

Newsletter

AUG 2016

Volume 37

Issue 4



In this Issue:

Meeting Minutes... 2
Adamant 20 Mile... 4
Race Results... 5
Kid's Track Meet... 7
Race Schedule... 11

CVR President's Column:

Hi All,

Here it is! Unless you are one of the few who has opted out, it is your first on-line version of the CVR Newsletter. It turns out the old newsletters cost \$2-3 to print and a good amount for postage, so this should be a great cost-saving step into the 21st Century for CVR. I'll be tracking clicks to be sure you all open it! Of course I don't know how many never opened the old hard copy version. Let us know what you think and if you have any suggestions to make it more user friendly.

An awful lot has happened since the last newsletter: [Adamant 20 Miler](#), [Mutt Strutt](#), [Barre Spring Run](#), [Kids Track Meet](#), [Capital City Stampede](#), [Worcester 4 Miler](#), [Paul Mailman 10 Miler](#), [Bear Swamp](#), [Barre Heritage 5K](#) and coming right up is Berlin Pond. But CVR produces 17 events, so that is just 9 down and 8 to go for the year. If summer wasn't so darn short in Vermont, we wouldn't have to pack things in so tightly. As far as I can tell, all the races have gone well—no cancellations, no major injuries or complaints that I've heard of. Thank you very much to the dedicated Race Directors and volunteers who have made it all happen. While other groups do put on the occasional race, nobody competes with CVR for volume and value of running opportunities.

While thanking race directors and volunteers, I would also like to put a special shout out to Darragh Ellerson for continuing to provide timing essentially every single Tuesday at the Fun Run. Some weeks have been as big as our races and she manages to hold it together with a piece of paper and her running watch. I also would like to thank Steve Hill for pulling together the Wednesday speed workouts. Many new faces are showing up, and from what I hear, people are getting faster, having fun and seeing results. Track workouts have been something missing from CVR's line up for too long, so I am very happy they are thriving now.

The next CVR Meeting is August 22 at the home of Beth Daut (more info elsewhere in this newsletter). Besides our usual recap of what is going on and plans for upcoming events, it is time to start thinking about next year. The final 2017 race schedule will be determined at the November meeting, but I hope to start discussing any changes before that date. One question is whether or not the Mutt Strutt will go on. We need a new race director if it is to continue, so take the plunge if you've been considering stepping up. There will be a motion to purchase more T-Shirts for the Kids Track Meet and notices about timing contracts for some of the events we have helped time up to this point. If you have any ideas for next year, let me know and I'll put you on the agenda.

In the meantime, enjoy our warm weather and drought. I'm sure the rain and cold will come soon enough and usually it makes up for lost time when it does. See you at the races (or meeting, or fun run, or track workout),

Donna

This newsletter is a publication of the
Central Vermont Runners

Elected Officers include:

President:..... Donna Smyers

Vice-President:..... Shannon Salembier

Secretary:.....Sandy Colvin

Treasurer:..... John Valentine

Past President:..... Greg Wight

Executive Committee members at large:

Darragh Ellerson and Beth Daut

Appointed positions include;

CVR/ORS race series standings:..... Jim Flint

CVR clothing:..... Mary Stridsberg

E-mail list coordinator: Greg Wight

Equipment coordinator:.... Shannon Salembier

Fun runs:..... Darragh Ellerson

Grant coordinator:..... Ann Bushey

Membership coordinator:.....Allie Nerenberg

Newsletter editor:..... Bob Howe

Publicity / Facebook:..... Dylan Broderick

Volunteer coordinator:..... Pam Eaton

Volunteer / Awards dinner:..... John Martin

Webmaster:.....John Hackney

Central Vermont Runners
is a member of RRCA,
the Road Runners
Club of America



Draft **Minutes** of the CVR Meeting
Monday **May 16, 2016**

Subject to approval at the August meeting.

Meeting called to order at 6:00 pm

Good attendance, about 20+

Meeting Minutes

Motion to approve minutes from last CVR meeting. Approved

Treasurer's Report

Donna had update from John, who wasn't in attendance, gave update on balance in accounts.

Race updates

Race Reports (* ORS Series)

- Adamant 20 Miler – Went well, had good weather and great turnout.

- Mutt Strutt – Went well.

Upcoming Races

- * Barre Town Spring Run

- Kids Track Meet: Friday June 3, 6 pm need lots of volunteers....Sandy Colvin/Dot Helling

- * Capital City Stampede 6/11: John Valentine and Shannon Salembier
- Worcester 6/19: Roy Belcher
- * Paul Mailman 6/26: Andy Shuford/Andrea McLaughlin
- * Bear Swamp 7/23: Tim Noonan
- Barre Heritage Trail Race 7/31: Jackie Jancaitis
- * Berlin Pond 8/18: Jeff Prescott/ Sue Emmons
- * Leaf Peeper's 10/4: Roger Cranse

Equipment

Shannon is coordinator. Keep her informed of where equipment and keys are. Also let her know when certain supplies are running low. As race director, be responsible for getting a key, and looking at the storage locker to make sure you have what you need for your race. If you don't, let Shannon know. If you use up all of the supply of something, let her know. Discussed the status of some of the supplies and keys.

Allocation of ORS Gift Cards (same as past). Talia is ORS Contact

Barre Town Spring Run	\$220
Capitol City Stampede	\$500
Paul Mailman 10 Miler	\$400
Bear Swamp	\$200
Berlin Pond	\$280
First Night	\$400

Publicity

Coordinator Report: Dylan Broderick. Dylan reported on the various ways the club can publicize such as Facebook. She gave updates on where she has already publicized and we discussed. Members also discussed the technology tools such as Strava, and how they work etc.

Next meeting is August 22nd – Mark your calendars!

... Sandy Colvin

CVR August Meeting

August 22, 2016

Potluck at 6:00pm, meeting starts at 6:30pm

Location: Beth Daut's house. 793 Crosstown Rd., Berlin

Directions: On the South side of the road just after the intersection with Hill St. Ext.

Fun Runs Every Tuesday at 5:30pm

Park in back of the Department of Labor building just beyond Montpelier High School ~ 1, 2, 4, or 6 miles

Running normally makes me feel younger. You read it everywhere... running makes you younger than the calendar says you are, keeps you healthier and it even helps your brain stay younger. But a couple of recent things made me feel older, then older still.

In my continuing quest to find new races to run I found a brand new 5K in Charlestown N.H. and a 4 mile race in Brattleboro. Not too far away, an early start for both races, and mostly easy interstate travel.

