

**Newsletter****MAY 2017****Volume 38****Issue 3*****In this Issue:***

*News Articles... 3*  
*Mutt Strut... 6*  
*Barre Town Run 5K... 8*  
*Upcoming Races... 11*  
*Language of Running... 14*  
*Race Schedule... 16*

**CVR President's Column:**

The weather doesn't really feel like VCM is coming up this Sunday, but it is. That means CVR's race schedule gets into full swing. June is our busiest month with the Kid's Track Meet, Capitol City Stampede and the Paul Mailman 10 Miler & 5K coming right up. It's time to start racking up some points in the CVR/ORS race series and get your volunteer credit toward the series and the dinner. Jim Flint will start tabulating the series results now that the June deadline for renewing or joining to get credit for the first 2 races is here. It gets harder to count to the full 5 races if you don't get started by June; however if you are as good at procrastinating racing as I am at writing my President's Column, you could wait until the Berlin Pond 5 Miler in August and still count to 5 by Autumn Onion 5K. I believe a couple of people with the initials BB managed to win starting at Berlin Pond last year, so it can be done, but I don't recommend it. I considered trying to get all my races in after my birthday this year for a new age group, but starting in September is definitely too late, so I am stuck at 59 for this year with 2 races already in the bank.

In the weekly News and Notes, I will be sending out frequent requests from race directors to help out. Many people report that volunteering at the Kid's Track Meet is the most fun they have at an event all year, but we need volunteers at all the races. Please support the events you can so we can keep our Race Directors and runners all happy. I know some people end up with volunteer fatigue by the end of the year, so the more that pitch in, the fewer who feel overloaded. And remember the free annual dinner in January you earn when you volunteer whether you do any races or not!

I am excited about a few initiatives we have in the works with our series sponsor, Onion River Sports. Nothing is final yet, but we are looking at running a Leafpeepers Half Marathon training group from the shop on Saturday mornings. We hope to have a beginners and more advanced group to generate camaraderie and confidence for the course (we'll practice running up a big hill too). Special discounts at ORS are likely to apply for the group. We are also looking at working with ORS to sell CVR clothing and having a CVR Day at the shop. Stay tuned for more details!

I have a theory that the weather always evens out eventually, so I'm predicting a beautiful warm summer starting any day now. See you at the races, Fun Run, Track workouts or just out there enjoying it.

**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 Dot Martin

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

Do you want to stay hydrated, cool and  
safe this summer when running ???

See the

## **HOT WEATHER RUNNING TIPS**

at <http://www.rrca.org/education/hot-weather-running-tips>

The minutes of the CVR annual meeting in March were  
approved at the May meeting.

For more information and  
details please see the annual meeting minutes on the  
CVR website at <http://cvarunners.org/wp-content/uploads/2017/03/cvrmgt20170326.pdf>

**Central Vermont Runners membership**  
*runs from April 1st to March 31st of the following year.*

**Deadline for membership for CVR/ORS race  
series is June 1st**

*Support running and fitness in central Vermont by  
joining or renewing your  
membership online at*

[http://cvarunners.org/?page\\_id=11](http://cvarunners.org/?page_id=11)

**Questions: Contact membership coordinator  
Allie Nerenberg at [ahnerenberg@gmail.com](mailto:ahnerenberg@gmail.com)**

### **CVR Fun Run Green Up report from Mack:**

Fortunately the rain held off. In the cool evening, we were able to green up the whole Fun Run course. We picked up a total of 14 bags of trash and three tires! A big thank you to all the volunteers who took time out of their Monday evening to help clean up the Fun Run course: Greg Wight, Manny Sainz, Donna Smyers, Cindy Gardner-Morse, Ben Deede, Jeff Prescott, Andy Shuford, with a little help from Dylan Broderick who was actually just out running, but picked up some stuff for us as she ran. Gary Kessler paused from running to express that he felt guilty not helping. Happy Spring!!  
...Mack

**Fun Runs every Tuesday at 5:30. 1, 2, 4 or 6 mile  
distances. Park behind the Dept. of Labor building  
just beyond Montpelier High School**

The banner on the wall says it all for a  
551 mile (888K) race. Longer than the  
Vermont 50, the Vermont 100, even the  
peak ultra 500 mile race in Pittsford, the  
**Infintus trail races** are held in Goshen VT  
and offer an 8K, 80K, marathon, 100 mile  
& 250 mile options. CVR member **Lance  
Parker** from Montpelier is pictured under  
the banner. As last reported on May 24th  
Lance was leading the race for  
888K in 10 days, having completed  
532K with a lead of 34K over the  
next runner. More info at  
<http://www.endurancesociety.org/>  
(Photo courtesy Jeff Prescott)



*If you haven't made it to a **Wednesday night track workout** yet this would be a great time to start. Beginning in June we will do a little bit of a reset and build distance and intensity over the summer to best prepare runners for Fall marathons and half-marathons. The workouts are structured to work for all paces--we have fast runners and not so fast runners, ultra runners, 5k speedsters and recreational runners who seldom sign up for a race, but like the workout.*

*It's a good workout with a good group of people. Come warmed up and ready to go. 6pm to 7pm every Wednesday at the MHS track.*

*Contact Steve Hill at [frmsteve@gmail.com](mailto:frmsteve@gmail.com) for more information.  
Or just show up*

*The picture is from track night on May 17. Who wouldn't want to spend an hour going around the oval with these people? Steve Hill*





## Boston Strong

By Jim Flint

The Boston Marathon is everything everyone said it would be, and still a surprise that blew my socks off. Nothing can quite prepare a runner for the crowds, a million strong, who cheer from the starting line in Hopkinton, all the way to Boylston Street in Boston. From the dazzlingly fast elite runners, down to the final finisher, no one is left in the dust.

For many marathoners, long distance running is a somewhat lonely sport. My training routes in Craftsbury are usually punctuated by only a handful of passing cars, or the occasional neighbor out for an early morning stroll. Birds and butterflies are my main companions. I hear the rush of the wind in the trees, a cascading roadside waterfall, and the constant rhythm of my footsteps.

