



JULY - AUGUST 2005
VOLUME 26. ISSUE 3

Central Vermont Runners Summer 2005 Newsletter

Message from the President

The CVR summer running activities are well underway with successful events like the Capital City Stampede, Paul Mailman Ten-Miler and the Bear Swamp Run. There are also many runners participating in the weekly Fun Runs. We have a new race on July 30th, the Barre Homecoming Festival Downtown 5K, and a new CVR Track Triple on August 18th. Our Berlin Pond race on August 11th has been changed to five miles and we have the East Montpelier Center Chase Race on August 25th. The fall season will also be full of events starting with the Northfield Savings Bank 5K. Details on these races and the remainder of the fall schedule are on our website. Don't forget that the race directors are counting on Club members to volunteer in order to maintain this full schedule of events.

Speaking of volunteer activities, as I'm writing this I'm just recovering from the most amazing experience. CVR was in charge of an aide station for the Vermont 100 the weekend of July 16-17. Our aide station was located 95.3 miles into the race so we saw these long distance runners at a time when they had endured incredible heat, humidity, hills and rough terrain for up to 30 hours. Talk about inspiring!!! Also inspirational was the dedication of CVR member Cyndy Cross who manned the aide station for 18 straight hours and the entire time she smiled and greeted runners while attending to their needs for food, drink and medical supplies. I'm hoping more CVR members will join us at the CVR aid station next year – it will be the experience of a lifetime.

Hope to see you all soon,
Betty

{PS. Here's the scoop on the next meeting –

- Thurs., Aug. 4, 2005, 6:30 pm at Betty Rose's 29 Deerfield Drive (Montpelier) home.*
- Business portion of meeting will commence at 7 pm.
- Delicious potluck supper will precede the business portion of the meeting.

* Contact Betty (802 229-2311 or brose@nationallife.com) for more info and directions to her home.}

CENTRAL VERMONT RUNNERS – SECRETARY'S NOTES

June 2, 2005 Meeting
At the home of Darragh Ellerson
Compiled by Sandy Colvin

Record number of people in attendance – Betty Rose, Priscilla Carr, Phyllis Arsenault-Berry, Sam Davis, Norm Robinson, Dot Helling, Sandy Colvin, Bob Bisson, Roger Cranse, Bob Murphy, Andrea McLaughlin, Donna Smyers, Nancy Rice, Darragh Ellerson.

Sportshoe Center – Unclear if they are going to give the club a discount in the store or not. Bob Bisson volunteered to speak to the manager about this and get a final answer.

Reach The Beach Relay – Priscilla Carr is putting together a woman team. They need a total of 6-12 runners, and have about 5 so far. It is in September, and the race is a 200 mile race from Bretton Woods to Hampton Beach. Each runner takes turns running various distances of the relay. Contact Priscilla if you are interested in being on the team.

Vermont 100 – CVR will have an Aid station at Polly's, around mile 80. Betty Rose and Cindy Cross are looking for volunteers to help them man the aid station Sunday July , from 4:45 to 9:15 am. Please contact Betty Rose if you are interested.

Betty thanked all the volunteers who helped work at the CVR table over the weekend at Onion River Sports.

CVR Equipment Storage – All equipment will be stored at Betty Rose house in her garage. If you are a race director or volunteer and need any of the CVR equipment, contact Betty to arrange getting what you need.

Newsletter- Nancy Rice is the new editor of the CVR newsletter. Thanks to Nancy for a great job on the first newsletter. Bob Murphy is going to work with Nancy to get the past 25 years of CVR newsletters stored at the Vermont Historical Society on Washington Street in Barre. The next issue will be out in July. Anyone with anything they want put in the newsletter contact Nancy via e-mail at Nansue_2000@yahoo. Decided membership app will always be a part of the newsletter, and we will try and get a complete list of our membership in one of our future newsletters. If you are a race director, please remember to send Nancy your race results. And, if you have anything you want to share, a story, a thought, or race experience, please share.

Treasurers Report - The club balance is \$3600.00. We all reviewed some of the most recent expenses and discussed with Priscilla Carr, the club treasurer. Priscilla is concerned the most recent mailing was very expensive between printing and mailing costs. Suggestions from others include, changing printers, not sending the mailing to everyone on the list, maybe limiting it to certain towns, purge names, especially those that have been returned. Are we tracking those that have been returned?

