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Central Vermont Runners Spring 2005 Newsletter

Greetings from the New President

I'd like to start my first message to CVR members by thanking Donna Smyers for the terrific job she did during the past two years. Her first message as President indicated that her goal was to make the presidency easier to fill – and I guess she succeeded because she got me to do it. She did far more than this one goal.

Every organization has its ups and downs. While I have not been a CVR member long enough to know the complete history, I definitely think that CVR is on the “up” side. We are now putting out a regular, high quality newsletter. Thanks go out to Beth Eliason, our retiring editor, and to Nancy Rice who has agreed to take on the job. CVR has an extremely ambitious race schedule for a club of its size. This couldn't happen without the dedication of the many race directors (notably Tim Noonan) and all those Club members who have stepped forward to volunteer. Our Club has also made new purchases that will benefit all club members including a timing clock, tripod and measuring wheel.

In addition to races and meetings, we've had other activities for our members including the Subultimate Runner competition and picnic to celebrate CVR's 25th Anniversary and the resurrection of the winter dinner where the CVR/ORS Series awards are presented and volunteers are recognized. If you haven't attended one of these dinners, you should – they are great fun. A new addition to this year's dinner was the “Spirit of the Club Award” which hopefully will continue in future years.

Central Vermont Runners is an active and contributing member of the community. The annual Kids Track Meet is a free event to encourage our youth to be physically active. The proceeds from many of our races go to community organizations like the Central Vermont Humane Society, social projects of the Old Meeting House, and the Harwood Union Boosters Club. We also donate to groups like the Special Olympics and the Run Girl Run Program and we provide scholarships to assist young people who want to continue their education.

Another indication that CVR is on the “up” side is the publicity in area publications. Did you see the “Strut Your Mutt!” article in the World? Dot Helling and others have done a great job of getting the word out.

If you have not been an active CVR member in the past, now is the time to step up to the plate. Come to a meeting and see how much fun they are. Volunteer for a race or the Kid's Track Meet. If you want to start out small, please email the editor of the Newsletter, Nancy Rice, and let her know of races that you have run. I know our members travel all over the country and I think it would be great to have a column in our newsletter that tells about the different races so that other members will have a contact in case they are interested in that same race. Please include your name, the name of the race as well as the date and location. You can include how you did if you want to but also tell of anything special or different about the race.

Hope to see you all soon,

Betty

CENTRAL VERMONT RUNNERS – SECRETARY'S NOTES

March 20th, 2005 Meeting

Compiled by Sandy Colvin

In attendance: Sandy Colvin, Priscilla Carr, Eric Ryea, Donna Smyers, Norm Robinson, Michael Chernick, Roger Cranse, Richard Cleveland, Darragh Ellerson, Maureen Carr, Dot Helling, Bob Murphy, Tim Noonan, Beth Gambler.

Election of Officers for March 2005-March 2006

President – Betty Rose

Vice President – Michael Chernick

Treasurer – Priscilla Carr

Secretary – Sandy Colvin

Some notes: Priscilla has requested that she get some training and help from the current Treasurer, Laura Medalie.

SPECIAL THANKS - To all the outgoing officers. Donna, a big thank you for a wonderful year, very successful, and very well run; Laura, thanks for being treasurer for something like 5+/- years, all your help is greatly appreciated; Betty, thanks for being secretary this past year, and for taking on the position of president for the upcoming year.

Volunteers for Non-Elected Positions:

Newsletter – Nancy Rice

Web Master – Dave Kissner

Publicity – Dot Helling

Database Manager – Donna Smyers

ORS Scoring – Bob Murphy

Course Measurement and Certification – Bob Murphy

Club Meeting Dates – All meetings are Pot Luck Dinners, and are held at 6:30 pm

Thursday June 2nd, 2005 – To be held at the home of Darragh Ellerson

Thursday August 4th, 2005 – To be held at the home of Betty Rose

Thursday November 3rd, 2005 – To be held at the home of Eric Ryea

Treasurers Report:

\$8,500.00 is the balance as of this date.

Expenditures:**Donation Requests**

Girls on the Run – Rowley Brucken has requested CVR donate the cost of membership or registration in the Girls on the Run program. The cost is \$60.00. The club has agreed to donate the cost of as many girls who need our assistance with the maximum of 5 girls.

Special Olympics – John Martin has requested a donation to Vermont Special Olympics. The club has agreed to donate \$250.00 to Vermont Special Olympics.

Dana Farber – Nancy Rice has requested that the club donate to Dana Farber, via her daughter, who is raising money for the organization and is running for this charity in the Boston Marathon. The club has decided rather than a donation from the club itself, we will send out a notice to all our club members via e-mail with the necessary information, so they can choose to give individually if they would like to. The vote not to donate as a club was as a result of the precedent this could set for the club donating to a variety of charities, for which we get asked every year. This doesn't exactly fit with the types of charities or organizations to whom we donate, so again rather than a cash donation, we will donate by sending along the request to all of our individuals members.

