### Newsletter

### March 2018

Volume 39 Issue 2



### In this Issue:

Nov. CVR Meeting... 3 Groton Trail Race ... 5 Vol. / Awards Dinner.. 6 St. John Tuff Miles... 9 CVR Spring Races... 10 40 Years of 26.2... 13 Race Schedule... 14

### **CVR President's Column:**

Here it is – my final President's Notes column. Things are starting to get busy, so I will be happy to be passing on the duties to our next President at the Annual meeting. Here is a preview of Annual Meeting agenda:

As long as the election is not compromised by Russian collusion, I expect our nominees for the board to win by a landslide. **Andy Shuford** has accepted the nomination as President and **Manny Sainz** accepted the VP nomination, so we should be in good hands for a while. I am also happy to report that John Valentine and Sandy Colvin have agreed to stay on in their positions of Treasurer and Secretary for another year.

We've been busy this winter working with Kip Roberts who is planning to open **Onion River Outdoors** sometime in April. We are very excited that this is happening and that they plan to continue to produce the Montpelier Mile in partnership with Montpelier Alive, Rotary Club and CVR (pending approval at annual meeting). Kip also would like to continue to sponsor our race series. It is all very good news for CVR and the Montpelier community. My only not as good news is that we have to make a choice between running the Paul Mailman 10 Miler/ 5K and cycling the Muddy Onion on April 28. So we moved the 10 Miler away from a conflict with the Central VT Cycling Tour right into another dirt road ride date. So it goes.

There is a new race on the Annual Meeting Agenda... Mark Howard and Jill Sudhoff-Guerin will attend the meeting to propose a trail marathon and 15 miler in the Groton State Forest that they will produce on September 8. [more details on page 5] CVR is missing a trail race in our calendar, so I can't wait to hear their proposal.

Annual Meeting is when we approve our **donations** for the year to other running organizations such as Girls on the Run, Cross-Country teams and Special Olympics. We'll get a treasurer's report and see how much there is this year to give back to the community. There may need to be some cut backs this year since Leafpeepers does continue to decline in numbers, but my preliminary report from John Valentine is that things are OK for now.

Speaking of which, the **Leafpeepers Rejuvenation Committee** will have met by than and can give an interim report on how we might assess proposed changes to the course or other changes to attract more people to the race again.

If anybody has more agenda items for me, let me know soon! But if there is too much it might delay the pizza. See you all there and maybe at an unofficial Fun Run or Wed Night Speed Work session soon!

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 Beth Daut

Appointed positions include:

CVR/ORS race series standings:..... Jim Flint
CVR clothing:..... Richarda Ericson
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

THANK YOU to all the folks who contributed articles, information and pictures for this newsletter! Especially those dedicated race directors sending info @ 10:36pm & 2:11am.

### Central Vermont Runners membership

runs from April 1st to March 31st of the following year.
join or renew your membership online at
http://cvrunners.org/?page\_id=11

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

#### **Unofficial Group Runs:**

- Mondays 4:15 p.m. Meet @ Berlin Town
   Clerk: Contact Donna at dosmyers@gmail.com
- Tuesdays and Thursdays 5 a.m. Plainfield/EMES/ Adamant. Contact <u>Mark Howard</u> at howardms@gmail.com.
- Wednesdays 5:30 p.m. Northfield, Good Measures Brewing... www.facebook.com/ events/624440864421280/
- Fridays 6:30 Randolph, Green Mountain Stock Farms trails. Contact Susannah Colby at susannahcolbyfineart@gmail.com

### **CVR Annual Meeting**

at the Four Corners Schoolhouse East Montpelier

### Sunday March 25, 2018

Meeting starts at 4:30 pm

Pizza delivered at 6:00 pm Salads, Desserts or non-alcoholic beverages may be contributed to complete the meal

- Election of officers
- Allocate donations
- Approval of Groton Trail Race, Mont Mile
- CVR race schedule update
- Update on Race Series Sponsorship
- More...

### Directions to Four Corners Schoolhouse

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

### Lebanon (N.H.) Shamrock Shuffle 5k

Brief report. BIG, BIG race. 925 finishers on a very nice course. Some ups, some downs. Nothing dramatic. I only know of three CVR finishers: John Valentine (23:39, 7<sup>th</sup> of 36 in the M60-69 group); Darrel Lasell (23:44, 8<sup>th</sup> of 36 in M60-69); and yours truly (27:37, 3<sup>rd</sup> of 12 in M70-79). Free bratwurst and drawn prizes afterward. This is a fun race, and a great intro to the running season. I recommend it!