Likewise, at the beginning of most Vermont road races, the pack quickly disperses. Each athlete finds a spot to settle into their own thoughts and unique space. The Boston Marathon replaced my familiar Vermont running universe with a field of 27,221 entrants. All 50 states were represented, along with the District of Columbia, six U.S. territories, and 99 countries. Fellow CVR runners Rowly Brucken, Sandy Colvin, and Tim Noonan were among the faithful.

Begun in 1897, the Boston Marathon was inspired by the first modern marathon competition at the 1896 Athens Summer Olympics. From 1897 to 1923, the 24.5 mile route ran from Ashland to Boston. In 1924, the starting line was moved to Hopkinton. The move lengthened the course to 26 miles 385 yards, the marathon standard set at the 1908 Olympics.

The Boston Athletic Association knows how to organize the point to point race. Some 9,400 trained volunteers staff the aid stations, hand out medals, and provide information to spectators. Security and police presence is notable all along the route, which is closed to vehicles. A fleet of school buses transports the majority of runners from Boston Common to the starting line, a 50 minute trip.

The marathon start is grouped into four waves of runners, each of which is broken into eight corrals. Each corral includes about 950 runners. The waves start every 25 minutes between 10 a.m. and 11:15 a.m. Bib numbers and placement in the corrals are based on qualifying times.

A qualifying time of 3:11:54, from last fall's Hartford Marathon, placed me in Wave 2, Corral 1. My bib number was 8372. As we walked the  $\frac{3}{4}$  mile stretch from Athlete's Village to the starting line, my skin tingled when I heard the national anthem. The gun sounded moments later for the 10 a.m. start of the elite men and the first wave.

The temperature had already risen to the low 70s. Bathed in sunshine, I made my way to the far back of the corral, knowing that my goal pace of 8 minutes per mile was significantly slower than my qualifying time. Anticipation was in the air. I took a deep breath and looked for Audrey Magnan, also from Craftsbury, who was listed in the same corral.

Almost like a mirage, I noticed a person with sunglasses, bright yellow shirt, and braided hair to my immediate right. "Audrey?" I asked tentatively. Sure enough, we had the same starting idea and were standing right next to each other.

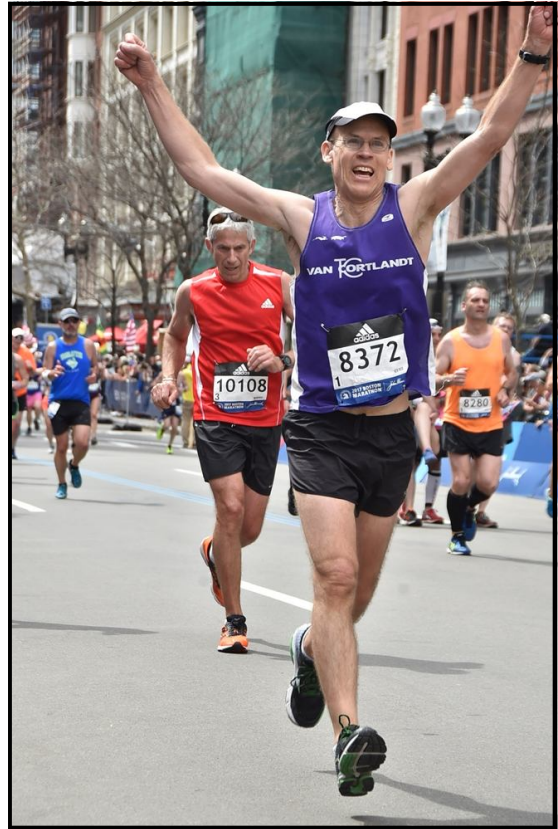


photo courtesy Jim Flint

*Jim is flying at the finish line on Boylston Street...*

When the gun sounded, the corral began at a walk, then a slow jog. It took about 25 seconds to reach the starting mat. Shoulder to shoulder, the pack headed down the first hill. I tucked in behind Audrey and her friend. The pace was comfortable, but the temperature felt warmer than predicted. A gentle crosswind provided a little relief as we headed toward Ashland.

After the first couple of miles, Audrey's friend ratcheted up her speed and was soon gone. Runners still spanned the entire breadth and depth of the road. The first five miles dropped 250 feet in elevation. We averaged a 7:40 per mile pace on this "Siren's Song" portion of the course, which so often lures Boston Marathon runners to their later downfall.

As the course leveled out in mile six, we settled into an 8 minute per mile pace. Under the best of circumstances, I thought I might be able to sustain it. To thwart dehydration, I took water or Gatorade at each stop, sometimes splashing an extra cup of water on my head. Every few miles, I ate a "shot block" filled with simple sugars and electrolytes.

My body seemed to adjust to the heat as we cruised through Framingham. At times there were patches of shade and scenic wayside lakes to temper the bright sunshine. Audrey and I ran together through the first nine miles, when we got separated at a water station.

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Audrey went on to finish the marathon in a solid 3:48:22. "I shuffle-jogged most of the last 8 miles," she said after the race. "I don't know which limiting factor was stronger, the lack of training or the heat, but at any rate, the crowds are all that got me through. I'm hooked."

Natick's twin church spires marked the 10 mile point in the race. I still had a two minute cushion on my goal pace and paused for a brief bathroom break. Large crowds cheered at the Natick Town Common. Three miles later, two thousand Wellesley College students lined both sides of the road, for nearly a mile, giving high fives and blowing kisses to runners. Little kids held up signs that said, "Touch here for power."

The half marathon mark went by in 1:43:21, still a minute and 40 seconds ahead of pace. The next three miles culminated with a half mile downhill stretch into town, followed abruptly by the first of the Newton Hills. Temperatures warming into the high 70s were starting to take their toll, and I noticed runners beginning to walk. Some were mobility impaired athletes, including veterans with artificial limbs, who started the marathon at 8:50 a.m. with their guides. Their painstaking efforts to complete the marathon were incredibly inspiring.

