



# NEWSLETTER

[www.cvrrunners.org](http://www.cvrrunners.org) | [www.facebook.com/CentralVermontRunners](https://www.facebook.com/CentralVermontRunners)

## President's Message

It is hard to believe that summer is winding down. With fall on the way, the attention turns to Leaf Peepers. This year it is bit early, September 30. We'll see if the leaves cooperate but doubt there will be much color then. But it is not too soon to think about running up Perry Hill (probably the last time for this course) or volunteering. Leaf Peepers is the club's biggest race (and fund raiser) and requires a major effort. The funds raised do supplement our donations to school cross country and track programs and Girls on the Run and similar youth programs. It would be awesome if we had everyone in the club either running or volunteering on Sunday, September 30! And remember this is long-time race director Roger Cranse's last year, so help him make it a great one!

Leaf Peepers is the club's biggest race (and fund raiser) and requires a major effort.

I am grateful that Maryke Gillis is now our newsletter editor! Maryke brings a lot of experience, having done newsletters for The Nature Conservancy and Stowe Mountain Resort. Currently, she is Assistant Town Clerk in Middlesex where she lives with her husband, Mike, and their dog, Sherlock. She is also a long time CVR member who likes to run and do triathlons. Maryke is eager to accept your stories and/or photos about your running adventures. They are welcome any time and can be put in the next newsletter. Her email address is: [marykegillis@gmail.com](mailto:marykegillis@gmail.com).

The Groton Forest Trail Run is getting close, even before Leaf Peepers. I believe this is a first for the club: a greater than marathon distance trail race (26.5). Response to the race has been great (it is approaching the 100 runner cap) and it will be an exciting day on September 8. A 15.2 mile distance is also offered. Thanks to Mark Howard and Jill-Sudhoff-Guerin for getting the race established. If you aren't running, I am sure they will welcome your help, so please volunteer. Registration is still open as long as the cap isn't hit. It is still open at the moment so if interested go the CVR website or Ultra Signup.

~President's Message continued on Page 3



CVR President Andy Shuford

## CVR August Meeting

**MONDAY, AUGUST 20th.**  
Potluck at 6:00 p.m., meeting at 6:30. The August meeting location is in **Brookfield** at the **Old Town Hall (32 Stone Rd.)**. Take I-89 exit 5, go east on Rt. 64 a few hundred yards turn right on Stone Rd, then 6 miles straight south into Brookfield; or Rt. 14 and then Rt. 65; or Rt. 12 and then Rt. 65. At 5:00 p.m. we will have an informal run before the meeting. The Old Town Hall is located on Sunset Pond so there are swimming opportunities too.

## Next CVR Race: Berlin Pond Five Miler!

Berlin: Thursday, August 16 at 6:00 p.m. See page 3 for details.

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This newsletter is a publication of Central Vermont Runners (CVR).

CVR is a member of RRCA, the Road Runners Club of America.



## Central Vermont Runners

Central Vermont Runners (CVR) is a non-profit corporation founded in 1980 to serve the needs of runners in the central Vermont area. We welcome runners of all ages and abilities from beginners to serious racers. We organize over fifteen races and events throughout the year, including the Leaf Peepers Half Marathon, the Kids' Track Meet, and the New Year's Eve 5K.

CVR has donated money to local high school cross country programs for many years. We also contribute to the Girls on the Run programs and the Special Olympics. The popular Fallen Leaves 5K three race series in November contributes several hundred dollars to the Vermont Food Bank each year.

Club meetings are held four times during the year, and the CVR Newsletter is published several times each year presenting running related stories of interest to members, race results, and information about upcoming events.

### *Elected Officers:*

President: Andy Shuford

Vice-President: Manny Sainz

Secretary: Sandy Colvin

Treasurer: John Valentine

Past President: Donna Smyers

Executive Committee Members at Large: Darragh Ellerson & Beth Daut

### *Appointed Positions:*

CVR 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: Maryke Gillis

Publicity / Facebook: Dylan Broderick & Manny Sainz

Volunteer Coordinator: Pam Eaton

Volunteer / Awards dinner: John Martin

Volunteer Record Keeping: Dot Helling

Webmaster: John Hackney



## **RUNNING**

by Mark Limperis

### **Running**

The adrenaline pumping  
The footsteps pounding  
The ground.

### **Moving**

Sneakers scraping  
Anxiously awaiting  
The end.

### **Breathing**

Short and steady  
Rough and ready  
To feel the

### **Feeling**

A runner's high  
As high as the sky  
Above.

### **Winning**

Against yourself  
Fulfilling the goal  
To race.

### **Loving**

The **Moving** and **Breathing**  
**Feeling** and **Winning**  
Of **Running**.



## **Central Vermont Runners Membership**

CVR memberships run (pun intended!) from April 1st to March 31st of the following year. Join or renew your membership online at [JOIN today!](#)

Questions: Contact membership coordinator Allie Nerenberg at [ahnereberg@gmail.com](mailto:ahnereberg@gmail.com).

~President's Message continued from Page 1

Please come to the August 20th meeting in Brookfield! The Old Town Hall is a great location, right on Sunset Pond. The August meeting usually doesn't have too much club business so it is more of a "social" meeting compared to the November and March meetings. Come for the potluck (6p.m.) and the run before (5p.m.). Odds are it will be a hot day (like most of this summer) so you may want to cool off in the pond.

