



Newsletter

November 2020

Volume 41 Issue 4

**Featuring
Adventures,
Greenways and
Scrambles!**

Photo Alice McCormick

President's Message



Since our last newsletter in August, not much has changed in the world of Covid. We continued down the path of virtual racing as we had planned to close out the year. Although most race events from all running clubs were canceled this year, there has been some success in the last month with live events held within the guidelines set by the CDC and State of Vermont. The successes give us a great feeling that we too, may be able to hold events in 2021 following the guidelines in place at the time of the event. With that, the CVR race committee has met and a tentative plan for next year has been created. More about this will be announced at a future time.

Summer turned to Fall quickly and we concluded the Summer Participation Series during Labor Day weekend and moved right into the Fall Series. The Participation Series was a nice success for us. There were a total of 192 participants in the series with 9 members reaching the 10 Events Club, meaning they ran all 10 events. That's pretty awesome! Berlin Pond was the most popular course with the Paul Mailman 5K and Bear Swamp close behind. We did not have prizes for winners of the race, but we had nice lottery prizes that were donated by sponsors during the second half of the series.

At the race committee meeting in August, we made a plan for the virtual Fall Series which included Sodom Pond, Leaf Peepers 5K, Leaf Peepers Half Marathon, Autumn Onion 5K and Fallen Series. The Autumn Onion was brought back with Onion River Outdoors and prizes were given for best costumes. Prizes from sponsors were given to the top male and female finishers for Sodom Pond and Leaf Peepers however for the Fallen Leaves we are giving prizes to top runners based on gender/age results.

In this year we completed a Social Distance Virtual Series with 295 participants, a Participation Series with 192 participants and so far in the Falls Series we have 120 participants. In total for the year we will have well over 600 participants in our virtual series. That is incredibly awesome! Although we have had a challenging year with Covid, politics and whatever, you have all challenged yourselves and proven that nothing can stop a runner from doing what they do best....running! Next year we will step up to the challenge again and it's all our hopes we will return to live events.

Putting on the events this year took a lot of effort on part of the race committee and others who participated in making our events happen. Therefore, I want to give special thanks to those who contributed to our success in this difficult year. **Sal Acosta** who came up with the original idea of virtual races, **John Hackney** our webmaster who put a lot of effort into making our website available for registration and posting results, **Donna Smyers** for all her efforts to obtain the prizes from sponsors and the rest of the team that made it happen, **Andy Shuford**, **Jeff Prescott**, **Shannon Salembier**, **Jackie Jancaitis** and **Tim Noonan**. Then finally to all **CVR members** who participated and really made the events this year successful!

Safe Running,

Manny Sainz



Sponsorship in the year of Covid-19 and virtual races

Central Vermont Runners had to cancel about 17 races and weekly fun runs in 2020 due to Covid-19. To keep runners motivated and hold options for all of our favorite courses to be run, we decided to host a Summer Participation Series. For the summer series, runners raced on the courses of the canceled races from June 21 to Labor Day. Then we did it again with the Fall Series, scheduling weekly virtual races on the courses during the weeks they were originally scheduled. While having your name and time on a list of finishers is motivating for some, prizes (especially random participation prizes) are another great motivator to join in. My job was to find prizes for both series to help motivate participation. Thankfully, sponsors were not that hard to come by, even in the Covid-suppressed economy of 2020. **Thank you to the generous Vermont companies and CVR members who chipped in.**

For the Summer Participation Series, raffle prizes were awarded with chances of winning increased by the number of events run by the participants each week and over the series. [Vermont Creamery](#) donated many delicious goat cheese products; [Onion River Outdoors](#) donated gift cards; [Barr Hill](#) donated a cocktail shaker kit; and [Morse Farm](#) donated gift cards for creemees. Just to sweeten the pot, **Megan Valentine** donated 4 jars of jam as prizes and I gave a **Fixer-Upper** injury screening. From the generous donations, 31 random prizes were awarded to 22 different participants. For the series, with some participants racing courses multiple times, there were 221 events completed by 55 registered runners and 36 finishers. Nine participants completed all 10 race courses. I highly recommend you check out the websites of our sponsors. I had no idea how many products besides goat cheese that Vermont Creamery makes: crème fraiche, cultured butter, fancy aged cheeses, and more. Most of you know the ORO inventory, but how about [Barr Hill's](#) array of apparel, glassware and barware in addition to their famous spirits? Great Christmas shopping can be had from all 4 of our summer sponsors!

