



# NEWSLETTER

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## President's Message

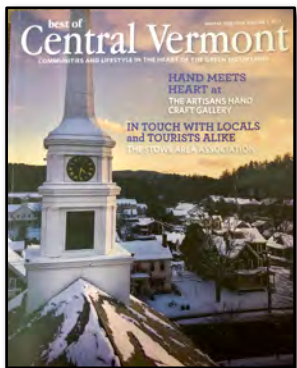
Winter is a great time for running and while races are quite limited, there are still social running opportunities out there, such as the CVR Winter Long Run and Wednesday Night Speedwork. Or go on your own. Packed snow dirt roads are great, and the Montpelier Bike Path is usually plowed. No need to run on a treadmill. Some people are very surprised that I run outside in the winter. I think it beats the treadmill but to each his own...



CVR President Andy Shuford

CVR has one winter race, the New Year's Eve 5K and it opened the CVR/Onion River Outdoors Race Series for 2019. It will be a while before the next race series race (Kaynor's Sap Run on March 24). And with no Fun Runs this time of year, there aren't many opportunities for the club to get together. But we have the Volunteer Appreciation and Awards dinner coming up on Thursday, January 24. It is at the Steak House (on the Barre-Montpelier Rd.) and free to any CVR member who volunteered in 2018. Just RSVP to your email invitation. Even if you don't qualify for the free dinner, you can RSVP and pay that night. Awards for the 2018 CVR/ORO Race Series and others will be presented by Master Emcee Jeff Prescott. If you won a race series award, you really should come to collect your awesome certificate and gift card \$ from Onion River Outdoors.

Save the date: the CVR Annual Meeting will be on Sunday, March 17th. Time and location to be announced soon. The Annual Meeting is important as it is where we set the budget, make donations and elect officers. Those who don't attend may be elected to something!



Check this out! In case you missed it click the link below and have a look at page 60. Writer Corey Burdick wrote a great piece about CVR's New Year's Eve 5K! **Winter 2018 Issue of Best of Central Vermont**

A link to the results for the 2018 NYE 5K can be found on page 8.

### CVR Volunteer Appreciation and Awards Dinner Coming Right Up!

THURSDAY, JANUARY 24TH

At the Steak House on the Barre-Montpelier Road. Social Hour (cash bar) 5:45 followed by dinner at 6:30 p.m.

### CVR Annual Meeting Sunday, March 17th

Save the Date! Time & Place to be announced soon.

### Next CVR/ORO Series Race: Kaynor's Sap Run 10k

Sunday, March 24, 2019 at 11:00 AM, Westford VT

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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.





### Membership Notes

At the turn of the year, there were almost 300 members of CVR. We are a large group! Together, we share our enthusiasm for running, get to know like-minded runners, and support CVR's many races.

Don't forget that the benefits of CVR membership also include 10% off running shoes at Lenny's Shoes & Apparel (Barre and Williston), and 15% off running shoes and running apparel at SkiRack (Burlington).

The membership year runs April-March, so we're into the quiet months as the year runs down. You can expect to see reminders about renewing your membership for 2019-20 in March. But doesn't it feel good to spend the winter getting ready for spring? You can renew any time by clicking here: [CVRrunners Web Site](#) ("JOIN CVR"), where you can renew online or download a printable form that you can mail in.

New members October-December 2018: welcome to Bernard Bull, Michael Chartrand, Kristin Cantu, and Peter Luyckx, and Phyllis Tillinghast. See you out on the roads or trails!



Allie Nerenberg

Huge thanks go out to Allie Nerenberg, who stepped down as CVR Membership Coordinator after three years of amazing organizational work. In that time, she implemented a new database for the membership directory, kept

records up to date, and gave a friendly welcome to every new and returning member. She leaves the position (but not CVR!) with records and documentation in excellent shape. Thank you, Allie! We hope this gives you more time for running.

Stepping into Allie's shoes as Membership Coordinator is me, Graham Sherriff. I'm a Montpelier local, a marathon and ultra runner, and an occasional CVR race volunteer since joining the group in 2017. In my working life, I'm a librarian, so I'm enjoying keeping records accurate and organized.

Happy trails!

-- Graham



Photo: Graham crossing the line at the Old Forge Marathon (NY) in 2017.

### Welcome Forrest!



My husband (Steven Airoldi) and I (Rebecca Harvey) are CVR members and welcomed our son, Forrest Marcel, on Nov 4! We already have our BOB stroller and can't wait to hit the roads with y'all again! Although Forrest has already completed several half-marathons and a jaunt up Mount Washington (in utero)!



Did you know... On April 10, 1896, Greek water-carrier [Spyridon Louis](#) won the first Olympic marathon in 2 hours 58 minutes and 50 seconds. The route between Marathon and Panathenaic Stadium was repeated when Athens hosted the 2004 Games.

## The Other Boston: The BAA's Distance Medley

Article and photo submitted by Nick Persampieri

Most of us are familiar with and many have run the Boston Marathon, put on each April by the Boston Athletic Association (BAA). In contrast, the BAA's annual Distance Medley series is beyond the radar of most Central Vermont Runners.