~ Andy

### PS: SPECIAL THANKS TO BOB HOWE!

Bob has stepped down as newsletter editor after 8 years. Bob took over with the Summer 2010 edition. The newsletter made steady improvements under Bob's



Bob Howe getting it done at the the Barre Town Spring Run.  
Photo by Jim Flint.

direction. He took it to color and color photos in 2012. What a difference! And in 2016, in an effort to save trees and \$, the club went to an electronic only version unless otherwise requested. His retirement this summer is well-deserved. The newsletter is a lot of work, and was even more so back in the mailing days. Thanks Bob!

### CVR FUN RUNS!

Tuesdays at 5:30pm, May through October  
FREE!

CVR Fun Runs are held every Tuesday evening at 5:30 p.m. sharp, from early May through late October on the Montpelier Recreation Path. Distances are on an out-and-back course of 1, 2, 4 and 6 miles. Runners and walkers are welcome. Children are encouraged to do the 1-mile run, as long as they are accompanied on the run by a responsible adult.

**DIRECTIONS:** From outside Montpelier on I-89 take exit 8; the first left after the traffic light (for National Life Drive) is Green Mountain Drive. The Dept. of Labor is the first gray building on Green Mountain Dr. (on the right). Proceed behind the building and through the parking lot all the way until it ends just before the Montpelier Recreation Path.

### Next Up! Berlin Pond 5-Miler

Thursday, August 16, 2018 6:00pm -  
\$5.00

**DIRECTIONS & PARKING:** From Exit 7 off I-89 at the light, take a right past the Maplewood Convenience Store, take next right onto Crosstown Road / Paine Turnpike, take next right onto 108 Shed Road, Berlin. The Town Clerk's office is at the end of Shed Road. Parking at Berlin Town Clerk's office only. No parking along race course.

**RACE DAY REGISTRATION ONLY:** 4:45 p.m. – 5:45 p.m. at the Berlin Town Clerk's offices, 108 Shed Rd, Berlin. Starting time is 6 p.m., and race start is a short walk to Berlin Pond (one-half mile) from the registration venue. Registration will close at 5:45 p.m. sharp.

**COURSE:** 5-mile loop course counter-clockwise around Berlin Pond on dirt roads with one water stop. First half very hilly; second half relatively flat. Part of the CVR Race Series.



### AWARDS:

- Top 3 overall male and female.
- Age group awards male & female:
  - 0-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+.
- (1 to 3 deep per category based on number of registrations)
- PLUS: Special awards for the King and Queen of the Hills:
  - First male and female to reach highest point on course
  - (~ 1.75 miles). Must finish in top 10 overall for gender.

**ALSO: Please, No baby joggers.  
No headphones. No dogs.**

**FOR MORE INFORMATION:** Race Directors: Jeff Prescott, [jeffp\\_cvr@fairpoint.net](mailto:jeffp_cvr@fairpoint.net) and Sue Emmons, [sue.emmons@comcast.net](mailto:sue.emmons@comcast.net).

## Results: Barre Town Spring Run 5K

2018 CVR/Onion River Outdoors Race Series  
Barre Town, VT 5/19/2018

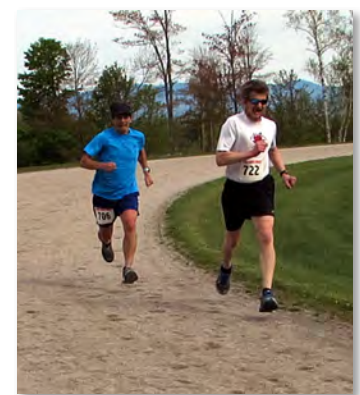
Thank you Jim Flint for the photos!



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Barre Town Spring Run 5K  
2018 CVR/ORO Race Series  
Barre Town, VT 5/19/2018

