

Newsletter**MARCH 2017****Volume 38****Issue 2****In this Issue:**

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CVR President's Column:

Has it really been a year since I started doing this stuff? I guess time does fly. So as of the end of March, I should have experience on anything I need to do this year for the club. We'll see how that goes—I can't remember yesterday let alone what happened a year ago.

First a follow-up report on my last newsletter announcement. Instead of driving a lot to ski, I trained for and did a winter marathon in Hyannis. It was the 25th anniversary of my 1st run there in 1992. In that race I was 1st F with a 3:03. This year I was very happy with 5th 50-59 in 3:51. Lots of motivational speakers tell you to aim high, set an almost impossible goal to see what you might achieve. I think that the trick is, set a goal you can make and then you can be happy with the result. Just think how unhappy I could be trying to be as fast as I was.

I highly recommend the CVR winter long runs as good training for a winter marathon or half marathon. Of course many people are training for their spring events, but I hit the "good" winter running weather to train for Hyannis. As of now, the first two March winter runs have been the coldest of the year. Glad I haven't had to run extra lately on Saturdays. For those of you who are just getting around to longer runs for the spring events...just show up some Saturdays. I think this past week (yes, it was below 0 F not counting the wind) was the first one in a while where we did not have somebody join in for the first time. But we actually had 9 runners do the whole 9.4 miles (one ran extra too) with 3 other participants either running a little with us or socializing and eating. A hardy crew!

Annual Meeting is coming right up. Info on the meeting is on page 4 in this newsletter. If you have any items you'd like brought up, let me know right away so I can get you on the agenda. Even if you don't care about the business meeting, come for the Chi Running clinic and pot luck. Our ever innovative past-president Jeff Prescott has come up with our contest for the meeting: **Ugly T-Shirts**. I'm not sure how we'll decide which race shirt is ugliest, but any CVR race shirts will be disqualified from being called ugly to protect the feelings of our sensitive race directors. I have found a fun prize for the winner. Dig deep in the T-Shirt drawer for this one.

I hope to see you out there soon at the Saturday Winter Long Run, an Unofficial Fun Run on Tuesdays or the Wednesday Speed workout.

Donna



Photo courtesy of Eric Ryea

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



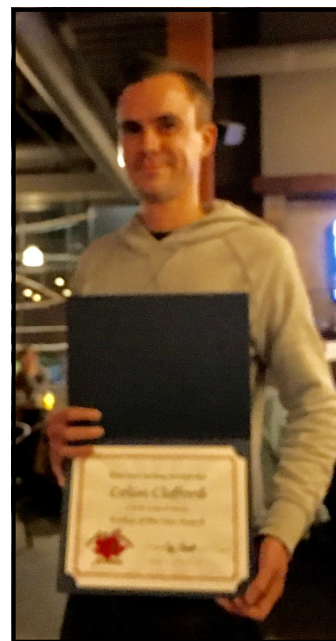
Central Vermont Runners is a member of
 RRCA, the Road Runners Club of America

*Thank you to everyone
 that sent in photos and stories of
 their favorite and unusual race
 medals for the January CVR
 Newsletter. These people were
 entered in to a raffle with Dot Martin
 and Allie Nerenberg each winning a
 pair of Darn Tough socks.*

SPRING AHEAD!!

That means that the Tuesday night **Fun Runs** will begin very unofficially March 14th. 'Unofficially' means no **Darragh** (i.e. no timing), but it is light enough to meet people at the Dept. of Labor Parking Lot near the bike path at 5:30 every Tuesday for a run. It also means no more headlamps for the **Wednesday Night speed workouts** which never even took a break all winter. ... Donna

Colin Clifford
 Rookie of the Year



More Award Information & Pictures
 on pages 5 & 6

"Sue Hackney's time of 1:13:58 at the USATFNE Grand Prix Amherst 10 Miler on February 26th is equivalent to a 57:16 open time. Her time is also among the 45 best times in the world ever by a woman in the 60 - 64 age group."

