

Newsletter**NOV 2016****Volume 37****Issue 5****In this Issue:**

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CVR President's Column:

Thank goodness the season is winding down! No not the running season, I'm just waiting on Nov 8 to be over.

Right now is when running is my "go to" exercise: Biking is getting cold, can't quite ski yet, definitely no swimming outside. Sometimes we need headlamps, but at least it isn't slippery yet. No reason to do a lot of miles right now, but it's the easiest way to squeeze something in on these short days and try to hold off my "winter weight" until after the Thanksgiving Day race.

Fun Runs have ended for the season, but that doesn't mean CVR goes into hibernation. As of now, the Wed track workouts are continuing. I showed up last Wed and was amazed at the fun group that is still attending in the near dark. And of course there are still races every weekend, thanks to CVR's Fallen Leaves series, plus a zillion of them on Thanksgiving Day (OK that's an exaggeration, but not as bad as most political ads). CVR's next meeting is Monday Nov. 7 (info on page 12) where we start looking ahead and establish the race schedule and CVR/ORS series for 2017. Planning starts for the Annual Awards Dinner in January and Annual Meeting in March. We can even start to plan the Saturday Winter Runs. I hope many of you can join us Monday Nov 7 at Michael Chermick's to help with the planning. Here's a teaser...should VCM (marathon only) be in the CVR/ORS series? If so, which race should it replace?

One thing I know we'll be looking for at the meeting is a director for the 2017 Mutt Strutt. Nobody has stepped up yet, so if not by Nov 7, it may not continue. In the nearer term, Ann Bushey is desperately seeking a co-director for this year's NYE 5K. No need for a long term commitment, but it would be a great chance for somebody to see the ins and outs of putting on a race. Other volunteer opportunities are likely to arise at the meeting, but it is OK to come and not volunteer for something. It took me a year or 2 of meetings before I stepped up to anything. I just came and ate potluck and didn't have so many 2 cents to throw in the discussion as I do now. How things change in 20 years!

Looking back at 2016, CVR produced or helped produce (NSB and Montpelier Mile) 13 races so far with 1642 finishers. That's down from 1993 finishers for the same races in 2015. A decrease in registration per race is being reported all over by triathlon and running event directors. The growing races are the big money, big hype events and shrinking are the low key "real runners" type races. We can talk at the meeting about stimulating registration, but if the problem is just too many competing events, I don't see that as a big problem. More choices still means more people out running and that is our mission. I think it is very important that we continue to offer low cost local options that do not exist in the big promoted events. We will continue to need to adjust the CVR schedule, budget and race offerings as the trends play out, but that's what the meetings and committees are for, right?

Please let me know if you have any race info, local running group info, etc that you would like me to share in the (almost) weekly CVR News and Notes.

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*

- Paul Mailman – Better turnout than last year (weather better), but #'s remain low.
- Montpelier Mile – A new timing company (not CVR) will be used next year, so we will only need about 1/3 of the number of volunteers
- Bear Swamp – Great attendance
- Barre Heritage Trail Race – Went great, not very many CVR members in attendance
- Berlin Pond – Attendance down compared to previous years

Upcoming

- Leaf Peepers – On track for a great race. Current enrollment slightly down—431 in Half, 139 in 5K compared to 482 and 189 last year at this time.
- Northfield 5k – New timing company this year- RaceMenu.com
- Sodom Pond – Spaghetti dinner still on despite Donna's early wakeup call the next morning
- Fallen Leaves – Tim needs substitute day-of race directors on November 5th and 12th (Bob Emmons volunteered for the 12th). Donna will do the 5th if nobody else wants to.
- Autumn Onion – Donna to communicate issues with course length and monitors to ORS
- First Night – Need new co-race director, Need to figure out where to hold registration

Draft **Minutes** of the CVR Meeting- Monday **Aug 22, 2016**

Subject to approval at the November meeting.

- Meeting called to order at 6:00 pm
- 18 people present
- 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.

Membership Report

- Club currently has 267 individual and family members
- There has been an uptick in younger members

Race Updates

Completed:

- Barre Town Spring Run – No update
- Kids Track Meet – Discussion of shirts, agreed to continue giving them out for free. Will put purchase amount on annual meeting agenda.
- Capitol City—Shannon apprenticed this year, will be new RD next year.
- Worcester 4 Miler – Future of race uncertain

Equipment

- The club has cups issue – race directors do not know how to buy the right kind of cups – Proposal to purchase a large supply of cups from Costco. Will decide by next year.
- The club needs H stands – donate old political signs if you have them
- Clothing: Clothing remains for sale. Men's prices: singlet \$25, long sleeve \$25, short sleeve \$15. Women's prices: Asics singlet \$25, Nike singlet \$35, short sleeve \$25, long sleeve \$50. Mary will get Donna an inventory soon

ORS Series

- Discussion of adding a longer race, such as VCM, the Adamant 20 miler, or the Common to Common 30k. Donna will send a survey for club input.
- In agreement that the addition of the Stowe 8 Miler and 5k was a good idea

Donations

- The club received 5 requests from cross country teams, so each club received \$240.
- In agreement that the club should continue to donate money in the same way as did last year.

