



March 2004
Volume 25, Issue 1

Central Vermont Runners March 2004 Newsletter

Notes from the Prez

According to old timers (let's see, is that Darragh, Tim, Norm, Bob . . .?), 2004 marks the 25th year for CVR. I'm hoping we can celebrate with some special events. To kick off the year, we are holding our annual meeting at Dot and John Martin's house Sunday, March 28. There will be a weather dependent choice of run, ski, and/or snowshoe at 3 p.m., a potluck at 5:00 and the meeting should start around 5:30. Following this note is an approximate version of the agenda. If you have any items you would like to present, please contact me so I can put you on the list. Elsewhere in the newsletter are instructions to get to the Martin's house. See you there!

We have included a membership list in this newsletter so runners can more easily contact each other. You can also see which year you are paid through and if you see any errors (many email addresses are suspect or missing), please contact me so that I can get them corrected. If you are paid through 2003, renew as soon as possible so you don't miss any newsletters and are included in the CVR / ORS race series results for 2004.

Agenda for the Annual Meeting ~ March 28, 2004

Elect Officers for 2004

Set Meeting Schedule for 2004

New Expenditures

Clock--Norm and Tim

Tent--Norm

Database program--Donna

Girls On the Run Scholarships--Rowley

CVR Singlets

Items brought up at the meeting

Race Schedule

Publicity and Permits--Dot Helling

Reports by Race Directors if needed

Mailing dates for race apps

Fasttrackonline.com free T-shirt contest

ORS series rules

Changes for new age groups

Changes for Fun Run participation

Special Events--25th Anniversary Event

Participation Benefits

RD's and Officers benefits (free membership?, race entry?)

Freebies or education at Meeting

Team events paid for (Winnepesaukee Relay, Reach The Beach, USATF championship events)

Sponsorship (ORS, Lenny's, Sportshoe Center, others?)

Secretary's Notes: November 17, 2003 Meeting

compiled by Betty Rose

President Donna Smyers called the meeting to order at 7:20 p.m. on Monday, November 17, 2003, at the home of Betty Rose. Thirteen club members attended the meeting.

Old Business

Leaf Peepers: Race Director Sandy Colvin was thanked for a great job. She reported that the race went very well with only a few glitches such as the lack of police coverage and minimal bike patrol. Hiring a DJ this year was a good addition. Also a professional photographer took pictures of runners and this was appreciated. The bright red shirts were more expensive but were very well received and people have been asking if they could purchase them. A motion was made, seconded and passed to write a check to Harwood for \$5,050.59. The check to Harwood has increased each year and Sandy suggested that we get some publicity. Press releases will be sent to several local papers and the Duxbury Select Board along with pictures of the check presentation. The local papers will include: Exit 10, a paper in the Valley, The Montpelier Bridge, The World, Times-Argus, Valley Report, Stowe Reporter, Burlington Free Press.

First Night Montpelier 5K: Race Director Rowly Brucken sent word everything is under control. Volunteers are needed (John Martin, Tim Noonan and Michael Chernick said they will volunteer and run; Sandy Colvin will just volunteer). Labels will be given to Onion River Sport and registration forms will be mailed out soon.

Volunteer Recognition and Central Vermont Race Series Awards Dinner: Thursday, January 22, 2004, was proposed for this dinner to be held at Sean & Nora's Restaurant in Barre. The social time will begin at 6:00 pm with dinner at 6:30. Several menu choices will be selected. All members who volunteered during the year and the Series winners will have their meals paid for by CVR. The Onion River Sports owner and his wife will be invited along with other employees who have assisted. Post card invitations will be sent out during the first week of January to all Club members with RSVP so that we can get a count. The dinner will also be announced at the First Night Race. Bob Murphy will work with the restaurant on price levels. The preliminary results of the CVR Race Series 2003 are posted on the website and Bob Murphy should be notified of any corrections as soon as possible.

Purchase of Tent, Clock and Measuring Wheel: The clock will be ordered soon. It is a Chronomix Display Clock, 2 sided with 5 digits and a tripod. The clock is \$2,425.00 and the tripod is \$338 which is within the allocated maximum. It takes 75 days to receive the clock so it will not arrive for First Night. A measuring wheel will be purchased for \$109.00. The tent will not be purchased until they are sold by Costco in the spring. We will use the Onion River Sports tent until one is purchased.

