



Volume 25
No. 4

Central Vermont Runners September 2004 Newsletter

Thoughts from the Prez

It's been a busy summer with lots of fun events and races. The 25th anniversary picnic and subultimate competition was a blast--See Dot's article. We got great press for the event in the Times Argus with a fantastic picture (slightly mislabeled where Dick Millar was cut out). The races have been well attended rain (Berlin Pond, Capitol Stage Race) or shine (all the others). At the last CVR meeting there were a few hot issues including Berlin Town relations, relations with the Northfield Savings Bank for the 5K, and concerns about volunteers. The November meeting finalizes next year's race schedule, so I hope to see you there.

We believe we have come to an agreement with the town of Berlin (see website posting), but there are still a few residents who don't like to see runners on "their" roads. I would like to see some pedestrian and cyclists rights enacted by law as apparently the only ticketable offense is actually hitting somebody. In the meantime, I believe we need to move over for motorists both as a matter of courtesy and since they are the ones with the deadly weapons. To help encourage mutual respect, CVR is working with the town to have pedestrian signs posted along Junction Rd. and around Berlin Pond.

The Northfield 5K as a CVR event is questionable in the future. If anyone would like to continue to work as the CVR representative for the 5K, please talk to Tim Noonan or Norm Robinson. They have done a great job for 8 years and are retiring from the position. See the meeting minutes for more details. I missed it, but this year's race seems to have gone very well. It was fun to see the women's race won by a 53 year old, but the passing of the guard to the children of my peers for the next few places.

As the number and size of CVR events has grown, so has our need for volunteers. It gets harder and harder to call on the same people to help out race after race. In order to ensure that you have the opportunity to race, make sure you volunteer a few times a year. One way to help is to volunteer for registration or course clean-up, and then you can still run. Another way to help out is to bring a friend or relative who can time or be out on the course during the race and still cheer you on. And don't wait until you are injured to actually sit one out and volunteer--sometimes the best injury prevention is to volunteer at a race when you are a little overtrained. Leafpeepers has the biggest need and we still have the Hubbard Park Race, the Sodom Pond Race, and First Night 5K in the next few months, so call or email Sandy Colvin, Tim Noonan or Rowley Brucken today to offer your services.



*The next potluck dinner and meeting will be
Monday, November 15rd
6:30 pm.m
at the home of Betty Rose*





Secretary's Notes – August 23, 2004 Meeting

Compiled by Betty Rose

President Donna Smyers called the meeting to order at 7:00 p.m. on Monday, August 23, 2004, at the home of Michael Chernick. Fifteen club members attended the meeting.

Letter from Governor: President Donna Smyers read a letter that she received from Governor Jim Douglas congratulating CVR on its 25th anniversary. The letter also commended the Club for its many community projects. Donna credited Dot Helling for the excellent job of getting publicity on Club activities in many local papers and Dot shared the credit with Phyllis Arsenault-Berry.

25th Anniversary: The 25th Anniversary picnic and sub-ultimate runner competition went well. The results and pictures have been posted on the website.

Mailing List and Equipment: Donna reported that she has been sharing the CVR mailing list with some Race Directors who want to send out applications but she does not share it with commercial ventures. She asked if this was acceptable to the Club. Those members present agreed that the distribution of the mailing list would be at the President's discretion. There was also some discussion about the use of the new timing clock at upcoming events and the need to procure sturdy signs so race directors don't have to create new signs for each race.

Weekday Evening Races: Race Director Tim Noonan reported that one more volunteer is needed for the upcoming East Montpelier Center Chase Race on Thursday, August 26th. Bob Bisson volunteered. Tim also advised that we should not repeat the Statehouse Stage Run at Hubbard Park in the future as the logistics were too difficult. Unfortunately some runners went off the marked route partly due to the pouring rain. It was suggested that this race may be done as a fun run instead of an advertised race.

Leaf Peepers: Race Director Sandy Colvin said plans for this October 3rd race are going well as the same committees as last year are in place. The race committee is looking to have more vendors. Suggestions offered include Loco Shoes, Cabot Socks and Yogurt. More volunteers are needed especially at the finish line. The registration will be handled differently this year with numbers and t-shirts pre-packaged for distribution. Extra t-shirts will be ordered for people to purchase. Members present expressed the opinion that the t-shirts be of a desirable color even if they cost more so that people will want to purchase them. It is hoped that entertainment can be provided on the race course (i.e. musicians) and it was suggested that the Harwood music department be contacted.

