

Newsletter

JAN 2018

Volume 39

Issue 1



In this Issue:

Fallen Leaves... 3
More Donna ... 4
New Year's 5K... 5
Plattsburg 26.2... 7
Horace Ashenfelter... 9
Race Schedule... 11
Vol. / Awards Dinner.. 12

CVR President's Column:

It's been a tough winter for running. After we all were devastated by the closing of ORS, we have been hit by frigid temps and then ice. A brand new record was set for weather related Winter Long Runs cancellations. Two weeks in a row, the Saturday morning weather was extraordinary, and by that I mean extraordinarily bad for driving and running. Last Saturday, some of us ran midday and found the Fun Run route completely flooded with ice and water. My Vermont weather theory is that things always even out, so I'm predicting some unusually nice running weather in the next few months.

Despite difficulty with temperatures and snow and ice, CVR runners keep plugging away. There have been attendees at the Wed. night workouts without a miss, even though Wednesdays have not been quite as charmed as they were last year. Winter is also the time when CVR committees can keep working no matter what the weather. CVR has many committees that come and go, so I thought I'd give you an update on some active or recently active ones.

Leafpeepers Course Committee: At the Nov. meeting, we discussed the drop in participation at Leafpeepers since the course was moved to include Perry Hill. A group has been assigned to come up with options to recommend to the club for a change in course and/or venue. The committee is tasked with having some initial recommendations at the Annual meeting to allow for follow-up and a decision at the August meeting. Due to time constraints with permitting and logistics, any changes would be implemented no earlier than **2019**. Current members of the committee are June Burr, Bob Murphy, Darragh Ellerson, Sue Emmons, Phyllis Arsenault-Berry, and Tim Noonan. They are just starting to get together after the holidays, so have their work cut out for them. Please make suggestions to the committee member of your choice.



(continued on page 4)

This newsletter is a publication of the
Central Vermont Runners

Elected Officers include:

President:..... Donna Smyers

Vice-President:..... Shannon Salembier

Secretary:.....Sandy Colvin

Treasurer:..... John Valentine

Past President:..... Greg Wight

Executive Committee members at large:

Darragh Ellerson and Beth Daut

Appointed positions include;

CVR/ORS race series standings:..... Jim Flint

CVR clothing:..... Richarda Ericson

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

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

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

http://cvrunners.org/?page_id=11

Questions: Contact membership coordinator
Allie Nerenberg at ahnerenberg@gmail.com

Unofficial Group Runs through the winter:

- **Mondays - 4:15 p.m.** Meet @ Berlin Town
Clerk: Contact Donna at dosmyers@gmail.com
- **Tuesdays - 5 p.m.** Contact [Rebecca Harvey](mailto:rmharvey86@gmail.com) at
rmharvey86@gmail.com or [Manny Sainz](mailto:manny@sainz.com) at
manny@sainz.com. *Due to sporadic
attendance this may only happen with prior
arrangements, so get in touch with them to be
on the email list.*
- **Tuesdays and Thursdays - 5 a.m.** Plainfield/
EMES/Adamant. Contact [Mark Howard](mailto:howardms@gmail.com) at
howardms@gmail.com.

The City of Montpelier's Recreation Department is hosting a running program this spring called Girls on the Run. This program promotes healthy activities and exercise as well as personal development in girls grades 3 through 8. The City of Montpelier's Recreation Department is currently seeking four individuals interested in leading teams of fifteen girls each in this program.

Coaches are assigned two to a team; these teams meet twice weekly between March and June. Team meetings are expected to last around ninety minutes and can be scheduled on any weekday and at any time convenient to our volunteer coaches. Each team is expected to have one lead coach who agrees to attend all meetings and who is either certified in CPR and First Aid, or who is willing to attend an online training and receive certification. The team will also have an assistant coach, who attends meetings and assists the lead in program activities. All coaches are required to attend an in person Girls on the Run training program, either January 21 at Castleton University or February 11 at the Champlain Expo in Essex Junction.

Please let me know if I can answer any questions about the program. The best ways to reach me are through email, at rjohnston@montpelier-vt.org, or by calling my desk at [\(802\) 225-8694](tel:802-225-8694). Thank you so much for your time.

Sincerely,
Rebecca Johnston
City of Montpelier Community Services Department | www.montpelier-vt.org/cs

Save the Date !

**CVR Annual Meeting
at the Four Corners Schoolhouse
East Montpelier**

Sunday March 25, 2018

The USATF New England **2017 Long Distance Running Grand Prix Series** included the Amherst 10 Miler, New Bedford Half Marathon, St. Joseph Healthcare Ribfest 5 Miler, Downtown 5K (Providence RI), Lone Gull 10K and the Bay State Marathon.