The Bill Powers Firecracker 4-Miler is put on by the Red Clover Rovers, a running club based in Brattleboro, Vt. The club puts on several races during the year with the Firecracker 4-Miler being held on July 4th. Like the Montpelier Mile it finishes on streets closed to traffic due to the parade that follows the race. The point to point course starts at Living Memorial Park, where vendors were starting to set up, then finishes at "The Common" on the north end of Brattleboro. With limited parking at The Common, that leaves you with a 1.7 mile run, walk, trek, back to where you parked. The course climbs during the first mile, then down and flat through the middle of the race, before a short, steep hill brings you into downtown Brattleboro. The finish is at a net drop in elevation from the start.

The increasing temperature had me enjoying the mostly shaded start to the race even though it was uphill. By mid race we were in bright sunshine through a commercial area and then by the high school. There was some shade as we ran back into residential areas and as I turned onto Canal Street, headed to the center of town, people were filling in along the street in anticipation of the parade. As I continued to search out the shady side of the street there was a large family that extended beyond the curb and into the street, into the shade. **MY SHADE.** As I ran by the family I heard a young boy ask his mother, "**is he (me) in the same race**". Sure, this was around 3 miles into the run and the leaders had gone through around 10 minutes earlier, but I was running a decent (for me) 9:15 minute pace. Whether it was those words, or more likely the steep climb up Main Street, I felt old as I finished. But, by the time I ran, jogged, walked, back to the truck parked near the start, I was "young" again. A nice touch by the race organizers, they handed out reusable water bottles filled with nice cool water for the trip back to the start.

The week before I was in Charlestown for a 5K race to support a local day care facility. Another point to point race, but with transportation provided from the finish at the school to the start at the day care. A fairly flat course led to a little faster pace with energy left at the end to keep running around the school and the main street of Charlestown. When returning to the school I noticed a **green state historic site marker** on the front lawn of the school. I had grown up in Springfield, across the river from Charlestown, so I was interested to see what historic event had happened there in Charlestown.

The sign was in recognition of Carlton "Pudge" Fisk, who during a 24 year career was a catcher for the Boston Red Sox and later for the Chicago White Sox. He is a member of the Baseball Hall of Fame in Cooperstown NY. Pudge was raised in Charlestown and attended that school where the sign was. He is often remembered for hitting the game winning home run in the 1975 World Series, where it seemed that he waved the ball to stay fair after he hit it, while jumping exuberantly, still at the plate. But, I remember the home run he hit in Springfield where I played baseball. The home run cleared the outfield, over the dirt track beyond the outfield and over the trees into the Black River.

The historic site sign jolted me into feeling really old. He and I are the same age. So I initially took the meaning from Webster that historic meant "*...preserved from a past time or culture*". But..... I kept reading from Webster (thick book, bottom shelf of the book shelves). And then I didn't feel so old... as Webster gave another definition of "*... having great and lasting importance...*". I can go with that. ... Bob Howe

And from Donna Smyers...

All I can say is that I've raced 4 triathlons (all sprints) this year and I've beaten all the young women in all 4 of them, so how old can I feel? That will change this weekend (*Aug 13-14*) as I head to Nationals and at 59 will be racing against the young fast 55 year olds.



Photo Courtesy of Donna Smyers & June Burr

7th Annual **Adamant 20 Miler...** May 7, 2016 Adamant, VT... Coming off of the US Olympic Trials Marathon, followed by the Boston Marathon, Leah Frost smashed her 2015 record by almost 8 minutes, finishing the hilly 20 Miler course in 2:15:34. Leah finished 1st overall, beating the first male relay team of Gavin Boyles and Mack Gardner-Morse by 50 seconds. The first male finisher was Jonathon Rea from Stowe in 2:17:17. The most hotly contested age group was the 50-59 women where Dot Martin edged out Sue Hackney in 2:39:51 vs 2:40:25.

All participants enjoyed the post race feed of a variety of soups, bread, cheese and cookies. Proceeds benefit the Adamant Music School which hosts this scenic run. Black flies were out in force to hassle the volunteers who valiantly stayed out there with the assistance of copious insect repellent. Many thanks to the large volunteer force including: Sigh Searles, Greg Wight, John Kaeding, June Burr, John Martin, Sean and Amy Murphy, Sue Emmons, Sarah Drapp, Newton Baker, Pam and Dave Erickson, Tim Noonan and Barb Flint.

Eric Ryea and Donna Smyers, Race Directors

OVERALL RESULTS Individual and Relay

Place	Div/Tot	Name	R	Div	Time	Pace
1	1/3	Leah Frost	I	F3039	2:15:34	6:47
2	1/2	Boyles/Gardner-Morse	R M	2:16:24	6:50	
3	1/6	Jon Rea	I	M2029	2:17:17	6:52
4	2/6	Casey Hubbard	I	M2029	2:18:13	6:55
5	3/6	Ross Saxton	I	M2029	2:22:25	7:08

Place	Div/Tot	Name	R	Div	Time	Pace
6	4/6	Joseph Kill	I	M2029	2:23:47	7:12
7	5/6	Caleb Clark	I	M2029	2:27:36	7:23
8	1/2	Tim Lamson	I	M4049	2:30:51	7:33
9	2/2	Bradley/Bradley	R M	2:31:27	7:35	
10	1/7	Jim Flint	I	M5059	2:32:10	7:37
11	1/2	Dot Martin	I	F5059	2:39:51	8:00
12	1/6	Dylan Broderick	I	F2029	2:40:21	8:02
13	2/2	Sue Hackney	I	F5059	2:40:25	8:02
14	1/4	Chris Leforce	I	M3039	2:42:46	8:09
15	1/4	Chris Andresen	I	M6069	2:43:03	8:10
16	2/2	Ben Ellingson	I	M4049	2:46:22	8:20
17	2/4	Chuck Arnold	I	M6069	2:47:31	8:23
18	2/7	Bobby Glide-Em	I	M5059	2:50:12	8:31
19	2/6	Sarah Bryan	I	F2029	2:54:57	8:45
20	1/2	Colvin/Jancaitis	R F	2:55:07	8:46	
21	3/6	Karen Krupa	I	F2029	2:55:39	8:47
22	3/7	Thomas Nuovo	I	M5059	2:55:39	8:47
23	1/4	Karen Oppenheimer	I	F4049	3:00:00	9:00
24	4/7	Mark Mulder	I	M5059	3:01:39	9:05
25	2/4	Sandra Dickin	I	F4049	3:01:50	9:06
26	3/4	Erin Randall-Mullins	I	F4049	3:02:46	9:09
27	5/7	Tom Cardinal	I	M5059	3:02:47	9:09
28	4/4	Katrina Phillips	I	F4049	3:05:36	9:17
29	1/1	John Hackney	I	M7099	3:06:42	9:21
30	1/2	Carlie Krolick	I	F6069	3:07:32	9:23
31	2/4	Alan McGrath Jr	I	M3039	3:07:41	9:24
32	6/6	Benjamin Deede	I	M2029	3:09:58	9:30
33	6/7	Mark Howard	I	M5059	3:10:18	9:31
34	4/6	Brittain Lovett	I	F2029	3:13:40	9:41
35	3/4	Derek Macdonald	I	M3039	3:14:00	9:42
36	4/4	Douglas Farnham	I	M3039	3:15:54	9:48
37	2/3	Jessica Parker	I	F3039	3:15:58	9:48
38	7/7	Dodge Bingham	I	M5059	3:22:13	10:07
39	5/6	Alyssa Malone	I	F2029	3:23:03	10:10
40	1/1	Deangelis/Kissam	R C	3:28:41	10:27	
41	3/4	John Izzo	I	M6069	3:28:53	10:27
42	2/2	Pelkey/Blow	R F	3:36:32	10:50	
43	2/2	Janis Campbell	I	F6069	3:40:25	11:02
44	4/4	John Kaeding	I	M6069	4:01:38	12:05
45	6/6	Shaina Kasper	I	F2029	4:24:01	13:13
46	3/3	Corey Elane Austin	I	F3039	4:39:29	13:59

