



NEWSLETTER

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President's Message

The CVR/Onion River Outdoors Race Series has concluded for 2018 and proved to be popular as ever (now we even need a third page for the results versus two in the past). Changes made for the 2018 series included going up to six races for each individual's total and computing the score based on the top CVR runners instead of the overall division winner of the race. We have a committee doing a review of the 2018 series to see how well the changes worked out. They will report to the membership at the November meeting as to whether to retain or adjust these rules for 2019. But no matter what the rules are, knowing them in advance you can plan your 2019 season to maximize your chances of winning. And I say chances because there is some luck involved, considering that your score for each race is determined by who shows up race day. (Definitely a lot of luck involved: how else could I have won the 40-49 division in 2010 and the 50-59 division in 2012?). **Big thanks to Jim Flint** for keeping up with the series results and producing them timely, **and to Dot Helling** for tracking the race volunteers.



CVR President Andy Shuford

Runners love series as it gives us a goal beyond just one race and incentives to race when we otherwise might stay home. I think our CVR/ORO series is a good one and promotes a lot of friendly competition and participation in our races. GMAA has a "performance series". This series does not include many of their own races but instead other races around New England. USA Track and Field has a New England Grand Prix series and a Mountain Running series. There is even a commercially produced three race New England Ten Miler Series. The last one is in Stowe on November 4. All but the CVR/ORO series require travel and often overnights. Our series is close to home and affordable. So, start planning your participation for next year's series! We will finalize the rules and slate of races at the November meeting.

November can be a dreary month. The leaves have fallen and not much sun. But we do have the Fallen Leaves 5K races coming up on three Saturdays: November 3, 10 and 17. These races aren't officially a series but if you do more than one it is easy to compare your performance from week to week. At \$5 each they are a bargain! Also, it is the last chance to get volunteer credit for the Race Series and the annual awards dinner.

Finally, it won't be long until the Winter Long Runs start again (early December probably). If you are on last year's list, then you will be contacted about the first one. If you haven't been on the list before and are interested in running on Saturdays this winter, then contact Jeff Prescott for more information and to get on the email list (jeffp_cvr@myfairpoint.net).

See page 2 for more CVR/ORO Race Series info.

CVR November Meeting Coming Up!

MONDAY, NOVEMBER 5TH

The November CVR Meeting will be at Richarda Ericson's home in Montpelier. Please bring food for the potluck, which will begin at 6 p.m. The meeting starts at 6:30 p.m. Richarda's house is at 3 Liberty St. in Montpelier. It is the second house from the corner of Liberty and Main Streets (near Main St. Middle School). Parking is available on the street. Hope to see you then!

Next CVR Race: Fallen Leaves Race Series

Montpelier High School
November 3, 11 & 17th
Racing starts at 9:00 a.m.
Just \$5.00!

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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.



New Year's Eve 5K Race Co-Director Wanted!

Manny Sainz is looking for an assistant to help him with the New Year's Eve 5K Race which is on the afternoon of December 31 (you knew that, right?). He mostly wants help with logistics on race day but possibly a few things beforehand like searching for prizes. This is envisioned to be a continuing position for the next year's race too, so it will have a "co-director" title instead of just super-volunteer. If you are interested or have questions, please respond [here](#).

Next Up! Fallen Leaves Race Series

November 3, 10 & 17th \$5.00
Montpelier High School
Registration 8:15-8:45 a.m.
Races begin at 9:00 a.m.

This low-key, three-race series is on a flat and fast 5K race course starting and finishing on the Montpelier High School track, and incorporates the Montpelier bike path. Participate in one, two or all three of these races on consecutive Saturdays.

AGE GROUPS:

FEMALE:

0-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

MALE:

0-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

AWARDS:

Presented to the first place finisher — in each of the three races — in the 14 separate age and gender categories shown above. Awards are inexpensive so that we can donate most of race revenues to the Montpelier Food Pantry.

FOR MORE INFORMATION:

Contact Tim Noonan (802) 223-6216 or:

carnnoonan@comcast.net



CVR / Onion River Outdoors Race Series

[Click Here for Results as of Leaf Peepers!](#)

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.

Roger Cranse Retires as Leaf Peepers Race Director After 14 Years

Sunday, September 30th was the last time Roger Cranse will direct the club's biggest event: Leaf Peepers Half Marathon and 5K. Roger has been the longest running director of the event over its 35-year life. His tenure saw the event peak to its highest participation totals of over 1,400 runners in the 2009-2012 years. Putting on the race is a lot of work and there are many opportunities for things to go wrong. But under Roger's direction the race has always gone flawlessly and has truly been a flagship event for CVR. Thanks for a great 14 years!



Photo: CCV United Faculty Facebook Page

Reflections on Leaf Peepers by Roger Cranse:

I've been Leaf Peepers race director since 2005. Before that I was registration coordinator for three years. Back in those days all registrations were mail-ins. So I spent many weekend hours up in my office at Vermont College opening the mail-ins, trying to figure out people's handwriting, and entering the registrants on a spreadsheet.

Curtis Picard was race director (RD) at the time and then Sandy Colvin took over. Sandy gave birth to Zoe and I became RD.

Every year is memorable, often for what went wrong: one year I forgot to order safety pins and we frantically scoured every store Sunday morning for pins. Another year the Sheriffs didn't show.

Then there was Tropical Storm Irene in 2011. I drove through Waterbury a week after the storm. It was heartbreaking. Jumbo trash dumpsters lined Main Street. Weary people were dragging mattresses, soggy books, couches, and everything else from their homes to the dumpsters. The State office complex, our staging area, was closed off and protected by armed guards. I got inside and talked to the exhausted officer-in-charge. He was triaging: which of a dozen disasters to work on first. I was lucky to get 2 minutes with him. No way can you use the horseshoe, he said.

So a week before the race I was still haranguing the State for the horseshoe and was simultaneously trying to figure out how to refund 1,000-plus runners' fees. I made one last call to the State and was put on hold for like 5 or 10 minutes. Then my contact (contacts are important in this business) got back to me. She said she'd forwarded my request to Governor Shumlin during a cabinet meeting. Shumlin said the race must go on! So we were saved. The Governor showed up, spoke to the crowd, and ran a very decent 5K. His security guard, probably packing heat, was not as speedy as the Gov and nearly collapsed at the finish.

Insights? Personal contacts, like I said, are really important. And enjoying race day is important, something I didn't appreciate enough because I was always stressed out about what might go wrong. As for the rest, I'm preparing a manual for race planning.