The results from the 2017 Grand Prix show **John Hackney** finishing 1st in the 70-74 AG, winning 4 out of the 6 races and finishing 2nd in the other two races. **Sue Hackney** finished 3rd in her age group for the series, winning the first two races of the series.

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

November 4, 2017

(91 finishers)

Male Winner: Brian Anderson, 16:48

Female Winner: Kira Nolan, 19:26

Female 0-19

Kira Nolan 19:26
Comlin Dooling 21:03
Eleanor Devereux 21:16
Sierra Fisher 21:37
Sammie Nolan 21:40
Lily Porth 21:46
Theresa Christiansen 22:14
Lila Taylor 22:16
Malinn Sigler 22:21
Mia Carmoli 22:49
Bethany Davis 22:54
Snow Lindemuth 23:11
Anika Leahy 23:47
Luna Hall 23:48
Kate Carlson 25:47
Zoe Colvin 36:06

Male 0-19

Riley Shepherd 16:55
Kurt Eriksson 18:32
Lucaih Smith 18:33
Noah Gugliardi 18:54
Gabe Gore 18:58
Carlton Cumiskey 19:01
Ely Webster 19:09
Cormac Leahy 19:12
Calvin Storms 19:21
Hale Boyden 19:24
David Toborg 19:42
Noe Lindemuth 20:03
Cam Mincar 20:08
Nick Bender 20:24
Rennie Sartwell 20:37
Boris Ulmer 20:46
James DeBay 20:50
Shea White 21:18
Alexander Haag 21:25
Griffin Larson 21:32
Wyatt Sigler 21:35
Rowan Nenninger 21:36
Riley Mahar 21:53
Farmer Lindemuth 22:45
Taylor Carlson 22:47
Gavin Jacobs 22:59
Jax Lubkowitz 23:03
David Jones 24:11
Adam Littlefield 29:56

Female 20-29

Sarah Falconer 20:48
Kaitlin Corrigan 26:

Male 20-29

Hayden Bunnell 24:10

Female 30-39

Hannah Wilkes 24:17
Nora Duane 26:49
Betsy Anderson 28:08
Kelly Sweeney 32:32
Male 30-39
Brian Anderson 16:48
Joe Bekaert 19:26
Jacob Klein 31:18

Female 40-49

Richarda Ericson 20:48
Susan Cumisky 21:35
Jessica Bolduc 22:25
Ezra Hall 24:15
Jennifer Moody 27:34

**Fallen Leaves 5K
Age Group Race Results**

Tim Noonan, Race Director

Virginia Merriam 29:09
Sandy Colvin 36:07
Kym Andrews 43:25
Male 40-49
Nathan Suter 19:35
Damian Bolduc 21:33
Jason Storms 22:48
James Fisher 22:49
Kevin White 25:26
Craig Lyford 27:14
Todd Nenninger 27:54
Erich Rosenstreich 36:57

Female 50-59

Dot Martin 21:48
Mary Ann DeBay 29:07

Male 50-59

Simon Shepherd 17:26
Bill Eschholz 19:41
James DeBay 20:43
Chris Cote 21:54
Darrel Lasell 25:04
Doug Maddox 26:28

Female 60-69

Donna Smyers 23:07
Nancy Mongeur 43:25

Male 60-69

Tim Noonan 22:01
John Valentine 22:36
Jamie Shanley 24:46
John Martin 25:56
Perry Bland 27:31
Gerard Jones 31:46

Female 70+

Celine Blais 29:57
Judith Craig 41:30

Male 70+

John Hackney 23:39
Werner Zehetner 33:53

Many thanks as always to the following volunteers: John Martin, Newton Baker, Anna Milkowski, Gail Pelkey, Bob Murphy, Christina Clark, Greg Gerdel, Donna Smyers, John Valentine

November 11, 2017

(34 finishers)

Male Winner: Damian Bolduc, 18:25

Female Winner: Meg Valentine, 19:55

Female 0-19

Ginger Knight 22:47

Male 0-19

Sargent Burns 20:24
Max Mayr 21:36
Josiah Phillips 25:19
Female 20-29

Lindsay Cotnoir 20:22

Maria Trejo 24:31

Danielle Franco 25:46

Cidney Tassie 32:18

Kelsey Hall 37:02

Male 20-29

Kenny Wheeler 25:24

Allen Hannigan 36:42

Female 30-39

Meg Valentine 19:55

Female 40-49

Anna Milkowski 21:19

Heidi White 22:58

Katrina Phillips 26:35

Male 40-49

Damian Bolduc 18:25

Nathan Suter 20:51

Robert Wolf 22:57

William Toborg 25:59

Craig Lyford 26:57

Female 50-59

Dot Martin 21:51

Male 50-59

Chris Cote 21:21

Steve Krieger 21:57

Darrel Lasell 24:27

Female 60-69

Donna Smyers 22:54

Male 60-69

John Valentine 24:14

John Martin 26:07

Kevin Colby 29:49

John Mahoney 29:52

Female 70+

Celine Blais 29:48

Judith Craig 42:44

Male 70+

Bob Murphy 27:19

Dick Ferno 33:30

Werner Zehetner 34:23

Many thanks to the following volunteers:

John Martin, Newton Baker, Lori Crotts

and husband Emerson, Manny Sainz

November 18, 2017

(64 finishers)

Male Winner: Brendan Magill, 17:45

Female Winner: Erin Magill, 19:41

Female 0-19

Erin Magill 19:41

Alida Beste 20:40

Theresa Noonan 21:52

Ginger Knight 23:00

Mia Smith 25:10

Anja Rand 25:56

Anyia Carlson 26:00

Ruth Krebs 29:23

Estherine Carlson 30:47

Male 0-19

Brendan Magill 17:45

Sam Beste 17:46

Daniel Halladay 19:08

Sargent Burns 20:28

Rory Ulms 21:07

Dewey Burns 24:12

Isaih Williams 27:26

Female 20-29

Kelly Clements 25:12

Kimberly Colgan 25:14

Dilan Clements 26:05

Male 20-29

Ben Kidder 20:54

Adam Karas 21:45

Female 30-39

Elizabeth Fortuna 33:00

Males 30-39

Thorin Markison 18:01

Colin Clifford 19:28

Jacob Klein 33:11

(AG Results continued on page 10)

(CVR President's Column: continued from page 1)

Spirit of the Club and David Ellerson Volunteer of the Year Award Committee: Annually there is a 3 person committee comprised of a club officer plus 2 former winners of the Spirit of the Club who are charged with choosing an honoree for the current year. Their job also entails purchasing an award for the recipient and making the presentation at the Annual Dinner. The Spirit of the Club Award is designed to recognize a member who has demonstrated extraordinary commitment working for the club either in a recent episode or through cumulative service. This year we added a memorial David Ellerson Volunteer of the Year award which is designed to recognize a CVR member who, despite not racing much (or at all) continues as an active club member volunteering extensively as David always did. This year's committee members are Bob Murphy, Beth Daut and Eric Ryea.

Race Series Committee: Races which count in the CVR Race Series and any rule changes are established at the November meeting to apply to the following year's series. Annually, the Race Series Committee is established in August to finish in November when they present a proposal to the club for approval. This year the committee did reconvene after the closing of Onion River Sports to come up with contingencies which were then approved by the executive committee prior to the series start at NYE 5K. Potential sponsors of the 2018 series have been identified, but not yet pursued. 2017 members included: Jim Flint, Bob Murphy, Nick Persampieri, Dot Helling, and Donna Smyers.

Nomination Committee: CVR's President, Vice President, Secretary and Treasurer and 2 At-Large members are elected annually to the Executive Committee. CVR's by-laws establish a 2 year term limit on the president and vice-president of the club, so we can't just count on somebody staying on forever. In early years of my membership in the club, we would show up at annual meeting just hoping somebody would step up when a term needed to expire or somebody stepped down. My first CVR presidency in 2003 was when nobody stepped up at the annual meeting, so a few weeks later I agreed to do it just to avoid a headless organization. We have evolved now so that a committee recruits volunteers well in advance of the annual meeting. They work hard to make sure we have at least one nominee per position. The committee tries to find a vice president who will be willing to assume the presidency at the conclusion of the current president's term. (That does not always work out, but it is great when it does). The appointed positions, such as Membership, WebMaster, Newsletter...do not need to be voted on, but the committee may be tasked with helping find replacements for them if the need arises. The current nomination committee includes John Valentine and Greg Wight.

We'll welcome the outcome from the work of these committees in the year to come; stay tuned! And see you at the Annual Dinner on January 25th!

.... Donna



Add your smiles to the Wednesday night track workouts at 6:00 pm at the Montpelier High School track. For more information contact Steve Hill at: frmsteve@gmail.com





