



# NEWSLETTER

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## President's Message



CVR President Andy Shuford

Summer is a great time to stay connected as there are lots of races, Fun Runs, and the recent summer CVR meeting in Craftsbury!

Fun Runs have been well-attended, particularly now with the U32 runners. We have had over 30 runners the past few weeks. There have been three post-run Julio's gatherings; more are planned. Fun Runs will continue through late October.

There are several CVR/ORO Race Series events left this summer: **NSB 5K** on

August 31, **Genny Tenny 10-Miler** on September 15th and **Sodom Pond 4-Miler** on September 18. Check out the **standings** as of Bear Swamp here!

Not in the Race Series, but a major event just the same is the **2019 Groton Forest Trail Run**. This is the second year of the race, which was well received last year. The race date is Saturday, September 7 and start and finish are at Boulder Beach State Park. Distances are 15 miles and 26.5. It is pretty amazing that CVR is involved with a marathon-distance race! It took almost 40 years for that to happen. CVR now sponsors two trail races: the Barre Heritage 5K and Groton. That is a change from ten years ago when I first joined the club (there were none). The Barre Heritage race on the Millstone trails started in 2010. Of course, trail running has exploded in popularity in the last ten years, particularly in Vermont. Good examples are two relatively new races produced by Leaf Peepers race director Will Robens: Catamount Ultra at the Trapp Family Lodge and Paine Mountain Trail Race in Northfield. Back in 2009 about all there was in Vermont was the Vermont 100, Vermont 50 and maybe the Goshen Gallop.

The Groton course has a good portion of fairly technical single track, so starting with the 15 miler may be a good option if you are new to the event. The course has great reviews so this race should be on your bucket list even if you "only" do the 15. Registrations are limited but there currently is availability. But it closes September 1, so don't delay. And putting on a race like this requires lots of volunteers. If you don't plan to run, then this a great volunteer opportunity with scenery and possible swimming after your shift! Contact Mark Howard if you can help: [howardms@gmail.com](mailto:howardms@gmail.com).

*President's Message continued on Page 2*

**Save the Date: Next CVR Meeting is Monday, November 4th!**

Location and time to be determined.

**Next CVR Races:**

**NSB 5k**

Saturday, August 31, 2019 at 9:30 a.m., Northfield, VT

**Genny Tenny 10-Miler**

Sunday, September 15, 2019 at 10:00 a.m., Craftsbury, VT

**Sodom Pond 4-miler**

Wednesday, September 18, 2019 at 6:00 p.m., Adamant, VT

**Leaf Peepers Half Marathon and 5K**

Sunday, October 6, 2019 at 9:00 a.m., Waterbury, VT

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This newsletter is a publication of Central Vermont Runners (CVR).

CVR is a member of RRCA, the Road Runners Club of America.



*President's Message continued from Page 1*

Finally, our biggest event is Sunday, October 6: **Leaf Peepers Half Marathon and 5K**. This is the final race of the **CVR/ORO Race Series** and a huge event for the club. Lots of changes this year with a return to the old Duxbury River Road course and a new race director Will Robens. Will has a few changes in store for race day, including an earlier start time, a finish in the grass at the horseshoe at the state office complex and more food after the race. John Valentine, Bob Murphy and Donna Smyers have measured the new course which should be similar to the one back in 2010 (pre-Tropical Storm Irene). Pre-registrations for the race have been good and **be aware the price increases on September 1**. If you don't plan to run but can **volunteer**, please do so as we need a lot of help to make the event go smoothly. Particularly with course control so we can return again to the course in 2020. If you can help, contact June Burr at [jaburr@accessvt.com](mailto:jaburr@accessvt.com).

~ Andy

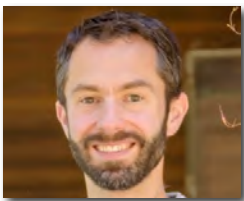
Would you like to submit an article about a race you've run for a future newsletter? Have an idea that you'd like to see included here? If so, let **Maryke Gillis** (Editor-in-Chief) know! Just click on my name and send me an email.