**Bob Murphy** 

# 11/6/17 Minutes Page 1

# CVR Minutes November 6, 2017

# Call to Order, 6:35 PM

Attendees: Darragh, Bob M, John V, Eric, Donna, Mack, Cindy, Beth, Nick, Ann B, Andy, Heidi, Jeff, Michael, June, John H

- Approval of Minutes: Bob M moved to accept, unanimous
- Treasurer's update (John V):
- \$29,620 total income 18,222.87 (expenses) = \$11,397.13 gross profit, expenses not paid volunleers, Roger's \$1500 stipend, & others.
- Estimating \$2/runner 477 + 248 = 725 total runners contributes \$1500 to the
- Continue discussion of Peepers race details at Annual meeting
- Membership Report:
- Allie was not present; Donna reported.
- Overall doing well. Families have increased 18% or by 25 families. There's a total of 304 total members.
- Waiver has been added to the membership form both on the online & paper
- Spirit of the club award 2018:
- Identified new committee members: Beth, Bob, & Eric. Contact Donna for historical info
- Norm recommended the establishment of the David Ellerson Memorial for Nonrunning service volunteer of the year Award (memorial) which was approved by unanimous voice vote
- Possible criteria for award selection included

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- Non-runner
- Award volunteers that were silent partners
- ? Member of the club
- To be selected by the Spirit of the Club Committee
- Race Updates
- Ann B/New Year's Eve
- call out for volunteers
- Race will be including a sweep this year
- Permit is secured

- Need key; check with Roger, Shannon (on maternity leave)
- Donna confirmed we have plenty of Onion River bibs
- Prizes: Winners each get \$50 certificates; 12 & under
- Dylan will do FB publicity
- Need to contact Richarda (to bring supply of CVR shirts
- Need an apprentice/intem...Manny Sainz has indicated interest
- Need 4 volunteers for registration
- Need sponsor who is a State Agency Department Head or Legislator
- Michael C volunteered to contact Warren Kitzmiller to request sponsorship
- Northfield: Donna report from Rowley

0

- Numbers are down; especially for the one milers
- NSB is going to continue to sponsor, looking for better ways to outreach
- Sodom Pond: no update from Tim
- Leaf Peepers
- From Graph diagram Donna reported the statistics
- Registration have steadily decreased to nearly 50% since 2013(1400 to 725 registrant)
- Consensus the decrease coincides with the course change to Perry Hill
- \*Decision to form a committee to research alternative courses, and impacts to Waterbury. Volunteers: Darragh, June, Bob, and others expected; check with Roger.
- Fallen Leaves: 91 people!! No issues
- Annual Dinner

o

- Donna reviewed history; posed where to have it this year?
- John V confirmed we have enough money for the annual dinner
- ! Need volunteer to make arrangements with venue, up to 75 attendees, RSVP coordinator, etc.
- Check with John Martin to make arrangement
- Steak House is highly probable
- Executive committee to make final decision
- Date is set at Thursday January 25, 2018

Any race requiring road closures or any course that stops traffic requires public notice; City council suggested using Front Porch Forum. This is required for Race Directors to post

Proposed Race Schedule for 2018

Cindy G-M to work on Mutt Strut

Will raise registration fee to meet \$2/runner for CVR plus donation to CVHS

Had difficulty distributing awards; requested suggestions

Paul Mailman

Andy moving race from June to April 27 or 28

Adamant

Race Director to consider including a marathon option

Bear Swamp is July 14

Race Series/Bob Murphy

3 item changes

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Need someone to track/inventory volunteers for performance race eligibility - Dot Helling?

results (i.e. Nick would have won instead of Jim F). However, it was noted other clubs. Considerable discussion on advantages/disadvantages. After analysis, Jeff reports it would have only made one change to a winner in Proposed change focus on clubs members. Bob checked around with an age group if we would have applied these new rules to last year that racers would select races differently based on these new rules

Proposal for Rule change item 1:

100 pts in an age group regardless of volunteer status, & not compared to other non-member racer's performance First CVR member finisher (as of june 1) would receive

Vote: 7 approved proposal; 3 disapprove. Proposal passed 7/3 vote

Proposal for Rule Change item 2:

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Use results from the best of 5 races to the best of 6 o Discussed whether the benefit would or would not increase participation. Thought to produce fewer drops in races

Vote: 6 members supported proposal to increase to 6 races; 2 opposed proposal. Proposal passed 6/2 vote.

