



Celebrating 40 years!

NEWSLETTER

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President's Message



CVR President Andy Shuford

We made it to 2020 and now we are starting a new decade! (Actually not, we need to wait another year). At least we can say that Central Vermont Runners will be 40-years old this year. The club's official birthday is March 17, 1980.

To kick off our 40th birthday year, we have the Volunteer Appreciation and Awards dinner coming up on Thursday, January 23. Awards for the 2019 CVR/

Onion River Outdoors Race Series and other special awards will be presented by Master Emcee Jeff Prescott. Race series age group winners will get Onion River Outdoors (ORO) gift cards in the amount of \$40 (see a theme here?). ORO graciously agreed to bump up the usual \$25 gift cards that the club buys to \$40. Note they are also providing \$750 worth of gift cards in the 2020 CVR/ORO Race Series. This year is the 20th birthday of the Race Series, so this will be the 21st Annual Race Series. This series has already started with the New Year's Eve 5K. Next race up is Kaynor's Sap Run on March 22.

Also, on March 22 is the CVR Annual Meeting. The business meeting will start at 4:30 p.m. and conclude around 6 p.m. for potluck and pizza. Still working on the venue but hope you will attend. We try to keep the business portion at a reasonable hour and a half. It goes fast because no one eats until the meeting is done! The Annual Meeting is important as it is where we set the budget, make donations and elect officers.

A lot of winter left and lots of Winter Long Runs left. Those will continue until April 18th, and then the following weekend is the Paul Mailman 10-Miler. Hope to see you at a Winter Long Run soon. Those who make ten runs get a gold star! I am working on mine...

~ Andy

Volunteer Appreciation & Awards Dinner

THURSDAY, JANUARY 23rd
At the Steak House on the Barre-Montpelier Road. Social Hour (cash bar) 5:45 followed by dinner at 6:30 p.m.

CVR Annual Meeting

SUNDAY, MARCH 22nd at 4:30 p.m. Location TBD (soon).

Kaynor's Sap Run is Next! CVR/ORO Race Series Event

Sunday, March 22nd at 11:00 a.m. Westford, 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.



Membership Notes

By Graham Sherriff

Since the last newsletter, 15 new members have joined CVR. Welcome to the club!

Ursula Charlton, Jay Cipolla, Johanna de Graffenreid, Nancy Dorn, Jessie Estes, Shawna Christian, Nick Ponzio, Colin Whitehouse, Tom Mowatt, Joy Kogut, Sherry Ferno, Stan Brinkerhoff, Hannah Wolf, Frederick Rountree, and Ricky McLain.



And thank you to everyone who has renewed their membership for the new year. There will be plenty of reminders about renewing your membership in March-April. (The membership year runs April 1-March 30.) But the start of the new calendar year (and lunar year) is also a great time for renewal and getting things in order for the spring. You can renew any time at <https://cvrunners.org/> (“JOIN CVR”), where you can renew online or download a printable form that you can mail in.

CVR membership has many benefits. It supports the club and its races, of course. It also confers eligibility for the CVR/ORO Race Series. It helps the club to support youth running clubs, school running teams, and youth running events in central Vermont.

And it can save you money! Use your CVR membership card and enjoy these discounts:

- Lenny’s Shoes & Apparel (Barre, Williston) - 10% off running shoes.
- Ski Rack (Burlington) - 15% off running shoes and running apparel.
- Mountain Valley Lotus Massage Therapy (Waterbury) — 15% off massages.

Happy trails!

A Taste of CVR in California

Submitted by Jeff Prescott

Andy Shuford and I were in California over the winter holidays. One night, we were waiting for a table at Bettina in Santa Barbara. While we were waiting, we strolled around the area. On our stroll, we noted Rori’s Artisanal Creamery and decided to return there after dinner. Dinner was awesome: Neapolitan-style pizza. And we enjoyed

Gnatcatchers from Night Lizard Brewing Company. (The beer was better than it sounds. No evidence of insects, birds or reptiles.)