Northfield 5K: A discussion was held about the future of CVR's relationship with the Northfield Savings Bank 5K Foot Race and Children's 1-Mile Race which is held every Labor Day weekend. Race Directors Tim Noonan and Norm Robinson will not run this race in the future. Tim reported that the form of the Bank has changed and it is not fun to deal with any longer. This year the applications were sent out very late (and in duplicate mailings) in spite of Tim's numerous efforts to have them mailed at least 4 weeks in advance. The present personnel at the Bank do not follow through on race preparations. As no CVR

member has expressed interest in taking over the race director responsibilities, the Bank will be given the opportunity to come to a CVR meeting to seek a new Club representative if they wish to continue the relationship with CVR. Tim needs more volunteers for this year's race.

Morse Farms ORS/CVR Wednesday Night Races: Onion River Sports has suggested that CVR put on low key Wednesday nights races at Morse Farms after the summer bike races end. The proposal is for 5K races starting at 5:00 or 5:30 during the month of October. The course is in the woods and it gets dark early so there is concern about the dangers of a rough course in the darkness. Donna will arrange for a trial run to see how it will go.

CVR Time Trials: Tim proposed that runs be held Saturday mornings at 9:00 am on November 6, 13 and 20 at Montpelier High School on the bike path. This idea was well received by the members present.

Future of Berlin Pond Run Around: On the evening of the August 12th Berlin Pond Race, someone posted a sign at the Pond stating that the race had been canceled due to disrespect to local residents. Fifty-six runners participated in spite of the sign and the weather conditions (pouring rain). Unfortunately the timing clocks did not work due to the rain. Not having runners' times is problematic in determining points for the ORS Series. It was moved, seconded and passed to award 100 points to the winner of each category and 98 points to all other CVR runners that completed the race. Discussion was held regarding the possible discontinuance of this race due to the attitude of some residents. A possible ORS Series substitute could be the Sodom Pond Run. It has been very difficult for Race Director Michael Chernick to put on this race as he does not have a car. Dot Helling volunteered to take over as race director for at least one year and she will work on the relationship with the residents. It was suggested that the registration be moved to the Town Clerk's office.

Berlin Meeting: After an August 17th meeting with representatives of the Town of Berlin, Dot Helling drafted a proposed Resolution of Concerns re Running Events. This proposal was discussed and suggestions were made which will be added. It was moved, seconded and passed to authorize Dot to amend and submit the proposal to the Town. A copy is attached to the minutes.

Berlin Community Celebration Fun Run: The Town of Berlin has approached Dot Helling to request that CVR put on a low key one-mile out and back fun run on Saturday, September 25th as part of a community festival. They want to discourage fast runners so prizes will be given for unusual categories such as first Berlin resident. Dot has agreed to be race director in an effort to improve relations with the Town. It was moved, seconded and passed to authorize CVR's involvement in setting up the race, which will be put on by the Town of Berlin. Darragh Ellerson, Phyllis Arsenault-Berry and Betty Rose volunteered to assist Dot.

The meeting adjourned at 8:50 p.m.



Tower Stage Run Results
August 19, 2004

<i>Age Group Place*</i>	<i>Name</i>	<i>Stage 1 Place</i>	<i>Stage 1 Time</i>	<i>Stage 2 Place</i>	<i>Stage 2 Time</i>
Female 0 – 39					
1	Heather McLaughlin	1	6:10	1	16:03
2	Sandy Colvin	2	6:31	2	20:03
3	Sarah Gilbert	3	6:55	7	22:40
4	Mallory Staskus	8	8:08	3	20:05
5	Devin Scannell	4	7:05	8	22:41
6	Laura Mack	9	8:09	4	20:05
7	Brenda Phillips	5	7:38	9	23:50
8	Claire Goodwin	10	8:28	5	20:17
9	Elizabeth Murray	6	7:49	10	37:41
10	Kylie Blauvelt	11	8:36	6	20:34
11	Maralena LeMaitre	7	7:50	11	37:48
Male 0 - 39					
1	Rowly Brucken	1	5:01	1	14:16
2	Jean Lacroix	2	5:10	2	14:38
3	Bob Trautwine	3	5:20	3	15:19
4	Sean Sheehan	4	5:21	5	15:28
5	Ben Smeltzer	5	5:26	4	15:28
6	Liam Fitzsimmons	6	5:35	6	16:14
7	Jeremy Mullins	7	6:15	7	20:39
8	Kyle Green	8	6:26	8	22:28
Female 40-49					
1	Susan Murray	1	6:35	1	20:25
Male 40-49					
1	Mack Gardner-Morse	1	6:20	1	18:12
2	Mark Bates	2	8:44	2	28:59
Female 50-59					
1	Celine Blais	1	9:37	1	29:27
Male 50-59					
1	Bill Dysart	1	5:56	1	15:45
2	Jamie Shanley	3	6:21	2	18:11
3	John Valentine	2	6:05	3	20:35
4	Greg Gerdel	4	6:37	4	20:44
Male 60+					
1	Ted McKnight	1	6:55	1	22:26
2	Roger Cranse	2	9:48	2	29:28