... John Hackney

Draft Meeting Minutes / Secretary's Notes of the CVR Meeting, Monday, November 7th, 2016
Subject to Approval at the March Meeting

Approximately 20 members were in attendance

Approval of minutes from August meeting as printed in Newsletter

Treasurer's Report

John reported the balance in our account (s) is approximately \$19,000. Much of this is due to registration for Leaf Peepers. Proceeds will be used to offset all the expenses of the race as well as donations to Harwood Boosters and Waterbury Fire Department. It is estimated after expenses and donations, the club will have in our account @\$7,000. There are no concerns about the balance at this time, we will revisit our budget at the annual meeting and based on our balance at that time we will decide our donations for the year.

Membership Report

Donna reports we have @270 members of the club.

Annual Dinner

Annual volunteer appreciation and ORS /CVR Series awards dinner. Attendees have expressed a desire to move the dinner closer to Montpelier, so we are looking for a location. There was a lot of discussion, but no final decision. Donna is going to send out a fact sheet with details on total attendees and price range we are looking for. There were a few volunteers who will call around and the executive committee will decide on a location. The date looks like potentially January 26th?

Spirit of the Club

Michael Chernick, Darragh Ellerson and Donna Smyers have volunteered to be the committee who will nominate and decide on the recipient. If you have any ideas or thoughts on who should win the award reach out to one of the three committee members.

Race Updates

Northfield Savings Labor Day 5K - Attendance is down from previous years. NSB has indicated they will hold it again one more year, but they are considering moving it or doing something different after that. CVR does volunteer and get some of the proceeds to the club for our help.

Sodom Pond – Good turnout. Registration building and award site may change next year but still will have the race. There is not likely to be a free dinner afterwards next year.

Leaf Peepers – Had a turnout of 566 in the ½ marathon and 315 in the 5k. We discussed how we might be able to increase the numbers in the future and shared thoughts on what we thought went well this year. Roger has a committee that will continue the discussion.

Fallen Leaves – Good 1st race. Two more. Always need volunteers. Reach out to Tim Noonan if you can volunteer.

New Year's Eve – Raising the price for adults this year. Children price will remain the same. Need volunteers to help with the course, the registration and the finish line timing. Reach out to Ann Bushy or Sandy Colvin if you can volunteer.

Proposed Race Calendar for 2017 [Please see page 10 for the proposed race calendar for 2017]

CVR/ORS Race Series

Reviewed and discussed the race series. Should we make any changes to the races and/or to the rules? After discussion it was decided not to make any changes in 2017.

Clothing

Looking for someone to take over or assist Mary Stridsberg in the promotion and sale of CVR clothing. If interested, contact Donna. This position would involve being at more races with the clothes and being available to sell them. In the meantime Donna has the clothing.

2017 Annual Meeting

Still looking at what the location will be, but the date will be March 26th. Donna is looking at reserving the Four Corners School-house in East Montpelier.

Winter Long Runs

Jeff will coordinate again this year. Runs will start the first Sat. in Dec.

Meeting adjourned at 8:00 pm ...Sandy Colvin

CVR Annual Meeting at the Four Corners Schoolhouse in East Montpelier March 26

Chi Running Clinic ~ free: 3:30 pm

Pot Luck: at 5 pm

Meeting: starts at 5:30 pm.

Directions on pavement (and shortest from Barre/Plainfield direction): Follow 2 or 14 to the junction in East Montpelier. Turn L on Quaker Hill Rd. toward East Montpelier Elementary. The turn is between Dudley's Store and the Old Brick Church before the light at 14 and 2. Follow Quaker Hill which turns into Vincent Flats Rd to the end of the pavement. Go straight at the fork where it turns to dirt and park on the road or driveway before you get to the STOP sign. If parking is tight, you can park toward EMES on the pavement and walk to the schoolhouse. If driving from Montpelier and it is not deep mud season, it is shorter to go up Main St and fork R on Center Rd. Bear R at Dodge Rd. The Schoolhouse is on the R at the triangle between Lyle Young and Putnam on Dodge Rd.

