

Newsletter**JAN 2017****Volume 38****Issue 1****In this Issue:**

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CVR President's Column:

Whacko weather for whacko times! I got all excited about cross country skiing this year with our good early conditions, but now I am thinking about signing up for a late winter marathon for something to do. Ice Bugs, Get-a-grips, Sheet metal screws, YakTrax. What works best on a hard layer of ice without affecting your gait or causing too much impact and noise? Luckily, most days have had somewhere feasible to run outside. I hear the Wednesday night runs on the bike path have been particularly lucky and well attended and it actually has been somewhat reasonable for the Saturday runs without excess footwear traction devices. No severe cold and wind at either....yet.

With the success of Wednesday night speed workouts and the Saturday Winter Long Runs, I've been thinking about how great it is that CVR activities change as members come and go. I've been involved with clubs that did not change or welcome new leadership, and most of them petered out or severely declined in membership. CVR has a growing base of active younger (and also new older) members to take over and keep the club pertinent as the old guard runs off into the sunset or to Nashville or Colorado with new knees, hips and pace-makers (but we aren't dead yet!). If you have an activity that you would like to see CVR do, and you can put some effort into making it happen, go for it!

The **CVR Annual Dinner** is coming right up. **Thursday January 26**, at **Positive Pie** in Barre, we reward club members who volunteered in 2016 with dinner and social time. I think we currently have a record number RSVP'd to attend. I will tell Positive Pie to cook a few extra pizzas and put out another salad or 2. It's too late to RSVP to attend, but most of you already did. In addition to thanking the volunteers, we will recognize **CVR/ORS Race Series winners** and the 2017 recipient of the **CVR Spirit of the Club Award**. You will also have the opportunity to renew your CVR membership or purchase CVR clothing on site.

Save the Date: The **CVR Annual Meeting** is scheduled for March 26 at the Four Corners School House in East Montpelier, which is accessible by either pavement or dirt roads. I am not aware of any forced changes in volunteer positions; however, if you are interested in taking on any position, please let me know. Nearly any of the current board or appointed members would be happy to share or pass on duties. Here are some things that may be discussed: Budget/Donations for youth running groups, rebuilding Tuesday Fun Run attendance, revival of The Subultimate Runner Contest, Adding a "Half Paul Mailman" distance to the race....Plenty of time to come up with more ideas, so let the ideas flow during your long winter runs or treadmill sessions.

See you at the party!

P.S. All CVR members should be receiving a nearly weekly CVR News and Notes from Donna. If you are not receiving it, check your junk folder or let Donna know—email president@cverunners.org. You can always check back issues posted by John Hackney on the Home Page of cverunners.org

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

Race Medals Race Medals Race Medals

The idea to feature photos of some of your favorite and unusual race medals in this newsletter was hatched on New Years Eve morning over scrambled eggs with Norm, Martha and Carolyn. Really Norm's idea. Hope you are enlightened, motivated, entertained, amused, amazed... by the photos and stories of race medals on pages 5 - 10. Thank you to all that sent in photos and stories.
.....Editor Bob

Eric Morse recently finished first in his age group and first overall, for athletes over 35, in the 3000m run at the Dartmouth Relays. The **Dartmouth Relays** include 3 days of racing attracting college, high school and open runners.

The **New England 65+ Runners Club** announced in the club's December newsletter that **Newton Baker** has been appointed to the Board of Directors for Vermont. Former Board member Zeke Zucker from Jeffersonville is now club secretary.

The main purpose of the club is to achieve greater recognition for the growing group of senior athletes. The club encourages race directors and sponsors to include age categories in their events at least up to 70 years of age. Additional information at <http://www.ne65plus.org/>

The USATF **Long Distance Running Grand Prix Series** has set the 2017 schedule to include the Amherst 10 Miler, New Bedford Half Marathon, Frank Nealon Boston Tune-Up 15K, St. Joseph Healthcare Ribfest 5 Miler, Downtown 5K, Lone Gull 10K and the Bay State Marathon.

The results from the 7-event 2016 Grand Prix shows **John Hackney** winning 6 out of the 7 races for the 70+ AG. His only loss was a second place finish to Zeke Zucker at the New Bedford Half Marathon.

Zeke writes with respect for John in the New England 65+ Runners Club newsletter for the Bobby Doyle 5 Miler... *"On the 14th of August in Narragansett, Rhode Island, the heat index at the start of the Bobby Doyle Memorial 5 Miler was 97 degrees, and it got even hotter during the race... Milt Schumacher displayed his 5-mile speed with a 41:18, which was good enough to place second overall in the 70's. GMAA's John Hackney, obviously unaware that it was much too hot a day to be running fast times, scorched the scorching course in an amazing 38:38..."*

And the New Hampshire 10 Miler... *"The skies were clear, and the air was warm, in the mid 70's, and climbing, but the humidity was down in the 40 to 50 range... So how about Mr. Hackney? Alas, he was there, and he was up front; WAY up front, posting a remarkable 1:19:01, garnering first place in the division by almost 4 minutes or close to a half mile..."*

Additional information at www.usatfne.org/road/gp.html

John Martin writes that the **New England Runner** website announced the State-by-State "Runners of the Year" in the January issue. CVR dominated the over 50 categories. New England Runner's oldest to youngest picks for Vermont are:

- **John Hackney** - Male 70+
- **Keith Woodard** - Male Veteran
- **Nina Aitken** - Female Veteran
- **Dot Martin** - Female Senior

Other locals that were selected were Tom Thurston - Male senior and Rena Schwartz - Female High School XC. Additional information at: nerunner.com

A Hot Time At The 2016 Vermont City Marathon

...By Jim Flint

The RunVermont email caught my eye. A registration deadline for the 2016 Vermont City Marathon was coming up in mid-January. I pondered the idea for a few days. When the deadline came, I paused a few times, then hit the submit button.