** Age group placement is based on combined places for the two stages. If two runners have the same combined places, the higher age group placement is awarded to the runner with the lowest combined times.*



East Montpelier Center Chase Race

August 26, 2004 Results

<i>Place</i>	<i>Name</i>	<i>Age & Gender</i>	<i>Actual Time</i>	<i>Adjusted Time*</i>
1	Ed McSweeney	54 M	32:22	29:22
2	Wilson Skinner	22 M	29:49	29:49
3	Rowly Brucken	35 M	30:43	29:58
4	Dot Martin	43 F	34:35	30:30
5	Donna Smyers	46 F	35:40	30:45
6	Adam Leathers	19 M	32:14	32:14
7	Dave Fields	49 M	34:51	32:36
8	Dot Helling	54 F	38:29	32:39
9	John Valentine	54 M	36:02	33:02
10	Sean Sheehan	30 M	33:45	33:45
11	Greg Gerdel	57 M	37:49	33:54
12	Michael Slauski	19 M	34:07	34:07
13	Jon Capen	25 M	34:29	34:29
14	Kate Linton	32 F	36:59	34:29
15	Meghan Valentine	25 F	37:10	34:40
16	Bob Murphy	64 M	40:47	35:52
17	Danielle DeCharles	19 F	38:30	36:00
18	Priscilla Carr	30 F	38:54	36:24
19	Sandy Colvin	36 F	40:28	37:13
20	Laura Medalie	41 F	41:18	37:13
21	Kathy McArdle	42 F	42:05	38:00
22	Jen Frantz	31 F	41:01	38:31
23	Stephanie Thompson	20 F	41:06	38:36
24	Holly McSweeney	34 F	41:30	39:00
25	John Martin	52 M	42:49	39:49
26	Morgan Redes	19 M	39:50	39:50
27	Michael Chernick	50 M	43:36	40:36
28	Chris Granfani	33 F	43:31	41:01
29	Josaline Curry	19 F	44:27	41:57
30	Heather Mattson	19 F	45:40	43:10
31	Erica Burke	40 F	47:43	43:38
32	Scott Woodward	20 M	44:53	44:53
33	Betty Rose	56 F	54:36	47:46
34	Andrea Hutchins	19 F	53:14	50:44
35	Scott Skinner	62 M	60:53	55:58

** This was a staggered start race in which starting times were adjusted based on age and gender for all runners except males ages 19 – 34.*



2004 Berlin Pond Run Around: A Soaking Jaunt

Memorable races are often premised on a runner's personal experience. Despite this well-tested adage, all participants in the 2004 Berlin Pond Run Around will long-remember the soaking they endured when competing in this year's version of the Central Vermont Runners' Club's annual 8 kilometer event. The second of the summer racing season's Thursday evening specials, and part of the 2004 Onion River Sports Race Series, Berlin Pond is one of the oldest races on the club's calendar. Previously a couple's race held on Sunday mornings, the circumferential sprint around Berlin Pond has enjoyed increased popularity since its transformation into an individually-scored Thursday evening event.

Throughout the afternoon, a steady, and at times pelting, rain, accompanied sporadically by claps of thunder, and more ominously by bolts of lightning, announced that the weather conditions were hardly ideal for a road race. Fortunately, the thunder and lightning ceased several hours prior to the scheduled 6:00 p.m. start. This development eliminated the necessity of postponing or canceling the race on safety grounds. Despite the partial climatic reprieve, the meteorological challenges for both runners and race administrators persisted. The less than ideal conditions were exemplified in the posting of a flood warning for race time. Registration, normally held in the Comfort Inn Parking Lot, was forced, due to the downpour, to relocate under the portico entrance of the motel as was the presentation of post-race awards. Despite the dearth of sunshine, a large and enthusiastic crowd of 56 runners registered. In fact, registrants continued to appear until the last possible moment slightly delaying the race's start. Once all of the runners were assembled across the starting line, at the fork in the Berlin Pond Road system, a series of quick commands began the drenching journey around the pond. However, the runners were not the only element of the race that the rain marred. The two electronic timers, despite being wrapped in plastic bags, failed to perform. One stopped completely at approximately the two and one-half minute mark, and the second failed to print results. Consequently, the only times available are unofficial and runner provided. Despite all of these obstacles, the race did proceed. Brendan Barden of Barre crossed the finish line at the front of the pack, and 17 year-old, Heather McLaughlin, of Essex Junction, earned first-place honors among the female runners.

