



Volume 25  
No. 2

# Central Vermont Runners

## May 2004 Newsletter

### Notes from the Prez

The 2004 season is now underway. Fun runs have started with the new benefit of getting 5 points toward the CVR/ORS series for every fun run you do (up to 50 points). Join the crowd at the Liquor Control Building on Green Mountain Dr. at 5:30 on Tuesdays for the 2, 4 or 6 mile options. The race season has also started with the Mutt Strutt drawing 44 entrant pairs, the Kids Track Meet on May 22, and the Capitol City Stampede and Paul Mailman 10 miler coming up in June.

There has been discussion about changing the fun run location on the CVRunners listserv. If you are not a member of the listserv, go to [www.yahogroups.com/group/cvrunners](http://www.yahogroups.com/group/cvrunners) and join the group so you can see what people are talking about. There are options to receive all the emails, a daily digest, or not to receive them (but you can look at them on the website and send to the group), so there should be an option for everyone to control their email volume and still be a part of the group. I am the moderator, so if you have problems joining, email me at [dosmyers@cs.com](mailto:dosmyers@cs.com).

I think I have presided over the biggest period of deficit spending in CVR's history, but I promise that is where the similarities between me and the current administration end. We have purchased a new timing clock and supported some excellent running programs (see the annual meeting minutes) and had a great party in February. I don't want to spend down our whole surplus; however I do want to have a 25<sup>th</sup> anniversary celebration sometime this summer. If you have any ideas, or would like to coordinate an event (maybe something like the "Subultimate Runner" competition from the '80's), let me know.

See you on the roads!  
Donna

### RAIN NO DAMPER FOR COMPETITORS IN CVR KIDS TRACK MEET

The Central Vermont Runners 2004 Kids' Track Meet at Montpelier High School, on Saturday May 22, attracted 22 hardy young athletes who braved the miserable conditions. This annual event, free to preschool through 6<sup>th</sup> grade students, takes place rain or shine. The events include long jump, 1/4 mile run, 1/2 mile run, mile and 100 meter dash. The softball throw was cancelled this year because of the conditions. Congratulations to this year's competitors and their parents for being such troopers and coming out on what was a tough day for outdoor events.

The 2004 medal winners are:

**GIRLS:** From Montpelier: Brynn Bushey (age 4); Theresa Noonan (4); Emily Campbell (8), Lexington Shea (7). Northfield: Analiese Morvan (5). Waterbury: Julie LaFlamme (8). Duxbury: Caitlin Touchette (11). East Montpelier: Samantha Knudsen (12).

**BOYS:** Moretown: Ethan Beard (6), Seth Beard (4), Alex Beard (9). Intervale, N.H.: Fritz Carr (6). Montpelier: Kevin Collins (8), Nat Swyer (8). East Montpelier: Alex Knudsen (7). Waterbury: Ethan Brooks (6), Ryan VanTuinen (9), Rory VanTuinen (12), Kevin LaFlamme (12). Duxbury: Brian Pastore (10), Aubrey Pastore (8). Waitsfield: Win Parker (9).

*Submitted by: Dot Helling*



## Secretary's Notes – March 28, 2004 Meeting

Compiled by Betty Rose

President Donna Smyers called the meeting to order at 6:15 p.m. on Sunday, March 28, 2004, at the home of John and Dot Martin. Thirteen club members attended the meeting.

**Election of Officers for 2004:** All current club officers have indicated that they are willing to retain their positions. A motion was made, seconded and passed to keep the existing slate as follows:

Elected:	President	Donna Smyers
	Vice President	Michael Chernick
	Secretary	Betty Rose
	Treasurer	Laura Medalie
Appointees:	Newsletter editor	Beth Eliason
	Webmaster	Dave Kissner
	Publicity Chair	Dot Helling

### 2004 CVR Meeting Schedule:

June 7<sup>th</sup>, 6:30 p.m. at the home of Darragh Ellerson  
 August 16<sup>th</sup>, 6:30 p.m. at the home of Michael Chernick  
 November 15<sup>th</sup>, 6:30 p.m. at the home of Betty Rose

### Expenditures

The Treasurer's Report was distributed and the following expenditures were discussed:

**Clock:** Tim reported that the clock was ordered and paid for immediately following the last meeting in November but it has not yet arrived. He will contact the company and try to get the clock to use at the Mutt Strutt on April 25<sup>th</sup>.

**Tent:** Norm will purchase the tent as soon as they are available at Costco. In the meantime, one can be borrowed from Onion River Sports.

**Database Program:** President Donna has a new computer and needs a new database for the CVR membership list. With an educational discount, the price is \$179. It was moved, seconded and passed to allocate a maximum of \$200 for purchase of database software to be owned by CVR for use on Donna's computer.