Proposal for Rule Change item 3: -

Kaynor's or none of the above (i.e. to just drop a 5K). The rationale is that there were too many 5Ks in the series at the expense of longer distance races. Committee did not replace with one of the following: VCM, Rolling Irish HM. have any preferences for a longer race replacement. Proposal is to drop the Stowe 5K (Flying Onion) and 0

Donna confirmed that Onion River Sports has no objection to us dropping the Stowe Flying Onion. o

Flying Onion. Votes as follows: VCM: 3; Rolling Irish HM: Proposal passed and elected Kaynor's to replace 5K 1; Kaynor's: 10 0

Announcements

Annual Meeting March 25, East Montpelier School house

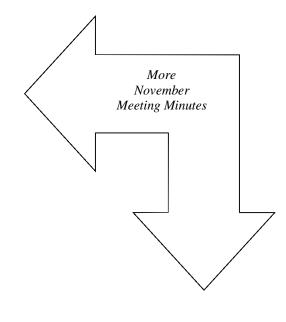
Will add incident reporting training at the next Race Director annual meeting 0

Jeff reports that Winter Long Runs will continue beginning first Sat in Dec through April 0

Nov 19 Chi running/Sarah Richardson \$35 off \$100 or 6-12 0 Blinkie lights were demonstrated—possible race swag or awards 0

Kingdom Games club competition – etc 0

Adjourned: 8:28 PM



### A New Trail Race to go Before CVRunners at Upcoming Annual Mtg.

Rugged, remote, beautiful – these are the trails in Groton State Forest. A dedicated Race-team has a preliminary state-use-permit to host the Groton Forest Trail Run on September 8, 2018 and we would like to partner with CVRunners to become a CVRunner Club event. Runners can choose from either a 26.5 mile course or a 15 mile course that are both technical, challenging and gorgeous.

Both courses are a mix of Hiking Trail: which is generally technical single track, Multi-use Trail: open to bikers and horses - mixed single and double track and Dirt Road: forest/ park road, rail trail, and town roads. They were both designed to feature some of the best trails and most interesting spots of the northern end of Groton State Forest with as little overlap as possible.

The short course is about **15** miles with 3200 ft. of elevation gain. This course features the summits of Big Deer and Little Deer with views of Lake Groton, and Owls Head overlooking Kettle Pond. This course is about 50% technical single track, 25% multiuse trail, and 25% dirt road. The long course is about 26.5 miles with 5000 ft. of elevation gain. This course is 60% technical single track, 10% multi-use trail, and 30% dirt road. In addition to Big Deer, Little Deer, and Owls Head this course



features the loops around Kettle and Osmore Ponds.

Vermont State Parks has asked for a 100-person registration cap and already the event has generated interest among community runners. As the forefront, running organization in our community, CVRunners is an ideal partner. We are working with both state and local recreational leaders and hope to make this a cornerstone, community event. Please reach out with questions to Jill Sudhoff-Guerin at <a href="mailto:jillsudhoffguerin19@gmail.com">jillsudhoffguerin19@gmail.com</a> or the Race Director, Mark Howard at <a href="mailto:howardms@gmail.com">howardms@gmail.com</a>

### **CVR Volunteer Appreciation & Awards Dinner ~ January 25th**

The annual CVR Volunteer Appreciation & Awards Dinner returned to the Steak House this year with all arrangements nicely put together by John Martin. Jeff Prescott assisted Donna Smyers to recognize the many volunteers that keep CVR running and to present the various awards. Donna specifically recognized John Martin for organizing the dinner, and Andrew Brewer of the former Onion River Sports for their support of the CVR/ORS race series for many years.

Donna went on to indicate... "Since this is a volunteers appreciation dinner, yes, that is how you earned your free dinner, I want to thank all those who volunteered this year. But time is short, so I will not name the 119 volunteers on the list.