And finally, our sponsors and hundreds of volunteers (thousands over the years) make race day possible. Members of the Race Committee do the critical behind-the-scenes work. My wife Chandra and our extended Nepali-American family lug stuff around, staff the tee shirt table, and buck me up when I need it.

I want to thank CVR for the opportunity to be race director all these years.



Groton Forest Trail Run – Race Report by Mark Howard

After almost a year of planning race day, September 8, was finally here. In contrast to the heat of the previous weeks, temperatures had dropped into the low 40's overnight and it promised to be a perfect day for running. We had sold out a few weeks before, but as people dropped out at the last minute we were able to accommodate almost everyone on the wait list. In the end 95 runners started the two distances, 26.5 and 15 miles.

The Marathon kicked off at 7:00 AM with Rick Evens and Robert Cary leading early and Casey Dunn and Leslie O'Dell running not far behind. By the time they came back through the New Discovery aid station after the Kettle Pond loop (16ish miles in) Casey had dropped back a little and Ethan Niederer was now running in third place with Leslie still in fourth. This lead group was moving though the course so fast that they were arriving only minutes after course marshals at the Rt. 232 crossings were scheduled to be on duty. Ethan was eventually able to pass Rick and Robert to take the win in 4:03:30 with Rick Evens and Robert Cary finishing second and third in 4:07:23 and 4:07:58. Leslie O'Dell continued to run strong leading the women's field and finished in 4:23:21. Running second and third for the women the whole race were Courtney Giles and Suzanna Smith-Horn finishing in 4:47:36 and 5:14:57. Both Leslie and Courtney finished within the top 10 overall.

Women really dominated the 15-miler taking 4 out of the top 5 finishes. Out front was Matt Rutherford followed closely by Bridget Ferrin-Smith. Matt said after the race that Bridget was much closer than he expected on the out and backs up Big and Little Deer Mountains. This had him running hard to maintain his lead. Running not far behind Matt and Bridget were Liz Chichester, Haley Zoerheide, and Megan Valentine. Megan managed to pass Haley in the last 5 miles, to finish 3rd female and 4th overall. The times for the top 5 were Matt Rutherford 2:10:25, Bridget Ferrin-Smith 2:16:04, Liz Chichester 2:24:54, Megan Valentine 2:30:03, and Haley Zoerheide 2:33:39. Rounding out the top 3 for the men were Daniel Voisin in 2:35:12 and Michael Irons in 2:43:41.

Women really dominated the 15-miler taking 4 out of the top 5 finishes.

The most dramatic story of the day belongs to 81 year old John Capen who drove over from Stone Ridge NY with his daughter for the marathon. He requested an early start so Co-Race Director Jill Sudhoff-Guerin and I met him at 5:30 a.m. for registration and I started out with him in the dark walking the first half mile answering questions about the course and giving an informal pre-race briefing. John made his way through the course summiting Big Deer and Owls Head, and by early afternoon he was working his way around Kettle Pond. After most runners were in and the last few on the course were accounted for, I went out to check on John. I found him on the Cross VT Trail heading back towards Lanesboro and walked with him back to site of the Lanesboro aid station. At this point John had completed 16.2 miles of our rugged technical course but it wouldn't have been safe for him to continue on for the final 10 miles. To complete his marathon John

and I marked a 1 mile stretch of road which he could walk out and back 5 times to get the remaining 10 miles. We completed one out and back marking it, so he had 4 to go when I went to fetch his daughter at Boulder Beach. John completed his 4 remaining laps, 15-mile

runner April Farnham, Co-Race Director Amy Butler, and Amy's sister Bridget walked into the night with him for a 16 hour and 37 minute finish.

Boulder Beach State Park was a perfect staging location for the race, and most runners stuck around into the afternoon listening to live music performed by Kava Express and eating taco's prepared by Jen and Jason of Groton's My Farmers Market. In addition to being a cup free at the aid stations, Central Vermont Solid Waste District helped provide plates, silverware, and a washing station for the meal as well as recycling and composting services. We had huge support from the community in our first year including many local sponsors; over 40 volunteers helping on the course and at Boulder Beach; and 19 EMS / Fire / Ambulance Volunteers from Groton/Rygate, Peacham, Woodsville, and CALEX. Proceeds from the event were split evenly between CVR, Cross Vermont Trail Association, and the Groton/Rygate FAST Squad.

[Complete 26.5-Mile Race Results](#)

[Complete 15-Mile Race Results](#)



The most dramatic story of the day belongs to 81 year old John Capen who drove over from Stone Ridge NY with his daughter for the marathon.



Liz Champagne and Karen Oppenheimer on top of Owl's Head.

A group of marathon runners at Telephone Line Trail aid station.



Michelle King moves well through some rocky trail.

Groton Forest Trail Run

Photo credits: Emily Sloan

Have Van Will Travel!

John & Dot Martin's Summer Adventure

So in mid-July, Dot and I packed the van and headed west in search of fame and fortune. Fame is in Minnesota while Fortune sits somewhere in rural Idaho. The internet is a dangerous thing. Last winter in search of far off triathlon venue with unique awards, Spudman in Burley, Idaho popped up. Big race (1,900) with ceramic Mr. Potato awards for the Age Group (AG) winners. Fill in a couple of races before and after Idaho and you got yourself a five-week road trip. Potatoboy you are mine!

First stop, Geneva, NY host city of the Musselman triathlon along the shores of Seneca Lake. We were joined by John Valentine and Donna Smyers. Donna had an AG win and Dot an AG second. I led my race for an hour and thirty minutes when John ran past me. I guess you have to lead the race at the finish line to win. John got me by 30 seconds, but I don't mind coming in just behind that lifelong athlete.

Minutes after awards we pointed our van west to the triathlon in Boulder, CO the next weekend. Stops to swim, bike and run along the way broke up the monotony of the asphalt and road signs. What do they do with all those soybeans?

Boulder must be the most bike friendly city in the country, bike routes, bike signs and bike lanes everywhere you go. Most importantly, car drivers and cyclists both seem to understand this symbiotic relationship.

We swam in the Boulder reservoir, biked a course that has been the scene of countless national and international bike races, then ran along the top of the dam. The road surface was coarse gravel, the temperature was dam hot (96 degrees) and there wasn't a dam tree in sight. When Dot says the heat was oppressive, be assured it was hot.

Dot pulled out an AG first and for the second week in a row I was second. For a boy without a lot of talent, I was happy.