CVR New Years Eve 5K 2017

Montpelier, VT 12/31/2017

Overall Results

Race Director: Ann Bushey ... Manny Sainz

Place Div/Tot Name Age S Club Time Pace

1	1/5	Bryce Murdick	21	M	19:09	6:10
2	1/9	Alex Jinks	32	M	19:14	6:12
3	2/5	Lance Parker	23	M	CVR 21:15	6:51
4	2/9	Colin Clifford	32	M	CVR 21:30	6:56
5	3/9	Robert Cary	38	M	21:36	6:58
6	1/10	Norm Larsen	61	M	21:51	7:02
7	1/7	Mariana Wingood	30	F	22:00	7:05
8	3/5	Kirby Gordon	20	M	22:20	7:12
9	1/7	Holly Gordon	18	F	CVR 22:39	7:18
10	1/9	Donald Singer	55	M	CVR 22:56	7:23
11	2/7	Kerri Badeau	30	F	23:02	7:25
12	4/5	BENJAMIN KIDDER	26	M	CVR 23:03	7:26
13	2/7	Alexandra Timmins	16	F	23:14	7:29
14	2/9	Michael McHugh	58	M	23:26	7:33
15	1/4	Craig Manning	42	M	23:43	7:39
16	1/5	Rima Carlson	43	F	CVR 23:57	7:43
17	2/5	Anna Milkowski	42	F	CVR 24:04	7:45
18	2/4	Dustin Rand	43	M	24:10	7:47
19	4/9	Jarred Cobb	34	M	24:15	7:49
20	3/9	Chris Cote	55	M	24:42	7:57
21	4/9	Francis Miller	51	M	24:44	7:58
22	2/10	Tim Noonan	61	M	CVR 24:54	8:01
23	1/6	Dot Martin	57	F	CVR 25:10	8:07
24	5/9	Tyler Wingood	30	M	25:18	8:09
25	6/9	Nick Hill	37	M	25:37	8:15
26	3/5	Jennifer Miller-Ars	47	F	CVR 26:01	8:23
27	3/10	John Valentine	68	M	CVR 26:18	8:28
28	4/10	Darrel Lasell	60	M	CVR 26:34	8:34
29	7/9	Kyle Badeau	32	M	26:35	8:34
30	3/4	Berndt Foelking	43	M	26:43	8:36
31	5/9	Mark Mulder	59	M	A 26:52	8:39
32	3/7	Gianna Petito	31	F	CVR 26:56	8:41
33	5/10	Jamie Shanley	64	M	CVR 26:58	8:41
34	1/1	Abraham Zimet	17	M	CVR 27:17	8:47
35	1/2	John Hackney	72	M	CVR 27:46	8:57

36	6/9	Javad Mashkiot	53	M	27:49	8:58
37	7/9	Paul Marceau	56	M	Pointe-Claire QC 27:59	9:01
38	6/10	Manuel Sainz	62	M	East Barre VT CVR 28:05	9:03
39	7/10	William Ludlow	61	M	Lachine QC 28:14	9:06
40	4/4	Mark Scott	43	M	28:15	9:06
41	8/9	Kent Murdick	52	M	28:21	9:08
42	3/7	Abby Murdick	13	F	28:22	9:08
43	4/7	Susannah Colby	36	F	Randolph VT CVR 28:44	9:15
44	5/7	Caitlin Patterson	34	F	28:52	9:18
45	4/7	Anja Rand	12	F	29:13	9:25
46	5/5	Benjamin Badeau	29	M	Long Island Cit NY 29:47	9:36
47	8/10	John Martin	66	M	CVR 30:06	9:42
48	4/5	Kathleen Bryan	44	F	30:12	9:44
49	2/6	Raeann Rose	58	F	Lachine QC 31:49	10:15
50	8/9	Colin Whitehouse	35	M	Rochester MA 32:01	10:19
51	5/7	Ruby Bryant	14	F	32:19	10:25
52	9/9	Mike Barlow	55	M	32:26	10:27
53	9/10	Geoff Stedman	66	M	33:08	10:40
54	6/7	Katelyn Hudson	30	F	Jericho VT 33:16	10:43
55	7/7	Joy Kogut	33	F	Boston MA 33:27	10:46
56	1/2	Heidi Chapman	26	F	Methuen MA 33:40	10:51
57	6/7	Esterlin Carlson	12	F	CVR 33:56	10:56
58	7/7	Mercedes Bishop	16	F	Watertown NY 34:00	10:57
59	9/9	Florian Foelking	30	M	34:17	11:03
60	3/6	Maureen Carr	53	F	Montpelier VT CVR 35:16	11:22
61	2/2	Stephanie Bergeron	29	F	Methuen MA 35:24	11:24
62	10/10	William Everett	66	M	ESSEX JCT VT CVR 35:35	11:28
63	4/6	Susan Blodgett	58	F	Pointe-Claire QC 35:47	11:32
64	2/2	Greg Wight	72	M	Brookfield VT CVR 36:03	11:37
65	5/6	Heather Traber	51	F	Westport CT 38:23	12:22
66	6/6	Jennifer Barlow	55	F	38:29	12:24
67	5/5	Angela Shea	40	F	Montpelier VT 39:30	12:43



Nick Persampieri enjoys the nice weather and ocean scenery on the way to his 1st place age group finish at the **SURFTOWN** Half Marathon in Westerly RI. Nick finished 21st overall out of 1,086 runners and first in the M55-59 AG out of 46 runners with a time of 1:29:34. The Surftown Half runs along the ocean front streets of Misquamicut Beach and Watch Hill RI. The date for the 2018 race is Sept 9th.