As the winter days got longer, my training regime got stronger. Running four to five days a week, I gradually increased mileage, much of it on the treadmill. Starting from 30 miles per week in January, I reached a high of 45 miles during the first week in April. My focus then shifted to increasing weekend long runs.

The Adamant 20-miler took place three weeks before VCM. The weather was perfect. The first 13 miles I ran comfortably with Jacob Bradley, a high schooler from U-32. The last 7 miles of the race I chased Jacob's dad and relay partner, Kari Bradley, back to the village. With the hills, I was happy to hit a 7:37 per mile average pace for the 20 miles.

The forecast going into Memorial Day Weekend was daunting. Temperatures hit nearly 90 degrees on Saturday. On Sunday, the thermometer was expected to rise into the high 80s by noon. I tried to stay hydrated Saturday, keep out of the sun, and not spend too much time with air conditioning.

Barb and I stayed overnight at an Airbnb in South Burlington. We headed into Burlington at 6 a.m. to park at a friend's house in the South End. I sipped on a water bottle with a tablet of Nuun electrolyte dissolved in it. Walking the mile and a half to Battery Park, I tried to time my arrival to about 15 minutes before the start.

My qualifying time provided entrance into the preferred corral. It was cool to see Rob McDougall, Sarah London, Dot Martin, Donna Smyers, and Gavin Boyles hanging out in or near the corral. Donna had warned CVR runners to bring salt tablets, or risk crawling in the last few miles of the race.

Barb agreed to meet me with a bottle of electrolyte at Mile 16, on North Avenue, right after Battery Park Hill. I tucked a couple of GU gels in my running shorts pocket. My plan was to pick up two more gels at the stations along the course.

The race horn sounded. The air felt heavy on the gradual climb up Pearl and South Willard streets. My goal was to run by feel, without a watch, perhaps at a conservative 8 minute per mile pace. I missed the first mile marker and was surprised to go past mile two at just over 14 minutes. I felt better as we made the first pass up Church Street, despite a temperature already at 75 degrees.

Heading onto the Beltline, I saw the first casualty, a teen runner off to the side of the road. The long downhill into the Intervale brought some relief, with little pockets of shade. As the lead runners came back from the turn around, I noticed Leah Frost was working very hard.

Before the water station on the way back, I had my first GU. The long uphill climb was ahead between mile 8 and 9. As we neared the top of the hill, I asked a woman runner with a GPS watch how we were doing for pace. She said "7:10 per mile." I said, "Uh oh, that's way too fast."

Running by Battery Park, I heard the announcer say the temperature was 77 degrees. After Church Street, the shady downhill stretch to Pine Street brought a spurt of energy. I passed the 10 mile mark in 71:50, a 7:11 average pace. The race would get tougher from here on, with every degree of temperature rise.

The first sprinklers came out on Pine Street. Turning down Flynn Avenue and into the South End neighborhoods, people were out in mass cheering on the runners. I popped another GU around 12 miles and took an orange slice. It was starting to get harder to calculate splits.

A guy had a bucket and was shouting "ice cold sponges!" I grabbed a half a sponge but wasn't quite sure what to do with it. The first thing that came to mind was to stick it in my mouth. This brought instant shocking cold relief, before I quickly spit it out.



photos courtesy of Jim Flint

Crossing the halfway mark in Oakledge, my time was 1:35 and change. I cautioned myself, “Start dialing it back.” My pace gradually dropped, saving energy for Battery Park Hill, which loomed ahead between miles 15 and 16. The hill was in full sun. Taiko drummers withstanding, this was no time for a heroic charge. I kept my legs moving forward just above a walk.

The temperature rose to 80 degrees. I stopped at every water station and went through every sprinkler. Barb was there at mile 16 with the bottle of electrolyte. I chugged half of it and kept going. Familiar routes from 25 years living in Burlington lay ahead. The race was 2/3 done.

Support from city residents was incredible. In the New North End, I saw several old friends and the former mayor of Burlington, Peter Clavelle, staffing aid stations and giving words of encouragement. The miles clicked by. Eyes stung with sweat. I took another GU at mile 17.

Near mile 20, I heard a voice behind me gently say, “Hey Jim.” Running the second half of a two person relay, Brian Burns caught up and went by. He was soon out of sight. Heading downhill at mile 22, I felt a twinge in my knee, probably from a tight hamstring. I eased up a little more and did some butt kicks. The pain started to subside.

By the time I turned onto the bike path, my shoes were sopping wet. Getting going again after the water stop was difficult. I took my last GU. There were just four familiar miles left along the long straight sweltering path. Northshore, Starr Farm, Leddy Park, and Rock Point went by, one by one. My pace was well over 8 minutes a mile.

At North Beach, something came over me. There was a long beautiful half mile of downhill ahead. I felt the pace pick up of those around me, even as I saw runners walking who had crashed. Emotion kicked in as fuel ran out. I was going to finish!

