

Newsletter
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Issue 4



In this Issue:

Great Stuff... 2
 Meeting Minutes... 3 & 4
 More Great Stuff... 5
 Upcoming Races... 9
 Race Schedule... 11
 August CVR Meeting. 12

CVR President's Column:

Has summer started yet? As I write this, I hear we may get 3 or 4 days in the 80's this week. Last year in this newsletter, I was telling you to enjoy the heat and drought since we would pay for it later. I think we have already done that, so maybe it will be a warm sunny August and September. Of course most runners probably prefer the cooler racing and running temps, but some of us like it hot in the summer even if our times are worse.

Summer weather or not, CVR's race season is actually past the peak just like the daylight hours. My count is that we have produced 7 events this year and have 6 to go. The CVR/ORS series has 7 down with 5 to go. Yes, you procrastinators (notice I always say "you" procrastinators, this coming from the queen of procrastination) can still get a full 5 race count starting with Berlin Pond 5 Miler August 17th. If you haven't volunteered yet, don't worry, we still have plenty of opportunities! Of course some of you volunteer so often it is hard to keep track. Thanks to all the race directors, volunteers and participants so far and upcoming. I count 414 finishers in the races in addition to all the kids in the track meet.

Since you all hear from me weekly, I'll keep this article short and about policy. Here are a ***few proposed extra agenda items*** for the CVR Meeting Aug 14. Let me know if you have something to add.

- We need to approve a "Conflict of Interest Policy" to remain in good standing with RRCA. Sandy Colvin is graciously preparing something that should be pretty easy to vote on.
- Start recruiting our next CVR president in earnest. Since the VP decided to produce offspring instead of becoming president next year, we will need to do some quick recruiting and apprenticing.
- There was a medical event at Bear Swamp. Luckily everything turned out fine, but we might want to review our procedures for medical events. Maybe consider purchasing an AED? Offering a CPR course for members? Or keep our fingers crossed since it might not matter what we do?
- Update on Leafpeepers Training Group and volunteer leader sign up
- Equipment review. We seem to be missing some Seiko's and I think the Race in Progress signs need replenishing and/or repair. Anything else noticed at the races?

Of course we will do the usual race review, treasurer's report, etc and any new business.

I'm so glad the club keeps chugging along with new events and new members and attendees. The **Tuesday** Fun Runs and **Wednesday** speed workouts are going great this year and now we have the **Saturday** Leafpeepers training group. Something for everyone?
 I hope so. See you on the roads,

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

Email 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*

Montpelier Mile

Out of the total of 330 runners that ran up and back through the Montpelier downtown streets on July 3rd, 33 were CVR members. Theresa Noonan, Dylan Broderick, Megan Valentine, Richarda Ericson, Donna Smyers, Marsha Bancroft, Alexander Jinks and Tim Noonan all added a quick 100 points to their CVR/ORS race series points by finishing first in their age groups. The almost 100 club (95 points or more) was made up of Ella Bradley, Jane Miller-Arsenault, Stephen Looke, Manny Sainz, John Valentine and Bob Howe. The youngest female CVR finisher was Jane Miller-Arsenault (12 years ~ 6:09) and the youngest male CVR finisher was Asa Lloyd (8 years ~ 7:34). Young at heart CVR alumni Polly Flanders traveled south to finish the race and son Dale Flanders (also CVR alumni) finished at the top of the 50-59 AG (5:21). The CVR finish line workers were noticeably less stressed out with the race now using chip timing. Complete results at:

<https://runsignup.com/race/results/?racelid=49286#resultSetId-86134>

Stowe 8 Miler and 5K results at:

http://www.coolrunning.com/results/17/vt/Jul9_Stowe8_set1.shtml

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

HOT WEATHER RUNNING TIPS

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

*After three events, **John Hackney** is leading his age group rivals in his attempt to repeat as champion in the USATF Long Distance Running Grand Prix Series for New England. The series will consist of six races this year after the 15K event in April was canceled due to weather conditions.*

Mad Marathon 2017

from Dot Helling

Newton Baker and I at the awards ceremony after the Mad Marathon 2017. We both won our age groups. (At our ages, 67 and 75, sometimes you just need to show up and finish.) My time 4:27:39, Newton's 6:08:10. We were 95th and 223rd out of 249 finishers. So proud of this photo with our favorite veteran, Mr. Baker, also everyone's favorite teacher.

The course is stunning with endless grueling hills.





The weekend of the **Barre Heritage Festival Trail 5K** was picture perfect. The trail was beautiful however challenging. Our overall winner, Brandon Poulin, came in at a time of 21:25. CVR members who took age category wins were Mack Gardner-Morse, Avi Zimet, and Becky Die-drich. Everyone seemed to enjoy the trail even though it did cause a few skinned knees. This was an example of how a technical trail can change the outcome with a stumble here and a missed turn there. We didn't lose anyone but a few people explored some alternate trails. I hope everyone takes the time to visit The Millstone trail system and explore the miles of trails! As always I am grateful for our wonderful volunteers and the club's guidance and support! Thank you everyone and happy trails! Jackie Jancaitis Race Director *(photos courtesy Jackie)*

Draft Minutes of the CVR Meeting – Monday, May 15, 2017
Subject to approval at the August Meeting

- Meeting called to order at 6:30 pm
- 16 people present
- Motion to approve minutes from Annual CVR Meeting – Approved

Treasurer's Report

- Donna had update from John, who wasn't in attendance, gave update on balance in accounts.
- Since the annual meeting, the club has issued seven \$250 grants, and donated \$400 to the Special Olympics and \$298 to the Humane Society.