Team Uniforms:

Sandy Colvin has agreed to continue the search for team uniforms, specifically a tank or singlet top. Everyone viewed some samples and discussed what we liked best about each and what we felt was needed. The colors will remain the same - red, or a combination of red and white. The request was made to make the logo larger, especially the word VERMONT. The key is to make the tops stylish, so members will want to purchase one and will wear it with pride. A motion was made and agreed that if Sandy needs it, the club will provide her with \$300.00 to spend on getting some samples made. The next step will be to bring the samples to our first fun run and see if everyone likes it. Ideally we would like some done by late spring, early summer.

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Timing Clocks/ Printer Timers:

There was a very long discussion on this topic. Currently our printer timers are not all working, and we need to either fix what we have or take advantage of the opportunity to update what we have and get something more modern, perhaps something with the capabilities of sending the times directly to a database on a laptop. This could potentially improve the amount of time it takes to get results completed after our races. Donna Smyers will be in charge of investigating this further. A motion was made and accepted to allow Donna to look at spending around \$500.00, but she will check back in with the club before making any final decisions.

Storage for all Club Equipment:

If you have ever been involved in a race, especially as race director, you know how much time is spent gathering all the equipment for the race. Cones, mileage signs, clocks, timers, lime, tape, Gatorade buckets, tables, etc. The past few years, Donna Smyers has been kind enough to let us use her garage to store much of this equipment. This gave all the various race directors and volunteers a central location to get to the equipment when needed, as well as a place to return everything when done.

Donna announced that she is moving. So, we will no longer have use of her garage. The club needs to find a place for all of our equipment. Does any club member have storage for us to use? The requirements or rather preferences for this space are: something local, preferably Montpelier; something dry; something easy to get in and out of, yet safe from theft or vandalism. *Please* contact Donna Smyers or Betty Rose if you have space for us to use. In the meantime research is being done on renting space.

CVR Races:

All race dates are the same as previously announced. Tim Noonan handed out the following Thursday evening race schedule:

The Wiz 5k – April 21st – 6pm

Hubbard Park 5k- May 12th – 6pm

East Montpelier Center Chase Race – 5 miles –
August 25th – 6pm

Hubbard Park Predict-a-time 5k Sept. 14th - 6pm

Sodom Pond – 4 miles – September 21st – 6 pm

Bear Swamp 5.7 miles – July 7th - 6pm

Berlin Pond – 5 miles – August 11th – 6pm

CVR Track Triple – 1500 and 3000 meters -
August 18th – 6pm

For more information on all the races, directions, OR to volunteer to help at any of these races, please contact Tim Noonan.

April 24th is the Annual Mutt Strutt. Donna Smyers is looking for volunteers, if you are interested, please let Donna know.

Leaf Peepers – Discussion over the need for a new race director. Sandy Colvin cannot be Race director this year. Roger Cranse has volunteered to discuss the possibility of being Race director, but really wants to continue as the Registration Coordinator. If needed he will do both, but really would like some help with the director position. He and Sandy will discuss it further, but at this point the planning for Leaf Peepers will continue and we will have the race. If you are interested in being Race Director or perhaps a co-director with Roger, please let Sandy Colvin know. We are also looking for volunteers to be the coordinators for Food, Race course and other positions. This is again one of CVR's biggest events, and all the help we can get the better.

First Night – Rowley Brucken has volunteered to be race director again this year, however Onion River Arts Council (ORAC) will no longer co-sponsor the event, and money raised will not be going to ORAC. Discussion of who should this race benefit if anyone at all? Suggestions made were the Montpelier Recreation Department, Montpelier Rec Path. Any ideas? Contact Rowley Brucken.

Barre Homecoming – The club has been asked by Bob Bisson the Race Director to cosponsor this event, and make it one of the CVR races. A decision was made to help Bob and make it one of the CVR races. It will not however, become part of the Onion River Race Series. Donna Smyers will contact Bob for further discussion on what our involvement will be etc.

Meeting adjourned at 8:00 p



9th Annual Mutt Strutt Results

Little River State Park, Waterbury, Vermont

The rain held off this April 24th for the most part and it was a better day than forecast. Still, the threat of rain kept some folks away. We were down from last year's record crowd of 50 teams. Last year's winning male team of Adam Tyksinski and Colby finished second this year to Bill Dysart and Tucker. Likewise, last year's female team winner, Betsy LaFlame and Remy, finished a close second to this year's winning team of Kate Farrell-Gray and Mason Bear.

