

Newsletter

May 2018

Volume 39

Issue 3



In this Issue:

Winter Long Runs... 4
 Ragnar Relay... 7
 Montpelier 10 M... 9
 Mutt Strut... 11
 Adamant 20 M... 12
 Mar. Meeting Min... 13
 Race Schedule... 15

CVR President's Column:

Spring is here and our short summer will be here and gone before you know it. The crazy weather has been a popular topic in past May newsletters but is something we can do little about.

I have a few goals as CVR President but the most important part of the job is supporting you in making the club be what you want it to be. It is your club and your efforts make it what it is. Grass-roots efforts in the club have spurred many great initiatives, such as Winter Long Runs, Wednesday Speedwork and the new Groton Trail race. So keep those ideas coming and let me know what is on your mind.

But since autocracy seems to be popular with a lot of folks these days, I will lay down some initiatives I would like to see:

Increase our "footprint" in the Central Vermont area with runners of all types, either through races or new members. I want us to be known as friendly and inclusive, not a club for just "elites". Some runners are intimidated at the thought of going to a race or Fun Run.

Reduce the average age of the club (and not by losing older members). At the Paul Mailman 10 mile recently, we had 5 runners in the 20-29 group and 19 in the 50-59. I don't want us to be known as a club for the over 50 set.

Have some events where club members can get together in a non-running context and have fun (what you might call a social event). Races and Fun Runs are great social events too, but having some other opportunities will help us as a club. Mack's Green Up is one example. This summer I would like to have a Sunday afternoon picnic/day at the lake. I am thinking a Sunday in July. We'll work out details later and if you have thought about this, let me know.

We are getting deep into the CVR Race Series now. With the Paul Mailman 10 Miler, there are three races in the books. The good news is Onion River Outdoors is back and will be sponsoring the series again. That also means the Montpelier Mile is back and will be produced by Onion River with a little help from us. We are not certain about the Autumn Onion in October but given its popularity, it likely will return. So that gives us 13 races. Your best 6 count (up from 5 last year) and now the points are based on the top CVR runner in your age group, who may not necessarily be the top of the age group. Go to the website for more details, but at least know it will be a little different this year. At the end of the season we can evaluate how we like the changes but now you know this season's rules and you can figure out how to use them to your advantage. Six races total will be hard for me to get but there are still 10 left. That doesn't sound so hard...

And a reminder about membership - your membership must be up to date as of June 1 in order to participate in the Race Series. If you are unsure as to your status, contact Allie Nerenberg, Membership Coordinator.

(continued on the following page)

CVR President's Column: *(continued from previous page)*

Here is something we can be proud of besides the races we put on. We continue to pay out our "profits" to youth community running organizations. Back in March, we approved \$250 payments to 6 programs:

- Barre Town Boys & Girls Running Programs
- Montpelier Girls on the Run
- Moretown Girls on the Run
- Craftsbury Girls on the Run
- Special Olympics
- Calais Elementary School Running Program (late addition)

Note that the Calais program was not submitted in time and wasn't voted on in March. Due to a change in responsibilities at the school, they missed our deadline. But their story was compelling enough that the CVR Executive Committee agreed to fund them. This Calais program is now headed up by former students now at U-32 who enjoyed running in elementary school so much that they wanted the program to continue. Now they run the program.

In the fall, our budget is set to support three Cross Country programs as well. So when someone asks you at a CVR race "what organization does this race support", you can tell them.

This year will be the final year for long time Leaf Peepers race director Roger Cranse as he has decided to step down. We have a very active Leaf Peepers Rejuvenation committee working on things like possible new (or old) course, new race amenities and new race director. This year's race is set for September 30 with no changes from the previous few years, but needless to say the 2019 edition will be different. Leaf Peepers is no different than many of our races and others in general; most have seen significant declines in participants in the last few years. The committee is working to find a way to stop the decline and get participation back up.

Later this summer, CVR will sponsor a long trail race for the first time, the Groton Forest Trail Run on September 8. Distances are 15 and 26.5 miles. Interest in the race has been high and it is limited to 100 participants, so registering early is a good idea if you are interested.

Look forward to seeing you all out there at the races, Fun Runs and other events we have this summer.

Andy

Downtown Montpelier

July 3, 2018

6:00pm

Montpelier Mile

This newsletter is a publication of the
Central Vermont Runners

Elected Officers include:

President:..... Andy Shuford

Vice-President:..... Manny Sainz

Secretary:.....Sandy Colvin

Treasurer:..... John Valentine

Past President:..... Donna Smyers

Executive Committee members at large:

Darragh Ellerson and Beth Daut

Appointed positions include;

CVR 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 & Manny Sainz

Volunteer coordinator:..... Pam Eaton

Volunteer / Awards dinner:..... John Martin

Volunteer Record Keeping:..... Dot Helling

Webmaster:.....John Hackney



*Central Vermont Runners is a member of
RRCA, the Road Runners Club of America*

CVR May Meeting

Monday May 14,
Potluck at 6pm, meeting at 6:30pm
(done by 8:00pm)... at Bob Murphy's
35 Birchwood Park Drive
Barre Town

Driving directions...

Coming from I-89 Exit 6, follow Vt. 63 down hill to the flashing light; turn left onto Miller Rd.; then take a left in about 1/4 mile onto Birchwood Park Drive. I am 1/2 mile down that road on the right. White house, only one with green metal roof.

Coming from So. Barre, follow Vt. 63 up hill to the flashing light; turn right onto Miller Rd.; then take a left in about 1/4 mile onto Birchwood Park Drive. I am 1/2 mile down that road on the right. White house, only one with green metal roof.