Place	Name	Age	S	City	St	Time	Pace	Club
1	Evan Thornton-Sherm	14	M	Waterford	VT	18:00	5:48	
2	Scott Atkins	47	M	Stowe	VT	19:34	6:18	
3	David Toborg	17	M	Barre	VT	20:07	6:29	
4	Benjamin Kidder	27	M	Montpelier	VT	21:40	6:59	
5	Mack Gardner-Morse	57	M	Calais	VT	21:52	7:02	CVR
6	Chris Andresen	62	M	Adamant	VT	22:18	7:11	CVR
7	Andrew Thornton-She	11	M	Waterford	VT	22:19	7:11	
8	Dot Martin	57	F	Montpelier	VT	22:24	7:13	CVR
9	Carrie Felice	46	F	East Calais	VT	22:27	7:14	
10	Bob Emmons	59	M	S. Duxbury	VT	22:43	7:19	CVR
11	Matthew Toborg	14	M	Barre	VT	22:56	7:23	
12	Kim Caldwell	28	F	Randolph	VT	23:08	7:27	
13	Sue Hackney	61	F	Montpelier	VT	23:16	7:30	
14	Matelyn Thygesen	17	F	Williamstown	VT	23:31	7:34	
15	Darrel Lasell	60	M	Williamstown	VT	23:41	7:38	CVR
16	Donna Smyers	60	F	Adamant	VT	23:46	7:39	CVR
17	Grant Orenstien	63	M	Calais	VT	23:57	7:43	
18	Andy Shuford	57	M	Montpelier	VT	24:03	7:45	CVR
19	Manny Sainz	62	M	East Barre	VT	24:03	7:45	CVR
20	Matt Caldwell	30	M	Randolph	VT	24:22	7:51	
21	John Valentine	68	M	Roxbury	VT	24:46	7:59	CVR
22	Dennis Sheffer	64	M	Plainfield	VT	24:56	8:02	
23	Amy Felice	12	F	East Calais	VT	25:16	8:08	
24	Thomas Hogeboom	66	M	Hardwick	VT	25:17	8:09	
25	Carl Rogers	62	M	East Barre	VT	25:24	8:11	
26	Jeff Prescott	54	M	Montpelier	VT	25:58	8:22	CVR
27	Joanne Mugford	49	F	Barre	VT	26:57	8:41	
28	Drew LaPrade	10	M	Barre	VT	26:59	8:41	
29	Patty Foltz	70	F	Stowe	VT	27:14	8:46	CVR
30	John Martin	66	M	Montpelier	VT	27:22	8:49	CVR
31	Dot Helling	68	F	Montpelier	VT	27:33	8:52	CVR
32	Theo Washburn	9	M	Barre	VT	28:01	9:01	
33	Tanner Arsenault	9	M	Barre	VT	28:16	9:06	
34	Peter Terry	71	M	Bradford	VT	28:42	9:15	
35	Joel Thornton-Sherm	8	M	Waterford	VT	28:56	9:19	
36	Frank LeBourveau	42	M	Middlesex	VT	28:57	9:19	
37	Luke LeBourveau	8	M	Barre	VT	28:58	9:20	
38	Aidan Bessette	9	M	Barre	VT	28:59	9:20	
39	Luke Emmons	10	M	Barre	VT	29:49	9:36	
40	John Thornton-Sherm	8	M	Waterford	VT	30:27	9:48	
41	Jessica Thornton-Sh	48	F	Waterford	VT	30:30	9:49	
42	Mary Washburn	45	F	Barre	VT	30:49	9:56	
43	Wyatt Geno	9	M	Granitville	VT	30:51	9:56	
44	Darryl Johnson	57	M	Windsor Locks	CT	31:11	10:03	
45	Bob Howe	71	M	Barre	VT	31:24	10:07	CVR
46	Cara Lemieux	30	F	Barre	VT	31:36	10:11	
47	Tyler Mentzer	11	M	Barre	VT	31:56	10:17	
48	Jayde Bailey	8	F	Granitville	VT	32:09	10:21	
49	Cindy Barr	49	F	W. Berlin	VT	32:30	10:28	
50	Victor Geno	11	M	Granitville	VT	33:02	10:38	
51	Greg Wight	72	M	Brookfield	VT	33:19	10:44	CVR
52	Isabella Bradley	9	F	Barre	VT	33:29	10:47	
53	Dick Ferno	74	M	Williamstown	VT	33:48	10:53	CVR
54	Sylvie Terry	63	F	Bradford	VT	33:50	10:54	
55	Brady Fortier	10	M	Barre	VT	34:16	11:02	
56	Trevor Arsenault	13	M	Websterville	VT	34:30	11:07	