Next meeting, Nov. 7, 2016!

... Shannon Salembier

Coaching Again ...By Norm Robinson

Many of you know that before I moved to Nashville, I was an assistant coach for Tim Noonan with the Montpelier High School cross country team. I did that for 5 years and it was one of the most rewarding and enjoyable things I have done. Years prior to that I also helped coach the MHS track team with Tim, Jen Frantz and Tim Shea.

This fall my wife Martha took a job here in Nashville with the Tennessee School for the Blind (TSB) as an educational assistant. The topic of my prior coaching experience came up at school, and the next thing you know, I became a volunteer coach at TSB. It has been fabulous to be back, but it has been quite an educational experience learning to coach and deal with kids that have various levels of sight. There were 3 other coaches, including the head coach who is the athletic director at the school. The other two are also teachers at the school, one of which is a female math teacher, and runner herself. The season was 6 weeks.

The athletes are evaluated and assigned a class A, B, C sight status. Status A students are totally blind, B students can make out images, but really struggle in low light. C students are visually impaired, but can see enough to circle the track, and generally take care of themselves. We had 25 members of the team ranging from 7-12 grade.

Most students live on campus, and arrive on Sunday night, and leave at noon on Friday. They come from all over the state, and may have as much as a 3-4-hour ride to get home on the weekends. Because of their schedule, track practice was held after school on Monday and Wednesday, but the other days we met at 5:00 a.m.! Coaches arrived at 4:45 and went to the cottages where the kids lived, gathered them up and walked them to the track for the one-hour practice. That early in the morning there is no hint of the sun for most of the practice. Imagine the dedication that was involved from these students!

The morning practices were devoted to running. Those who could see enough would run either by themselves, or in tandem with a fellow student. Tandem consisted of the blind runner lightly holding on to the elbow of the runner who could see enough to navigate the track. This was the set up for the distance runners. This was also where my duties came in on many days. I ended up partnering with a student named Anthony who was more talented than most, but totally blind. He would hold my right elbow and I would guide him around the track. On the days that we were just doing endurance work it worked out quite well. We had many opportunities for me to learn about his life and interests.

The real challenge came on the days we needed to do interval work. His longest event was the 1200 meters, so we would do 200 intervals. Picture this 6'2" lean teenager and a 60-year old distance runner working together to make him faster! I had not done any speed work in years, and on the days I knew we were doing intervals I would try to spend 10 minutes or so prior to get as loose as I could. I held my own for about 150 meters but it felt like he was all but dragging me the last 50! What fun, but more importantly I didn't get hurt, and I think it helped him some at least.

As I mentioned earlier, the track workouts were for some runners. The rest had a different set up. In the infield of the track there is a 6 lane straightaway. Each lane is divided by tightly strung guide wire that is about hip high. This was about 100 meters long. At each end of the wire, about 20 meters in, there was tape wrapped around the wire. They would run their hand along the wire, and when they hit the tape they knew they had to turn around and run back. Events held on this ranged from 60-1200 meters. It was simply amazing to watch!

Two days a week were afternoon practices. On those days we did some running, but also practiced field events. The students that could see at least some were encouraged to do shot put, and high jump, and running triple jump. Everyone else did standing long jump, triple jump from a standing start, and 3-con (which is 3 consecutive jumps from a standing start.)

We had two meets that we participated in. We had a home meet with 3 other schools that came from Kentucky, Missouri, Ohio. They came to TSB on Friday evening and spent the night in the dorms before the meet the next day. Three weeks later was the conference championship in Indianapolis. Schools from 13 states competed in the day long competition. And it was day LONG. Martha and I drove up the night before and I met the team for 7 a.m. breakfast. The meet was supposed to start at 8:30 but was horribly organized. We finally got started at near 10:00 and finished around 6:00 p.m. TSB finished second! I was tired, but had an incredibly fulfilling time both at the meet, and for the season overall.

Anytime I get feeling a little sorry for myself I think about the kids on the team. They are like any other teenager in many ways. I overheard and participated in conversations about music, friends, etc. That being said they have to deal with all that comes with being visually impaired (some from birth and others from accidents, or other issues.) I was inspired everyday by their attitude and determination to make something of the future.