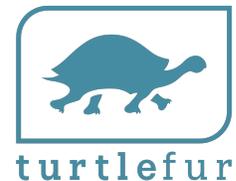
We decided to change it up a little with the Fall Series. Instead of totally random prizes, speed counts for some awards, making it a little more like regular racing. Sodom Pond and Leafpeepers prizes went to the top male and female racers in addition to some random participation prizes. For Fallen Leaves, age/gender graded times will determine all prizes. Autumn Onion prizes will be awarded for best costumes. This time, a few CVR volunteers stepped up to support our local businesses that support us. **Tim Noonan** donated the gift cards from **Adamant Coop** for Sodom Pond and **John Valentine** donated the gift cards for Autumn Onion from Onion River Outdoors. Turtle Fur sponsored some nice prizes for Leafpeepers Half Marathon and 5K. Check out the [Totally Tubulars](#), [Klean Kanteens](#) and [Vermont Bottle Openers](#) on their site. And just in, as I am writing this, [Red Hen Bakery](#) has agreed to donate loaves of bread for the top 5 AG winners for the first Fallen Leaves race. Additional prizes for the last 2 Fallen Leaves races are pending!

On behalf of CVR, I want to thank these local businesses for supporting the running community during this difficult year

By Donna Smyers

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An Adventure Run on the Bayley-Hazen Road

By Mark Howard

Around 9 AM on August 8th I got a text from April Farnham.

AF: *Hay what about Bayley Hazen this fall*

Me: *OK, I guess... you want to do 100?*

(We had been discussing a fall adventure run, but not 100 miles)

AF: *Yes*

AF: *GULP*

April has been talking about doing this route for a few years and it certainly piqued my interest. By the next day we had settled on a date, Oct 24th, and April had recruited Ira Wheeler to join us. It turns out the best version of the route (as posted to the FKT site by Nik Ponzio) is really a little over 100 K, not 100 miles. To my relief, everyone was fine with that, so we started planning based on Nik's route.

The Bayley-Hazen Military Road (BHMR) was started in 1776 by Colonel Jacob Bayley and continued in 1779 by General Moses Hazen. Conceived as a supply route to Quebec, Hazen abandoned the road at the top of Hazen's Notch, never reaching Canada. Much of the original route from Wells River to Hazen's Notch can still be followed on existing roads and it makes for a great tour of Northern Vermont traversing 13 towns in the heart of the Northeast Kingdom.

We started to line up support. I built a pace chart for what I thought would be a moderate pace of about 19.5 hours and looked for workable support locations along the route every 3 – 3 1/2 hours. Ira's wife Lindsey would take care of the early support stops in Peacham and Walden while my wife Gina would do Greensboro and Craftsbury.

Jane and Pete Burroughs would cover Lowell and Justine Franco would give us a ride home after running the last 17 with us. April's husband Lloyd would drive us to the start. We had a plan.

On Saturday Oct 24th we met in Marshfield Village around 4 AM. We were clearly all a little nervous on the ride over, Lloyd dropped us at the corner of Water Street and Rt 5 in Wells River, what we understood to be the original start of the road. We got started a few minutes early at 4:57 AM.



April, Mark, Ira

The early miles were uneventful. Bible Hill soon became Bayley-Hazen and we walked and ran on the dirt roads of Ryegate and Barnet in the dark contemplating how nice it would be in daylight. Jane, who had decided to follow us throughout the

day, made sure we didn't miss any of the turns and stopped to offer support every 5 miles or so. As it slowly got light, it started to drizzle a little, and we arrived at the first aid stop about 15 minutes ahead of schedule but still within the expected range.