Membership Report

- Club currently has 10 more members than it did at this time last year.

Publicity

- Manny and Dylan are posting CVR races on 7 different race calendars. With 15 total races, this adds up to 105 different postings. Currently, 81 of the 105 possible postings are already up and running. If they haven't already, race directors need to send Manny and John Hackney updated race information for the postings and the CVR website.
- Dylan is in charge of Front Porch Forum publicity. She has contacts in most towns, so let her know if you want something posted on FPF and she will forward the posting to her contacts.

Race Updates

Generally:

- Race directors need to make sure that they have a "CVR member" box to on their registration forms.

Completed:

- Mutt Strutt: Two hundred legs crossed the finish line. The race made money this year and generally went very well. The race was short a few volunteers and will need more next year.

Upcoming:

- Barre Town Spring Run: The Club already has 50 pre-registrations. Andrea still needs a few volunteers.
- Kids Track Meet: There will be two softball throws and two long jumps this year to keep the wait down. Sandy and Dot still need a lot of volunteers.

minutes continued on next page

Barre Heritage Festival 5K Trail Race

Place Div/Tot Name Age S City St Club Time Pace

1 1/1 Brandon Poulin 20 M Washington VT 21:25 6:54
 2 1/6 Craig Manning 42 M Medford MA 26:38 8:35
 3 1/2 Mack Gardner Morse 56 M Calais VT CVR 26:43 8:36
 4 1/3 Avi Zimet 17 M Montpelier VT CVR 26:48 8:38
 5 1/2 Emily Poulin 13 F Washington VT 26:51 8:39
 6 1/3 Julie Brancoto 46 F So. Burlingt VT 28:09 9:04
 7 2/6 James Fisher 43 M So. Burlingt VT 28:24 9:09
 8 1/4 Keith Boniface 63 M Northfield VT 29:14 9:25
 9 2/3 Sandy Colvin 49 F Montpelier VT CVR 29:20 9:27
 10 2/3 Nathan Zimet 17 M Montpelier VT CVR 29:49 9:36
 11 1/1 Dilan Clements 22 F Bradford VT 29:51 9:37
 12 1/3 Michael Helleil 38 M Barre VT 30:11 9:43
 13 2/2 David Clements 58 M Bradford VT 30:20 9:46
 14 2/4 Bill Dysart 65 M Charlotte VT 30:41 9:53
 15 3/6 Todd Hall 49 M Barre VT 31:28 10:08
 16 2/2 Reilly Kobbe 16 F River Edge NJ 32:08 10:21
 17 2/3 Scott Laverty 30 M Groton VT 32:28 10:27
 18 3/3 Cameran Koda Lavert 11 M Groton VT 32:29 10:28
 19 3/4 Harold Garabedian 69 M Montpelier VT 35:10 11:19
 20 4/6 William Taborg 49 M Barre VT 35:17 11:22
 21 5/6 Rob Kobbe 48 M River Edge NJ 36:50 11:52
 22 1/1 Greg Wight 71 M Brookfield VT CVR 40:23 13:00
 23 6/6 Sean Brown 48 M Washington VT 40:33 13:04
 24 1/3 Becky Diedrich 53 F Berlin VT CVR 42:02 13:32
 25 4/4 Paul Cormier 62 M Barre VT 43:12 13:55
 26 2/3 Diane Solomon 51 F Barre VT 43:48 14:06
 27 3/3 Charlene Blow 50 F Graniteville VT CVR 43:48 14:06
 28 1/1 Emily Winauski 33 F Morrisville VT 55:58 18:01
 29 3/3 Robert McCaffey 36 M Berlin VT 57:14 18:26
 30 3/3 Sally Hall 48 F Barre VT 1:01:29 19:48



550-Paul Cormier
 566-Becky Diedrich
 572-Charleen Blow

minutes continued from previous page

- **Capital City Stampede:** On track for a great race. There will be t-shirts this year.
- **Paul Mailman:** This year the race will be the RRCA 10 mile championship. RRCA will be providing medals. Andy will need to use their logo and report results for 5 year age groups (although for ORS race series purposes, results will still be posted in 10 year increments).
- **Montpelier Mile:** Onion River Sports is providing its own timing service this year, which will cut down on the need for CVR volunteers.
- **Bear Swamp Run:** No update
- **Barre Heritage Trail Race:** John still needs the details of this race for the website.
- **Berlin Pond:** No update
- **Northfield 5k:** The mile and 5k times will be switched from previous years to accommodate the train schedule. The 5k will now be at 9:30 and the mile will now be at 10:30. The race will also be part of the Vermont Senior Games this year.
- **Leafpeepers:** Donna is exploring the possibility of having a training group that would start and finish at ORS.

Fun Runs

- Discussion of ways to revitalize the Tuesday fun runs. Sandy made fliers advertising the fun runs, which Donna handed out at the meeting. Donna will email the flier to anyone who wants to hang them around town.

Divesting from TD Bank

- Discussion of moving the Club's account from TD Bank to VSECU or Northfield Savings Bank. The Club voted to divest from TD Bank.

Website

- John is working on setting up online registration and testing paypal to see how it works compared to Run Reg. There was a discussion of using paypal to sell shirts. Leafpeepers registration will continue to stay separate from registration from other races.

Other

- The club needs to recruit a new President elect. Send any ideas to Donna.
- **High School X-Country:** Montpelier High School is hosting the Mountain Division meets this year. Tim proposed having CVR do the timing for 1-2 races in October.