Without wasting a minute we headed north and west to the Roosevelt National Forest near Ft. Collins, CO. Up the Cache la Poudre Mountains following the road by the river, until veering off up to Jacks Gulch camping area, elevation 8,300 feet, just ahead of robust thunderstorms. Got the tent pitched just before the rain, but had to retreat to the van for dinner. Dot thought it remarkable that I could sleep soundly through a night of thunder cracking lightning storms.....What storm

With the dawn came the sun and great coffee. The french coffee press makes even mediocre coffee great, but being in such a magnificent place just might help. I have a red coffee cup,

which quickly attracted hummingbirds, what a treat! Hummingbirds at my hand as I ate breakfast in a wondrous place with my wondrous wife.

Following a big hike we were off to Bear Lake and Montpelier, Idaho. We spent a couple of days at Bear Lake, did some epic bike rides, then on to Massacre Rocks State Park located along the Snake River and Oregon Trail. It's hard to imagine the wagon-wheel rutted Oregon Trail remains so prominent. Equally hard to believe is how tough those early pioneers must have been.

A couple of days sweltering in the rustic cabin at Massacre Rocks, and then we followed the River west to the agricultural center of Idaho and Burley. The town welcomes the 1,900 triathletes opening the municipal park to athlete camping, sort of a Woodstock atmosphere without good music or bad drugs.

Spudman is in its 30th year under the tutelage of the local Lions Club. Those guys and gals know how to do it. The fast current down river swim was literally yards from our tent. Everyone is an Olympic caliber swimmer in that race. Fast

current = Fast times.

Onto the bike, 25 miles fast flat tour of corn and sugar beet fields with a mountainous backdrop. The 10k run like Boulder, was totally exposed to the sun. Luckily it had cooled to 92 degrees. We both had good races. Dot had an AG 2nd and I was the top Spud over 65. "Get in the car Spudboy, you're coming with me."

Packed the potatoes and onward north to Yellowstone, Wy. The campground was full but the camp host took pity on tired Ancient Mariners and let us dock next to his spot. A refreshing mountain lake swim and a little recovery run next morning was just what the doctor ordered before continuing the whirlwind tour.

Duluth, MN next race. Bemidji, MN was a notable stop along the way. A very nice paved bike path circles the lake and stretches out in several directions. We did a fun ride crossing the Mississippi

River (6) six times in one ride. Paul Bunyon and Babe the Blue Ox live in Bemidji.

The Brewhouse triathlon near Duluth was another fun day. The venue, also at a reservoir, was literally custom made for a triathlon. The race director told us during construction of the dam he had input into the beach layout to accommodate a triathlon swim and exit to the transition area. Dot raced to a 3rd OA female finish and I won my AG.

On to Cleveland, and humble pie. The USAT National championships moved to Cleveland for 2018 and 2019. The Olympic distance race (1.5K swim, 40k bike, 10k run) is by qualification only.

John & Dot's Summer Adventure continued page 11...



"Get in the car Spudboy, you're coming with me."

John & Dot's Summer Adventure continued from Page 10.

Participants must qualify for entry by winning or placing in the top 10% of their AG at a USAT race. Nobody there is a slouch. Humble pie isn't that bad, and resets your compass.

A few days before the race we had most graciously been invited to attend the Triathlon Hall of Fame Ceremony. Each year four people are inducted into the Hall of Fame based on achievements and furtherance of the sport. Our own Donna Smyers was honored with induction this year. I was honored just to be present among our sports luminaries and to say Donna is our friend.

So we are off on Saturday morning, but not all 2,500 enter the water at once. Dot's swim wave did not start for an hour and twenty minutes after I began my test. Despite a painful mistake and another choke performance at Nationals I was 57th in an AG of 90 plus. Meanwhile Dot had a great race, got on the podium with a 7th place finish out of a field of approximately 180 women aged 55-59.

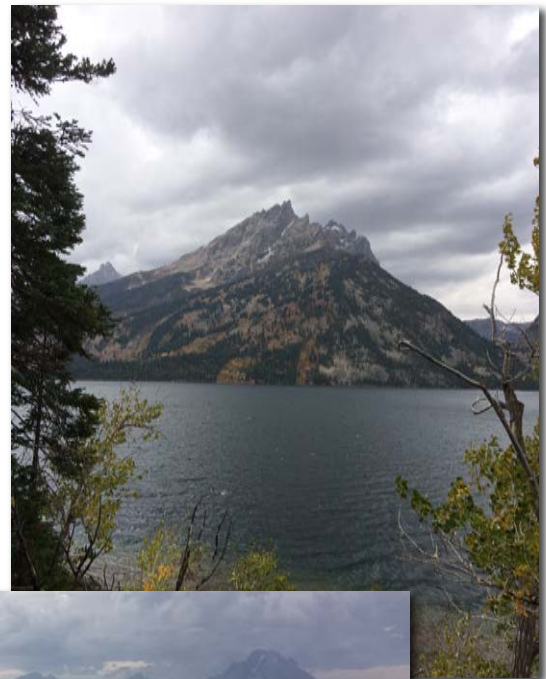
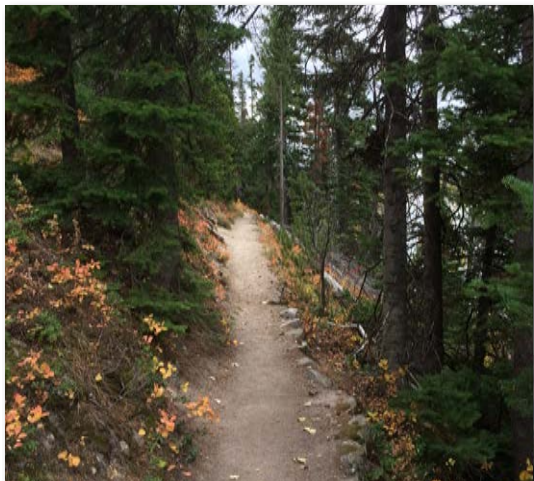
Raced out, we got home having traveled 5,800 miles. Ah, but with a little less traveling and a little more rest we can still squeeze in a few more races to finish up the season!



Hunter Kemper, Donna Smyers, Mike Reilly are the 2018 Inductees into the Triathlon Hall of Fame. Photo credit: Triathlon Hall of Fame

Teton Views as seen by Phyllis Arsenault-Berry

I spent the first week of October trail running in the Grand Tetons. Everything about Wyoming was truly awesome! I ran in several places, but my favorite run of the week was at Cache Creek. I did about 10+/- miles and never saw another person. Each time I crested a hill, the scenery got better and better. I did not see any grizzly bears, although the person who told me about the trail strongly suggested carrying bear spray "just in case". Yikes!