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 support from Central Vermont Medical Center, Rehabilitation Services. And we could not have done it without the volunteers -Eric Ryea, Traven Leyshon, Christie Sternbach-Feist, and Richard Cleveland. This year's race was dedicated to Oliver. Heidi Hales and Oliver had participated in 4 Mutt Strutts and Heidi donated \$25 this year in Oliver's memory. Thanks to this and other donations, we were able to give \$190 to the Central Vermont Humane Society.

Please join us again next year for Mutt Strutt #10!

Jamie Shanley and Donna Smyers

Overall Place	Place in Category	Bib #	Owner	Dog	Sex	Age Group	Home town	Dog size	Time
1	1	661	Bill Dysart	Tucker	M	50-59	Williston	Large	19:46
2	1	633	Adam Tyksinski	Colby	M	30-39	Moretown	Small	21:15
3	2	677	Kevin Leske	Dakota	M	30-39	Waterbury Ctr.	Small	21:22
4	1	659	Kate Farrell-Gray	Mason Bear	F	20-29	Essex Jct.	Large	22:42
5	1	675	Betsy LaFlame	Remy	F	50-59	Waitsfield	Large	23:05
6	1	639	Todd Sternbach	Taz	M	40-49	Montpelier	Large	23:06
7	1	657	Priscilla Carr	Annie	F	30-39	Montpelier	Large	23:16
8	1	673	Bill Reynolds	Buckshot	M	40-49	Waitsfield	Small	24:27
9	1	647	John Martin	Kona	M	50-59	Montpelier	Small	24:38
10	1	671	Jean Kissner	Zach	F	40-49	Williston	Large	27:54
11	1	681	Caleb Keseler	Simon	M	0-19	Waitsfield	Large	28:06
12	1	667	Debbie Larosa	Snoopy	F	50-59	Waitsfield	Small	29:04
13	2	683	Whitney Machnik	Percy	F	40-49	Braintree	Large	29:55
14	1	653	Cory Anderson	Chance	F	20-29	Montpelier	Small	30:01
15	2	669	Emily Noyes	Melody	F	20-29	Brookfield	Large	30:05
16	2	651	Anja Weismuller	Merlin	F	30-39	Waterbury	Large	30:09
17	2	679	Hope Crifo	Bridges	F	50-59	Middlesex	Large	30:21
18	2	685	S.R. Shea	Tazi	M	40-49	Barre	Small	40:42
19	2	649	Dot Helling	Smoochie	F	50-59	Montpelier	Small	42:21
20	1	665	Amy Roderer	Khaja	F	0-19	Richmond	Small	42:22
21	1	635	Gregory Snow	Dickens	M	20-29	No. Clarendon	Large	42:54
22	3	637	Danielle Hampton	Daisy	F	40-49	Fayston	Large	43:19
23	4	655	Caroline Stave	Jake	F	40-49	Waterbury	Large	44:47
24	3	687	Nina Aitken	Statue	F	50-59	Waterbury Ctr.	Small	46:19
Dog-less									
	1	691	Geordy Aitken	no dog	M	0-19	Waterbury Ctr.		43:02
	1	663	Sarah Gauthier	no dog	F	40-49	Fayston		44:07
	1	689	Analina Aitken	no dog	F	0-19	Waterbury Ctr.		46:19
	1	693	Mara Carey	no dog	F				
Did not start									
		641	Jeannie Dryfoos	Loki	F	30-39	S. Northfield	Large	
		645	John Halpin	Rise	M	50-59	Thetford Ctr.	Small	
		643	Terry Halpin	Shine	F	50-59	Thetford Ctr.	Small	

The Wiz 5k Results (April 21, 2005)

The Wiz 5K, a new event this spring held in conjunction with the Old Meeting House production of *The Wiz*, was held on April 21st. The out and back course was on mostly dirt roads, from the parish house on Center Road. Proceeds from this race go to social service projects of the Old Meeting House and was headed up by Tim Noonan.