From the Airport Road, turn right onto Miller Road, go about 1/2 mile and turn right on Perry Road. Follow Perry about 1/4 mile and take a left onto Birchwood Park Drive. I am the 5th house on the left, white house with green metal roof.

Some parking in driveway. Others may park on the road.

It's Official...

Fun Runs and Walks Each Tuesday at 5:30pm

At the **Montpelier Bike Path**
behind the Department of Labor building
adjacent to **Montpelier High School**

Running Distances of 1, 2, 4 and 6 miles

Walking Distances of 1, 2, and 4 miles

Cindy Gardner-Morse will be walking and invites
other walkers to join her

Other Group Runs :

- **Mondays - 4:15 pm.** Meet @ Berlin Town
Clerk: Contact Donna at dosmyers@gmail.com
- **Tuesdays and Thursdays - 5 am.** Plainfield/EMES/
Adamant. Contact [Mark Howard](mailto:markhoward@gmail.com) at
howardms@gmail.com.
- **Weds. - 5:30 pm.** Northfield, Good Measures Brew
www.facebook.com/events/624440864421280/
- **Weds. - 6:00pm.** Speed Workout... Montpelier High
School Track, Matt at m.d.s.rutherford@gmail.com
- **Fridays - 6:30pm.** Randolph, Green Mountain Stock
Farms trails. Contact Susannah Colby at
susannahcolbyfineart@gmail.com

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

Capital City Stampede

June 9 , 2018 at 9:00am

Start / Finish on Langdon Street

Registration at City Center Lobby
(89 Main Street)

2017-2018 CVR Winter Long Runs...By the Numbers

by
Jeff Prescott

Ok, folks, we need to talk. We just completed our 6th season of CVR Winter Long Runs. As coordinator, I didn't do anything differently from what I have always done. But so many people showed up and ran. (And ran and ran.) I honestly don't know what happened. All sorts of records were literally destroyed. (Note: When I say "literally", I mean "figuratively" which is literally the opposite of what "literally" literally means. But that's how people talk these days. What can you do?)

This year, our season began on December 2 and ended on April 21. We had two weekends off for the Christmas / New Year holidays. And then we had two unprecedented severe weather cancellations in January. (Remember when the high temperature was -9 degrees with 12 mph wind? Remember when we had freezing rain/ice and the rivers flooded?) And we did not have organized runs the weekend of Kaynor's Sap Run and the weekend of Half Marathon Unplugged / Boston Marathon. When it was all said and done, we had 15 winter long runs...which is a tie for the dubious distinction of fewest ever. This was well behind our customary 19-20 runs per season.

Despite having fewer runs than usual, all sorts of other records were broken:

- When you add up all participants for our 15 organized runs, we had 231 finishers...compared to the previous record of 160 finishers in 19 organized runs in 2016-2017. That's a year-over-year increase of 41% even though we had 5 fewer runs. That's really something!
- This season, we had 57 runners who showed up for at least one winter long run, compared to 34 last season. That's a year-over-year increase of 68%. That's whack!
- Our average number of finishers per run was 15.4 compared to 8.42 in 2016-2017. That's a year-over-year increase of 83%. That's cray-cray!
- The previous record for largest turnout on a single occasion was 18 runners. This year, we had two occasions with 20 runners and a total of four occasions that were greater than or equal to the old record. That's pretty good!
- Last season, we had 5 "gold star" runners who completed 10 or more winter long runs. This season, we had 7 runners earn gold stars, despite having fewer chances to get in their 10 runs. That's not too shabby!

A few final notes and recognitions:

- We ran through Barre, Berlin, Brookfield, Calais, East Montpelier, Middlesex, Montpelier, Moretown, Northfield, Randolph, Roxbury, Stowe, Waitsfield, Williamstown and Woodbury.
- Our veteran hosts were: Andy Shuford, Beth Daut, Bob Emmons, Donna Smyers, John Martin, John Valentine, Nina Aitken, Rowly Brucken and yours truly. Our awesome first-time hosts were: Manny Sainz and Rebecca Harvey.
- Our gold star participants were: Manny Sainz, Andy Shuford, Donna Smyers, Dot Martin, John Martin, Bob Emmons and your faithful coordinator.
- No, I am not going to reveal how many times Manny got lost. ("Discretion" is my middle name.)
- Yes, this makes two seasons in a row that Andy failed to wear his cosmic kitten tights. You know what that means: six more weeks of winter. Sad!

Let's do this again next year. I'm in if you are!

Winter Long Runs : the proof is in these photos from Jeff...



Adamant



Middlesex



East Barre



Waterbury



Roxbury



Brookfield



Moretown



Randolph Center

Spring Run 5K

Fee: \$5.00

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

the 22nd Annual Kids Track Meet

Montpelier High School track

Friday, June 1, 2018.

Registration starts at 5:30. Events begin at 6pm

Free to all Central Vermont kids pre-school through 6th grade.

The first 250 registrants receive t-shirts. All participants receive finisher medals.

Events include:

- 50 yard dash
- quarter mile run
- half mile run
- mile run
- long jump
- softball throw

This year's highlights include a hamburger/hot dog stand at the track and celebrities including Miss Vermont Jr. plus running shirt giveaways. All entrants must have a parent or authorized adult sign the release form.