Rori’s had a number of unusual flavors. Andy and I both selected the fourth flavor in the right-hand column on the menu. (See below.) I expected this



flavor to taste like piss and vinegar. But it was coco-nutty with Belgian chocolate pieces. Who knew? I recommend it the next time you are in Santa Barbara.

40 Years of CVR!

Submitted by Andy Shuford

Central Vermont Runners began as an official entity March 17, 1980, as noted in our “Constitution and By-Laws”. The first newsletter was produced in May 1980 by CVR’s first president, Bob Murphy. You can view the newsletter on the CVR website on the Newsletter page. Back then, the newsletter was mostly a way to get the word out about races. Newsletters were published seven or eight times a year. The next month’s newsletter (June 1980) had a list of all CVR members and I counted 62. A few on the list are still members today: Bob Murphy, Darragh Ellerson, Pat DeBlasio, Shawn Bryan and Newton Baker.



In the first newsletter, Bob noted that our first official club function will be Green-Up Day on May 3, 1980. When we have Green-Up this year (probably Thursday, April 30), we can celebrate 40 years of greening up the Fun Run course.



Looking back at our newsletters in 1999 and 2000, I don’t see any mention of a celebration for 20 years, but I did notice that 2000 was the first year of the CVR/Onion River Sports Race Series. So, this year will mark 20 years of the series! Year one of the series had five races: Capital City Stampede, Paul Mailman Montpelier 10-Miler, Bear Swamp Run, Berlin Pond Run and First Night Run (now New Year’s Eve 5K).

We should make 2020 a year of celebrating our 40th birthday! For instance, the upcoming Annual Meeting on Sunday, March 22 will be just after our official birthday, so we will turn the Annual Meeting into a birthday party! There will be a cake, and maybe even 40 candles.

There will be other milestones, but not with races as some of them pre-date the club (all older than 40: Bear Swamp, Capital City Stampede (f/k/a Howard Bank 10K) and Paul Mailman 10 Miler (f/k/a Montpelier 10 miler). On May 5, the first official Fun Run of 2020, we can celebrate 40 years of Fun Runs (although they pre-date the club too).

I am open to ideas for other ways to celebrate our 40th. For example, someone mentioned a 40-mile relay. We have few open weekends this summer and maybe we can have a special event. Let me know if you would like to help organize something.

Quest for 100 Races!

Submitted by Darrell Lasell

First, let me say that if I don't get outside and do some rigorous activity every day, I get "cranky" (others may have a different word for it). I also have 3 huskies that also need daily activities such as running, which require me to stay fit.

Last year at the CVR awards banquet, I was asked how many races I had run in 2018? I guessed around 80, but that included some runs that weren't really races. So... for 2019 I set the goal of running 100 actual races. I prefer trail or mountain races vs. flat road races. But there aren't enough of those in the area to meet my goal. So I set the secondary goal for 50% of them to be trail or mountain races. *Note: This would not be possible without the help and support of my wife Cheryl.*

We also joined the VT251: The Race Less Traveled Facebook group **VT 251** with a goal of eventually running a race in each of VT's 251 towns (its free). A gentleman named Dave DeVarney keeps track of all the races in VT and each week tallies up the stats to show how many towns you have raced in. (currently Cheryl is at the top of the VT251 leader board)

I started the year off with the Winter Wild series races by **Team AMP**. A series of eight races up and back down different ski areas in VT and NH. Most of them start at 7 a.m. and some of them require a 4 a.m. drive to meet our carpool. There are several different disciplines, I choose running shoes with micro-spikes. You slip and claw your way up to the top and then barrel back down the mountain with little fear of getting hurt in the soft snow. The race director and fellow mountain runners make the races really fun for the whole family. We usually get together after the race for a "jump shot photo".



I also did eight snowshoe races, including one that went half way up Mt Washington. Our Dion snowshoes make these runs much easier than most snowshoes. I also run in two different mountain running series. The USATF New England Mountain Circuit and the **Northeast Uphill Mountain Series**. Each of these series can earn you a lottery bypass to the much sought after Mt. Washington Road race in mid-June.