Wear your **Ugliest Race T-Shirt** (you know that one you couldn't believe your entry paid for) for the **Ugly T-Shirt Contest!**

CHI Running Clinic ... Learn How to Keep Running and Save Your Knees & Joints

Have you been feeling some aches and pains lately or suffered from injuries in the past? Or are you one of those who have continually heard the rumors that "Running is bad for your knees & joints?"

Statistics show that runners do get injuries and knees injuries are among the most common, however, it doesn't HAVE to be that way. If you've been beating up your body, there is a light at the end of the tunnel and you can feel better during and after your runs if you're committed to learning how to align your body for more efficient movement.

Chi Running is a specific form technique that takes the beating out of running. It focuses exclusively on energy efficiency and injury prevention and can transform your running experience from torture to treasure. Torture might seem a little extreme, but I've been injured and it's torture when trying to "push" through an injury and it's even more torturous when you CAN'T run at all!

Chi Running offers great benefits:

- Properly align your body
- Learn to relax while your running
- Ease the pressure on your body
- Reduce your impact and chances for injury
- Develop a deep mind body connection
- Can problem solve and ward off potential injuries during your run
- Love running again

If you are looking to ditch your injuries and run soundly, or protect your body to avoid future injuries, come and see what Chi Running is all about. Certified Instructor Sarah Richardson will be giving a free introductory lesson prior to the CVR Annual Meeting on March 26th, at the Four Corner's School House in East Montpelier. This one-hour lesson will include an overview of Chi Running and a postural alignment lesson, which will leave you feeling tall and strong for your next run!

Shine On,
Sarah Richardson

CVR Volunteers Appreciation & Awards Dinner, January 26th

The dinner was arranged again this year by John Martin and was held at the Positive Pie in Barre. Jeff Prescott teamed up with Donna Smyers to recognize the many volunteers and present various awards, including the age group winners for the CVR / Onion River Sports race series and the Spirit of the Club award. Photos courtesy of Manny Sainz. .

For the 2016 series, we had 65 club members in the final standings. That means they ran at least one race series event and volunteered at least once. 15 of the 65 were recognized as age group winners. Out of 15 age group winners, 10 were new folks who did not win last year. Out of 15 age group winners, 9 accumulated the maximum possible score of 500 points. I put stars *** next to those who got 500 points in 2016.

Female 0-19: Last year's winner was Brynn Bushey. For the 6th time in 8 years...the winner is: **Brynn Bushey**

Male 0-19: Last year's winner was Brian Bushey. For the 6th time in 8 years...the winner is: **Brian Bushey *****

Female 20-29: Last year's winner was Shannon Salembier. This year's winner: **Lori Crotts *****

Male 20-29: Last year's winner was George Aitken. This year's winner: **Matthew Rutherford *****

Female 30-39: Last year's winner was Sarah London. This year's winner: **Megan Valentine *****

Male 30-39: Last year's winner was Brian Burns. This year's winner: **Thorin Markison**

Female 40-49: Last year's winner was Mary Stridsberg. This year's winner: **Rima Carlson**

Male 40-49: Last year's winner was Jon Copans. This year's winner: **Brian Burns**

Female 50-59: Last year's winner was Dot Martin (Sue Hackney OA winner). This year's winner: **Dot Martin *****

Male 50-59: Last year's winner was Mack Gardner-Morse (Jim Flint OA winner). This year's age group winner: **Jim Flint**

Female 60-69: Last year's winner was Dot Helling. This year's winner: **Nina Aitken *****

Male 60-69: Last year's winner was John Valentine. This year's winner: **Chris Andresen *****

Female 70-79: Last year, this category was vacant. This year's winner: **Marsha Bancroft**

