

**Newsletter**

**NOV 2017**

**Volume 38**

**Issue 5**



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**CVR President's Column:**

With the recent cancellation of the Adirondack Marathon due to a forecast of hot weather and the crazy wind conditions at GMM, I've been thinking about how weather changes year to year and how that affects our racing. My first big experiences with that were in the 90's. In 1993 I was running my 1<sup>st</sup> Boston Marathon on an unusually warm day after a cold spring, and realized by mile 4 that I was hot and dry. I immediately reset my goal by 20-30 sec/mile and ended up with an OK race just 10 minutes off my original goal time. It turns out that was my best finish place ever. The next year I ran my PR marathon at Boston, 11 minutes faster than in 1993 and ended up placing worse OA among women. It was a much easier day: I made hay while the sun didn't shine quite so hot and the wind blew at my back, but so did a lot of other people.

In opposite order, my first Ironman in Kona was 1993. It happened to be the easiest year almost ever—light winds and not unusually hot. Of course it didn't seem easy to me, but I got 3<sup>rd</sup> 35-39 with a 10:43. Then in 1995, I struggled in the wind, biked almost 40 minutes slower, finished in 11:21, and still finished 3<sup>rd</sup> in the 35-39 AG with a better OA F place than with a 10:43 in 1993. Just think how demoralized I could have gotten if I had my heart set on bettering my prior time.

More recently, in Rotterdam at Triathlon Worlds on Sept. 17, I had planned on wearing lots of extra clothes during the tri since it was predicted to be cold and rainy (see pre-race photo). It takes time to put on gloves and socks and arm warmers, but I knew my overall time would be better if I could feel my hands and feet and was not bordering on hypothermia, so I just planned on giving up that time in transition. I had reset my usual procedures for the expected conditions, only to reset everything again when the sun came out and it was in the 60's while I awaited my swim start (see race day photo!). Adaptation can happen before or during any race!

I see so many people chasing PR's and time goals. Here's some advice from experience: PR's and time goals are great motivators for training, but when you get to the race, forget all that. Reset goals and aim for what the day and your final conditioning dictate and you will end up happy with your result much more often than if you stick to the original goal. I've said over and over, being happy after a race is all about setting the right goal. Don't aim for a goal if it might make you unhappy at the end of the race.

*(...continued on next page)*



*( CVR President's Column continued from previous page... Donna's race-day photo above, pre-race photo on page 1 )*

### **Now on to Business....**

CVR never hibernates! Fun Runs have ended for the season, but Wed track workouts continue—bring headlamps! Autumn Onion and the racing part of the CVR/ORS series will be over by the time you read this but the volunteering part remains active. Next, we have the Fallen Leaves series, followed by our Saturday Winter Runs. A group of us are restarting the Monday 4:15 runs, meeting at the Berlin Town Offices which should continue until 2018 Fun Runs restart. Anybody is welcome to join in—email me for details. CVR's next meeting is Monday Nov. 6 (info page 16 in this newsletter) where we start looking ahead and establish the race schedule and CVR/ORS series rules for 2018. We'll start planning the Annual Awards Dinner for January and Annual Meeting in March and the season opener for 2018 (on Dec 31, 2017) --the New Year's Eve 5K. Join in Monday, Nov 6, at Michael Chermick's to help make all these activities happen and suggest any new activities.

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

## **Draft Minutes of the Central Vermont Runners Meeting- Monday Aug 14, 2017**

*(Subject to approval at the November meeting)*

About 14 members in attendance, meeting called to order at 6:30 pm

Meeting Minutes – Approved the meeting minutes from the last meeting.

Treasurers Report – Discussed the CVR account has moved to a new bank. John handed out deposit slips to race directors. Also discussed tax-exempt status of the club, which John has also been working on.

Membership Report – Discussed a waiver that has been added to our membership applications going forward. This has been added to both the online and print version.

RRCA Updates – Conflict of Interest Policy – Sandy and Donna shared with the attendees a requirement by RRCA for the club to have a written Conflicts of Interest Policy and for the executive committee to complete and sign a conflict of interest policy statement and disclosure. Sandy handed out the form to executive committee for signature and a copy of the policy to all in attendance. Donna will send to John for posting to the website. Sandy will continue to collect the statement from executive committee.

*(...continued on next page)*

(Draft **Minutes** of the Central Vermont Runners Meeting- Monday **Aug 14, 2017**, continued from previous page)

#### Race Updates –

Barre Town Spring Run – Event went well

Kids Track Meet – Donna shared Dot's notes and Sandy discussed event went well.

Capitol City Stampede – Donna shared Shannon notes – good turnout, better than previous. Event went well.

Paul Mailman – This year a 5k was added and that seemed popular. Discussed ideas for the future of the race. Challenges are the time of year and the heat. We will continue this discussion and other ideas at our November meeting.

Bear Swamp – Discussed the race went well. Discussed medical emergency for one of the participants. She is o.k.