1200 meters, 800 meters, and then just 400 meters to go. A smile shone on my face as the blue crowd barriers in Waterfront Park came into view. These were the marathon moments to savor, with each step bringing runners closer to the release and jubilation of the finish line.

My official time was 3:21:39, good for third place, behind Jack Pilla and Tony Bates, in a Vermont sweep of the men’s 55-59 age group. Our CVR 3-person men’s master’s team also fared well. With Chris Andressen (3:55:16) and pace group leader Rowley Brucken (3:45:56), we placed third in the team competition to first place GMAA and runner up Greater Lowell.

Olympic gold medalist Frank Shorter famously remarked: “You’re not ready to run another marathon until you’ve forgotten the last one.” VCM 2016 is one race I’ll always remember.



Andy Shufford ~ New York City Marathon

This medal is small by today's standards. When I received this medal in 1999, I had no idea that it would mark the start of a streak that would continue 18 years (and counting). Jeff Prescott ~ 500 Festival Mini-Marathon



I have attached a picture with my two favorites. I think it also shows the evolution of race medals nicely. The small one on the left is the very first medal I ever got. It is the 1980 NYC Marathon medal. Very traditional. The second, is the 2016 Maine Coast Marathon. This is the most recent marathon I have finished. It is much larger as you can see. It has blue sea glass in the middle and a bottle opener on the bottom.

Norm Robinson~
NYC Marathon
Maine Coast Marathon





This Half Marathon medal is not my favorite, but a rather unusual medal, with an image of Manchester's historic mills. This was in 2007 and I'm sure many other CVR members have it in their collection. The medal from Skip's Run is one of the more unusual "medals" that I have received. Ceramic and superglued to the ribbon that holds it, it was from a 5k in Lebanon, maybe 10-15 years ago. I did find my medals from the Ocean State Marathon, but they're kinda blah. The Valentine medal, though, has to be up there on my list of favorites. It's been a few years since I was last at this race, but John Valentine and I were regulars there for many years. It was kind of neat, too, that John and Megan were often the winning team at the Valentine race!

Bob Murphy ~ Manchester Half Marathon, Skip's Run and the Bradford Valentine Road Race



Here is my favorite medal from the 1990 Columbus, (Ohio) Marathon. Not only was it my first marathon, but I ran it 3 months after successful surgery to remove a cancerous tumor from my left quad. Rowly Brucken ~ Columbus Marathon





Several years ago my physical therapist at the time advised me not to run this race, that circles the New England Motor Speedway NASCAR track a little over 3 times, as the race would likely aggravate a chronic injury. Each year I thought about running this race, then finally took the advice of Yoda from Star Wars... "Do. Or do not. There is no try" .. So I did. Ran OK, interesting venue, winning this medal for 2nd place AG, and was limping before I got back in the truck to come home. Bob Howe ~ NH DARE 5K



The Island Vines medal is very multipurpose, some medals are for the wall gallery, this one is for our wine. The other one is just fun to play with. Make the runners on the medal go back and forth, much less tiring then running yourself !!!
Andrea & Shannon Fassett ~ Island Vines 10K and the White Mountain Milers Half Marathon and 5K

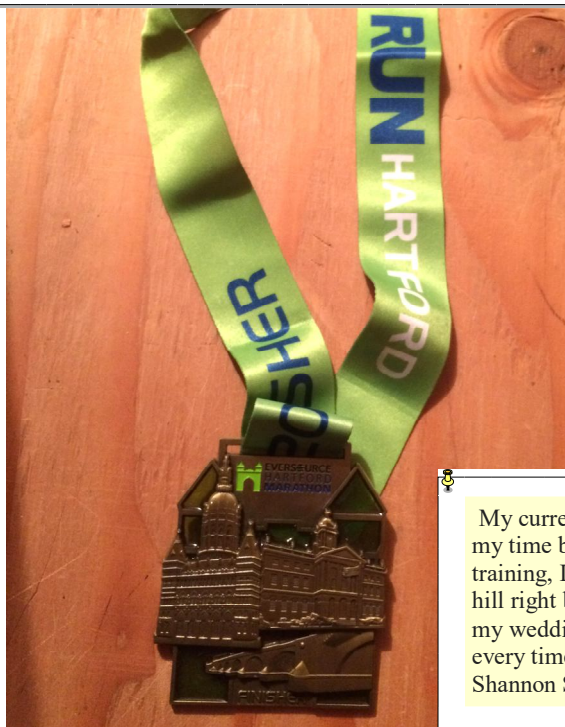
I ran the 2006 Hood to Coast Relay with my daughter and several of her friends. I was the token old guy. ~ Greg Wight



Sad story: For Eric I chose the unusual medal made of glass for the 2004 Wineglass Marathon where Eric ran 3:28. For me, I picked the starfish medal from Florida Gulf Beaches in 2005 where I also ran 3:28 and Eric came in a couple minutes later in 3:31. Unfortunately after laying them on the dinner table, I went to pick them up to arrange the photo, and the glass one jumped to the tile floor shattering into many pieces. I only photographed a few of the pieces. Eric ~ Wineglass Marathon
Donna ~ Florida Gulf Beaches Marathon



My favorite medal is from the Hartford Marathon in 2016 because it was my best marathon experience. The weather was great, I loved the course, and I PR-ed the day after my little boy turned 1. So this medal has many happy memories for me!
Allie Nerenberg ~ Hartford Marathon