Special thanks and appreciation are extended to volunteers: Bob Murphy, who graciously came out of retirement to place the mile marker signs at their appropriate location; John Lazenby, who assisted Bob Murphy and then proceeded to place the Race in Progress signs at strategic spots; Donna Smyers, who delivered the preliminary instructions while the race director was finishing final registrations; Jill Aspinall, who assisted with both registration and finish line duties; Betty Rose and Elizabeth Meiklejohn, who played major roles registering runners; Dick Millar, who staffed the water stop as he braved a soggy road and steady precipitation, and lastly, but hardly least, Newton Baker, whose fortuitous appearance, after the race's start, facilitated a crucial alternative finish line recordation system. Newton's intervention prevented all of the recording sheets from becoming water-logged and enabled the tallying of gender-age group results.

As always, many thanks to Andrew Brewer, and the staff at Onion River Sports in Montpelier, for their continued support of the Central Vermont Runners' Club through their race series' sponsorship.

<i>Name</i>	<i>Residence</i>	<i>Time*</i>	<i>Name</i>	<i>Residence</i>	<i>Time*</i>
Top Male (Age Group 20-29)			Top Female (Age Group 0-19)		
Brendan Barden	Barre	28.57	Heather McLaughlin	Essex Junction	
Male 0-19			Female 0-19		
Aaron Griggs	Orange	32:59	*Mindy Laybourne	Barre	
Jerry Audet	Fairfax		Lauren Fowler	Barre	
Corey Griggs	Orange		Julie Laybourne	Barre	
Liam Fitzsimmons	Montpelier		Emily Laybourne	Barre	
Ryan Cross	Barre		Female 20-29		
Male 20-29			Meg Vallentine	Williston	
*Wilson Skinner	Montpelier		Jessica Bolduc	South Burlington	
Tyler Magnan	St. Albans		Tara Fisher	Montpelier	
Noah Noyes	Hyde Park		Female 30-39		
Brooke Taber	Burlington		Sandy Colvin	Montpelier	
Scott Magnam	Burlington		Jennifer Frantz	Worcester	37.28
Male 30-39			Priscilla Carr	Montpelier	37.42
Sean Shechan	Montpelier	32.28	Kate Whitney	Washington, D.C.	
Michael Jordick	Williston		Ann Bridges	Randolph	
Paul Brown	Montpelier		Gail Pelky	Waterbury	
Hedi Freeman	Newark		Female 40-49		
Male 40-49			Donna Smyers	Montpelier	35.20
Greg Hennemuth	Derby	31.89	Becky Dedrick	Berlin	
Pat Miner	Barre		Cindy Cross	Barre	
Dave Fields	Underhill		Vivian Cocca	Washington, D.C.	
Mack Gardner-Morse	Calais		Cathy Frey	Barre	
Jerry Bedell	Underhill		Female 50-59		
Scott Griggs	Orange		Dot Helling	Montpelier	37.50
Scott Frey	Barre		Elizabeth Meiklejohn	Calais	
Tony Audet	Fairfax	38:11	Betty Rose	Montpelier	
Trevor Whipple	Barre		Female 60 plus - No entrants		
Greg Wright	Brookfield				
Dan Whitney	Amherst, N.H.				
Male 50-59					
John Valentine	Roxbury				
Jamie Shanley	East Montpelier				
David King	Shelburne				
Male 60 plus					
Bob Murphy	Barre	40:51			
Hugh Wilson	Dorval, Quebec				
Richard Hale	Brookfield				
Tom Whitney	Brookfield				

± Any times listed were runner provided and are unofficial.

* Indicates second in age group after overall male or female winner



CENTRAL VERMONT RUNNERS SUBULTIMATE RUNNER
RECORD TURNOUT ANNIVERSARY CELEBRATION
August 7, 2004 at Barre Town Recreation Field

Submitted by Dot Helling, CVR Publicity Director

Central Vermont Runners celebrated its 25th anniversary on Saturday with a revival of the Subultimate Runner competition first held in 1987. The event was held for three years from 1987 through 1989 and was brought back for the Club's anniversary. Past winners Greg Gerdel, Sue Drapp, Dana McCarthy and Dot Helling participated. The original Subultimate included a 5K, 440, mile, 100 yard dash, and 10K events. This year's edition was modified for the older runners and included a 5K, 400 meter, mile and 100 meter dash with a handicapped relay which was not counted in the final points. Following the event, held at the Barre Town Recreation Field, the Club celebrated with a barbeque and picnic.