Barre Heritage – Race went well, had another medical emergency for one of the participants who is o.k.

Fun Runs – Darragh shared the attendance over the past few weeks and it has been in the upper 20's lower 30's . Great turnout. Seeing lots of families and younger runners.

Leaf Peepers Training – They are looking for volunteers to help lead running groups of various speeds on Saturday mornings at 8:00 am. Contact Onion River, Donna or Richarda Ericson if you are interested in leading a group.

#### Upcoming Races –

Berlin Pond – Planning going well, Jeff could use a few more volunteers. If you are available contact Jeff Prescott or simply show up and he will find a spot for you.

NSB 5K – Changed the start time and no race day registration.

Sodom Pond – Place of registration will likely change to Fixer Upper and there will not be a dinner this year.

Leaf Peepers – Roger shared with the group we have two new sponsors this year, Turtle Fur, who is going to provide all of the prizes, and Green Mountain Solar who will help with water stops. Roger also shared registration is much lower than this time last year. We will wait to see where we end up with registration and will discuss at our November meeting.

NYE 5K – Ann Bushey is looking for a co-director, if you are interested in learning more about being a race director, start by being co-director for this low-key event. Great opportunity to learn. Contact Ann Bushey.

Equipment – We are good, but still looking for Seikos Timers. If you have been a race director or involved in storing equipment for the club in the past, please look to make sure; maybe you have one of the old timers.

Medical Safety: Because of the two medical emergencies at our races, we discussed our current process and the responsibility of the club and race directors. After discussion, it was agreed we followed our procedures correctly and there is not a concern that we need to change our current procedures or processes. Donna handed out an RRCA checklist to follow in case of future medical emergencies. The members agreed that calling 911 is the best option for medical emergencies at events and training CVR members for significant medical events was not reasonable.

#### Committees Needed:

Nomination for next year's officers – Greg Wight and John Valentine volunteered for this committee.

ORS Series and CVR Race Schedule - proposal for changes to the program and race schedule – Bob Murphy volunteered for this committee

Report on Donations: Ann Bushey is planning to send out the donation letters to the same group as previous; members felt it was good to continue for this year.

Club Clothing – Donna reminded the group there is club clothing available at ORS

NEXT MEETING DATE: MONDAY NOVEMBER 6<sup>TH</sup> AT THE HOME OF MICHAEL CHERNICK!

Meeting adjourned at 8:00 pm.

... Sandy Colvin



## CVR/ORS Race Series Changes for 2018?

A committee was established at the last CVR meeting to consider changes to the CVR/ORS race series for 2018. The committee (Donna Smyers, Nick Persampieri, Dot Helling, Jim Flint and Bob Murphy) met on 23 October at Dot's to consider ideas that had been proposed. Here are some recommendations which will be advanced to the membership at our upcoming 6 November meeting. (Please note that anything not discussed below with respect to the schedule or rules would remain unchanged from the 2017 race series as detailed at [http://cvrunners.org/?page\\_id=211](http://cvrunners.org/?page_id=211).)

### 1. Rules.

- a. Keeping track of volunteers has been one of those things that has complicated matters for our series tabulator, Jim Flint. We are recommending that a separate person be selected who will keep track of volunteers (gathering info from race directors, and coordinating with Jim periodically; Jim will focus his attentions on the actual race participants and calculating points).
- b. Points awarded have traditionally been done by comparing each participant's time against that person's age group winner. Suggestions have been made to focus (as many other clubs do in their race series) solely on CVR members. In other words, the first CVR finisher in each age group would be awarded 100 points, even if another (non-CVR) runner finished ahead of him/her. All other CVR finishers would then be scored based on that first CVR person's performance. The committee believes that this approach would be reasonable for us to adopt, and recommend it to the membership.
- c. Many have suggested increasing the number of races to be scored in the series from the best 5 to the best 6, feeling that it would increase the competition and encourage participation in more races. This idea has been accepted by the committee and will be recommended to the membership in November.

### 2. Races in the Series.

- a. Many felt that the series has an imbalance – too many races at shorter distances and not enough at the longer ones. In particular, six 5k races in the series seemed more than enough, so we are recommending dropping the Stowe 5k from the series, as it had by far the lowest participation of the six. That recommendation will be made in November.
- b. As to a longer race to replace the one dropped, the committee is recommending that one of the following be added to the series: Vermont City Marathon, Rollin' Irish Half Marathon, or Kaynor's Sap Run 10k. A vote on this proposal will be presented at the November meeting, and a fourth choice will be "no additional race to replace the one dropped".

So show up at our November meeting and let your voice be heard. I look forward to seeing you there!