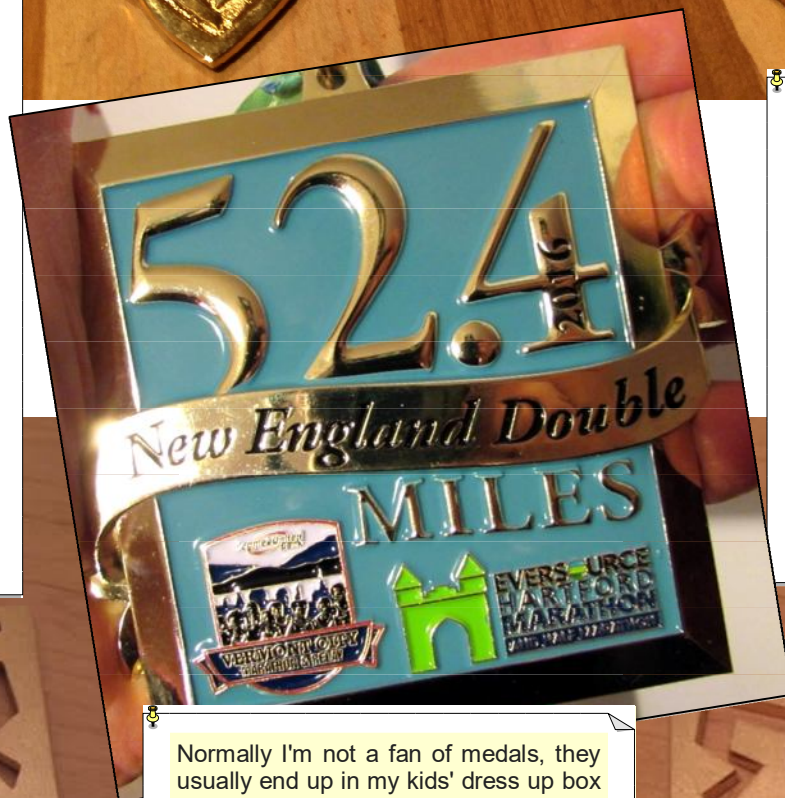


My current favorite race medal is from the 2016 Marine Corps Marathon, which I ran last October. Despite my time being nearly a personal worst, I am proud of my effort because despite running the race on very little training, I ran nearly even splits and felt great the entire time (well, maybe I did not feel so great on the steep hill right before the finish line). Why did I train so little, you ask? I was completely distracted with planning my wedding to fellow CVR member Colin Clifford. Colin and I tied the knot six days after the marathon, so every time I look at the race medal I get a big smile on my face for reasons completely unrelated to running!
Shannon Salembier ~ Marine Corps Marathon

Here's a photo of the New England Double medal received for finishing VCM and Hartford. A few minutes after crossing the line at the Hartford Marathon, I started to lose body heat. My energy was completely spent. I found my way over to the RunVermont tent, where they were giving out jackets for the New England Double recipients. Jess Cover helped me get the jacket on and put the medal around my neck. Her husband Chris got me a bottle of chocolate milk. The emotion of having finished the marathon overcame me for a few moments. I was on my own for the race and really grateful for the support of those fellow Vermont runners. ~ Jim Flint



Photo of my race medals from last year's Zion half. Not a favorite but I just unpacked a box when I saw your email and there they were. Probably two of the heaviest I ever received. One was for finishing, the gold for first place women's 60+. My sister and I were celebrating my birthday but we had miserable weather, snow, sleet, headwind, and no views of the red rocks. Luckily we had a good day the next for a beautiful hike in Bryce. ~ Dot Helling



Normally I'm not a fan of medals, they usually end up in my kids' dress up box or they sit at the bottom of my sock drawer. But recently I received a game-changer medal from the Ragnar Relay in the Adirondacks that I ran with a team of 11 other women last September. Our team won first place for women's open, which is pretty awesome for an epic, 200 mile, 27 hour relay race! I loved every minute of the race, even running 7 hilly miles at 2:00 am! But that's not why I think the medal is so cool- what I like about it is it's a medal **and** a bottle opener! I cut the ribbon off and now it sits in our utensil drawer, ready to serve a real purpose. "Here, let me open that beer...oh, why yes, I **was** on the first place women's team in a Ragnar race, as a matter of fact." ~ Richarda Ericson





Don't have a caption,
don't have a favorite...
These medals represent a
whole lot of sweat...
Dot & John Martin



Here is a unique medal, or I guess
an award. Murdock, who is a club
member, won it last year in a race
in Boston. He really enjoyed it! ~
Eric Morse



photos courtesy of Josh Laflower



CVR New Years Eve 5K 2017

Montpelier, VT 12/31/2016 CVR/ORS Race Series
Race Director: Ann Bushey

***** AGE GROUP RESULTS *****

MALE AGE GROUP 1 - 13

1 11 Evan Thornton-Sherm 12 Waterford VT 19:41 6:21
2 72 William Acosta 9 Montpelier VT CVR 31:18 10:05

New record. Old record 23:05 by Jacob Miller-Arsenault in 2014

FEMALE AGE GROUP 14 - 19

1 26 Holly Gordon 17 Montpelier VT 22:09 7:08
2 29 Theresa Noonan 17 Montpelier VT CVR 23:11 7:28
3 73 Caitlin Acosta 18 Montpelier VT CVR 31:19 10:05
4 74 Casarah Acosta 16 Montpelier VT CVR 31:20 10:06
5 78 Bettina Hammer 19 Monroe NH 31:54 10:17
Record 18:58 by Tara Chaplin in 1997