**Girls On the Run Scholarships:** Rowley Brucken distributed brochures and spoke about this program for 3<sup>rd</sup> to 5<sup>th</sup> grade girls in Northfield. The program, which promotes self-respect and healthy living, is in need of partial or full (\$60) scholarships and CVR was asked to fund two scholarships. A motion was made, seconded and passed to fund up to four scholarships as needed. In conjunction with this discussion, it was determined that an agenda item will be added for a future meeting to discuss what else CVR can do to promote youth track.

**CVR Singlets:** It has been a number of years since CVR Singlets have been ordered and many newer members do not have them. Sandy Colvin offered to spearhead the effort to look into designs and prices. The Club will probably purchase a supply to sell to members over time. It is good advertising to have members wear them at races.

**Aaron Griggs Request for Scholarship:** The Griggs' have a family membership and their son, Aaron, wrote a letter to the Club describing his running history. He is a high school senior and will participate in track at college. He is asking CVR for a scholarship. After discussing past scholarship procedures, a motion was made, seconded and passed to give Aaron a \$250.00 scholarship.

**Special Olympics:** John Martin requested that the Club purchase 24 mugs for \$120 to benefit Special Olympics. A motion was made, seconded and passed to donate \$240 for 48 glass mugs, which will be used for race prizes.

### Race Schedule

**Publicity and Permits:** Dot Helling sent a message indicating that the race schedule has been sent to all the Vermont clubs, VST, New England Runners and Co. at the home of Sandy Colvin. Applications for permits for the Capital City, the Ten Miler and Berlin Pond races.

**Reports from Race Directors:** Tim Noonan handed out the list of the Weekday Evening Race Series. One new race has been added this year; the East Montpelier Center Chase Race on August 26<sup>th</sup>. Proceeds from this race will go to social service projects of the Old Meeting House.

**Mutt Strutt:** Donna Smyers reported that the announcements are out for this April 25<sup>th</sup> race. Proceeds will go to the Humane Society (no extra funds as was mistakenly given last year).

**Capital City Stampede:** Sam Davis has been working on this June 12<sup>th</sup> race.

**Kids' Track Meet:** Tim Noonan reported that the tentative date is May 22<sup>nd</sup>.

**Leaf Peepers:** Race Director Sandy Colvin reported that last year's race was a big success and the Committee will stay the same except that Curtis will not be available to do the on-line registration. Sandy has contacted coolrunning.com. More volunteers are needed especially for registration. A discussion was held regarding the problems with last year's registration and it was suggested that an announcement would state that registration closes ½ hour before the race. We would still take registrations after that time but hopefully runners will arrive earlier.

Darragh Ellerson reported that the New England Runners calendar has incorrect information about Leaf Peepers but will put the correct information in ads.

**First Night:** \$2,000.00 went to the Onion River Arts Council – a very good year!

**Mailing Date for Race Apps:** Minuteman Press should receive race applications from race directors of the Capital City Stampede, Paul Mailman 10 Miler and the Thursday night races so that the mailing can be done no later than May 1<sup>st</sup>. The applications will also be put on the CVR website. There is no pre-registration for weekday races.



*Secretary's Notes – continued from page 2*

**July 4<sup>th</sup> Race:** Discussion was held regarding a race as part of the Onion River Arts Council July 4<sup>th</sup> Celebration in Montpelier. Someone would need to come forward to volunteer to be the race director.

**Fastrackonline.com Free T-shirt Contest:** 200 custom t-shirts are given out each month to race directors who apply. It is national contest.

**Onion River Sports Series Rules**

- **Coordinator:** President Donna indicated that a coordinator is needed to work with ORS on the series and the awards. Beth Eliason volunteered. Michael Chernick will assist.
- **Changes in Age Groups:** It was moved, seconded and passed to add age categories to the ORS Series as high as the ages of the participants (in 10 year increments).
- **Change for Fun Run Participation:** It was suggested that a list of runners be prepared in advance so that runners can sign in before the race. (Secretary Betty Rose has prepared this list). A motion was made, seconded and passed to award qualified runners five points per Fun Run (with a maximum of 50 points) towards the ORS Series.

**Special Events – 25<sup>th</sup> Anniversary**

A coordinator is needed to organize any events that will be held in celebration of the CVR 25<sup>th</sup> Anniversary this year. This item will be placed on the agenda of the June meeting.

**Participation Benefits**

- **Race Director and Officer Incentives:** A motion was made, seconded and passed to give club officers, race directors, and newsletter editor free CVR membership.
- **Race Entry Fee Discounts:** After discussing the extra work for race directors, it was determined that no entry fee discounts will be given to Club members.