Sponsored by the Central Vermont Runners and directed by Dot Helling and Sandy Colvin. Please consider volunteering for, or watching this fun event. Here is another way to participate: Dot would like to give away running shirts that you don't want to the kids and parents. The shirts should be clean, gently used and desirable enough to be worn by the kids and parents (I have some running shirts that are too ugly to even give away). You can bring the shirts to Dot at the Fun Runs or bring them to the track meet. Any questions about shirts or the event, or if you want to volunteer;

Please contact Dot Helling at dothelling@gmail.com

I AM A RAGNARIAN! ... Norm Robinson

Two hundred miles, 2 vans, 12 runners averaging 17 miles, 33 hours. That is a one-line description of the Tennessee Ragnar relay that was held on March 23-24 from Chattanooga to Nashville.

If you are unfamiliar with Ragnar it is an organization that puts on relays all over the United States, and now, one in Canada and Europe. They have both road and trail relays with various twists. The road relay goes from one location to another, typically 200 miles. Most teams are the 12 runners, as stated above, but they do have an Ultra alternative as well with 6 runners on a team. The typical team has two vans of 6 runners each. Each runner runs a leg of various distance, and the second van meets the first, and they do their leg. Repeat two more times so everyone does three legs. Think Lake Winnepesaukee relay on steroids for those who remember that event!

I was in van #1 and our first runner started the race at 5:45 a.m. Because the early start was 2 ½ hours from Nashville our van went down to Chattanooga the night before and had a great meal, decorated our van, and went to bed early.

The van decoration warrants a brief description. Most vans used washable markers to list runner's names, legs completed and team name at least. Some were much more elaborate with sound systems on the roof, lights etc. We chose the more moderate approach. Another tradition is for teams to design magnets with their team name on them and slap them on opposing vans when no one was looking. It was interesting to see the collection on our van when we were done!

I was the third runner for our team, and my three legs averaged about 6 miles each. Easily the most difficult part of the event from my perspective was the wait between runs. With 12 runners on a team it was 10-11 hours between running legs. It wasn't bad when our van mates were running because we would cheer them on, etc. When the other van took over we had 6-7 hours before our first runner needed to be ready to go again, so we would drive up the road 30-40 miles, get a meal, and try to rest. There was one van exchange zone at a local school and they opened the gym for those who wanted a shower or try to nap. Imagine hundreds of runners coming and going and trying to sleep on a 1" yoga mat on the gym floor and you can probably guess how much sleep I got. Less than two hours total.

Our team finished middle of the pack, which was about what we planned on. Everyone ran hard, but we weren't trying to be competitive as far as results were concerned. I was the old guy on the team, which seems to be happening with most of the groups I am around these days. Training is more difficult than it used to be, and recovery longer, but I still get the competitive juices flowing on race day.

The trail relay is very different. Teams meet at one central location (Mt. Ascutney on August 3-4!) The teams are smaller with 8 on a standard team and 4 on an Ultra team. Each member still runs three legs, but the mileage averages about 14. You camp at the Ragnar village, and run three different trail loops. Typically, the loops are easy, medium and difficult. I ran the Appalachian trail relay in West Virginia last August and it was one of the best experiences of my running life! I have never done a lot of trail running, (sorry folks Hubbard Park is a super highway compared to what we were on) and certainly had never ran 6 miles in the middle of the woods at 3 a.m.

None of my team had ever done a Ragnar and all were a little apprehensive about the night time leg. After all, when the race organizers make you sign off on the video about meeting wildlife (i.e. bears) it makes you think a bit. In reality I doubt there was a bear within miles of all of us on the trails for 24 hours.

Once again, we didn't get much sleep. Too many things going on. **Ragnar village is impressive.** They show movies, have a bonfire, and the excitement around camp is contagious. They even have showers and hot food! The down time between running legs is less than the road relay, and you are hanging out and getting to know the other members on your team between legs. The atmosphere is very laid back and casual.

If you are looking to vary your routine I highly recommend a relay. I am part of two teams of friends from 5 different states that are coming to Vermont on August 3-4 for the Ragnar trail event. Go to www.ragnar.com to learn more about the events and all the fun you can have. I'd love to see a CVR team compete in their own back yard! If nothing else make plans to come down and see all the fun.



Central Vermont Runners join Amby Burfoot to Splash to the Finish of the Boston Marathon

A group of us stuck to our 4 minute run/1 minute walk plan to run in a group of 8, celebrating the 50th anniversary of Amby Burfoot winning the Boston Marathon (1968). John Valentine and Amby went to high school and ran together and John was on the xc team with Amby's brother Gary when they won the state xc championship. The 3 Groton friends were joined by Megan Valentine, Leslie Welts, Michelle Hamilton (*Amby's training partner*), Ray Charbonneau (*Barre native now living in Boston but still running some CVR events*) and myself. We dressed in the most crazy costumes you could ever see for a marathon. We had layers of tech shirts and jerseys covered with plastic ponchos and for some of us a jacket or big heavy tech shirt on top of that. Megan saved the day by finding spectators handing out socks as fresh dry mittens that saved several of us. I went through 2 sets of hothands and counted 6 total layers on my upper body. It was cold and wet, but we all made it as planned.

Information and photo from Donna and Andy's blog... For more information about Amby and his Vermont connections at:

<http://www.ambyburfoot.com/2018/04/several-days-before-2018-boston.html>

Also finishing this memorable marathon were CVR's Lori Howe, Bob Patterson and Sandy Colvin. Congratulations!