Approaching mile 17, I ran in the middle of the road and scanned both sides for my wife Barb, who watched the race with Rowly's wife, Lisa. Barb intently looked for me in the blue shirt that I had on first thing in the morning, not realizing that I was wearing purple. The crowds were cheering loudly and the runners were still packed tightly together. To our mutual disappointment, we missed each other in the mass of humanity. After a long wait in line, Barb headed back on the T to the finish, where we happily reunited after the race.

Two more hills lay ahead, and then Heartbreak Hill, between mile 20 and mile 21. I started walking through water stations. A sign ahead read, "Your training got you here; your heart will get you through." A dull pain made an appearance in my lower abdomen. Though my heart rate and breathing were fine, my pace was slowing.

Kind words of encouragement abounded as runners struggled up Heartbreak Hill. I walked and jogged to conserve strength. The hill crest finally came. Five more mostly downhill miles lay ahead. My sore quadriceps muscles were not convinced the race was nearly done.

Filled with enthusiasm, Boston College's students lifted the spirits of fading runners. Before the race, I had my name written in Sharpie marker on my arms. A group of guys singled me out for a rousing cheer, "Jim, Jim, Jim," which seemed to last for about 20 seconds.

Around mile 23, the famed Citgo sign finally came into view in the distance. The crowds swelled as we ran down Beacon Street. Despite a tail wind, my pace was way over 9 minutes a mile. The overpass at mile 25 looked like a mountain. I walked for a few moments, and then got my legs going again. The iconic final mile lay ahead.

Turning onto Hereford Street, everyone seemed to pick up the pace. The crowd lifted us as we rounded the corner to Boylston Street. I glanced at my watch and realized a 3:40 finish might be possible. For the first time in the marathon, I opened up and let my legs run, sprinting faster as the finish line came into sight. I crossed at 3:40:05 with a big smile, and an even bigger sense of gratitude for the people who make the marathon possible.

The finish area volunteers are the best, creating an experience like entering the land of Oz. Medals are awarded with a caring smile. One volunteer offered a hug of support; another loosened up my shoe laces. Volunteers wrapped space blankets around runners, securing them from blowing in the breeze. Others handed out food, water, and chocolate milk. Runners walked slowly together in a kind of trance toward the family meeting area, looking for the first letter of our last names. I glanced around and suddenly Barb was there. A long awaited hug ended a memorable race, Boston Strong!

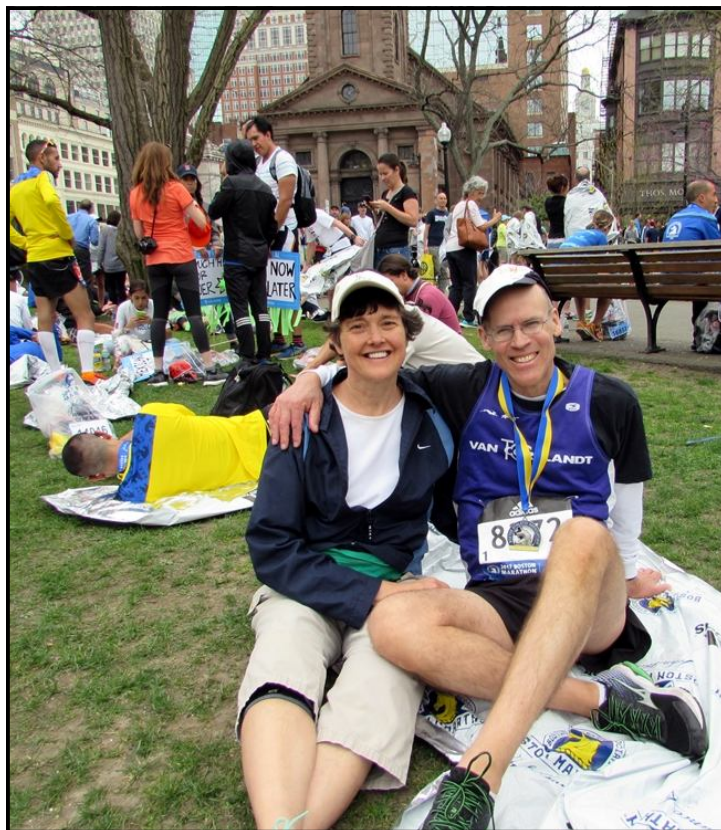


photo courtesy Jim Flint

**After the race with Barb  
at the Boston Common...**

26.2  
26.2



## Successful **Mutt Strut** Benefits Central Vermont Humane Society... by Cindy Gardner-Morse

50 (yes, 50!) people with an uncounted number of dogs on leashes stood in the cool almost-rain on Sunday, April 30. These canines and humans awaited the start of the Mutt Strut, a road race to benefit Central Vermont Humane Society. Little River State Park in Waterbury, rumbled with leashed energy. Someone, hearing the powerful, energetic sound filling the forest, compared the event to a NASCAR line-up. All that power took off at "GO!"

Dogs pulled their people along, charging up the hill, around the bend, looping past the empty camp sites of Little River State Park, hustling the three miles to the finish. A wide variety of prizes from many area businesses filled the award table. Thank you to

- Guy's Farm and Yard (Montpelier) \$50.00 Gift Certificate and Large Box Dog Treats
- Onion River Animal Hospital (Montpelier) \$60.00 total in Gift Certificates (2 at \$30 each)
- Hardwick Vet Clinic 1 Free Annual Exam with all necessary vaccinations
- Pet Food Warehouse (Williston) 7 Assorted Toys valued at \$75.00 total
- Woodbury Mountain Toys (Montpelier) Toys valued at \$60.00
- Montpelier Agway Farm and Garden Co. \$25 total in Gift Certificates (2 at \$10 and 1 at \$5)
- The Quirky Pet (Montpelier) \$20.00 Gift Certificate and several Balls
- One Stop Country Pet Supply (Barre) \$20.00 Gift Certificate
- PetCo Manager (168 Ames Drive, Barre) 25 Pound Beef & Pea [Grain-free] Dog Food
- Bagito Bagels (Montpelier) Bagels
- Kristi Kilpatrick 2 Loaves of Sourdough Bread
- Anonymous Donations: Books, T Shirt, Dog Chew, Cat Litter, etc.