## Membership Notes

By Graham Sherriff

Welcome to **11 new members** who have joined since the last newsletter! **Amy Holibaugh, Tom Thurston, Julia Thurston, Ava Thurston, Hanif Nazerali, Natalie Chapell, Charles Hailey, Gage Kilmer, Scott Widmer, Cara Cascadden, and Samuel Planck**. We hope to see you at some CVR races this year, whether it's running, volunteering, or supporting. Maybe we will see you in the Race Series standings at the end of the year, too.



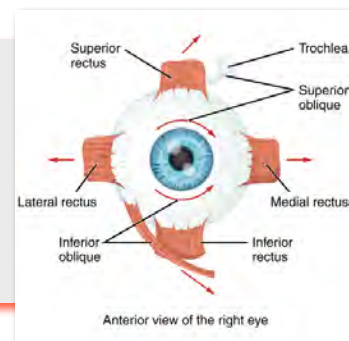
Have a friend that you think would like to join? Send them this link! **JOIN CVR**, here they can sign up online or download a printable form they can mail in.

~Graham

## Did you know...

### Your most active muscles are in your eye?

<https://www.did-you-knows.com/did-you-know-facts/human-body.php?page=2>



## First Annual Elfin Lake 5K Sunday, 26 May 2019

Submitted by Bob Murphy



Elfin Lake  
Wallingford Vermont

I had never heard of Elfin Lake in Wallingford (VT) before seeing a race announcement with that name. Good reason why I (and probably you) never heard of it before. It is TINY. Nice lake, but quite a small one. Prior to the rehabilitation of Vermont impoundments in the late 1900's, when "ponds" got upgraded to "lakes" (think Groton Pond to Lake Groton), it was probably known as Elfin Pond, or maybe simply Mud Pond. Still, it is quite a nice little body of water.

So now you know that the term "Great" was meant to apply to the race, not the "Lake". This was the first running of this event, and despite going head

to head with the Vermont City Marathon and Relay, it managed to attract a decent number of runners and walkers. The course was an interesting, circuitous one, comprising grass, paved and unpaved roads, and gravel trails. It was much more challenging than I had expected.

The start/finish used timing pads that you had to kind of leap over, as they were on grass, not firmly bound to the ground, and were essentially a trip hazard of sorts. It was an interesting start to a race that very quickly went from a grass recreation field, across a bridge, down a short section of unpaved road, and then turned abruptly onto a challenging uphill gravel trail (race information made it clear that "This course is not suitable for strollers"). Gasping to the top, the participants then headed downhill a fair way to the lake, turned, and went back up the same trail, down again to the bottom and continued on the road. The course was generally flat except for this and a couple other relatively steep trail sections, so provided all the challenge that most might expect in a 5k race.

I had been chatting with another old guy by the name of Fred Potter prior to the start of the race. He asked my expected pace, and I told him (foolishly, it turned out) that my goal was under 29 minutes. He said that sounded like a goal he could share. Neither of us came close to that. I was able to struggle in in 30:24. I did ok because the field was pretty small; 17<sup>th</sup> overall. I think Fred and I were the only males in the 70-79 age group, but because the results didn't discriminate between walkers and runners, it was not possible to say for sure that the other two 70+ers were runners or walkers.

The timing was done by 802 Sports Timing. Results were continuously updated and displayed on a large screen, easily readable (even by me, without a need for my reading glasses!). There were a total of 105 finishers on a beautiful day. The event was well organized, and despite the confusing nature of the course map, no one took a wrong turn as far as I know. I expect that there will be a 2<sup>nd</sup> annual, and if you are looking for a challenging 5k on trails and roads with little to no traffic, this one may be in your future!