- Thank you to the members of the executive board—Shannon Salembier, VP, John Valentine, Treasurer, Sandy Colvin, Secretary, our Past Pres, Greg Wight, and at Large members Darragh Ellerson and Dot Martin.
- Incredible work is performed by our appointed positions which include: Bob Howe, newsletter editor, John
  Hackney, webmaster, Allie Nerenberg, membership coordinator, Dylan Broderick, Social Media, Jim Flint, CVR/
  ORS Series, Ann Bushey, Grant Coordinator, Pam Eaton, Volunteer coordinator, Darragh Ellerson, Fun Runs,
  Steve Hill, Wednesday night speed workouts, Jeff Prescott, Winter Long Run coordinator.
- We also had 14 people step up as Race Directors (sometimes for multiple races): Cindy Gardner-Morse and Matt Germaine, Andrea McLaughlin, Dot Helling, Sandy Colvin, Shannon Salembier, Andy Shuford, Tim Noonan, Jackie Jancaitis, Jeff Prescott, Sue Emmons, Rowly Brucken, Roger Cranse & Ann Bushey"

There were 65 CVR members in the final standing for the CVR/ORS Race Series, running in at least one race series event and volunteering at least once. Seven of the fifteen age group winners are different then last years winners. Stars \*\*\* are next to the names of those who obtained the maximum score of 500 points.

**Female 0-19:** Theresa Noonan... with AG wins at Paul Mailman 10 Mile & Montpelier Mile.

Male 0-19: Brian Bushey... with AG win at Berlin Pond.

<u>Female 20-29:</u> Lori (Crotts) Howe \*\*\* ... with AG and 1st female overall wins at Capital City Stampede, Paul Mailman 10 Mile, Bear Swamp, Northfield Savings Bank 5K and Autumn Onion.

<u>Male 20-29:</u> Matt Rutherford \*\*\* ... with AG wins at Capital City Stampede, Paul Mailman 10 Mile, Berlin Pond, Northfield Savings Bank 5K, Sodom Pond & Leaf peepers Half Marathon.

<u>Female 30-39:</u> Megan Valentine... with AG wins at Capital City Stampede, Montpelier Mile, Berlin Pond & Northfield Savings Bank 5K.

Male 30-39: Colin Clifford...

<u>Female 40-49:</u> Anna Milkowski \*\*\* ... with AG wins at Capital City Stampede, Paul Mailman 10 Mile, Stowe 8 Mile, Bear Swamp & Autumn Onion.

<u>Male 40-49:</u> Jon Floyd... with AG wins at New Year's Eve 5K, Capital City Stampede, Leaf peepers Half Marathon & Autumn Onion.

<u>Female 50-59:</u> Dot Martin \*\*\* ... with AG wins at New Year's Eve 5K, Barre Town Spring Run, Paul Mailman 10 Mile, Bear Swamp, Berlin Pond & Leaf peepers 5K.

Male 50-59: Jim Flint... with AG wins at New Year's Eve 5K, Bear Swamp & Sodom Pond.

<u>Female 60-69:</u> Sue Emmons \*\*\* ... with AG wins at Barre Town Spring Run, Paul Mailman 10 Mile, Bear Swamp, Berlin Pond & Sodom Pond.

<u>Male 60-69:</u> Mike Gillis... with AG wins at Barre Town Spring Run, Berlin Pond, Leaf Peepers 5K & Autumn Onion Female 70-79: Celine Blais... with AG wins at Bear Swamp & Berlin Pond

<u>Male 70-79:</u> John Hackney... with AG wins at New Year's Eve 5K, Bear Swamp, Northfield Savings Bank 5K & Leaf peepers Half Marathon.

**Male 80 + :** Gerry Carlson... with AG wins at Barre Town Spring Run & Bear Swamp.



John accepts the Spirit of the Club Award

The recipient of this year's

### Spirit of the Club award

should not be a surprise to anyone who has been a member for many years. John Valentine has demonstrated his spirit and value to the club since he joined CVR in the 1980's.

In addition to being a frequent volunteer at many club events, John was the race director of the Capitol City Stampede for 11 years, from 2006 to 2016, and shepherded the club through a transition from the old Court Street start to one starting and finishing in front of the Club's long-time supporter, Onion River Sports. During that time, John showed steady leadership and a commitment to a quality event.

In 2013 John agreed to taking over Treasurer duties for the Club, a position he maintains today. Little did he realize that within a year he would be embroiled in a full-fledged IRS audit of the Club's finances. True to form, John tackled the problem head-on, assembled necessary documentation and came through the audit with flying

colors. The entire Club (especially the officers) breathed a sigh of relief when the news was received that we were in the IRS' good graces, and that no one would go to jail.