From Right to Left:

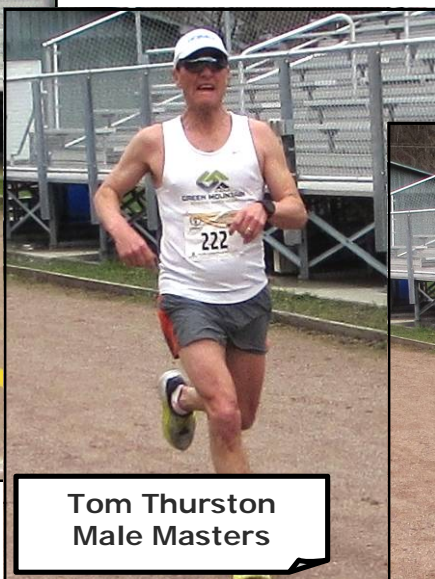
Donna Smyers, John Valentine, Amby Burfoot - celebrates his 50th Anniversary, Megan Valentine, Leslie Welts, Ray Charbonneau, Michelle Hamilton & Gary Burfoot

44th Annual Paul Mailman "Montpelier Ten Miler" & 5K

2018 RRCA Vermont 10 Mile champions:



Bryce Murdick
Male open



Tom Thurston
Male Masters



Chris Rhim
Male Grandmasters



Erin Magill
Female open



Matt Mahoney: Male
Senior Grandmasters



Dot Martin
Female Masters



Donna Smyers
Female Grandmasters



Dot Helling: Female
Senior Grandmasters

Photos courtesy Jim Flint

Paul Mailman "Montpelier Ten Miler" & 5K [4/28/18] : Overall Results

10 Mile

Place	Name	Age	S	City	St	Club	Rank	Time	Pace	
1	Bryce Murdick	21	M	Falmouth	ME		1	58:24	5:51	
2	Brian Mongeon	33	M	Montpelier	VT		2	58:47	5:53	
3	Matthew Rutherford	30	M	Mont.	VT	CVR	3	1:02:04	6:13	
4	George Deane	38	M	Waterbury	Ct	VT	4	1:02:21	6:15	
5	Tom Thurston	54	M	Waterbury	VT		5	1:02:49	6:17	
6	Thorin Markison	35	M	Mont.	VT	CVR	6	1:04:28	6:27	
7	Jon Floyd	45	M	Waterbury	Ct	VT	CVR	7	1:05:24	6:33
8	Brendan Magill	16	M	Moretown	VT		8	1:06:37	6:40	
9	George Aitken	24	M	Waterbury	Ct		CVR	9	1:08:00	6:48
10	Chris Rhim	53	M	Norwich	VT		10	1:09:44	6:59	
11	Kari Bradley	50	M	Montpelier	VT	CVR	11	1:10:23	7:03	
12	Erin Magill	18	F	Moretown	VT		12	1:10:50	7:05	
13	Michael Caplan	34	M	Arlington	VA		13	1:11:03	7:07	
14	Dylan Broderick	28	F	Mont.	VT	CVR	14	1:12:27	7:15	
15	Scott Nichols	52	M	Essex	VT		15	1:12:52	7:18	
16	Matt Mahoney	62	M	Melbourne	FL		16	1:14:30	7:27	
17	Chris Andresen	62	M	Adamant	CVR		17	1:14:34	7:28	
18	Dot Martin	57	F	Montpelier	VT	CVR	18	1:14:51	7:30	
19	Bob Emmons	59	M	S. Duxbury	CVR		19	1:15:22	7:33	
20	Rima Carlson	43	F	Montpelier	VT	CVR	20	1:17:25	7:45	
21	Anna Milkowski	43	F	Mont.	VT	CVR	21	1:17:48	7:47	
22	Avi Zimet	19	M	Montpelier	VT	CVR	22	1:18:36	7:52	
23	Nathan Suter	45	M	Mont.	VT	CVR	23	1:18:49	7:53	
24	Donna Smyers	60	F	Adamant	VT	CVR	24	1:19:39	7:58	
25	Jacqueline Jancaitis	35	F	Barre	CVR		25	1:19:40	7:58	
26	Manuel Sainz	62	M	E. Barre	VT	CVR	26	1:20:20	8:02	
27	Rachel Allen	33	F	Montpelier	VT	CVR	27	1:21:17	8:08	
28	Will Taylor	36	M	Huntington	VT		28	1:21:18	8:08	
29	Jen Dansereau	37	F	Franklin	VT		29	1:24:33	8:28	
30	Christine McHugh	25	F	Abington	MA		30	1:24:43	8:29	
31	Eric Dague	58	M	Burlington	VT		31	1:24:53	8:30	
32	John Diebold	56	M	Randolph	VT		32	1:24:55	8:30	
33	Meg Allison	45	F	Moretown	VT	CVR	33	1:25:23	8:33	
34	Jamie Shanley	65	M	Mont.	VT	CVR	34	1:26:42	8:41	
35	Rebecca Harvey	31	F	Brookfield	CVR		35	1:26:50	8:41	
36	Nick Persampieri	58	M	Mont.	VT	CVR	36	1:27:19	8:44	
37	Thomas Hogeboom	66	M	Hardwick			37	1:27:41	8:47	
38	Darrel Lasell	60	M	Williamston		CVR	38	1:27:42	8:47	
39	Dot Helling	68	F	Montpelier	VT	CVR	39	1:30:24	9:03	
40	Shannon Lawrey	23	F	Waterbury	VT		40	1:31:24	9:09	
41	Aaron Moore	41	M	Middlesex	VT		41	1:31:28	9:09	
42	Kent Murdick	52	M	Falmouth	ME		42	1:31:42	9:11	
43	Kim Bolduc	51	F	Middlesex	VT		43	1:32:26	9:15	
44	Carolyn Ix	55	F	Williamstown	VT		44	1:32:37	9:16	
45	Jeff Prescott	54	M	Montpelier	VT	CVR	45	1:34:42	9:29	
46	Annalise Cohen	31	F	Richmond	VT		46	1:35:45	9:35	
47	Becky Diedrich	53	F	Berlin	VT	CVR	47	1:37:09	9:43	
48	Kelly Collar	52	F	Moretown	VT	CVR	48	1:37:54	9:48	
49	Joanne Mugford	50	F	Barre	VT		49	1:38:15	9:50	