Bob Murphy  
Committee Chair

## Races included in the series for 2017 :

[New Year's Eve 5K 2016](#)  
[Barre Town Spring Run](#)  
[Capital City Stampede](#)  
[Paul Mailman 10 Mile](#)  
[Montpelier Mile](#)  
[Stowe 8 Mile/5k](#)

[Bear Swamp Run](#)  
[Berlin Pond 5 Mile](#)  
[Northfield Savings Bank 5K/Kids' 1 Mile](#)  
[Sodom Pond](#)  
[Leaf Peepers Half Marathon and 5K](#)  
[Autumn Onion 5K](#)

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 Vaupel  
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*

*Remembering*

**R. David Ellerson, M.D.**

**“THANK YOU David...**

**for your tremendous contributions to  
the Central Vermont Community and  
to the Central Vermont Runners”**

### **Cold Weather Running Tips** from RRCA

- \* Leave the headphones at home. Your ears may help you avoid dangers your eyes cannot see.
- \* Avoid running on the roads in snowy conditions. Drivers have a decreased ability to maneuver and stop.
- \* Winter means fewer daylight hours. Wear bright-colored, reflective clothing or a reflective vest so you are noticeable to area traffic. For added visibility, wear a lightweight headlamp or flashing light.
- \* Wear layers of clothing that will help you maintain your core body temperature during the run but will keep you warm during warm-up and cool-down phases.
- \* Consider wearing traction devices on your shoes if sidewalks, trails or roads have snow or ice cover.
- \* Stay alert and aware of your surroundings and the weather conditions. Oncoming storms can quickly drop the temperature putting you at risk for frostbite or hypothermia if you are caught wearing the wrong clothes.
- \* Know where to find shelter on your route if the weather gets really bad.
- \* Do not ignore shivering. It is an important first sign that the body is losing heat, and you may be in danger of hypothermia.

Additional information: <http://www.rrca.org/education/cold-weather-running-tips>

**Details for the November 6th CVR meeting on page 16**

Jim Flint has updated the standings for the **2017 CVR/ORS Race Series** that reflect the results through the Leaf Peepers Half Marathon & 5k. You can check them out here:  
[http://cvrunners.org/wp-content/uploads/2017/10/cvr\\_standings\\_100317.pdf](http://cvrunners.org/wp-content/uploads/2017/10/cvr_standings_100317.pdf)

Contact Jim at [jimflintvt@gmail.com](mailto:jimflintvt@gmail.com) with any questions or corrections.



## From Vermont to the Redwoods ... by Jim Flint

My first trail run was the Barre Heritage Festival 5k in 2011. When the race started, a bearded masters runner made a bee-line for the woods. A younger runner and I sped off in fast pursuit and chased him down. We got a few yards ahead before making a wrong turn and losing the trail. The bearded guy called out to us to turn around. Soon we were back on his tail as he deftly rounded corners through the winding woods.



*photo courtesy of Jim Flint*

I didn't know it then, but that 5k would be my first CVR race. Living in Burlington at the time, most of my racing was in the Champlain Valley. Traveling to Barre was unique and fun. After a post-race swim in the granite quarry, I stayed for the parade and street festival. Looking back at the race results, there are now lots of familiar names: Eric Morse (the race winner), Sue Hackney, Sandy Colvin, Tim Noonan, Roger Cranse, and oh yeah, that friendly bearded guy – Mack Gardner-Morse.

A year later, Barb and I moved to Craftsbury. I discovered Tuesday Night Trail Races at the Outdoor Center and learned a new word: "singletrack." The 13-week summer race series seemed to improve my running form and strength. It was fun to try and move up in the points ranking from week to week.

Five years and three dozen 5k races at the Outdoor Center go by quickly. Though the trails change every year, it was time for a new challenge. In mid-September, I took a vacation trip to Santa Cruz, California to visit our son Jon. Searching the internet for a race nearby, I found a half marathon called the Mt. Madonna Challenge. The price was right at \$60.

This was the 42nd year for the race, which is put on by the South Valley Running Club. The route goes through scenic groves of Oak, Manzanita, Eucalyptus, and Redwood trees in Mt. Madonna County Park. The "challenge" is that the 13.5-mile course includes 2,452 feet of elevation gain, along with an equal amount of quad-pounding downhill.

*(... continued on next page)*



*(from Vermont to the Redwoods... continued from previous page)*

Two days before the race, I traveled to Gilroy to scope out the park. The hills were pretty steep, but the trails were dry with good footing. On September 16, I arrived before sunrise for the 8:00 a.m. start. Conditions seemed perfect with low humidity and temperatures around 50 degrees. Several ultra-marathoners were in the 49-runner field. The elevation profile for the first three miles looked severe with about 1700 feet of vertical gain.

When the race began, I was surprised to run in the first third of the pack. We began with a short downhill stretch then started in on the long climb. My plan was to powerwalk the steep grades and avoid generating too much lactic acid. Aid stations were positioned every two to three miles, so I brought no extra water with me.

The first section had more level stretches than I expected and even a few short downhills. Cool temperatures made the race a little easier. At the lollipop turnaround, four miles into the race, I was surprised to be in seventh place. The scenery was stunning as the course traversed through a cathedral of redwood trees, some more than 250 feet tall.

