of the festivities... please join us!

\* - Please contact Betty at 229-2311 for directions to her house



First race of the Central Vermont Race Series 2004  
the Ninth Annual...

**First Night Montpelier**  
Wednesday, December 31, 2003  
Race Start: 3:00 pm

A 5 kilometer road race in downtown Montpelier.  
Part of the First Night Montpelier events. Co-sponsored by Central  
Vermont Runners and the Onion River Arts Council.

Please see <http://www.cvrrunners.org/frstnite.htm> for a course map  
and more information.

All registrants will receive a First Night Montpelier button good for  
admission to all First Night events!

For More Information / Mail Entries to:

Rowly Brucken  
1 John Street  
Barre, VT 05641

Tel.: 802 479-0796 (or ORAC at 802 229-9408)  
E-mail: [rbrucken@norwich.edu](mailto:rbrucken@norwich.edu)

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**2003 Officers:**

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

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Visit the CVR Website at [www.cvrrunners.org](http://www.cvrrunners.org) for more information



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

**November 2003**