10 Mile (continued)

Place	Name	Age	S	City	St	Club	Rank	Time	Pace
50	Andrew DeHond	34	M	Richmond	VT		50	1:39:54	10:00
51	Dennis Kelley	62	M	Middleton	MA		51	1:41:02	10:07
52	Chris Pelkey	43	M	Barre	VT		52	1:41:52	10:12
53	Gail Pelkey	53	F	Waterbury	VT	CVR	53	1:42:22	10:15
54	Svetlana Phillips	55	F	Cavendish	VT		54	1:42:39	10:16
55	Kate Sileo	52	F	Thomaston	CT		55	1:47:24	10:45
56	Kristen Bald	44	F	Brattleboro	VT		56	1:47:25	10:45
57	Cindy Barr	49	F	W. Berlin	VT		57	1:53:03	11:19
58	Allison Plante	34	F	Barre	VT		58	1:55:01	11:31
59	Jessica Pinkans	31	F	Barre	VT		59	1:55:05	11:31
60	Jennifer Lyon	36	F	Barre	VT		60	1:57:10	11:43
61	Kristin Pelkey	37	F	Barre	VT		61	1:57:11	11:44
62	Greg Wight	72	M	Brookfield	VT	CVR	62	1:58:31	11:52
63	Kem Phillips	72	M	Cavendish	VT		63	1:58:42	11:53

**Brenden
Magill**

**1st
0-19**

1:06:37



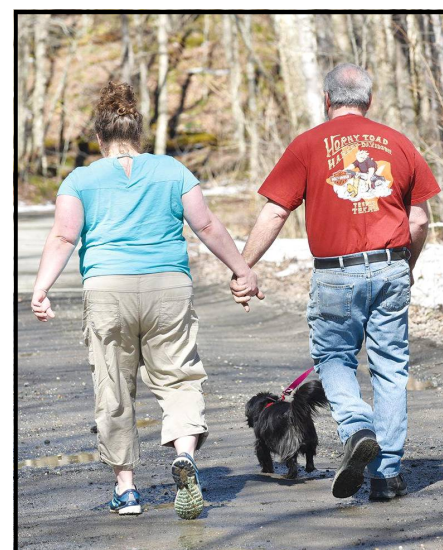
5K

Place	Name	Age	S	City	St	Club	Rank	Time	Pace
1	578 Hendrik Reinold	31	M	Barre	VT		1	20:38	6:39
2	583 Ava Thurston	14	F	Waterbury	VT		2	20:43	6:40
3	584 Ananya Christman	35	F	So. Burl.	VT		3	22:01	7:06
4	579 John Martin	66	M	Montpelier	VT	CVR	4	26:48	8:38
5	587 Audrey Acosta	11	F	Mont.	VT	CVR	5	27:04	8:43
6	585 Elizabeth McCarthy	65	F	Hardwick	VT		6	29:52	9:37
7	589 Megan Scott	37	F	Thomaston	CT		7	32:25	10:27
8	588 Stacey Rupp	32	F	Barre	VT		8	33:30	10:47
9	586 Karen Hyde	67	F	Melbourne	FL		9	40:10	12:56
10	581 Cheryl Lasell	58	F	Williamstown			10	40:24	13:01
11	582 Erich Rosenstreich	50	M	Mont.	VT		11	48:44	15:41

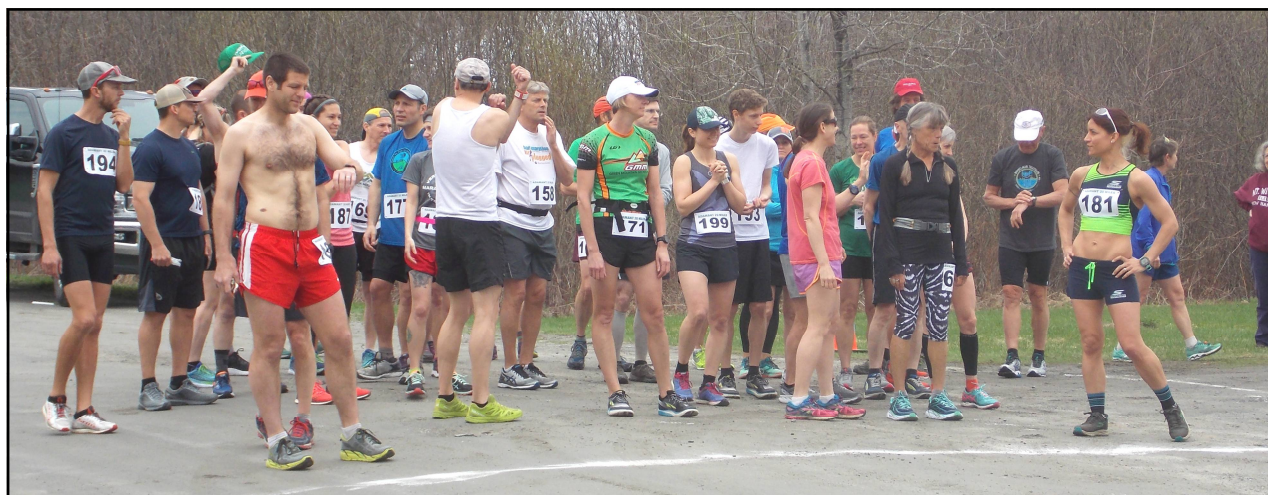
22nd Annual Mutt Strut ~ Little River State Park ~ 4/22/18