Run for Team Vermont at the 2019 National Senior Games

Article and Photo
by Jim Flint



Did you ever wonder what it would be like to compete at the national level?

For sixteen CVR Masters athletes, next year is your opportunity to represent Vermont in the 5k and 10k road races at the National Senior Games! The Olympic-style competition takes place in Albuquerque, New Mexico, June 14-25, 2019. Thousands of athletes representing all 50 states, plus a few territories and countries, participate in the national competition. The games are held every two years in a different city within the United States.

The 5k road race is scheduled for Friday, June 21 at Balloon Fiesta Park north of the city. The 10k road race is on Sunday, June 23 starting from the National Hispanic Cultural Center. The course follows Albuquerque's premiere multi-use trail, the Paseo del Bosque Trail, which goes along the Rio Grande River. Men and women age 50 and up compete together in both the 5k and 10k races.

The National Senior Games is an experience that transcends the individual sports. On Wednesday, June 19, at 7 p.m., the Celebration of Athletes will be held at the University of New Mexico's Dreamstyle Stadium. This is a combination opening and closing ceremony with a Parade of Athletes representing each state. Since Albuquerque is a mile-high city in elevation, I'm planning to arrive on Tuesday in time to acclimate, tour around, and attend the Celebration.

This will be my fourth National Senior Games. The experience of competing in Cleveland (2013), Minneapolis-St. Paul (2015), and Birmingham (2017) cemented some wonderful friendships with fellow athletes. In each city I was able to use public transportation and walking to get around. Sampling museums, botanical gardens, and cultural attractions made for memorable trips. Perhaps most inspiring was walking the Civil Rights Trail in Birmingham.

For the first half of this year, I wondered if I would be able to run again following a knee injury. I thought that 2017 might be my last national games. Healing in time to qualify for nationals at the Northfield Savings Bank 5k race meant a lot. Competing in the 10k Vermont Senior Games state championship at the Art Tudhope race in Shelburne was icing on the cake.

The list of CVR members who are qualified to go to Albuquerque is below, along with the age group for the national games (base on the athlete's age as of December 31, 2019). For the 2019 games, qualifying in either the 5k or 10k road race at the state level serves to qualify an athlete for both events at the nationals. Two new CVR members, Elizabeth McCarthy and Tim Hogeboom, also qualified to compete in track and field events at the national games.

CVR Qualified Members for 5k and 10k Road Races at the National Senior Games

55-59: Dot Martin
60-64: Sue Hackney, Donna Smyers, Chris Andresen, Jim Flint, Darrell Lassell, Manny Sainz, Charlie Windisch
65-69: Elizabeth McCarthy, Tim Hogeboom, John Martin
70-74: Patty Foltz, John Hackney, Bob Howe, John Valentine
75-79: Bob Murphy



Online registration takes place starting in fall 2018 after state qualifying results have been processed by the national organization. Eligible athletes usually receive a postcard in the mail when the registration period is open. For more information on the senior games, please visit www.nsga.com or www.vermontseniorgames.org. Hope to see you in Albuquerque!



New CVR members Tim Hogeboom and Elizabeth McCarthy competed in road races and track and field at the 2017 National Senior Games in Birmingham, Alabama. Elizabeth earned a sixth-place ribbon in the women's 65-69 age group. They plan to compete for Team Vermont next June at the 2019 National Senior Games in Albuquerque, New Mexico.

Acupuncture for Runners

Jonathan Fleming, L.Ac.

More than half of all runners, recreational and elite, find themselves injured at some point during the year. Often the injury will heal itself with a little time off or with modified training plans, other injuries are more serious and require not running for long periods of time. Whether you're chasing Olympic gold, a personal best, or just a few moments of peace, a plan that involves not running is one most runners don't want to consider. This is usually the time a runner will seek out alternative treatments such as acupuncture.

Acupuncture can help runners in five major ways:

correct muscle imbalances, strengthen your immune system, accelerating healing and recovery, protect against chronic stress, and improve sleep.

- **Strengthens Your Immune System**

Research shows that during periods of heavy training, your risk of acquiring an upper respiratory tract infection increases. According to the National Cancer Institute, acupuncture may help your body fight off infections by *enhancing white blood cell activity*. The key is to get treatments before you get sick, such as every two weeks during marathon training.

- **Corrects Muscle Imbalances**

When muscles are imbalanced, they can trigger a chain reaction resulting in muscle, joint and tendon pain. To correct these imbalances, acupuncturists can insert needles into motor points as well as specific acupuncture points to release tight segments of myofascial tissues—the membranes that surround and connect your muscles. When you balance the muscles, you decrease the stress on irritated areas.

- **Accelerates Healing And Recovery**

Clinical studies have amply documented that acupuncture improves blood circulation. Because of the healing and growth factors in the blood, anything you can do to increase the amount of blood flow to an injured area, the better off it is. Acupuncture is especially helpful for *healing tendons and ligaments*, which have been shown to have 7 percent less blood flow than muscles.

- **Protects Against Chronic Stress**

Chronic stress undermines performance and wreaks havoc on our health. Recently, a team of Georgetown University researchers showed that acupuncture provides some resilience against chronic stress. In a series of animal studies, they found that acupuncture not only suppressed stress-related hormonal changes, but that the treatment's effects lasted for four days. "Four days is quite long if you think of the effects of drugs, for example," Dr. Ladan Eshkevari, who led the study, says. "Most drugs only last hours, not days."

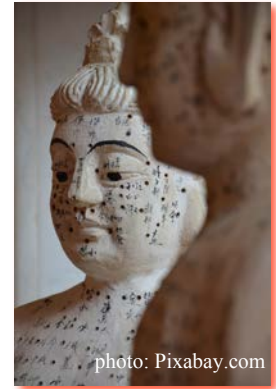


photo: Pixabay.com

- **Improves Sleep**

Recent clinical studies show that acupuncture promotes quality sleep, which runners know is critical to running strong, recovering well and preventing illness. Unfortunately, the CDC reports that nearly 10 percent of Americans suffer from chronic insomnia. The reasons for poor sleep are different for every person, which is why acupuncture is so effective in treating it. Acupuncture can address the root causes imbalances that lead to sleep issues.