Sue Drapp of Duxbury defended her women's title of 1989, followed closely behind by Donna Smyers in second place and Linda Hallinger in 3rd place. Rowley Brucken of Northfield grabbed the men's title by a significant margin, with Bob Bisson finishing second and Greg Gerdel third. The oldest competitors in the event, Helling and Bob Murphy, finished 4th and 8th respectively.

The fastest times of the day included an 18:02 recorded by Rowley Brucken in the 5K, a 1:07.77 recorded by Greg Gerdel in the 400 meter, a 13.50 by Gerdel in the 100 meter dash, and a 5:26 by Brucken in the mile. The fastest women's times included Donna Smyers in 21:16 for the 5K, Sue Drapp in 1:24:30 for the 400, Smyers in 6:27 for the mile, and Drapp in 17.19 for the 100. The relay team winners were Rowley Brucken and Norm Robinson.



CVR prez Smyers hands out the Subultimate Medal (Subs) to victors Drapp & Brucken.

Complete Results of the Sub-ultimate Runners Competition are on the
CVR Website





CENTRAL VERMONT RUNNERS 2004 RACE SCHEDULE

September 15, Wednesday, 6pm, Hubbard Park 5K, Montpelier. 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, Wednesday, 6pm, Sodom Pond Run, Adamant. 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, Sunday, 11am, 21st Annual LeafPeepers Half Marathon and 5K, Waterbury. Paved and dirt roads, rolling, out and back. 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, or Sandy Colvin, (802) 229-1060, Scolvin@nationallife.com

November 6, 13, 20, Fall Frolic 5k Race Series - Registration 8:15 - 8:45 a.m. at the Montpelier High School track. Race begins at 9:00 a.m. This three-race series is on a flat and fast 5k race course that begins and finishes on the Montpelier High School track, and incorporates the Montpelier bike path. Registration fee for this low-key series is \$5 for the entire series. Awards will be presented at the final race to those posting the fastest times during the series in five-year age and gender groups. For more information, contact Tim Noonan at 223-6216.

December 31, 2004, Friday, 3pm, Montpelier First Nite 5K, Montpelier. 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

OTHER LOCAL EVENTS:

Sept 26 - 3rd Annual "Church 2 Church Challenge" 10k, 9 am start at Rec fields behind Williston Central School and ends at the Historic Old Round Church in Richmond. Sponsored by the Williston-Richmond Rotary Club. Register on-line at coolrunning.com or contact Bob Drake 878-6614 or Susan Turcotte 434-4292. CVR and GMAA members receive \$1.00 off the registration.

Oct 9 - Barnbuster 5 Miler, 9 am start at Mt. Mansfield Union High School Athletic Field in Jericho, proceeds benefit youth running programs and is part of the "Barn Tour" sponsored by the Vermont Chamber of Commerce as one of the top 10 fall events. Register on-line at coolrunning.com or contact Susan Turcotte at 434-4292. CVR and GMAA members receive \$1.00 off the registration.

GREEN MOUNTAIN ATHLETIC ASSOCIATION 2004 RACE SCHEDULE

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. \$9 pre-registration/\$12 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 \$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. \$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 \$2 or food donation for the Burlington Emergency Food Shelf.

Gobble Wobble Turkey Trot 5k run-walk

November 25, 2004

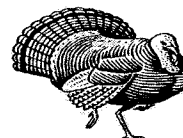
9:30 am

Barclay Rd-Phelps Rd, Barre, VT

Flat up and back course.

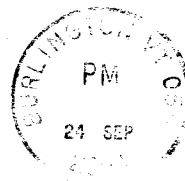
Bring a non-perishable food item for the Food Shelf.

For more information contact Nancy Fowler at the Barre Congregational Church, 476-3065, or email her at fowler5vt@aol.com





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



ROBERT MURPHY
35 Birchwood Park Dr
BARRE, VT 05641

September 2004

03641+8633 03



SUMMER FUN RUNS!!

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 for more information



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 SERIES RULES AND STANDINGS ARE POSTED ON THE CVR WEBSITE

The next newsletter will be mailed in mid-November. Please email submissions to elizabet@gmavt.net by November 5.