Continuing through Peacham into Danville, the rain had stopped until we got to West Shore Road on the back side of Joe's Pond. It started as a heavy mist but by the time we began climbing up towards Cabot Plains it was raining steadily. The



higher we got, the stronger the wind, and the colder it felt. I struggled to get my wind breaker on over wet arms and April tried to keep her emergency poncho straight. It was spitting hail before we reached the commemorative marker near the corner of Bayley-Hazen and 215. We took



Marker on Hardwick St. in Hardwick: Mark, April, Randy, Ira

Lindsey had quite the spread laid out including fixings for egg sandwiches. I indulged! We all put on some warmer clothes; I was lucky I had packed a pair of gloves. Ira's friend Randy Rathburn decided to join us for the next section and pretty soon the 4 of us were headed north on Rt 15. We celebrated the first 50 K just after turning off the blacktop and back onto Bayley-Hazen road. We were warm again; the rain was behind us and we had another stretch of beautiful back road to explore. We were treated to impeccably maintained sugar woods, a huge tree farm, and an estate with endless rows of perfectly trimmed topiary scattered with occasional red iron sculpture. We dropped down onto Rt 16 for a mile before continuing on Bayley-Hazen road toward Tolman Corner in Greensboro, our next stop.

We hit mile 40.5 at Tomlin Corners 1 hour and 15 minutes ahead of schedule. Gina had some chicken broth and grilled cheese on the camp stove, Lindsey and the kids were there, as well as Jane and her husband Pete. We took a group photo with everyone before moving on. As we continued

a picture and headed down 215 to our next aid stop at Walden Station: 11 AM, 29 miles done, 40 minutes ahead of schedule.

along Caspian Lake we stopped to chat with the guy in front of the one remaining Block House on the route and take a picture at the stone marker overlooking the lake. It's pretty much a straight shot to Craftsbury, and we made it to Mill Village, mile 50, around 4:15.

After a short stop we carried on, it was nice to have Justine along infusing new energy into our weary group. I was looking forward to this next section. We were going to try the "Sawmill Shortcut", connecting Bayley-Hazen Road East and Bayley-Hazen Road West in Albany using a little section of the Catamount Trail going straight through a sawmill yard. This is our unique contribution to the route, none of the accounts of the BHMR route I saw online used this. It worked out perfectly! April got a burst of energy somewhere in here and I was struggling to keep up, but she and Justine waited out on the road and we carried on together reaching the so-called "hero section" right around dusk. This section is basically class 4 road / ATV trails over the Lowell



Rt 14 Albany: Ira, Mark, April, Justine

Mountains. At first it was great to get on some rough and rocky road after so many miles of maintained dirt roads and pavement. April and Justine took off up the hill while Ira and I lagged behind. The novelty of the wet, rocky terrain wore off quickly as I

soon realized that it was much harder on my tired legs, ankles, and feet. I caught up to April toward the top and we descended together, failing to avoid all the water, but mostly staying upright on the slippery rocks. The wind had picked up again and



we were all chilled by the time we reached the bottom.

We exited the “hero section” onto pavement and a 2 mile descent to Lowell village. After a little reorientation, I found my groove on the pavement for a bit and Justine and I ran together at what felt like a pretty good pace. That didn’t last too long however, and I was back to alternating walking and running before we reached our last support stop outside of Lowell. There was just a 5 mile climb to Hazen’s Notch left, so we resupplied quickly and carried on.

As we passed through the village, we said hi to a surprising number of people out in their yards on

such a cold evening. The climb to Hazen’s Notch might be runnable under normal circumstances, but not so much on legs with over 60 miles on them. We did manage a few running intervals but not as consistently as earlier in the day. We had a strange interaction with a guy in a Hummer which did not put us at ease, so we were relieved to finally hear Pete, Jane, and Lindsey’s voices at the top of the pass. We finished just before 9:30, for a total of 16 hours and 29 minutes. My watch recorded the route as 67.8 miles and just over 7,600 ft of elevation gain. It’s really a fun route and I would love to see other runners give it a try.

Running Rail Trails and Greenways in Eastern North Carolina

By Andy Shuford

This article is a continuation from the August newsletter. If you missed it, [click here](#).

Louisburg Rail Trail

Louisburg is a small town located 30 miles north of Raleigh and about 60 miles from Greenville. It has a repurposed Seaboard Railroad line that the town paved as a recreation path. Not the most impressive path, a little worn out and it includes a long section on an industrial street. It finally becomes a dedicated path again behind a large lumber mill. But, it is impressive that a town of 3,000 can have a 2.3-mile uninterrupted paved path. An out and back run of 4.6 miles was plenty the day we ran it, given the 90-degree heat and muggy conditions.