<i>Pl.</i>	<i>Name</i>	<i>Time</i>	<i>Category</i>							
1	Jon Williamson	19:42	F0-39	<u>M0-39</u>	F40-49	M40-49	F50-59	M50-59	F60+	M60+
2	Dave Greenwood	19:48	F0-39	<u>M0-39</u>	F40-49	M40-49	F50-59	M50-59	F60+	M60+
3	Bill Dysart	20:16	F0-39	M0-39	F40-49	M40-49	F50-59	<u>M50-59</u>	F60+	M60+
4	John Valentine	20:27	F0-39	M0-39	F40-49	M40-49	F50-59	<u>M50-59</u>	F60+	M60+
5	Dick Millar	20:30	F0-39	M0-39	F40-49	<u>M40-49</u>	F50-59	M50-59	F60+	M60+
6	Mack Gardner-Morse	21:27	F0-39	M0-39	F40-49	<u>M40-49</u>	F50-59	M50-59	F60+	M60+
7	Eric Smith	21:51	F0-39	M0-39	F40-49	M40-49	F50-59	<u>M50-59</u>	F60+	M60+
8	Dave Fields	21:59	F0-39	M0-39	F40-49	<u>M40-49</u>	F50-59	M50-59	F60+	M60+
9	Ryan Cross	22:47	F0-39	<u>M0-39</u>	F40-49	M40-49	F50-59	M50-59	F60+	M60+
10	Greg Gerdel	22:51	F0-39	M0-39	F40-49	M40-49	F50-59	<u>M50-59</u>	F60+	M60+
11	John Martin	24:07	F0-39	M0-39	F40-49	M40-49	F50-59	<u>M50-59</u>	F60+	M60+
12	Randy Brown	24:25	F0-39	<u>M0-39</u>	F40-49	M40-49	F50-59	M50-59	F60+	M60+
13	Norm Robinson	24:46	F0-39	M0-39	F40-49	<u>M40-49</u>	F50-59	M50-59	F60+	M60+
14	Brooke Tsounis	24:50	<u>F0-39</u>	M0-39	F40-49	M40-49	F50-59	M50-59	F60+	M60+
15	David Erickson	25:15	F0-39	M0-39	F40-49	M40-49	F50-59	<u>M50-59</u>	F60+	M60+
16	Patrick Lynch	26:03	F0-39	<u>M0-39</u>	F40-49	M40-49	F50-59	M50-59	F60+	M60+
17	Kathy Mai	26:54	<u>F0-39</u>	M0-39	F40-49	M40-49	F50-59	M50-59	F60+	M60+
18	Cyndy Cross	27:18	F0-39	M0-39	<u>F40-49</u>	M40-49	F50-59	M50-59	F60+	M60+
19	Lisa Erickson	28:43	<u>F0-39</u>	M0-39	F40-49	M40-49	F50-59	M50-59	F60+	M60+
20	Betty Rose	31:14	F0-39	M0-39	F40-49	M40-49	<u>F50-59</u>	M50-59	F60+	M60+
21	Judy Colombo	31:54	F0-39	M0-39	F40-49	M40-49	F50-59	M50-59	<u>F60+</u>	M60+
22	Harry Colombo	31:55	F0-39	M0-39	F40-49	M40-49	F50-59	M50-59	F60+	<u>M60+</u>
23	Roger Cranse	31:58	F0-39	M0-39	F40-49	M40-49	F50-59	M50-59	F60+	<u>M60+</u>
24	Kim Potter	32:41	<u>F0-39</u>	M0-39	F40-49	M40-49	F50-59	M50-59	F60+	M60+
25	Jude Newman	35:25	F0-39	M0-39	F40-49	M40-49	<u>F50-59</u>	M50-59	F60+	M60+

American Cancer Society Relay for Life

This annual relay event begins on June 17th at 6:00 pm and ends at 8:00 a.m. the following day, and will take place at Montpelier High School track. If anyone is interested in putting together a running and/or walking team for this year's event, the time to organize is now. For more information about how to form and register teams, please contact Kathy Johnson, American Cancer Society at Kathy.johnson@cancer.org or 802-872-6304 or 866-466-0626 and press 3.

Reach the Beach Relay

Please contact Priscilla Carr if you are interested in being part of a women's team being put together (it's not clear if it will be regular or ultra). Reach the Beach is a 200 mile relay going from Bretton Woods to Hampton Beach, NH on September 16-17. Anyone who's interested can contact Priscilla by email or at 223-7764.

CVR - Summer Fun Runs & Walks

2, 4 and 6 miles - Tuesday Evenings, April-October
Open to All - Runners and Walkers

What is it?

Central Vermont Runners spring-summer-fall fun runs are held every Tuesday evening, 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.

When?

Tuesday evening fun runs start at 5:30 pm sharp. The first fun run for 2005 will be on April 5, and the last one will be on October 25. (Join us for dinner at Julio's Restaurant to celebrate the end of the fun run season after the October 25th run!

■ *Please note*, however, that timed Fun Runs will not start until the first Tuesday in May; nor can we guarantee that every Fun Run will be timed. Results of these timed fun runs are usually posted in *The World*, a local weekly newspaper.

Location & Directions

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.

■ **From outside Montpelier on I-89** take exit 8; the first left after the traffic light (for National Life Drive) is Green Mountain Drive.

■ **For those not coming by way of I-89**, go through downtown Montpelier, and follow signs to I-89. You will eventually be on Memorial Drive. Green Mountain Drive is the first right after passing Montpelier High School on the right.