Race Director: *Cindy Gardner-Morse*

Place	Div	Name	Dogname	Age	Sex	Dogs	City	Time
1	1	Eric Morse	Murdock	53	M	S	Berlin	19:19
2	1	Tamara Haywood Kirby		28	F	S	Waterbury	20:56
3	1	Ross Lieblappen Altai		33	M	L	Middlesex	21:23
4	1	Mack Gardner-Morse	Ginger	56	M	L	Calais	21:26
5		Mariana Wingood		31	F		Waterbury	21:40
6	1	Lydia Petty Winnie		34	F	S	Northfield	22:13
7		Anna Milkowski		43	F		Montpelier	23:28
8		Tyler Wingood		31	M		Waterbury	24:42
9	1	Kristi Kilpatrick Toby		33	F	L	So. Burlingt	25:24
10		Joseph Perry		9	M		Jericho	27:11
11		Esther Peterson		25	F		Berlin	27:12
12	1	Darrell Lasell Cholie		60	M	S	Williamstown	27:37
13	1	Daniel Tyminski Copper		22	M	L	Newport	27:38
14	1	Thomas Perry		33	M	S	Jericho	28:38
15	1	Ken Vandermark Rakiki		70	M	L	Randolph	29:26
16	1	Phyllis Arsenault- Bubba		61	F	L	Duxbury	29:38
17	1	Kevin Reid Prim		45	M	S	Milton	29:50
18	2	Stanley Tribble Ziggy		38	M	L	Berlin	30:00
19		Kate White		47	F		Worcester	32:01
20	1	Becky Diedrich Bella/gra		53	F	S	Berlin	32:03
21	2	Kasia Connors Hachi		34	F	L	Milton	32:06
22	1	Katie McHugh Stella		48	F	S	Northfield	32:29
23	1	Rachel Stearns Goober		27	F	L	Montpelier	32:43
24	3	Rebecca Sylvester Fallon		38	F	L	Johnson	33:11
25	1	John Wakefield Gary Indi		42	M	L	Montpelier	33:26
26		Greg Wight		72	M		Brookfield	33:35
27	2	Theresa Kerrigan Bella		31	F	S	Quincy	34:50
28	1	Audrey Acosta Sparta		11	F	L	Montpelier	35:40
29	2	Leah Acosta Sparta		15	F	L	Montpelier	35:41
30	1	Zoe Colvin Bart		12	F	S	Montpelier	35:59
31	2	Chris Duke Gracie		43	F	S	Essex	36:25
32	1	Cheryl Peterson Telly		55	F	L	Berlin	37:41
33	3	Veronica Bango Andi		30	F	S	Ludlow	38:04
34	4	Erinn Perry Vicky		34	F	S	Jericho	38:40
35	4	Jessica D'Adamo Kaya		34	F	L	Morrisville	39:19
36	3	Jess Moore Vaya		35	M	L	Morrisville	39:19
37	2	Cheryl Lasell Lexie		58	F	S	Williamstown	41:36
38	1	Willem Colvin Bart		8	M	S	Montpelier	42:21
39	3	Sandy Colvin Bart		49	F	S	Montpelier	42:22
40	2	John Malter Josey		70	M	L	Waterbury	44:21
41		Will Angier		26	M		Johnson	45:31
42	5	Lizz Higdon Leo		34	F	S	Colchester	46:01
43	2	Ellen Krajewski Ludwig		57	F	L	Barre	46:59
44	2	Vinca Krajewski Ludwig		29	F	L	Burlington	47:00
45	2	Shawn Bizko Astro		42	M	L	Berlin	47:44
46	1	Tonya Guthrie Zeus		41	F	L	Berlin	47:56
47		Torrey Hanna		10	F		Vergennes	52:22
48	2	Jonathan Schutz Abby		30	M	S	Barre	53:16
49	2	Jessica Hurlbert Nova		25	F	S	Barre	53:17
50	3	Chelsea Martin Abby		26	F	S	Barre	53:19
51	3	Denise Boucher Brownie		57	F	L	Plainfield	54:07
52	1	Brian Hurlbert Brownie		62	M	L	Plainfield	54:09
53		Emily Buskey		49	F		Vergennes	54:19
54	2	Dean Williams Brill		40	M	S	Eden	57:08
55	2	Tom Williams Otto		50	M	L	Eden	57:11
56	1	Cam Page Jojo		65	F	S	Stowe	57:12
57	3	Karen Cote Emma		53	F	S	Essex Jct	58:49
58	2	Cris Cote Emma		55	M	S	Essex Jct	59:50