Photo courtesy Gordon Miller & Phyllis Arsenault-Berry

Standing: Sandy and Zoe Colvin and their dog Abigail; Denise and Sarah Ricker with Phyllis' dog, Josey.  
Kneeling: Leslie and Juliet Allen and their dog, Max; Phyllis Arsenault-Berry and her dog, Bubba



## 21st Annual CVR Mutt Strutt

Little River State Park April 30, 2017

Race Directors: Cindy Gardner-Morse & Matt Germaine

Place	Div	Name	Dogname	Age	Sex	Dogs	City	Time
1	1	Eric Morse	Murdock	52	M	S	Berlin	19:22
2	1	Mack Gardner-Morse	Ginger	56	M	L	Calais	23:12
3	1	Lauren Kanaskie	Brooks	27	F	S	Colchester	25:12
4	1	Christa Kemp	Padric	50	F	S	Richmond	26:54
5	2	Elizabeth Garibay	Luna	25	F	S	Randolph	27:03
6	1	Kristi Kilpatrick	Toby	31	F	L	So. Burlington	27:31
7	1	Hannah Ades	Astrid	15	F	S	Richmond	28:09
8	1	Rachel Stearns	Goober	26	F	L	Montpelier	28:09
9	1	Steve Ades	Astrid	45	M	S	Richmond	28:29
10	2	Tessa Ades	Astrid	15	F	S	Richmond	28:30
11	2	Peter Hack	Maggie	56	M	S	Waterbury Ct	28:36
12	1	Tyler Brassard	Arlo	33	M	L	Montpelier	29:21
13	1	Thomas Hogeboom	Finn	65	M	S	Hardwick	29:41
14	1	Elizabeth McCarthy	Finn	64	F	S	Hardwick	29:42
15	3	Emily Kuckok	Bacon	28	F	S	Barre	29:56
16		Robert Kuckok		53	M		Barre	29:57
17	2	Jeff Bennett	Padric	46	M	S	Richmond	30:52
18	1	Sarah Ricker	Josie	11	F	L	Montpelier	32:17
19	1	Phyllis Arsenault-Berry	Bubba	60	F	L	Duxbury	32:29
20	1	John Wakefield	Gary	41	M	L	Montpelier	32:56
21		Greg Wight		71	M		Brookfield	33:39
22	1	Lindsey Wight	Autumn	37	F	S	Jay	33:40
23	3	Laurel Davey	Evey	15	F	S	Waterbury Ct	34:10
24	2	Zoe Colvin	Abigail	11	F	L	Montpelier	35:40
25	1	Sandy Colvin	Abigail	48	F	L	Montpelier	35:42
26	1	Denise Ricker	Josie	50	F	L	Montpelier	36:43
27	2	Alicia Hampen	Arlo	35	F	L	Montpelier	36:44
28	2	Cara Gauthier	Myrtle	33	F	S	Northfield	38:24
29	3	Kevin Reid	Stella	44	M	S	Milton	46:40
30	4	Kim Caldwell	Gus	29	F	S	Randolph	47:43
31	1	Matthew Caldwell	Gus	29	M	S	Randolph	47:44
32	3	Jessica Moore	Kaya	34	F	L	Morrisville	48:41
33	4	Jessica D'Adano	Kaya	33	F	L	Morrisville	48:58
34	3	Torrey Hanna	Saber	9	F	L	Vergennes	48:59
35	2	Marcia Henry	Mae/murph	61	F	S	Bradford	49:03
36	3	Lisa Keller	Bode	60	F	S	Meredith	49:07
37		Terri Campbell		61	F		Albany	53:44
38	2	Connor Teal	Roland	27	M	S	Barre	53:46
39	4	Juliet Allen	Max	11	F	S	Montpelier	54:18
40	1	Lesley Allen	Max	47	F	S	Montpelier	54:19
41	4	Elizabeth Thurber	Emma	63	F	S	Northfield	55:46
42	2	Timothy Thurber	Emma	62	M	S	Northfield	56:40
43	5	Norah Ades	Astrid	15	F	S	Richmond	56:41
44	2	Wendy Libby	Astrid	46	F	S	Richmond	56:58
45	2	Gail Deuso	Sheba	51	F	S	Hyde Park	58:37
46	2	Emily Buskey	Saber	48	F	L	Vergennes	1:03:56
47	3	Jenny Kuckok	Bacon	52	F	S	Barre	1:06:35
48	5	Betsy Kuckok	Bacon	26	F	S	Barre	1:07:22
49		Joe Clough		28	M		Milton	1:07:24



**Meeting Old Friends and Making New Ones**

photo courtesy Manny Sainz



**Murdock Checks Out the Competition**

Photo courtesy Gordon Miller & Cindy Gardner-Morse



**Three Smiling Runners Enjoy the Race**

Photo courtesy Gordon Miller & Cindy Gardner-Morse





### Small Gestures, Big Outcomes!

Yesterday, **May 8th**, I was out running with several young runners and the sky was spitting snow!! Before heading out the door, I didn't hear one complaint about the cold, and in no time many runners had tied their outer layers around their waist. However, at the end of the run, the sky really dumped some sleet down bare arms. Then I heard "this stuff really hurts when it hits my face and arms." These words came out of the mouths of a fortunate group of third and fourth grade boys who have benefited from the generosity of CVR.