Capital City Stampede 10K

Montpelier, VT ~ June 10, 2017

Race Director ~ Shannon Salembier

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

FEMALE AGE GROUP 01 - 19

1 27 Alexandra Timmins 16 Bethel VT 46:01
2 33 Holly Gordon 17 Montpelier VT 48:03 CVR
3 51 Audrey Acosta 10 Montpelier VT 53:59 CVR
Record 38:56 by Caitlin Compton in 1999

MALE AGE GROUP 01 - 19

1 10 Avi Zimet 17 Montpelier VT 41:42
2 28 Max Mayr 17 Barre VT 46:31
3 31 Asa Richardson-Skin 16 Montpelier VT 47:40 CVR
Record 32:37 by Brent Coon in 1985

FEMALE AGE GROUP 20 - 29

1 7 Lori Crofts 29 Jericho VT 38:27 CVR
2 24 Haley Pratt 25 Montpelier VT 45:30
3 39 Emily LaPlant 25 Hudson NH 49:13
4 43 Marian Wolz 24 Montpelier VT 49:58 CVR
5 66 Aimee O'Leary 29 Dover NH 1:01:15
6 67 Melanie Kazenel 28 Burlington VT 1:01:17
7 78 Margaret Cheny 22 Weston MA 1:05:21
8 80 Bridget Phillips 26 Montpelier VT 1:06:43
9 88 Kelsey Hall 26 Montpelier VT 1:18:50
Record 35:28 by Lea Hayer in 1983

MALE AGE GROUP 20 - 29

1 5 Matthew Rutherford 29 Montpelier VT 37:48 CVR
2 20 Matthew Germaine 23 Montpelier VT 44:43 CVR
3 61 Matt Phillips 27 Montpelier VT 59:28
4 77 Matt Fernandes 23 Lexington MA 1:05:21
Record 30:26 by Eric Morse in 1993

FEMALE AGE GROUP 30 - 39

1 9 Megan Valentine 38 Jericho VT 41:06 CVR
2 36 Bethany Wolfe 38 Burlington VT 48:18
3 41 Petra Stout 33 West Des Moines IA 49:24
4 46 Gianna Pelito 30 Montpelier VT 50:55 CVR
5 50 Kristin Cook 36 Williston VT 52:32
6 57 Abi Gershon 36 West Brookfield VT 58:26
7 62 Nicole Douglass 33 N. Billerica MA 59:40
8 64 Tina Sunter 35 Punta Gorda FL 59:56
9 71 Laura Lapierre 34 Barre VT 1:02:18
10 76 Molly Kittredge 36 Woodbury VT 1:03:56
11 83 Jen Lyon 35 Barre VT 1:07:51
12 84 Kristin Pelkey 36 Barre VT 1:07:51
Record 36:43 by Gina Sperry in 1991

MALE AGE GROUP 30 - 39

1 1 Matt Ozahowski 31 Corinth VT 36:04
2 2 Eric Eley 38 Duxbury VT 36:21
3 4 Alexander Jinks 31 Montpelier VT 37:08 CVR
4 11 Robert Cary 37 Albany VT 41:50
5 13 Colin Clifford 32 Montpelier VT 42:02 CVR
6 17 Brian Letorneau 37 Essex VT 43:48
7 23 Adam French 38 Berlin VT 44:56
8 32 Jeff Johnson 39 Barre VT 47:53 CVR
9 60 Rija Ramahatra 39 Northfield VT 59:14
10 73 Chris Rossey 35 Williamstown VT 1:02:36
11 74 Jon Stout 36 West Des Moines IA 1:03:19
Record 30:50 by Eric Morse in 1995

FEMALE AGE GROUP 40 - 49

1 30 Anna Milkowski 42 Montpelier VT 46:55 CVR
2 40 Karen Hinkle 43 Middlesex VT 49:23
3 54 Coleen Kutin 40 Worcester VT 55:18
4 59 Joanne Mugford 48 Barre VT 58:31
5 87 Mary Vaupel 44 Berlin VT 1:15:55
Record 38:29 by Sue Barber in 1997

MALE AGE GROUP 40 - 49

1 6 Jon Floyd 44 Waterbury Ctr. VT 38:25 CVR
2 8 Tim Richmond 42 Milton VT 40:12
3 15 David Scheidt 45 Burlington VT 42:30
4 16 Craig Manning 42 Medford MA 42:59
5 19 Nathan Suter 44 Montpelier VT 44:14 CVR
6 21 Scott Lovelette 48 Montpelier VT 44:47
7 34 Graham Sheriff 41 Montpelier VT 48:06
8 38 Rob McDougall 42 So. Burlington VT 48:53 CVR
9 69 Adam Wolfe 42 Burlington VT 1:01:26
10 90 Erich Rosenstreich 48 Montpelier VT 1:30:36
Record 34:00 by Randy Sightler in 2001

FEMALE AGE GROUP 50 - 59

1 29 Donna Smyers 59 Adamant VT 46:47 CVR
2 58 Gail Pelkey 52 Waterbury VT 58:26 CVR
3 70 Maria Jennison 52 Johnson VT 1:01:47
4 72 Christine Bradley 52 Johnson VT 1:02:19
5 79 Becky Diedrich 52 Berlin VT 1:05:52 CVR
6 81 Jennifer Nachbur 56 Burlington VT 1:06:55
7 82 Josee Robitaille 52 St Bruno QE 1:06:58
Record 41:41 by Moira Durmin in 2001