Photo courtesy of Norm Robinson



Feeling Young, Feeling Old By Norm Robinson (age 60)

Feeling young is when you're asked to help coach the local track team at the Tennessee School for the Blind. Feeling old is when the 17-year old on the team is holding your elbow for guidance and pulling you along while doing 200 meter repeats.

Feeling young is every time I go into Walmart and see the general population that is my age. Feeling old is when the kids on the track team you are coaching are talking about bands you have never heard of.

Feeling young on the runs where everything clicks in and you feel like you are gliding along effortlessly. Feeling old when you try getting up off the floor from stretching after that run.

Feeling young, when you blow by the 30-year old at the end of a ½ marathon. Feeling old when the award ceremony takes place and you find out two 70-year old runners finished ahead of you!

Feeling young when you pull yourself out of bed for an early morning run with friends. Feeling old when it takes you nearly two miles to even begin to get loose.

Feeling young when you hear footsteps behind you on a training run, and you hold off that runner for 3 miles. Feeling old is when you realize there was no one behind you, and the footsteps you heard was the water sloshing around in the bottle on your back!

I pulled out all the stops today and had one of the better races recently. Ran the Urban Bourbon 1/2 marathon in Louisville, KY and finished 11/46 in my age group with a 1:56:00. Very pleased. My splits were very even and felt strong for much of the race. Nice to know the hard work pays off once in a while. Have another 1/2 in 3 weeks here in Nashville... Norm

A cautionary tale... Greg Wight

Leafpeepers bibs are sorted by last name for handout on race day. It's always a challenge at bib pick-up when a registered runner's bib can't be found.

Leafpeepers policy is to issue a new bib without question. That always makes the runners happy, but causes anxiety for the registration coordinator.

This year there were seven such lost bibs. Post-race analysis revealed in three cases, the runner apparently put a middle name or incomplete name in the last name column on the Chronotrack on line reg form. In four cases, the runners had used Facebook credentials to register; credentials they had created when each went by a previous name (e.g. maiden name).

Moral: check your information before you press the submit button.

Jim Flint has updated the standings for the **2016 CVR/ORS Race Series** that reflect the results through the Leaf Peepers Half Marathon & 5k. You can check them out here:

http://cvrrunners.org/wp-content/uploads/2016/10/STANDINGS_2016_102316.pdf

Contact Jim at jimflintvt@gmail.com with any questions or corrections.

Help Wanted!!!

Ann Bushey lost her co-RD for the New Year's Eve 5K this year and she has other commitments that need her attention at this time too. Most importantly, she will be away most of the week prior to the race, so needs somebody who can do the local last minute things. Email Ann at

BusheyA@wssu.org if you can help her out. ... Donna

CVR Track Night Series 2016 ...Leslie Welts

"It's my favorite day of the week." - Lance Parker

Only four of us made it to the first Wednesday night track night in June. By mid August, we regularly had 10-15 runners. Why? Two simple reasons: (1) Runners who do speed work gain increased speed and fitness; and (2) CVRunners are just darn friendly and encouraging running buddies.

The track series was a linchpin in my and many others' training this season. Our intervals were measured by time rather than distance to ensure that no one finished early or was tempted to stop prematurely. I LOATHED the eight-minute repeats at first. I mean, any time you are doing speed work for longer than a mile, it isn't really speed work, is it? But after I ran a PR at the Stowe 8 Miler (the weather helped) and a 21-minute marathon PR (again, the weather was stellar), I was a complete convert to the eight-minute speed repeat. And of course, it helped that we all suffered together for the same amount of time.

I wasn't the only CVR trackster whose distance running was enhanced by track. Dylan Broderick's performance at the VT 50 was amazing. She was the third woman and the 10th finisher overall! Lance Parker finished fifth overall in the Ghost Train Rail Trail 100! And there are probably many other PRs from this group that I don't even know about.

... photo from our very first track night. ... from left to right: Steve Snook, Steve Hill, Fabienne Pattison, Leslie Welts.



Photos courtesy of Leslie Welts & Steve Hill

And this photo was taken sometime in August. As you can see, the crowd grew quite a bit! Pictured from left to right in the back row: Shaina Kasper, Dylan Broderick, Lance Parker, Steve Snook, Ben Deede. From left to right in the front row: Ashley Beach, Fabienne Pattison, Leslie Welts, Hannah Smith, Meredith Naughton.

(some regulars not included in the pictures: Mack, Meredith, Matthew and Donna)

The CVR tracksters ranged in pace and experience, but the camaraderie of suffering the same workout was a great equalizer. As the group grew in size, so did the supportive atmosphere that energized us all. Thanks to Steve Hill for organizing and selecting the workouts and to everyone who attended. I can't wait to see what's in store for next year!