Male 70-79: Last year's winner was Roger Cranse (Bob Murphy OA winner). This year's winner: **John Hackney *****

Male 80+: For the first time, we offered an award in the Male 80+ category. This year's winner is **Gerry Carlson *****



Spirit of the Club ~ 2017

The CVR spirit of the Club Award was established in 2005. The first couple of years had a backlog, so 2 people were chosen, but after that we decided to hold it to one. This year's committee consisted of **Darragh Ellerson, Michael Chernick and myself**. We had several very strong contenders debated by the committee and I sort of wished we could give it to more than one since several people put in excessive time and effort for the club. But, since we need to save people for next year's committee debate, we settled on one. Prior recipients include:

2005: Tim Noonan & Darragh Ellerson,
 2006: Donna Smyers & Bob Murphy,
 2007: Norm Robinson,
 2008: Dave Kissner,
 2009: Priscilla Carr,
 2010: Nancy Rice,
 2011: John Hackney,
 2012: Roger Cranse,
 2013: Eric Ryea,
 2014: Jeff Prescott,
 2015: Sandy Colvin,
 2016: John Martin

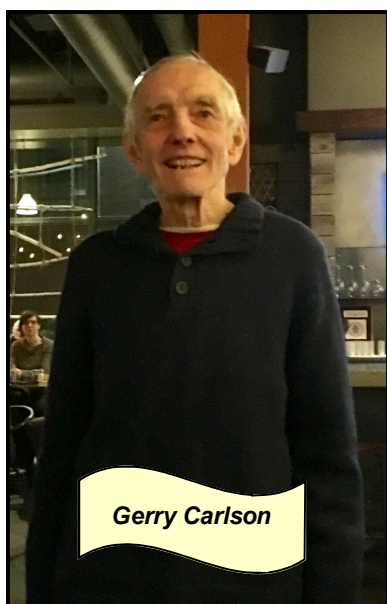
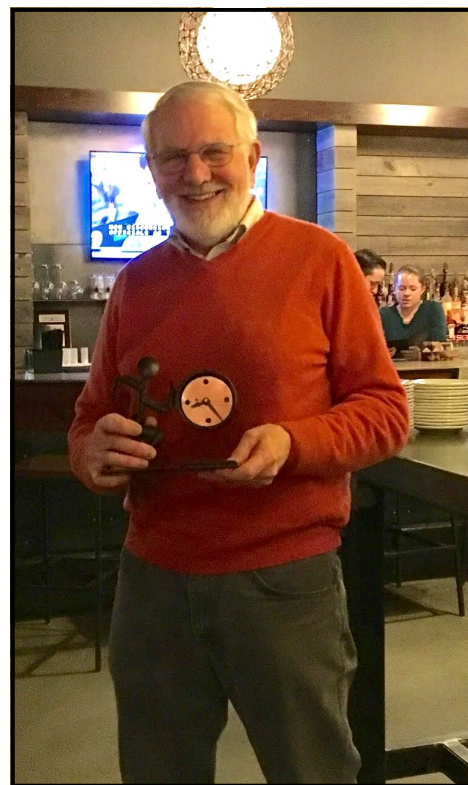
The 2017 winner of this award has been a runner for very many years. Eric thinks he was the first CVR member Eric ran with when he used to run around the Norwich track in the 90's. Eric was unlikely to actually have spoken to him, but he saw him there.

This member first came to my attention taking over the Leafpeepers registration duties in 2005. I am fairly sure he was on the committee for years before that, but did not search the records. He efficiently provided me the LP registrants information (many of which he had hand entered) for the CVR mailing list for over a decade. Over the last dozen years, he shepherded LP registration process through some iterations of on-line plus mail-in, hand entered registrations, working with CoolRunning and returnable shoe chips to info to almost all on-line with Chronotrack B-tags and registration. Anticipating retirement... in 2012 he stepped up his volunteer involvement and took on the Vice-Presidency and trained hard to follow a hard act by Jeff Prescott. He stepped up, did an excellent job as president from 2014-2015, and with heroic effort cajoled me into succeeding him. As he retired from the presidency, he stepped up again and took on the mailing list duties (we kind of did a job trade, but at least mine ends in about a year and his could go on for decades). He is listed as volunteering at 9 events this year, tying the over zealous volunteer John Martin for top honors.