**Team Events Paid by CVR:** It was proposed that the Club pay entry fees for members who get together to compete in team events such as the Winnepesaukee Relay, Reach the Beach and USATF championship events. After discussion of the high fees for some of the events, a motion was made, seconded and passed that CVR pay entry fees for the Winnepesaukee Relay only if all team members are CVR members and with a limit of 2 teams. Other team races can be submitted to the Club for approval.

**Sponsorship:** The Sportshoe Center has been unresponsive to requests for a discount.

The meeting adjourned at 8:10 p.m.

**Next Meeting:** The next potluck and meeting will be at 6:30 p.m. on Monday, June 7<sup>th</sup> at the home of Darragh Ellerson.

**GREEN MOUNTAIN ATHLETIC ASSOCIATION 2004  
RACE SCHEDULE**

**Jul 4 22nd Clarence DeMar Road Race** 5K or 10K 8:30 Folsom School, South Hero. 5K is out and back, flat and fast, 10k is a rolling, scenic loop. Barb and Dave Capen (802-372-4993) [demar@gmaa.net](mailto:demar@gmaa.net) \$10 pre-registration/\$13 race day

**Jul 10 25th Partners Race** 4.8 miles 8:30 Jericho Center Green. Male and female partners' times are combined. Bring a partner or get one at the start. Mark Wanner (802-879-5329) [partners@gmaa.net](mailto:partners@gmaa.net) \$5.

**Aug 14 12th Scholarship Cross Country Run** 5K 9:00 Red Rocks Park, South Burlington. Cross Country race on the dirt trails in the park. Benefits the GMAA scholarship. Mike Desanto (802-893-0547) [scholarshipxc@gmaa.net](mailto:scholarshipxc@gmaa.net) \$5 pre-registration/\$8 race day.

**Aug 21 25th Round Church Women's Run** 5K or 10K 9:00 Round Church, Richmond. Fast and flat out and back on Cochran Road. Deb Tirrito (802-655-5226) [roundchurch@gmaa.net](mailto:roundchurch@gmaa.net) \$5 pre-registration/\$8 race day (optional women's tank top \$6).

**Sep 11 36th Archie Post 5 Miller** 9:00 Gutterson Field House, UVM. Oldest race in the Vermont! Point to point course entirely on bike paths and cinder trails. Run to the start (3.5m from registration) or take bus (leaves Gutterson at 8:30). Steve and Cathy Eustis (802-878-4385) [archiepost@gmaa.net](mailto:archiepost@gmaa.net) \$5 pre-registration/\$8 race day (optional shirt \$6).

**Sep 18 1st Common to Common** 30K 8:30 Memorial Hall, Essex Center. Great marathon or half marathon tune-up or race long without hitting the wall. Scenic run through the farm country of Essex and Westford. Essex common to the Westford common and back. Steve Eustis (802-878-4385) [common2common@gmaa.net](mailto:common2common@gmaa.net) \$5 pre-registration/\$8 race day.

**Oct 9 31st Apple Harvest** 10K 9:00 Shelburne Beach. Fast, scenic run through Charlotte apple orchards along Lake Champlain. Matt and Emily Gallagher (802-862-6706) [appleharvest@gmaa.net](mailto:appleharvest@gmaa.net) \$5 pre-registration/\$8 race day.

**Oct 16 34th Green Mountain Marathon** 8:30 Folsom School, South Hero. Run on the colorful shores of Lake Champlain. Marathon only this year. Jim Miller (email only) [gmm@gmaa.net](mailto:gmm@gmaa.net) \$20 until Oct 1, After Oct 1: \$25. No race day registration!

**Nov 25 28th Turkey Trot** 5K 11:00 Gutterson Field House, UVM. Run for fun and charity and make room for your Thanksgiving dinner! Anne Treadwell (802-865-3160) [turkeytrot@gmaa.net](mailto:turkeytrot@gmaa.net) \$2 or food donation for the Burlington Emergency Food Shelf.



*The next potluck dinner and meeting will be  
Monday, June 7<sup>th</sup>  
6:30 p.m.  
at the home of Darragh Ellerson.  
Please contact Darragh for directions.*





**8th Annual Mutt Strutt - April 25, 2004**  
**Little River State Park, Waterbury, Vermont**

It was a little cold at the start but the sun did its best to warm things up for our eighth running. All in all a very nice day. Waitsfield teams had a big day, taking the top 2 men's positions (**Adam Tyksinski** and **Colby**, **Bill Reynolds** and **Buckshot**) and the top woman's spot (**Betsy LaFlame** and **Remy**). Median dog weight is always near 50 lbs, but this year it was 65 lbs. So we upped the small dog limit to 60 lbs. On a sad note, **Gus**, who had run all seven previous Mutt Strutts with owner **Tim Noonan**, winning the race 3 times, passed on this year, as did race director **Donna Smyers'** dog **Toto**. This year's race was dedicated to Gus and Toto.