Club Uniforms – Sandy Colvin is still working on getting singlets for everyone.

Hand held timing clocks – Donna Smyers got them fixed. Does anyone have paper for them? If so, let Donna know. In the meantime, Donna will order more.

New Club Equipment – Everyone thinks we need some signs announcing an upcoming race. All the races need this. In the past we have made paper versions, hard to read etc. Therefore, the Club voted to have Betty Rose spend up to \$500.00 on getting these signs.

Capital City Stampede – Sam Davis the race director for the past 14 years spoke about the race, why he will no longer be the director, which can mostly be attributed to the fact that he has seen a nice surge of involvement from others in the club and he feels confident the race will be in good hands. The new race director as of next

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 last run for 2005 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.

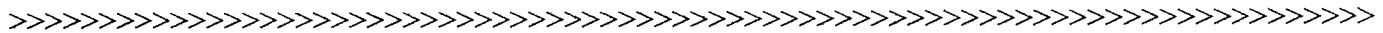
Location & Directions

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!

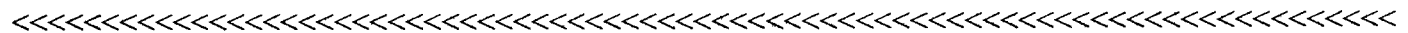


Check out this newest race in the Green Mountains: <http://www.100on100.org/>

**First Annual Running of the "100 on 100" Heart of Vermont Relay
RACE DATE: AUGUST 20, 2005**

The 100 on 100 is a 100 mile 6 person relay running race run through the lush mountains, fields and streams of Vermont. Proceeds from the race will benefit **Howard Center Teens**. Each runner will run 3 times over the 100 mile distance with a total distance per runner of approximately 16.5 miles.

Registration opened June 13, 2005



Midnight Sun Run



Sandra and I visited our daughter Sherry in Fairbanks, Alaska from June 13th to the 23rd. The biggest thing was getting use to 24 hours of day light.

Sherry and I ran in the Midnight Sun Run which takes place at 10:00 p.m. It is a 10k race and the temperature was 57 degrees and raining. There are about 3000 runners and some were in the costume division. We saw many interesting entries. The support and cheering from the crowds is just like the Vermont City Marathon.

Sherry had never run a race before, so this was a first for her. She kept up a reasonable pace, but was getting a little tired by mile five, but hung in there and we sprinted at the last 500 feet and crossed the line in one hour and six minutes.

It was a great feeling to have run with my daughter on her first race and I'm sure it won't be her last.

- Dick and Sandra Ferno



"Runners will cross the bridge at midnight under a full moon"

RUN ACROSS THE GOLDEN GATE BRIDGE WITH 11 FRIENDS

You are invited to California's Longest Party on October 15-16, 2005 (TheRelay.com). As discussed in Runner's World (Feb. 2005 cover story), Time Magazine (Feb. 28, 2005), Marathon & Beyond (April 2005) and on David Letterman March 16, 2005), 12-member teams run 36 legs through 36 cities from the wine country, across the Golden Gate Bridge at midnight under a full moon, to the beach.

Please forward this invitation to your club members and friends. Hope that you will join us for a little (199-mile) run! Sponsorships available. Find a sponsor Major level or higher) or raise money for Organs 'R' Us (optional) to enter a free team.

*DATES TO REMEMBER:

June 15 is the deadline for the \$840/team entry. Entry is \$960/team if postmarked after June 15.

August 15 is the deadline for new team entries.

August 20 is the deadline for volunteer and runner registration without penalty."

The Relay

In the long run, organ donation saves lives.

www.TheRelay.com

650.508.9700

QUEST FOR CVR MEMORABILIA

By Bob Murphy

I have recently approached the Vermont Historical Society about our placing CVR club archives in that organization's collections, and was informed that they would love to be the repository for our materials. Accordingly, Newsletter Editor Nancy Rice has transferred the newsletter collection (which has been building over these past 25+ years) to me for processing and eventual storage at VHS. The newsletter collection is surprisingly complete, although there were some gaps which we hope to fill. Newsletters in the collection are apparently complete for the years 1980-82, 1986-87, 1995 and 2003. Here are some possible gaps in the other years. If you have any issues within these gaps in your own personal files, please forward the original or a copy to me so that our collection will be as complete as possible.