Two Addictions ...Roger Cranse

I began smoking in 1957 when I was sixteen. Everyone smoked then: your parents, your doctor, your teachers, Santa Claus in *Life's* Christmas issue, Bogie and Bacall in movies and real life, and of course all your friends. At 23 cents a pack you could hardly afford not to smoke. And truly, there's nothing like a good cigarette – with coffee in the morning, after a meal, alongside a glass of wine in the evening. I went to Rutgers in the fall of 1959 and discovered one of the really great things about college: you could smoke in class! After college I joined the Peace Corps and traveled to Nepal to teach school. Being able to puff on cheap Indian cigarettes while hiking at 12 or 13 thousand feet in the Himalayas convinced me I was in really great shape. (In retrospect, this hypothesis is probably both true and false.)

The Surgeon General's report linking smoking and lung cancer was released in 1964. I got the memo about 10 years later. By then all the pleasure had gone out of smoking. It was just a habit or, more accurately, a serious addiction. My chest hurt, I had a rasping cough, and my teeth looked like hell. I tried everything to quit: cutting back, switching to a pipe, going cold turkey. Nothing worked.

Then one day my doctor said to me, "Go buy Dr. Sheehan's book and get yourself a pair of running shoes." I bought and read *Dr. Sheehan on Running* (World Publications, 1975) and picked up a pair of Nike Waffle Trainers at Onion River Sports, the ones in garish yellow with the blue swoosh stripe. One spring afternoon I strapped on the Nikes and ran from our house in Montpelier's Meadow neighborhood up Elm Street to the Rec Field and back, a little over a mile. I was wheezing and gasping but, after that one run, I had no desire for cigarettes. None. Miraculous! I can't explain why, other than to say I switched one addiction for another.

I began doing the Tuesday fun runs organized by Warren Kitzmiller and Jack Nash, tongue depressors for timing courtesy of Dr. Ellerson. In those days upwards of 100 people participated each week in the fun runs. My first race was the inaugural Northfield 5K. When Bob Murphy, Darragh, Pat DeBlasio, and Doug Jones created CVR I joined. I was totally hooked. I put my silver Dunhill cigarette case in deep storage.

Since then I've run thousands of miles in all weather and many climes. I've participated in hundreds of races. I'm a casual runner. I run two or three times a week; I don't keep track of my mileage. I don't have the natural talent of Bob Murphy or Sue Hackney, nor the grit of Darragh or Mack. I've never run a marathon. (Although years ago I got hopelessly lost around Newport, Rhode Island and ran for four hours straight; I guess this was my "marathon.") I was never fast and now I'm really slow. Once, though, I had a decent time at the Northfield 5K. I wanted to beat my friend Bill Joerres who always beat me. I went out hard. Bill stayed on my shoulder the whole race, a half pace behind. I was out of breath within the first two minutes. When we turned right over the bridge 100 yards from the finish I picked up the pace and came in ahead of Bill. My time was 20:20. But the whole race was horrifyingly painful, just awful. I never ran that fast again, not even close. (A couple weeks later at the Caspian Lake Run-Around Bill eased away from me at the start and kept on easing. By the finish he was out of sight.)

Most of my old friends also quit smoking – we were the generation that quit. My friends that didn't quit are dead. I think it's fair to say that running saved my life, at least up until now.

But I have a dream. It's a recurring dream; I've had it every month or so for nearly 40 years. The dream is unnervingly real – it seems not a dream but reality. The context shifts but the theme is always the same: I've started smoking again. It's incredibly vivid. I see the cigarette between my fingers, see the ashtray where I flick the gray ash. I take a drag and have two simultaneous reactions. One is shame: how can I have started again when it was so hard to quit? The other is – *Oh, God, it's so good!*

Consciously, I have no desire for cigarettes. I pass through a cloud of smoke outside Charlie-O's and it's gross and disgusting. Yuck! But I guess the dream is telling me that somewhere deep down in my neuronal structure thousands of tiny cells are crying out: *nicotine, nicotine, nicotine, please!*

So I probably still have two addictions. My love of running, my addiction to it, has so far hushed up those insistent little cells. But somewhere around the house I still have my silver Dunhill, just in case.

Sodom Pond Run Results

September 14, 2016

(4 mile race)

Overall Female Winner:

Lori Crotts, 24:26

(new course record)

Overall Male Winner:

Alex Jinks, 23:31

(55 finishers)

Many thanks to the following
volunteers: Maureen Carr,
Shannon Salembier, Colin
Clifford, Gail Pelkey, Sarah
London, Rob McDougall, Donna
Smyers, Eric Ryea, Dick Bushey,
Stanley Carlson
Tim Noonan, Race Director