We express our sincere gratitude to our faithful longstanding sponsors: Onion River Animal Hospital, Julio's Mexican Restaurant, Guy's Farm and Yard, House Mouse Designs, and K.C.'s Bagels for the prizes and refreshments. Thanks also to the volunteers -- **Eric Ryea**, **Sandy** and **Craig Colvin**, **Michael Chernick**, **Rick Dryfoos**, **Brenda Phillips**, **Tricia Dwyer**, and two others, **Maggie** (from Warren?) and another woman and her daughter who helped with timing -- sorry we didn't catch your names. Thanks finally to all of the human and canine participants. Your entry fees and additional contributions made possible a donation of nearly \$300 to the Central Vermont Humane Society. See you again next year!

Donna Smyers and Jamie Shanley, Race Directors

Over-all	Category	Owner	Dog	Sex	Age Group	Home town	Dog size*	Time
1	1	Adam Tyksinski	Colby	M	30-39	Waitsfield	Small	20:34
2	1	Bill Reynolds	Buckshot	M	40-49	Waitsfield	Small	20:58
3	1	Bill Heigis	Jake	M	30-39	Montpelier	Large	21:27
4	2	Brian Beakey	Rosie	M	30-39	Exeter, NH	Small	22:11
5	2	Grant Orenstein	Buddy	M	40-49	Calais	Small	22:24
6	1	Chris Howard	Cinder	M	40-49	Underhill	Large	22:30
7	2	Joe Grant	Kelsey	M	40-49	Warren	Large	22:35
8	1	Betsy LaFlame	Remy	F	50-59	Waitsfield	Small	22:49
9	3	Joe Loga	Max	M	40-49	Montpelier	Large	23:23
10	1	Kate Farrell-Gray	Mason Bear	F	20-29	Essex Jct.	Large	23:37
11	1	Lisa Osborn	Elsa	F	30-39	Waitsfield	Large	23:55
12	1	Andrea McLaughlin	Utah	F	40-49	Barre	Large	24:03
13	2	Priscilla Carr	Annie	F	30-39	Montpelier	Large	24:21
14	1	Robert Searles	Rinji	M	50-59	Wolcott	Large	25:18
15	1	Kristie Rubin Bennett	Sita	F	20-29	Colchester	Small	25:26
16	4	David Horner	Percy	M	40-49	Barre	Large	26:05
17	5	Frederick Glover	Hogan	M	40-49	Ludlow	Large	26:19
18	2	Jeannie Dryfoos	Loki	F	20-29	S. Northfield	Small	26:51
19	1	Frank Heaphy	Emale	M	50-59	S. Burlington	Small	27:00
20	1	Betsy Martin	Louis	F	30-39	Montpelier	Small	27:04
21	2	Phyllis Arsenault-Berry	Mikk	F	40-49	Duxbury	Large	27:15
22	3	Terri Glover	Hogan	F	40-49	Ludlow	Large	28:25
23	3	Shannon Morrison	Monkey	F	30-39	Waitsfield	Large	28:37
24	1	Caleb Keseler	Simon	M	0-19	Waitsfield	Large	28:44
25	4	Whitney Machnik	Percy	F	40-49	Braintree	Large	29:02
26	2	Kristen Rose Lacy	Cassie	F	20-29	Colchester	Large	29:10
27	1	Danielle Hampton	Daisy	F	40-49	Waitsfield	Small	29:37
28	3	Jill Spinelli	Chief	F	20-29	Burlington	Large	29:48
29	4	Anna Thorburn	Coach	F	30-39	Claremont, NH	Large	30:09
30	1	Gregory Snow	Dickens	M	20-29	N. Clarendon	Large	30:23
31	4	Anja Weismuller	Merlin	F	20-29	Waterbury	Large	30:40
32	1	Carol Frey	Frisbee	F	0-19	Moretown	Small	31:12
33	2	Chris Jernigan	Hudson	M	30-39		Large	31:19
34	3	Emily Noyes	Melody	F	20-29	Berlin	Small	33:05
35	2	Donna Conte	Bart	F	30-39	Williston	Small	33:41
36	2	Lois Flanders	Lucy	F	40-49	E. Montpelier	Small	41:30
37	5	Rebecca Owens	Timber	F	30-39	Hardwick	Large	41:31
38	3	Caroline Stave	Chance	F	40-49	Waterbury	Small	44:39
39	4	Nancy Frey	Bear	F	40-49	Moretown	Small	48:13
40	6	Jennie Burnap	Spruce	F	30-39	Berlin	Large	51:29
		Dave Darrow	Oslo	M	30-39	Worcester	Large	DSQ
		Ann Turner	Oslo	F	30-39	Worcester	Large	DSQ
		Jeff Kennan	Jack	M	30-39	Wayland, MA	Large	DNS
		Neil Shapiro	Rosie	M	30-39	Stowe	Large	DNS