A mostly downhill stretch came after the turnaround, then more steep hills to powerwalk. The last two miles offered sweeping vistas and a fast descent back to the start. I passed one more runner and ended up in sixth place. My time was 2:04:40, or about 9:30 per mile. Jose Cruz won the race in 1:39:13. Linda Sereno, a 57-year old ultra-marathoner, took top woman honors with a time of 2:09:42.

My son Jon met me at the downhill finish line. Though my legs were a little sore, I felt relaxed and incredibly happy, inspired by the beautiful mountain scenery and awestruck to have raced through the redwood forest. This was my ninth state to run a half marathon in. I hope to enter a few more trail races next year!



*photos courtesy of Jim Flint*



# **Berlin Pond Five Miler ~ 8/17/17 ~**

**Race Directors:** Jeff Prescott and Sue Emmons

Place	Div/Tot	Name	Age	S	City	St	Time	Pace
1	1/8	Neal Graves	34	M	Stowe	VT	29:02	5:49
2	1/8	Tom Thurston	53	M	Waterbury	VT	29:33	5:55
3	2/8	Matt Ozahowski	31	M	Corinth	VT	29:45	5:57
4	3/8	Alex Jinks	31	M	Montpelier	VT	CVR 29:47	5:58
5	1/3	Matthew Rutherford	29	M	Montpelier	VT	CVR 29:58	6:00
6	1/3	Rena Schwartz	17	F	Middlesex	VT	31:10	6:14
7	4/8	Colin Clifford	32	M	Montpelier	VT	CVR 32:06	6:26
8	1/6	Kari Bradley	49	M	Montpelier	VT	CVR 32:32	6:31
9	2/3	Angus Allan	20	M	Greenwich	CT	32:56	6:36
10	2/8	Nick Persampieri	57	M	Montpelier	VT	CVR 33:08	6:38
11	1/6	Meg Valentine	38	F	Jericho	VT	CVR 33:16	6:40
12	2/6	Ben Ellingson	46	M	Montpelier	VT	CVR 33:33	6:43
13	3/8	Jim Flint	58	M	Craftsbury	VT	CVR 33:35	6:43
14	1/3	Brian Bushey	14	M	Montpelier	VT	CVR 33:54	6:47
15	4/8	Mack Gardner-Morse	56	M	Calais	VT	CVR 34:02	6:49
16	1/7	Anne Treadwell	49	F	Burlington	VT	34:11	6:51
17	2/7	Christina Clark	42	F	Royalton	VT	34:30	6:54
18	5/8	Scott Nichols	51	M	Essex	VT	34:38	6:56
19	3/6	Chris Bedell	43	M	So. Burlington	VT	34:53	6:59
20	1/5	Dot Martin	56	F	Montpelier	VT	CVR 35:19	7:04
21	6/8	Curt Weeber	55	M	Winooski	VT	35:26	7:06
22	3/3	Benjamin Kidder	26	M	Montpelier	VT	CVR 35:28	7:06
23	1/6	Dylan Broderick	26	F	Montpelier	VT	CVR 35:35	7:07
24	4/6	Sean Sheehan	43	M	Montpelier	VT	35:43	7:09
25	5/6	Nathan Suter	44	M	Montpelier	VT	CVR 35:49	7:10
26	3/7	Anna Milkowski	42	F	Montpelier	VT	CVR 36:00	7:12
27	1/11	Mike Gillis	60	M	Middlesex	VT	CVR 36:24	7:17
28	2/6	Kelly Hadjaris	37	F	Stowe	VT	CVR 36:34	7:19
29	2/11	Chris Andresen	61	M	Adamant	VT	CVR 36:38	7:20
30	2/6	Kim Caldwell	28	F	Randolph	VT	CVR 36:42	7:21
31	3/11	Tim Noonan	61	M	Montpelier	VT	CVR 37:00	7:24
32	2/3	Luke Page	11	M	Berlin	VT	37:10	7:26
33	5/8	Todd Page	39	M	Berlin	VT	37:12	7:27
34	4/11	Keith Boniface	63	M	Northfield	VT	37:23	7:29
35	2/5	Donna Smyers	59	F	Adamant	VT	CVR 38:05	7:37
36	1/4	Peter Davis	70	M	Underhill	VT	38:21	7:41
37	2/4	John Hackney	72	M	Montpelier	VT	CVR 38:59	7:48
38	3/6	Marguerite Cawley	28	F	Corinth	VT	39:09	7:50
39	5/11	Manuel Sainz	61	M	East Barre	VT	CVR 39:25	7:53
40	6/8	Ricky McLain	31	M	Cabot	VT	39:36	7:56
41	6/11	John Valentine	67	M	Roxbury	VT	CVR 40:33	8:07
42	4/6	Marian Wolz	24	F	Montpelier	VT	CVR 40:49	8:10
43	2/3	Lana Page	14	F	Berlin	VT	40:52	8:11
44	7/8	Al Hernsen	33	M	Montpelier	VT	41:34	8:19
45	7/8	Al Witkowski	52	M	Glastonbury	CT	43:00	8:36
46	8/8	Jared Thomas	37	M	Calais	VT	43:15	8:39
47	3/6	Diane Sherman	37	F	Burlington	VT	43:20	8:40
48	1/3	Sue Emmons	61	F	Duxbury	VT	CVR 43:32	8:43
49	8/8	Steve Hill	54	M	Charlotte	VT	CVR 43:40	8:44
50	4/6	Caitlin Werth	36	F	Pittsburgh	PA	43:51	8:47
51	2/3	Dot Helling	67	F	Montpelier	VT	CVR 43:55	8:47
52	7/11	Steve Meunier	63	M	Essex	VT	43:55	8:47
53	4/7	Katie Humphrey	41	F	So. Burlington	VT	44:35	8:55
54	5/7	Christine Witkowski	47	F	Glastonbury	CT	44:49	8:58
55	8/11	John Martin	65	M	Montpelier	VT	CVR 46:31	9:19
56	9/11	Harold Garabedian	69	M	Montpelier	VT	48:31	9:43
57	6/7	Courtney Pletzer	41	F	Barre	VT	48:38	9:44
58	5/6	Gina Page	35	F	Berlin	VT	48:53	9:47
59	6/6	Craig Lyford	49	M	Barre	VT	49:29	9:54
60	3/3	Anna Beach	17	F	Barre	VT	49:43	9:57
61	1/1	Celine Blais	70	F	Montpelier	VT	CVR 49:45	9:57
62	10/11	Wilson Ring	60	M	Waterbury	VT	50:15	10:03
63	3/4	Bob Howe	70	M	Barre	VT	CVR 52:11	10:27
64	6/6	Carolyn Haupt	37	F	Braintree	VT	52:37	10:32
65	4/4	Greg Wight	71	M	Brookfield	VT	CVR 53:17	10:40
66	3/3	Mary Jane Tappen	60	F	Guildhall	VT	53:42	10:45
67	3/5	Eunice Weslander	58	F	St. Cloud	MN	54:34	10:55
68	5/6	Marisa Parent	23	F	Barre	VT	57:49	11:34
69	11/11	Bill Everett	65	M	Essex	VT	CVR 58:31	11:43
70	3/3	Jonathan Carter	18	M	Jericho	VT	58:32	11:43
71	4/5	Mary Howarth	59	F	Duluth	MN	1:04:57	13:00
72	5/5	Patty Sertich	59	F	Duluth	MN	1:04:57	13:00
73	7/7	Nancy Jacques	42	F	Brookfield	VT	1:08:31	13:43
74	6/6	Erin Mansfield	27	F	Montpelier	VT	1:16:23	15:17