I often get asked if I have a "must do race"? I guess it is my first ever mountain race in Stowe, Race To The Top Of VT (A run up the toll road of Mount Mansfield). I try to run the whole thing, but have learned that it can be faster to walk the steep parts!

One of the most fun races I have done is the Gunstock Ascension where you run to the top of Gunstock Ski Mountain, in June, and take the chairlift back down as many times as you can in 3 hours. You get to cheer or heckle your running buddies as you ride back down. One of the most challenging is the Mansfield Double UP, where you run up and back down Mt Mansfield twice. It has beautiful views and I took nearly 50 photos along the way. Lastly, one of the most rewarding was the Groton Trail Marathon. It had three mountain summits, three beautiful lakes, was very well supported, great food and some of the more challenging trails to run on - But I finished it, and look forward to beating my pace next time.

Throughout the summer, I ran as many of the trail or mountain races as I could and filled in the holes with road races. I



ran three races in one day in April (a hilly 5k, a muddy 10k mountain, and a 5k bike path with each race getting a little slower), and I ran five turkey trot races on Thanksgiving weekend. I ran the Vermont City Marathon and the Groton Trail race as full marathons. I did four half marathons, and 24 more races at 10k or higher.

Some days I was dead tired, others I did well. The day after the 6.5 hour Groton trail marathon, I ran an 11k road race at the air base in Colchester. I finished 1st in AG and set a PR (go figure?).

I had several minor injuries like plantar fasciitis, shin splints and an inflammation in my lower abs, which caused me to adjust my schedule often. But at the beginning of October I was on schedule with 75 races. And then in November, I developed knee issues, this caused me to take it easy for the remainder of the year (easy means no more long or hard races for the rest of the year). My notes showed that I was getting near the 500 mark for miles raced. I had hoped that I could hit the 500 mark, but the bad knee caused me to stick to the shorter races and I only got 493 miles. I only got 47 of my 50% trail races. But I made the CVR New Years Eve 5k

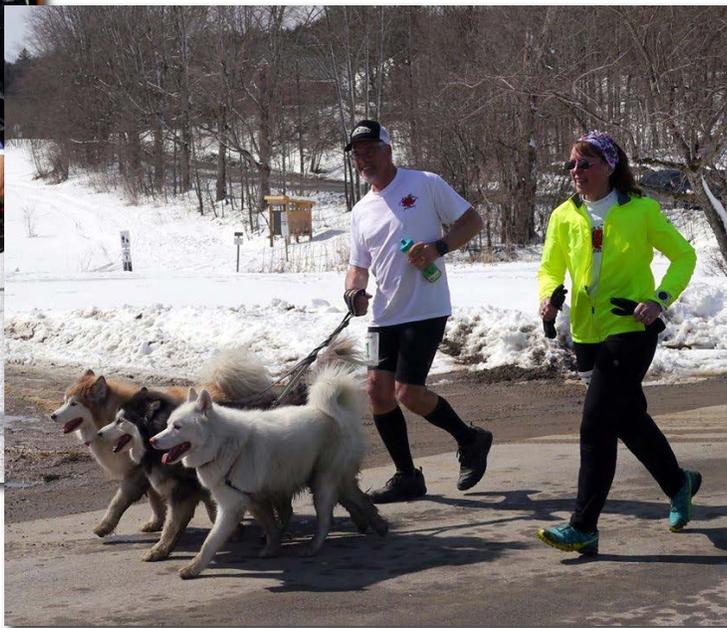
my 100th race. A bunch of fellow runners helped me to celebrate.

I had lots of support from local running groups like the Saturday CVR Winter long runs, UVRC Tuesday Night Track, Wednesday night Runderachievers, Friday night 802 Trail Runners, Random Runners, VT251 group, the Rehab Gym and most of all, my wife Cheryl who raced about 71 of these with me and volunteered at many more. That is quite a feat for someone in their second year of running.

I am not very fast but I am real stubborn. I have a motto that I often shout out in the tough section of a trail race, "If you're not having fun, You're doing it wrong!"