Another thing that many may not be aware of is John's activities as a course measurer. For the past few years he and Donna have been the Club's go-to couple for measuring or re-measuring CVR race courses, an activity necessary to ensure that folks running our races know that it is an accurately certified event.

As a side note, John may be the CVR member who has been consistently racing for the most years. His first marathon was in 1966, and then he did his first (and only) Mount Washington Road Race the following weekend. He ran the Boston Marathon in 1969 and will be there again this year, just 49 years later.

So I take great pleasure in presenting this year's Spirit of the Club Award to **John Valentine**.

(presentation by Bob Murphy)



Photos courtesy of Manny Sainz

CVR initiated the **David Ellerson Volunteer of the Year Award** in 2018, at the suggestion of Norm Robinson, . It is differentiated from the Spirit of the Club Award which is given to a person who has demonstrated extraordinary service to CVR. The David Ellerson award is designed to celebrate the type of volunteer that David was. David, as a CVR family member, was present at race after race helping out (and ministering to Darragh as needed) despite not being a runner himself. Each year, we find club members who volunteer and stay involved with CVR without being active racers. We count on those family members and past and future runners to keep our events thriving and to remain part of our social network.

There are several CVR family members who definitely deserve the award this year, however, we decided that the **inaugural** David Ellerson Volunteer award should be presented to **Darragh Ellerson**. Darragh was an accomplished runner from before the inception of CVR. She is no longer running, however, Darragh remains one of the most involved members of the club. For at least 20 years, Darragh has volunteered nearly every Tuesday afternoon from May through October, rain or shine. She tracks down the names of kids speeding through the Fun Run finish and manages to get results typed up for the World every week. Darragh also volunteers at any CVR event she can and remains active on the Leafpeepers Race Committee. We are hoping that all CVR members continue to be so active in the club throughout their lives.

It is no coincidence that she was also a recipient of the inaugural Spirit of the Club Award in 2005.



Darragh moves forward to accept the David Ellerson Volunteer of the Year Award (presented by Donna)



View from our porch...

**Thorin** and I just wanted to send a quick update. We've spent the winter in St John, USVI, so we've been out of the loop on winter races. However, we ran St. John's annual race - the 8 Tuff Miles. It's from one end of the island to the other, up and over the mountain. Because of the hurricanes the official race was cancelled this year, but 200-300 people still came out for the "unofficial" race. Thorin won the unofficial race, which all 2,000 people on island have loved talking about since. We also ran the 14 mile St. John trail race, with over 2700 feet of elevation gain and a much smaller crowd of about 9 people. It's been great running in shorts all winter, but we're excited to get back to Vermont next month. Meredith Naughton



Thorin cruising to the finish of the 8 Tuff...



www.facebook.com/CentralVermontRunners

## 44<sup>th</sup> Annual Paul Mailman Montpelier Ten Miler & 5K

Saturday, April 28, 2018 Starting Time: 8:45 am for both races

There are big changes for the Paul Mailman Ten Miler this year. The date has moved to April 28, which is a Saturday. This was done to provide cooler weather than the usual hot and humid June date. Also, there are a lot races in June but not so many at the end of April. And the 10 mile distance is a great marathon tune up for VCM (or the Adamant 20 miler). No other changes are planned: same start time, same course, same location, and back again this year is the flat and fast 5k option. And once again, this is the RRCA 10 mile Vermont State Championship. This is your chance to be state champion and win a big gold medal. The winner of each division below will receive a State Champion Award. There are four divisions for the state championship: Open, Master (40+), Grand Masters (50+) and Senior Grand Masters (60+). You can't double dip for the state championship awards. For example, if a 60-year-old wins the Open race, then they win that division and the 2<sup>nd</sup> place 60 or older wins the Senior Grand Master division. Finally, this is the second event in the CVR Race Series. This is a good opportunity to get another race for your total of six.

**Pre-Registration:** To pre-register, make checks payable to Central Vermont Runners and mail entries to:
Andy Shuford, 10 Park Ave., Montpelier, VT 05602.

**Race Day Registration:** in the back lobby of Montpelier High School April 28 from 7:30 am - 8:30 am. Restroom facilities available.

Fee: \$15 pre-registration (by April 25); \$20 on race day.