FEMALE AGE GROUP 1 - 19

- 1 19 Lily LaCrois 11 Barre 26:53 8:40
- 2 28 Caitlin Casavant 10 Berlin 28:59 9:20
- 3 31 KerriBeth Aldrich 8 Barre 29:23 9:28
- 4 32 Matelyn Thygesen 15 Will 29:24 9:28
- 5 34 Abigail Lindhiem 10 Barre 29:48 9:36
- 6 41 Chelsea Bell 9 Barre 31:25 10:07
- 7 43 Madelyn Hull 9 Barre 31:46 10:14
- 8 48 Addison Gokey 9 Barre 33:09 10:41
- 9 56 Mikayla Gagne 10 Barre 35:17 11:22
- 10 57 Abigail York 10 Barre 35:18 11:22
- 11 59 Grace Kingzett 9 Barre 35:35 11:28
- 12 61 Sarah Ricker 10 Mont 35:39 11:29
- 13 62 Kayla LaPrade 10 Barre 35:46 11:31
- 14 63 Lily Schoenig 9 Barre 35:49 11:32
- 15 64 Cheyenne Schoenig 15 35:49 11:32
- 16 70 Addison Gagne 5 Barre 36:46 11:51
- 17 78 Chloe Lee 9 Barre 38:24 12:22
- 18 80 Charlotte Brault 8 Ba 38:48 12:30
- 19 84 Olivia Leibold 9 Barre 41:46 13:27
- 20 85 Hannah Magoon 9 Bar 41:48 13:28
- 21 86 Abigail Geno 11 Barre 42:00 13:32
- 22 87 Madison Boyea 11 Gra 42:01 13:32
- 23 88 Lucy Norris 9 Barre 42:48 13:47
- 24 90 Sydnie Jay 9 Barre 42:57 13:50
- 25 91 Danielle Poulin 10 Bar 43:00 13:51
- 26 92 Hallee Allen 10 Barre 43:14 13:55
- 27 93 Alexa Hircay 10 Barre 43:18 13:57
- 28 96 Kaylee Belanger 8 Bar 43:42 14:04
- 29 97 Seanna Amell 11 Will 43:49 14:07
- 30 99 Clara Murray 9 Barre 44:03 14:11
- 31 103 Taylor Coburn 15 Bar 44:46 14:25
- 32 108 Bella Powers 9 E Bar 46:58 15:08
- 33 109 Amelia Dexter 8 E Ba 46:59 15:08
- 34 114 Emma Lamery 8 S Ba 48:35 15:39
- 35 116 Alexis LeClerc 9 Barre 48:42 15:41
- 36 118 Ella Townsend 8 Oran 50:07 16:08
- 37 120 Allison Longo 9 Barre 50:27 16:15
- 38 121 Eva LeBourveau 8 Bar 50:46 16:21
- 39 123 Camille Marineau 8 B 51:32 16:36
- 40 124 Alyssa Craige 8 E Bar 51:35 16:37
- 41 125 Megan Jones 13 Will 51:49 16:41
- 42 126 Jolene Cafarelli 13 Wil 51:50 16:41
- 43 128 Caitlin Packer 9 Barre 52:28 16:54
- 44 130 Cierra Miller 10 Barre 54:04 17:25
- 45 135 Nadamabel Amell 9 1:06:33 21:26

MALE AGE GROUP 1 - 19

- 1 2 Brian Bushey 13 Mont 20:18 6:33
- 2 5 Benjamin Thygesen 13 Will 21:56 7:04
- 3 6 Michael Noury 9 Barre 22:20 7:12
- 4 16 Liam Tremblay 10 Barre 25:55 8:21
- 5 21 Austin Kelley 8 Barre 27:55 9:00
- 6 25 Garret Cameron 10 Barre 28:36 9:13
- 7 30 Wesley Casavant 7 Berlin 29:16 9:26
- 8 33 Kyllis Flood 9 Barre 29:46 9:35
- 9 38 Logan Kelley 10 Barre 30:16 9:45
- 10 45 Gavin Gray 10 North 31:54 10:17
- 11 50 Victor Geno 9 Barre 33:16 10:43
- 12 53 Collin Grout 8 Barre 34:17 11:03
- 13 71 Taylor Martin 8 Barre 36:58 11:54
- 14 74 Leland Perry 8 Plainfld 37:48 12:10
- 15 82 Cooper Aylard 10 Barre 41:07 13:15
- 16 83 Deshawn Plant 11 Bar 41:20 13:19
- 17 101 Grady Howard 9 Bar 44:25 14:18
- 18 104 Adam Coburn 9 Barre 44:47 14:25
- 19 105 Brendan Blaisdell 9 B 45:23 14:37
- 20 107 Landin Larrabee 9 Bar 45:33 14:40
- 21 110 Donovan Sicard 9 Bar 47:46 15:23
- 22 112 Brady Aldrich 9 Barre 48:18 15:33
- 23 131 Cohen Slayton 9 Bar 57:15 18:26
- 24 133 Joshua Packer 6 Bar 59:15 19:05
- 25 134 Collin McFaun 16 Bar 59:16 19:05