Picture courtesy of Nick with information from hartfordmarathon.com.

Murdock and I wrapped up another year of over 20 races and 2500 miles together with the Run for Rescue in Marblehead, Mass. in November. A large turnout of roughly 250 human/dog teams competed over a rolling 5k course under sunny skies and cool temperatures along the ocean. Our first place time of 17:54 was one of our best of the year. Unfortunately, Murdock is close behind me and can hardly be seen in our finishing photo.

... **Eric Morse**

Overall results Timing by RaceWire LLC

Rank	Athlete Name	Athlete Details	Time	Bib	Pin
1	ERIC MORSE	52 M	17:54	125	
2	JOHN LEQUIN	37 M	17:58	311	
3	ALEX GRABAU	40 M	18:36	201	
4	ROBERT GRAY	49 M	18:37	32	
5	MICHAEL BEAR	32 M	18:49	307	
6	JACK CANNING	35 M	18:52	203	
7	ELENA MASSA	35 F	19:08	36	
8	JOSEPH NAGGIE	36 M	19:25	303	
9	TREVOR BRICE	29 M	19:51	157	



CHAMPLAIN VALLEY/YMCA MARATHON

The marathon! What an exciting event! For breakfast, milk and cereal, bacon, eggs, juice, a big plate of pancakes with maple syrup and coffee. At least that's what non-participants Bob Murphy, Byron Hill and I discussed as having eaten. We watched the 6 AM Vermont countryside unfold as we rested on our ride to watch the Plattsburg Marathon. Since Pat DeBlasio was running, we decided to let him drive to use up excess energy.

At Rouses Point, NY, in view of the Canadian border, we met Dr. and Darragh Ellerson, who chose to spend the night at a motel just a stone's throw from the marathon start. With Pat to help set the pace, Darragh would make a run very important to her in a comeback from recent surgery culminating more than a year of physical setbacks and disappointments.

Mary Labate arrived anxious and nervous for her first marathon attempt, but her greatest immediate concern was that her friend's car might not make it to the finish line!

Some stranger wanted to know how he could get back to Rouses Point after the race. We tried to console him with "at least the wind will be behind you if you have to run back".

And blow the wind did, head-on and from the side for almost the entire distance. It was bright and cool but with a decided chill from the wind for those standing around.

At the check-in point a quarter of a mile from the start, a crowd of about 300 runners yawned, stretched, chatted, darted up and down the street, promised each other not to go out too fast, and waited. Among them we found Mo Cerutti and Joe McEntyre ready to run, and Bob Oatley and Don Perkins ready to help and cheer.

Minutes later, a parade of runners streamed to the starting line to await the starter's signal. With flashing police lights, a puff of smoke and a cheer, the pack of marathoners were off. Then I saw what I was looking for -- a late, lone runner, with the desperate look of an all-out-finisher, raced for the starting line and now holds the record from the check-in parking lot.

You feel the cool of that 1981 morning and the excitement of the race as Bob Murphy's vintage photo vault creaks open to reveal CVR runners in the first years of CVR with a great article by Newton Baker painting the picture of the 1981 Plattsburg marathon.



Mary passes another runner, a common occurrence in the 80's

Mo was the first of the local runners to pass the five mile mark in 36:57. Joe was close behind in 37:06, with Pat pacing Darragh and Mary in 39:12. All seemed fine except for the help. We were so distracted we forgot to hand out water, and Murphy had to keep reminding me to write down the times. We did better in assisting at the 7, 9 and 12 mile marks and our friends ran through holding steady. I began to notice other runners who appeared regularly with our group and through quick conversation a special bond of friendship was struck. There was the girl in blue with the long pigtails, the stout woman with sprightly comments, the older gentleman with silver hair, the stranger, the running Epsteins from New York, "droopy drawers", and a girl on a bike riding beside her running dad.

Joe cruises by Byron & Newton—Joe was crossfit before it was a word



(continued on next page)

(1981 Plattsburg Marathon continued from prior page)

At 15 miles, Mo passed looking strong and steady in 1:50, with Joe not far behind in 1:52:05. Mary had picked up her pace slightly and passed 15 running smoothly in 1:57:41. Pat and Darragh kept their pace at 1:59:39. Darragh had fought off "a little more discomfort than I wanted to feel in the earlier part of the run". Pat pushed on with his MacDonald water cup with plastic cap and straw, an effective aid if you like to sip on the run. From here on, we expected to find some people walking, as well as showing increased wear from the challenge they were trying to meet. We weren't disappointed.