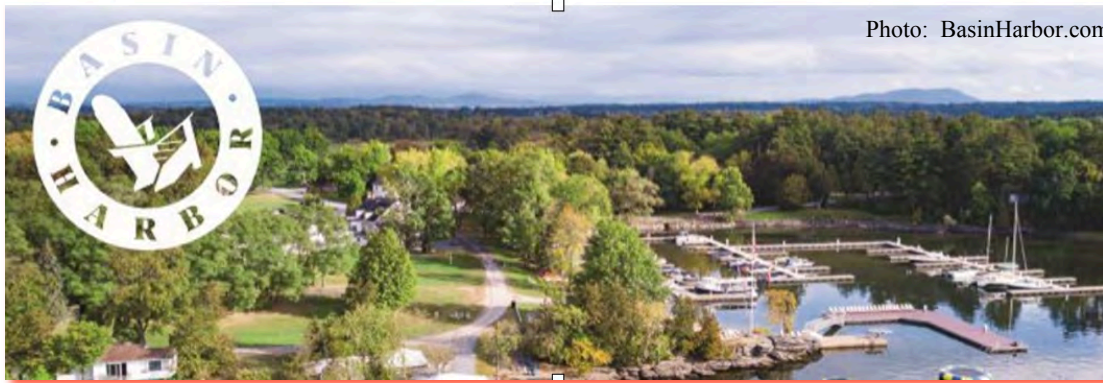
Photos courtesy of Bob Murphy



## Redemption at Basin Harbor?

Submitted by Bob Murphy

On Saturday, 22 June, I traveled to Basin Harbor for their 18th annual road race. Both a 5k and 10k options were available. I selected the 10k, as I was eager to redeem myself from what I had sensed was a less-than-stellar performance at the Capital City Stampede two weeks prior. On a perfect day and a great course, I succeeded in beating my previous time by nearly three minutes, completing the course in 58:09. I was very pleased with my performance... until, that is, I got home and noted that the distance recorded on my GPS watch was 5.99 miles, a bit less than 6.2. Another thing I noted was that my pace per mile was EXACTLY THE SAME as my pace per mile at Montpelier! So much for redemption. Alas...



However, I want to report to you that, despite the shortness of the course, it was one of the finest courses I have yet to encounter. The area, of course, is beautiful, right on Lake Champlain, so it has a lot going for it already. The race course, however, is mainly along the Basin Harbor Club golf course, consisting of some paved paths, and eventually leading to winding unpaved paths through nearby woods (nice and shady). Although there were a few mild “hills” (really, just bumps) on the course, it was essentially very flat and fast. I can’t think of a single course in my 40+ years of running that I enjoyed more. I recommend it!

Curiously, with 18 years of history and a wonderful course, the attendance was pretty dismal. There were only 74 runners in the 5k and about 47 in the 10k. With 5-year age groups, there were few attendees who didn’t either get an award or at least walked away with a drawn prize. I didn’t meet many folks that I knew there, but did note the presence of fellow Barre-ites Rebecca Somaini, Joanne Mugford, Carter Somaini and Cara Cascadden, and almost-Barre-ite Cindy Barr of West Berlin (why wasn’t I carpooling?), as well as an old friend from north of the border, Hugh Wilson. One very remarkable performance of the day was the overall winner of the 10k – Tammy King, a 48-year old woman from Greencastle, Indiana, who blew away the rest of the field with a 33:05 performance! In second place was Charlie Enscoe of Burlington, a 30-year old who was almost 3 minutes behind in 35:56. A terrific day in a beautiful location. Maybe I can arrange a convoy for next year’s event.

## RESULTS

### 2019 Elmore Practice Triathlon Series!

Click on this link for the [2019 Elmore Triathlon Series Results](#).

## **CVRunners Women's Team Dominates on Mount Washington setting New 60+ Women's Record!**

Saturday, June 15, 2019, was a banner day for the CVRunners Team consisting of Donna Smyers, Dot Helling and Ann Bushey at the 59th Northeast Delta Dental Mount Washington Road Race. This race, which attracts runners from all over the globe, is 7.6 miles **up** the Auto Road with an average grade of 12%.

### **FEMALE 60+ TEAM = 1st PLACE + SETS NEW RECORD!**

1:40:21      2:00:13      2:05:55 = 5:46:29  
Donna Smyers, Dot Helling, Ann Bushey

As a team they crushed the 60+ category record with a winning combined time of 5:46:29. The previous record set in 2018 was 6:19:14. The second place team combined time this year was 6:28:09.