Smithfield – Buffalo Creek Greenway

Smithfield is a town of about 10,000, located 30 miles southeast of Raleigh. It is the birthplace of Ava Gardner, the 1940s and 1950s film star, and features a museum in her honor. Unfortunately, it was closed, so running on the town’s greenway would be the top attraction. The approximately three-mile path isn’t a rail trail, but it is part of the East Coast Greenway.

We began the run in a light rain at a park near the center of town. The path begins at mile 0.0 by the



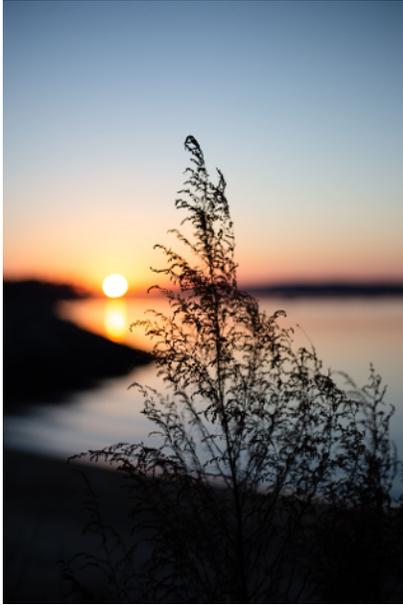
Girl Scout Hut. It then heads to the Neuse River and runs beside it for about a mile, going to the original town common (from 1777) which was located by the river. This section is called the Neuse Riverwalk and the Buffalo Creek Greenway begins from here. This is a name change only; it is all the same path.

The distance is marked every 0.2 miles. After a mile, it leaves the river and goes through the water treatment plant parking lot, then returns to a very nice shady wooded section for the rest of the path. With the light rain, we didn’t need shade, but I can imagine it is tolerable in those woods on sunny days. The path ends at mile 2.8 at a sprawling park and rec facility. From here, there are several paths going in different directions to playing fields, a high school, aquatic center and football stadium. We did a loop of some of the facility and returned the way we came. By then the rain had stopped and the humidity crept even higher. Even so, it was our first day in a while below 90 degrees, so no complaints.



Rocky Mount – Tar River Trail

Rocky Mount is a city of about 50,000 located 50 miles east of Raleigh. It is located on the fall line of the Tar River, so this made it a popular mill location back in the day. The textile mills are long gone but at least they have done a decent job of preserving some of the mill village houses.



The city maintains the Tar River Trail, a 3.1-mile paved greenway between parks along the river. As it is less than an hour drive from Greenville, we decided to run it on a Monday for less crowded conditions. There still were people on the trail. Maybe because it was a nice June day, overcast and a pleasant 75 degrees. We started at the close end of

Sunset Park and ran along the Tar River, which was quite flooded at the time. The water lapped the path in places but didn't cover it. After about a mile, the path crosses the river on a long bridge, then crosses a busy road. The river here has a long section of rapids, with old mill building close by. The trail descends steeply here with some view of the rapids. Then it flattens out again and continues by the river, finally crossing it again on a large wooden arched bridge (reminiscent of the wooden bridge over the Burlington Beltline). After the bridge, the trail ends in Martin Luther King Park. We went to an overlook in the park to view the flooded river below and then returned on the trail the same way. Since we started at the close end of the park, we didn't quite get the 10K round trip distance, but good enough.

Jacksonville – Rail Trail

About 70 miles southeast of Greenville, Jacksonville is the home of Camp Lejeune, the vast Marine Corps base. It takes up 246 square miles on a peninsula where the New River empties into the Atlantic

Ocean. While clearly a military town, Jacksonville does have a nice greenway system. Much of it is built on rail trail that parallels Marine Blvd. for almost 2 miles, then it turns away from the road for about a mile and a half, then it crosses Lejeune Blvd. on a pedestrian overpass, and finally parallels Lejeune Blvd. for the remaining three miles. I assume the old rail line was related to the base. The rail line is now a paved path. Although it runs along busy roads, there is usually a thick buffer of trees. The traffic is can be clearly heard even though you don't see the road all that often. And when you do, it isn't pretty. Mostly fast food, tire stores and auto parts.