Overall Place in Name Time
Place Age Group

Female 0-19

31 1 Francesca Leahy 31:51

Male 0-19

18 1 Brian Bushey 27:48

Female 20-29

4 1 Lori Crotts 24:26

14 2 Dylan Broderick 26:59

34 3 Meredith Naughton 33:29

36 4 Gianna Petito 33:45

48 5 Heather Calderwood 44:18

Male 20-29

3 1 Matthew Rutherford 24:22

5 2 Lance Parker 24:54

6 3 Keil Corey 25:11

9 4 Greg Bove 25:42

11 5 Benjamin Kidder 26:09

20 6 Benjamin Deede 28:04

Female 30-39

16 1 Sarah London 27:17

25 2 Dillon Burns 30:22

27 3 Leslie Welts 30:32

28 4 Hannah Smith 30:33

32 5 Jackie Jancaitis 32:30

39 6 Katie McInn 35:21

49 7 Morgan Greenwald 44:38

Male 30-39

1 1 Alex Jinks 23:31

2 2 Thorin Markison 24:09

8 3 Damian Bolduc 25:31

12 4 Colin Clifford 26:20

23 5 Jack Zeilenga 28:59

24 6 Zach Chen 30:13

Female 40-49

17 1 Christina Clark 27:32

29 2 Sandy Colvin 30:46

43 3 Kim Bolduc 36:49

55 4 Mary Ellen Copping 57:40

Male 40-49

7 1 Brian Burns 25:15

13 2 Kari Bradley 26:44

Female 50-59

19 1 Dot Martin 27:52

30 2 Donna Smyers 31:50

33 3 Ann Bushey 32:47

45 4 Phyllis Tillinghast 37:24

50 5 Janet Stone 44:56

Male 50-59

10 1 Jim Flint 26:03

15 2 Mack Gardner-Morse 27:05

21 3 Steve Snook 28:13

35 4 Steve Hill 33:31

Female 60-69

38 1 Meg Thorburn 34:51

40 2 Dot Helling 35:57

Male 60-69

22 1 Chris Andresen 28:19

26 2 John Valentine 30:28

37 3 Perry Bland 34:28

41 4 John Martin 36:16

42 5 Manuel Sainz 36:48

46 6 John Mahoney 40:08

47 7 Bill Everett 42:10

Male 70-79

44 1 King Milne 37:01

51 2 Greg Wight 46:14

52 3 Bob Murphy 47:55

53 4 Roger Cranse 49:03

Male 80+

54 1 Gerry Carlson 53:51



Photos courtesy of Gail Pelkey



**Northfield
Savings Bank
5K and
Kid's 1 Mile Run
September 3rd
at the Green
in the center of
Northfield**



There were 58 finishers in the Kid's 1 Mile Run. Age group winners included:

Brian Bushey M10-13 , 1st male overall
Tess Ayers F10-13, 1st female overall
Andrew Thorton-Sherman, M9&U
Chelsea Bell, F9&U

There were 117 finishers in the 5K. Age group winners Included:

F19&U—Matelyn Thygesen
M19&U—Evan Thorton-Sherman
F20-29—Jessica Settles
M20-29 -- Matthew Ruthersford
F30-39—Megan Valentine
M30-39—Christopher Thompson
F40-49—Christine Bell
M40-49—Brian Burns
F50-59—Dot Martin
M50-59—Jim Flint
F60-69—Patricia Driscoll
M60-69—Keith Woodward
F70-79—Sonja Derrien
M70-79—John Hackney
M80+ - Jean Bernaquez

Check out the complete results at www.cvrunters.org



(above) Rowley overseeing
the start of the race

(left) Lori Crotts, with her
awards for 1st female overall
(time 18:25 pace 5:56)

(photos courtesy of
Jeff Prescott & Andy Shuford)