\* L = large dog, over 60 pounds; S = small dog, 60 lbs. or less



## CENTRAL VERMONT RUNNERS MAY 2004 MEMBER LIST

Last Name	First Name	Address	Town	State	Zip	Phone	EMAIL
Amber	Robin	247 Bobbinshop Rd.	Chelsea	VT	05038	685-4501	amberfarm@sover.net
Armstrong	Ella	235 Doyon Rd	Northfield	VT	05663	485-4930	
Arsenault-Berry	Phyllis	350 Richardson Rd	Duxbury	VT	05676	244-8684	ROTTIX2@YAHOO.COM
Aspinall	Rick Moltz & Jill	17 North Park Dr.	Montpelier	VT	05602	224-9980	JILLASPINAL@ALUMNI.UWATERLOO.CA
Austin	Ken	6 Prouty Parkway	S. Burlington	VT	05403	862-3010	hiker.ken@outdoors.com
Ayer	Carol, Jin, Keith & Danielle	16 Colonial Drive	Montpelier	VT	05602	223-8636	CAROLAYER@AOL.COM
Bachman	Tom & Molly	30 Bailey Ave	Montpelier	VT	05602	223-3984	ebachman30@aol.com
Bates	Mark	35 High St #2	Waterbury	VT	05676	777-9068	PLANRPARXVT@YAHOO.COM
Birse	David	P.O. Box 371	Hancock	NH	03449	603-525-9357	gmdbirse@srnet.com
Bradt	Susan	P.O. Box 114	Calais	VT	05648	223-2115	susan.bradt@tui.edu
Brucken	Rowly	1 John St.	Barre	VT	05641	479-0796	RBRUCKEN@NORWICH.EDU
Bunce	Ken	40 Sheridan St.	Barre	VT	05641	479-7959	kenbunce@aol.com
Carlson	Gerow M.	4 Wilder St. #2	Montpelier	VT	05602	223-9758	
Carr	Priscilla	404 Cityside Dr. #77	Montpelier	VT	05602	223-7764	priscillawcarr@yahoo.com
Chernick	Michael	330 Cityside Dr #75	Montpelier	VT	05602	223-0918	chernick@adelphia.net
Cleveland	Richard	P.O. Box 261	Northfield	VT	05663	485-8892	markii@tds.net
Colvin	Sandy & Craig	228 North St.	Montpelier	VT	05602	229-1060	scolvin@nationallife.com
Cranse	Roger and Kevin	1 Summer St.	Montpelier	VT	05602	223-6997	rcc41@adelphia.net
Cross	Cyndy and Ryan	78 Silver Circle	Barre	VT	05641	229-3723	shortyrun@charter.net
Daut	Beth	793 Cross Town Rd.	Berlin	VT	05602	223-3675	THEDAUTS@EARTHLINK.NET
Davis	Sam & Patti	40 Willow Circle	Colchester	VT	05446	6553611	cmsd1@aol.com
DeBlasio	Jo-Ann Beaudin & Paschal	129 Tamarack Drive	Williston	VT	05495	878-3690	
Deluca	Paul	30 Cano Drive	Barre	VT	05641	476-7987	pdeluca420@msn.com
Desanto	Michael	34 Valley View Drive	Milton	VT	05468	893-0547	mdesanto@sover.net
Diedrich	Rebecca	848 Stewart Rd.	Berlin	VT	05602		
Eliason	Beth	P.O. Box 1822	Waitsfield	VT	05673	496-5243	elizabet@pshift.com
Ellerson	Darragh and David	1152 North St.	Montpelier	VT	05602	223-2080	TEEF30@AOL.COM
Ellerson	Deirdre	P.O. Box 92	Sharon	VT	05065	763-2905	
Ellerson	Mai-Lis	56 South View Rd.	Northfield	VT	05663	485-9266	
Eustis	Steve	18 Wilkinson Drive	Essex Jct	VT	05452	878-4385	eustis@sover.net
Feeney	Tina & Joe	121 Forest Dr #3	Montpelier	VT	05602	223-2354	tinalevgood@aol.com
Ferno	Richard	162 US Rte 302	Barre	VT	05641	479-0059	angus@innevi.com
Feulner	Mike	2024 Camels Hump Rd	Duxbury	VT	05676	244-5898	mfeulner@aol.com
Foltz	Tom & Patti	94 Chandler Farm Rd.	Stowe	VT	05672	253-4647	tfoltz@specmaterials.com
Gardner-Morse	Mack	8197 County Road	Calais	VT	05648	223-5738	
Gerdel	Greg & Sasha	360 Mill Rd.	Montpelier	VT	05602	229-4006	jggerdel@aol.com
Gillis	Maryke & Mike	86 Notch Rd	Middlesex	VT	05602	223-5559	Mikerike@together.net
GRIGGS	Scott & Lindsey	57 Griggs Drive	Orange	VT	05641	479-3324	griggs@kincon.com
Hackney	John	30 Isabel Circle	Montpelier	VT	05602	223-2162	john.hackney@state.vt.us
Hackney	Susan	30 Isabel Circle	Montpelier	VT	05602	223-2162	suebwild@aol.com
Hallinger	Linda	1325 Poor Farm Road	Washington	VT	05675	883-5415	index@together.net
Heigis	Tricia Dwyer & Bill	350 Sparrow Farm Rd.	Montpelier	VT	05602	229-6860	heigiw@sover.net
Helling	Dot	29 E. State St.	Montpelier	VT	05602	223-1555	ultradot@ADELPHIA.NET
Hennemuth	Greg & Drew	209 Christman Rd.	Newport	VT	05855	766-8147	GHENNEMUTH@HOTMAIL.COM
Kaeding	John	55 Kaeding Rd.	Worcester	VT	05682	229-0176	
Kilmurry	Katherine	30 Freedom Dr.	Montpelier	VT	05602	223-6074	kilmurry@adelphia.net