MALE AGE GROUP 50 - 59

1 3 Tom Thurston 53 Waterbury VT 36:55
2 12 Nick Persampieri 57 Montpelier VT 41:56 CVR
3 14 Mack Gardner-Morse 56 Calais VT 42:15 CVR
4 22 Scott Nichols 51 Essex VT 44:55
5 35 Brian Laleme 55 Landaff NH 48:13
6 45 Andy Shuford 57 Montpelier VT 50:52 CVR
7 47 Rob Monette 53 Jericho VT 51:40
8 49 Dennis Casey 58 Waterford VT 52:25
9 52 Jeff Prescott 53 Montpelier VT 54:36 CVR
10 53 Mark Coleman 54 Underhill VT 55:03
11 68 Michael Kazenel 59 Canton MA 1:01:17
Record 34:44 by Doug MacGregor in 1990

FEMALE AGE GROUP 60 - 69

1 55 Dot Helling 67 Montpelier VT 56:13 CVR
2 75 Julie Van Soeren 62 Salt Spring Is. BC 1:03:26
3 85 Story McDonald 64 Burlington VT 1:08:44
Record 46:38 by Patty Foltz in 2008

MALE AGE GROUP 60 - 69

1 18 Chris Andreson 61 Adamant VT 44:09 CVR
2 25 Mike Gillis 60 Middlesex VT 45:34 CVR
3 26 Tim Noonan 61 Montpelier VT 45:42 CVR
4 37 John Valentine 67 Roxbury VT 48:33 CVR
5 42 Manuel Sainz 61 East Barre VT 49:47 CVR
6 44 Eric Van Soeren 65 Salt Spring Is. BC 50:01
7 48 Russ Cooke 65 Williston VT 51:41
8 56 Michael Gordon 60 Essex Jct. VT 57:00
9 63 Michael Shover 68 Bradford VT 59:49
Record 39:19 by Kevin McMahon in 2014

MALE AGE GROUP 70 - 79

1 65 Hugh Wilson 77 Dorval QE 1:00:02
2 86 Phillip Howard 79 Burlington VT 1:12:51
3 89 Roger Cranse 76 Montpelier VT 1:25:54 CVR
Record 49:37 by Jean Bernaquez in 2006

Eric Morse was recently inducted into the Run Vermont Hall of Fame as part of the weekend festivities of the 2017 People's United Bank Vermont City Marathon and Relay. Run Vermont indicated Eric has been a 7-time member of the USA Mountain Running Team and competed in five World Mountain Running Championships. He was the inaugural inductee into the Harwood Union H.S. Hall of Fame and a 2015 inductee into the Mt. Washington Road Race Hall of Fame. For more information... <https://www.vermontcitymarathon.org/public-relations/runvermont-2017-hall-fame-inductees/>



Paul Mailman 5K

Montpelier, VT June 25, 2017

Race Director ~ Andy Shuford

Place No. Name Age S City St Club Rank Time Pace

1	514	Brian Cole	28	M	Braintree	VT	1	18:54	6:05
2	508	Hendrik Reinold	30	M	Barre	VT	2	20:31	6:37
3	517	Amy Stewart	33	F	Stowe	VT	3	20:36	6:38
4	501	Tyler Ricker	14	M	Montpelier	VT	CVR	4	21:08 6:48
5	513	Lucy Rollins	27	F	Braintree	VT	5	22:36	7:17
6	520	Sam Sackrider	14	M	St. Johns	MI	6	25:09	8:06
7	524	Joanne Mugford	48	F	Barre	VT	7	25:13	8:07
8	510	Klaus Milne	73	M	Charlotte	VT	8	25:25	8:11
9	521	Hailey Valerio	20	F	Glen Mills	PA	9	26:16	8:27
10	504	Evelyn Bird	21	F	Hanover	NH	10	26:16	8:28
11	518	Jessica Valvano	20	F	Hanover	VT	11	26:16	8:28
12	22	Chris Rossey	35	M	Williamstown	VT	12	26:51	8:39
13	506	Jorunn Gran-Henrik	53	F	Chazy	NY	13	29:31	9:30
14	507	Brenda Phillips	57	F	Plattsburgh	NY	14	29:32	9:31
15	509	Sean Brown	48	M	Washington	VT	15	29:48	9:36
16	502	Sarah Ricker	11	F	Montpelier	VT	CVR	16	30:28 9:49
17	519	Lily Sackrider	11	F	St. Johns	MI	17	31:55	10:17
18	505	Gemma Bautista	20	F	Hanover	NH	18	33:47	10:53
19	526	Eric Ridlon	37	M	Morrisville	VT	19	34:05	10:59
20	503	Denise Ricker	51	F	Montpelier	VT	CVR	20	34:14 11:01
21	511	Jason Cartwright	51	M	Landaff	NH	21	34:16	11:02
22	525	Cindy Barr	48	F	W. Berlin	VT	22	34:19	11:03
23	522	Bert Moffatt	82	M	Williston	VT	23	35:06	11:18
24	512	Denise Cartwright	47	F	Landaff	NH	24	36:09	11:39
25	516	Allison Steen	7	F	Sandwich	MA	25	38:05	12:16
26	515	Thao Nguyen	42	F	Williston	VT	26	38:05	12:16
27	527	Kelsey Hall	26	F	Montpelier	VT	27	41:34	13:23
28	523	Frances Robinson	26	F	Ithaca	NY	28	43:12	13:55