► **Come join us for a fun time!** ◀

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ONION RIVER SPORTS is putting on "Club Days" on May 27 and 28. Area outdoor clubs have been invited to have a table at the store (outside if weather permits) to provide information promoting their organization. CVR will have a table with our membership applications, race schedules and applications and anything else that can be located. Betty Rose is looking for volunteers to staff the table during the hours that ORS is open on those two days. It is not necessary to have someone there at all times but it would be nice to have someone there to talk about CVR to interested people. Please let Betty know if you are able to staff our table for any length of time during those two days.

Also, for those two days all CVR members will receive 20% off merchandise storewide excluding bikes. If you have a membership card, please bring it with you.



Kudos to Tim Noonan for running his 50th marathon with this year's Boston event!

"After I struggled to finish the Boston Marathon last month, Nancy Rice asked me to submit an article for the newsletter on the experience. Since this year's Boston was my 50th completed marathon, Nancy thought a comparison of my 1st and 50th marathons would be of interest to fellow CVR members. This sounded like a good idea until I did a mental inventory of those two marathons.

My first marathon was the 1977 Ocean State Marathon in Newport, Rhode Island. I was a 21-year old senior at Providence College at the time. Two of my older brothers came down to "support" me. Actually, their motives likely were less pure. They also were runners and had not yet attempted a marathon. I think they viewed their younger brother as an appropriate sacrificial lamb. In any event, I sailed through the first ten miles. Like many first-time marathoners, I saw no reason why I couldn't continue to glide right through the finish line. Wrong. By the half-marathon point, I remember remarking to one of my brothers that I had no idea how I was going to make it to the finish line. Well, somehow I did, but the last 13.1 miles were 18 minutes slower than the first 13.1.

By my 50th marathon, 28 years later, I certainly could be expected to have learned a lot about how to run marathons properly – how to pace myself properly so I could run even or negative splits throughout, how to account for the weather, etc. How did I use all my accumulated wisdom this year in Boston? It turned out to be 70 degrees under a bright sun for the noon-time start. I started off about 15 seconds per mile slower than the pace I averaged at my last marathon, the Maine Marathon last October with a 7:45 a.m. start and 50 degree temperatures. For some reason, I thought I could sustain this. I was aided in this illusion by a very dry day with an 8 hour per mile headwind that made it seem cooler and made us think that we were sweating a lot less than we actually were. I felt fine for 16 miles, waving to the crowds on the way to an imagined joyful meeting with the huge crowds at Kenmore Square spilling out of Fenway Park after the Red Sox game a mile from the finish line. From 16 miles on, I gradually slowed and slowed and slowed so that by the time I reached Kenmore Square I would have had trouble keeping up with an 80 year old Sox fan with a cane. I was reduced to a walk for part of the last mile due to stomach cramps. I crossed the finish line and immediately looked for a bare piece of pavement to lie down and rest. I ran the last 13.1 miles more than 18 minutes slower than my first 13.1 miles.

So, you can see how much I really learned from my first marathon to my 50th. Now, have I learned anything? Well, I am telling myself that I have run my last warm weather marathon. Have I run my last marathon? I hope not. Will I run 100? I don't think so, but my other two running brothers and I now have run 73 marathons among us, so maybe the three of us can get to 100 . . ."

Tim Noonan

ARIZONA IRONMAN

Saturday, April 9th saw John and Dot Martin under the Phoenix, Arizona sky, joining almost 2,000 other triathletes from around the world in the inaugural Ironman Arizona Triathlon. They were all on hand to test their mettle in the 2.4 mile swim, 112 mile bike and 26.2 mile run competition.

In Dot's words: "After three solid months of indoor training for the event we were both ready to go the distance. All the expectations were met. It was sunny, warm with incredible energy. The swim was in Town Lake which is really a canal. Water in the lake was snow a few days earlier before melting and running to Tempe. Water temp was only 67 (degrees).

The bike was a triple out and back. Although dead flat, the constant 25mph wind with higher gusts made for a long day. Cactus thorns caused many flats.

The two-loop run course was really very nice. The first 4 miles and 13 to 17 were along the Town Lake path. The run continued in to a very nice residential area with desert on one side, a canal in the center and beautiful homes along the other side.

Our times were slower than predict, however we both finished the race healthy and very happy. Enough so that we signed up for next year's race. It sure made the winter go fast!"

Congratulations to you both!