Photos provided by Darrell Lasell
 Darrell, the dogs and his awesome wife
 getting it done!
 CONGRATULATIONS TO YOU!



100 Years with the Right to Vote and <50 years with the Right to Run?

Submitted by Donna Smyers



Welcome to the centennial year since women won the right to vote
in the United States!

I got involved with the **Vermont Suffrage Centennial Alliance** (VSCA) with the goal of putting on a 5K to commemorate 100 years of women voting. Then I thought, hey, that's about twice as long as women have been allowed to run in marathons and 5K's! We are only at 48 years since Title IX passed, so not quite a half century. It turns out that 1972 was also the first year women were officially allowed into the Boston and New York Marathons. The more I learn about the fight to vote and to run, the more I am impressed with how some dedicated people got out there and made a difference. Just 2 generations later, in many races women now outnumber the men!

VSCA is promoting a year long effort to commemorate and educate about ratification of the 19th Amendment, which allowed women to vote in US elections. **The Suffrage Scramble 5K** put on by CVR, August 15, on the Leafpeepers 5K course will be a fun event. Suffragists and Suffragents can choose to compete in the period costume contest during the event or run the race in the Votes for Women T-Shirts! Stay tuned for voter minded events surrounding the race. I am hoping to attract walkers and many "not the usual runners" to participate, but of course you're all invited to **sign up today!** I'm also hoping that I can talk many of you into "**taking the pledge**" to register and exercise your right to vote and be informed on the issues.

If you want to learn more about the history and unfinished business of the 19th Amendment, check out the **VSCA** website. The next event is a **Farmers Night on Feb 5**, Honoring the 19th Amendment through Word and Song. The big VSCA event will be a parade through Montpelier and "Suffrage Fest" on the statehouse lawn on August 22, 2020. Let the celebration begin!

Have you had a race experience you would like to share with the CVR Club? How about a "Rave Run"?

If so, let **Maryke Gillis** (Editor-in-Chief) know! Just click on my name and send me an email.



Let's Hear it for CVR Member Murdock!

Eric Morse and his four-legged running companion Murdock are proud to report that Murdock is the 6th Annual Run With CARE 5K Face of the Race! Eric Reports the following: Murdock and I have been racing together for years and have won the Mutt Strut 9 times. He's the face of a race this year in New Bedford, MA. He'll also be on the t-shirts this year. It's a big human/dog race, annually over 400 runners. We're BOTH CVR members too!



APR
18

6th Annual Run With CARE 5K

Public · Hosted by CARE, Southcoast

Details

Our 6th Annual Run With CARE 5K, Run or walk with or without a dog...even a cat..Details will follow.It was quite a year for Murdock with many ups and downs. From winning 11 of 12 races in the K9 divisions to ACL surgery. Going to a Mets game in NYC and a bloody encounter with a woodchuck. Running 2142 miles despite missing 3 months to recover. Murdock has come to each race and won 4 of the so far, and did I mention he travels down from Vermont, we are honoring him this year as the face of our 5K

Results: Fallen Leaves 5K Race Series

Montpelier, VT 11/2, 9, 16/2019

Race #1 results for all 87 finishers here!

Overall Female Winner: *Richarda Ericson, 20:08*

Overall Male Winner: *Ian McCallum, 15:52*

Race #2 Results

Overall Female Winner: *Dylan Broderick, 20:36*

Overall Male Winner: *Alex Jinks, 17:07*

(47 finishers)

Race #3 Results

Overall Female Winner: *Richarda Ericson, 20:59*

Overall Male Winner: *George Aitken, 17:58*

(44 finishers)

CVR/ORO Race Series Final Standings!

The final standings are [here](#).

Congratulations to all the age group winners!

Also, a huge THANK YOU to Onion River Outdoors (ORO) for their continued support of Central Vermont Runners and the Race Series.

Be sure to thank ORO the next time you're in their shop!



Results: New Year's Eve 5K

2020 CVR/Onion River Outdoors Race Series

Montpelier, VT 12/31/2019

Overall 5K Female Winner: *Kasey Enman 19:10*

Overall 5K Male Winner: *Leo Cioffi 18:26* (Patrick Cioffi was hot on heels at 18:32!)