The series consists of a 5k held on the Saturday of Boston Marathon weekend in April, a 10k in late June, and a Half Marathon in early October. Overall and age group awards are presented for each race, and for the entire series based on cumulative time. Age group is determined based on age at the time of the Half Marathon. I participated in 2018, and, after a hiatus to run the Marathon in 2019, look forward to trying it again in 2020.

While lacking the fame of the Marathon, each of the three races are major races and draw an elite field. The current U.S. mens' and womens' records for 5k on the road were set in the 5k-Ben True 13:20 (2017); Molly Huddle 14:50 (2015). The 10k and Half Marathon have out and back type courses that allow views of the elite field during the races. Meb and Desi both ran the 10k.

The 5k and 10k start and finish on Boston Common and run through the streets of Back Bay. In contrast, the Half Marathon starts and ends in Franklin Park and runs through a series of parks on the city's outskirts known as the Emerald Necklace. The races are extremely well organized- bibs and instructions are mailed to participants, as are age group awards, there is a bag drop, and ample food, drink, refreshments, first aid etc. are available after each race.

While chilly temperatures and pouring rain made for a difficult Marathon in 2018, the weather two days earlier for the 5k could not have been better-brilliant sunshine, upper 40s and no wind. Having little experience in large races, I arrived in awe of the crowds massing on Boston Common for the start. I self

seeded myself by the sign indicating my anticipated pace. This proved to be way too far back, and I felt like I was running an obstacle course much of the race. I adjusted my start strategy for the 10k and Half Marathon by looking at the prior years' results, estimating how many folks would likely finish ahead of me, and placing myself accordingly. This worked out much better and I ran both races unimpeded despite the size of the fields (there were over 8,000 in the 5k and 10k, and over 6,000 in the Half Marathon).



In the 10k I set out to achieve a long-held goal of breaking 40 minutes, but was thwarted by the need to stop and tie a shoe-lace in the second mile. I avoided any mistakes during the half marathon, handled the challenging downhill start relatively well, and enjoyed the finish on the track in White Stadium.

Unfortunately, I didn't carry my ID and was denied access to the beer tent. Despite the rookie mistakes and despite failing to set any over 55 PRs, I ran three solid races and, as a 59 year old, placed third for the series among 55-59 year old men.

If you love visiting and running in Boston, and crave big races with elite fields and cheering crowds, the BAA Distance Medley may be for you. But be careful with the self-seeding, bring a photo ID, and tie your shoe laces securely.

## The Hamsterwheel

Article and photos submitted by Matthew Caldwell

Self-proclaimed as the “Dumbest Race in New Hampshire”, The Hamsterwheel is a 6, 12, 24, or 30-hour endurance run at the Hillsborough County Fairgrounds in New Boston, NH. The course is pancake flat with only one minor uphill and consists of a 1.55-mile out and back along the Piscataquog River on the New Boston Rail Trail followed by a loop around the fairgrounds to round out mileage at 3.97 miles per loop. 2018 was the fourth year for the Hamsterwheel and they were adding a 30-hour option and buckles.

On Saturday, November 3, 2018, Kim and I are up early to pack the car and head to New Boston. We leave Randolph just after 5:00 a.m. for a 7:15 a.m. arrival at the fairgrounds. About 10 minutes before the race start, Kim and I found out that the aid tent next to ours was occupied by none other than 14-time Western States 100 Champion Ann Trason.

At 9:00 a.m. the start horn goes off and everyone takes off towards the rail trail in their rain gear to start lap number 1. The rain continued for most of the daylight hours with the wind picking up later in the afternoon. During one lap, during the return trip to the fairgrounds along the rail trail, I came across a tree that had fallen across the trail in the time it had taken to get to the end and turn around. That was a nice obstacle for the next few laps until the RD (race director) could get an axe and saw to move it out of the way. Once the sun went down, the rain finally stopped and the wind died down allowing the cold chill to settle in for the night.

I ticked off the first 10 laps at a pretty consistent pace and my food intake was much better than all the other ultras I had participated in. Let me tell you, if you like to eat, there is no better race than the Hamsterwheel. If you go hungry at Hamsterwheel, you are doing something wrong

as there is a never-ending supply of hot food always being served.

A little after midnight Kim decided to get some shuteye and retreated to the tent. I kept doing my laps. Once 2:00 a.m. came about I looked at my watch and it said 1:00 a.m., I instantly thought I was having a bad case of ultra brain before I remembered that Hamsterwheel always occurs on Daylight Savings Time. At about 4:30 a.m. my lap times were getting longer, the cold was taking over my body, and the self-doubt was really starting to creep into my brain. I woke Kim up and told her I didn't know if I could continue. I sat around having a pity party until

Kim threw on her shoes and told me we weren't going home without my buckle. So at 5:00 a.m. she dragged me back onto the trail to tick off the last 28 miles.