Possible newsletter gaps:

- 1983 – Nov (v.4, no.8) was last issue. Any for Dec?
- 1984 – Sep-Oct (v.5, no.8) was last issue. Any for Nov-Dec?
- 1985 – Nov (v.6, no.8) was last issue. Any for Dec?
- 1988 – July issue missing (v.9, no.5)
- 1989 – Oct (v.10, no.7) was last issue. Any for Nov-Dec?
- 1990 – Jul (v.11, no.5) was last issue. Any for Aug-Dec?

(“Quest” continued)

- 1991 – Issues for May-Jun (no.2), Aug (no.4), Sep (no.5) missing. Oct (no.6) was last issue. Any for Nov-Dec?
- [Note: From 1992 through 2002 volume and issue numbers not used, making it more difficult to identify missing issues. Accordingly, for those years only gaps are listed.]
- 1992 – Gaps for Jan-Mar, May-Jun, Aug, Nov-Dec.
- 1993 – Gaps for Feb-Apr, Jul, Nov-Dec.
- 1994 – Gaps for Mar, Aug.
- 1996 – Gaps for Jan-Feb, Apr, Aug, Oct.
- 1997 – Gaps for May, Jul, Oct.
- 1998 – Gap for Feb-Mar.
- 1999 – Gaps for May, Jul, Oct-Nov.
- 2000 – Gaps for Jan-Feb, May, Jul-Oct, Dec.
- 2001 – Gaps for Feb-Mar, May-Jun, Aug-Dec.
- 2002 – Gaps for Feb-May, Jul-Dec.
- 2004 – Sep (v.25, no.4) was last issue. Any for Oct-Dec?.
- 2005 – Apr-May (v.26, no.2) is the only issue I have. Was there one between Jan-Mar?

After beginning some basic processing of newsletters (some indexing, for instance), it occurred to me that our archives would be more valuable to future researchers if we were to also include other items. Here are some items that I believe would be good to include:

- Race results for CVR events which have not been published in a newsletter.
- CVR meeting minutes not published in a newsletter.
- Reports on non-CVR events in which we participated as a club (examples: the club meet years ago at Campton, NH; the 24 hour relays at Westport, NY; the RRCA meeting that many of us attended in Portland, ME).
- Newspaper items relating to the club (did anyone save articles published last year in recognition of our 25th anniversary?; how about the battle with Liquor Control agency head Jean Hickey back in the ‘80’s?).
- CVR financial records no longer needed by the current Treasurer.
- Constitution and bylaws (original and each change).
- Photographs taken at CVR events, to include identification, where possible, of the date, the event, and a description of the subject(s) of the photos.
- A brief history of the Club, including officers and committee chairs over the years.
- A brief history of each CVR event, to include race flyers, applications, certifications and other paraphernalia (e.g., I have a brochure on one of the early Leafpeepers races).

Now that you have an idea of how I would like to approach this, I will probably need occasional help with some of the details, particularly in the history area. As I finish each portion of the project, it is my intent to bring those portions to the VHS. I have no interest in keeping all that stuff in my home until the project is complete. After all, part of the reason for doing this is to ensure that these materials will be in a secure place not subject to fire and water hazards and possible loss. Materials such as this will provide future researchers a valuable look back at the running boom’s arrival in Central Vermont and the contributions that Central Vermont Runners has made over the years to exercise, health and fitness in our community.

July 7, 2005 Bear Swamp Run (5.7 mi.) Results

Overall Female Winner: **Dot Martin** – 38:53 Overall Male Winner: **Tom Griffin** – 36:26