New Business

Tentative 2004 Race Schedule:

Mutt Strutt, April 25, director Donna Smyers
 Capital City Stampede, June 12, director Sam Davis
 Kid's Track Meet, TBA, directors Tim Noonan and Norm Robinson
 Paul Mailman Montpelier Ten-Miler, June 26, director Dave Kissner
 Bear Swamp Run, July 8, director Tim Noonan
 Berlin Pond Run Around, Aug 12, director Michael Chernick
 East Montpelier Center Chase Race, Aug 26, director Tim Noonan (a new race that will be 5 miles with a staggered start)
 Northfield Savings Bank 5K Foot Race and Children's 1-Mile Race, Sept 4, director bank
 Hubbard Park 5K Race, Sept 15, director Tim Noonan
 Sodom Pond Run, Sept 22, director Tim Noonan
 Leaf Peepers Half-Marathon and 5K, Oct 3, director Sandy Colvin
 First Night, Dec 31, director Rowley Brucken

Annual Meeting: Set for March 28th at John Martin's house, this event will include a 3:00 snowshoe/run/ski and a 5:00 potluck.

A suggestion was made to post the CVR Series Results at all CVR races.

The meeting adjourned at 8:45 pm.

Next Meeting: The next potluck and the Annual Meeting will be at 3:00 pm on Sunday, March 28, 2004, at the home of John Martin.

Results:**Montpelier
First Night 5k****December 31, 2003**

Thank you to all of our sponsors:
Bolton Valley Resort
First in Fitness MassageWorks
Morse Farms
New England Culinary Institute
SportsImage
Sammy's Bagels
Onion River Arts Council
Central Vermont Runners

A big n'loud "Thank You" to all of
the race volunteers (and expert
recruiter Dorothy Canas)!! Greg
Wight Kurt Giavara Patty Giavara
Joe Loga Greg Hennemuth Jane
Lendway Jane Valentine Jim
Sheridan Mary Spicer Amy Gamble
Newton Baker Donna Smyers Claire
Watt Adam Lawrence Samantha
Kolber Carolyn Scribner Ira
Gardner-Morse Tim Noonan Bob
Murphy Casey Johnson Cindy
Gardner-Morse

And a special recognition to the
Montpelier Police Department
(especially Chief Doug Hoyt and
John Martin), the Department of
Public Works (Charlie Pelletier),
and the Pavilion Office Building
staff for assisting with the race
course and headquarters!

Peace in the New Year,
Rowly Brucken
Race Director

Top 3 Men

1. Eric Morse	16:22
2. Sam Davis	17:05
3. Joe Gingras	17:29

Male 19 & Under

7. Aaron Griggs	19:39
9. Cole Ryan	20:02
24. Corey Griggs	22:22
66. Ryan Cross	26:52
87. Charlie O'Reagan	30:19

Male 20-29

3. Joe Gingras	17:29
5. Wilson Skinner	19:03
26. Chip Harris	22:42

Male 30-39

1. Eric Morse	16:22
20. Dave Kissner	21:28
21. Michael Canavan	21:45
25. Jason Town	22:30
36. Bob Stahl	23:25
38. Larry Michaels	23:30
51. Kep Hepburn	24:58
52. Thomas Chadwick	25:00
77. Jake Brown	27:46

Male 40-49

2. Sam Davis	17:05
4. Ronald Shaiko	17:51
6. David Birse	19:38
8. Greg Mantesi	19:55
10. Dan Collison	20:04
12. Donald Singer	20:28
17. Chip Langmaid	20:59
18. Tim Noonan	21:16
19. Mack Gardner-Morse	21:24
22. Dick Millar	21:55
28. Harvey Lavoy	22:46
30. Mike Fraysier	22:56
31. Scott Griggs	23:07
32. Eric Herminghausen	23:15
45. Dennis Casey	24:12
57. Michael Chernick	25:13
59. Joe Loga	25:16
62. Chris Miusic	25:39
65. Kenneth Bunce	26:06
78. Daniel Dooher	27:52
89. Paul Deluca	30:47
103. Ben Judy	36:48

Male 50-59

11. Mike Feulner	20:06
13. John Valentine	20:31
14. John Hackney	20:38
15. George Seivwright	20:42
23. David Vanderlinde	21:57
27. Greg Gerdel	22:42
29. Lowell Vanderlip	22:47
33. Eric Rycia	23:20
37. Bruce Gould	23:26
39. Neal McBain	23:48
46. Glenn Gershaneck	24:19
56. Paul Harrington	25:06
71. Greg Wight	27:00
76. Robert Searles	27:26
79. Tim Maker	27:57
91. George Belcher	30:59
95. B.J. Revoir	32:20
104. David Liben	36:49
105. Frank Connors	36:56