Kim pulled me along and made sure I kept hitting the times I needed in order to make the 100-mile mark in the 30-

hour limit. I had wasted enough time during my pity party that I couldn't take a prolonged break from 5:00 a.m. until the 30-hour cut off time at 2:00 p.m. There were a couple more low points during the last 28 miles but Kim made sure I kept moving forward and 29 hours, 42 minutes, and 56 seconds after the start horn went off I crossed the line finishing my 25<sup>th</sup> lap and finally hitting the 100-mile mark. Now I am the proud owner of a Hamsterwheel buckle consisting of a red-eyed hamster. I highly recommend the Hamsterwheel to anyone that wants to give a timed event a try. They even offer a relay option for teams.

The almost 30 hours I spent on the Hamsterwheel in November taught me a lot of great lessons that will help me out as I make my second attempt at the Vermont 100 Endurance Run this summer. This summer I have joined Team Run 2 Empower to fundraise for Vermont Adaptive Ski and Sports to help people with disabilities experience outdoor activities. If you would like to donate to my fundraising campaign, please visit [Support Matthew Caldwell & VT Adaptive Sports](#).

Now I am the proud owner of a Hamsterwheel buckle consisting of a red-eyed hamster.



\*Last Photo: Mindy Randall Photography

## CVR Fun Runs

Article submitted by Andy Shuford and Old-time Results courtesy Bob Murphy

As we are in the dead of winter, Fun Runs are something to look forward to! For a refresher, here is what the CVR website says about them:

*Central Vermont Runners spring-summer-fall fun runs are held every Tuesday evening, from early May through late October. 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.*

*When: Tuesday evening fun runs start at 5:30 pm sharp.*

*Fun Runs are generally timed by CVR volunteers, but we cannot guarantee that every Fun Run will be timed. Results of these timed fun runs are usually posted in The World, a free local newspaper.*

*Where: Unless otherwise noted, fun runs begin and end at the Montpelier Recreation Path parking lot behind the State of VT Dept. of Labor Building (and adjacent to the Montpelier H.S. track) off Green Mountain Drive in Montpelier, VT.*

### The 2018 Fun Run Season

The last Fun Run of 2018 was October 23. We celebrated by going to Julio's Cantina afterwards. And that was how we started, on May 1, with a Julio's dinner. The idea was to go out after Fun Run once a month. We did that in June and July but somehow missed August and September.

Fun Runs are held rain or shine. Darragh Ellerson is the Fun Run timer and has been timing them for many years. She is incredibly dedicated to the Fun Runs and will be out there in the rain to time (although she does have the car to wait in). She has timing sheets broken down by age group and run distance. Note that her distances are 1, 2, 4 or 6 miles only: if you run 3 or 5 miles then no time!

The turnaround point for the Fun Run is a topic of great discussion. For one mile, there used to be a mark on the path near Peace Park but now it is vague. The two mile turnaround is the small "1" sign near the RR tracks. Four mile turns around after the driveway (at the road sign) of the last house before you get to Three Mile Bridge (how do you know it is the last house?). And the six mile turns around at the corner of the Quonset-hut like barn after Jones Brook Rd. (not everyone knows what a **Quonset hut** looks like). This is all confusing to new Fun Runners but it is part of the experience and everyone is helpful with new runners who don't know the course.

Fun Run attendance varies from just a few on particularly nasty days to over forty when the XC runners show up. Attendance really peaks in the summer with the U-32 cross country runners who bring a big crowd and add lots of energy, particularly compared to us old folks. My goal with running the four mile is not to be passed by one the U-32 six milers, but often I fail at that.

The best thing about Fun Run is it can be like a race if you want, or it can be purely a social run. Timing the run and publishing results

in The World gives it a race-like character. That is why the run has been timed since it began. Back in the day, there were not many races and not everyone had a running watch. Hard to believe nowadays with Garmin and Strava. The Timex Ironman debuted in 1986 and after that runners could at least time themselves.

Here is a history of Fun Runs as provided by Bob Murphy:

*Fun runs in Montpelier were begun about 1975 by Montpelier High School science teacher John Naess. Warren Kitzmiller of Onion River Sports took over organizing the runs about 1977. Because there were few running races available at that time, fun runs grew to be enormously popular. At their height, over 130 runners would assemble on a weekly basis at the Liquor Control Warehouse on Green Mountain Drive to compete at the 2 or 6 mile distance. The runs were often very competitive, and provided a racing opportunity for those who wanted it, and a social run for those who preferred that. Warren would collect a small voluntary fee each week from participants, and the money was used to provide trophies to all at the end of each season, as well as a midsummer picnic which was well-attended.*

To say they were competitive is an understatement. As can be seen from the 1983 published results I included here, the times are quite fast. And 2 mile seems to be very popular. Probably because two miles flat out is pretty good speedwork.