At our office, Integrative Acupuncture in Montpelier, we treat runners of all shapes, sizes and skill levels. The most common running injuries that we treat are **plantar fasciitis, IT band syndrome, piriformis syndrome aka sciatica pain, Achilles tendonitis, patellar tendinitis, shin splints and tight sore or strained muscles**. We'll do our best to be your partner and help get you back to doing the things you love to do!

EDITOR'S NOTE: This is not a CVRunners endorsement for Integrative Acupuncture. It is for educational purposes regarding running and the potential benefits of acupuncture for injury treatment. Thank you to Jonathan Fleming of Integrative Acupuncture for submitting this article.

Did you know... the game of Tug-of-war was an Olympic sport from 1900-1920.

Wednesday Track Workouts!

Are you trying to train yourself to push the pace? Would you find it motivating to fit a group run into the middle of your week? Are you like many and have trouble keeping up your weekday mileage in the dead of winter or the height of summer? Then the Wednesday Track Workouts might be exactly what you're looking for.

A group of CVR members meets every Wednesday at 6:00 p.m. at the Montpelier High School (MHS) track, rain or shine (but no lightning), warmed up and ready to enjoy some hard efforts together. And yes, the most intrepid of us bundle up, get out the headlamps, and keep going despite the worst that Vermont winters have in store each year. The only real difference is the MHS track closes to foot traffic once the snow starts accumulating so we're forced to run out-and-backs on the bike path.



The intervals can vary but are always based on time rather than distance to ensure that everyone can run together on the track regardless of how fast individuals feel like going that day. And the range of abilities and styles run the gamut, from those looking to edge out their competition in the CVR Series, to ultramarathoners trying to push their 50 mile times, to runners who simply want to incorporate a bit more structure to their training.

If you are interested in joining and want to be added to the email list, or if you just have some questions before you jump in head (or feet) first, you can send me a message at mdsrutherford@gmail.com. I can guarantee we'd love to have you.

Photos provided by Matthew Rutherford.



Results: Berlin Pond 5-Miler

2018 CVR/Onion River Outdoors Race Series
Berlin, VT 8/16/2018

Place	Div/Tot	Name	Age	S	City	St	Club	Time	Pace
1	1/12	Matt Hynes	19	M	Montpelier	VT		27:42	5:33
2	2/12	Isaac Kaplan	17	M	Randolph	VT		29:39	5:56
3	1/6	Matthew Rutherford	30	M	Montpelier	VT	CVR	30:52	6:11
4	3/12	Sargent Burns	13	M	Calais	VT	CVR	31:42	6:21
5	4/12	Luke Page	12	M	Berlin	VT		33:09	6:38
6	1/3	Ben Weir	28	M	Middlebury	VT		33:28	6:42
7	5/12	Matt Califano	12	M	Killington	VT		33:56	6:48
8	2/6	Jarred Cobb	34	M	Montpelier	VT		34:07	6:50
9	1/4	Miguel Ponce de Leon	44	M	Clogga, Ireland			34:47	6:58
10	2/3	Benjamin Kidder	27	M	Montpelier	VT	CVR	34:57	7:00
11	1/8	Scott Nichols	52	M	Essex	VT		35:01	7:01
12	1/5	Theresa Noonan	19	F	Montpelier	VT	CVR	35:03	7:01
13	2/8	Nick Persampieri	58	M	Montpelier	VT	CVR	35:05	7:01
14	3/3	Tracy MacNicoll	25	M	Waterbury	VT	CVR	35:10	7:02
15	1/2	Richarda Ericson	42	F	Montpelier	VT	CVR	35:21	7:05
16	3/6	Ryan Murphy	36	M	Montpelier	VT		35:23	7:05
17	1/1	Dylan Broderick	27	F	Montpelier	VT	CVR	35:31	7:07
18	3/8	Michael Kennedy	51	M	So. Burlington	VT		35:33	7:07
19	1/4	Dot Martin	57	F	Montpelier	VT	CVR	35:51	7:11
20	1/11	Chris Andresen	62	M	Adamant	VT	CVR	35:55	7:11
21	2/4	Todd Page	40	M	Berlin	VT		36:05	7:13
22	4/8	Jim Flint	59	M	Craftsbury	VT	CVR	36:08	7:14
23	4/6	Adam French	39	M	Berlin	VT		36:20	7:16
24	1/4	Sue Hackney	61	F	Montpelier	VT	CVR	36:31	7:19
25	6/12	Alex Califano	12	M	Killington	VT		36:43	7:21
26	5/8	Bob Emmons	59	M	So. Duxbury	VT	CVR	36:56	7:24
27	6/8	Cris Cote	55	M	Essex Jct.	VT		37:02	7:25
28	5/6	Ben Deede	31	M	Worcester	VT	CVR	37:16	7:28
29	7/12	Brandon Ryan	17	M	Randolph	VT		37:26	7:30
30	2/5	Olivia Kaplan	15	F	Randolph	VT		38:24	7:41
31	1/8	Simona Talos	38	F	Rochester	VT		38:34	7:43
32	2/4	Donna Smyers	60	F	Adamant	VT	CVR	38:47	7:46
33	2/4	Sandy Colvin	50	F	Montpelier	VT	CVR	39:03	7:49
34	1/3	John Hackney	73	M	Montpelier	VT	CVR	39:18	7:52
35	8/12	Cole Page	9	M	Berlin	VT		39:44	7:57
36	2/11	Manny Sainz	62	M	East Barre	VT	CVR	39:56	8:00
37	3/11	Tim Noonan	62	M	Montpelier	VT	CVR	40:12	8:03
38	4/11	John Valentine	68	M	Roxbury	VT	CVR	40:51	8:11
39	5/11	Darrell Lasell	60	M	Williamstown	VT	CVR	40:54	8:11
40	2/8	Shannon Salembier	32	F	Montpelier	VT	CVR	41:22	8:17
41	6/6	Al Hermen	34	M	Montpelier	VT		42:14	8:27
42	6/11	Thomas Hogeboom	67	M	Hardwick	VT	CVR	42:23	8:29
43	3/5	Audrey Acosta	12	F	Montpelier	VT	CVR	42:52	8:35
44	3/4	Salvador Acosta	46	M	Montpelier	VT	CVR	42:54	8:35
45	7/8	Andy Shuford	58	M	Montpelier	VT	CVR	43:02	8:37
46	3/8	Joy Kogut	34	F	Boston	MA		43:23	8:41
47	7/11	Steve Meunier	64	M	Essex	VT		43:40	8:44
48	3/4	Dot Helling	68	F	Montpelier	VT	CVR	44:13	8:51
49	4/8	Clara Ayer	30	F	Berlin	VT		45:12	9:03
50	2/3	Rick Stetson	74	M	Montgomery	AL		45:16	9:04
51	8/11	David Erickson	65	M	Barre	VT	CVR	45:17	9:04
52	5/8	Adriene Katz	33	F	Williston	VT		45:32	9:07
53	4/5	Grace Acosta	14	F	Montpelier	VT	CVR	45:36	9:08
54	9/11	John Martin	66	M	Montpelier	VT	CVR	45:45	9:09
55	2/2	Rose Polyakova	48	F	Shelburne	VT		46:40	9:20
56	9/12	William Acosta	9	M	Montpelier	VT	CVR	47:29	9:30
57	4/4	Chris Pelkey	43	M	Barre	VT		47:30	9:30
58	6/8	Gina Page	36	F	Berlin	VT		48:29	9:42
59	4/4	Elizabeth McCarthy	65	F	Hardwick	VT	CVR	49:29	9:54
60	10/11	David DeVarney	62	M	Bristol	RI		49:32	9:55
61	10/12	Adam Norton	16	M	Randolph	VT		49:37	9:56
62	8/8	Aidan Doyle	57	M	Berlin	VT		49:44	9:57
63	11/12	Chandler Anderson	14	M	Randolph	VT		50:36	10:08
64	1/1	Celine Blais	71	F	Montpelier	VT	CVR	51:20	10:16
65	7/8	Kristin Pelkey	37	F	Barre	VT		52:03	10:25
66	8/8	Allison Plante	34	F	Barre	VT		52:50	10:34
67	3/4	Maureen Carr	53	F	Montpelier	VT	CVR	53:40	10:44
68	11/11	John Mahoney	64	M	Burlington	VT		54:33	10:55
69	5/5	Sarah Garvin	16	F	Braintree	VT		54:41	10:57
70	12/12	Jordan Ryan	16	M	Randolph	VT		56:04	11:13
71	3/3	Greg Wight	72	M	Brookfield	VT	CVR	56:06	11:15
72	4/4	Cheryl Lasell	58	F	Williamstown	VT	CVR	1:04:29	12:54