Every year, for more years than I can really believe, I have asked CVR to support young runners. At first it was for locally and nationally known running clubs, but for the last six years CVR has supported third and fourth graders at Barre Town School in the Barre Town Running Club. The past two years have been exceptional because for several years there had only been a *girls* running club, and now we have both a *girls and boys* running club. At a time when school budgets are getting cut, family lives get busier, and video games become more popular, CVR continues to support great outcomes for our youngest runners.

I have found that since the club does not add any financial burden for families and the culminating event can include all family members, it attracts a diverse group. It has been fun each year to watch runners pair up, support each other and come back for another year. The culminating event, the Barre Town Spring Run, is where the small gestures of CVR really result in big outcomes for young runners. Thank you for all of your support.

The Barre Town Running Club

... *article and photos courtesy* race director Andrea McLaughlin







photo courtesy Manny Sainz

## Barre Town Spring Run 5K

### AGE GROUP RESULTS

Place Place Overall Name Age City Time Pace  
\*\*\*\*\*

#### FEMALE AGE GROUP 1 - 19

1	21 Matelyn Thygesen	16 Williamstown	24:37 7:56
2	34 Kerribeth Aldrich	9 Barre	27:45 8:56
3	51 Brenna Ziter	9 Barre	31:44 10:13
4	53 Charlotte Brault	9 Barre	32:07 10:21
5	54 Sarah Ricker	11 Montpelier	32:12 10:22
6	61 Julia Locarno	9 East Barre	33:48 10:53
7	66 Lilah Thurston	9 Barre	35:37 11:28
8	68 Natalie Buzzi	8 Barre	35:44 11:31
9	70 Kaylee Elmer	8 East Barre	35:49 11:32
10	74 Abigail Geno	12 Barre	37:48 12:10
11	75 Kayla LaPrade	11 Barre	37:48 12:10
12	76 Nichole Buzzi	11 Barre	37:53 12:12
13	77 Erin Smith	9 Barre	38:08 12:17
14	78 Addison Gokey	10 Barre	39:15 12:38
15	81 Bella Powers	10 East Barre	39:18 12:39
16	84 Connor Vincent	9 Barre	39:46 12:48
17	85 Olivia Leibold	10 Barre	39:47 12:49
18	88 Maisy Cascadden	9 Barre	41:44 13:26
19	89 Lydia Carr	8 Barre	41:44 13:26
20	91 Eva LeBourreau	9 Barre	41:45 13:27
21	94 Kaylee Belanger	9 Barre	42:38 13:44
22	95 Allison French	9 Graniteville	43:21 13:58
23	98 Desirae Hersey	10 Graniteville	45:18 14:35
24	102 Lillianna Hoy	10 Barre	46:27 14:58
25	106 Ella Townsend	9 Barre	47:00 15:08
26	108 Mercedes Estes	9 Websterville	47:40 15:21
27	111 Madelyn Joslin	15 East Barre	49:30 15:56
28	112 Makenna Joslin	6 East Barre	49:31 15:57
29	113 Brookelynn Johnson	9 Barre	54:23 17:31
30	114 Allyssa Fleury	9 Barre	54:30 17:33
Record 19:40 by Grace Brigham in 2011			

#### MALE AGE GROUP 1 - 19

1	2	Evan Thornton	13	Waterford	18:51	6:05
2	3	Brian Bushey	14	Montpelier	19:56	6:25
3	4	David Toborg	16	Barre	20:06	6:29
4	5	Max Mayr	17	Barre	20:36	6:38
5	12	Christopher Toborg	18	Barre	22:48	7:21
6	14	Evan Kerin	13	Graniteville	23:32	7:35

7	31	Collin Grout	9	Graniteville	27:21	8:49
8	37	Tyler Mentzer	10	Barre	29:11	9:24
9	42	Kylis Flood	10	Barre	29:41	9:34
10	43	JT Hebert	14	Barre	30:14	9:44
11	44	Drew LaPrade	9	Barre	30:18	9:46
12	45	Benjamin Hebert	8	Barre	30:18	9:46
13	47	Victor Geno	10	Barre	30:30	9:50
14	49	Wyatt Geno	8	Barre	31:04	10:00
15	55	Keegan Sylvester	9	Barre	32:24	10:26
16	57	Taylor Martin	9	Barre	32:45	10:33
17	59	Jericho Beaudoin	7	Barre	33:16	10:43
18	72	Leland Perry	9	Barre	36:53	11:53
19	82	Riley Jones	8	East Barre	39:41	12:47
20	83	Brady Fortier	9	Barre	39:46	12:48
21	86	Aidan Badger	10	Barre	39:50	12:50
22	87	Trent Joslin	9	East Barre	40:55	13:11
23	93	Aden Cushman	9	Barre	42:22	13:39
24	96	Donovan Sicard	10	Barre	43:55	14:09
25	105	Aidan Simoneau	9	Graniteville	46:43	15:03
26	107	Taylor Parker-Marti	10	Barre	47:14	15:13
27	109	Jonathan Sicard	7	Barre	48:01	15:28

#### FEMALE AGE GROUP 20 - 29

1	13	Kimberly Caldwell	27	Randolph	23:21	7:31
2	16	Kelly Clements	25	Bradford	23:50	7:41
3	24	Dilan Clements	22	Bradford	25:04	8:05
4	36	Anna Berg	26	Calais	29:00	9:21
5	48	Julia Wilk	28	Marshfield	30:48	9:55
6	90	Catrina Anderson	28	Dunbarton	41:44	13:26
Record 20:42 by Allie Yanikoski in 2014						

#### MALE AGE GROUP 20 - 29

1	8 Benjamin Kidder	26 Montpelier	21:49	7:02
2	20 Eli Mution	27 Cabot	24:33	7:55
Record 17:08 by Kyle Baitz in 2011				