**Overall Place in Name Time**  
**Place Age Group**

## Male 0-19

18 1 Ethan Parrish 31:00

## Female 20-29

10 1 Dylan Broderick 27:52

20 2 Marian Wolz 31:34

## Male 20-29

2 1 Matthew Rutherford 24:05

3 2 James Secor 25:16

17 3 Lance Parker 30:54

23 4 Michael Hart 32:28

## Female 30-39

9 1 Elizabeth Markison 27:18

22 2 Ashley Beach 32:27

## Male 30-39

1 1 Alex Jinks 23:11

## Female 40-49

11 1 Richarda Ericson 28:06

16 2 Catherine Reed 30:00

29 3 Denise Towne 36:15

35 4 Jillian Zeilenga 40:12

## Male 40-49

4 1 Damian Bolduc 25:36

5 2 Kari Bradley 26:01

7 3 Ben Ellingson 26:40

15 4 Jack Zeilenga 29:21

33 5 Jay Ericson 38:50

## Male 50-59

6 1 Jim Flint 26:31

8 2 Sam Davis 26:55

21 3 Mark Howard 32:16

30 4 Darrel Lasell 36:32

## Female 60-69

24 1 Sue Emmons 33:07

27 2 Dot Helling 35:47

34 3 Elizabeth McCarthy 38:56

38 4 Mary Jane Tappen 41:57

## Male 60-69

12 1 Chris Andresen 28:33

13 2 Mike Gillis 28:42

14 3 Tim Noonan 29:16

19 4 Manny Sainz 31:17

25 5 Bill Dysart 33:18

26 6 Thomas Hogeboom 33:30

31 7 Harold Garabedian 38:29

36 8 John Mathany 40:29

39 9 Bill Everett 44:43

## Male 70+

28 1 Bob Murphy 35:58

32 2 King Milne 38:34

37 3 Greg Wight 41:22

## **Sodom Pond Run Results**

September 20,  
2017

(4 mile race)

Overall Female

Winner:

Elizabeth

Markison, 27:18

Overall Male

Winner:

Alex Jinks, 23:11

(39 finishers)

Many thanks to  
the following  
volunteers:

Maureen Carr,

Bob Emmons,

Maryke Gillis,

Mike Gillis,

Sarah London,

Rob McDougall,

Eric Ryea,

Steve Snook,

Newton Baker

Tim Noonan,

Race Director





Rowley overseeing  
the start of the race  
(photo courtesy of  
Andy Shuford)

**Northfield Savings Bank  
5K and  
Kid's 1 Mile Run  
September 7th  
at the Green  
in the center of Northfield**

There were 38 finishers in the Kid's 1 Mile Run. Age group winners included:

Girls 7 & under: Ryan Bright  
Boys 7 & under: Elijah  
Girls 8-10: Mariela Swiech  
Boys 8-10: Andrew Thornton-Sherman  
Girls 11-13: Molly O'mara  
Boys 11-13: Luke Page

There were 118 finishers in the 5K. Age group winners Included:

F19&U—Matelyn Thygesen  
M19&U—Evan Thorton-Sherman  
F20-29—Torey Olson  
M20-29 — Matthew Ruthersford  
F30-39—Megan Valentine  
M30-39—Brian Letourneau  
F40-49—Richarda Ericson  
M40-49—Ben Ellingson  
F50-59—Karen Newman  
M50-59—Matt Guild  
F60-69—Patricia Driscoll  
M60-69—Keith Woodward  
F70 + —Carol Graham  
M70 + —John Hackney

Check out the complete results at [www.cvrunters.org](http://www.cvrunters.org)



This year the **Northfield Savings Bank 5K** was also the 5K Road Race Championship for the **Vermont Senior Games**. Thirty athletes were dual registered to be part of the Vermont Senior Games competition with results listed below. Photo and information provided from the Vermont Senior Games website.

For additional information contact:  
[vermontseniorgames.org/sun-shines-5-km-road-race/](http://vermontseniorgames.org/sun-shines-5-km-road-race/)

Place	Bib#	Name	Age	Gender	Chip Time	Pace
<b>Female 50-54</b>						
1	2359	Cynthia Hampton	54	F	29:07	9:23
<b>Male 50-54</b>						
1	2228	Matt Guild	53	M	18:49	6:04
2	2310	Peter Newman	54	M	21:57	7:05
3	2313	Tim Briglin	51	M	22:38	7:18
<b>Female 55-59</b>						
1	2271	Karen Newman	56	F	21:34	6:57
2	2286	Karen Bove	57	F	22:58	7:24
3	2335	Eva Schrumm	55	F	31:46	10:14
<b>Male 55-59</b>						
1	2318	Nick Persampieri	57	M	19:26	6:16
2	2198	Jim Flint	58	M	19:46	6:22
3	2239	Mack Gardner-Morse	56	M	19:56	6:26
<b>Female 60-64</b>						
1	2282	Patricia Driscoll	62	F	24:30	7:54
2	2257	Elizabeth McCarthy	64	F	28:29	9:11
3	2262	Yuen Chun	60	F	30:11	9:43
<b>Male 60-64</b>						
1	2303	Manuel Sainz	61	M	22:59	7:25
2	2255	Peter Fernandez	63	M	34:27	11:06
<b>Female 65-69</b>						
1	2331	Toni Kaeding	65	F	30:45	9:55
<b>Male 65-69</b>						
1	2283	Keith Woodward	66	M	20:08	6:30
2	2232	John Valentine	67	M	23:02	7:25
3	2258	Thomas Hogeboom	66	M	24:18	7:50
<b>Male 70-74</b>						
1	2250	John Hackney	72	M	23:03	7:26
2	2236	Zeke Zucker	73	M	25:27	8:12
3	2266	Greg Wight	71	M	29:30	9:30
<b>Male 75-79</b>						
1	2238	Bob Murphy	77	M	26:46	8:38
2	2244	Peter Mitchell	77	M	27:10	8:45
3	2218	Hugh Wilson	77	M	27:41	8:55
<b>Male 85-89</b>						
1	2219	Jean Bernaquez	85	M	31:21	10:06
2	2352	Gerow Carlson	85	M	47:18	15:14

## Leaf Peepers Half Marathon Training Series

A follow up of the training program that started in July for runners interested in running their first half marathon, or interested in improving their half-marathon runs...

*"Join us for this 10-week training program on Saturday mornings from July 22-September 23. Runs leave at 8:00am Saturdays from the **Onion River Sports** parking lot in Montpelier. This series includes Saturday group distance runs, flexible weekly training plans, email consultations with coach **Richarda Ericson**, plus the option to attend mid-week speed workouts with your teammates—all at a price that breaks down to just \$5 per week! Runners not registered for Leaf Peepers are also welcome to join the series! Training runs will break into beginner and experienced groups. Cost: \$50... Registered participants receive 20% off in-stock running apparel and running shoes at Onion River Sports during the series."*