Top 3 Women

1. Sue Hackney	20:49
2. Casey Trumbull	23:22
3. Fiona Harrison	23:22

Female 19 & Under

35. Fiona Harrison	23:22
53. Sasha Gerdel	25:04
86. Mindy Layburne	29:55
88. Gretchen Singer	30:21
100. Carly Lacasse	34:29
101. Katelyn Singer	34:36
102. Becky Dutil	34:37
107. Felicia Fowler	40:31
108. Nicole Frey	40:33

Female 20-29

43. Shelley Morse	24:02
64. Holly Harris	25:56
73. Jessimae Belcher	27:14
106. Sandalynn Robillard	38:34

Female 30-39

48. Betsy Martin	24:28
54. Sandy Colvin	25:05
55. Rebecca Diedrick	25:06
61. Julie Manson	25:37
63. Robin Reed	25:51
67. Kathryn Mathison	26:23
69. Tess Kessler	26:26
81. Anna Nuevo	28:30
83. Nancy Thomas	28:54
92. Stephanie Drew	31:19
109. Debra Towle	41:30
110. Beth Aiken	41:30

Female 40-49

16. Sue Hackney	20:49
34. Casey Trumbull	23:22
40. Lori LaCroix	23:53
42. Andrea McLaughlin	24:01
44. Kathy McArdle	24:04
47. Joyce Judy	24:21
58. Milly Archer	25:14
60. Ann Bushey	25:17
68. Maureen Sievwright	26:25
70. Jill Aspinall	26:40
72. Denise Bean	27:12
74. Cindy Cross	27:19
80. Meredith Liben	28:15
85. Patricia O'Regan	29:48
90. Suzanne Legare	30:59
93. Linda Thuren	31:19
94. Diane Derby	31:26
96. Nancy Fowler	32:35
41. Dot Helling	23:59
50. Linda Halliger	24:53
75. Diane McNamara	27:26
99. Kim Rcvoir	33:33

Male 60+

49. Charles Johnson	24:50
82. Andy Leader	28:35
84. Dick Ferno	29:42
97. Gerow Carlson	32:39
98. Roger Cranse	32:51

CENTRAL VERMONT RUNNERS 2004 RACE SCHEDULE

Contact persons: Dot Helling, Publicity Director, ultradot@adelphia.net
Donna Smyers, President, DoSmyers@cs.com

April 25, 2004, Sunday, 10am, Mutt Strut, Little River State Park, Waterbury, Vermont, 3 mile run for people with dogs on leashes to benefit the Central Vermont Humane Society, Cost \$1.00 per paw or foot. Race Directors: Jamie Shanley and Donna Smyers, DoSmyers@cs.com

June 12, 2004, Saturday, 9am, Capital City Stampede, Montpelier, Vermont. 10K road race, certified course, part of the CVR Onion River Sports Race Series. Cost: \$7.00 preregistration before June 10, \$10.00 post. Registration begins at 7:30am at the Unitarian Church, Montpelier. T-shirts (limited) for \$8.00 additional. Race director: Sam Davis, CMSD1@aol.com

June 26, 2004, Saturday, 8:45am, 30TH Annual Paul Mailman Montpelier Ten-Miler, Montpelier, Vermont. Second longest continuously held road race in Vermont. Flat to rolling out and back; 27% paved, 73% gravel roads. Course is certified and was previously the USATF New England Championships course, Fee \$12.00 preregistration through June 21 includes new t-shirts, thereafter \$15.00. Part of the CVR Onion River Sports Race Series. Race director: Dave Kissner, dkissner@sover.net

July 8, 2004, Thursday, 6pm, Bear Swamp Run, Middlesex, Vermont. 5.7 miles hilly dirt roads, scenic, part of the CVR Onion River Sports Race Series. Race day registration only (5:00-5:45pm), Rumney School, Middlesex, Vermont. Fee \$5.00. For information contact Tim Noonan, 2 Pinewood Road, Montpelier, Vermont 05602, telephone (802) 223-6216.

August 12, 2004, Thursday, 6pm, Berlin Pond Run Around, Berlin, Vermont. 8K loop around Berlin Pond counterclockwise, dirt road flat and hilly, part of the CVR Onion River Sports Race Series. Fee \$5.00, race day registration only starting at 4:30 pm at the Comfort Inn parking lot. Race director: Michael Chernick, chernick@adelphia.net, or telephone (802) 223-0198.

August 26, 2004, Thursday, 6pm, East Montpelier Center Chase Race, East Montpelier, Vermont. (NEW EVENT). Race day registration only (5:00-5:45pm) at Old Meeting House, Center Road, East Montpelier, Vermont. Fee \$5.00. This is a staggered race start based on age and gender. For information contact Tim Noonan, 2 Pinewood Road, Montpelier, Vermont 05602, telephone (802) 223-6216.