Berlin Pond Five Miler ~ August 18, 2016

Place Div/Tot Name Age S City St Time Pace

1	1/3	Jeremy Hoyne-Grosveno	17	M	Cabot	VT	27:56	5:36
2	1/7	Nicholas Grudev	23	M	Burlington	VT	29:08	5:50
3	2/7	George Aitken	22	M	Waterbury Cente	VT	31:08	6:14
4	3/7	Ross Saxton	29	M	Waitsfield	VT	31:23	6:17
5	1/4	Thorin Markison	33	M	Calais	VT	31:29	6:18
6	1/7	Rowly Brucken	47	M	Northfield	VT	31:35	6:19
7	1/8	Lori Crotts	28	F	Jericho	VT	31:35	6:19
8	4/7	Lance Parker	22	M	Calais	VT	31:37	6:20
9	2/7	Bruce Christensen	48	M	Bolton	CT	31:59	6:24
10	5/7	Matt Rutherford	28	M	Montpelier	VT	32:08	6:26
11	1/10	John Minervino	52	M	Higganum	CT	33:56	6:48
12	3/7	Kari Bradley	48	M	Montpelier	VT	34:28	6:54
13	2/10	Cris Cote	55	M	Essex Jct.	VT	34:50	6:58
14	1/7	Sarah London	37	F	Montpelier	VT	34:58	7:00
15	2/8	Ashley Horton	26	F	Candor	NY	35:06	7:02
16	4/7	Chris Bedell	42	M	S. Burlington	VT	35:30	7:06
17	3/8	Dylan Broderick	25	F	Montpelier	VT	35:31	7:07
18	2/4	Colin Clifford	31	M	Montpelier	VT	35:35	7:07
19	2/3	Asa Richardson-Skinde	15	M	Montpelier	VT	35:44	7:09
20	1/6	Chris Andreson	60	M	Montpelier	VT	36:34	7:19
21	5/7	Rob McDougall	41	M	So. Burlington	VT	37:01	7:25
22	3/10	Scott Nichols	50	M	Essex	VT	37:10	7:26
23	4/10	Steve Snook	56	M	Shelburne	VT	37:41	7:33
24	5/10	Rob Monette	53	M	Jericho	VT	37:46	7:34
25	6/7	Benjamin Deede	29	M	Worcester	VT	38:01	7:37
26	6/10	Mack Gardner-Morse	55	M	Calais	VT	38:03	7:37
27	1/5	Donna Smyers	58	F	Adamant	VT	38:36	7:44
28	7/10	Mark Elmore	50	M	Bethel	VT	38:44	7:45
29	4/8	Kim Caldwell	27	F	Randolph	VT	38:54	7:47
30	2/6	John Valentine	67	M	Roxbury	VT	39:08	7:50
31	3/6	Tim Noonan	60	M	Montpelier	VT	39:28	7:54
32	3/3	Zachary Acosta	19	M	Montpelier	VT	39:48	7:58
33	8/10	John Grosvenor	55	M	Cabot	VT	39:51	7:59
34	5/8	Jenna Koloski	29	F	Huntington	VT	40:29	8:06
35	9/10	Richard Wiswall	59	M	Plainfield	VT	40:34	8:07
36	3/4	Phi Passamoni	32	M	Montpelier	VT	41:03	8:13
37	1/2	Nina Aitken	61	F	Waterbury Cente	VT	41:15	8:15
38	6/7	Morgan Ecklund	49	M	Calais	VT	41:18	8:16
39	7/7	Sal Acosta	44	M	Montpelier	VT	42:03	8:25
40	2/5	Ann Bushey	58	F	Montpelier	VT	42:04	8:25
41	4/4	John Klein	34	M	Montpelier	VT	42:46	8:34
42	7/7	Matt Caldwell	28	M	Randolph	VT	43:05	8:37
43	2/7	Amy Dupuis	34	F	Barre	VT	43:23	8:41
44	1/5	Stacey Leadbetter	42	F	Barre	VT	43:33	8:43
45	3/5	Linda Cleveland	55	F	Barre Town	VT	43:35	8:43
46	2/5	Mares Chayer-Randall	44	F	Essex Jct.	VT	43:47	8:46
47	2/2	Dot Helling	66	F	Montpelier	VT	44:29	8:54
48	1/6	Casarah Acosta	16	F	Montpelier	VT	44:41	8:57
49	3/7	Amy Gendron	36	F	Montpelier	VT	44:53	8:59
50	3/5	Joann Mugford	48	F	W. Berlin	VT	46:22	9:17
51	2/6	Anna Beach	16	F	Barre	VT	46:50	9:22
52	4/6	Harold Garabedian	68	M	Montpelier	VT	47:02	9:25
53	10/10	Michael Gordon	58	M	Essex Jct.	VT	47:04	9:25
54	6/8	Emma Moros	28	F	Montpelier	VT	47:29	9:30
55	4/7	Karine Johannesen	36	F	Barre	VT	48:09	9:38
56	5/7	Therese Farrell	32	F	Berlin	VT	48:27	9:42
57	3/6	Audrey Acosta	10	F	Montpelier	VT	48:33	9:43
58	5/6	Manuel Sainz	60	M	East Barre	VT	50:15	10:03
59	4/5	Louanna Dutil	46	F	Plainfield	VT	51:34	10:19
60	4/6	Leah Acosta	14	F	Montpelier	VT	52:12	10:27
61	5/6	Brynn Bushey	16	F	Montpelier	VT	53:18	10:40
62	7/8	Alexa Gabriel	28	F	Marshfield	VT	54:09	10:50
63	8/8	Julia Wilk	27	F	Marshfield	VT	54:09	10:50
64	6/6	Gary Furlong	63	M	Milton	VT	54:36	10:56
65	6/7	Megan Passamoni	31	F	Montpelier	VT	54:43	10:57
66	5/5	Cindy Barr	47	F	W. Berlin	VT	55:34	11:07
67	7/7	Cara Hansen	38	F	Berlin	VT	56:00	11:12
68	6/6	Grace Ecklund Gustavs	16	F	Calais	VT	56:09	11:14
69	4/5	Becky Diedrich	52	F	Berlin	VT	56:15	11:15
70	5/5	Gail Pelkey	51	F	Waterbury	VT	56:15	11:15
71	1/1	Roger Cranse	75	M	Montpelier	VT	1:05:07	13:02
72	1/1	Gerry Carlson	84	M	Montpelier	VT	1:10:09	14:02