**CENTRAL VERMONT RUNNERS  
MAY 2004 MEMBER LIST**

Last Name	First Name	Address	Town	State	Zip	Phone	EMAIL
Kissner	Laura M. & Dave	150 Barnes Rd	Montpelier	VT	05602	229-4523	dkissner@sover.net
LaCroix	Lori	2 Owen Drive	Barre	VT	05641	479-2938	cmpmeade@together.net
Loga	Joe & Amy Williamson-	8 Derby Drive	Montpelier	VT	05602	229-9876	amyandjoe@hotmail.com
MacFarland	Gordon	P.O. Box 81	Richmond	VT	05477	860-0520	gordon.macfarland@verizon.net
Mad River Path Assoc.	Kevin Russell	P.O. Box 683	Waitsfield	VT	05673	496-7877	path@madriver.com
Maker	Tim	P.O. Box 78	Calais	VT	05648	223-6918	tmaker@BIOMASSCENTER.ORG
Marcy	Henry	4 Summit Dr. #508	Reading	MA	01867	781-944-2194	handjmarcy@aol.com
Martin	Dot and John	P.O. BOX 1131	Montpelier	VT	05601	479-5333	MDOTMAR@HOTMAIL.COM
McKnight	Ted	22 Saxon Lane	Jericho	VT	05465	899-1197	tedrac73@excelonline.com
McLaughlin	Andrea	445 Cutler Corner Rd.	Barre	VT	05641	476-4417	JefmcL445@aol.com
Meiklejohn	Elizabeth	30 Northfield St.	Greenwich	CT	06830	203-629-4476	elizabeth_meiklejohn@greenwichacademy.org
Mercier	Bob	8 Foster St.	Montpelier	VT	05602	223-7225	
Millar	Dick	155 Forest Drive #1	Montpelier	VT	05602	223-5399	dickm103c@aol.com
Morrison	Julie	22 Skylark Terrace	Barre	VT	05641	479-5040	PASTAJULES@AOL.COM
Mueller	Beth	13 Pleasant St.	Barre	VT	05641	476-8212	BETHMUELLER98@EARTHLINK.NET
Murphy	Robert	35 Birchwood Park Dr	Barre	VT	05641	476-4328	RMM@SOVER.NET
Noonan	Tim	2 Pinewood Road	Montpelier	VT	05602	223-6216	
Olkin	Bob	PO BOX 921	Waitsfield	VT	05673	802-496-5222	
O'Regan	Patricia & Charlie	875 Sparrow Farm Rd.	Montpelier	VT	05602	223-0515	TRICIAW3@HOTMAIL.COM
Parker	Jennifer	646 Gallison Hill Rd	Montpelier	VT	05602	223-4160	jparker@capcitypress.com
Pelkey	Gail	P.O. Box 466	Waterbury	VT	05676	244-5437	gpelkey@nationallife.com
Petelle	Russ	P.O. Box 547	Derby Line	VT	05830	766-4011	rpetelle@hotmail.com
Phillips	Brenda and George	1676 Route 214	Plainfield	VT	05667	454-1521	BCP@BU.EDU
Reever	Henry Busetti & Dee	405 North Hill Rd.	Stowe	VT	05672	253-7917	dreever@pshift.com
Renfro	Dan	1 Court St., Apt. 5	Montpelier	VT	05602	229-6822	
Rice	Nancy	P.O. Box 254	Barre	VT	05641	476-3391	nansue678@yahoo.com
Ridlon	Ron and Candace	89 Silver Ridge Rd	Morrisville	VT	05661	888-5009	ronridlon@pshift.com
Robinson	Norm	66 Terrace St.	Montpelier	VT	05602	223-7351	normr@adelphia.net
Rollings	Tim	266 College St.	Burlington	VT	05401	862-9622	TROLLINGS@ABYINCA.ORG
Rose	Betty	29 Deerfield Dr.	Montpelier	VT	05602	229-2311	brose@nationallife.com
Ryan	Brendan and Cole	173 Central St.	Northfield	VT	05663	485-3460	life_is_eternal@yahoo.com
Ryea	Eric	P.O. Box 60	Adamant	VT	05640	223-2733	eryea@aol.com
Searles	Robert	224 Sigh's Dr.	Wolcott	VT	05680	888-5895	rsearles@pshift.com
Seaver	Tim	P.O. Box 51	Adamant	VT	05640	454-1922	tseaver@vermontphoto.com
Shanley	Jamie	950 Sparrow Farm Rd	Montpelier	VT	05602	223-4856	JSHANLEY@USGS.GOV
Skinner	Scott	P.O. Box 1363	Montpelier	VT	05601	223-7123	skinner@bfslaw.com
Smyers	Donna	4 St. PAUL St.	Montpelier	VT	05602	229-4393	dosmyers@cs.com
Towner	Dan	124 Molly Supple Hill Rd.	Middlesex	VT	05602	223-4351	dtowner@together.net
Tripp	Andrew	P.O. Box 75	Moretown	VT	05660	496-9208	atripp3@juno.com
Tyksinski	Adam	317 Meadow Rd.	Waitsfield	VT	05673	496-6374	ADAM@MRVTV.COM
Valentine	John	440 Northfield Rd.	Roxbury	VT	05669	485-3777	JOHN.VALENTINE@HITCHCOCK.ORG
Valentine	Megan	2187 N. Williston Rd.	Williston	VT	05495	288-1043	Megan.valentine@uvm.edu
VanDerlip	Lowell & Betsy Martin	4 Highland Ave	Montpelier	VT	05602	223-6168	lvanderlip@u32.org
Walker	Wade	140 Hackamore Rd.	Montpelier	VT	05602	223-7674	walker7674@adelphia.net
Wight	Greg	P.O. Box 429	Brookfield	VT	05036	276-3173	wight@norwich.edu
Williams	Gail	125 Carlyle Rd.	Warren	VT	05674	479-5935	vtwonderdog@yahoo.com