Despite a couple of difficult medical issues in the prior year, he recovered sufficiently to race 6 events in the 2016 CVR/ORS race series, finishing exactly midpack with 396.7 points in the ever increasingly competitive 70-79 age group.

I would like to present the 2017 CVR Spirit of the Club award to Greg Wight.

... Donna



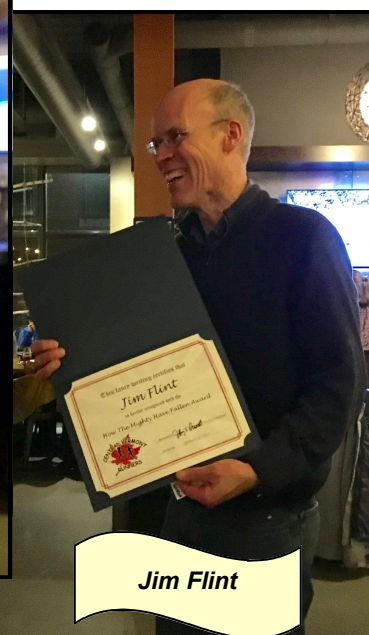
Gerry Carlson



Rima Carlson



Dot Martin



Jim Flint

40 YEARS OF RUNNING

By Norm Robinson

2017 marks the 40th anniversary of when I began to think of myself as a runner, I decided to look back at the highlights and lowlights of 4 decades of running. Pulling out a plastic bin full of old log books I have gone and refreshed long forgotten memories. Somehow several years of logs have gone missing, but it was still exciting to reminisce.

I first began running during my junior year of college at UVM. Needing physical education credit to graduate I took a "conditioning" class. Walking in the first day we were required to spend the first half of the class in the weight room. I failed miserably. I was a scrawny 6 foot, 160 pound, kid that had never lifted in my life. Easily the weakest kid in class I was mortified. The second half of the class was held on the track however. Everyone was required to run for 30 minutes. While not the fastest, I was better than 80% of the class. I was hooked. As a child I was a frustrated athlete. I desperately wanted to play baseball, but my hand to eye coordination was poor. I got cut from my high school JV baseball team. Now, I had something I could do better than many.

The marathon craze was sweeping the nation in 1978. Bill Rodgers and Frank Shorter were American heroes. I decided to run a marathon. After all, I was now a runner. Figuring I might never run another, I decided to go big. I entered the 1978 NYC marathon. It was a disaster. My training mileage peaked out at around 40 miles for a week or two, but most of the time it was in the 25 range. I started walking at mile 16, but somehow managed to all but crawl to the finish line in 5:15.

I went back to New York, with a little better training and managed a 4:09 in 1980. This was also the year that I joined CVR and it is not an exaggeration that it changed my life. I was extremely timid, quiet, and did not make friends easily. (Hard to believe now). Over the course of the many years since I count CVR runners among my best friends. When reviewing my logs during those early years I find July 1, 1987 as the earliest notation of running with Tim Noonan. As many of you know, we have become life-long friends and coached track and cross country together for a number of years at Montpelier High School.

I won't bore you with a year by year summary of my running life, but I thought I would pull out some notations that I made. Those of you who are long time runners in Central Vermont will likely remember some of the same.

1981- Ran a leg of a 10-man team in Westport, N.Y. in a 24-hour relay. The race was run on a ½ mile horse track. Each member ran a mile as fast as possible, then waited for their next turn. I ran 23 miles that day with my fast mile in 5:57 and slowest in 6:50.