**Spring Run 5K
Barre Town
5/21/2016**



All Photos Courtesy of Race Director Andrea McLaughlin

**Spring Run 5K
Barre Town
5/21/2016**



FEMALE AGE GROUP 20 - 29

- 1 8 Brittany Tullar 26 Barre 22:35 7:17 2
- 119 Karena LaPan 29 Oran 50:07
- 16:08
- MALE AGE GROUP 20 - 29*
- 1 7 Brett Tremblay 25 Barre 22:20 7:12
- FEMALE AGE GROUP 30 - 39*
- 1 4 Elizabeth Markison 32 Dan 21:10 6:49
- 2 20 Angela LaCroix 36 Barre 26:54 8:40
- 3 24 Alison Grogan 33 Plainfld 28:32 9:12
- 4 29 Alyssa Akers 36 Barre 29:00 9:21
- 5 40 Karen Gansz 39 Warn NH 30:31 9:50
- 6 42 Christine Bell 39 Barre 31:26 10:08
- 7 49 Jen Clark 34 Barre 33:13 10:42
- 8 55 Milanda Person 38 Elmo 35:12 11:20
- 9 66 Emily Lourie 33 Barre 35:53 11:33
- 10 68 Gail Pearl 38 Pier NH 36:19 11:42
- 11 73 Amy LaPrade 37 Barre 37:30 12:05
- 12 81 Michelle Noury 35 Bar 38:56 12:32
- 13 98 Sarah Capron 36 North 43:50 14:07
- 14 100 Jessie LaCasse 37 Bar 44:04 14:11
- 15 106 Amber Larrabee 35 B 45:23 14:37
- 16 111 Danielle Belanger 32 48:06 15:29
- 17 115 Tina Lunt 36 Barre 48:37 15:39
- 18 122 Maureen Sullivan 34 50:47 16:21
- 19 127 Bonnie Belanger 30 B 52:06 16:47

MALE AGE GROUP 30 - 39

- 1 1 Thorin Markison 33 Calais 18:17 5:54
- 2 14 Jace Klein 33 Montpelier 25:11 8:07
- 3 23 Howard Badillo 34 Plainfd 28:32 9:12
- 4 35 Brad Aldrich 39 Barre 29:53 9:38
- 5 54 Nish Grout 33 Barre 34:17 11:03
- 6 69 Jeremy Gange 38 Barre 36:26 11:44
- 7 75 Keith Perry 37 Barre 37:48 12:10
- 8 113 Jason Aldrich 36 Barre 48:18 15:33
- 9 129 Jonathan Packer 37 Ba 52:28 16:54
- 10 136 Billy Amell 36 Web 1:06:33 21:26

FEMALE AGE GROUP 40 - 49

- 1 26 Joanne Mugford 47 Barre 28:37 9:13
- 2 27 Kathy Town 48 E Barre 28:51 9:18
- 3 52 Cindy Barr 47 W Berlin 33:46 10:53
- 4 72 Paula Clark 44 Williamst 36:59 11:55
- 5 77 Jen Aldrich 42 Barre 38:23 12:22
- 6 89 Debbie Norris 41 Barre 42:50 13:48
- 7 102 Cari Aylard 42 Barre 44:25 14:18
- 8 132 Heather Slayton 40 Ba 57:15 18:26

MALE AGE GROUP 40 - 49

- 1 36 Monte Casavant 43 Berlin 30:02 9:40
- 2 37 Tim Kingzett 49 Barre 30:13 9:44
- 3 44 Austin Gray 45 Northfld 31:47 10:14
- 4 46 David Cameron 45 Barre 32:07 10:21
- 5 47 Michael Blakemore 46 32:08 10:21
- 6 94 Brian Hircay 44 Barre 43:18 13:57

FEMALE AGE GROUP 50 - 59

- 1 9 Donna Smyers 58 Adamnt 23:12 7:29
- 2 18 Ann Bushey 58 Mont 26:11 8:26
- 3 51 Joy Cary 59 Huntington 33:29 10:47
- 4 67 Denise Ricker 50 Mont 36:17 11:41
- 5 76 Debbie Shedd 57 Barre 38:14 12:19
- 6 79 Julie Salter 55 Barre 38:39 12:27

MALE AGE GROUP 50 - 59

- 1 3 Mack Gardner-Morse 55 20:54 6:44
- 2 11 Andy Shuford 55 Mont 23:40 7:38
- 3 13 Jeff Prescott 52 Mont 24:30 7:54
- 4 22 Robert Cary 59 Hunting 28:21 9:08

FEMALE AGE GROUP 60 - 69

- 1 12 Sue Emmons 60 Duxbury 24:26 7:52
- 2 39 Celine Blais 68 Mont 30:29 9:49
- 3 117 Nancy LeClerc 61 Barre 49:14 15:51

MALE AGE GROUP 60 - 69

- 1 10 John Valentine 66 Roxb 23:33 7:35
- 2 15 Thomas Hogeboom 64 Ha 25:42 8:17
- 3 17 Carl Rogers 60 E Barre 25:55 8:21

MALE AGE GROUP 70 - 79

- 1 58 Roger Cranse 75 Mont 35:26 11:25
- 2 65 Greg Wight 70 Brookfld 35:51 11:33

MALE AGE GROUP 80 - 99

- 1 95 Gerow Carlson 84 Mont 43:31 14:01





Photos courtesy of Dot Helling



The 20th Annual Central Vermont Runners **Kids Tracks Meet**, held on Friday, June 3, 2016 at the Montpelier High School Track, had a record 238 registered participants. The event is free to all Central Vermont kids aged pre-school through 6th grade and includes a variety of track running events as well as a softball throw and long jump. Founded by CVR runners Tim Noonan and Norm Robinson, the event is a favorite amongst area parents and kids. Each participant receives a participant t-shirt, finisher's medal and sticker identifying them as #1.

Co-directors Dot Helling and Sandy Colvin are already planning next year's event and welcome any and all input from participants and their parents. Thank you for coming out and a special thanks to the amazing fleet of volunteers without whom this event could not take place so safely and successfully.