Race Directors: Jeff Prescott and Sue Emmons

Leaf Peepers Half Marathon and 5K... October 2nd, Waterbury, Vt. ... Race Director ~ Roger Cranse

(summary information and photos by Jeff Prescott and Andy Shuford)

The 33rd annual **Leaf Peepers Half Marathon** was held Sunday, October 2 in Waterbury. There were 426 finishers. The skies were overcast and it almost tried to rain a couple of times. The temperature was great for running...a little cool for volunteers standing around but not too bad.

The following CVR members placed within the top 3 in their age groups:

- **George Aitken**, 3rd M 19-29 (1st club member in 10th overall in 1:27:03)
- **Jon Floyd**, 2nd M 40-49 (right behind young George in 1:27:11)
- **Tim Noonan**, 3rd M 60-69
- **John Hackney**, 1st M 70-79

The **Leaf Peepers 5k** was also held Sunday, October 2 in Waterbury. There were 262 finishers. The following CVR members placed within the top 3 in their age groups:

- **Julia Hillier**, 2nd F 0-18 (3rd female overall)
- **Brian Bushey**, 1st M 0-18 (1st club member and 2nd overall)
- **Kai Hillier**, 3rd M 0-18 (5th overall)
- **Matthew Rutherford**, 2nd M 19-29
- **Lance Parker**, 3rd M 19-29
- **Megan Valentine**, 1st F 30-39 (1st female overall and 9th place overall)
- **Brian Burns**, 1st M 40-49 (4th overall)
- **Dot Martin**, 1st F 50-59
- **Jim Flint**, 1st M 50-59 (7th overall)
- **John Valentine**, 1st M 60-69
- **John Martin**, 2nd M 60-69
- **Marsha Bancroft**, 1st F 70-79
- **Bob Murphy**, 2nd M 70-79
- **Gerry Carlson**, 1st M 80-89

These events are part of the 2016 CVR/ORS Race Series. Check out the complete results at: <http://leafpeepershalfmarathon.org/>



*Top CVR finisher
George Aitken*



*Shannon Salembier leads a group of
runners into the finish area*



*Age Group Winners for the 5K
John Valentine, Dot Martin & Megan Valentine*

MZMF 3rd Annual 5K & Family Fun Run Montpelier High School

On October 8, 2016 the Michael Zemanek Memorial Foundation, Inc. (MZMF) held it's 3rd Annual 5K, Family Fun Run and "Remembering Our Children" event. We had 12 runners consisting of Mike Zemanek's family and friends and a few runners from the community that joined us. We hoped we would have had a better turnout but were absolutely amazed when students from the Vermont Police Academy 102nd Basic School ran as a group and several women from Norwich University's Swimming and Dive Team came to honor Mike and to run as well. All tolled, we had over 35 5K runners and 13 children at our event.

Results:

Women's 5K

- 1st place Gold Medal ~ Sue Koller
- 2nd place Silver Medal ~ Amy Gendron
- 3rd place Bronze Medal ~ Shelly White

Men's 5K

- 1st place Gold Medal ~ Keith White
- 2nd place Silver Medal ~ Scott Magnan
- 3rd place Bronze Medal ~ Dan Bohnyak

Children's Fun Run

- 1st place Gold Medal ~ Caleb Hoar
- 2nd place Silver Medal ~ Drew Koller
- 3rd place Bronze Medal ~ McKenzie Long

The five children of the fallen officers:

*Rutland County Sheriff, **Deputy Sergeant Jason R. Allen***
*Vermont State Police, **Trooper Kyle D. Young***
*Barre City Police, **Officer William W. Brislin III***

... each received a yellow rose, a teddy bear donated from Vermont Teddy Bear Company, and a check for \$200 for holiday gifts. The children were accompanied by family members and all were escorted to the family tent to receive their gifts by a uniformed member of their Dad's department

In addition, we honored fallen Vermont State Trooper Michael Johnson, EOW June 15, 2003. Sergeant Mike Johnson was struck and killed at a traffic stop in Thetford, Vermont by a suspect who was fleeing from State Troopers.