MALE AGE GROUP 14 - 19

1 2 Isaac Mears 19 Montpelier VT 18:14 5:53
2 3 Matt Hynes 18 Montpelier VT 18:22 5:55
3 7 Andrew Crampton 15 Berlin VT 19:04 6:09
4 13 Avery Paull 14 Montpelier VT 19:56 6:25
5 14 Kieran Edraney 17 Berlin VT 20:01 6:27
6 16 Brian Bushey 14 Montpelier VT CVR 20:36 6:38
7 33 Justin McGill 14 Montpelier VT 24:17 7:49
Record 16:22 by Dan Hoyne in 2014

FEMALE AGE GROUP 20 - 29

1 20 Felicia Hammer 23 Monroe NH 21:23 6:53
2 22 Quinn Bornstein 20 Barnet VT 21:28 6:55
3 24 Laura Mears 21 Montpelier VT 21:55 7:04
4 43 Marian Wolz 23 Montpelier VT 26:23 8:30
5 44 Meredith Naughton 27 Calais VT CVR 26:42 8:36
6 46 Emma Moros 28 Barre VT 26:59 8:42
7 48 Claudia Abbiati 25 Essex VT 27:16 8:47
8 66 Anna Berg 25 Calais VT CVR 29:44 9:35
9 70 Stephanie Hammer 21 Monroe NH 30:53 9:57

10 71 Natasha Steinmann 26 Richmond VT 31:17 10:05
11 82 Erica Lyon 21 Burlington VT 33:04 10:39
Record 18:25 by Abi Watras in 2001

MALE AGE GROUP 20 - 29

1 1 Will Jones 20 Waterford VT 17:17 5:34
2 5 Daniel Grosvenor 21 Cabot VT 18:34 5:59
3 8 Matthew Rutherford 29 Mont VT CVR 19:05 6:09
4 10 Keyed Hall 23 Hartland VT 19:31 6:17
5 12 John Rahill 21 Worcester VT 19:54 6:25
6 28 Benjamin Kidder 25 Montpelier VT CVR 22:47
7 20 7 49 Derek Pedersen 28 Waterbury VT 27:17 8:47
Record 16:39 by Nicholas Wheeler in 2006

FEMALE AGE GROUP 30 - 39

1 9 Kasie Enman 37 Huntington VT 19:12 6:11
2 17 Megan Valentine 38 Jericho VT CVR 20:48 6:42
3 38 Kathy Christie 39 Providence RI 25:10 8:07
4 51 Heidi Orton 36 Williamstown VT 27:26 8:50
5 56 Kate Savelyeva 30 Winooski VT 27:58 9:01
6 59 Amy Gendron 37 Montpelier VT 28:20 9:08
7 60 Nora Duane 37 Manitou Springs CO 28:37 9:13
8 61 Danielle Bailey 37 Hardwick VT 28:45 9:16
9 90 Natalie Cary 36 Huntington VT 36:18 11:42
10 91 Cara Cascades 39 Barre VT 36:27 11:44
11 93 Caitlin Patterson 33 Montpelier VT 38:06 12:16
12 98 Melissa Martin 35 East Hardwick VT 40:29 13:02
13 99 Lori Martin 30 Hardwick VT 40:29 13:02
Record 18:32 by Kasie Enman in 2014

MALE AGE GROUP 30 - 39

1 4 George Deane 37 Waterbury Ctr. VT 18:24 5:56
2 6 Netdalie Stoddard 39 Cabot VT 18:40 6:01
3 18 Colin Clifford 31 Montpelier VT CVR 21:05 6:48
4 19 Brent Wasser 38 Montpelier VT 21:17 6:52
5 25 Alex Barrett 32 Essex VT 22:02 7:06

(continued on next page)

*(continued from previous page)***MALE AGE GROUP 30 - 39**

6 40 Jeff Hunold 37 Canaan NH 25:43 8:17
 7 42 Dan Sherman 37 Waterford VT 26:02 8:23
 8 94 Jarred Cobb 33 Montpelier VT 38:07 12:17
 9 96 John Patterson 31 Portland OR 40:11 12:57

Record 16:01 by Eric Morse in 1998

FEMALE AGE GROUP 40 - 49

1 57 Dana Paull 43 Montpelier VT 28:11 9:05
 2 79 Laura Woodard 42 Montpelier VT 31:56 10:17
 3 85 Janeen Morrison 47 South Barre VT 33:56 10:56
 4 95 Paula Clark 45 Williamstown VT 38:43 12:28

Record 19:15 by Cindy New in 1998

MALE AGE GROUP 40 - 49

1 15 Jon Floyd 44 Waterbury Ctr. VT CVR 20:31 6:37
 2 21 Graham Sherriff 40 Montpelier VT 21:26 6:54
 3 27 Tim Rothfuss 47 Lebanon NH 22:30 7:15
 4 62 Brett Simmons 47 Hartland VT 28:47 9:16
 5 75 Salvador Acosta 44 Montpelier VT CVR 31:21 10:06