We started our run at the Camp Lejeune end, at the base main entrance, where there is a parking area. The path continues into the base, but I assume running inside the base isn't allowed for the unauthorized. So, we ran the other way, back towards Jacksonville. Heading out, on our left was a high fence, marking the base property. The path



soon crosses a bridge over an arm of the New River, which is quite scenic. There was no fence across the river. Next there is a section close to Lejeune Blvd. where it is officially allowed to hang banners (on the fence) to welcome home loved ones. Signage indicates the banners must be taken down every

Thursday. And there are signs warning cyclists about loose banners flying into the path and therefore not to exceed 5 mph (really?) because of this hazard. Inside the fence we saw two large schools on the base. Camp Lejeune is really a small city. We crossed the pedestrian overpass and shortly thereafter an underpass, and this brought us to Wooten Park. We turned around there at almost four miles, not making it quite out to the Marine Blvd. section.

Stay tuned for more greenways in upcoming newsletters!



CVR Virtual Suffrage Scramble 5K Participants Raise \$6,800 for NAACP Rutland

By Donna Smyers

Over 411 people participated in the Vermont Suffrage Centennial Alliance and Central Vermont Runners' virtual Suffrage Scramble 5K during Primary week in August. Participants completed the 5K at the time and location of their choice any time during the week and wore sashes with the phrase *Votes for Women and Votes for All*.



Megan John Doreen Donna Ann

The event raised \$6850 for the Rutland Branch of the NAACP. "We were so pleased to partner with the Suffrage Scramble to celebrate this historic anniversary, in a year when the importance of voting couldn't be more clear," said Tabitha Moore, president of Rutland NAACP. "It was heartening to see so many people involved in celebrating the suffrage movement, while also acknowledging that women of color did not fully receive the right to vote until the 1965 Voting Rights Act. The generous donations of the Suffrage Scramble participants will be used to support get-out-the-vote efforts and civic education in the central legislative issues for people of color in Vermont."

Since the event was virtual, some participants raced for a personal best time, some added up their 5K distance over the week, some kayaked, the 2 year old was mostly in a stroller, and a 92 year old participant completed the 5K on her

pony! Interest in the Suffrage Scramble 5K spread far beyond Vermont, with participants from twelve states, and from as far away as Guam and Australia. While 85% of participants registered were female, sixty "suffragents" supported the cause.

Two women in their 90's (Darragh of course!) participated,

recalling how proud their



Darragh and crew photo by Jeb Wallace

mothers were to have gained the right to vote in 1920. Teams identified as Vermont Works for Women, VSCA, Montpelier Meadows, McBigandThu, BBGE, CVR, Elizabeth Cady Stampin's, 3 Amigos, Vermont Vixens and others promoted spirit and camaraderie. In addition, Suffrage Scramble participants in their 60's to 80's celebrated gaining the "right to run" from Title IX and the AAU approximately a half century after gaining the right to vote. All enjoyed a reason to gather with friends or family, masked and socially distanced, for a 3.1 mile walk marking the centennial of the 19th Amendment.



Joe Merill and Katy

[View more Suffrage Scramble 5K photos here.](#)



Membership notes

By Graham Sherriff

Four new members have joined CVR since the last newsletter. Welcome to the club!

Ann Green, Elena Gustavson, Heidi Hales, and Catie Michael



Do you have running friends or runners in your family? A CVR membership might be the PERFECT end-of-year/ start-of-year gift.

You can sign them up by clicking here:

Join CVR

Members can also get great deals for gifts (including self-gifts) at Lenny's Shoe & Apparel (Barre and Williston) and SkiRack (Burlington)

Lenny's

10% off running shoes



SkiRack

15% off running shoes + apparel



Happy trails!



Celebrating 40 years!

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: Manny Sainz
- Vice-President: Sal Acosta
- Secretary: Sandy Colvin
- Treasurer: John Valentine

Executive Committee Members-at-Large: Jackie Jancaitis & Darragh Ellerson

Appointed positions

- CVR Race Series Standings: Jim Flint
- CVR Clothing: Richarda Ericson
- Email List Coordinator: Greg Wright
- Equipment Coordinator: Manny Sainz
- Fun Runs: Darragh Ellerson
- Grant Coordinator: Ann Bushey
- Membership Coordinator: Graham Sherriff
- Newsletter Editor: Alice McCormick
- Publicity/Facebook: Dylan Broderick
- Volunteer Coordinator: Pam Eaton
- Volunteer/Awards Dinner: John Martin
- Volunteer Record Keeping: Dot Helling
- Webmaster: John Hackney