**COURSE:** Starts/Ends on Montpelier High School track. 10 Mile: flat to rolling out and back course over primarily dirt roads. Four water stations. 5K: flat, mostly paved.

Race Entry Form and Detailed Map with Elevations at http://cvrunners.org/?page\_id=328/



## You missed it last year, but it's back for 2018!

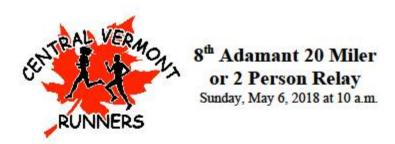
Sunday, May 6, 2018 at 10 a.m.

### The 8th... Adamant 20 Miler or 2 Person Relay

Don't need (or want) a 20 mile run? Do the 2 person 13 / 7 mile relay!

To Benefit: Adamant Community Arts Center

Course map and additional details at http://cvrunners.org/?page\_id=71



Run scenic out and back course on dirt roads with ponds and hills through Calais and Woodbury.

- ! Great training race for Vermont City Marathon!
- ! Aid Stations every 2 miles
- ! Hearty, warm post race soups and bread

### 2 person Relay

- ! Relay leg 1: 13 miles out, leg 2: 7 miles back with portolet and parking near exchange
- ! Each participant must register individually, please specify leg and partner when registering
- ! Participants responsible for own transportation or carpooling to/from exchange point

**Directions**: From Montpelier, follow Main St. through the roundabout and up the hill. Main St. becomes County Rd. At 6 miles from the roundabout turn right on Haggett Rd. In 1.1 miles, turn L on Martin Rd. The Adamant Community Club is on your R. Please park as directed by signs and volunteers.

Registration Race Day 8:30-9:45 a.m. Adamant Community Club, 1161 Martin Rd, Adamant For More information call Donna Smyers 802-229-4393 dosmyers@gmail.com

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| OFFICIAL  | L ENTRY FORM - Ma  | ay 6, 2018 ADAM.   | AN1 20  | MILER  |
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| know that running a road race is a po   | tentially hazardous activity. I s  | hould not enter and run  | unless I a  | m medically able and properly  |
| know that running a road race is a po-<br>cained. I agree to abide by any decision of the participating in this event including the prohibited. Having read this was reposeentatives and successors from all ability may arise out of negligence or use my photographs or any other reconstitute of a cancellation which materials. | on of a race official relative to m<br>ng, but not limited to, falla, con<br>all such risks being known and i<br>wer and knowing these facts an<br>aive and release the Central Ve<br>I claims and liabilities of any kt<br>carelessness on the part of the<br>rd of this event for any legitima<br>by arise from extreme weather of | ny ability to safely compi<br>stact with other participal<br>appreciated by me. I und<br>id in consideration of yo<br>muont Runners, Adamar<br>ind arising out of my par<br>persons named in this w<br>the purpose. I understant | ete the events, local a<br>lerotand their acception<br>of Commu-<br>ticipation<br>alver. I gra<br>I that this | ent. I assume all risks associated inimals, the effects of the weather, hat running with a baby jogger or ng my entry. I for myself and rulty Club., and all sponsors, their in this event even though that art permission to the foregoing to event does not provide for retund |

Entry Fee: \$25 by 5/1, \$30 Race Day

Payable to CVR c/o Donna Smyers, PO Box 102, Adamant VT 05640

# 22<sup>nd</sup> Annual Mutt Strut Benefits Humane Society

Is your dog eager to participate in a dog-friendly race? And to support the Central Vermont Humane Society?

Come to Waterbury, Vermont at 10:00 AM on Sunday, April 22, 2018. The course is wooded and loops up and down for this three mile race through Little River State Park.

The 2018 entry fee is \$10.00. Registration will be on race day only. Dogs must be leashed at all times. **You do not have to bring a dog** to participate in this unique dog-friendly event, organized by the Central Vermont Runners Club (CVR). See Mutt Strut on CVR's Website: http://cvrunners.org/?page\_id=232

The 2018 sponsors will be announced later this spring. Thank you to the 2017 sponsors: Guy's Farm and Yard – Montpelier, Onion River Animal Hospital (Montpelier), Montpelier Agway Farm and Garden Co., One Stop Country Pet Supply (Barre), Pet Food Warehouse (Williston). Hardwick Vet Clinic, Woodbury Mountain Toys (Montpelier), The Quirky Pet (Montpelier) and others. Prizes will be awarded by dog weight and owner age/gender classes.