## CENTRAL VERMONT RUNNERS 2004 RACE SCHEDULE

**June 12, 2004, Saturday, 9am, Capital City Stampede**, Montpelier, Vermont. 10K road race, certified course, part of the CVR Onion River Sports Race Series. Cost: \$7.00 preregistration before June 10, \$10.00 post. Registration begins at 7:30am at the Unitarian Church, Montpelier. T-shirts (limited) for \$8.00 additional. Race director: Sam Davis, [CMSD1@aol.com](mailto:CMSD1@aol.com)

**June 26, 2004, Saturday, 8:45am, 30<sup>TH</sup> Annual Paul Mailman Montpelier Ten-Miler**, Montpelier, Vermont. Second longest continuously held road race in Vermont. Flat to rolling out and back; 27% paved, 73% gravel roads. Course is certified and was previously the USATF New England Championships course, Fee \$12.00 preregistration through June 21 includes new t-shirts, thereafter \$15.00. Part of the CVR Onion River Sports Race Series. Race director: Dave Kissner, [dkissner@sover.net](mailto:dkissner@sover.net)

**July 8, 2004, Thursday, 6pm, Bear Swamp Run**, Middlesex, Vermont. 5.7 miles hilly dirt roads, scenic, part of the CVR Onion River Sports Race Series. Race day registration only (5:00-5:45pm), Rumney School, Middlesex, Vermont. Fee \$5.00. For information contact Tim Noonan, 2 Pinewood Road, Montpelier, Vermont 05602, telephone (802) 223-6216.

**August 12, 2004, Thursday, 6pm, Berlin Pond Run Around**, Berlin, Vermont. 8K loop around Berlin Pond counterclockwise, dirt road flat and hilly, part of the CVR Onion River Sports Race Series. Fee \$5.00, race day registration only starting at 4:30 pm at the Comfort Inn parking lot. Race director: Michael Chernick, [chernick@adelphia.net](mailto:chernick@adelphia.net), or telephone (802) 223-0198.

**August 26, 2004, Thursday, 6pm, East Montpelier Center Chase Race**, East Montpelier, Vermont. (NEW EVENT). Race day registration only (5:00-5:45pm) at Old Meeting House, Center Road, East Montpelier, Vermont. Fee \$5.00. This is a staggered race start based on age and gender. For information contact Tim Noonan, 2 Pinewood Road, Montpelier, Vermont 05602, telephone (802) 223-6216.