A Paradoxical Explanation of Ultrarunning by Dr. Rowly Brucken

All ultrarunners struggle, with both runners and non-runners like, to explain what motivates them to undertake seemingly impossible and self-destructive quests. I have spent a fair amount of time stumbling and rambling through these inquiries but have concluded that it is impossible to describe in a clear and concise manner why I run ultras. Instead of trying to formulate better answers, I asked myself why it is hard to explain, and for others to conceptualize, the running of very long distances. After all, almost anyone can and has run at some point in their lives; it's not the activity itself that precludes understanding. I have no more innate or genetic ability to complete 100-mile races than most of my neighbors. But over the eight years that I have run ultras, I have slowly discovered a system of values and perceptions that enables me to train for endurance events. It is this world-view based on four paradoxes that allows me to enter the world of ultrarunning, to relate to many who compete alongside of me, and to keep myself motivated while running for hours at a time. For non-ultra runners, in my mind, the difficulty in understanding lies doubly in the paradoxical nature of these points as well as the fact that they contrast with values that permeate our society today. If non-ultra folk could understand these four insights, I think they might gain a better understanding of the sport and its participants.

1. *The fullness of silence and simplicity*

Many ultrarunners are "running loners." We are often very social people at work and in informal settings. Some of us are extreme extroverts and revel being in the company of others. But many of us either prefer to or have to run alone. And it is during long runs that we discover ourselves in our surroundings. Running for hours is rarely boring and dull, a common and understandable belief of non-ultra folk because we all live in a culture of noise and of short attention spans. At work or at home, we must accomplish a lot of discrete tasks quickly. Our lives are governed by the complexities of work and family life. How could a mentally balanced person do something as simple as run for hours (without even bringing a cell phone!) and come back feeling spiritually refreshed and even energized?

Yet that is exactly the point. Doing something as simple as running allows us NOT to think about running, to escape for awhile the other demands on our lives, and to draw us into a world dominated by

only natural sounds and our own thoughts. We move slowly and deliberately to a very personal rhythm, not according to our watch. Unless we are elite runners, many of us train by disowning the three preoccupations of sub-ultra conditioning: calculating an exact time spent, the exact distance covered, and the resulting pace per mile. We don't take the shortest or flattest route between points, so we waste time and energy in a world that demands efficiency. We revel in simplicity, not complexity: a few pieces of equipment to buy, no advance planning needed, no perfect weather required, no rules to memorize, no colleagues or teammates to coordinate schedules. Yet the senses of peace, alertness, quiet, and solitude that training provides is irreplaceable.

2. The certainty of uncertainty and the resulting calmness in anxiety

We live in a world dominated by the fear of natural or human-made disasters, of personal failure, or of the unknown. Yet the caution and conservative decision-making process that understandably come from these threats constricts our view of the possible. We're afraid to venture outside of what we conceive to be safe boundaries, whether they are physical borders or mental barriers in our career, personal lives, or hobbies. We think in worst-case scenarios of what might happen to us if we do, and we often define success narrowly as winning. Athletes, both the real and armchair variety, often define anything less than victory as failure: if you're not a competitor for first place, you're something of a secondary athlete.

In contrast, ultra runners, no matter their level of training, expect and try to plan for the worst to happen: we will feel pain, fatigue, boredom, depression. We may have to drop out of a race. We will feel terrible when we finish and sore for days afterward. We worry about old training injuries that might surface, surgeries that make joints weak, and past races that we did not complete. That does not make us pessimists...just realists! We have the confidence, though, that we have prepared ourselves for these obstacles and can continue despite many of them. At the starting line of every ultra, there is a lot of nervous energy, but it's expressed far more quietly and internally compared to the minutes before marathons and sub-marathons start. We feel fear and reverence: we are about to begin a largely unknown journey that will last for hours, and we will be at the mercy of things beyond our control: blisters, joint pain, sudden hormone alterations, dead flashlight batteries, and the weather. We are confident that things will go wrong, and yet the fear of the unknown calms us so that we are mentally and physically prepared for what might come. So we begin each race with the promise of doing the best that we can, not knowing exactly what that is or what will happen to us on the long journey. To finish is to win, and to finish last means often receiving a standing ovation at the post-race awards ceremony. Now this is a special sport!

3. The pursuit of real but invisible rewards

One of my favorite questions from friends involves explaining the rewards one gets for finishing and for placing among the top overall runners. A feeling of stupidity comes fleetingly over me, since our society defines rewards as tangible: a promotion, more money, publicity; something that demands respect from others due to its prominent visibility. "Well", I reply, "with usually little if any press coverage, many ultras give out trophies to the top finishers and belt buckles for all who finish under 24 hours. When I placed ninth at the Vermont 100 in 2004, I won a Montrail hat!" This reply usually ends the conversation. Why do something so demanding if there isn't fame, money, or at least valuable prizes waiting at the finish line?