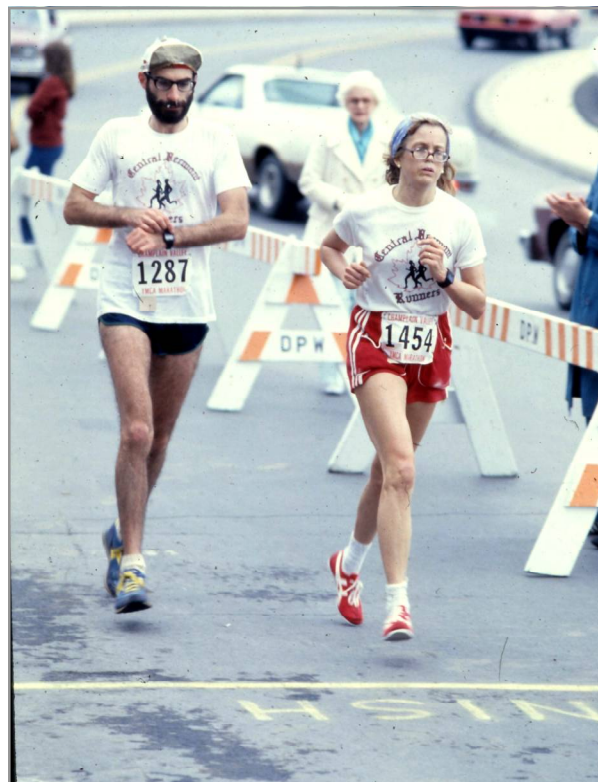
We stopped at 18 and 22 miles before heading for the finish. Mo (2:13:49 and 2:47:06) slowed slightly as he began to feel drained and realized from past experience that the wiser course was to finish gently and not push just to prove something. Joe (2:16:50 and 2:51:09) began to experience deadly cramps, first in one leg and then both. His experience pulled him through as he tried stretching, walking, running on the opposite side of the road and changing pace. It's a tribute to both men's training that they could adjust and finish with decent times (Mo in 3:24:56 and Joe in 3:31:56) and without injury.

Mary (2:22:40 at 18, 2:57:10 at 22), with her consistent training background, ran a beautifully paced race with an excellent first marathon finishing time of 3:32:02.

Soon after, Pat and Darragh arrived in a fine time of 3:39:35. Darragh's effort encouraged us all. She is a remarkable lady and a tough runner.

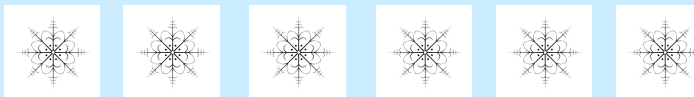
Those other people and the car made it too. That night, Channel 5 had some good shots of the run. The announcer asked one of the runners, "What's the marathon to you?" The girl in blue with the long pigtails answered, "It's a lot of people having fun and helping each other."

Newton S. Baker



CVR stalwarts Pat & Darragh finishing one of many marathons

Winter Long Runs each Saturday



- All are Welcome!
- Most weeks the routes are from 10 miles to 14 miles long but variations are possible for people who want to run shorter or longer... 6 miles, 3 miles, whatever
- There is no required pace. You are free to run whatever pace you feel like running. Often you will have someone who wants to run your pace.
- If you find the winter to be a challenging time to get out the door, consider using the group as a way to encourage yourself to actually do what you want to do.
- Nobody comes every week. Come when it suits you. There is no obligation. You are welcome to just show up spontaneously.
- We run somewhere different (and awesome) almost every week. You are guaranteed to have the opportunity to run somewhere this season you have never run before.
- Winter long runs are planned through April 21, 2018. Most start at 9:30am

Contact Jeff Prescott at jeffp_cvr@myfairpoint.net to get on the email list for details for each long run.

Horace Ashenfelter, In Memorium

I grew up in a leafy New Jersey town, Glen Ridge, in the 1940's and 1950's. No one ran then. True, football players ran up and down the field, basketball player up and down the court, and the track team ran around the track, but that was it. Adults for sure didn't run. My memory of adults back then is that when they weren't working they sat around living rooms drinking highballs, watching little black and white TVs, and smoking endless cigarettes.

There was one exception, almost an aberration. I can see him still: a tall, lanky guy who ran up and down Ridgewood Avenue in big loping strides and worked out in Carteret Park. We knew who he was, of course: Horace Ashenfelter. He'd won Gold at the 1952 Olympics in Helsinki, Finland, in the 3,000-meter steeplechase.