Course Records: Joe McNamara and Dillon 16:59 (1998) /// Caitlin Compton and Clover 19:00 (1999)



Race Director: Cindy Gardner-Morse



Photos courtesy Gordon Miller & Cindy Gardner-Morse

Saturday, May 19, 2018 9:00 am Barre Town Recreation Facility

Details and Printable Entry Form at http://cvrunners.org/?page\_id=156

Race Director: Andrea McLaughlin at ajvtskier@msn.com

| NEWC: (frame CVD manush on Davis Direct Wilton NIII)  |  |  |  |  |
|---|--|--|--|--|
| NEWS: (from CVR member Dave Birse, Wilton NH)   |  |  |  |  |
| So my consecutive marathon streak has been snapped at 40 years in a row. From 1977-2106 I ran in at least one 26.2 mile race per year, many memories. God gave me good health, good genetics and a good work ethic. |  |  |  |  |
| Highlights  |  |  |  |  |
| it included:  |  |  |  |  |
| - 3 victories(1991 and 1992 Green Mt Marathon, and one in Kentucky);  |  |  |  |  |
| - 62 total;   |  |  |  |  |
| - 17 sub 3 hrs,   |  |  |  |  |
| - a sub 3 hr in four different decades;   |  |  |  |  |
| - 7 sub 2:50s   |  |  |  |  |
| - 8 Bostons   |  |  |  |  |
| - 4 times wearing kilts   |  |  |  |  |
| - twelve top ten;   |  |  |  |  |
| and never ever dropped out of even one, never ever cheated in any way, shape or formall honest. 100%.   |  |  |  |  |
| Proud of that record which would have continued had I not been in the Philippines serving as a missionary now, where by God's grace I am, have a ministry here, and plan to remain all the days of my life.         |  |  |  |  |
| Blessings. Dave Birse   |  |  |  |  |

### 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.

- CVR & GMAA Race Schedule, and other area races... ( \*\* races that are part of the CVR race series )
  - \*Please check with race contacts to confirm race times and other details\*
- March 31, Frank Nealon Boston Tune-Up 15K, 10:00am, Upton, MA, *Contact:* http://www.tri-valleyfrontrunners.com/
  - March 31, Salem April Fool 10K & 5K, Salem NY, Contact: www.aprilfoolsrace.com/
  - April 7, Bluff Spring Runoff 5K, Claremont NH, Contact: www.runreg.com/springrunoff5k
- **April 7, Rabbit Run Half Marathon & 5K,** Newfane, *Contact:* <u>www.facebook.com/RabbitRunHalfMarathon/?</u> fref=ts
  - April 8, Soup Kitchen 5K, 10K & 3K walk, 1:00pm, Nashua NH, Contact: http://nsks.org/racehome0.aspx
  - April 14, Half Marathon Unplugged, Colchester, Two wave start, Contact: www.runvermont.org
  - April 15, Dream Big 5K, 10:00am, Essex, Contact: https://runsignup.com/dreambig5krunwalkroll
  - 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: cvrunners.org Cindy Gardner-Morse
- \*\* April 28, "CVR" Paul Mailman Montpelier 10 Mile & 5K, 8:45, Contact: Andy Shuford at 272-3218 or andy.cvr@myfairpoint.net and Andrea McLaughlin
  - April 28, Tristin's Live, Laugh & Love 5K, 9:30am, Lebanon NH, Contact: www.tristinsrun.org/
  - April 28, Sports Medicine Center 5K, 10:00am, Rutland, Contact: www.vermontsportsmedicinecenter.com
- **April 29, Sap Run 8.5 Miles & relay,** 9:00am, Swanton to St. Albans, *Contact:* <u>www.vtmaplefestival.org</u> or <u>www.stalbansrec.com</u>
  - May 4, (Friday) NH DARE 5K, 6:30pm, Loudon NH, Contact: www.dareclassic.com
- May 6, "CVR" Adamant 20 Miler or 2 Person Relay, 10:00am, downtown Adamant, Contact: cvrunners.org or Eric Ryea
  - 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
  - May 6, Dam Run 4 Mile, 9:00am, Springfield, Contact: www.springfielddamrun.com
  - May 12, "GMAA" Pump It Up 5 Miler, 9:00am, Jericho Elementary School, Contact: www.gmaa.net
  - May 13, Mother's Day Half Marathon, Whately MA, Contact: http://racewmass.com
- \*\* May 19, "CVR" Barre Town Spring Run 5K, 9:00am, Barre Town Recreation Field, Contact: cvrunners.org orAndrea McLaughlin at 476-4417 or ajvtskier@msn.com
- May 19, Dandelion Run 13.1, 6.2, 4 & 2 Mile Run, Derby, Holland & Morgan VT, *Contact:* www.kingdomgames.co/
  - May 19, Big Lake Half Marathon, Alton NH, Contact: http://biglakehalfmarathon.com/
  - May 20, Shires of Vermont Marathon and 13.1, Bennington to Manchester, Contact: http://www.bkvr.net/
  - May 27, Vermont City Marathon & relays, Information at www.vermontcitymarathon.org
- **June 1, "CVR" Kids Track Meet**, Montpelier High School, *Contact:* cvrunners.org or Dot Helling at dothelling@gmail.com and Sandy Colvin
- \*\* June 9, "CVR" Capital City Stampede 10K, 9:00, Montpelier, Contact: cvrunners.org or Shannon Salembier at shannonsalembier@gmail.com
  - June 17, "GMAA" Equinox Trail Race 5K/10K, 9:30am Contact: www.gmaa.net
  - July 3, Montpelier Mile, Contact: to be announced
  - July 4, "GMAA" Clarence DeMar 5K, 8:30am, South Hero Contact: www.gmaa.net