... Dot Helling



42nd Annual Paul Mailman 10 Miler Montpelier, VT June 26, 2016

... Thanks to race director Andy Shuford and co-director Pam Eaton for presenting a well-organized event. With the warm conditions, times were a bit slower than usual. The top female was our own Lori Crotts (6th overall). CVR age group winners included: Dylan Broderick (F20-29) Meg Valentine (F30-39) Rowly Brucken (M40-49) Jim Flint (M50-59) Nina Aitken (F60-69) Chris Anderson (M60-69) and John Hackney (M70-79 *new age group record*)... notes and photos courtesy of Jeff Prescott



CVR members include: Rima Carlson #199, Rob McDougall #201, Sarah London #200, Dylan Broderick #214, Richarda Ericson #210, Chris Anderson-blue singlet, George Aitken-grey shirt & sunglasses, Jamie Shanley-no shirt

Place Div/Tot No. Name Age S City St Time Pace

Place	Div	Tot No.	Name	Age	S	City	St	Time	Pace	
1	1/9	198	Tom Thurston	52	M	Waterbury	VT	1:01:11	6:08	
2	1/5	171	Jeremy Ducharme	20	M	East Hardwi	VT	1:02:09	6:13	
3	1/1	189	Ben Martell	19	M	Groton	VT	1:02:13	6:14	
4	2/5	206	Jon Rea	29	M	Stowe	VT	1:03:28	6:21	
5	1/10	195	Rowly Brucken	47	M	Northfield	VT	1:06:13	6:38	
6	1/4	182	Lori Crotts	28	F	Jericho	VT	1:06:36	6:40	
7	2/10	185	Maurice Brown	49	M	Essex Jct.	VT	1:07:30	6:45	
8	3/10	183	Daniel Connors	45	M	Williston	VT	1:08:02	6:49	
9	2/9	173	Jim Flint	57	M	Craftsbury	VT	1:09:19	6:56	
10	4/10	211	Brian Burns	40	M	Calais	VT	1:09:59	7:00	
11	1/5	150	Meg Valentine	37	F	Jericho	VT	1:10:33	7:04	
12	1/3	184	Matt Wheel	36	M	Milton	VT	1:10:52	7:06	
13	3/5	218	George Aitken	22	M	Waterbury C	VT	1:11:40	7:10	
14	5/10	205	Michael Towne	48	M	Powell	OH	1:12:58	7:18	
15	1/6	155	Anne Treadwell	48	F	Burlington	VT	1:13:16	7:20	
16	2/5	200	Sarah London	37	F	Montpelier	VT	1:15:10	7:31	
17	6/10	201	Rob McDougall	41	M	So.	Burling	VT	1:15:11	7:32
18	2/3	176	Dan Dix	37	M	Warren	VT	1:15:31	7:34	
19	1/8	187	Chris Andresen	60	M	Montpelier	VT	1:15:42	7:35	
20	2/4	214	Dylan Broderick	25	F	Montpelier	VT	1:16:07	7:37	
21	2/6	210	Richarda Ericson	40	F	Montpelier	VT	1:16:41	7:41	
22	1/8	193	Siobhan Donegan	52	F	Burlington	VT	1:17:45	7:47	
23	2/8	215	Jamie Shanley	63	M	Montpelier	VT	1:19:23	7:57	
24	4/5	216	Benjamin Kidder	25	M	Montpelier	VT	1:19:41	7:59	
25	1/1	172	John Hackney	71	M	Montpelier	VT	1:19:42	7:59	
26	7/10	167	Rick Cota	47	M	Wakefield	RI	1:19:58	8:00	
27	3/6	199	Rima Carlson	42	F	Montpelier	VT	1:20:51	8:06	
28	3/8	159	John Valentine	66	M	Roxbury	VT	1:21:56	8:12	
29	3/9	177	Javad Mashkuri	51	M	Middlesex	VT	1:22:02	8:13	
30	4/9	181	Steve Owens	56	M	Calais	VT	1:22:46	8:17	
31	1/2	217	Nina Aitken	61	F	Waterbury C	VT	1:23:22	8:21	
32	2/8	170	Dot Martin	55	F	Montpelier	VT	1:23:22	8:21	
33	4/6	209	Katrina Phillips	45	F	Montpelier	VT	1:24:46	8:29	
34	2/2	197	Ruth Blauwiel	62	F	Colchester	VT	1:24:56	8:30	
35	3/4	207	Jessica Settles	27	F	Enosburg	Fa	1:25:00	8:30	
36	5/6	175	Jen Miller-Arsenaul	46	F	Middlesex	VT	1:25:43	8:35	
37	8/10	174	Dan Miller-Arsenaul	47	M	Middlesex	VT	1:25:45	8:35	
38	3/3	212	Dan Byrne	36	M	Montpelier	VT	1:26:17	8:38	
39	5/5	169	Scott Camp	27	M	Williston	VT	1:26:37	8:40	
40	9/10	192	Ken Wilson	45	M	Stowe	VT	1:27:45	8:47	
41	10/10	157	Mark LeBeau	48	M	Winooski	VT	1:27:48	8:47	
42	5/9	191	David McMath	54	M	East Hardwi	VT	1:28:40	8:52	
43	6/9	202	Ken Bruce	58	M	Underhill C	VT	1:29:13	8:56	
44	7/9	188	Dennis Casey	57	M	Waterford	VT	1:31:00	9:06	
45	3/5	151	Kate Labor	39	F	Jerich	VT	1:31:07	9:07	
46	3/8	190	Ann Bushey	58	F	Montpelier	VT	1:31:16	9:08	
47	4/8	179	Elizabeth Goldrosen	50	F	Whitman	MA	1:31:32	9:10	
48	5/8	186	Lori Martell	52	F	Cambridge	MA	1:32:51	9:18	
49	4/8	203	Richard Weinstein	60	M	Stowe	VT	1:34:56	9:30	
50	6/8	161	Gail Martin	50	F	Sharon	MA	1:35:32	9:34	
51	7/8	204	Gail Pelkey	51	F	Waterbury	VT	1:37:46	9:47	
52	6/6	158	Jessica Costa	47	F	Chelmsford	MA	1:40:48	10:05	
53	5/8	153	Michael Shover	67	M	Bradford	VT	1:41:56	10:12	
54	8/9	194	Vince Brennan	53	M	Burlington	VT	1:44:24	10:27	
55	4/5	196	Terri Sincyr	39	F	Montpelier	VT	1:45:33	10:34	
56	6/8	154	Dan Ravenelle	63	M	Exeter	RI	1:48:47	10:53	
57	5/5	156	Annaliese Baumer	39	F	Winooski	VT	1:49:36	10:58	
58	1/1	178	Anna Beach	15	F	Barre	VT	1:54:05	11:25	
59	7/8	208	Mark Leonard	65	M	Waltham	MA	1:56:04	11:37	
60	4/4	213	Shaina Kasper	26	F	Montpelier	VT	1:57:35	11:46	
61	8/8	152	Tresa Casaletto	55	F	Medford	MA	2:01:59	12:12	
62	9/9	163	Jonathan Knight	59	M	Worcester	VT	2:01:59	12:12	
63	8/8	180	John Goldrosen	66	M	Whitman	MA	2:22:36	14:16	