Additionally, the team placed in the top 10 in three other categories:

- \*Female Seniors Team = 3rd Out of 15
- \*Female Masters Team = 7th Out of 28
- \*Female Open Team = 10th Out of 39

Individually they also rocked the podium! Donna Smyers placed first in the women's 60-64 age group and Ann Bushey placed 7th, while Dot Helling finished in second place in the 65-69 category. Both Donna (2nd) and Dot (7th) were in the top 10 Female Age-graded Masters Performances. WELL DONE!

Editors Note: This year, CVR member Mike Gillis completed his 36th consecutive run up Mt. Washington... I've heard its a "mental thing". If you would like to learn more about this event. [Click here!](#)



Dot Helling, Ann Bushey and Donna Smyers are all smiles after their team victory on Mt. Washington.  
Photo: Chris Andresen

### **In Case You Missed It...CVR Members at the Races**

**Tom Thurston** and daughter **Ava** made the trip to Maine to run in the Beach to Beacon 10K. Tom won his age group in 37:46, Ava was 4th in her division in 40:25. **Nick Persampieri** was also in Tom's division and finished 7th in 40:51. Impressive placings as this is a race with 6,000 runners.

CVR members excelled at this past Sunday's Vermont Sun Triathlon. In the Sprint distance, was **Meredith Naughton** 4th female overall, and **Marian Wolz** 1st in her AG. In the Olympic distance, **Dot Martin** was 4th female overall and **John Martin** won his AG.

And **Manny Sainz** ran the Marathon by the Sea in St. John, New Brunswick on Sunday, August 12th. 2nd in AG with 4:13:46.

**Results: 1st Annual Adamant 1/2 Marathon and Relay**

2019 CVR/Onion River Outdoors Race Series  
Adamant, VT 5/11/2019

**Full Results Here!**

Overall Female Winner:  
*Maria Smith-Lopez 1:37:15*

Overall Male Winner:  
*Neal Graves 1:24:21*

There were 53 racers for the first running of this event.

**Results: Barre Town Spring Run 5K**

2019 CVR/Onion River Outdoors Race Series  
Barre Town, VT 5/18/2019

**Check out the results here!**

Overall Female Winner  
*Kelly Hadjaris 22:36*

Overall Male Winner  
*Frank McLaughlin 20:58*

95 Runners turned out in Barre Town.

**Results: Capital City Stampede 10K**

2019 CVR/Onion River Outdoors Race Series  
Montpelier, VT 6/8/2019

Overall Female Winner: *Jess Marino 41:20*

Overall Male Winner: *Alexander Jinks 34:17*  
*(Crossing the finish line!)*

**Complete results of all 87 finishers.**



Photo: Casarah Acosta

**Results: Montpelier Mile**

2019 CVR/Onion River Outdoors Race Series  
Montpelier, VT 7/3/2019

**Check out the results of all 252 runners here!**

Overall Female Winner  
*Ali Dunn 5:22.3*

Overall Male Winner  
*Cullin Burdett 4:21.9*

**Results: Bear Swamp Run (5.7 Miles)**

2019 CVR/Onion River Outdoors Race Series  
Middlesex, VT 7/13/2019

**45 runners ran. Check out the results here!**

Overall Female Winner  
*Torey Olsen 40:39*

Overall Male Winner  
*George Aiken 34:41*

## Results: Barre Heritage Festival 5K Trail Race

2019 CVR/Onion River Outdoors Race Series  
Barre Town Forest Websterville, VT 7/27/2019

**Check out the results here!**



Overall Female Winner  
*Brittany Telke 24:32*

Overall Male Winner  
*David Poulin 21:23*

69 runners turned out for this race presented by CVRunners and the Rehab Gym. This year's winners received these awesome granite awards!