1982- I ran a 10-mile training run with Jeff Shutak. Jeff was very active with the club in those days, and is a former president. I have lost track of Jeff and miss him. On August 7th, I ran with Wade Walker from Montpelier to Plainfield. We had what I think might have been the very first CVR picnic at the home of Joe McEntyre. Another long lost, but not forgotten CVR member. It was also the year I set my PR at Fun Run in 37:45. In those days it was nothing to have dozens of runners show up. It was also the year that I ended up with my 10K PR of 39:17.

1983- I was one of a group of CVR folks that ran the Montreal Marathon. I didn't know it then, but it would end up as my marathon PR in 3:21:00.

1985 was the year I ran what I consider my best race ever. Running the Montpelier 10 Miler for the 6th time I battled Merrill Cray the entire way and finished in 65:03. I have never run another race near that distance at the average pace of 6:30.

1986- Central Vermont runners sent a delegation to the Road Runners Club of American (RRCA) annual convention. We had a CVR banner made up that hung from my mini van on race day.

1987- I organized the first of several Sub Ultimate Runner competitions. Modeled after a national event that included longer distances, CVR's was 5K, 400 meters, 1 mile, 100 meters, and 10K ran back to back with minimal rest in between. Lowest combined finish positions won the event. Someday I will try to find the records for this day.

1991- I competed in the Falmouth Road Race. The next day Hurricane Bob arrived on Cape Cod and the road I had just ran on washed into the ocean. I stayed on the cape that evening to help my friend board up his parent's home and then rode out the storm.

(continued on next page)

40 YEARS OF RUNNING By Norm Robinson *(continued from previous page)*

1995- On July 22 I hit 10,000 career miles according to my log books. While many of you were well over that total it was still a milestone for me.

1997- CVR sent two teams to the Lake Winnepesaukee Relay. Teams were made up of 8 members, each running a leg that varied from 4-14 miles for a total distance of 64 miles. Many of us went over the night before and stayed in cabins near the start/finish line. What a great time we had! CVR sent teams 4 different years with the last time in 2001.

On Veterans Day I ran a small 5K in Bennington. It was the only time that my daughter Caiti and I ran a race together. Though she was never a strong runner I was very proud that she stuck with it and finished.

2001- The first and only CVR/GMAA challenge was held at the Catamount Family Center on July 21. My log doesn't have any details, but my memory was that we ran a 5k trail race and points were scored on a cross country basis to determine the winner. I don't even remember who won! We had a picnic after however, and I do remember it as a wonderful time.

2002- My life changed for the better on March 15th. It was the first day that I began coaching. It was the MHS track team and I was part of a coaching staff that included Tim Shea, and Tim Noonan. We resurrected a program that was nonexistent for a number of years, and continued for I think 3 years before stepping down.

2007- I ran 4 marathons this year. Sarasota, Holyoke, VCM and Maine. The last of the year was my 14th career.

2010- I ran my first Adamant 20 miler. There is no notation but I think this was the first year of the race. I dropped out of VCM 3 weeks later.

2014- My best shot at qualifying for Boston went sour at 23 miles at the Maine Marathon. On pace to qualify I fell apart in the final 3 miles and missed the time I needed. Two days later I left Vermont and moved to Nashville. Easily one of the most difficult things I have ever done. Martha and I had lived all our lives in Vermont, and many in Montpelier. Leaving all my friends and support system behind was terrifying.

2015- Zero races. My mileage wasn't very good, and I spent the entire year trying to figure out how I was going to ever find running partners that would work for me. Too slow, too fast, night time runners instead of morning runners. It was difficult, but slowly found a small core of folks I could at least do longer Saturday morning runs with on occasion.