Ashenfelter was a World War Two veteran and a F.B.I. agent. In Glen Ridge he trained at night and on the weekends. A Russian competitor, Vladimir Kazantsev, was the overwhelming favorite in the steeplechase at the 1952 Olympics. For most of the race Ashenfelter ran with the pack; the Russian, far out front, seemed uncatchable. Then in the last seven laps Ashenfelter broke from the pack and chased down Kazantsev. Coming out of the final water hurdle, Ashenfelter passed his Russian competitor and sprinted to an amazing 30-meter victory. And a world record: 8:45.4.

Ashenfelter died at 94 on January 6, 2018. According to his obituary in *The New York Times*, Ashenfelter's victory was "one of the great upsets in Olympic history." There's a Thanksgiving Day race in Glen Ridge, the Ashenfelter 8K Classic, attended by thousands of runners. The following link has an interview with Ashenfelter, shots of the race, and then the full race with commentary in Finnish. Even if you don't speak Finnish it's nice to listen to, and the black and white footage of the race is terrific.

<https://www.youtube.com/watch?v=iM2WLTFtu0w>



After he retired from competitive running in 1957, Ashenfelter continued to run the roads of Glen Ridge, an inspiration to many of us when we gave up cigarettes and started running.

Roger Cranse

MUST READ

... John Martin

The late October early November power outage did have a silver lining. I became reacquainted with my old battery powered Tape/ CD/ AM-FM player. I like that machine, big buttons with no icons and actual words that tell me what buttons to push. No tiny screens unfriendly to big clumsy fingers.

To bring entertainment in to those dark nights we made a day trip to the library. Dot picked out a book on tape selection titled *Why Olga Runs* by Bruce Grierson. Great choice Dot!

The seven CD "book" represents a five year study of a senior athlete named Olga. Olga was the middle child of eleven kids born to Ukrainian immigrants on the northern prairies of Saskatchewan. Olga had a hard scrabble early life, married an abusive drunk and had two children of her own. She dumped the husband, went to night school to get a teaching degree and spent the next 40 years teaching. In her 70's the athlete within awakened and she went on to compete around the world in track and field events in to her 90's. Olga held over 25 world age group records.

Her athletic prowess did not go unnoticed by the author or the medical community. While the medical researchers probed and prodded, Grierson took a comprehensive inventory of Olga in an attempt to spell out why Olga was able to accomplish all that she did.

As a relatively young senior athlete, I found this book fascinating and affirming. You can't help but pick up some golden nuggets of wisdom to add to your own box of tools.

John Martin also writes that the **New England Runner** announced the State-by-State "Runners of the Year" in their January newsletter. CVR was again well represented in the over 50 categories. New England Runner's picks for Vermont include:

- **John Hackney** - 70+ Male
- **Sue Hackney** - Veteran Female
- **Dot Martin** - Senior Female

Another local runner selected for the second year in a row was **Rena Schwartz** - Female High School XC. Additional information at: nerunner.com.

Fallen Leaves 5K Age Group Race Results

November 18, 2017

(continued from page 3)

Female 40-49

Richarda Ericson 21:03
Rima Carlson 22:00
Anna Milkowski 22:16
Jessica Bolduc 22:35
Jaime Gadwah 26:51
Joanne Mugee 27:08
Sandy Colvin 29:12
Cindy Barr 33:01
Mary Voupel 35:34
Mary Ellen Copping 44:50

Male 40-49

Damian Bolduc 18:19
Hugh Pritchard 19:24
Kari Bradley 19:35
Nathan Suter 19:53
Brian Burns 20:38
Dustin Rand 21:08
Craig Lyford 27:57

Female 50-59

Suzanne Garrity 21:20
Dot Martin 21:54
Mary Lavoie 28:42
Gail Pelkey 29:12
Maureen Carr 32:20
Janet Stone 36:20

Male 50-59

Chris Cote 21:30
Darrel Lasell 24:20
Andy Shuford 24:44
Jeff Prescott 26:57
David Clements 27:10

Female 60-69

Donna Smyers 23:13

Male 60-69

John Valentine 23:10
Chris Andresen 23:41
Jamie Shanley 24:03
Steve Colgan 25:39
John Martin 26:36
John Mahoney 30:18
Sigh Searles 35:37

Male 70+

Bob Murphy 27:31
Bob Howe 29:53
Greg Wight 32:14

Many thanks to the following volunteers: Theresa Noonan, John Martin, Newton Baker, Manny Sainz, Michael Chernick and Jamie Shanley

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

January 28, Boston Prep 16 Mile and 5 Mile, Derry NH, *Contact:* www.gdtc.org/run/index.php/boston-prep-16-miler

February 3, Polar Cap 4 Mile, 10:00am, Lake George NY, *Contact:* www.adirondackrunners.org

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

February 25, Amherst 10 Miler, 11:00am, Amherst MA High School, *Contact:* <https://amherst10miler.com/>

March 4, Half at the Hamptons, 10:00am, Hampton Beach, NH, *Contact:* www.locoraces.com