[Click here for complete results!](#)



CVR Winter Long Runs are a great way to get out and enjoy all that Vermont winters have to offer!

Group Runs you might want to join:

Winter Long Runs contact **Jeff Prescott** if you're interested!

Tuesdays and Thursdays at 5 a.m. Plainfield/EMES/Adamant. Contact **Mark Howard**.

Wednesdays at 5:30 p.m. The **Runderachievers** run from Good Measure Brewing in Northfield

Fridays at 6:30 p.m.: **Susannah Gravel** hosts a trail run from her house in Randolph on the Green Mountain Stock Farms trails. FB info: **802 Trail Running**

Upcoming Races and Events

Check your email weekly for location details:

→January 26, 2020

Boston Prep 16 Miler and 5 miler, Derry NH

**March 22

Kaynor's Sap Run, Westford, 11am

Winter Wild Series:

-January 25, 2020: Cranmore Mountain, NH

-February 8, 2020: Pats Peak, NH

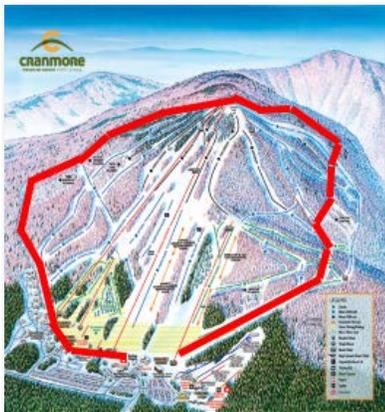
-March 7, 2020: Ascutney VT

-March 14, 2020: Whaleback Mtn, NH

-March 22, 2020: Waterville Valley, NH

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

** Part of the CVR/ORO Race Series 2020



Winter Wild Series Events: Left to Right

Cranmore Mountain Course, Pats Peak Course and Mt. Ascutney Course (night event)

Minutes of 11/4/2019 CVRunners August Meeting

Meeting began at 6:35 pm. 20 +/- members in attendance.

Andy handed out cards from the Girls on the Run participants thanking CVR for our contribution to their organization.

August meeting minutes approved.

Treasurers Report: John wasn't in attendance but reported to Andy the treasury is good, still working on final report for Leaf Peepers, but overall club treasury is in good standing.

Membership Report: Graham reported #'s are up, year over year, which is good. He discussed a proposal for a new reporting system. An online database to manage our membership data. Changing how we do it today, and using something new would improve reporting, mailings, ongoing data management. Ability for multiple users/editors. Also, the ability for a member to update their own information, for example, and address change or contact information. He and John Hackney have been working on creating a new system and are open to ideas and suggestions on what we need and want from our membership data.

Annual Dinner: Thursday, January 23rd is the save the date! Most likely will be the same location, The Steak House.

Spirit of the Club Committee: Bob Murphy, John Hackney and Greg Wight all volunteered to begin the search for the recipient of the spirit of the club.

Looking for Race Directors:

Mutt Strut: Manny Sainz volunteered to assist Cindy Gardner Morse. Barre Town – Jacque Jancaitis volunteered to assist the race director. She noted the contacts with the school and other organizations were key to success of the race.

Fallen Leaves: Tim would like to direct only one of the three races next year. New Race director needed for the other two.

Capital City Stampede: Shannon and Colin Clifford will continue as Race Directors, however, they are expecting their second child shortly before the race, so they would like a volunteer to be a hands-on assistant. Shannon won't be able to go to the race so someone who could do more of the race day help

while Shannon continues to assist with more of the planning.

Race Applications: Names

Members discussed past situations in which runners didn't indicate their given name on the application and instead used a 'fake' name. Concern is the applicability of the waiver if the applicant signs with a different name. It was discussed that race directors and those volunteers in registration should be aware and encourage our participants to use their real name. It was also discussed that this isn't a wide spread issue and only happened a couple of times.

CVR Race Calendar: See table on right.

Discussed the information on the calendar and approved the calendar as it appears.