Record 16:49 by Shawn Gardner in 2002

FEMALE AGE GROUP 50 - 59

1 31 Dot Martin 56 Montpelier VT CVR 23:27 7:33
 2 35 Donna Smyers 59 Adamant VT CVR 24:28 7:53
 3 53 Dana McCarthy 59 Montpelier VT 27:30 8:52
 4 67 Phyllis Tillinghast 52 Middlesex VT 29:46 9:35
 5 77 Joann Dwyer 53 Richmond VT CVR 31:47 10:14
 6 80 Juliana Sherman 51 E Randolph VT 32:17 10:24
 7 81 Robin Reed 52 Plainfield NH 32:53 10:36
 8 87 Maryke Gillis 56 Middlesex VT CVR 35:22 11:23
 9 88 Jennifer Barlow 54 Merrimac MA 35:56 11:34

MALE AGE GROUP 50 - 59

1 23 Jim Flint 57 Craftsbury VT CVR 21:33 6:57
 2 34 Joe Hayes 54 Middlesex VT 24:27 7:53
 3 41 Jauad Matsakuri 52 Middlesex VT 26:02 8:23
 4 45 Dennis Casey 58 Waterford VT 26:58 8:41
 5 58 Bob Stahl 51 Hinesburg VT 28:20 9:08
 6 65 Mike Barlow 54 Merrimac MA 29:10 9:24
 7 76 Dean Lawton 54 Jericho VT 31:31 10:09
 8 84 Robert Cary 59 Huntington VT 33:29 10:47

FEMALE AGE GROUP 60 - 69

1 63 Dot Helling 66 Montpelier VT CVR 28:54 9:19
 2 89 Joy Cary 60 Huntington VT 36:01 11:36

MALE AGE GROUP 60 - 69

1 30 Tim Noonan 60 Montpelier VT CVR 23:15 7:29
 2 32 Mike Gillis 60 Middlesex VT CVR 23:46 7:39
 3 36 Jamie Shanley 63 Montpelier VT CVR 24:38 7:56
 4 37 John Valentine 67 Roxbury VT CVR 24:51 8:00
 5 47 Thomas Hogeboom 65 Hardwick VT 27:02 8:43
 6 50 Jeb Spaulding 64 Montpelier VT 27:20 8:48
 7 52 Mark Fields 61 Hartland VT 27:29 8:51
 8 54 Neal McBain 69 Lebanon NH 27:47 8:57
 9 55 John Martin 65 Montpelier VT CVR 27:53 8:59
 10 64 Manuel Sainz 61 East Barre VT CVR 28:56 9:19 11 68
 Norm Robinson 61 Nashville TN CVR 29:52 9:37 12 69 Greg
 Gerdel 69 Montpelier VT CVR 30:44 9:54
 13 83 Geoff Steadman 65 Norwalk CT 33:05 10:39
 14 97 Jay Patterson 63 Danville VT 40:12 12:57

MALE AGE GROUP 70 - 79

1 39 John Hackney 71 Montpelier VT CVR 25:22 8:10
 2 86 Greg Wight 71 Brookfield VT CVR 35:17 11:22 **New record.** Old record 31:41 Gerow Carlson in 2006

**CVR New Years Eve 5K 2017**

Race Director: Ann Bushey



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

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

January 29, Boston Prep 16 Mile and 5 Mile, Derry NH, *Contact:* www.gdtdc.org/run/index.php/boston-prep-16-miler

February 4, Polar Cap 4 Mile, 10:00am, Lake George NY, *Contact:* www.adirondackrunners.org

February 11, Valentine Road Race, 5 Mile & 6K, 10:00am, Bradford MA, *Contact:* <http://www.valentinerace.com>

February 12, Sweetheart Shuffle 5K, 10:00am, St. Johnsbury welcome center, *Contact:*

[ps://www.runreg.com/sweetheartshuffle](http://www.runreg.com/sweetheartshuffle)

February 26, Hot Chocolate 5K, 10:00am, Henniker School, *Contact:* <https://g2racereg.webconnex.com/hotchoco5k17>

February 26, Amherst 10 Miler, 11:00am, Amherst MA High School, *Contact:* <https://amherst10miler.com/>

March 5, Half at the Hamptons, 10:00am, Hampton Beach, NH, *Contact:* www.locoraces.com

March 18, Doc Lopez Run for Health Half Marathon & 5K, Elizabethtown, NY, *Contact:* doclopezrun.com

March 19, New Bedford Half Marathon, New Bedford MA, *Contact:* <http://newbedfordhalfmarathon.com/>

March 26, "GMAA" Kaynor's Sap Run 10K, 11:00, Westford School, *Contact:* www.gmaa.net

April 8, Half Marathon Unplugged, Colchester, Two wave start, Registration opens 1/9/17, *Contact:* www.runvermont.org

April 22, "GMAA" Rollin Irish Half Marathon, 9:00am, Memorial Hall, Essex Center *Contact:* www.gmaa.net

April 29, Sap Lap 5K, 8:00am, St. Johnsbury welcome center, *Contact:* http://www.worldmaplefestival.org/sap_lap_5k

April 30, "CVR" Mutt Strutt 3-Miler, 10:00am, Waterbury, *Contact:* Cindy Gardner-Morse

May 7, Plattsburgh Half Marathon, Relay & 10K, 8:00am, *Contact:* www.plattsburghhalfmarathon.com

May 7, Middlebury Maple Run half marathon, relay & 3 mile, 9:00, Porter Hospital, *Contact:*

www.middleburymaplerun.com

May 13, "GMAA" Pump It Up 5 Miler, 9:00am, Jericho Elementary School, *Contact:* www.gmaa.net