Paul Mailman 10 Mile

Montpelier, VT June 25, 2017

Race Director ~ Andy Shuford

Place Name Age S City St Club Rank Time Pace

1	Matt Ozahowski	31	M	Corinth	VT	1	1:00:27	6:03
2	Matthew Rutherford	29	M	Montpelier	VT	CVR	2	1:03:11 6:19
3	Lori Crotts	29	F	Jericho	VT	CVR	3	1:04:27 6:27
4	Matthew Roth	39	M	Fairfax	VT	4	1:06:44 6:41	
5	Tim Richmond	42	M	Milton	VT	5	1:07:15 6:44	
6	Bob Martell	54	M	Boston	MA	6	1:07:43 6:47	
7	Damian Bolduc	40	M	S. Burlington	VT	7	1:08:05 6:49	
8	Mason Castle	15	M	E. Hardwick	VT	8	1:08:42 6:53	
9	Robert Cary	37	M	Albany	VT	9	1:09:18 6:56	
10	Nick Persampieri	57	M	Montpelier	VT	CVR	10	1:09:38 6:58
11	Caroline Martin	26	F	Burlington	VT	11	1:11:37 7:10	
12	Caroline Raue	25	F	Burlington	VT	12	1:11:40 7:10	
13	Tom Leitz	38	M	Cambridge	VT	13	1:13:11 7:20	
14	Scott Nichols	51	M	Essex	VT	14	1:13:59 7:24	
15	Frank McLaughlin	48	M	Burlington	VT	15	1:14:03 7:25	
16	Mariana Wingood	30	F	Waterbury	VT	16	1:14:11 7:26	
17	Jackson Ode	25	M	Burlington	VT	17	1:15:30 7:33	
18	Anna Milkowski	42	F	Montpelier	VT	CVR	18	1:15:35 7:34
19	Ethan Eames	16	M	Littleton	NH	19	1:16:00 7:36	
20	Tyler Wingood	30	M	Waterbury	VT	20	1:16:20 7:38	
21	Philip Krajewski	73	M	Barre Town	VT	CVR	21	1:17:36 7:46
22	Sean Nealon	25	M	Middlesex	VT	22	1:17:56 7:48	
23	Julie Steen	39	F	Sandwich	MA	23	1:18:06 7:49	
24	Justine Cyr	28	F	Montpelier	VT	24	1:18:49 7:53	
25	Tim Noonan	61	M	Montpelier	VT	CVR	25	1:19:11 7:56
26	Manuel Sainz	61	M	East Barre	VT	CVR	26	1:20:09 8:01
27	Dot Martin	56	F	Montpelier	VT	CVR	27	1:20:21 8:03
28	Jamie Shanley	64	M	Montpelier	VT	CVR	28	1:21:08 8:07
29	Victoria Eames	45	F	Littleton	NH	29	1:21:40 8:10	
30	John Valentine	67	M	Roxbury	VT	CVR	30	1:23:35 8:22
31	Theresa Noonan	17	F	Montpelier	VT	CVR	31	1:23:47 8:23
32	Henry Buseti	65	M	Stowe	VT	CVR	32	1:24:20 8:26
33	Sue Emmons	61	F	S. Duxbury	VT	CVR	33	1:24:25 8:27
34	Jauro Mashkuri	52	M	Middlesex	VT	34	1:25:17 8:32	
35	Tom Ozahowski	66	M	Thetford	VT	35	1:29:17 8:56	
36	Dot Helling	67	F	Montpelier	VT	CVR	36	1:30:54 9:06
37	David McMath	55	M	E. Hardwick	VT	37	1:31:24 9:09	
38	Tao Nguyen	39	M	Marstons Mil	MA	38	1:31:24 9:09	
39	Thomas Hogeboom	66	M	Hardwick	VT	39	1:32:24 9:15	
40	Abby Martell	24	F	Groton	VT	40	1:33:09 9:19	
41	Sonia Scherr	38	F	Norwich	VT	41	1:34:53 9:30	
42	Cathy Martell	59	F	Georgia	VT	42	1:36:09 9:37	
43	Michael Gordon	60	M	Essex Jct.	VT	43	1:37:43 9:47	
44	John Kaeding	69	M	Worcester	VT	CVR	44	1:41:01 10:07
45	Jennifer Nichols	39	F	Franklin	MA	45	1:41:24 10:09	
46	Ona Alpert	44	F	Orance	CT	46	1:41:56 10:12	
47	Michael Shover	68	M	Bradford	VT	47	1:42:00 10:12	
48	Elizabeth McCarthy	64	F	Hardwick	VT	48	1:43:22 10:21	
49	Raysa Ortega	40	F	St. Albans	VT	49	1:43:32 10:22	
50	Laura Ryan	46	F	Milton	VT	50	1:43:32 10:22	
51	Gail Pelkey	52	F	Waterbury	VT	CVR	51	1:44:20 10:26
52	Sandy Colvin	50	F	Montpelier	VT	CVR	52	1:44:21 10:27
53	Molly Kittredge	36	F	Marshfield	VT	53	1:46:14 10:38	
54	Sandy White	51	F	Whitman	MA	54	1:56:01 11:37	