#### FEMALE AGE GROUP 30 - 39

FEMALE AGE GROUP 30-39						
1	28	Stephanie Dix	34	Warren	26:20	8:29
2	33	Laura Lapierre	34	Barre	27:43	8:56
3	62	Melissa Locarno	34	East Barre	33:49	10:54
4	64	Kim Powers	32	Barre	33:58	10:56
5	69	Amy LaPrade	39	Barre	35:44	11:31
6	97	Mindy Vincent	35	Barre	44:26	14:19
7	103	Eliza Baies-Wolcott	39	Waitsfield	46:29	14:58
8	104	Christine Brassard	32	Barre	46:31	14:59
Record 21:10 by Elizabeth Markison in 2016						

**(continued from previous page ~ Age Group Results  
~ Barre Town Spring Run)**

**MALE AGE GROUP 30 - 39**

1	1 Matt Ozahowski	31 Corinth	18:09	5:51
2	39 Nishan Grant	34 Graniteville	29:32	9:31
3	46 Chris Bassey	36 Williamstown	30:25	9:48
4	71 Keith Perry	38 Barre	36:52	11:52
5	79 Jesse Carpenter	37 Barre	39:17	12:39

Record 17:20 by Peter Maksimow in 2009

**FEMALE AGE GROUP 40 - 49**

1	32 Joanne Mugford	48 Barre	27:34	8:53
2	65 Rebecca Hutchins	41 Graniteville	34:02	10:58
3	73 Mary Vaupel	44 Berlin	36:54	11:53
4	80 Kristin Montgomery	40 Barre	39:17	12:39
5	110 Bobby Sholan	48 Barre	48:02	15:28

Record 22:17 by Jennifer Arsenaault in 2012

**MALE AGE GROUP 40 - 49**

1	18 Brian Lapierre	48 Barre	24:10	7:47
2	38 Brad Aldrich	40 Barre	29:15	9:25
3	63 Jim Buzzi	42 Barre	33:52	10:55
4	92 Frank LeBourveau	41 Middlesex	41:45	13:27

Record 15:48 by Eric Morse in 2011

**FEMALE AGE GROUP 50 - 59**

1	10 Dot Martin	56 Montpelier	22:01	7:06
2	17 Donna Smyers	59 Adamant	23:56	7:43
3	58 Donna Clements	57 Bradford	33:11	10:41
4	67 Denise Ricker	51 Montpelier	35:43	11:30

Record 21:22 by Sue Emmons in 2013

**MALE AGE GROUP 50 - 59**

1	6 Mack Gardner-Morse	56 Calais	20:41	6:40
2	7 Jim Flint	58 Craftsbury	20:53	6:44
3	15 Andy Shuford	56 Montpelier	23:46	7:39
4	19 Dennis Casey	58 Waterford	24:20	7:50
5	26 Jeff Prescott	53 Montpelier	25:44	8:17
6	30 David Clements	58 Bradford	26:58	8:41

Record 19:01 by Mack Gardner-Morse in 2011

**FEMALE AGE GROUP 60 - 69**

1	22 Sue Emmons	62 So. Duxbury	24:42	7:57
2	27 Patty Foltz	69 Stowe	26:03	8:24
3	35 Dot Helling	67 Montpelier	28:30	9:11
4	100 Nancy Monger	63 Franklin	45:54	14:47

Record 22:56 by Patty Foltz in 2013

**MALE AGE GROUP 60 - 69**

1	9 Mike Gillis	60 Middlesex	21:58	7:05
2	11 Tim Noonan	61 Montpelier	22:38	7:18
3	23 Manuel Sainz	61 East Barre	24:55	8:02
4	25 Carl Rogers	61 East Barre	25:20	8:10
5	29 John Martin	65 Montpelier	26:55	8:40
6	41 David Johns	64 Barre	29:39	9:33
7	50 Tom Foltz	68 Stowe	31:21	10:06

Record 21:27 by Bill Dysart in 2013

**FEMALE AGE GROUP 70 - 79**

1	101 Janet Gilbert	73 Barre	45:55	14:47
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Record 32:42 by Marsha Bancroft in 2014

**MALE AGE GROUP 70 - 79**

1	40 Bob Howe	70 Barre	29:35	9:32
2	56 Greg Wight	71 Brookfield	32:35	10:30
3	60 Richard Ferno	73 Williamstown	33:45	10:52

Record 24:49 by Bob Murphy in 2015

**MALE AGE GROUP 80 - 99**

1	99 Gerow Carlson	85 Montpelier	45:33	14:40
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Record 35:51 by Gerry Carlson in 2013

## 2016-2017 CVR Winter Long Runs... By the Numbers

by Jeff Prescott

The 2016-2017 CVR Winter Long Run season started on December 3 and ended on April 22. Records were broken. Good times were had. Let's run the numbers:

- 160 Total number of long runs completed (A new record, obliterating the previous high total of 135 in 2013-2014)
- 34 Number of people who showed up for at least one winter long run during the season (A new record with the previous high total of 31 in 2012-2103)
- 19 Total number of winter long runs held (1 short of record 20 in 2015-2016)
- 18 Largest turnout on a single occasion (Tied previous record set in 2013)
- 15 Most winter long runs attended by a single person (2 runners tied for this dubious honor)
- 13 Number of towns visited on the run
- 10 Number of different hosts (All were awesome!)
- 8.4 Average number of runners per winter long run (A new record breaking the average participation of 8.3 in 2012-2013)
- 5 Number of runners who attended 10 or more runs (Gold stars!)
- 4 Most runs hosted by a single host
- 3 Number of visits to The Red Hen (Cheddar bacon scones! Spicy brownies! Bread with butter!)
- 2 Smallest turnout on a single occasion (Believe it or not, not a record!)
- 1 The number of times Manny Sainz got lost and ran 10 miles more than he intended to (And 9 miles farther than he had ever run before. Epic!)
- 0 Number of times Andy Shuford wore his cosmic kitten tights (Well...maybe next year...)