May 14, Mother's Day Half Marathon, Whately MA, *Contact:* <http://racewmass.com/index.cfm>

May 20, Dandelion Run 13.1, 6.2, 4 & 2 Mile Run, Bike or Hike, Derby, Holland & Morgan VT, in conjunction with "Fiddlefest" weekend with musicians along course, *Contact:* www.kingdomgames.co/

May 20, Big Lake Half Marathon, Alton NH, *Contact:* <http://biglakehalfmarathon.com/>

May 21, Shires of Vermont Marathon, 8:00am, Bennington to Manchester, *Contact:* <http://www.bkvr.net/>

**** May 20, "CVR" Barre Town Spring Run 5K**, 9:00am, Barre Town Recreation Field, *Contact:* Andrea McLaughlin at 476-4417 or ajvtskier@msn.com

May 28, Vermont City Marathon, Registration for the marathon is now open. Relay opens January 16, Information at www.vermontcitymarathon.org

June 2, "CVR" Kids Track Meet, Montpelier High School, *Contact:* Dot Helling at dothelling@gmail.com and Sandy Colvin

**** June 10, "CVR" Capital City Stampede 10K**, 9:00, Montpelier, *Contact:* Shannon Salembier at shannonsalembier@gmail.com

June 18, "GMAA" Equinox Trail Race 5K/10K, 9:30am *Contact:* www.gmaa.net

**** June 25, "CVR" Paul Mailman Montpelier 10 Mile**, 8:45, *Contact:* Andy Shuford at 272-3218 or andy.cvr@myfairpoint.net and Andrea McLaughlin

**** July 3, ORS Montpelier Mile**, *Contact:* www.onionriver.com

July 4, "GMAA" Clarence DeMar 5K, 8:30am, South Hero *Contact:* www.gmaa.net

July 4, Freedom Run 10 Mile, 10K, 5K & 1 Mile, Newport, *Contact:* www.kingdomgames.co/

**** July 10, Stowe 8 Miler & 5K**, 8:30am, *Contact:* <http://locorunning.com/stowe8miler/>

**** July 15, "CVR" Bear Swamp Run (5.7 miles)**, 9:00, Middlesex, *Contact:* Tim Noonan at 223-6216 or carnoonan@comcast.net

July 29, "GMAA" Round Church Women's Run 5K/10K, 8:30am, Richmond, *Contact:* www.gmaa.net

July 30, "CVR" Barre Heritage Festival 5K Trail Run, *Contact:* Jackie Jancitis at jackiems08@yahoo.com

**** August 17, "CVR" Berlin Pond 5 Mile**, *Contact:* Jeff Prescott at jeffp_cvr@myfairpoint.net or Sue Emmons at sue.emmons@comcast.net

August 27, "GMAA" Scholarship Trail Race 5K, 8:30am, South Burlington *Contact:* www.gmaa.net

**** September 2, "CVR" Northfield Savings Bank 5K & 1 Mile**, *Contact:* Rowly Brucken

September 3, "GMAA" Archie Post 5 Miler, 8:00am, Burlington *Contact:* www.gmaa.net

September 20, "CVR" Sodom Pond 4 Mile, 6:00pm, Adamant, *Contact:* Tim Noonan at 223-6216

September 16, "GMAA" Common to Common 30K, 8:30am, Essex *Contact:* www.gmaa.net

(continued from previous page) **CVR & GMAA Race Schedule** (** races that are part of the **CVR/ORS** race series)

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

**** October 1, "CVR" Leaf Peepers Half-Marathon and 5K**, 11:00am, Waterbury, Contact: Roger Cranse at 223-6997 or rcc59@comcast.net

October 15, "GMAA" Green Mountain Marathon and Half Marathon, 8:30, South Hero Contact: www.gmaa.net

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

November 4, 11, 18, "CVR" Fallen Leaves 5K Series, 9:00am, Montpelier, Contact: Tim Noonan at 223-6216 carrnoonan@comcast.net

**** December 31, "CVR" New Year's Eve 5K**, Montpelier, Contact: Ann Bushey

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

| CVR Event | 2017 Race Director(s) | confirmed | 2017 Date |
|---------------------------|--|---------------------------------|--------------------------|
| Adamant 20 Miler | Eric Ryea & Donna Smyers | No | Will not be held in 2017 |
| Mutt Strut | Need Race Director (s) Cindy Gardner-Morse has volunteered but looking for a co-director | If we can find race director(s) | Sunday, April 30, 2017 |
| Barre Town Spring Run | Andrea McLaughlin | OK | Saturday, May 20, 2017 |
| Kids Track Meet | Dot Helling & Sandy Colvin | OK | Friday, June 2, 2017 |
| Capital City Stampede | Shannon Salembier | OK | Saturday, June 10, 2017 |
| Worcester 4 Miler | Roy Belcher | No | Cancelled by Roy |
| Paul Mailman 10 Miler | Andy Shuford & Andrea McLaughlin | OK | Sunday, June 24, 2017 |
| Bear Swamp Run | Tim Noonan | OK | Saturday, July 15, 2017 |
| Barre Heritage Trail Race | Jackie Jancaitis | OK | Sunday, July 30, 2017 |
| Berlin Pond | Jeff Prescott & Sue Emmons | OK | Thurs, Aug. 17, 2017 |
| NSB 5k & Mile | Rowly Brucken | OK | Saturday, Sept 2, 2017 |
| Sodom Pond | Tim Noonan | OK | Wednesday, Sept 20 2017 |
| Leaf Peepers Half & 5k | Roger Cranse | OK | Sunday, Oct 1, 2017 |
| Fallen Leaves #1 | Tim Noonan | OK | Saturday, Nov4, 2017 |
| Fallen Leaves #2 | Tim Noonan | OK | Saturday, Nov 11, 2017 |
| Fallen Leaves #3 | Tim Noonan | OK | Saturday, Nov 18, 2017 |
| New Year's Eve | Ann Bushey & Need Co-Director | OK | Saturday, Dec 31, 2017 |