57	Austin Graves	8	M	Websterville	VT	34:46	11:12	
58	Stacey Rupp	33	F	Barre	VT	35:23	11:24	
59	Mathieu Fecteau	10	M	Barre	VT	35:24	11:24	
60	Natalie Buzzi	9	F	Barre	VT	35:30	11:26	
61	Erin Smith	10	F	Barre	VT	35:30	11:26	
62	Payton Laperle	9	F	Barre	VT	35:41	11:29	
63	Stephanie Croteau	45	F	W. Berlin	VT	36:05	11:37	
64	Kaitlyn Day	22	F	Barre	VT	36:11	11:39	
65	Briony Roya	9	F	East Barre	VT	36:21	11:42	
66	Oliver Kelley	32	M	Barre	VT	36:22	11:43	
67	Kellen Robtoy	9	M	Barre	VT	36:35	11:47	
68	Aiden Metivier	9	M	Barre	VT	36:47	11:51	
69	Cheryl Lasell	58	F	Williamstown	VT	36:49	11:51	CVR
70	Amelia Healey	9	F	Barre	VT	37:03	11:56	
71	Allyson Healey	40	F	Barre	VT	37:04	11:56	
72	Krista Metivier	40	F	Barre	VT	37:05	11:56	
73	Katie Santamore	10	F	Barre	VT	37:15	12:00	
74	Eliza Redwood	9	F	Barre	VT	37:15	12:00	
75	Thomas LeBourveau	8	M	Barre	VT	38:16	12:19	
76	Jericho Beaudoin	8	M	Barre	VT	38:26	12:22	
77	Karen Taylor	58	F	Barre	VT	39:01	12:34	
78	Lydia Rathburn	7	F	East Montpelier	VT	39:13	12:38	
79	Sonya Shedd	38	F	East Montpelier	VT	39:14	12:38	
80	Jaxin Larrabee	9	M	Barre	VT	41:34	13:23	
81	Amber Larrabee	37	F	Barre	VT	41:35	13:23	
82	Mike Taylor	60	M	Barre	VT	41:45	13:26	
83	Trent Joslin	10	F	Barre	VT	42:32	13:42	
84	Aubrey Boyce	9	F	Barre	VT	42:42	13:45	
85	Regan Howard	56	F	South Barre	VT	42:42	13:45	
86	Jenna Howard	25	F	South Barre	VT	42:43	13:45	CVR
87	Isabelle White	8	F	Barre	VT	42:44	13:46	
88	Tessa Lambert	9	F	Barre	VT	42:45	13:46	
89	Aidan Lemieux	8	M	Barre	VT	44:44	14:24	
90	Grace Lindhiem	9	F	Barre	VT	44:47	14:25	
91	Melissa Lindhiem	39	F	Barre	VT	44:50	14:26	
92	Connor Vincent	10	M	Barre	VT	46:42	15:02	
93	Lindsey Diego	9	F	Granitville	VT	47:02	15:08	
94	Eli Duke	9	M	East Barre	VT	47:02	15:09	
95	Anne Berry	9	F	Barre	VT	47:06	15:10	
96	Rachel Street	8	F	Barre	VT	47:57	15:26	
97	Camden Shepard	9	M	Barre	VT	48:14	15:32	
98	Halie Dezotell	8	F	Barre	VT	49:51	16:03	
99	Jillian Lewis	8	F	Websterville	VT	49:52	16:03	
100	Allison French	10	F	Granitville	VT	49:58	16:05	
101	Alyssa Fleury	10	F	Barre	VT	49:59	16:05	
102	Stephanie Fleury	40	F	Barre	VT	50:01	16:06	
103	Kendra Lewis	39	F	Websterville	VT	50:08	16:08	
104	Pi Woogmaster	9	M	Barre	VT	53:34	17:15	
105	Emma Beede	9	F	Barre	VT	54:18	17:29	
106	Charlie Litchfield	33	F	Barre	VT	54:21	17:30	
107	Kennedy Lantagne	8	F	Barre	VT	54:34	17:34	
108	Brooklynn Johnson	10	F	Barre	VT	57:27	18:30	
109	Nicholas French	8	M	Granitville	VT	59:43	19:14	
110	Mercedes Estes	10	F	Websterville	VT	1:00:01	19:19	
111	Connor Murray	10	M	Barre	VT	1:00:10	19:22	
112	Chase Murray	10	M	Barre	VT	1:03:29	20:26	
113	Emma Sweeney	10	F	East Barre	VT	1:05:57	21:14	
114	Holly Haley	10	F	Barre	VT	1:05:57	21:14	