The description of ultra running's very tangible rewards will vary from person to person. As a cancer survivor who almost lost a leg, running long distances gives me a feeling of wellness, vitality, and strength. For some of us, ultra running provides the confidence and empowerment needed to push forward with other aspects of our personal or professional lives. For many of us, being out of doors generates a spiritual consciousness that results in a feeling of well-being and provides extended time for acknowledging a divine presence. We don't do ultras to get prizes or recognition. We do them because we seek adventure, challenge, and the unknown. We want to find unexplored areas of physical and mental consciousness, to probe the limits of muscular endurance, and to chart new voyages of accomplishment. And ultras, we know, never let us down in this quest. But we do hang on tightly to those belt buckles!

4. The arrogance and the humility

In an age of celebrity worship, mass media, and tell-all memoirs, we learn that only those who speak loudly, brashly, and boldly get attention and fame. Conversely, if you don't call attention to yourself and your accomplishments, they don't really exist in a meaningful way.

Ultra runners, in contrast, generally have a unique personality: on one level, as anyone who tries to do exceptional feats, we have to possess an inner core of arrogance. We think we are supermen and superwomen, we are mentally and physically tougher than most and, despite the difficulties we will encounter, we have the resources to triumph in the end. And yet ultra runners are some of the most humble, friendly, approachable people I know. We know intimately our bodies and minds and how vulnerable and frail they can be. We know of failure, of injuries that take long to heal, of having to drop out of a race. We know of the necessity of teamwork with pacers, supporters, race volunteers, and in communion with complete strangers on the course that will get us through the dark miles. Everyone who finishes can give thanks for the love, patience, and support of others. We each know this, and we are proud of ourselves and grateful for others, knowing that the non-completion of an ultra could be only the next race away.

So we are, in general, a breed apart: an anthropologist might classify our tribe as one that lives in groups yet can thrive in solitude, possesses a spirit of calm and detached durability, and revels quietly in adventurous challenges. Is that so hard to understand?

MEMBER NOTES

A warm welcome to the newest member to the CVR family – Olga Kissner, and congratulations to Mom, Dad and big brother Max!

Kudos to John Martin who has been named Special Olympics Law Enforcement Officer of the Year!

Postscript

If you have items to publish please send them to me at nansue_2000@yahoo.com. I reserve the right to edit, within reason! Thank you for the opportunity to try this, and thank you to Beth Eliason for leaving me with great materials to work with. I expect the next newsletter will be a summer one, the date "TBD". Nancy Rice

2005 GREEN MOUNTAIN ATHLETIC ASSOCIATION RACE SCHEDULE

Jul 4 23rd 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 \$10 pre-registration/\$13 race day

Jul 9 26th 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. Sue Turcotte (802-434-4292) partners@gmaa.net \$5.

Aug 13 13th 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 \$5 pre-registration/\$8 race day.

Aug 20 26th 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 \$5 pre-registration/\$8 race day (optional women's tank top \$6).

Sep 10 37th Archie Post 5 Miler 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). Mark Wanner (802-879-5329) archiepost@gmaa.net \$5 pre-registration/\$8 race day (optional shirt \$6).

Sep 17 2nd 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 and Cathy Eustis (802-878-4385) common2common@gmaa.net \$11 pre-registration/\$14 race day.

Oct 8 32nd Art Tudhope 10K 9:00 Shelburne Beach. Fast, scenic run through Charlotte apple orchards along Lake Champlain. (formerly called Apple Harvest 10K) Matt and Emily Gallagher (802-862-6706) tudhope@gmaa.net \$5 pre-registration/\$8 race day.

Oct 15 35th 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 . \$22 until Oct 1. After Oct 1: \$27. No race day registration!

Nov 24 29th 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.

2005 CVR Race and Event Schedule

▶ **Thursday May 12, 6 pm** **NEW! Hubbard Park 5K**, Montpelier - Challenging 5K cross country race in Montpelier's wooded park. Race day registration only (5:00-5:45 pm) at New Picnic Shelter, Hubbard Park, Montpelier. Fee \$5.00. *Contact:* Tim Noonan 802 223-6216.

▶ **Saturday June 4, 9:30 am** **Kids Track Meet**, Montpelier, Montpelier High School Track
FREE. For kids pre-school through 6th grade. Registration begins at 8:30. Events include softball throw, long jump, quarter mile and 100 yard dash (all ages), half mile (1st and 2nd grade) and mile (3rd through 6th grade). *Contacts:* Tim Noonan at 802 223-6216 or Norm Robinson at 802 223-7351.

▶ **Saturday June 11, 9 am** **Capital City Stampede** 10K, Montpelier - Vermont's fastest 10km course. Certified course, part of the CVR ORS Race Series. Fee \$7.00 preregistration before June 10, thereafter \$10.00. Registration begins at 7:30 am at the Unitarian Church, Montpelier. T-shirts (limited) for \$8.00 additional. *Contact:* Sam Davis, CMSD1@aol.com or 802 655-3611.