RESULTS

<u>Overall Place</u>	<u>Place in Age Group</u>	<u>Name</u>	<u>Time</u>
Female 0-19			
28	1	Ella Bradley	47:43
40	2	Anna Beach	56:54
Male 0-19			
10	1	Avi Zimet	40:10
Female 20 – 29			
2	1	Lori Crotts	36:09
11	2	Torey Olson	40:32
20	3	Kassandra Reid	45:29
30	4	Kim Caldwell	48:13
32	5	Marian Wolz	50:05
42	6	Lindsay Van Lier	61:41
Male 20-29			
4	1	Joseph Kill	37:11
12	2	James Mackey	40:48
19	3	Benjamin Kidder	45:13
22	4	Andrew Reid	46:00
Female 30-39			
37	1	Lauren Gould	54:37
39	2	Bianca Marech	56:53
Male 30-39			
3	1	Thorin Markison	37:08
5	2	Robert Cary	38:28
6	3	Colin Clifford	38:35
16	4	Kyle Landis-Marinello	43:29
18	5	Ben Deede	43:35
38	6	Chris Rossey	56:50
Female 40 – 49			
14	1	Anna Milkowski	41:40
21	2	Sandy Colvin	45:35
33	3	Meg Allison	51:38
35	4	Vicki Maier	53:05
Male 40-49			
1	1	Maxfield English	34:35
9	2	Makew Devitt	39:52
13	3	Frank McLaughlin	41:36
17	4	Chris Bedell	43:33
24	5	Joe Allison	46:30
29	6	Kari Bradley	47:48
Female 50 – 59			
15	1	Dot Martin	41:54
41	2	Phyllis Tillinghast	56:58
43	3	Becky Diedrich	63:14
Male 50 – 59			
7	1	Jim Flint	39:04
8	2	Mack Gardner-Morse	39:31
23	3	Andy Shuford	46:19
27	4	Rob Morette	47:42
34	5	Jeff Prescott	52:13
Female 60-69			
31	1	Sue Emmons	48:14
46	2	Mary Jane Tappan	67:31
Male 60-69			
26	1	Manuel Sainz	47:37
36	2	Harold Garabedian	53:35
Female 70-99			
44	1	Celine Blais	63:44
Male 70-79			
25	1	John Hackney	46:56
45	2	Greg Wight	63:44
47	3	Werner Zehetner	70:08
48	4	Roger Cranse	74:58
Male 80+			
49	1	Gerry Carlson	95:24

Bear Swamp Run

July 15, 2017 ~

5.7 Miles

Overall Male Winner: Maxfield English 34:35

Overall Female Winner: Lori Crotts 36:09

(new course record for Lori)

Total Finishers: 49

**Many thanks to the following volunteers:
John Martin, Richard Cleveland, Meredith Naughton, Phil and Ellen Krajewski, Pete Ludlow, Emerson Howe. Sue Emmons, Sandy Colvin**

Tim Noonan, Race Director

Bear Swamp Musings by Greg Wight

I'm arriving at Rumney School...again. I still can't decide whether I hate Bear Swamp, or am just intimidated. I feel like my old uncle, who used to say halfway through a fishing trip: "I haven't made up my mind whether I'm going yet." But there's lots of friendly faces there, warming up. Mack says, "Did you warm up enough?" I respond, "I can't warm up too much, as I only have a limited number of miles in me, and I can't use many up."

OK, what the heck. Tim gives his usual dire report on the length and never-endingness of the hill and puddles, and we're off. Still on the flat, Sandy passes me with the ironic remark, "This doesn't seem too bad." Sandy knows.

Two 8 to 10 year old boys sprint out with the pack. A young woman comes by me and I point to the boys and tell her, "I'm okay with people half my age passing me, but when they're half my height, I get depressed."

Up the hill, up the hill, up the hill my thoughts are "Maybe good training for Leafpeepers." At the top I think something weird: "I actually feel pretty good about that climb!" And looking down the gentle down slope from the water stop I see an **orange shirt** in the distance. "Catch the **orange shirt** – that's an objective."

(continued on next page)

(More... **Bear Swamp Musings** by Greg Wight ... continued from previous page)

On to the class 4 road, always turning left, just like Tim said. Still feeling good. Yay! Here come the puddles; remember how Tim said to get by with dry shoes. Still catching glimpses of the **orange shirt**.

Mile 4. Wonder of wonders, the mile marker has not been stolen yet. About 4.5 miles, Becky comes by and I get buffeted in her wake turbulence. She says something kind about working hard to catch me. Right! She soon passes the **orange shirt** and disappears in the distance.