Photos courtesy of Mary Anne McGreevy



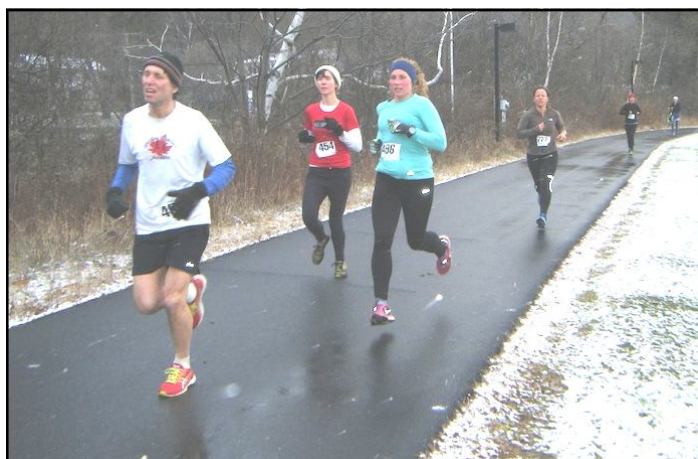
the Michael Zemanek Memorial Foundation:

- PROVIDES FINANCIAL SUPPORT TO WIDOWS/ERS AND HALF-ORPHANED CHILDREN OF SWORN VERMONT LAW ENFORCEMENT OFFICERS WHO HAVE DIED;
- PROVIDES FINANCIAL SUPPORT TO SWORN VERMONT LAW ENFORCEMENT OFFICERS WHO ARE FACED WITH CATASTROPHIC SITUATIONS, THE NATURE OF WHICH POSE A SIGNIFICANT FINANCIAL HARDSHIP FOR THEIR IMMEDIATE FAMILY;
- PROVIDES EQUIPMENT TO THE VERMONT POLICE ACADEMY FOR THE TRAINING AND SAFETY OF ALL VERMONT LAW ENFORCEMENT OFFICERS AS THEY SERVE AND PROTECT THE PEOPLE OF VERMONT.

The MZMF would like to thank all our sponsors for their support and for all who participated in our fundraiser to assist sworn Vermont Law Enforcement Officers.

Mary Anne McGreevy, MZMF

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



November 5, 12, and 19 "CVR" Fallen Leaves 5K Series, 9:00am, This low-key, three-race series is a flat and fast 5K race course on the Montpelier bike path that begins and finishes on the Montpelier High School track. Participate in one, two or all three of these races. REGISTRATION and FEE: \$5 for each race ...race day registration only... AWARDS: presented to the first place finisher — in each of the three races — in 14 separate age and gender categories. Awards are inexpensive so that we can donate most of race revenues to the Montpelier Food Pantry. FOR MORE INFORMATION: Contact Tim Noonan (802) 223-6216 or: carnoonan@comcast.net

November 20, Turkey Trot 10K, 1:00pm, Hanover NH, Contact: www.hanovernh.org

November 20, Turkey Trot & Gobble Wobble 5K & 10K, 12:00 noon, new course, Middlebury Parks & Recreation, Contact: <http://www.middleburyfitness.com/middlebury-turkey-trot.html>

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

November 24, Gobble Wobble Turkey Trot 5K Run/Walk, Barre Town, Contact: <http://cvrunners.org/?event=14th-annual-gobble-wobble-turkey-trot-5k>

November 24, Turkey Trot 4.4 mile or 2 mile, Norwich, Contact: <http://cvrunners.org/?event=8th-annual-norwich-vt-turkey-trot>

November 26, Trot It Off 5K, 9:30am, Ludlow, Jackson Gore, Contact: <http://www.okemo.com/activities/calendar/trot-it-off-5k/>

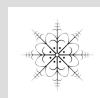
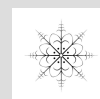
December 10, Jingle Bell Jog 5K, 9:30am, Brattleboro, Contact: www.facebook.com/jinglebelljogvt

December 31, ** "CVR" New Year's Eve 5K, Montpelier, 2:00pm, Additional details will be posted on cvrunners.org when they are available.

Contact: Race Director Ann Bushey at BusheyA@wssu.org to volunteer and help out.

**Opening race of
the 2017 CVR/ORS Race Series**

**New
Year's
Eve
5K**



January 29, Boston Prep 16 Miler & 5 Miler, 10:00am, Derry, NH Contact: <http://www.gdtdc.org/run/>

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



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NOVEMBER 2016

NEWSLETTER

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CVR Meeting

Monday November 7, 2016

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

Important stuff on the agenda:
2017 Race Schedule, awards dinner
and any tweaks to the CVR/ORS Series
get established at this meeting.

Location: Michael Chernick will be hosting the meeting at 330 Cityside Drive #75, Montpelier... follow Main Street up the hill from the round-about to a left turn on Murray Hill Drive, then turn left again on Cityside Drive