Kids of all ages duked it out at the finish line!

## Results Capital City Stampede 10K

2018 CVR/Onion River Outdoors Race Series  
Montpelier, VT 6/9/2018

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CVR Capital City Stampede 10K  
2018 CVR/ORO Race Series  
USATF Certified. Registration No. USATF #VT09011RF  
Montpelier, VT 06/9/2018

Place	Div/Tot	Name	Age	S	City	St	Time	Pace	Club
1	1/4	Teage O'Connor	34	M	Burlington	VT	33:13	5:21	
2	1/7	Peter Gurney	29	M	So. Burlington	VT	33:59	5:29	
3	1/8	Kasie Enman	38	F	Huntington	VT	36:37	5:54	
4	1/9	Tom Thurston	54	M	Waterbury	VT	36:48	5:56	
5	1/9	Thomas Howard	41	M	Burlington	VT	37:13	6:00	
6	2/7	Kevin Jeter	20	M	Colchester	VT	37:20	6:01	
7	2/9	Tim Richmond	43	M	Jericho	VT	37:59	6:07	
8	3/9	Binney Mitchell	49	M	Burlington	VT	38:16	6:10	
9	2/9	Alex McHenry	52	M	So. Burlington	VT	38:42	6:14	
10	4/9	Jon Floyd	45	M	Waterbury Centre	VT	39:00	6:17	CVR
11	5/9	Matthew Roth	40	M	Fairfax	VT	39:51	6:25	
12	1/3	Jess Marini	27	F	Burlington	VT	40:33	6:32	
13	3/9	Nick Persampieri	58	M	Montpelier	VT	40:55	6:36	CVR
14	1/2	Sargent Burns	13	M	Calais	VT	41:00	6:36	CVR
15	6/9	Nik Ponzio	45	M	Burlington	VT	42:25	6:50	
16	2/8	Amy Stewart	34	F	Stowe	VT	42:38	6:52	
17	4/9	Maurice Brown	51	M	Essex Jct.	VT	42:41	6:53	
18	2/4	Jordan Halverson	33	M	Moretown	VT	42:44	6:53	
19	7/9	Nathan Suter	45	M	Montpelier	VT	43:18	6:59	CVR
20	1/7	Michael Flanders	60	M	Cape Elizabeth	ME	43:48	7:03	
21	1/4	Anne Treadwell	50	F	Burlington	VT	43:54	7:04	
22	3/7	Cameron Beecy	22	M	Stowe	VT	44:03	7:06	
23	2/7	Christian Andresen	62	M	Adamant	VT	44:07	7:06	CVR
24	8/9	Frank McLaughlin	49	M	Burlington	VT	44:18	7:08	
25	2/3	Haley Pratt	26	F	Montpelier	VT	45:19	7:18	
26	1/4	Sue Hackney	61	F	Montpelier	VT	45:28	7:20	CVR
27	5/9	Bob Emmons	59	M	So. Duxbury	VT	45:32	7:20	CVR
28	3/4	Brian Letourneau	38	M	Essex	VT	45:39	7:21	
29	3/8	Ananya Christman	35	F	So. Burlington	VT	46:07	7:26	
30	4/7	Benjamin Kidder	27	M	Montpelier	VT	46:27	7:29	CVR
31	2/4	Beth Daut	57	F	Berlin	VT	46:31	7:30	CVR
32	2/2	Jaren Buettner	17	M	Duxbury	VT	46:31	7:30	
33	6/9	Derek Rodriguez	52	M	So. Hero	VT	46:54	7:33	
34	2/4	Donna Smyers	60	F	Adamant	VT	46:57	7:34	CVR
35	1/3	Holly Gordon	18	F	Montpelier	VT	47:13	7:36	
36	4/4	Travis Todd	34	M	Berlin	VT	47:27	7:39	
37	4/8	Meredith White	39	F	Burlington	VT	47:41	7:41	
38	3/7	Arthur Gwozdz	61	M	Westford	VT	47:46	7:42	
39	1/9	Melodie LaPorte	47	F	Montpelier	VT	47:54	7:43	
40	1/4	John Hackney	72	M	Montpelier	VT	48:09	7:45	CVR
41	3/4	Liz Champagne	60	F	So. Burlington	VT	49:06	7:55	
42	5/8	Corey Burdick	38	F	So. Burlington	VT	49:20	7:57	
43	6/8	Kahwa Donoguin	39	F	Northfield	VT	49:36	7:59	
44	4/7	John Valentine	68	M	Roxbury	VT	50:06	8:04	CVR
45	3/3	Marian Wolz	25	F	Montpelier	VT	50:14	8:06	
46	2/9	Chantal Bedard	43	F	Bromont	QC	50:45	8:11	
47	2/3	Audrey Acosta	11	F	Montpelier	VT	51:31	8:18	CVR
48	9/9	Salvador Acosta	46	M	Montpelier	VT	51:32	8:18	CVR
49	3/9	Chicaro Myers	42	F	Lyndonville	VT	51:41	8:20	
50	5/7	Russ Cooke	66	M	Williston	VT	51:52	8:21	
51	4/9	Meg Allison	45	F	Moretown	VT	51:57	8:22	CVR
52	4/4	Dot Helling	68	F	Montpelier	VT	54:10	8:44	CVR
53	5/9	Sophia Mizouni	40	F	Montpelier	VT	54:35	8:48	
54	7/8	Leslie Welts	37	F	Montpelier	VT	55:08	8:53	CVR
55	3/4	Gail Pelkey	53	F	Waterbury	VT	56:17	9:04	CVR
56	6/9	Sarah Francisco	43	F	Williston	VT	57:30	9:16	
57	5/7	Noah Roy	22	M	Suffield	CT	57:53	9:19	
58	3/3	Isabella Vesperini	14	F	Bloomington	IN	58:08	9:22	
59	6/7	Joseph Bodziock	65	M	Brookville	PA	59:18	9:33	
60	7/9	Julio A. Thompson	53	M	East Montpelier	VT	59:29	9:35	
61	7/9	Rebecca Becker	44	F	Williston	VT	1:00:48	9:48	
62	8/9	Daniel Bruce	52	M	East Montpelier	VT	1:01:11	9:51	
63	2/4	Peter H. Mitchell	78	M	Jericho	VT	1:01:47	9:57	
64	8/9	Merideth C. Chaudol	46	F	Underhill	VT	1:02:07	10:00	
65	8/8	April Shaw	33	F	Moretown	VT	1:04:39	10:25	
66	7/7	Michael Shover	69	M	Bradford	VT	1:05:23	10:32	
67	6/7	Bill Blondo	23	M	Northfield	VT	1:05:29	10:33	
68	3/4	Greg Wight	72	M	Brookfield	VT	1:05:30	10:33	CVR
69	4/4	Bob Howe	71	M	Barre	VT	1:06:31	10:43	CVR
70	1/1	Phillip Howard	80	M	Burlington	VT	1:10:12	11:18	
71	4/4	Terry Logan	58	F	Brookville	PA	1:12:56	11:45	
72	9/9	Nicole Stuart	47	F	Randolph	VT	1:13:19	11:48	
73	9/9	Mark Duntmann	59	M	Randolph	VT	1:13:20	11:49	
74	7/7	Erich Rosenstreich	24	M	Montpelier	VT	1:45:10	16:56	

## The Hackney's Set New Age Group Records!

Congratulations to husband and wife duo, John and Sue Hackney, who both set age group records at this year's 2018 CVR Capital City Stampede 10K!



In no particular order, a big THANK YOU to each of you from Co-Director Sandy Colvin and myself for helping out at this year's 22nd Annual Kids Track Meet. Despite the impending storms and two weather delays, we had a successful and fun meet.

Numbers were down but we still had 141 kids preschool through 6th grade participate. I don't think there's any event better for watching than our 50-yard SMASH. Our celebrities could not make it but George Estes' food cart was a huge success. Hopefully George will come back next year for better weather and more eating. Support him by eating at Hot Doggin' It during the week lunch hours in front of Christ Church.

It was tough working around the delays and all the rescheduling that had to be done. Thanks, too, to Coach Riby-Williams for being our weather point person, for warming the kids up and entertaining them in the gym, for managing the announcements, and as always for bringing his great personality to this event. The kids had a blast.

Here is a link to the Times-Argus for lots of photos: <https://timesargus.smugmug.com/Feature-Photos/Kids-Track-Meet/>.

Thank you from the top, middle and bottom of our hearts. ~ Dot Helling & Sandy Colvin

Photo credit: Sandy Colvin

Did You Know... The foot has 26 bones, 33 joints and 112 ligaments.