**Capital City Stampede 10K
Montpelier, VT 06/11/2016**

Race Director: John Valentine

Place	Div	Tot	Name	Age	S	City	St	Time	Pace
1	1/9		Brian Mongeon	30	M	Stowe	VT	34:55	5:38
2	2/9		Alexander Jinks	30	M	Montpelier	VT	35:28	5:43
3	3/9		Matt Ozahowski	30	M	Thetford	VT	35:41	5:45
4	1/5		Tom Thurston	52	M	Waterbury	VT	36:02	5:48
5	1/2		Matthew Rutherford	28	M	Montpelier	VT	38:53	6:16
6	1/7		Brian Burns	40	M	Calais	VT	39:08	6:18
7	1/2		Lori Crofts	28	F	Jericho	VT	40:06	6:28
8	2/7		Rowly Brucken	47	M	Northfield	VT	40:30	6:32
9	4/9		Eldon Miller	36	M	Plainfield	VT	40:37	6:33
10	3/7		Ben Ellingson	45	M	Montpelier	VT	41:53	6:45
11	5/9		Nick Managan	33	M	Waterbury	VT	42:02	6:46
12	2/5		Mack Gardner-Morse	55	M	Calais	VT	42:13	6:48
13	4/7		Jon Copans	42	M	Montpelier	VT	42:48	6:54
14	3/5		Larry Satcowitz	50	M	Randolph	VT	42:55	6:55
15	1/11		Allie Nerenberg	31	F	Jericho	VT	43:00	6:56
16	2/11		Sara Roberts	32	F	Burlington	VT	43:14	6:58
17	3/11		Sarah London	36	F	Montpelier	VT	43:23	6:59
18	5/7		Rob MacDougall	41	M	So. Burlington	VT	43:24	7:00
19	4/11		Elizabeth Markison	32	F	West Danville	VT	43:34	7:01
20	1/6		Chris Andresen	60	M	Montpelier	VT	43:38	7:02
21	1/11		Dot Martin	55	F	Montpelier	VT	43:41	7:02
22	6/7		Scott Lovelette	47	M	Montpelier	VT	44:08	7:07
23	2/6		Chuck Arnold	69	M	Burlington	VT	44:53	7:14
24	6/9		Jeff Johnson	38	M	Barre	VT	45:00	7:15
25	5/11		Anya Christman	33	F	So. Burlington	VT	45:38	7:21
26	4/5		Michael Travis	51	M	Worcester	VT	45:48	7:23
27	1/6		Ann-Marie Stearns	43	F	Bethel	VT	46:11	7:26
28	7/7		Sean Murphy	44	M	Websterville	VT	46:12	7:27
29	7/9		Colin Clifford	31	M	Montpelier	VT	46:12	7:27
30	2/2		Cory Chrysogelos	28	M	Winooski	VT	46:29	7:29
31	6/11		Leslie Welts	35	F	Montpelier	VT	47:12	7:36
32	2/11		Patty Richards	52	F	Williston	VT	47:20	7:38
33	3/6		Tom Ozahowski	65	M	Thetford	VT	49:05	7:54
34	8/9		Clarke Collins	39	M	Randolph	VT	49:22	7:57
35	7/11		Colleen Kutin	39	F	Worcester	VT	49:30	7:58
36	4/6		Russ Cooke	64	M	Williston	VT	49:34	7:59
37	1/3		Nina Aitken	61	F	Waterbury Ctr.	VT	51:00	8:13
38	9/9		Daniel Byrne	36	M	Montpelier	VT	51:32	8:18
39	5/5		Joe Robinson	56	M	Warren	VT	52:17	8:25
40	5/6		Thomas Hogeboom	65	M	Hardwick	VT	52:20	8:26
41	2/2		Gianna Petito	29	F	Montpelier	VT	52:24	8:26
42	3/11		Ann Bushey	58	F	Montpelier	VT	52:29	8:27
43	4/11		Dana McCarthy	58	F	Montpelier	VT	52:50	8:31
44	5/11		Gail Pelkey	51	F	Waterbury	VT	53:52	8:41
45	8/11		Katie McLinn	32	F	Montpelier	VT	54:47	8:49
46	6/11		Julie Gallivan	50	F	East Hardwick	VT	56:22	9:05
47	1/3		Marv Bradley	77	M	Canon City	CO	56:43	9:08
48	7/11		Phyllis Tillinghast	52	F	Middlesex	VT	58:15	9:23
49	2/6		Kim Bolduc	49	F	Middlesex	VT	58:29	9:25
50	8/11		Becky Diedrich	51	F	Berlin	VT	1:00:13	9:42
51	2/3		Hugh Wilson	76	M	Dorval	PQ	1:00:40	9:46
52	6/6		Bob Howe	69	M	Barre	VT	1:00:43	9:47
53	9/11		Jennifer Clark	34	F	Barre	VT	1:01:51	9:58
54	2/3		Elizabeth McCarthy	63	F	Hardwick	VT	1:01:53	9:58
55	10/11		Sarah Davis	33	F	Northfield	VT	1:01:56	9:59
56	3/6		Melodie Kuban	44	F	Barre	VT	1:02:05	10:00
57	3/3		Phillip Howard	78	M	Burlington	VT	1:05:39	10:34
58	9/11		Judy Thurlow	53	F	Montpelier	VT	1:06:31	10:43
59	4/6		Ariane Kissam	40	F	Montpelier	VT	1:06:33	10:43
60	5/6		Karen Murphy	46	F	East Barre	VT	1:06:35	10:43
61	3/3		Jean Cater	63	F	Essex Jct.	VT	1:08:09	10:59
62	11/11		Amber Markham	36	F	West Berlin	VT	1:08:49	11:05
63	1/2		Jean Bernaquez	84	M	Montreal	PQ	1:09:44	11:14
64	10/11		Stacey Sadowsky	53	F	Essex Jct.	VT	1:17:50	12:32
65	1/1		Donovan Devino	06	M	Lincoln	VT	1:24:21	13:35
66	6/6		Tara Mayo	40	F	Lincoln	VT	1:24:23	13:35
67	11/11		Ellie Brady	50	F	So. Burlington	VT	1:24:29	13:36
68	2/2		Gerow Carlson	84	M	Montpelier	VT	1:25:34	13:47