Results: Northfield Savings Bank 5K/1 Mile

2018 CVR/Onion River Outdoors Race Series
Northfield, VT 9/1/2018

Overall 5K Female Winner:
Torey Olson 20:17
Overall 1 Mile Female Winner:
Zoe Ayres 6:59

Overall 5K Male Winner:
Allen Mead 18:46
Overall 1 Mile Male Winner:
Jett Giza 6:06

Complete 5K & 1 Mile Results.

Results: Sodom Pond 4-Miler

2018 CVR/Onion River Outdoors Race Series
Adamant, VT 9/12/2018

Overall Female Winner:
Dylan Broderick 28:24

Overall Male Winner:
Matt Rutherford 24:01

Complete results of all 43 finishers.

Results: Leaf Peepers 5K & Half Marathon

2018 CVR/Onion River Outdoors Race Series
Waterbury, VT 9/30/2018

Overall 5K Female Winner:
Lori Howe 19:33
Overall 13.1 Female Winner:
Madaileine Kingsbury 1:36:12

Overall 5K Male Winner:
Sean Flynn 18:28
Overall 13.1 Male Winner:
Tom Thurston 1:21:14

Complete 5K & Half Marathon Results.

Results: Autumn Onion 5K

2018 CVR/Onion River Outdoors Race Series
Montpelier, VT 10/28/2018



Place No.	Div/Tot	Club Name	Age	Sex	City	Cat	Time	Pace
1	71	1/2	CVR	Colin Clifford	33 M	Montpelier	18:28	5:57
2	75	1/4	CVR	Dot Martin	58 F	Montpelier	21:33	6:57
3	98	1/3		Anja Rand	13 F	Montpelier	22:54	7:23
4	97	1/1		Dustin Rand	44 M	Montpelier	22:55	7:23
5	70	2/2		Calvin Borgmann	33 M	Montpelier	23:37	7:37
6	72	1/2	CVR	Sue Hackney	61 F	Montpelier	23:42	7:38
7	118	1/3	CVR	Gianna Petito	31 F	Montpelier	23:56	7:43
8	87	1/3	CVR	Marian Wolz	25 F	Montpelier	23:57	7:43
9	88	2/3	CVR	Hartley Bingham	23 F	Montpelier	23:58	7:43
10	91	3/3		Carly Watson	23 F	Burlington	23:58	7:43
11	131	2/3		Celia Riechel	36 F	Montpelier Str	24:10	7:47
12	86	1/4	CVR	John Valentine	69 M	Roxbury	24:23	7:51
13	133	2/4	CVR	Darrel Lasell	60 M	Williamsto	24:30	7:54
14	85	2/2	CVR	Dot Helling	68 F	Montpelier	26:38	8:35
15	132	1/1	CVR	Doug Maddox	55 M	Montpelier	26:45	8:37
16	80	3/4	CVR	Manuel Sainz	62 M	East Barre	26:45	8:37
17	76	4/4	CVR	John Martin	66 M	Montpelier	27:26	8:50
18	93	2/4		Joanne Mugford	50 F	Montpelier	28:05	9:03
19	117	2/3		Caitlin Casavant	13 F	Berlin	28:18	9:07
20	134	3/3	CVR	Shannon Salembier	33 F	Montpelier Str	28:59	9:20
21	92	1/4		Cindy Barr	49 F	W. Berlin	29:38	9:33
22	84	3/3		Hannah Sincyr	11 F	Montpelier	30:02	9:40
23	82	2/4		Terri Sincyr	41 F	Montpelier	30:03	9:41
24	94	3/4		Karen Bruzzese	45 F	Montpelier	30:13	9:44
25	95	1/2		Payton Kurrle	17 F	Middlesex	30:13	9:44
26	77	1/1	CVR	Bob Murphy	78 M	Barre	30:30	9:50
27	96	1/1		Carter Somaini	8 M	Barre	31:23	10:07
28	90	2/2	CVR	Zoe Colvin	15 F	Montpelier	33:24	10:46
29	89	3/4	CVR	Sandy Colvin	50 F	Montpelier	33:28	10:47
30	101	4/4	CVR	Becky Diedrich	54 F	Berlin	33:29	10:47
31	74	4/4		Tara Howe	45 F	Northfield	40:33	13:04

***** STROLLER RESULTS*****
1 11 Celia Riechel 36 24:10
2 20 Shannon Salembier 33 28:59



Manny Sainz takes Best Costume
Award as The Mad Hatter!