Photos by Gordon Miller /
Waterbury Record



Photos courtesy Donna & Eric

Sara Dunham & Matt Rutherford



Sue & John Hackney

8th Annual Adamant 20 Miler and Relay

May 6, 2018

Adamant, VT

*****OVERALL RESULTS Individual and Relay*****

Place	Div/Tot	Name	R	Div	Time	Pace
1	1/6	Iain Ridgway	I	M3039	2:19:19	6:58
2	2/6	Matthew Rutherford	I	M3039	2:23:58	7:12
3	1/5	Sara Dunham	I	F4049	2:26:09	7:19
4	3/6	Jon Cormier	I	M3039	2:31:07	7:34
5	4/6	Chris Bernier	I	M3039	2:41:24	8:05
6	1/3	Dylan Broderick	I	F2029	2:43:38	8:11
7	1/2	Rima Carlson	R	F	2:44:06	8:13
8	2/5	Sarah Poplawski	I	F4049	2:49:41	8:30
9	5/6	Thorin Markison	I	M3039	2:50:24	8:32
10	1/3	Jim Farrington	I	M4049	2:51:12	8:34
11	6/6	Jarred Cobb	I	M3039	2:53:50	8:42
12	2/2	Erin Preston	R	F	2:54:03	8:43
13	1/2	Chris Andresen	I	M6069	2:55:31	8:47
14	1/7	Steve Snook	I	M5059	2:57:47	8:54
15	2/2	Manny Sainz	I	M6069	2:58:45	8:57
16	2/3	Sal Acosta	I	M4049	2:59:32	8:59
17	1/1	Richarda Ericson	R	C	3:00:17	9:01
18	1/1	Avi Zimet	I	M0119	3:03:28	9:11
19	1/2	Sue Hackney	I	F6069	3:05:48	9:18
20	2/7	Mark Howard	I	M5059	3:06:42	9:21
21	3/3	Tim Rothfuss	I	M4049	3:06:56	9:21
22	1/1	John Hackney	I	M7099	3:08:30	9:26
23	3/5	Erin Randall-Mullins	I	F4049	3:08:42	9:27
24	4/5	Kim Boyarsky	I	F4049	3:13:30	9:41
25	1/1	Sandy Colvin	R	F	3:13:44	9:42
26	3/7	Chuck Schwer	I	M5059	3:14:05	9:43
27	4/7	Wayne Reisberg	I	M5059	3:15:45	9:48
28	5/5	Katrina Phillips	I	F4049	3:22:37	10:08
29	5/7	Tom Cardinal	I	M5059	3:24:00	10:12
30	1/1	Carole Coggio	I	F5059	3:24:01	10:13
31	1/3	Sarah Katz	I	F3039	3:24:40	10:14
32	2/2	Dot Helling	I	F6069	3:29:07	10:28
33	2/3	Caitlin Patterson	I	F3039	3:29:47	10:30
34	2/3	Charlotte Farrell	I	F2029	3:33:41	10:42
35	3/3	Lisa Gunderson	I	F2029	3:47:57	11:24
36	6/7	Carl Etnier	I	M5059	4:06:23	12:20
37	3/3	Julie Higgins	I	F3039	5:22:26	16:08
38	7/7	Michael Oconnor	I	M5059	5:22:26	16:08

CVR Annual Meeting Minutes March 25th, 2018 ... subject to approval at the May meeting

32 people in attendance ... The meeting began at 4:30 pm with introductions of all the membership in attendance. Meeting Minutes from November were approved.

Treasurers Report

John handed out a report which detailed the balance of the account as well as statement information regarding checks written and income detail. He provided a summary of expenses being about \$750 more than income for the year. Donna reminded Race Directors of the process for submitting detailed reports to John after your race, so he can account for the cash flow properly.

Membership Report

Membership is up this year. Still some that haven't renewed, but numbers are roughly the same. 317 total members, 180 Indiv/Family memberships. Last year it was 306/163. Donna handed out the membership/renewal list for members in attendance to review.

Race Updates – Previous

Sandy provided an update on NYE 5k, which went well. The race had good numbers despite the cold, cold temps.

Upcoming Races

Mutt Strut – Cindy gave an update on the planning. Guys Farm and Yard will continue to sponsor this year. Cindy is looking for volunteers. She discussed with the group the idea of offering the opportunity for runners to raise money for Central Vermont Humane Society via an online fundraising campaign. She indicated she couldn't coordinate this, but if someone from the club wanted to help, CVHS would help explain how to do it. Cindy handed out a note that described the process.

Paul Mailman – NEW RACE DATE. Planning is going well, looking forward to the new date, but might be a little muddy!

Adamant 20 Miler – IT'S BACK! Sunday May 6th. It is not on a Saturday but on a Sunday this year. Donna described a few changes they need to make to the course, but it will be very similar to the course of the past.

New Race Proposals

A new race has been added to the CVR Race List. A brand-new race and will be the inaugural Groton Trail Race. Mark Howard and Jill Sudhoff-Guerin joined the meeting to share with us the planning they have done for this inaugural race. There are two distances, and a map of the race course was shared with the group. There were a lot of questions and discussion, but the members all agreed this would be a great addition to our race roster. The other update is on the Montpelier Mile will continue to be part of the race series as originally planned. This race was previously run by Onion River Sports and CVR helped ORS with the event. With ORS closing, and a new store in the works to open called Onion River Outdoors, CVR members agreed to take over ownership of the race but will continue to work closely with ORO to co-sponsor the event. Members in attendance discussed some of the details such as the prize money that has been provided to the top runners. There has been and will continue to be discussion and a search for a sponsor partner to provide the financial backing of the prize money, so it doesn't come out of the registration proceeds. Tim Heney has started to ask around and this will continue until we find a title sponsor. Good news is the race will be held, and ORO and CVR will work together to run the event. CVR will ask that some of the proceeds from the race go to CVR for co-sponsoring.

CVR Fun Runs

The Tuesday evening fun runs have started 'unofficially'. Feel free to join the group at 5:30 on the bike path. The official start will be sometime in May.