20th Annual CVR Mutt Strutt

To Benefit Central Vermont Humane Society
Little River State Park, May 15, 2016

Race Director: Brittany Lafirra

Place	Div	Name	Dogname	Age	Sex	Dogs	City	Time
1	1	Eric Morse	Murdock	51	M	S	Berlin	17:45
2	1	Dan Verrington	Kutya	53	M	L	Bradford	18:09
3	2	Mack Gardner-Morse	Ginger	55	M	L	Calai	20:57
4	1	Amber Van Zuilen	Aspen	32	F	L	Colchest	22:52
5	1	Nicholas Managan	Louie	33	M	L	Waterbu	23:18
6		Andy Shuford	None	55	M		Montpelier	23:58
7		Jeff Prescott	None	52	M		Montpelier	24:49
8	1	Tom Shanley	Sam	14	M	S	Montpelier	27:11
9	1	Kevin Reid	Stella	43	M	S	Milton	28:39
10	1	Owen Drury	Teala	13	M	L	Richmond	30:01
11	1	Seth Drury	Teala	43	M	L	Richmond	30:03
12	2	Ken Pilgrim	Birdie	55	M	S	Essex Jct	30:27
13	1	Lisa Hommel	Dexter	49	F	L	Waterbu Ct	30:59
14	1	Jennifer Redmond	Jax	41	F	S	Jericho	32:39
15		Marla Redmond	None	41	F		Barre	32:40
16	2	Cara Gauthier	Myrtle	32	F	L	Northfield	33:31
17	1	Julia Compagna	Domino	51	F	S	Morrisvi	36:12
18	2	John Wakefield	Gary Indi	41	M	L	Montp	36:49
19	3	Rick Hommel	Harvey	47	M	L	Waterbu Ct	37:18
20	2	Sherry Pidgeon	Mili	52	F	S	Essex	39:32
21		Allison Compagna	None	25	F		Moretown	47:03
22	1	Emily McLean	Autumn	29	F	L	Hardwick	47:53

Worcester 4 Mile Challenge &

2 Mile Fun Run / Race Director Roy Belcher

2 Mile Fun Run Results							
Place	Bib	Time	First Name	Last Name	M/F	Age	Town
1	91	22:33:86	Ambiana	Glavin	F	10	Worcester
2	92	22:53:55	Jakobi	Kumieck	F	6	Worcester
3	93	22:55:47	Michael	Travis	M	11	Worcester
4 Mile Challenge Results							
1	85	26:52:40	Thorin	Markison	M	33	Calais
2	88	29:04:70	Benjamin	Kidder	M	25	Montpelier
3	89	29:24:28	Craig	Manning	M	41	Medford, MA
4	94	35:17:13	Eileen	Hee	F	44	Worcester
5	90	36:13:47	Colleen	Kutin	F	39	Worcester
6	86	37:46:47	Joe	Robinson	M	56	Warren
7	87	42:00:29	Anna	Berg	F	25	Calais

Complete Results off the
Montpelier Mile (July 3rd)
And
Stowe 8 Mile & 5K (July 10th)

Are available at
http://cvrunners.org/?page_id=2109

Bear Swamp Run, 5.7 Miles, 7/23/16

Overall Male Winner: Brian Carlson 35:18
 Overall Female Winner: Megan Valentine 40:10
 Total Finishers: 43

Overall Place Place in Age Group Name Time

Female 0-19

25 1 Meredith Stetter 47:22
 35 2 McKenna Montminy 52:56

Male 0-19

34 1 Samson Alley 52:56

Female 20 - 29

9 1 Dylan Broderick 42:17
 33 2 Kim Caldwell 50:19

Male 20-29

2 1 Joseph Kill 36:56
 4 2 Lance Parker 38:54
 13 3 Benjamin Deede 43:08

Female 30-39

6 1 Megan Valentine 40:10
 31 2 Shannon Salembier 49:50

Male 30-39

10 1 Karl Schlegel 42:30
 24 2 Kyle Landis-Marinello 47:09
 32 3 Colin Clifford 49:50

Female 40 - 49

16 1 Sandy Colvin 44:09
 19 2 Jessica Bolduc 45:22
 21 3 Rima Carlson 45:38
 38 4 Becky Diedrich 61:47
 40 5 Mary Stridsberg 70:27

Male 40-49

1 1 Brian Carlson 35:18
 3 2 Brian Burns 37:53
 7 3 Kari Bradley 41:50
 14 4 Nathan Suter 43:30
 20 5 Scott Gurley 45:26

Female 50 - 59

8 1 Dot Martin 42:13
 15 2 Donna Smyers 44:05
 27 3 Lauren Rhatigan 47:41

Male 50 -59

5 1 Jim Flint 39:12
 12 2 Mike Gillis 42:43
 17 3 Steve Owens 44:49
 26 4 Andy Shuford 47:29
 28 5 Chuck Schwartz 47:46
 29 6 Richard Wisnall 47:52
 30 7 Jeff Prescott 49:08

Male 60-69

11 1 Chris Andresen 42:36
 18 2 John Valentine 45:21
 22 3 Tim Noonan 45:57
 36 4 Greg Gerdel 54:40
 37 5 Harold Garabedian 55:19
 39 6 Bill Everett 65:43

Male 70-79

23 1 John Hackney 47:08
 41 2 Greg Wight 70:28
 42 3 Roger Cranse 75:14

Male 80+ 43 1

Gerry Carlson 78:17

Many thanks to the following volunteers: John Martin,
 Richard Cleveland, Mack and Cindy Gardner-Morse,
 Maryika Gillis, Marsha Bancroft

Tim Noonan, Race Director

The Barre Heritage Trail race

was a good time had for all. The course was a challenging, mostly rooty and rocky single track. The race times were really impressive. First place was 23.06, amazing in my mind for this course. Everyone seemed to like the challenge and have a great time. This was my first time coordinating a race and it couldn't have been easier thanks to all the support from CVR and the Spaulding Running team. We will be able to make a nice donation to the Spaulding running teams. Thank you everyone for coming to run or volunteer at this "historic" event! Thanks,

Race Director: Jackie Jancaitis,
 the RehabGYM

Barre Heritage Festival 5K Trail Race Presented by CVR and Rehab Gym Barre Town Forest, Websterville VT 7/31/2016