The Invincibles coming in hot!

Thanks to Onion River Outdoors for the Autumn Onion Photos!

Minutes of 5/14/2018 CVRunners May Meeting

Location: Home of Bob Murphy

Minute Takers: Dot Helling & Graham Sherriff,
standing in for Sandy Colvin

Meeting was convened at 6pm by Andy Shuford, President. Bob Murphy proclaimed that a quorum would be a majority of those present. Attendees totaled 10-12 through the duration of the meeting.

1. Annual meeting minutes were approved unanimously.
2. No Treasurer's Report was available although Andy reported we have \$5,300 in the bank as opposed to \$4,900 last year at this time.
3. Membership is at 255. There are currently 75 non-renewals. Andy will touch base with those folks.
4. Newsletter – Bob Howe is retiring, Maryke Gillis is taking over after the August newsletter.
5. Manny Sainz is making a master data list of all our equipment which will be accessible only to members. It will allow members to sign in and out for CVR equipment. He has also completed an accounting of Club assets including, for example, 39 cones. John Hackney will work on password protected access to the equipment list and sign in/out for race directors.
6. So far we have had two official fun runs and walks. Both weeks have had walk participants. The first official fun run was followed up with a Club evening at Julio's which was well attended. Andy is thinking of having a Julio's night once a month after fun run.
7. Allocation of Onion River Outdoors gift cards was discussed. The Club has been promised \$1,000 in gift cards for CVR/ORO race series events starting June 1. A vote to allocate \$500 to Capital City Stampede, \$200 to Bear Swamp, and \$300 to Berlin Pond passed unanimously. Northfield and Leafpeepers do not rely on gift cards and have other prize donors so they were not considered for these for gift cards.

As Dot Helling had to leave the meeting, two items were taken out of order:

The Kids Track Meet is set for Friday, June 1. Dot and Sandy Colvin are in good shape but do still need some volunteers. They had too many volunteers last year with not enough to do and are looking for definite commitments for specific duties. New this year will be a food cart at the track serving hamburgers and mac and cheese, as well as the appearance of Miss Vermont Junior High School Cameryn Melendy and possibly Olympian

Amanda Pelkey. Coach Emmanuel Riby-Williams will be present again to help with track events and direct the pre-race warmup on the field. There will be a running shirt give-away and Dot is collecting running cotton and technical shirts for donation to this activity. Bring them to fun run or drop them on Dot's back porch at 29 East State Street.

Cindy Gardner Morse reported that the Mutt Strut was identified as an "Editor's Pick" by a researcher in Ohio who compiled an extensive data base of dog runs across the country. Check it out at <https://runrepeat.com/the-dog-race-database-fido-fitness-and-fun>

At this point Graham Sherriff took over the taking of the minutes:

8. Club shirts
Andy will check with John Valentine about budget for purchasing more shirts, possibly higher-quality short- and long-sleeved shirts. Inventory is low, especially for men's medium, plus ORO may take a CVR rack.
9. Summer outing
July 22 or July 15 were agreed as provisional dates. There are many locations with trails, water supply and picnic facilities: Lake Elmore, Wrightsville Reservoir, Waterbury Reservoir, Groton, North Branch and Brookfield are possibilities. \$250 was agreed as a budget for the venue. The event would be a potluck and free to CVR members (not including any admission to the location, such as state park fees).
10. Race updates

Adamant 20 Miler: The number of runners was lower than in previous years (42 paid runners), possibly due to competition from the Middlebury Maple Run. But the financials were good, making it possible to raise the donation to the Adamant Community Center to \$500. The big clock failed (again) after an hour and a half. This seems to be a battery issue – the clock functions when plugged in to a power source. At the end of the season, it may be necessary to pay for a repair, which can only be done by one company in the region (Mass.). There was one complaint from a local resident about the traffic of runners, though this may have been fueled by the larger traffic of Muddy Onion cyclists the previous weekend. Donna recommended Costco as a low-cost source for cups and similar supplies.

Mutt Strutt: Accidentally, the winning runners did not receive the first-place awards, otherwise the race went well. There were 62 runners, making possible a donation of \$491 to the Central Vermont Humane Society, who sent a letter of thanks. The "World" published a list of race sponsors – which may be helpful for obtaining future sponsorships.

5/14/2018 CVR Meeting Minutes Continued on page 13

5/14/2018 CVR Meeting Minutes Continued from page 12

An Ohio-based health researcher who compiles dog-friendly recreational events gave the Mutt Strutt an award for being “unique” and “outstanding”. Cindy said she is willing to promote other CVR races by contacting WDEV.

Paul Mailman: The new date seemed to work well: the weather was good. The number of runners was up slightly for the 10-miler and down significantly for the 5K. Combined with the need to purchase awards, this resulted in a ~50% drop in profits.

Capital City Stampede: This will be part of the GMAA series.

Berlin Pond: A course issue has come up and it is unclear whether current work on a culvert replacement on Mirror Lake Road will be completed before race date. Permits are secured for the race. We will evaluate whether a course change will be necessary.

Leaf Peepers: Greg gave an update on the work done by the Rejuvenation committee. The plan to return to the old course in 2019 remains in place. Outstanding issues are (a) opposition from the Duxbury selectboard – the committee plans to offer financial incentives; (b) safety concerns among local residents – the committee is exploring the possibility of Norwich University cadets acting as course marshals; (c) affordability – the cost of entry will be unchanged. Most previous sponsors are continuing, plus the committee is planning to reach out to local breweries and pubs. A race director is still needed for 2019; the stipend was \$1,500 in 2017.

Montpelier Mile: Donna will talk to ORO. ORO needs to confirm the event with Montpelier Alive asap.

Barre Town Spring Run: Volunteers needed.

11. Miscellaneous

- Next meeting: rescheduled to Monday, August 20, 2018
- Other business: Manny has been working on adding all race entries (more than 115!) to all calendars and this will be completed by the end of the week.

Minutes of 8/20/2018 CVRrunners August Meeting

Location: Old Town Hall, Brookfield

Minutes: Sandy Colvin

Meeting called to order at 6:30 pm

Approved minutes from annual meeting and discussed putting the minutes into the next newsletter, along with the minutes

from this meeting.