(continued on following page)

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Wednesday Speed Workouts

Matt Rutherford has volunteered to coordinate these runs, so they will continue throughout the spring and summer.

CVR Winter Long Runs

Jeff discussed the upcoming runs planned for each weekend, with the last one planned for April 21st. They have had a great group this year with 15+ joining each week for the long run. This is about double of the amount who participated last year.

Budget

Discussed what we want the budget to be this year, specifically for the grants and scholarship's the club gives out. Donna provided the information for what we did last year and started the discussion about keeping it the same, i.e. spending the same, or making changes. While we were discussing, Ann Bushey arrived and was able to provide specific detail on the work she has done to coordinate the grants and scholarships. She has been working with the various schools and Girls on the Run and gave them all a deadline for which to respond with their request. She has only received 5 requests for school running programs and 3 for XC programs. The club tries to budget for up to 10 requests, so since there are less than 10, members agreed we could budget for \$250 for both the school running programs as well as Girls on the Run and special Olympics, and \$400 each for the three XC programs.

Election of Officers

The following Officers were elected:

- President – Andy Shuford
- Vice President – Manny Sainz
- Secretary – Sandy Colvin
- Treasurer – John Valentine
- At-Large Executive Committee – Darragh Ellerson and Beth Daut

The following *appointed* positions will continue:

- Webmaster – John Hackney
- Publicity / Facebook: Dylan Broderick & Manny Sainz
- Newsletter Editor: Bob Howe
- Membership Coordinator: Allie Nerenberg
- Ors Series Standings Manager: Jim Flint
- Clothing: Richarda Ericson
- Grants: Ann Bushey
- Volunteer record Keeping: Dot Helling

Other Business

Donna discussed the idea of having a race directors meeting in which all the race directors could get together to discuss issues, share ideas and confirm process and procedures. She will try and find a date in the next few weeks before the race season starts.

Richarda discussed the clothing sales have been mostly in the tech shirts and we continue to have a lot of cotton T-Shirts. She is open to ideas of hosting something fun for the T-shirts in an effort to get rid of them. Richarda also discussed the training group she leads for Leaf Peepers. While it was a success from the point of view of helping train runners on how to prepare for the event, none of the runners joined CVR, which was our hope. In addition, this was done in coordination with ORS. It is likely we won't host another group this year, as a result of ORS closing and the work and coordination involved in hosting and the desire to increase CVR membership with these events.

Meeting adjourned at 6:15 pm ~ Sandy Colvin

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****

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 or Andrea 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 2, Race to the Top of Bradford 3.5 Mile Trail Race & 1.5 Mile fun run/walk, 9:00am, *Contact: www.bradfordconservation.org/race/*

**** June 9, "CVR" Capital City Stampede 10K**, 9:00, Montpelier, *Contact: cvrunners.org or Shannon Salembier at shannonsalembier@gmail.com*

June 10, Remembrance 5K, 9:30am, Morrisville, *Contact: <http://remembrancerun.weebly.com/>*

June 17, "GMAA" Equinox Trail Race 5K/10K, 9:30am *Contact: www.gmaa.net*

June 17, Skip Matthews 4 Mile, 10:00am, Lebanon NH, *Contact: www.skipsrun.org*

June 17, Father's Day 5K, 9:00am, Essex Junction Recreation and Parks, *Contact: www.ejrp.org*

June 23, CVMC 5 Mile, 9:00am, Berlin Pond, run or walk, *Contact: www.cvmc.org*

June 24, Shaker 7 mile, 9:00am, Enfield NH, *Contact: http://www.enfieldmainstreet.org/events/277-2/*

June 30, Vermont Senior Games Track & Field, South Burlington, *Contact: www.vermontseniorgames.org*

**** July 3, "CVR" Montpelier Mile**, *Contact: cvrunners.org or Donna Smyers*

July 4, "GMAA" Clarence DeMar 5K, 8:30am, South Hero *Contact: www.gmaa.net*

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

**** July 8, Stowe 8 Miler (& 5K)**, 8:30am, *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 14, Isle La Motte 5K & 1/2 Mile fun run, 8:30am, St. Anne's Shrine, Isle La Motte, *Contact: http://islelamotte.us/?page_id=28*

July 22, Essex half Marathon & 10K, 8:30am, Essex High School, *Contact: www.essexhalf.com*

July 28, "GMAA" Round Church Women's Run 5K/10K, 8:30am, Richmond, *Contact: www.gmaa.net*

July 29, Caspian Challenge 6.8 Mile lake loop and 5K, 8:30am, Greensboro, *Contact: www.greensboroassociation.org/*

July 29, "CVR" Barre Heritage Festival 5K Trail Run, *Contact: cvrunners.org*

August 11, Kingdom Run Half Marathon, 10K & 5K, 8:30am, Irasburg, *Contact: kingdomrun.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 8, Groton Forest Trail Run 15 Mile & 26.5 Mile, *Additional information: March CVR Newsletter, Race Director, Mark Howard at howardms@gmail.com or Jill Sudhoff-Guerin at jillsudhoffguerin19@gmail.com*

**** 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/*

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



Newsletter Editor
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May 2018

NEWSLETTER

Volume 39 Issue 3

Vermont City Marathon Volunteer Opportunities

"As a runner, it's a great feeling to be able to give back to the running community & see a race from a different perspective. Maybe you've decided not to run this year or maybe you're running but have friends and family who might want to help out. Please consider volunteering or passing this email on to family, friends, ... "

Contact: <http://runvermont.volunteerlocal.com/volunteer/>

for more information