Place Div/Tot Name Age S City St Time Pace

===== ===== ===== =====
 1 1/4 Eric Morse 51 M Berlin VT 23:06 7:27
 2 2/4 Chris Cote 53 M Essex Jct. VT 25:30 8:13
 3 1/7 Kim Caldwell 27 F Randolph VT 28:16 9:06
 4 2/7 Christina Policastr 22 F Boston MA 29:25 9:29
 5 1/1 Matt Caldwell 28 M Randolph VT 29:34 9:31
 6 3/7 Dilan Clements 21 F Bradford VT 29:58 9:39
 7 3/4 David Clements 57 M Bradford VT 30:03 9:41
 8 4/7 Kelly Clements 24 F Stowe VT 30:04 9:41
 9 1/1 Brian Maclay 49 M Barre VT 30:20 9:46
 10 1/5 Alayna Bohan 33 F Dayton OH 30:46 9:55
 11 1/1 Andrew Reynolds 37 M Graniteville VT 30:56 9:58
 12 1/9 Missy Gilbert 42 F Washington VT 31:28 10:08
 13 5/7 Celia Ryan 24 F Brookline MA 32:16 10:24
 14 6/7 Emily Wivell 27 F Barre VT 33:09 10:41
 15 4/4 Darrel Lasell 58 M Williamstown VT 33:13 10:42
 16 2/9 Jennifer Redmond 41 F Jericho VT 37:20 12:01
 17 3/9 Amy Rheaume 44 F E. Andover NH 38:38 12:27
 18 4/9 Tammy Fortier 45 F Washington DC 38:39 12:27
 19 5/9 Heidi Murphy 40 F Andover NH 38:40 12:27
 20 6/9 Marla Redmond 41 F Barre VT 38:44 12:29
 21 2/5 Elizabeth Stratton 33 F E. Calais VT 40:11 12:57
 22 1/1 Gary Furlong 63 M Milton VT 40:37 13:05
 23 3/5 Jennifer Curschmann 34 F Cabot VT 41:53 13:29
 24 1/1 Greg Wight 70 M Brookfield VT 42:44 13:46
 25 4/5 Kristine Seipel 34 F Barre VT 42:45 13:46
 26 7/9 Charleen Blow 49 F Graniteville VT 43:08 13:53
 27 7/7 Caitlin Thornton 26 F S. Burl VT 43:38 14:03
 28 5/5 Emily Reynolds 34 F Graniteville VT 51:10 16:29
 29 8/9 Christie Burgess 40 F E. Mont VT 51:21 16:32
 30 9/9 Kim Lewandowski 45 F Morris VT 1:03:07 20:19
 31 1/1 Mia Blow 13 F Websterville VT 1:06:53 21:32

CVR & GMAA Race Schedule, including other area races...
 (** races that are part of the CVR/ORS race series)

August 18, ** "CVR" Berlin Pond 5 Mile, Contact: <http://cvrunners.org/>

August 19, Last Ride 5K, Gifford Medical Center, Randolph, 6:00pm, Contact: www.giffordmed.org or www.facebook.com/LastMileRide/

August 20, Under the Tree 5K & 10K, 9:00am, Hartland Recreation Center, Contact: <https://underthetreerace.org/>

August 21, "GMAA" Scholarship Trail Race 5K, 8:30am, South Burlington, Contact: <http://gmaa.net/main.php>

August 27, Little City 5K & 10K, 9:00am, Vergennes, Contact: <http://www.runvermont.org/>

August 28, White River Resilience Festival 5K and 1 Mile fun run & walk, 9:00am, South Royalton, out & back, paved & dirt, along the White River, Contact: Tom Burgos at tburgos@nationallife.com or www.raceentry.com/races/white-river-run-and-walk-/2016/register

September 3, ** "CVR" Northfield Savings Bank 5K & 1 Mile, Contact: http://cvrunners.org/?page_id=1397

September 4, "GMAA" Archie Post 5 Miler, 8:00am, Burlington, Contact: www.gmaa.net

September 10, Sprouty 5K & 10K, 9:00am, Sharon Elementary School, Contact: sharonvt.net

September 10, Maple Leaf Half Marathon & 5K, 8:00am, Manchester Center, Contact: www.manchestervtmapleleaf.com

September 10, Charlotte Covered Bridge 5K, 10K & Half Marathon, 8:00am, Shelburne Beach, Contact: www.racevermont.com

September 11, Vermont Remembers 11K, Colchester, Camp Johnson, Contact: www.runvermont.org

September 14, ** "CVR" Sodom Pond 4 Mile, 6:00pm, Adamant, Contact: http://cvrunners.org/?page_id=394

September 17, "GMAA" Common to Common 30K, 8:30am, Essex, Contact: www.gmaa.net

September 24 and 25, Adirondack Marathon Distance Festival 5K, 10K, Half Marathon and Marathon, Chestertown and Scroon Lake NY, Contact: www.adirondackmarathon.org

September 25, Choice Physical Therapy Fall Foliage 5K, 11:00am, Blanchard Court, Montpelier, Contact: <http://choicephysicaltherapyofvermont.com/>

September 25, Island Vines 10K, 10:00am, South Hero, Contact: www.runvermont.org

October 1, "GMAA" Art Tudhope 10K, 9:00am, Shelburne, Contact: www.gmaa.net

October 2, ** "CVR" Leaf Peepers Half-Marathon and 5K, 11:00am, Waterbury, Contact: <http://leafpeepershalfmarathon.org/>

October 8, MZMF (Michael Zemanek Memorial Foundation) 5K, 10:00am, Montpelier High School, Contact: www.mzmf.org

October 9, "GMAA" Green Mountain Marathon and Half Marathon, 8:30, South Hero, Contact: www.gmaa.net

October 16, CHAD Half Marathon, 5K, 1 Mile & 50 Mile Bike ride, Hanover NH, Contact: www.chadhalf.org

October 29, Kingdom Challenge Half Marathon, Relay & 5K, Saint Johnsbury /Lyndon, Contact: www.thekingdomchallenge.com

October 30, White Mountain Milers Half Marathon, Relay & 5K, North Conway NH, www.wmmhalf.com

October 30, ** ORS Autumn Onion 5K, Contact: www.onionriver.com

November 5, 12, 19, "CVR" Fallen Leaves 5K Series, 9:00am, Montpelier, Contact: http://cvrunners.org/?page_id=404

November 24, "GMAA" Turkey Trot, 11:00, Burlington, Contact: www.gmaa.net

December 31, ** "CVR" New Year's Eve 5K, Montpelier, Contact: http://cvrunners.org/?page_id=566

~ Please check with race contacts to confirm race times and other details ~



Newsletter Editor
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AUGUST 2016

NEWSLETTER

Volume 37 Issue 4

Mark your calendars...

August 18... Berlin Pond 5 Mile

August 22... CVR August Meeting

September 3... Northfield Savings 5K & 1 Mile

September 14... Sodom Pond 4 Mile

October 2... Leaf Peeper Half Marathon & 5K

November 5, 12, 19... Fallen Leaves 5K

Each Tuesday... Fun Runs of 1, 2, 4, 6 Mile, 5:30pm, in back of the Dept of Labor Building beyond Montpelier High School

Each Wednesday... Track workout, Montpelier High School, intervals start at 6:00pm