JULY 5 RESULTS	
TWO MILES	
Male 0-13: S Poulin 16:26, G Poulin 23:17, 14:29; F Burdett 9:58, P Carlson 11:02, D Flanders 11:10, A Burdett 11:18, J Ferland 12:27, E Blatchford 12:35, B Weber 13:11, E Smith 13:25, 30+ : M Chaplin 9:52, R McKay 14:23, 40+ : H Marcy 11:55, B Murphy 12:00, N Baker 13:29, A Poulin 19:10, 50+ : E Flanders 16:23, Female 0-13: D Brigham 15:52, 14-29: D Brigham 15:52, 40+ : B Tucker 16:12, P Flanders 19:37, 50+ : D Ellerson 14:35.	
FOUR MILES	
Male 14-29: E Skea 24:05, M Czaplinski 24:12, P Townsend 24:47, W Rowan 24:51, N Robinson 26:48, J Richardson 27:26, C Krahn 28:22, 30+ : S Everett 29:27, 40+ : J McEntyre 27:20, B Mayo 27:35, F Bertrand 31:45, 50+ : B Wilson 34:10, 60+ : D Morse, Female 14-29: D Martin 26:01, C Martin 29:26, K Collins 29:45, 30+ : A Thaanum 33:51, 50+ : M Wilson 34:09.	
SIX MILES	
Male 14-29: G Adams 38:29, J Blatchford 41:07, 30+ : R Edwards 42:58, B Crain 43:02, M Woodfield 44:31, 40+ : R Czaplinski 37:32, J Mallory 39:13, L Miller 44:30, Wagon 30+ : M Corrigan 44:32.	

FUN RUN	
JULY 12 RESULTS	
TWO MILES	
Female 0-13: C Stewart 22:35, 14-29: S Betz 15:54, M Bachman 17:46, C Poulin 18:46, C Gidney 20:54, 30+ : S Christiansen 15:35, N Joeres 17:27, Claudia Jacobs 19:38, M Buttitta 23:40, 50+ : V Bryan 22:59.	
Male 0-13: S Owen 12:46, L Murray 16:40, M Thresher 17:41, J Joeres 18:24, S Young 18:35, 14-29: S Gardner 10:45, S Tosi 11:28, J Donnelly 11:37, M Brown 11:56, M Gardner 12:02, E Blatchford 12:40, C Shepard 12:51, E Smith 14:52, G Moore 15:11, T Bachman 15:16, M Coddling 15:31, 30+ : B Howe 12:27, S Everett 15:35, G Hias 15:46, 40+ : G Rice 13:29, A Poulin 18:53, 50+ : Carlson 13:14.	
FOUR MILES	
Female 14-29: D Lindner 31:32, T Thayer 34:28, 30+ : S Davis 38:13, E Holska 36:22, J Beaudin 37:08, 40+ : B Tucker 38:18, 50+ : M Wilson 35:42.	
Male 0-13: J Aber 36:20, 14-29: E Wilson 22:59, D Miller 23:51, G Adams 25:23, K Griffin 25:27, P Carlson 26:05, A Walker 26:26, M Gilbertson 30:15, D Hudson 33:20, A Roberge 33:22, F Burdette 33:45, A Broberg 33:46, 30+ : M Woodfield 38:08, C Lovell 29:09, D Kessler 33:34, G Moore 33:33, T Comitto 36:05, 40+ : C Martin 26:59, R Davis 37:38.	
SIX MILES	
Female 30+ : M Corrigan 44:17, 50+ : D Ellerson 49:20.	
Male 30+ : T Potter 37:14, L Murray 39:10, D Hendrickson 42:23, G Gershaneck 43:01, B Crain 44:07, S Cano 47:03, 40+ : J Mallory 43:17, J McEntyre 43:34, R Cranse 48:42, 60+ : D Morse 50:16.	

FUN RUN	
JULY 19 RESULTS	
Two Miles	
Female 0-13: W Howe 21:01, 14-29: M Bachman 17:29, C Poulin 18:05, H White 18:55, C Gidney 19:46, 30-39: S Christiansen 13:52, M Slater 16:42, R Blow 16:44, C Jacobs 18:25, M Buttitta 21:57, 40-49: R Nuquist 16:52, 50-59: J Peterson 22:26, 60-69: V Bryan 22:26.	
Male 0-13: S Owen 13:32, L Murray 14:29, G Tosi 14:38, J Joeres 17:15, N Sessions 17:31, S Young 18:03, B Sessions 18:48, P Sessions 25:26, 14-29: S Gardner 10:01, S Tosi 11:12, R Coyne 12:03, C Shepard 13:10, T Bachman 13:37, M Coddling 13:39, M Marinetti 18:20, 30-39: G Hias 14:08, B Howe 21:01, 40-49: J McEntyre 12:15, P Ohman 17:42, A Poulin 18:11, 60-69: D Morse 14:31.	
Four Miles	
Female 14-29: C Schamaun 31:00, A DesMeules 32:12, S Betz 35:39, T Thayer 35:39, 30-39: N Joeres 33:52, S Davis 34:47.	
Male 14-29: P Carlson 24:52, A Brewer 27:30, M Gardner 27:32, A Burdett 27:43, A Roberge 30:37, 30-39: D Hendrickson 26:31, 40-49: C Martin 25:15, G Rice 29:35, 50-59: D Kelley 38:45.	
Six Miles	
Female 30-39: M Corrigan 45:06, Male 14-29: T Noonan 36:53, G Adams 39:20, J Blatchford 43:28, 30-39: T Potter 37:37, L Murray 36:58, C Lovell 45:06, 40-49: J Mallory 44:56, R Cranse 49:17, N Baker 49:33.	