One of the many things I love about running is how it can be a solitary venture and yet at the same time demonstrates the true meaning of "team". This past July I was reminded of both these truths through coaching the Leaf Peeper's Half Marathon 10-week training program. Each of the 21 runners came to the start with his or her own motivation and individual goals, and warmed up for the first group run as a runner among strangers. Over the course of the next

10 weeks, strangers became running partners, teammates and friends as we got to know each other through Saturday group runs, Wednesday morning track or hill workouts, and emails of encouragement throughout the week. We ran in beautiful weather and also in ridiculous heat and humidity, in pouring rain, against strong winds, up steep hills, on roads and on trails, sometimes one by one and other times in a loud, chatty group. Training was not always easy – those hills were hard going, but having a team to do it with made it a little easier, a little less painful, and a lot more fun. I look forward to the next training team! ... Richarda Ericson



Photos courtesy of  
Richarda Ericson



More on the  
**Leaf Peepers  
 Half Marathon  
 Training Series**





## Leaf Peepers Half Marathon and 5K... Waterbury, Vt. ...

The 34th annual **Leaf Peepers Half Marathon** was held October 1st with 351 finishers. The **Leaf Peepers 5k** started 10 minutes later and finished up with 214 runners. Runners in both races enjoyed great running weather, smooth organization and enthusiastic volunteers for the race. CVR members were volunteering here, there and everywhere, providing for a smooth experience for runners from finding a parking space, number pick-up, shirt and sauce, to the race and then back to the finish.

Thanks to the Race Director Roger Cranse and the race committee: Darragh Ellerson, Barb Maynard, Phyllis Arsenaault-Berry, Andy Shuford, Greg Wight, Celine Blais, June Burr, Dylan Broderick and John Hackney. Additional volunteers responding to June's request for volunteers included: Greg Gerdel, John Martin, Lowell VanDerlip, Jeff Johnson, Dot Martin, Dylan Broderick, Ann Bushey, Allie Nerenberg, Sandy Colvin, Marsha Bancroft, Jane Valentine, Nina Aiken, Mack Gardner-Morse, Ben Kidder, Marian Wolz, Kim Negrich, Bob Murphy, Pam Eaton, Richard Cleveland, Mary Vaupel, Marilyn Mode, Jeff Prescott, Beth Gambler, Scott Skinner, Chandra Cranse, Kevin Cranse, Peymei Wu, Jayaniti Thapa, Shailendra Shrestha, David Pfau, Geeta Thapa, Donna Smyers, Henry Buseti, Sue Hackney, Tim Maker and Newton Baker.

Organizations providing volunteers included Harwood Union High School, Thatcher Brook Elementary School, Green Mountain Solar, Green Mountain Bike Patrol, and the Waterbury Fire Department and Emergency Services.

CVR members noted in the top five of their age group in the half marathon included: John Hackney, Charles Windisch, Donna Smyers, Dot Helling, Fabienne Pattison, Kari Bradley, Jon Floyd, Anna Milkowski and Matt Rutherford. And in the top five of their age group in the 5K: Bob Howe, Greg Gerdel, Lowell Vanderlip, Bob Murphy, John Martin, Michael Gillis, Dot Martin, Jeff Johnson and Brian Bushey.

**These events were part of the 2017 CVR/ORS Race Series. Check out the complete results at: <http://leafpeepershalfmarathon.org/>**

*(summary information by Bob Howe, apologies from your editor for any omissions leaving out CVR runners or volunteers, photos by Andy Shuford - clockwise from top: Donna Smyers, John Hackney, Celine Blais, Pam & Chris Eaton and Allie Nerenberg)*





## Green Mountain Marathon & Half Marathon Report

...by Dot Helling

The winds along the 47<sup>th</sup> Annual Green Mountain Marathon and Half Marathon course held Sunday October 15 did not lift a lot of spirits. Instead some of us literally found our bodies lifted off the ground, especially on our return voyages (GMM is a zig zaggy out and back). In some sections it was virtually impossible to run a straight line forwards as the winds battered us and pushed our bodies sideways and backwards. My return pace was more than a minute per mile slower and I noticed that both overall winners were a good 45 seconds per mile slower coming back. I did not find the temperature to be warm and wore a long sleeve most of the way, but others claimed it was a hot event. Here's a quick review of results. See <http://gmaa.net/results.php> for complete results.

In the full marathon, Teage O'Connor (34) won in an amazing 2:34:06 given the conditions. His competition was 24 minutes behind. The woman's winner was Jennifer Moltz (28) in 3:19:51. To put that in perspective, without such winds, I beat that time by many minutes in my younger years and I'm no rabbit. Local runners I spotted in the results include: Becca McBroom (36) 3:58:25; Manny Sainz (61) 4:12:04; Anna Milkowski (42) 4:14:27; Dot Helling (67) 4:17:51; Celine Blais (70) 5:15:49; and Newton Baker (75) 6:09:03.

Goerge Deane of Waterbury Center won the half marathon in 1:17:59. Montpelier's Matt Rutherford took third in 1:23:34. Lindsay Simpson, also of Waterbury Center, won the woman's title in 1:30:11. CVR's Dot Martin finished in 1:40:31 being chased down by Tim Noonan who finished in 1:41:33.