March 18, New Bedford Half Marathon, 11:00am, New Bedford MA, *Contact:* <http://newbedfordhalfmarathon.com/>

March 24, Doc Lopez Run for Health Half Marathon & 5K, Elizabethtown, NY, *Contact:* doclopezrun.com

**** March 25, "GMAA" Kaynor's Sap Run 10K**, 11:00, Westford School, *Contact:* www.gmaa.net

March 31, Frank Nealon Boston Tune-Up 15K, 10:00am, Upton, MA, *Contact:* <http://www.tri-valleyfrontrunners.com/>

April 14, Half Marathon Unplugged, Colchester, Two wave start, Reg fee increase 2/28/18, *Contact:* www.runvermont.org

April 21, "GMAA" Rollin Irish Half Marathon, 9:00am, Memorial Hall, Essex Center *Contact:* www.gmaa.net

April 22, "CVR" Mutt Strutt 3-Miler, 10:00am, Waterbury, *Contact:* Cindy Gardner-Morse

May 6, Plattsburgh Half Marathon, Relay, 10K & 5K, 8:00am, *Contact:* www.plattsburghhalfmarathon.com

May 6, Middlebury Maple Run half marathon, relay & 3 mile, 9:00, Porter Hospital, *Contact:*

www.middleburymaplerun.com

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

CVR Event	2018 Race Director(s)	Location	2018 Date, Time
Mutt Strut	Cindy Gardner-Morse	Little River State Park	Sunday, April 22, 10:00am
** Paul Mailman 10 Miler/5K	Andy Shuford & Andrea McLaughlin	Montpelier High School	Saturday, April 28, 8:45am
Adamant 20 Miler	Eric Ryea & Donna Smyers	Adamant	Sunday May 6, 10:00am
** Barre Town Spring Run	Andrea McLaughlin	Barre Town School	Saturday, May 19, 9:00am
Kids Track Meet	Dot Helling & Sandy Colvin	Montpelier High School	Friday, June 1, 6:00pm
** Capital City Stampede	Shannon Salembier	Montpelier	Saturday, June 9, 9:00am
** Bear Swamp Run	Tim Noonan	Rumney School Middlesex	Saturday, July 14, 9:00am
Barre Heritage 5K	Jackie Jancaitis	Barre Town	Sunday, July 29, 10:00am
** Berlin Pond	Jeff Prescott & Sue Emmons	Berlin Pond	Thurs, Aug. 16, 6:00pm
** NSB 5k & 1 Mile	Rowly Brucken	Northfield	Saturday, Sept 1, 5K-9:30am 1 Mile-10:30am
** Sodom Pond	Tim Noonan	Adamant	Wednesday, Sept 12 6:00pm
**Leaf Peepers Half & 5k	Roger Cranse	Waterbury	Sunday, September 30, 11:00am
Fallen Leaves #1	Tim Noonan	Montpelier High School	Saturday, Nov 3, 9:00am
Fallen Leaves #2	Tim Noonan	Montpelier High School	Saturday, Nov 10, 9:00am
Fallen Leaves #3	Tim Noonan	Montpelier High School	Saturday, Nov 17, 9:00am
** New Year's Eve	Ann Bushey & Manny Sainz	Montpelier	Monday, Dec 31, 2:00pm



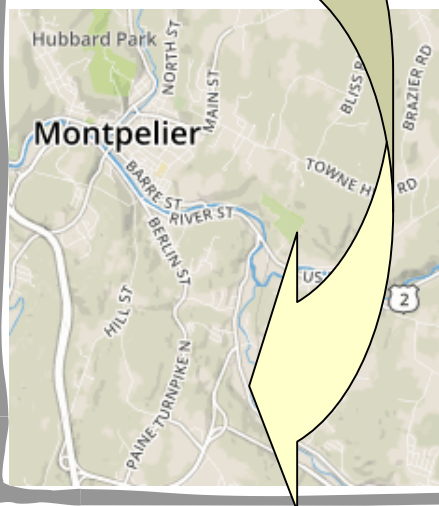
Newsletter Editor
Bob Howe
P.O. Box 632
Barre, VT 05641

JANUARY 2018

NEWSLETTER

Volume 39 Issue 1

STEAK HOUSE RESTAURANT



Volunteer Appreciation & Awards Dinner **STEAK HOUSE RESTAURANT**

1239 US-302, the Barre-Montpelier Road, Berlin

Thursday, January 25th

Social Time/Cash Bar 5:45pm, Dinner 6:30

In addition to thanking the volunteers,
we will recognize the **CVR/ORS Race Series winners** and
the **CVR Spirit of the Club Award** for 2018

*Last minute questions contact John Martin at
vtiron55@yahoo.com*