Treasurer's Report – John shared the details of the balance in our account and how it compares to this same time last year. Balance is a bit lower and appears to be because registrations for Leaf Peepers are less than this time last year. Discussion around this really to just be aware that we may not bring in the same funds as previous years, which may result in donations being less. Otherwise treasury is good.

Newsletter – No update other than to ask CVR members to keep sending stories and articles in for publishing in the newsletter.

Equipment Manager Update – Manny wasn't in attendance, but members discussed the new process Manny has created for Race Directors to sign out items from the locker which is meant to improve the ability and process for making sure we have all we need for each race, such as race bibs.

Fun Runs/ Walks Update – going well, expect attendance to be lower now that cross country is back, but otherwise, Tuesday fun runs/walks are going well.

Conflict of Interest – annual statement – All executive committee members need to sign and hand in to Andy. He handed out to those who were in attendance.

ORO Gift card Dollars – Discussed the new process for using Onion River Outdoors gift certificates at races. The new process is for the race director to provide the name and e-mail address of the winners to ORO. ORO will then send them an e-mail indicating, *you won \$xxx gift certificate which is on file. Next time you are in the store and purchase something, simply provide your name and we will find the gift cert on file.*

This process is different, and race directors need to make sure to get the e-mail address of winners. Also, members discussed ideas for handing out a postcard, or a brochure, something a bit more substantial which will provide the winner with more detail on what they won.

Club Shirts – Members discussed ideas for shirts and what we can do to get more of us to buy and use the CVR shirts. Should they be singlets, T-shirts, short sleeve, long sleeve? Discussed ideas and Andy agreed to discuss with Richarda and try to bring some samples to the next meeting.

Cross-Country Program Donations – Ann provided a report on the status of the club donations to the area cross country programs. She has sent letters out to various local schools, indicating the club has \$1200 to donate to all schools who respond to her letter with a formal request for funds. Whomever responds the money will be divided among them. This should be completed in one – two weeks and John will send the funds to the schools.

8/20/2018 CVR Meeting Minutes Continued on page 14

8/20/2018 CVR Meeting Minutes Continued from page 13

Race Updates

Completed Races since last CVR Meeting

Kids Track Meet – Sandy gave a report on how it went. Attendance was lower than past years due to rain delays, but the meet itself went well.

Capital City Stampede – Shannon wasn't at meeting, but Andy heard it went well.

Montpelier Mile – Went well, CVR helped ORO with organization and volunteers. Discussion about whether ORO plans to make a contribution to the club at \$1 or \$2 per runner, Donna to check.

Bear Swamp – Tim reported it went well, had a good turnout.

Barre Heritage Trail Race – Jackie reported it went well, attendance is low, she is looking for ideas on how to get more people to do the race. Members discussed moving the day to maybe a Friday night. Also, she discussed the idea of having a trail series that the club can promote. Everyone liked the idea of promoting trail running with a series event. Will continue to discuss the details at our next meeting.

Berlin Pond – Jeff and Sue reported it went well, had good attendance. Congrats to Theresa Noonan for her win, and to Sue Hackney for setting a course record.

Races before next CVR meeting

NSB – Rowley not at meeting but reports planning is going well, and they should be all set.

Groton Forest Trail Run – The race is almost full, at 100 participants. Planning is going well, have lots of support and help from the community for volunteers, aid stations etc.

Sodom Pond – Tim is planning, needs to coordinate where bathrooms will be and a few other items since Donna and Eric won't be in town.

Leaf Peepers – Planning is going well, but as mentioned registration numbers are low for this time of year and it appears this trend will result in registration being down this year. Other than that, the other planning for the race is going well.

Autumn Onion? – Not sure if this race is still scheduled. ORO hasn't confirmed, and we are unsure if it will be held. The other option for the series is the Hills are Alive 5k (Trapp), but Andy will try and get confirmation from ORO on Autumn Onion.

Leaf Peepers Race Update

Rejuvenation report – Sue went to the Duxbury select board meeting and requested we bring the race back to combination of Waterbury and Duxbury. She shared the comments and sentiment of the committee with meeting attendees. In summary, she feels they are open to having us back but would like us to consider making some changes.

Race director search – Meeting attendees discussed the importance of the race director for leaf peepers, the fact it is a paid position and ideas for how to find the right person to take over for Roger, as this is his last year as director. Some ideas were to reach out to other race directors, such as Leslie Davis, the race director for Corporate Cup. Or, advertise the position in an industry magazine. Bob will contact some of the names we discussed.

"I always loved running...it was something you could do by yourself, and under your own power. You could go in any direction, fast or slow as you wanted, fighting the wind if you felt like it, seeking out new sights just on the strength of your feet and the courage of your lungs." – Jesse Owens

**Want to submit something for the next issue to be published in January?
If so, send your stories and pictures to: marykegillis@gmail.com**



Several CVR members tackled the VT 100-mile Endurance Run back in July. Congratulations!

Left to right: Dylan Broderick 4th woman overall and 1st unsupported woman, Dot Helling the 1997 winner and Lindsay Simpson from Waterbury 1st woman overall.

Complete VT 100 Mile Endurance Race Results

Thanks to Dot Helling for the photo.

Upcoming Races and Events

Please note the CVR Fun Runs have wrapped up for 2018. they'll start again in May. **Thanks to Darragh Ellerson** for ongoing support of the Fun Run!

>>October 28, **Black River Beatdown**, 15k/30k/45k, Craftsbury Outdoor Center, 9am

>>November 4, **Vermont 10-Miler**, Stowe, 10am

>>November 3, 10 and 17, **Fallen Leaves 5k**, Montpelier High School, 9am

TURKEY TROTS GALORE!



Traveling for Thanksgiving? Below are a just a few of the Turkey Trots happening around Vermont.

>>November 22, **Jarrold Williams Turkey Trot**, 10k/5k Richmond 8:30am

>>November 22, **GMAA Turkey Trot 5k**, Burlington, 11 am

>>November 22, **Brattleboro Turkey Trot** 3m/1m, Brattleboro, 9 am

>>November 22, **Gobble Wobble Turkey Trot 5K**, Barre, 9:30 am

>>November 22, **Norwich Turkey Trot**, 4m/2m, Norwich, 9am

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

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

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: Graham Sherriff

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





Newsletter Editor
Maryke Gillis
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Middlesex, VT 05602

CVR Newsletter

November 2018

Volume 39 Issue 5

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 new membership coordinator Graham Sherriff at graham.a.sherriff@outlook.com.