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

- \*\* July 8, Stowe 8 Miler ( & 5K ), Price Increase April 3rd, Contact: stowe8miler.com
- \*\* July 14, "CVR" Bear Swamp Run (5.7 miles), 9:00, Middlesex, Contact: Tim Noonan at 223-6216 or carrnoonan@comcast.net

July 28, "GMAA" Round Church Women's Run 5K/10K, 8:30am, Richmond, Contact: www.gmaa.net July 29, "CVR" Barre Heritage Festival 5K Trail Run, Contact: cvrunners.org

- \*\* August 16, "CVR" Berlin Pond 5 Mile, Contact: cvrunners.org or Jeff Prescott at jeffp\_cvr@myfairpoint.net or Sue Emmons at sue.emmonds@comcast.net
  - \*\* September 1, "CVR" Northfield Savings Bank 5K ( & 1 Mile ), Contact: Rowly Brucken September 2, "GMAA" Archie Post 5 Miler, 8:00am, Burlington Contact: www.gmaa.net Sept 9, "GMAA" Scholarship Trail Race 5K, 8:30am, South Burlington Contact: www.gmaa.net
  - \*\* September 12, "CVR" Sodom Pond 4 Mile, 6:00pm, Adamant, *Contact:* cvrunners.org September 15, "GMAA" Common to Common 30K, 8:30am, Essex *Contact:* www.gmaa.net
- \*\* **September 30, "CVR" Leaf Peepers Half-Marathon and 5K,** 11:00am, Waterbury, *Contact:* leafpeepershalfmarathon.org/

October 6, "GMAA" Art Tudhope 10K, 9:00am, Shelburne Contact: www.gmaa.net

October 14, "GMAA" Green Mountain Marathon & 13.1, 8:30, South Hero Contact: www.gmaa.net

\*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<br>Park | Sunday, April 22, 10:00am                     |
| ** Paul Mailman 10 Miler/5K | Andy Shuford & Andrea McLaughlin | Montpelier High<br>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<br>School       | Saturday, May 19, 9:00am                      |
| Kids Track Meet             | Dot Helling & Sandy Colvin       | Montpelier High<br>School  | Friday, June 1, 6:00pm                        |
| ** Capital City Stampede    | Shannon Salembier                | Montpelier                 | Saturday, June 9, 9:00am                      |
| ** Bear Swamp Run           | Tim Noonan                       | Rumney School<br>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<br>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<br>School  | Saturday, Nov 3, 9:00am                       |
| Fallen Leaves #2            | Tim Noonan                       | Montpelier High<br>School  | Saturday, Nov 10, 9:00am                      |
| Fallen Leaves #3            | Tim Noonan                       | Montpelier High<br>School  | Saturday, Nov 17, 9:00am                      |
| ** New Year's Eve           | Ann Bushey                       | Montpelier                 | Monday, Dec 31, 2:00pm                        |



March 2018

### NEWSLETTER

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