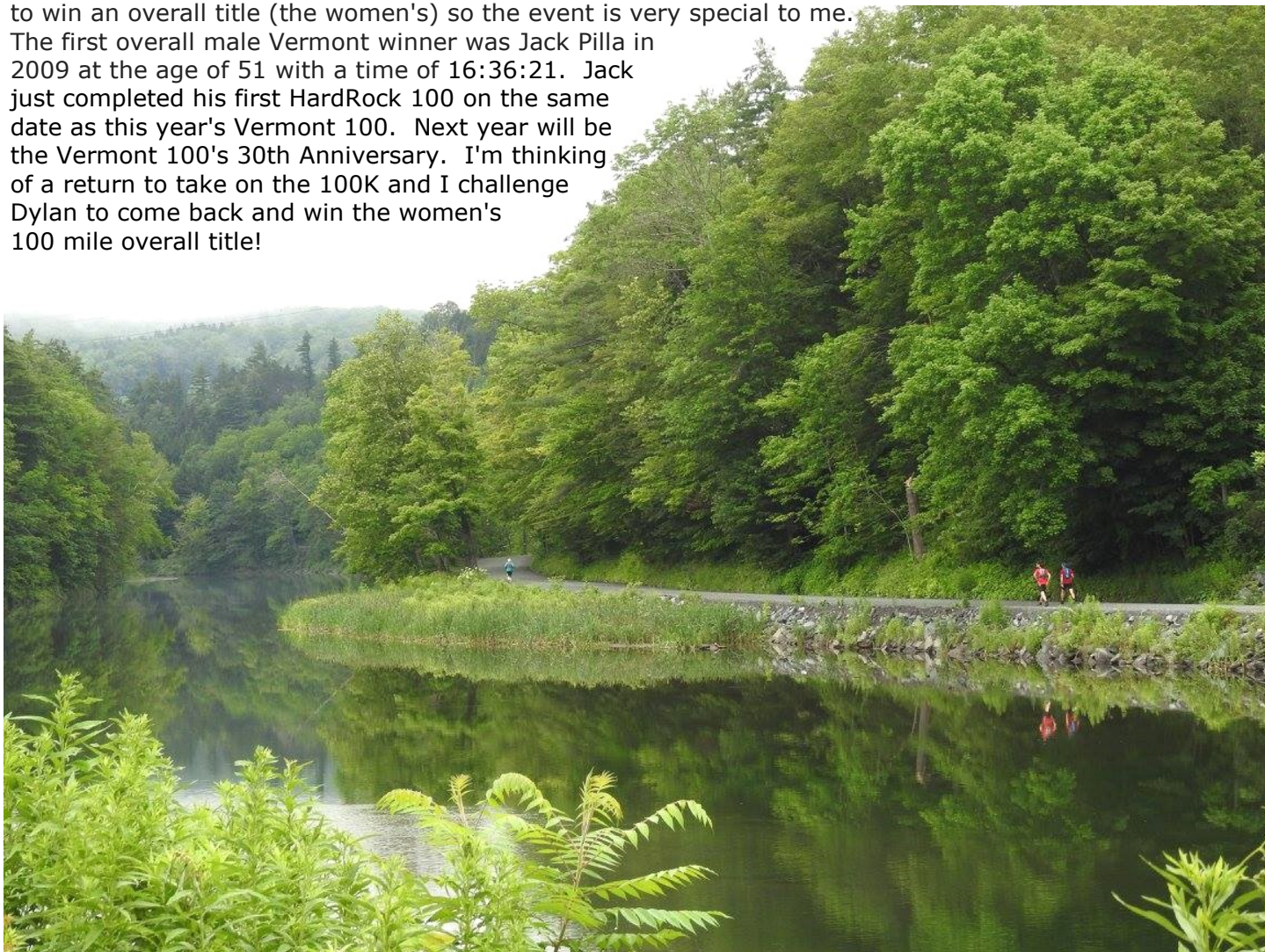
Down the big hill, reeling in the **orange**, still feeling pretty good. Sprint the paved finish, close enough to touch the back of what turns out to be Celine's **orange shirt** as we cross the finish line.

In the finish area, Celine shares her cup and dips me some water from the jug Sue has requisitioned to rescue an overheated runner.

Six minutes faster than last year's admittedly challenged run, second in 70 AG to John H (and about half as fast). I'm the first in 70 AG to finish 5 series races so I'm in the series lead for the time being.

A good day! Feel good. I'll take it. ~ But I haven't made up my mind about Bear Swamp

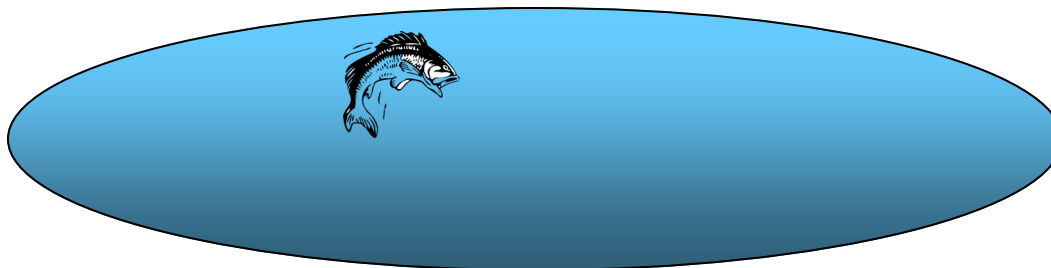
Vermont 100 story From Dot Helling I am so proud of our Dylan Broderick! She ran her very first 100 miler at the Vermont 100 on July 15 and finished 2nd woman overall in a spectacular time of 19:29:22. Dylan is 26, won her age group and came in 19 out of 265 finishers. Dylan beat my 1997 winning time of 19:33:35. Back then we had a different course, with only 160 finishers of which I was 26th at the age of 47. I was on the Race Committee for years and was also the first Vermonter to win an overall title (the women's) so the event is very special to me. The first overall male Vermont winner was Jack Pilla in 2009 at the age of 51 with a time of 16:36:21. Jack just completed his first HardRock 100 on the same date as this year's Vermont 100. Next year will be the Vermont 100's 30th Anniversary. I'm thinking of a return to take on the 100K and I challenge Dylan to come back and win the women's 100 mile overall title!



About Mile 15 — Vermont 100 (photo courtesy of Michelle Rice)

BERLIN Pond 5 Miler

Thursday, August 17, 6:00pm



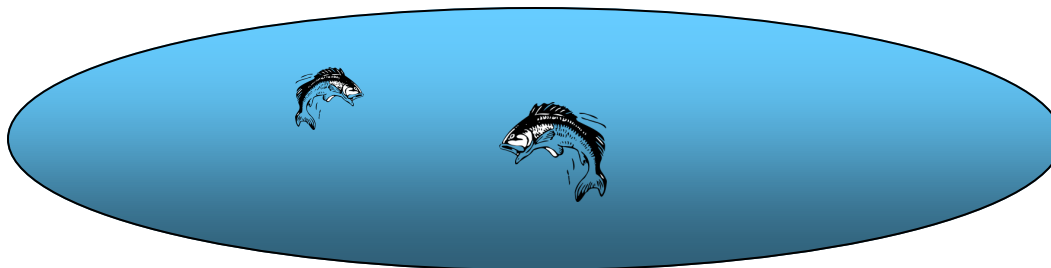
part of CVR/ORS race series
5 mile loop course counter-
clockwise around Berlin
Pond on gravel Roads
Parking at Town Clerk's
Office ONLY