## Results: Berlin Pond 5-Miler

2019 CVR/Onion River Outdoors Race Series  
Berlin, VT 8/15/2019



**Check out the results of the 70 runners here!**

Overall Female Winner  
*Sara Graves 34:57*

Overall Male Winner  
*Neal Graves 27:56*

## Upcoming Races and Events

Check your email weekly for location details

- >August 25, **Race to the Top of Vermont**, 9am run, 10am bike, Stowe
- \*\*August 31, **NSB 5K and 1 Mile**, 9:30am 5K, 10:30am mile, Northfield
- >August 31, **Elmore 5K**, 9am, start at Elmore Town Garage, (free to first 60 Lamoille County, Hardwick and Craftsbury residents)
- >September 1, **Archie Post 5 Miler**, 8am, South Burlington
- >September 7, **Groton Forest Trail Run**, 26.5 and 15 mile, 7am/9am, Boulder Beach State Park
- >September 8, **Pine Street Mile**, Burlington, 9:30am
- >September 14 and 15, **24 Hours of NEK**, East Charleston, 6/12/24 hour individual and relay
- >September 15, **LL. Bean Flannel 5K**, Burlington, 9am, Leddy Park to Battery Park

\*\*September 15, **Genny Tenny 10 Miler**, Craftsbury, 10am

\*\*September 18 (Wed.), **Sodom Pond 4 Miler**, Adamant, 6pm

-->September 22, **Harpoon Flannel 5K**, Windsor, 10am

-->September 22, **Island Vines 10K**, South Hero, 10am

\*\*October 6, **Leaf Peepers Half Marathon and 5K**, 9:00am, Waterbury

-->October 19, **Trapp Mountain Marathon**, and half, Trapp Family Lodge

-->October 27, **Black River Beatdown**, 15k, 30k, 45k, Craftsbury

-->November 2, 9, 16 **Fallen Leaves 5K Series** Montpelier High School 9:00am

\* = **2019 CVR/ORO Race Series** (includes full list of races that qualify)

It's a good idea to check the race information on the race website as dates and times can change!

## Groton Trails Work Day

From Mark Howard: There is a trail work day scheduled for August 25th (Sunday) in Groton State Forest, with the objective of opening a new trail connecting to the Devils Hill trail in Peacham. We will meet at 9 AM at the junction of Peacham Bog and Coldwater Brook road, locally known as the Gravel Pit road. Email **Mark** if interested.



## Minutes of 5/13/2019 CVRrunners Annual Club Meeting

By Donna Smyers (Acting Secretary for this meeting).

Meeting at Donna Smyers and Eric Ryea's House.  
Present: Chris Andresen, Jeff Prescott, Bob Murphy, Jackie Jancaitis, Mack & Cindy Gardner-Morse, Eric Ryea, Dot Helling, Manny Sainz, Andy Shuford and Donna Smyers

With only 11 members present, it was decided that we could not approve the previous (March) meetings' minutes. A quorum was determined to be 13 (5% of membership), so we passed this to the next meeting.

**Treasurers report:** John Valentine reported the amount of the treasury as of March 31 since that is the consistent information year to year. Money has started to come in from races, especially the Groton Trail Race, but expenses have not yet been incurred, so changes to the checking account at this time do not reflect real change.

**Equipment:** Manny: We need more race bibs. Andy will check w/ORO to see if they will pay for their bibs, Manny will order CVR bibs, need more pins by the Capital City Stampede.

Manny and John Hackney are working on getting equipment on website—The current version is tested and it works. List includes inventory, price and history.

*Shed:* One key broke so Manny has 2 and Tim does not have one. CVR is loaning equipment for St. Monica's trail 5K June 1, CVH for June 15.

**Membership:** Graham Sherrif sent a report that membership does continue to increase but quite a few people did not renew from last year. 258 current members, 61 non-renewals.

Discussion-do we want more members? How do we sell it? Do we get a discount at ORO?

What are the benefits? Encouraged everyone to talk to people and spread the word. Personal invitation seems to work best.

It was suggested to give membership applications to Darragh to have w/clipboard at Fun Run.

**Fun Runs:** Green Up of the Fun Run course with 6 people in miserable weather, Fun Run started had about 14 at first run.