This factoid provided by [runtothefinish.com](http://runtothefinish.com)

## Results Montpelier Mile

2018 CVR/Onion River Outdoors Race Series  
Montpelier, VT 7/3/2018 (It was a scorcher!)

This classic one-mile race runs through historic downtown Montpelier in front of thousands of spectators. The full results can be found here [Montpelier Mile](#) . Photo credit: Sandy Colvin



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## Results Stowe 8-Miler & 5K

2018 CVR/Onion River Outdoors Race Series  
Stowe, VT 7/8/2018

The full results can be found here [Stowe 8-Miler](#).



## Results 40th Annual Bear Swamp Run 5.7 Miles

2018 CVR/Onion River Outdoors Race Series  
Montpelier, VT 7/14/2018

Overall Male Winner: Alex Jinks 32:17  
Overall Female Winner: Lori Howe 37:09



Photo credits: Jim Flint

### RESULTS

Overall Place	Place in Age Group	Name	Time
<b>Male 0-19</b>			
2	1	Evan Thornton-Sherman	35:22
<b>Female 20-29</b>			
11	1	Dylan Broderick	41:38
21	2	Kim Caldwell	44:55
39	3	Johanna Mitchell	51:12
<b>Male 20-29</b>			
8	1	Sean Nealon	41:06
12	2	Benjamin Kidder	42:17
47	3	Oliver Kreitner	56:32
<b>Female 30-39</b>			
5	1	Lori Howe	37:09
7	2	Torey Olson	40:04
24	3	Lydia Petty	45:52
27	4	Rachel Allen	47:15
32	5	Jannine Zimmie	47:52
34	6	Hannah Phillips	48:11
35	7	Gianna Petito	48:15
37	8	Emily Irwin	48:29
42	9	Honi Beam-Barrett	52:53
50	10	Lindsay Kiroi	63:00
55	11	Katie Hall	70:07
<b>Male 30-39</b>			
1	1	Alex Jinks	32:17
3	2	Matthew Rutherford	35:28
6	3	Colin Clifford	38:03
13	4	Ben Deede	42:17
23	5	Matt Caldwell	45:37
25	6	Kyle Landis-Marinello	46:51
28	7	David Hall	47:23
<b>Female 40-49</b>			
10	1	Richarda Ericson	41:30
16	2	Kathleen Ruffe	44:07
30	3	Katy Chabot	47:27
38	4	Meg Allison	48:30
49	5	Terri Singer	58:52
53	6	Cara Cascadden	68:12
<b>Male 40-49</b>			
4	1	Binney Mitchell	35:30
9	2	Mekew Devitt	41:17
18	3	Chris Lacey	44:27
20	4	Joseph Allison	44:41
<b>Female 50-59</b>			
22	1	Sandy Colvin	45:25
44	2	Gail Pelkey	53:12
45	3	Becky Diedrich	53:24
46	4	Mary Nealon	54:50
54	5	Maureen Carr	69:07
<b>Male 50-59</b>			
15	1	Bob Emmons	42:34
17	2	Chris Cote	44:13
31	3	Andy Shuford	47:34
40	4	Jeff Prescott	51:36
48	5	Peter Drescher	58:49

<b>Female 60-69</b>			
19	1	Sue Hackney	44:31
<b>Male 60-69</b>			
14	1	Mike Gillis	42:30
29	2	Manny Sainz	47:24
33	3	Richard Wiswall	47:55
36	4	Bill Dysart	48:24
41	5	Darel Lasell	51:56
43	6	Dennis Casey	53:04
<b>Female 70-79</b>			
57	1	Judith Craig	77:58
<b>Male 70-79</b>			
26	1	John Hackney	47:06
51	2	Bob Murphy	64:31
52	3	Greg Wight	66:33
56	4	Werner Zehetner	71:35

Many thanks as always to the following volunteers:  
Maureen Carr, Richard Cleveland, Jim Flint, Emerson  
Howe, Dave Kissner and Manny Sainz.

~Tim Noonan, Race Director



Mike Gillis and Bob Emmons pulling and pushing each other to the finish!

## Results Barre Heritage Festival 5K Trail Race

Barre Town Forest, Websterville, VT  
7/29/2018

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Barre Heritage Festival 5K Trail Race  
Presented by CVR and Rehab Gym  
Barre Town Forest, Websterville VT 7/29/2018