Fun Runs used to start at the Liquor Control warehouse because that is where the bike path started. The current path from Bailey Ave. going around the school's fields was built later.

**The first official Fun Run for 2019 will be May 7.** Interesting fact: this is the latest date that the Fun Run can start and last year (May 1) was the earliest. But "unofficial" Fun Runs start at the time changes (March 12) for anyone who shows up. But no timing.

## Racing with Eric Morse and His Running Buddy Murdock

Murdock, probably CVR's smallest member, wrapped up another racing season with me this fall. He's the 8-time champ of the Mutt Strut and we participated in 18 races together throughout the year. All the races were dog/human team competitions and we traveled from Maine to Pennsylvania. We're both getting a little old to keep ahead of everyone, but we managed 15 wins out of the 18 starts. Our daily runs of seven miles in Hubbard Park added up to over 2,500 miles of running together that keeps him in shape.

Our best race was in Scranton, PA in September where we ran 17:50 over a 5k course. Another runner without a dog took a big lead but missed a turn, allowing us to go by. He caught back up near the end, but we out sprinted him at the finish. He was very angry and let everyone know what had happened, and then proceeded to berate everyone who put on the race. I think his pride was hurt by losing to a small dog.



Photo submitted by Eric Morse

It can be quite an adventure traveling with a dog. The car gets awful small and boring for a dog sometimes. Finding a hotel near a race that takes dogs can be a challenge too, but we've always managed to find one. We have to take all our food and in eat the hotel room the day before the race because he can't be left in the car or hotel alone. Even with all the obstacles in the way, it's worth it traveling and racing with your buddy. After 8 years of races, he know exactly what a race is and what we're there to do.

Vermont had a surprising number of races throughout the year. The Mutt Strutt, Chittenden County Humane Society's Doggy Fun Run, Chase Away K-9 Cancer 5k, Canicross 5k at Catamount Center, Essex Dog Jog and Muddy's Buddy's 5k in Shelburne.

Some of the events in cities like Boston and New Bedford, MA draw hundreds of dogs and runners. Anyone interested in running a race with their dog, go to the Mutt Strut in April in Waterbury. It's a small and low-key event compared to some, but very well organized and great fun.

- Sincerely, Eric Morse & Murdock

## WANTED!

### BARRE TOWN SPRING RUN RACE DIRECTOR

Do you live in the Barre area? Would you like to dip your toe into the glorious world of Race Directing? The Barre Town Spring Run is a great race for a first-time (or seasoned) Race Director! The timing and course are already in place and Barre Town is glad to host the Central Vermont Runners at their track/recreation fields and path. The race is scheduled for May 18, 2019 and proceeds benefit the Barre Town Recreation Department.

Interested people should contact: **Andy Shuford**



Photo: Jim Flint/Jason French

## COMING BACK!

Article submitted by Donna Smyers

OK, we've all been there: sidelined from running due to injury. If you haven't been there, I expect you will be at some point. Or you are lucky, smart, or as I call it "bio-mechanically gifted." If you run much, it is kind of like death, taxes and icy roads in Vermont winters—we hate it, but it happens. Since several of my running buddies and I were recently out of commission, we are now trying to get in shape for next season without a setback. Nothing is worse than taking a month or more off of running, then getting re-injured, and having to go through all that time off again, right?

Over the years, I came up with a program that usually lets people come back without re-injury. I cannot count how many friends (& CVR members) and clients I have put on this program. It isn't foolproof or guaranteed, but I'll explain why I think it makes sense. The first thing to realize is that ligaments and tendons and bones take about 6 weeks to remodel significantly. So if you stop running for 5 or 6 weeks (or more), things have started to remodel weaker than they were and it may take 5-6 weeks of controlled stress to restrengthen them. You may feel strong enough to come back fast, but about 6 weeks of gradual training allows the connective tissue to be ready to tolerate running again. The problem people have is that ligaments and tendons usually don't tell you they are tired or weak until it is too late. So the point is to give the tissues a little stress to remodel stronger, but don't break anything down more than it can recover before the next run. It's also important to note that I am not just talking about a setback from the original injury. If you stopped running for long, everything is susceptible to "too much too soon" during your come back, not just your original injury.

I have used this program with some tweaks (I started even slower) myself. It brought me back from six months off of running due to osteitis pubis in 2007, then from three months off after a quad tendon rupture in 2013. Now it is 2019 and I am coming back from a month off to try and heal tendinitis in the other quad. I guess I'm on the 6-year plan, but at least up until now, I haven't had a major setback during my recovery. The amazing thing is that although the first couple of weeks feel kind of silly (do I really need to put on running shoes to run one minute, eight times?), by week three or four you can actually get your HR up and feel like you've been running. Also, if you aren't quite ready to run, you can start with a week zero or one

and be ready for more by the next week, so you are still recovering and healing while starting to train. My first episode each week often feels a little iffy, but by the third episode of the same workout it usually is no problem and I'm ready for next week. So without additional ado, here's the plan:

### Before starting the plan:

- You should be walking 30 minutes pain free at least 3x/week.
- You should be able to perform calf raises, mini squats, and small hops almost equally on each leg without pain.