# CVR Kid's Track Meet... June 2nd

**\* Please Volunteer \***



The **21<sup>st</sup> Annual Kids Track Meet** sponsored by Central Vermont Runners and directed by Dot Helling and Sandy Colvin, will take place at the Montpelier High School track on Friday, June 2. Registration starts at 5:30pm. Events begin at 6pm (to around 7:30) and are free to all Central Vermont kids pre-school through 6<sup>th</sup> grade. The first 250 registrants receive t-shirts. All participants receive finisher medals.

Events include 50 yard dash, quarter mile, half mile and mile run, and the long jump and softball throw. All entrants must have a parent or authorized adult sign the release form. Volunteers are needed to assist. To volunteer or ask a question, please contact Dot Helling at [dothelling@gmail.com](mailto:dothelling@gmail.com) (photos courtesy Dot Helling)

## 40th Annual **Capital City Stampede 10K**

Saturday, June 10th at 9:00am

Registration ~ Start ~ Finish ~ Post Race Activities  
at Onion River Sports, 20 Langdon Street,  
Downtown Montpelier (part of the CVR/ORS race series)

Pre-Registration [ \$15 ] by mailed in entry form.  
Post-Registration [ \$20 ] on race day from 7:45 8:45am

Short Sleeve Tech Shirts available for \$10... sizes S-XL  
The 10K course is flat and fast, out and back, half dirt, half paved... water stops at approx. 2 and 4 miles...  
RRCA sanctioned, USATF certified.

Awards to the 3 male and female finishers and top finishers in  
10 year male and female age groups from 0-19 to 80+  
More information at [http://cvrunners.org/?page\\_id=272](http://cvrunners.org/?page_id=272) or  
Race director Shannon Salembier at [shannonsalembier@gmail.com](mailto:shannonsalembier@gmail.com)

## Paul Mailman Ten Miler and 5K

### Sunday, June 25 at 8:45AM at Montpelier High School track

The Paul Mailman Ten Miler can trace its history back to 1975 when it was the Montpelier Road Race. Back then it was an 11 mile and 5 mile race. The change to 10 miles occurred in 1978 (the 4<sup>th</sup> race) and the race became the Montpelier Ten Miler. It has gone through many different course iterations but all have the same basic idea: leave Montpelier and run out into Berlin and beyond by the river. The current course dates back to 2007.

In 1994, CVR decided to rename the race to honor one of the club's early members and a founder of the original 11-mile race: Paul Mailman. Paul ran the race a number of times. Results for the 1978 race show him with a time of 1:03:49 in the 40-49 Men's Division. He moved out of the area in the late 1990's. He returned for the 40<sup>th</sup> running of the race in 2014. He didn't run the race but some of his daughters did.

The results from the 4<sup>th</sup> annual race in 1978 (the first 10 mile) are very interesting. There were 182 finishers. Of the 182, only 19 were female! Also, 25 finishers had times under one hour!

This year you have a chance to participate in another milestone in the history of this event. This year is the 43<sup>rd</sup> annual race. For the first time, there will be a 5K race. It will start at the same time and run the same course as the ten miler including the lap around the track at the start. The turnaround will be shortly after the Junction Rd. turns to dirt. Thus, it will be a flat, fast course. Awards will be given for the top three finishers male and female.

And more exciting news for this year: the ten miler has been selected as the Vermont State Championship 10 mile race. The winner of each division below will receive a State Champion Award. There are four divisions for the state championship: Open, Master (40+), Grand Masters (50+) and Senior Grand Masters (60+). You can't double dip for the state championship awards. For example, if a 60-year-old wins the Open race, then they win that division and the 2<sup>nd</sup> place 60 or older wins the Senior Grand Master division. The awards are very nice large medals suitable for framing or hanging with your other medals.

The ten miler is also in the Onion River Sports Race Series so there will be ORS gift card awards to each age group winner and for the overall top finisher (male and female). There is the chance then to go home with a big State Champion medal and some ORS \$ too!



### **Vermont 10 Mile State Championship**

***New 5K***

***race director Andy Shuford***



More info: [http://cvrunners.org/?page\\_id=328](http://cvrunners.org/?page_id=328)

Paul Mailman (ready to click his watch) and  
unidentified participants at the start of an unidentified race.



## 39th Annual Bear Swamp Run ~ 5.7 Miles

Saturday July 15 at 9:00am

at the Rumney Memorial Elementary School, 433 Shady Rill, Middlesex  
part of the CVR/ORS Race Series

\$5 race day  
registration only  
at Rumney School  
from 8:00am to  
8:45am

loop course  
with mostly dirt  
roads climbing 450  
feet over the first 3  
miles before gradu-  
ally desending

*for more information contact  
race director Tim Noonan at  
carrnoonan@comcast.net*



*Photos courtesy  
of Jacqueline  
Madelene Stohl  
Jancaitis & Seth  
Beebe*

## smiles and miles worth repeating - Barre Heritage Festival 5K - July 30th

A scenic trail 5K through the historic granite quarries that have made Barre, VT the granite capital of the world. The trail explores the Barre Town Forest granite quarries on wooded, mostly single track, trails. Race day registration at the Barre Town Forest parking area at 44 Brook St. in Websterville from 8:45 – 9:45. Race starts at 10:00am. Pre-registration and information at [http://cvrunners.org/?page\\_id=379](http://cvrunners.org/?page_id=379) ... Sponsored by Central Vermont Runners, The Rehab Gym, The Barre Partnership and Barre Town Recreation



## The Language of Running

... Sue Hackney

I work in the Civil Rights Office for the Vermont Agency of Transportation. I advocate for fairness, equality, diversity, and inclusiveness all day every day. I help people who need translators at the DMV and I work to create a work environment that is welcoming to all, despite our differences. I find myself wondering if that is why I was so touched by a woman who ran with us in Washington, DC the day before the Cherry Blossom 10 miler in early April.

John and I travelled to Washington on the train on Friday before the Sunday morning race. We stayed at the race headquarters hotel, so we weren't surprised to see many other runners there. As we headed out of the hotel on the morning before race day, we saw an African American woman who appeared to be getting ready for her run as well. We jogged up the block and then noticed that she was right beside us.