2016- Ran 1482 miles for the year. The most ever in a calendar year. Started the year off with a local 5K on January 1 and ended the year on New Year's eve in Montpelier at the First Night 5K. In between I ran 1 marathon, four ½ marathons, a 15K, and 2 more 5K races. The marathon was a reunion of sorts with Tim Noonan. We met up in Maine and ran the Maine Coast Marathon. It was horrible for both of us, and might be my last. I have promised myself that I will have to lose weight, and get faster in ½ marathons before I will take on that challenge again. Time will tell.

Looking back, I have run Berlin Pond 7 times, the Maple Leaf ½ 8 times, the Capital City Stampede 8 times and the Montpelier 10 miler 9 times. I also ran many races that I don't think exist anymore. Those include the Bennington Road Race, The Run for the Health of It to name a couple. With missing log books I don't have an exact total, but figure my career mileage is near 25,000.

One Final Note, and a Plea.

I wanted everyone to know how much I thoroughly enjoyed coming back home and running the First Night race this year. I saw so many old and dear friends and while my race was not good, I was thrilled to be there. Ann Bushey and the whole CVR crowd did a fabulous job as always.

My Plea is this. Whether at a race, fun run, or other CVR function PLEASE take a moment and seek out anyone you don't know and introduce yourself. Make a stranger feel welcome to be a part of CVR. From one who has now experienced it, I can tell you that meeting new runners, that you hope will become friends, is daunting. The Central Vermont Runners Club is and always will be a big part of my life, and I hope for anyone new to the club that you have an opportunity like I did to discover friends for life.

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

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

April 1, Boston Tune Up 15K, 10:00am, Upton MA, *Contact:* www.tri-valleyfrontrunners.com

April 1, Salem April Fool 10K & 5K, Salem NY, *Contact:* www.aprilfoolsrace.com/

April 1, Bluff Spring Runoff 5K, Claremont NH, *Contact:* www.runreg.com/springrunoff5k

April 8, Rockin'Ham 5K, 10:30am, Bellows Falls, *Contact:* www.3raceproductions.com/RacePages/RockinHam5K2017.pdf

April 8, Rabbit Run Half Marathon & 5K, Newfane, *Contact:* www.facebook.com/RabbitRunHalfMarathon/?fref=ts

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

April 9, Soup Kitchen 5K, 10K & 3K walk, 1:00pm, Nashua NH, *Contact:* <http://nks.org/racehome0.aspx>

April 22, Ammonoosuc Amble 5 Mile, 11:00am, Bethlehem NH, *Contact:* www.ammonoosuc.org/index.php/amble/details/19th_annual_ammonoosuc_amble

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

April 29, Tristin's Live, Laugh & Love 5K, 9:30am, Lebanon NH, *Contact:* www.tristinsrun.org/

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

April 29, Fire Department 5K & 10K, 9:00am, Greenfield NH, *Contact:* gfdroadrace.webs.com

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

April 30, Sap Run 8.5 Miles & relay, 9:00am, Swanton to St. Albans, *Contact:* www.vtmaplefestival.org
www.stalbansrec.com

May 6, Sports Medicine Center 5K, 10:00am, Rutland, *Contact:* www.vermontsportsmedicinecenter.com

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 7, Steve Zemianek Road Race 10K & 3.8 Mile, 10:00am, *Contact:* <https://www.runreg.com/6184>

May 7, Dam Run 4 Mile, 9:00am, Springfield, *Contact:* www.springfielddamrun.com

May 12, NH DARE 5K, 6:30pm, Loudon NH, *Contact:* www.dareclassic.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 20, Bedford Rotary 12K & 5K, 9:00am, Bedford NH, *Contact:* <http://bedfordrotaryraces.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, 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/

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

**** July 9, 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 carnnoonan@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 Jancaitis at jackiems08@yahoo.com

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

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 carnnoonan@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

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
 or, by using the form below and bringing it to
 the **Annual Meeting on March 26th**, or mail to Allie.
 Questions: Contact membership coordinator
 Allie Nerenberg at 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



Newsletter Editor
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MARCH 2017

NEWSLETTER

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