Place	Div/Tot	Name	Age	S City	St	Clu	Time	Pace
1	1/3	David Poulin	15	M Washington	VT		23:54	7:42
2	2/3	David Toborg	17	M Barre	VT		24:56	8:02
3	1/3	Mark Elmore	52	M Bethel	VT		26:09	8:25
4	1/5	Kate MacLean	34	F Chelsea	VT		26:24	8:30
5	1/4	Hendrik Reinold	31	M Barre	VT		26:30	8:32
6	1/4	Brendan Adamzak	23	M Westfield	VT		26:47	8:37
7	2/4	Ross LeBer	25	M Chelsea	VT		27:10	8:45
8	2/3	Chris Cote	55	M Essex Jct	VT		27:11	8:45
9	2/4	Eldon Miller	38	M Plainfield	VT		27:55	8:59
10	3/4	Ashton Kirol	31	M Williamstown	VT		28:23	9:09
11	1/5	Sandy Colvin	50	F Montpelier	VT		28:54	9:18
12	4/4	Michael Hellein	39	M Barre	VT		29:53	9:37
13	1/2	Shawn Bell	44	M Johnstown	PA		30:07	9:42
14	3/4	Joshua Seckler	23	M Westfield	VT		30:52	9:57
15	1/5	Kelly Clements	26	F Bradford	VT		31:12	10:03
16	4/4	Peter Jenkinson	27	M Bradford	VT		31:13	10:03
17	3/3	Scott Widmer	52	M Northfield	VT		31:16	10:04
18	2/5	Jess Cotnoir	29	F East Orange	VT		33:55	10:55
19	2/5	Gail Pelkey	53	F Waterbury	VT		34:02	10:58
20	1/2	Helen Flannery	49	F Jamaica Plai	MA		35:40	11:29
21	1/2	Phoebe Osadchy Brow	15	F Washington	VT		39:57	12:52
22	2/5	Lindsay Kirol	32	F Williamstown	VT		40:08	12:55
23	2/2	Sean Brown	49	M Washington	VT		40:25	13:01
24	3/5	Shayla Messier	29	F Barre	VT		44:42	14:24
25	3/3	Carter Somaini	8	M Barre	VT		45:21	14:36
26	3/5	Danielle Kidder	33	F Barre	VT		45:22	14:36
27	4/5	Rebecca Somaini	29	F Barre	VT		45:24	14:37
28	3/5	Cheryl Lasell	58	F Williamstown	VT CVR		46:06	14:51
29	2/2	Kate McCann	44	F Montpelier	VT		46:48	15:04
30	2/2	Kasi McCann	13	F Montpelier	VT		52:56	17:03
31	4/5	Tanya Osadchy	50	F Washington	VT		54:23	17:31
32	4/5	Stacey Rupp	33	F Barre	VT		56:15	18:07
33	5/5	Aja Varney	36	F Barre	VT		56:24	18:09
34	5/5	Ellie Fergusen	58	F Northfield	VT		1:04:53	20:53
35	5/5	Marina Stevenson	26	F Essex	VT		1:24:19	27:09

## CVR / Onion River Outdoors Race Series

[Click Here for Results as of Bear Swamp!](#)

The Central Vermont Runners race series is a group of races in which CVR club members are awarded points based on their finishing time compared to the best time run by a CVR member in their age group. Standings are published throughout the year, and awards are presented to the age group winners at the annual CVR banquet.

The rules:

- CVR members as of June 1 are eligible. If you become a member after June 1, you can be awarded points for the series races that come after the date you join, but you will not receive points for races you ran before you were a member.
- Age Groups: 0-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+ Male and Female.
- If there are ties for the winner of an age group, there will be multiple awards in that age group.
- Your age for the series is determined by your age when you run your first race in that year's series.
- You are required to volunteer for at least one CVR race during the year to be eligible for the series.
- Points are awarded based on your time compared to the best time run by a CVR member in your age group. For example, if the best CVR time in your age group is 27:00 minutes, and you run 30:00 minutes (90%), then your series points for that race would be 90. If you are the fastest CVR member in your age group, you earn 100 points.
- Your best six races count toward your points total.
- If a series race has to be canceled for any reason, no other race will replace it in the series. Exceptions to this rule for 2018 because of uncertainties about two of the races scheduled to be part of the 2018 series: If the Montpelier Mile is canceled, the Clarence Demar 5K on July 4 will replace it. If Autumn Onion is canceled, The Hills Are Alive 5K in late October will replace it.
- Changes to the series rules and the lineup of races for the coming year will be determined at the November CVR meeting.

## Upcoming Races and Events

- \*\*August 16, **Berlin Pond Five Miler**, Berlin Pond, 6pm
- >August 18, **100 on 100 Relay**, all day, starts in Stowe
- >August 18, **Paine Mountain Trail Race**, Northfield, Heavy Half and 10K, 9am
- >August 26, **Race to the Top of Vermont**, Stowe, 4.3 miles, 8am.
- \*\*September 1, **Northfield Savings Bank 5K and 1 Mile Kids Race**, 9:30am, Northfield
- >September 1 and 2, **Jay Peak Trail Running Festival**, various distances
- >September 2, **GMAA 50th Annual Archie Post 5 Miler (oldest race in VT!)**, 8am, Gutterson Field House at UVM
- >September 8, CVR **Groton Forest Trail Run**, 26.5 and 15 miles, Boulder Beach State Park, 7am
- >September 9, **GMAA Scholarship 5K Trail Race**, 8:30am, Red Rocks Park, So. Burlington
- \*\*September 12, **Sodom Pond Race**, Adamant, 4 miles, 6pm
- >September 15, **GMAA Common to Common 30K**, 8:30am, Essex
- \*\*September 30, **Leaf Peepers Half Marathon and 5K**, Waterbury, 11am.
- >October 6, **Vermont Foliage 15k and 5k**, Randolph, 1pm.
- >October 6, **Art Tudhope 10K**, GMAA, Shelburne, 9am.
- >October 31, **Westmore Mountain Challenge**, Trail run/hike, varying distances up to marathon, Charleston to Westmore.

It's a good idea to check the race information on the race website as dates and times can change.

\*\* Part of the CVR/ORO Race Series



## Ongoing Events...

CVR Fun Run every Tuesday, May 1 to October, at 5:30 p.m. Location: Montpelier Rec Path behind the VT Dept. of Labor on Green Mountain Drive. See Page 3 for more information.