John asked her if she knew where she was going and she said, "no." He told her that we were headed to find the start of the race so we would know how long it would take to walk there in the morning from the hotel. As the three of us headed toward the Washington Monument, it quickly became apparent that she didn't speak English. I asked her what her name was, and all I could hear from her reply was "E." We then asked her where she is from and she told us she's from Ethiopia. John and I looked at each other as if to acknowledge that she was probably an invited elite runner. We asked her how fast she planned to run the race the next day and she told us that she has run a 1:08 half marathon. We looked at each other again. It was at that point that we realized she was someone special.

We ran along just enjoying the fact that we were running with a woman who could actually win the woman's race the next day – in a field of over 17,000 runners! I don't think either of us could stop grinning. As we made our way to the starting line and then back towards the hotel, it didn't matter if we all spoke English; we all knew how to run. John pointed the way and, much to my surprise, our new running friend stayed with us for three miles. I stopped to take a couple of pictures along the way and asked if I could take her picture as well. She seemed to enjoy our company as much as we enjoyed hers.

When we arrived back at the hotel, we said goodbye as she kept going and picked up the pace. As soon as we got back to our room, I studied the race bios of the elite women and, sure enough, there was a 21-year-old woman from Ethiopia whose first name was Hiwot (sounds like "E") who had run a 1:08 half marathon, a 2:25 marathon, and was sponsored by Adidas. (I looked at the picture and she was wearing Adidas tights.) We made note of her race number (#6) and instantly became her biggest fans, realizing that she could indeed be one of the top woman finishers – if not THE TOP woman finisher – in the race! Even though it was early morning, I sent a text to my kids with the pictures we took and said, "so this just happened."



photo courtesy Sue Hackney

(continued on next page)



(continued from previous page **The Language of Running**)

During the day on Saturday and the next morning we kept thinking about Hiwot and wondered if we might see her in the hotel lobby or catch a glimpse of her at the start, but we didn't. It ended up being a beautiful day to race and the course was scenic and flat, lending itself to fast times. It took awhile for results to be posted on line, but when we finally could see them, we learned that Hiwot Gebrekidan did not disappoint her newest fans. She had indeed won the woman's race!!

In hindsight, I'm not sure why this simple gift of running with such a humble, world-class athlete for three miles touched my life in the way it did. I have to think it has something to do with the fact that we all speak the **language of running**.



photo courtesy Sue Hackney

Mike Gillis (#203 in lime green) and Meghan Valentine (in pink) smiling at the start of the GMAA Rollin Irish Half Marathon on April 22nd. Meghan, finished first in her age group, as did other CVR runners, Dot Martin, Sue Hackney and John Hackney. Lori Crofts finished 2nd overall female and 2nd in her age group. Mike finished 2nd in his age group over the hilly mostly dirt road course.



photo courtesy Maryke Gillis

## **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"**

**June 2, "CVR" Kids Track Meet**, Montpelier High School, *Contact:* cvrunners.org or Dot Helling at dothelling@gmail.com and Sandy Colvin... more info on page 11

**June 4, Race to the Top of Bradford 3.5 Mile Trail Race & 1.5 Mile fun run/walk**, 9:00am, *Contact:* www.bradfordconservation.org/race/

**\*\* June 10, "CVR" Capital City Stampede 10K**, 9:00am, Montpelier, *Contact:* cvrunners.org or Shannon Salembier at shannonsalembier@gmail.com ... more info on page 11

**June 11, Crowley Road Race Half Marathon, 10K , 5K & Kid's Downtown Mile**, Point to Point Proctor/Rutland, *Contact:* www.Crowleyroadrace.com

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

**June 18, Skip Matthews 4 Mile**, Lebanon NH, *Contact:* www.skipsrun.org

**June 18, Father's Day 5K**, 9:00am, Essex Junction Recreation and Parks, *Contact:* www.ejrp.org

**June 24, CVMC 5 Mile**, 9:00am, Berlin Pond, run or walk, *Contact:* www.cvmc.org

**June 24, Vermont Senior Games Track & Field**, South Burlington, *Contact:* www.vermontseniorgames.org

**\*\* June 25, "CVR" Paul Mailman Montpelier 10 Mile, and new 5K**, both races start @ 8:45am, *Contact:* cvrunners.org or Andy Shuford at 272-3218 or andy.cvr@myfairpoint.net ... more info on page 12

**\*\* 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 4, Firecracker 4 Mile**, Brattleboro, *Contact:* 9:30am, Brattleboro, *Contact:* www.redcloverrovers.com

**\*\* 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:* cvrunners.org or Tim Noonan at 223-6216 or carnoonan@comcast.net ... more info on page 13

**July 15, Isle La Motte 5K & 1/2 Mile fun run**, 8:30am, St. Anne's Shrine, Isle La Motte, *Contact:* https://register.chronotrack.com/r/27211

**July 23, Essex half Marathon**, 8:30am, Essex High School, *Contact:* www.essexhalf.com

**July 23, Caspian Challenge 6.8 Mile lake loop and 5K**, 8:15am, Greensboro, *Contact:* www.greensboroassociation.org/

**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:* cvrunners.org or Jackie Jancaitis at jackiems08@yahoo.com ... more info on page 13

**August 5, Fairfax Egg Run 10K, 5K & 1K**, *Contact:* https://fairfaxrecreation.com/egg-run/

**August 12, Kingdom Run Half Marathon, 10K & 5K**, 8:30am, Irasburg, *Contact:* kingdomrun.org

**\*\* August 17, "CVR" Berlin Pond 5 Mile**, *Contact:* cvrunners.org or Jeff Prescott at jeffp\_cvr@myfairpoint.net or Sue Emmons at sue.emmonds@comcast.net

**August 18, Last Ride 5K**, 6:00pm, Gifford Medical Center, Randolph, *Contact:* https://giffordhealthcare.org/

**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