Saturday June 25, 8:45 am Paul Mailman Montpelier Ten-Miler

▶ Starts at/finishes near Montpelier High School, part of the CVR ORS Race Series. Longest continuously held road race in Central Vermont. Flat to rolling out and back; 27% paved, 73% gravel roads. Fee \$12.00 preregistration through June 20, thereafter \$15.00. *Contacts:* Dave Kissner, dkissner@sover.net or 802 229-4523; and Betty Rose, BRose@nationallife.com or 802 229-2311.

▶ **Thursday July 7, 6 pm** **Bear Swamp Run** 5.7 miles, Middlesex Hilly dirt roads, scenic, part of the CVR ORS Race Series. Race day registration only (5:00-5:45 pm), Rumney School, Middlesex. Fee \$5.00. *Contact:* Tim Noonan 802 223-6216.

▶ **Thursday August 11, 6 pm** **Berlin Pond Five Miler** **NEW!** distance! Certified 5 mile loop course around Berlin Pond, dirt road flat and hilly, part of the CVR ORS Race Series. Fee \$5.00, race day registration only starting at 4:30 pm at the Berlin Town Offices. *Contact:* Dot Helling, ultradot@adelphia.net or 802 223-1555.

▶ **Thursday August 18, 6 pm** **NEW! CVR Track Triple** @ Montpelier High School track - 800 meter, 1500 meter, and 3000 meter races on the track. Registration at the track from 5:00-5:45 p.m. Fee \$5.00. *Contact:* Tim Noonan, 802 223-6216.

Thursday August 25, 6 pm East Montpelier Center Chase Race 5 miles

▶ Race day registration only (5:00-5:45 pm) at Old Meeting House, Center Road, East Montpelier. Fee \$5.00. Staggered race start based on age and gender. *Contact:* Tim Noonan, 802 223-6216.

Saturday September 3, 9:30 / 10:30 am Northfield Savings Bank 5K Foot Race and Kids' 1-Mile Race

▶ Certified 5K course, part of the CVR ORS Race Series. Start and finish in front of the Northfield Savings Bank at the Green in downtown Northfield. *Contact* Northfield Savings Bank for more information at P.O. Box 347, Northfield, VT 05663-0247, or telephone (802) 485-5223.

▶ **Wednesday September 14, 6 pm** **Hubbard Park Predict-a-Time Run**, Montpelier Cross country race, winners based on predicted race times. Race day registration only (5:00-5:45 pm) at New Picnic Shelter, Hubbard Park, Montpelier. Fee \$5.00. *Contact:* Tim Noonan 802 223-6216.

▶ **Wednesday September 21, 6 pm** **Sodom Pond Run**, Adamant - 4 mile hilly loop on dirt roads. Winners determined based on age and gender-adjusted results. Race day registration only (5:00-5:45 pm) at the white house across from the Adamant Coop in the heart of downtown Adamant Village, Vermont. Fee \$5.00. *Contact:* Tim Noonan 802 223-6216.

▶ **Sunday October 2, 11 am** **Leaf Peepers Half-Marathon & 5K**, Waterbury **NEW!** for this year -- *computer chip timing!* Paved and dirt roads, rolling, out and back, part of the CVR ORS 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: \$25 for half marathon, \$15 for 5K. *Contact:* Darragh Ellerson teef30@aol.com or 802 223-2080.

▶ **Saturdays - November 5, 12, 19, 9 am** **Fallen Leaves 5K Race Series**, @ Montpelier High School track - *Registration 8:15 - 8:45 am; Race begins at 9:00 am.* Low-key, 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: \$5 for the entire series** (ie. runners pay a total of \$5 whether they run one, two or three races.) **Awards:** presented to the first place finisher -- in each of the three races -- in 12 separate age and gender categories. *Contact:* Tim Noonan, 802 223-6216.

Saturday December 31, 3 pm First Night Montpelier 5K

▶ Launches the CVR Onion River Sports Race Series for 2006. Registration beginning at 1:15 pm in the basement of the Pavilion Building, Montpelier. Fee \$20 (includes First Night button.) *Contact:* Rowly Brucken, rbrucken@norwich.edu or 802 479-0796.

CENTRAL VERMONT



RUNNERS

c/o Nancy S. Rice
P.O. Box 254
Barre, VT 05641

Spring 2005



Next Central Vermont Meeting

Thursday, June 2, 2005

**At the home of Darragh Ellerson,
1152 North Street, Montpelier**

2005 Officers:

President: Betty Rose
Vice President: Michael Chernick
Secretary: Sandy Colvin
Treasurer: Priscilla Carr
Webmaster: Dave Kissner

**Potluck is at 6:30
Meeting will follow**

**Contact Darragh or check the CVR
web site for additional information
www.cvrrunners.org**