### General instructions:

- Mild discomfort is OK, but no limping because of pain.
- Start each walk/run session with a 5 minute walk, end with 3-5 minute walk (this gives you a total of ~30 min workout each time). More walking or cross training is fine if pain free.
- Stretch and ice after the run as needed.
- Run every other day or 3 days/week. Do other activities on the off days (stretch, strength, cross train).

• *Absolutely no speed work or testing your speed until after one month of pain free running.*

### The Schedule:

- Week 1: [Run 1 minute, Walk 2 minutes] repeat 8 times
- Week 2: [Run 2 minutes, Walk 2 minutes] repeat 5 times
- Week 3: [Run 4 minutes, Walk 2 minutes] repeat 3 times, 4 times on the last session of the week
- Week 4: [Run 6 minutes, Walk 2 minutes] repeat 3 times
- Week 5: [Run 8 minutes, Walk 2 minutes] repeat 3 times
- Week 6: 20-30 minute run
- Week 7-10: 30-45 minute run
- After that you can add one run/week, increase distance by 10% total, or 20% on one run/week, or add a 4<sup>th</sup> run/week.

### A few variations that I do or assign:

- Start with week 0: [Run 30 sec, Walk 2 min] repeat 10 times.
- If you run every other day you can count 6 days as a week.
- If you feel vulnerable, do each week twice before progressing.
- If you had a short break from injury, do 4 day weeks, so each workout is performed 2x before progressing.

I hope you never need this plan, but give it a try if you tend to get re-injured when you are on the comeback trail. I'm currently on week 4 and hoping for no setbacks by week 10!

**If you run much, it is kind of like death, taxes and icy roads in Vermont winters —we hate it, but it happens.**

## Results: Fallen Leaves Race Series

November 3, 10, & 17, 2018  
Montpelier High School



Proceeds Benefit the  
Montpelier Food Pantry

**Fallen Leaves Race Series # 1**  
complete results of all 74 finishers.

Overall Female Winner:  
*Camille Bolduc 20:12*

Overall Male Winner:  
*Riley Shepherd 16:58*

**Fallen Leaves Race Series # 2**  
complete results of all 35 finishers.

Overall Female Winner:  
*Richarda Ericson 21:12*

Overall Male Winner:  
*Maxfield English 17:52*

**Fallen Leaves Race Series # 3**  
complete results of all 19 finishers.

Overall Female Winner:  
*Dot Martin 22:05*

Overall Male Winner:  
*Maxfield English 18:26*

## Results: New Year's Eve 5K

2019 CVR/Onion River Outdoors Race Series  
Montpelier, VT 12/31//2018

Overall Female Winner:  
*Gabrielle Jennings 19:09*

Overall Male Winner:  
*Bryce Murdick 17:44*

### Complete results of all 142 finishers.

Two age group records fell on New Years Eve and these went to prior record holders who are both building a dynasty at this race. **Norm Larsen** broke the Men's 60-69 record which he now holds along with the Men's 50-59 AG record. But **Patty Foltz** tops that, breaking the Female 70-79 AG record at this year's race (by over 5 minutes!) which adds to her Female 50-59 and Female 60-69 records.

## Upcoming Races and Events

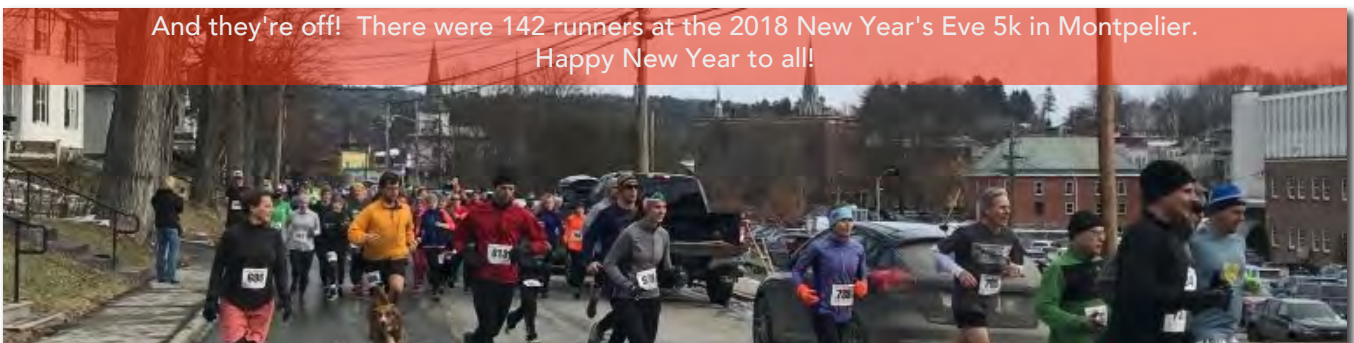
Ongoing: Winter Long Runs!

Check your email weekly for location details.