CVR Speed Workout Wednesdays at 6:00 p.m. Meet near the Montpelier High School track on the bike path warmed up and ready to run by 6:00 p.m. Contact Matt Rutherford if you have questions and want to be added to the email list.

### Group Runs you might want to join:

Mondays at 4:15 p.m. On hold for the summer, check back later in the year.

Tuesdays and Thursdays at 5:00 a.m. Plainfield/EMES/Adamant. Contact Mark Howard.

Wednesdays at 5:30 p.m. The Runderachievers run from Good Measures Brewing in Northfield.

Wednesdays at 6:30 p.m. at the Brunswick School (formerly the Three Stallion Inn) in Randolph, Contact Hannah Barden or 802-728-2052 to get put on the email list.

Fridays at 6:30 p.m. Susannah Colby hosts a trail run from her house in Randolph on the Green Mountain Stock Farms trails. Facebook info: 802 Trail Running

## The West Coast of Vermont - Isle La Motte 5K (July 14, 2018)

### Story by Bob Howe

Surprisingly scenic on a humid overcast day, the Isle La Motte 5K is an out and back route along the west side of the island, starting and finishing at the historic St. Anne's Shrine. No traffic concerns on this mostly flat course. If a 5K is just not enough for you, then you can run or bike along the race course past the turn around on West Shore Road to the south end of the island - return by the lake shore or make a loop back through the center of the island on Main Street. On "Main Street" you will pass by the Hall Home Place Cafe and Orchards. But... don't pass by if you are ready for a sandwich (great), muffin (even better) or various types of specialty ciders.

Before or after the race, brush up on your early Vermont history at the start / finish area. The site is where (or near) Champlain first set foot in Vermont in 1609 and the site of early French settlements. The sculpture of Champlain near the shore was created from Rock of Ages granite at the Vermont Pavilion during "Expo 67". The official title for Expo 67 was the Universal and International Exhibition of 1967, also known as the 1967 World's Fair. Good thing they called it "Expo 67".

A nice little race in a nice little corner of Vermont.

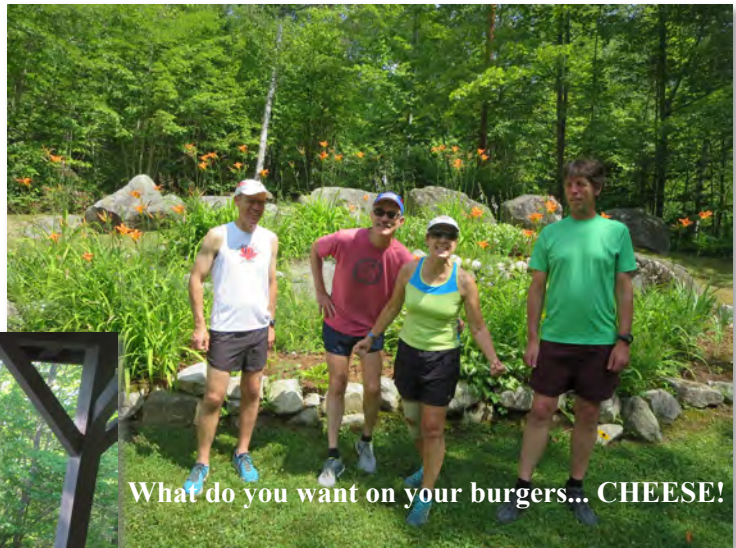


Photo by Bob Howe

## Club Outing at Boulder Beach State Park in Groton

The Central Vermont Runner's July outing to Boulder Beach was terrific! We enjoyed swimming, kayaking and some trail running as well as lots of great food! The trail run included a sneak peak at the Groton Forest Trail Run coming up on September 8th.

Thanks to Jeff Prescott for the photos!



What do you want on your burgers... CHEESE!





**Great Places to Run and Check Out Vermont's Foliage.** Click on the link.

Tired of the same old loop and training runs? How about a running road trip and do some leaf-peeping at the same time. The link above (thank you [greatruns.com](http://greatruns.com)) includes many places to experience Vermont's colorful transition. The Leaf Peepers 5K and Half Marathon even gets a shout out!



Photo credit: Acidotic Racing - Vulcan's Fury

## **Greetings Central Vermont Runners!**

My name is Maryke Gillis (pronounced Ma-Rye-ka) and, as I'm sure you've heard by now, the newest CVR Newsletter editor-in-chief. I hope you like the new format. There are lots of live links to all sorts of races and events. Check them out! I would also like to thank former editor, Bob Howe, for making the transition an easy one.

This is YOUR newsletter and I would like to know what you want to see included in it. I have lots of ideas and will be sharing them in future issues. In the meantime, please feel free to share your running stories and adventures. Where did you run this summer? Do you have plans for winter running that CVRunners should know about? See page 10 for the inside scoop on the Isle LaMotte 5K written by Bob Howe.

I'm also interested in knowing... Why do you run? When did you start running? Where's your favorite place to run? Do you have a favorite recipe for race day success? Come on now, we know we all have that secret (or not so secret) recipe for ensuring a solid race day performance. Mine... a few spoonfuls of peanut butter and a banana for a morning event!

Please email me your photos, stories and ideas. Thank you!

[marykegillis@gmail.com](mailto:marykegillis@gmail.com)



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CVR Newsletter

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If you run, you are a runner. It doesn't matter how fast or how far. It doesn't matter if today is your first day or if you've been running for twenty years. There is no test to pass, no license to earn, no membership card to get. You just run.

**John Bingham**