Race Day registration ONLY
from 4:45pm to 5:45pm
Berlin Town Clerk's Office
\$5.00 fee ~ more info at
[http://cvrunners.org/?
page_id=362](http://cvrunners.org/?page_id=362)

Run the PONDS

SODOM Pond 4 Miles

Wednesday, September 20, 6:00pm



part of CVR/ORS race series
Rolling 4 Mile dirt road loop
course around Sodom Pond
Start/Finish in
Adamant Village

Race Day registration ONLY
From 5:00pm to 5:45pm
White House across from
the Adamant Co-Op
\$5.00 fee ~ more info at
[http://cvrunners.org/?
page_id=394](http://cvrunners.org/?page_id=394)

Northfield Savings Bank 5K & Kid's 1 Mile

Saturday, September 2, 2017

New Starting Times ~ 5K : 9:30am, 1 Mile : 10:30am

Start/ finish in front of the Northfield Savings Bank at the Green in the center of Northfield. This year the 5K is the 2017 Vermont Senior Games 5K Road Race Championship, for runners 50 years of age and older with 5 year Age Groups. Dual registration with no additional fee and info at <https://www.racemenu.com/events/147242-Northfield-Savings-Bank-Footrace>

Leaf Peepers Half Marathon & 5K

Registration for the 2017 Leaf Peepers Half Marathon and 5K is now open! Just go to www.leafpeepershalfmarathon.org to sign up.

The race is **Sunday, October 1.**

Along the race course we'll have 35 firefighters calming traffic and 80 high school athletes handing out water. And at miles 7 and 9 RGS Energy will have a Gatorade table. At the top of Perry Hill, kids from Thatcher Brook Primary School will cheer you on and provide plenty of water. (Whew!)

After the race you'll enjoy great Vermont goodies: Cabot cheese, K.C. bagels, Champlain Orchard apples, and Cold Hollow cider.

The February, 2014, edition of *Runner's World* named the Leaf Peepers one of the top 14 half marathons in the U.S.

Our fees are the same as last year, making the Leaf Peepers one of the most affordable races anywhere! Typically, the Leaf Peepers fills quickly. The Half limit is 1,000 runners, the 5K limit 500.

We work hard to make the Leaf Peepers the perfect autumn race. Mark your calendar and register early!

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"

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

**** August 17, "CVR" Berlin Pond 5 Mile, 6:00pm, 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 19, Under the Tree 5K & 10K, 9:00am, Hartland Rec. Center, Contact: www.underthetreerace.org/

August 20, Tour De Force Half Marathon. 10K & 5K, Plattsburg NY, Contact: <https://runsignup.com/Race/NY/Plattsburgh/TourdeForceHalfMarathon>

August 26, Little City 5K, 10K & 15K, Vergennes Elementary School (New start/finish location) Contact: www.runvermont.org

August 26, Best Dam Run Half Marathon, 9:00am, Whitingham, Contact: www.eventbrite.com/e/best-dam-run-walk-registration-17313435953

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

**** September 2, "CVR" Northfield Savings Bank 5K & 1 Mile, 9:30am-5K, 10:30am-1 Mile (change in starting times) Northfield, Contact:** http://cvrunners.org/?page_id=1397

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

September 9, Sprouty 5K & 10K, 9:00am, Sharon Elementary School, Contact: www.thesprouty.com

September 16, Lt. Dooley 5K, 10:00am, Wilmington, Contact: www.ltmarkdooley5k.com

September 16, Officers Down 5K, 10:00am, Rutland, Contact: runsignup.com/Race/VT/Rutland/od5kvt

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

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

September 23, Adirondack 5K & 10K, Chestertown NY, Contact: www.helpersfund.org

September 24, Adirondack Marathon and Half Marathon, Scroon Lake NY, Contact: www.adirondackmarathon.org

September 24, Island Vines 10K, 10:00am, South Hero, Contact: www.runvermont.org/

**** October 1, "CVR" Leaf Peepers Half-Marathon and 5K, 11:00am, Waterbury, Contact:** cvrunners.org/?page_id=741 or Roger Cranse at 223-6997 / rcc59@comcast.net

October 7, "GMAA" Art Tudhope 10K, 9:00am, Shelburne Contact: www.gmaa.net

October 7, Vermont Foliage 15K & 5K, 1:00pm, Randolph, Contact, <https://www.vermontfoliage15.com/>

October 8, Fly to Pie Kingdom Marathon, 17 Miles, 13.5 Miles and 6 Miles, Contact: <http://kingdomgames.co/fly-to-pie-kingdom-marathon/>

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



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August 2017

NEWSLETTER

Volume 38 Issue 4

CVR August Meeting

Monday, August 14, 2017

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

**Location: Denise Ricker's house
399 Murray Hill Drive, Montpelier**

Directions: From the Main Street roundabout continue about 1 mile past the school and up around the sharp corner. Turn left on Murray Hill Drive and bear right at the fork in the road

(no need to stop and pick up the fork in the road, plastic eating utensils will be provided, but serving spoons for your potluck dish are appreciated)

**Denise's house is at the far end of the circle at the end of
Murray Hill Drive**