- >January 26, **Winter Wild Series**, Cranmore Mtn. (NH), 7am
- >January 27, **Winter Wild Series**, Black Mtn. (NH), 7am
- >January 27, **Boston Prep 16 Miler and 5 Mile**, Derry NH, 10am
- >February 16, **Cupid 5K**, Shelburne, 10am
- >February 23, **Peak Snow Devil Snowshoe Races**, 100 mile, 26.2, 13.1, 10k, Pittsfield.
- >March 3, **Stu's 30K Road Race**, Clinton, MA, 11am
- >March 9, **Sugarhouse Snowshoe 5K**, Shelburne, 9am
- >March 16, **Leprechaun Dash 5k and 10k**, Shelburne, 9am
- >March 16, **Shamrock Shuffle 5k**, Lebanon NH, 9am
- \*March 24, **Kaynor's Sap Run**, 10K, Westford School, 11am

\* = 2019 CVR/ORO Race Series

And they're off! There were 142 runners at the 2018 New Year's Eve 5k in Montpelier.  
Happy New Year to all!





In running, it doesn't matter whether you come in first, in the middle of the pack, or last. You can say 'I have finished.' There is a lot of satisfaction in that.

*Author Unknown*

## **CVR / Onion River Outdoors Race Series**

### **[Click Here for 2018 Final Results!](#)**

#### *Congratulations to the 2018 Winners!*

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.

Races included in the series for 2019:

**New Year's Eve 5K 2018**

**Kaynor's Sap Run**

**Paul Mailman 10 Miler**

**Adamant Half Marathon**

**Barre Town Spring Run**

**Capital City Stampede**

**Montpelier Mile**

**Bear Swamp Run**

**Berlin Pond 5 Mile**

**Northfield Savings Bank 5K**

Genny Tenny 10 Miler (link not available)

**Sodom Pond**

**Leaf Peepers Half Marathon and 5K**

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.
- Changes to the series rules and the lineup of races for the coming year will be determined at the November CVR meeting. *See the November Meeting Minutes on Page 10.*



## Minutes of 11/06/2018 CVRrunners November Meeting

Location: Home of Richarda Ericson

Minutes: Sandy Colvin

**Meeting Minutes** for CVR Meeting Monday Nov 6, 2018  
6:30 pm. Richarda Ericson's home

Minutes from May and August meetings as printed in November Newsletter were approved.

*Treasurer's Report:* John V handed out a detailed balance sheet of expenses and revenue. He discussed the club has not yet finalized the Leaf Peepers race and some money still may need to be paid out, but around \$8,596 and our \$6,100 CD, the account is fine, we have money and have a CD.

*Membership Report:* Graham has taken over as membership coordinator. He reported we have 286 members currently. He advised that many of them (about 50%) are up for renewal in March of 2019. Graham also shared ideas on managing the membership list in some sort of web based shared directory, so others have access to it. Today and in the past, it has been owned by the individual in charge of membership. This makes transition to a new person challenging and doesn't give access to the list to other members of the club. Graham offered to brainstorm ideas with the club when we are ready.

*Equipment:* Manny shared with the members the shed is full. Any race directors using the shed may find it a bit full and unorganized now, but he is working on it and hopes to have it organized soon. He has created an equipment list and is working on finding a way to store the list online, so others can access, update and edit the list accordingly. It will provide all of us with a way of knowing where everything is at any given time, and the ability to sign things out, so to speak. He is working on finding the right software, app etc. It was suggested that maybe this is something he can work on with all the race directors, maybe at a race director spring meeting.

*Annual Dinner:* Budget, location, Thursday, January 24<sup>th</sup>. Everyone discussed the annual dinner and reflected on past locations and challenges with either the venue not being big enough, or the food. Andy suggested, and all agreed, that we should hold the meeting at the Steak House again as it seems to be the best for the location, privacy, space. We suggested maybe asking the Steak House to provide a better menu of food, which could be something the coordinator can work on. This year John Martin is unable to coordinate, and Jeff Prescott has been nominated to coordinate the dinner.

*Spirit of the Club Committee for 2019 and David Ellerson Volunteer of the Year Award:* Every year we give out these awards at the dinner in January. We need a committee to discuss who should receive the awards. Greg Wight, John Valentine and Sandy Colvin all volunteered to be on the nominating committee. We discussed spending up to \$100 on

the Spirit of the Club gift, which the nominating committee will purchase, and for the David Ellerson Volunteer of the Year award, a certificate will be presented.

*Looking for Barre Town Spring Run RD:* Andy shared with the group, Andrea McLaughlin is no longer acting as race director. She will be available to help and other CVR members will volunteer on race day but need a race director. If we want to continue doing this race, we need a new race director. No one in attendance of the meeting volunteered. If you are interested, contact Andy Shuford for more details.

*Race Updates –Race Director*

Northfield: Rowly – Not in attendance, no report.

Groton Forest: Mark shared with the group the great success of the race. The coordinated effort with volunteers, the state, the boulder beach crew, everyone involved helped to make it a success. They filled the race with 100 runners and are excited to do it again next year.