**September 4, 2004, Saturday, Northfield Savings Bank 5K and Children's 1-Mile Race, Mile Race at 9:30 am and 5K at 10:30 am**, Northfield, Vermont. 5K course certified and part of the CVR Onion River Sports Race Series. Start and finish in front of the Northfield Savings Bank at the Green in downtown Northfield, Vermont. Contact Northfield Savings Bank for more information at P.O. Box 347, Northfield, VT 05663-0247, telephone (802) 485-5223.

**September 15, 2004, Wednesday, 6pm, Hubbard Park 5K**, Montpelier, Vermont. Cross country race, winners based on predicted race times. Race day registration only (5:00-5:45pm) at New Picnic Shelter, Hubbard Park, Montpelier, Vermont. Fee \$5.00. For information contact Tim Noonan, 2 Pinewood Road, Montpelier, Vermont 05602, telephone (802) 223-6216.

**September 22, 2004, Wednesday, 6pm, Sodom Pond Run**, Adamant, Vermont. 4 mile hilly loop on dirt roads. Winners determined based on age and gender-adjusted results. Race day registration only (5:00-5:45pm) at the white house across from the Adamant Coop in the heart of downtown Adamant Village, Vermont. Fee \$5.00. For information contact Tim Noonan, 2 Pinewood Road, Montpelier, Vermont 05602, telephone (802) 223-6216.

**October 3, 2004, Sunday, 11am, 21<sup>st</sup> Annual LeafPeepers Half Marathon and 5K**, Waterbury, Vermont. Paved and dirt roads, rolling, out and back. Part of the CVR Onion River Sports Race Series, USATF certified and RRCA sanctioned. CVR's largest event and fundraiser for the Harwood Union Boosters Club, a co-organizer. **Preregistration only. Half marathon limited to 750.** Number pickup 9:00-10:30am at Vermont State Office complex, Waterbury. Fee: \$20 for half marathon, \$15 for 5K. Race Director: Sandy Colvin. Contact Darragh Ellerson, [teef30@aol.com](mailto:teef30@aol.com), or Sandy Colvin, (802) 229-1060, [Scolvin@nationallife.com](mailto:Scolvin@nationallife.com)

**December 31, 2004, Friday, 3pm, Montpelier First Nite 5K**, Montpelier, Vermont. Mostly flat road course with one half-mile uphill section, part of the CVR Onion River Sports Race Series. Registration beginning at 1:15pm in the basement of the Pavilion Building, Montpelier. Fee: \$20 includes First Nite button. Race director: Rowly Brucken, (802)479-0796 or [rbrucken@norwich.edu](mailto:rbrucken@norwich.edu)

### Central Vermont Race Series 2004

Sponsored by Onion River Sports & the Shoe Horn at Onion River  
Montpelier, Vermont

A 7 race series of some of your favorite Central Vermont races hosted by Central Vermont Runners and sponsored by Onion River Sports. Onion River Sports supports this series by providing prizes for individual races. The following races comprise the CVR Race Series 2003:

- First Night Montpelier 5K • Capital City Stampede 10K • Paul Mailman Montpelier 10-Miler • Bear Swamp Run 5.7 mile • Berlin Pond Run Around 8K • Northfield Savings Bank 5K • Leaf Peepers Half Marathon or 5K •

New for 2004: earn points at Tuesday evening Fun Runs



COMPLETE AND UPDATED SERIES RULES WILL BE IN THE JUNE NEWSLETTER





c/o Beth Eliason  
P.O. Box 1822  
Waitsfield, VT 05673

**May 2004**



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**2004 Officers:**

President: Donna Smyers  
Vice President: Michael Chernick  
Secretary: Betty Rose  
Treasurer: Laura Medalie  
Webmaster: Dave Kissner


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**SUMMER FUN RUNS HAVE BEGUN!!**

Fun runs are held  
Tuesday evenings at **5:30 pm sharp**,  
from April through October, during the Daylight  
Savings Time period. Distances are on an out-and-back  
course of 2, 4 and 6 miles. Runners and walkers are welcome.

Unless otherwise noted, fun runs begin and end at the parking lot of  
the Vermont State Liquor Control Warehouse at the end of Green  
Mountain Drive in Montpelier, VT.

Visit the CVR Website at [www.cvrrunners.org](http://www.cvrrunners.org) for more information



**PLEASE CHECK YOUR MAILING LABEL.**

The number shown in parentheses to the right of the name on your address label is the year your membership expires.  
If your label has a '3' we've not received your membership renewal for 2004,  
and this is the last newsletter you will receive.

Please renew your membership!

If we've made a mistake, please contact Donna Smyers or Laura Medalie to correct your information.