John Martin wrote:
Late breaking news from the Louisiana Marathon, Sunday January 15th, Baton Rouge. Flash!
Megan Valentine and Dad went south to let the good times roll. Megan dominated the woman's division taking the gold gumbo home in 3 hours 10 minutes. Father John ran a 4hour 5 minute marathon placing 3rd in the 65-69 division. Congrats to both.

Late News

"Hold the Presses"

A **record** number of CVR members for the **Sat. morning long run**.
Back Row: John Martin, Geordy Aitken, Ben Deede, Rowly Brucken, Jeff Prescott, Andy Shuford, Meredith Naughton, Ben Kidder, Marian Wolz, Matt Germaine, Jamie Shanley
Front Row: Nina Aitken, Beth Daut, Dot Martin, Donna Smyers, Bob Murphy, Chris Andresen

www.cvrrunners.org

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photo courtesy of Manny Sainz

**Central Vermont Runners membership**  
*runs from April 1st to March 31st of the following year.*  
 Support running and fitness in central Vermont by joining or renewing your  
 membership online at [http://cvrunners.org/?page\\_id=11](http://cvrunners.org/?page_id=11)  
 or, by using the **form below** and bringing it to  
 the Volunteer Appreciation & Awards Dinner on January 26th, or mail to Allie.  
 Questions: Contact membership coordinator  
**Allie Nerenberg at [ahnerenberg@gmail.com](mailto:ahnerenberg@gmail.com)**

### **Central Vermont Runners Membership Form**



When you join Central Vermont Runners you'll...

Meet, run with, and socialize with other area runners of all abilities.

- Keep up-to-date on area running races and events.
- Receive a regular newsletter with race results and club news.
- Be eligible for the Central Vermont Runners/Onion River Sports Race Series
- Join a club that's part of the Road Runners Club of America that insures CVR races.
- Become eligible for discounts at area sporting goods stores:
  - Onion River Sports / Shoe Horn – 15% off running shoes and running apparel.
  - Lenny's Shoes & Apparel – 10% off running shoes.
  - Ski Rack—15% off running shoes and apparel

Name (Please Print) \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Sex: M F Age \_\_\_\_\_ Birth Date \_\_\_\_\_

Email Address \_\_\_\_\_ Phone \_\_\_\_\_

I prefer to receive a paper copy of the 5 times/year CVR Newsletter (email copy if not checked) \_\_\_\_\_

Names, birth dates and email of additional household members of CVR:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

As a responsibility of club membership, I agree to try to volunteer for at least one club race during the year. (Note: Volunteering is highly encouraged, but not an absolute requirement for membership).

My preferred race to volunteer is indicated below:

|                                    |                                    |                                   |
|------------------------------------|------------------------------------|-----------------------------------|
| May - Adamant 20 Miler _____       | May - Mutt Strutt _____            | May - Barre Spring Run _____      |
| June - Kids Track Meet _____       | June - Capital City Stampede _____ | June - Worcester Four Miler _____ |
| June - Paul Mailman 10 Miler _____ | July - Bear Swamp Run _____        | July - Barre Heritage 5K _____    |
| August - Berlin Pond 5 Miles _____ | Aug/Sept - Northfield 5K _____     | Sept. - Sodom Pond Run _____      |
| October - Leaf Peepers _____       | Nov. - Fallen Leaves 5K's _____    | Dec - New Year's Eve 5K _____     |
| May thru Oct - Tues Fun Runs _____ | Other - _____                      |                                   |

Annual dues are \$10 for individual, \$15 for a family, or \$5 for students.  
 Enclosed are dues for the following years – (2016 dues covers 4/1/2016-3/31/2017)

2016    2017    2018    2019    2020    2021

Please make checks payable to **Central Vermont Runners** and mail to:

CVR, c/o: Allie Nerenberg, 636 Browns Trace Rd, Jericho VT 05465

*More Information or sign up on line at [www.cvrunners.org](http://www.cvrunners.org)*

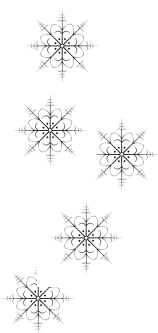


Newsletter Editor  
Bob Howe  
P.O. Box 632  
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**JANUARY 2017**

# **NEWSLETTER**

**Volume 38 Issue 1**



## ***Volunteer Appreciation & Awards Dinner***

January 26th, (5:45 social, 6:30 dinner)

at the ***Positive Pie*** 219 North Main Street, Barre

<http://www.positivepie.com/barre/home.php>

In addition to thanking the volunteers, we will recognize the  
**CVR/ORS Race Series winners** and  
the **CVR Spirit of the Club Award**  
for 2017

You will also have the opportunity to  
renew your CVR membership or  
purchase CVR clothing on site.