Sodom Pond: Tim reported it was a success despite our hosts not being in town!

Leaf Peepers: John V and Greg reported the race went well. Attendance was down from previous year, but the race went well it was a successful event.

Autumn Onion: Donna discussed the event and how it went. Others commented on how fun it was. Discussion about the future of the race, ideas for next year all feedback for ORO.

Fallen Leaves: Tim had a great turnout at the first race of the series. Some challenges with the school and access to bathrooms inside, but despite this, the series will continue, and runners will need to use the port-a-pottie trackside.

New Year's Eve: Manny is planning the event and reported on his progress so far. He had done a lot and is working with Montpelier Alive, all set for now.

*Clothing:* Richarda gave update on inventory. We are low on the tech shirts but have a lot of the cotton shirts. What does the club want to do? Do we want to have an inventory? What should the shirts look like? Everyone shared ideas on where to go with CVR clothing. Richarda offered to continue to research singlet/shirt ideas and maybe if she is able and ready she can propose some ideas at the annual meeting. Also discussed, were ideas with making the purchase of a shirt more centralized and easier for club members. The group discussed ORO and partnership ideas on shirts.

*Leaf Peepers Rejuvenation:* Greg shared with the group, they have had two individuals interested in the Race Director position. In addition, the club continues to work with Duxbury on bringing back the old race course. More information to follow once a race director is hired.

**11/6/2018 Meeting Minutes Continued on Page 11.**

**Proposed CVR Race Calendar for 2019**

Event	2019 Race Director	Race Series	Proposed 2019 Date
Mutt Strutt	Cindy Gardner-Morse and Manny		Sunday, April 21
Paul Mailman 10 Miler	Andy Shuford & Andrea McLaughlin	X	Saturday, April 27
Adamant Half Marathon NEW	Eric Ryea, Donna Smyers & Chris Andresen	X	Saturday, May 11
Barre Town Spring Run	RD NEEDED	X	Saturday, May 18
Kids Track Meet	Dot Helling & Sandy Colvin		Friday, June 7
Capital City Stampede	Shannon Salembier & Colin Clifford	X	Saturday, June 8
Bear Swamp Run	Tim Noonan	X	Saturday, July 13
Barre Heritage Tri Race	Jackie Jancaitis		Saturday, July 27 NEW DATE
Berlin Pond	Jeff Prescott & Sue Emmons	X	Thurs, August 15
NSB 5k & Mile	Rowly Brucken	X	Saturday, August 31
Groton Forest Tri Run	Mark Howard et al		Saturday, September 7
Sodom Pond	Tim Noonan	X	Wed, Sept 18
Leaf Peepers Half & 5k	RD NEEDED	X	Sunday, Oct 6
Fallen Leaves #1	Tim Noonan		Saturday, Nov 2
Fallen Leaves #2	Tim Noonan		Saturday, Nov 9
Fallen Leaves #3	Tim Noonan		Saturday, Nov 16
New Year's Eve	Manny Sainz	X	Tuesday, Dec 31, 2019

## Other Race Dates:

GMAA Kaynor's Sap Run Mar 24?

New Bedford Half Mar 17

Boston Apr 15

Rollin Irish Apr 20?

VCM May 26

Mt Washington Jun 15

Montpelier Mile July 3

Stowe 8-Miler &amp; 5K Jul 7

Race to Top of VT Aug 25

Genny Tenny Sept 22?

GM Marathon Oct 13?

*2019 Proposed CVR/ORO Race Series changes*

• Bob Murphy report-propose races above with following edits. No longer have the Stowe 8 miler or the Autumn Onion in the series. Instead replace those with the Genny Tenny and the Adamant Half Marathon. Members approved this change to the races in the race series.

• Modify wording about cancellations – Bob also suggested the following change to the wording. "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.~~" Members approved this change as well.

• ORO as sponsor for race series will continue.

*Announcements & Other*

• 2019 Annual Meeting: Sunday March 17<sup>th</sup>. Location TBD.

• Other Proposed 2019 Meeting dates: Mon May 13, Mon Aug 19, Mon Nov 4. Andy asked, Are Mondays still good? Yes!

• RD Training meeting in the spring? Andy would like to coordinate a meeting in the spring to bring race directors together to share ideas, learn the timing system and any other ideas for discussion/training. Look for announcement or invitation in the spring.

• Winter Long Runs – start December 1. Jeff will continue to coordinate via e-mails, long runs this winter. The first will be December 1<sup>st</sup> and will likely be hosted by Jeff. After this date the host each week will change.

• Other business – Newsletter editor Maryke asked if o.k. that we still are mailing a few newsletters. She is working to reach out to each person individually and ask if they want to receive it electronically or mail and that is helping lower the number receiving by mail. In the meantime, the members in attendance at the meeting agreed the club is o.k. with a small expense in mailing a few newsletters out. Also discussed was making sure at least one newsletter is printed and stored for record keeping.

• Meeting adjourned shortly after 8:00 pm.



Newsletter Editor  
Maryke Gillis  
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CVR Newsletter

January 2019

Volume 40 Issue 1

## 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: Manny Sainz

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