Other Race Dates: Gordon from GMAA was in attendance and mentioned the dates for some of their races are not completely set yet. They are trying to coordinate with our races, so these dates may change.

GMAA Kaynor's Sap Run	Mar 22?*
New Bedford Half	Mar 15
Rollin Irish	Apr 18?
Boston	Apr 20
VCM	May 24
Equinox Trail Race	Jun 14*
Mt. Washington	Jun 20
Montpelier Mile	Jul 3*
Stowe 8-Miler & 5K	Jul 12
Genny Tenny	Sep 13*
GM Marathon	Oct 11

***proposed for Race Series**

2020 Proposed CVR/ORO Race Series Changes:

Proposal to add a trail series within the series and reward any CVR member who completes all five of the races in the trail series with a special designed T-Shirt. The races proposed for the trail series are: Barre Heritage, Groton 10k trail run, Bear Swamp, Genny Tenny, and the Equinox.

Members discussed adding series awards to more than #1 but to top three. It was discussed in lieu of this, why not use the point system and in addition to the #1 in each category who has the most points getting an award, those with the most points overall would also get an award, regardless of the category/age group. It was discussed to award the next six CVR members with the most points.

Race Updates:

Groton Forest: Mark reported all went well and will be doing the race again next year. He mentioned the

Event	2020 Race Director	Race Series	Proposed 2020 Date
Mutt Strutt	RD Needed		Sunday, April 19
Paul Mailman 10-Miler	Andy Shuford	X	Saturday, April 25
Adamant Half-Marathon	Eric Reya/Donna Smyers/ Chris Andresen	X	Saturday, May 9
Barre Town Spring Run	RD Needed		Saturday, May 16
Kids Track Meet	Dot Helling/Sandy Colvin		Thursday or Friday, June 4 or 5
Capital City Stampede	Shannon Salembier/Colin Clifford	X	Saturday, June 6
Bear Swamp Run	Tim Noonan	X	Saturday, July 11
Barre Heritage Trail Race	Jackie Jancaitis	X	Saturday, July 25
Berlin Pond	Bob & Sue Emmons	X	Thursday, August 13
NSB 5K & Mile	Rowly Brucken	X	Saturday, September 5
Groton Forest Trail Run	Mark Howard et al		Saturday, September 12
Sodom Pond	Tim Noonan	X	Wednesday, September 23
Leaf Peepers Half & 5K	Ironwood Adventureworks	X	Sunday, October 4
Fallen Leaves #1	Tim Noonan		Saturday, November 7
Fallen Leaves #2	RD Needed		Saturday, November 14
Fallen Leaves #3	RD Needed		Saturday, November 21
New Year's Eve 5K	Manny Sainz	X	Tuesday, December 31, 2019
Suffrage Scrmble 5K	Donna Smyers		Saturday, August 15

use of the radios was helpful. He is working on adding another distance to the race and is hopeful it will be a 10k, which he is working on mapping out a course.

Sodom Pond: Tim reported the race went well.

Leaf Peepers: Andy gave report that race went well. Members gave Andy feedback to provide to Ironworks which is the cost of the 5k seemed too high. Suggestions that there should be a much lower cost to enter the 5k vs. the half marathon.

Fallen Leaves: Tim reported the first race of the series had 88 in attendance, great turnout.

Clothing: Richarda shared with the members a sample of the available CVR clothing and what the process would look like. Members agreed to move forward and announce this right away. Allow a two-week window for orders and then deliver all items to Richarda and

everyone can pick them up from her. Doing it this way eliminates the shipping fee if we were to have everything shipped various places.

Announcements & Other:

2020AnnualMeeting–Save the date March22, location TBD

Other proposed meeting dates in 2020 – May 11 , August 17 , November 2 . Some members discussed that Mondays aren't good and perhaps we should consider a different day of the week for our meetings in 2020?

CVR 40th Anniversary: Would like to create a committee to discuss and plan a celebration event.

Winter Long Runs start on December 7 .

Meeting adjourned 7:55pm.



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CVR Newsletter

January 2020

Volume 41 Issue 1

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