I'm told the half marathoners were spared the brunt of the stiffest winds. During the race the winds averaged 20-30 mph with gusts late morning up to 40 mph. Everyone was windblown and happy to be finished. Thanks to GMAA. They always put on a great event with yummy chili waiting at the finish line and beautiful awards.



*Photos of Dot & Becca McBroom and age group award courtesy of Dot Helling*

## Making the most of "reaching 30"

Nope; no training tips on reaching 30 years of age... really good running years... Nope; no training tips on running 30 miles or 30 kilometers... you'll need to check elsewhere for that; but in my search for new and interesting races to run, it looks like I will run 30 or more races in 2017. In looking back through my log I've traveled east to Dover NH, south to Cohasset MA and west to Chestertown NY for races. I know lots of folks travel a lot farther for races, across the country, even out of the country for big races, but I like the small town races of a hundred to several hundred runners. (even found some races using numbered tongue depressors and color coded tear off tags for results) Nothing too long yet for races, all 5K, 5 Mile and 10K so far... although there is still a plan for something longer in November.

At the races I met lots of great folks, volunteers, and of course the runners. There always seems to be a quick camaraderie as you meet and run with others. And there was various swag and awards (just finished up a nice loaf of pumpkin bread from the last race). But something that really got my attention was the various causes I contributed to by running these races. A wide variety of charitable causes that were spread across four states, but somehow felt close to home... helping those less fortunate, researching all too common diseases, working to help kids move forward... so a lot of connections.

Here is a list of those charities splashed across the page below. Now follow my thinking one more step... take this example of where I have raced, then magnify it by the races you and all the CVR members have raced, supporting numerous causes... then it is likely hundreds, maybe even thousands, of contributions were made to make things better this year. An encouraging thought for your next long run.  
.....Bob Howe





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



**November 4, 11, and 18 "CVR" Fallen Leaves 5K Series,** 9:00am, This low-key, three-race series is a flat and fast 5K race course on the Montpelier bike path that begins and finishes on the Montpelier High School track. Participate in one, two or all three of these races. REGISTRATION and FEE: \$5 for each race ...race day registration only... AWARDS: presented to the first place finisher — in each of the three races — in 14 separate age and gender categories. Awards are inexpensive so that we can donate most of race revenues to the Montpelier Food Pantry. FOR MORE INFORMATION: Contact Tim Noonan (802) 223-6216 or: [carnoonan@comcast.net](mailto:carnoonan@comcast.net)

**November 19, Turkey Trot 10K,** 1:00pm, Hanover NH, *Contact:* [https://www.hanoverrec.com/info/activities/program\\_details.aspx?ProgramID=29968](https://www.hanoverrec.com/info/activities/program_details.aspx?ProgramID=29968)

**November 19, Turkey Trot & Gobble Wobble 5K & 10K,** 12:00 noon (both races) Middlebury Parks & Recreation, *Contact:* <http://www.middleburyfitness.com/middlebury-turkey-trot.html>

**November 23, "GMAA" Turkey Trot,** 11:00am, Burlington, *Contact:* <http://www.gmaa.net/schedule.php?raceid=TT2017>

**November 23, Gobble Wobble Turkey Trot 5K Run/Walk,** 9:30am, Barre Town, *Contact:* <http://www.barrecongregational.org/>

**November 23, Turkey Trot 4.4 mile or 2 mile,** 9:00am, Norwich, *Contact:* <http://www.facebook.com/NorwichVTTurkeyTrot>

**November 25, Trot It Off 5K,** 9:30am, Ludlow, Jackson Gore, *Contact:* <http://www.okemo.com/activities/calendar/trot-it-off-5k/>

**December 9, Jingle Bell Jog 5K,** 9:30am, Brattleboro, *Contact:* [www.facebook.com/jinglebelljogvt](http://www.facebook.com/jinglebelljogvt)

**December 31, \*\* "CVR" New Year's Eve 5K,**  
Montpelier, Pavilion State Office Building, 2:00pm

Merchandise/gift certificates to the top 3 male and female finishers overall **PLUS** Onion River Sports gift certificates for top two finishers in 7 age groups for both male & female, **Contact:** [http://cvrunners.org/?page\\_id=566](http://cvrunners.org/?page_id=566) **OR** Race Director Ann Bushey at [BusheyA@wssu.org](mailto:BusheyA@wssu.org) to volunteer and help out.

**Opening race of  
the 2018 CVR/ORS Race Series**



photos cvrunners.org

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



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**NOVEMBER 2017**

## **N E W S L E T T E R**

**Volume 38 Issue 5**

### **CVR Meeting**

Monday November 6, 2017

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

Important stuff on the agenda:  
2018 Race Schedule, awards dinner  
and any tweaks to the CVR/ORS Series  
get established at this meeting.

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