**Race Series:** Allocation of ORO gift cards: Last year \$750.

Proposed to approximate last year but some changes: 10 Miler: \$150, Adamant: \$100, Barre Town: \$100, Capital



Enthusiastic runners at Monday's run before the cookout/August meeting in Craftsbury  
(photo from Darrel Lasell)



City: \$250, Berlin Pond: \$200, NYE: \$200. Passed unanimously.

Club shirts discussion deferred.

**Next Meeting and Summer Picnic:** Craftsbury Summer Outing August 12 at Jim and Barb Flint's house on Monday night. Running and food and meeting.

**Races:**

*Adamant Half Marathon:* Went well w/65 people. Was able to donate \$900 to ACAC, \$230 to CVR.

*Mutt Strutt* lousy weather, but went well \$300 donation to VT-CAN and \$88 to CVR.

*Capital City Stampede*-on track so far.

*Barre Heritage 5K Trail Race* on 7/27: new date on Saturday, 5K single track, custom granite awards donated by John Pelkey. Ideas for promotion are welcome.

*Berlin Pond* has permit given in March w/others. Jeff will be retiring as RD, Bob and Sue Emmons will be co-RD's.

*Barre Town Spring Run*—Phil not present, but reported doing well, could use volunteers.

*Kids Track Meet:* was 1<sup>st</sup> Friday in June, but moved back for GOTR. But then school would not give permit due to ultimate frisbee, School will charge per hour use of track and could not offer any good dates. So it was cancelled this year. Very sad after 23 years. Cindy recommends

going to school board, Dot and Sandy may look into U-32. September is earliest they will commit to a date next year. Will aim for similar timing, but 2<sup>nd</sup> Friday in June.

*Leaf Peepers:* Will Robens. Site is up and improving. Planning is going OK. CVR and Ironwood have a table at VCM expo. Looking for volunteers to man (person?) the booth when Will can't be there.

*Montpelier Mile:* One meeting with timers and ORO and CVR. Most is up to ORO. John Marsden of Speed River Timing will be doing chip timing again, so less need for CVR involvement.

Andy asked about Boston qualifier volunteers, Some clubs get Boston spots for volunteering. The thought was that we probably don't have enough people to get spots.



**Don't Forget... CVRunners Fun Runs**

Tuesdays at 5:30 p.m. through October

Location: Montpelier Rec Path behind the VT Dept. of Labor on

Green Mountain Drive



Newsletter Editor  
Maryke Gillis  
86 Notch Road  
Middlesex, VT 05602

CVR Newsletter

August 2019

Volume 40 Issue 4

## Central Vermont Runners

Central Vermont Runners (CVR) is a non-profit corporation founded in 1980 to serve the needs of runners in the Central Vermont area. We welcome runners of all ages and abilities from beginners to serious racers. We organize over fifteen races and events throughout the year, including the Leaf Peepers Half Marathon, the Kids' Track Meet, and the New Year's Eve 5K.

CVR has donated money to local high school cross country programs for many years. We also contribute to the Girls on the Run programs and the Special Olympics. The popular Fallen Leaves 5K three race series in November contributes several hundred dollars to the Vermont Food Bank each year.

Club meetings are held four times during the year, and the CVR Newsletter is published several times each year presenting running related stories of interest to members, race results, and information about upcoming events.



### *Elected Officers:*

President: Andy Shuford

Vice-President: Manny Sainz

Secretary: Sandy Colvin

Treasurer: John Valentine

### Executive Committee Members-at-Large:

Sal Acosta & Darragh Ellerson

### *Appointed Positions:*

CVR Race Series Standings: Jim Flint

CVR Clothing: Richarda Ericson

Email List Coordinator: Greg Wight

Equipment Coordinator: Manny Sainz

Fun Runs: Darragh Ellerson

Grant Coordinator: Ann Bushey

Membership Coordinator: Graham Sherriff

Newsletter Editor: Maryke Gillis

Publicity/Facebook: Dylan Broderick/Manny Sainz

Volunteer Coordinator: Pam Eaton

Volunteer/Awards Dinner: John Martin

Volunteer Record Keeping: Dot Helling

Webmaster: John Hackney