September 4, 2004, Saturday, Northfield Savings Bank 5K and Children's 1-Mile Race, Mile Race at 9:30 am and 5K at 10:30 am, Northfield, Vermont. 5K course certified and part of the CVR Onion River Sports Race Series. Start and finish in front of the Northfield Savings Bank at the Green in downtown Northfield, Vermont. Contact Northfield Savings Bank for more information at P.O. Box 347, Northfield, VT 05663-0247, telephone (802) 485-5223.

September 15, 2004, Wednesday, 6pm, Hubbard Park 5K, Montpelier, Vermont. Cross country race, winners based on predicted race times. Race day registration only (5:00-5:45pm) at New Picnic Shelter, Hubbard Park, Montpelier, Vermont. Fee \$5.00. For information contact Tim Noonan, 2 Pinewood Road, Montpelier, Vermont 05602, telephone (802) 223-6216.

September 22, 2004, Wednesday, 6pm, Sodom Pond Run, Adamant, Vermont. 4 mile hilly loop on dirt roads. Winners determined based on age and gender-adjusted results. Race day registration only (5:00-5:45pm) at the white house across from the Adamant Coop in the heart of downtown Adamant Village, Vermont. Fee \$5.00. For information contact Tim Noonan, 2 Pinewood Road, Montpelier, Vermont 05602, telephone (802) 223-6216.

October 3, 2004, Sunday, 11am, 21st Annual LeafPeepers Half Marathon and 5K, Waterbury, Vermont. Paved and dirt roads, rolling, out and back. Part of the CVR Onion River Sports Race Series, USATF certified and RRCA sanctioned. CVR's largest event and fundraiser for the Harwood Union Boosters Club, a co-organizer. Preregistration only. Half marathon limited to 750. Number pickup 9:00-10:30am at Vermont State Office complex, Waterbury. Fee: \$20 for half marathon, \$15 for 5K. Race Director: Sandy Colvin. Contact Darragh Ellerson, teef30@aol.com, or Sandy Colvin, (802) 229-1060, Scolvin@nationallife.com

December 31, 2004, Friday, 3pm, Montpelier First Nite 5K, Montpelier, Vermont. Mostly flat road course with one half-mile uphill section, part of the CVR Onion River Sports Race Series. Registration beginning at 1:15pm in the basement of the Pavilion Building, Montpelier. Fee: \$20 includes First Nite button. Race director: Rowly Brucken, (802)479-0796 or rbrucken@norwich.edu

CVR Annual Meeting

Sunday - March 28

Run, ski, and/or snowshoe at 3 p.m.

Potluck at 5:00

Meeting ~ 5:30

At the home of John and Dot Martin

Directions

1. From I-89 take Exit 6 (S. Barre). Go down the hill approx. 2 miles to the intersection of Route 63 (I-89 access road) and Miller Rd/ Miller Rd Ext. There is a blinking yellow light at this intersection. Take a right on to Miller Rd. Ext. and an immediate left on to West Road. Travel 1.3 miles south on West Rd to Snowbridge Road. Snowbridge is on the left and makes a 160-degree turn, then goes up a very steep hill. Continue 0.3 miles on Snowbridge Rd. Blue Bird Rd is the first and only right turn off Snowbridge Rd.

2. From Route 14 Head south out of Barre. Formula Ford is on the right just past the intersection with Route 63 (I-89 access road). Just past the Formula Ford parking lot on the right is Snowbridge Road. Turn on Snowbridge and travel approx. 2 miles up the hill. Blue Bird Rd is the first and only right turn off Snowbridge Rd.

Blue Bird Rd is a dead end road with three houses. There is a log home on the left and another house across the street. Our house is at the end of the cul de sac down the driveway to the right. The house cannot be seen from the road. There is space for about 6-8 cars in our driveway but people can park at the turn -round at the end of the cul de sac and along Blue Bird Road.

Other Information

Those planning to run from the house will be treated to a downhill run from Blue Bird Rd. to Snowbridge Rd to Formula Ford and then it is back up the hill for a total of about 5 miles.

If there is snow, there are packed trails (kept packed by 20+ deer and 30+ turkeys) right out the back door. This packed trail leads to a VAST trail. Both snowshoe and skiers should turn right at the VAST trail, cross the Falls Bridge Rd and go on the trail system through the Barre City Municipal forest. At the end of March there will be few, if any, snow machines.

John and Dot ask that you please leave your dogs at home.

Help Wanted: Leaf Peepers 2004

Looking for committee members and/or volunteers. Be a part, and have a voice, in the planning and preparation for one of CVR's biggest race events. Find out how at the next CVR meeting, or contact Sandy Colvin at 229-1060, or e-mail SColvin@Nationallife.com

When you join Central Vermont Runners you'll

- ▶ Meet, run with, and socialize with other area runners of all abilities
- ▶ Keep up-to-date on area running races and events
- ▶ Be informed of ride sharing and carpool opportunities to races
- ▶ Receive a regular newsletter containing information on the above, as well as other running news
- ▶ Join a club that's part of the Road Runners Club of America organization. RRCA is invaluable for the following:
 - insuring CVR races
 - publishing a quarterly magazine, *Footnotes*, which is available to all CVR members free of charge
- ▶ Become eligible for discounts at two area sporting goods stores:
 - **Onion River Sports / Shoe Horn** – 10% off running shoes and running apparel
 - **Lenny's Shoes & Apparel** – 10% off running shoes

Central Vermont Runners Membership Application

Please print out and complete the form below:

Name (Please Print) _____

Street _____

City _____ State _____ Zip Code _____

Sex: M F Age _____ Birth Date _____

Phone _____

Email Address _____

Names and birth dates of additional household members of CVR:

1 _____

2 _____

3 _____

4 _____

(Please see reverse for completion of form.)

As a responsibility of club membership, I agree 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 _____
- * May-Oct - Tuesday Fun Runs _____
- * June - Kids Track Meet _____
- * June - Capital City Stampede _____
- * June - Montpelier 10 Miler _____
- * July - Bear Swamp Run _____
- * August - Berlin Pond Run Around _____
- * Aug/Sept - Northfield 5K _____
- * Oct - Leaf Peepers _____
- * Dec - First Night 5K _____

Annual dues are \$10 for individual or family, \$2 for students.
Enclosed are dues for the following years -

2004 2005 2006 2007.

Please make checks payable to **Central Vermont Runners** and mail to:

CVR, c/o: Laura Medalie, 150 Barnes Rd., Montpelier, VT 05602.

EIGHTH ANNUAL

MUTT STRUTT

~A fun 3-mile race for dogs and their owners~
A Central Vermont Runners event
to benefit



Sunday, April 25, 2004, 10 am
Little River State Park

From Waterbury, Rt. 2 West for 1.4 miles, right on Little River Rd., follow signs

Prizes by dog weight and owner age/gender classes

Thanks to the generous support of:

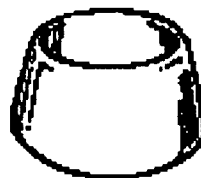
House Mouse Designs

Guy's Farm & Yard

Julio's Tex-Mex Cuisine

K.C.'s Bagel Cafe

Onion River Animal Hospital



Course records: Joe McNamara and Dillon (1998): 16:59

Caitlin Compton and Clover (1999): 19:00

Entry fee: \$6 (\$1 per paw or foot)

Send to: CVR, c/o Donna Smyers, 4 St. Paul St., Montpelier VT 05602. More info: 802-229-4393/2 23-4856

Owner name (please print) _____

Address _____

City _____ State _____ Zip Code _____

Sex: M F Age _____ Birth Date _____ Phone _____

Dog name _____ weight (lbs.) _____ Age _____ Breed _____

ALL DOGS MUST BE LEASHED. ALL ENTRANTS MUST SIGN A WAIVER.

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, contact with dogs and leashes, the effects of the weather, including heat and/or humidity, traffic and the condition of the road and other running surfaces, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone else entitled to act on my behalf, waive and release the Central Vermont Runners, the State of Vermont and all sponsors, their representatives and successors from all claims of liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence and carelessness on the part of the persons named in this waiver.

Signature of entrant

Date

If entrant under 18, parent must sign

Date



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

March 2004

April Races

25th GMAA Kaynor's Sap Run
6.0 miles of muddy, country roads

Sunday April 4 at noon
Rogers Road, Westford

\$5, race day signup only

Info: Chapin or Donna Kaynor
(802)878-6392 or (802)879-2052
saprun@gmaa.net

CVR MUTT STRUT

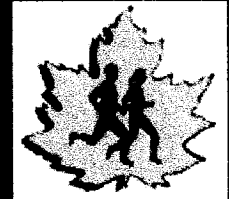
3 mile run for people with dogs on leashes to benefit the
Central Vermont Humane Society

Sunday April 25 at 10am
Little River State Park, Waterbury, Vermont

\$1.00 per paw or foot

Race Directors: Jamie Shanley and Donna Smyers, DoSmyers@cs.com

Application inside



2003 Officers:

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