Number of Finishers – 55

Pl. Name Time Category

1 Tom Griffin	36:26	F0-19M0-19F20-29M20-29F30-39M30-39F40-49M40-49F50-59M50-59F60+M60
2 Aaron Griggs	36:30	F0-19M0-19F20-29M20-29F30-39M30-39F40-49M40-49F50-59M50-59F60+M60
3 Daniel Keeney	37:23	F0-19M0-19F20-29M20-29F30-39M30-39F40-49M40-49F50-59M50-59F60+M60
4 Mark Chaplin	37:29	F0-19M0-19F20-29M20-29F30-39M30-39F40-49M40-49F50-59M50-59F60+M60
5 Steve Comolli	38:12	F0-19M0-19F20-29M20-29F30-39M30-39F40-49M40-49F50-59M50-59F60+M60
6 Jamie Shanley	38:34	F0-19M0-19F20-29M20-29F30-39M30-39F40-49M40-49F50-59M50-59F60+M60
7 Bill Dysart	38:38	F0-19M0-19F20-29M20-29F30-39M30-39F40-49M40-49F50-59M50-59F60+M60
8 John Hackney	38:45	F0-19M0-19F20-29M20-29F30-39M30-39F40-49M40-49F50-59M50-59F60+M60
9 Dot Martin	38:53	F0-19M0-19F20-29M20-29F30-39M30-39F40-49M40-49F50-59M50-59F60+M60
10 Mack Gardner-Morse	39:12	F0-19M0-19F20-29M20-29F30-39M30-39F40-49M40-49F50-59M50-59F60+M60
11 Steve Burkholder	39:27	F0-19M0-19F20-29M20-29F30-39M30-39F40-49M40-49F50-59M50-59F60+M60
12 Tim Noonan	39:51	F0-19M0-19F20-29M20-29F30-39M30-39F40-49M40-49F50-59M50-59F60+M60
13 Matt Godfread	40:13	F0-19M0-19F20-29M20-29F30-39M30-39F40-49M40-49F50-59M50-59F60+M60
14 Dick Millar	40:26	F0-19M0-19F20-29M20-29F30-39M30-39F40-49M40-49F50-59M50-59F60+M60
15 Kristi Cruz	40:27	F0-19M0-19F20-29M20-29F30-39M30-39F40-49M40-49F50-59M50-59F60+M60
16 Andy Wellman	40:37	F0-19M0-19F20-29M20-29F30-39M30-39F40-49M40-49F50-59M50-59F60+M60
17 Kenny Logan	40:53	F0-19M0-19F20-29M20-29F30-39M30-39F40-49M40-49F50-59M50-59F60+M60
18 Donna Smyers	40:55	F0-19M0-19F20-29M20-29F30-39M30-39F40-49M40-49F50-59M50-59F60+M60
19 Nicholas Ihley	40:58	F0-19M0-19F20-29M20-29F30-39M30-39F40-49M40-49F50-59M50-59F60+M60
20 Loralyn LeBlanc	41:01	F0-19M0-19F20-29M20-29F30-39M30-39F40-49M40-49F50-59M50-59F60+M60
21 John Lazenby	42:05	F0-19M0-19F20-29M20-29F30-39M30-39F40-49M40-49F50-59M50-59F60+M60
22 Lauri Scharf	42:11	F0-19M0-19F20-29M20-29F30-39M30-39F40-49M40-49F50-59M50-59F60+M60
23 Bill Holland	42:14	F0-19M0-19F20-29M20-29F30-39M30-39F40-49M40-49F50-59M50-59F60+M60
24 Dave Fields	42:34	F0-19M0-19F20-29M20-29F30-39M30-39F40-49M40-49F50-59M50-59F60+M60
25 Greg Gerdel	42:58	F0-19M0-19F20-29M20-29F30-39M30-39F40-49M40-49F50-59M50-59F60+M60
26 Ted McKnight	43:14	F0-19M0-19F20-29M20-29F30-39M30-39F40-49M40-49F50-59M50-59F60+M60
27 Dennis Nealon	43:37	F0-19M0-19F20-29M20-29F30-39M30-39F40-49M40-49F50-59M50-59F60+M60
28 Scott Griggs	44:24	F0-19M0-19F20-29M20-29F30-39M30-39F40-49M40-49F50-59M50-59F60+M60
29 Gwen Buel	44:25	F0-19M0-19F20-29M20-29F30-39M30-39F40-49M40-49F50-59M50-59F60+M60
30 Denise LaRocca	44:50	F0-19M0-19F20-29M20-29F30-39M30-39F40-49M40-49F50-59M50-59F60+M60
31 David Erickson	45:22	F0-19M0-19F20-29M20-29F30-39M30-39F40-49M40-49F50-59M50-59F60+M60
32 Brian Maclay	45:22	F0-19M0-19F20-29M20-29F30-39M30-39F40-49M40-49F50-59M50-59F60+M60
33 Joe Loga	45:35	F0-19M0-19F20-29M20-29F30-39M30-39F40-49M40-49F50-59M50-59F60+M60
34 Andrea McLaughlin	45:41	F0-19M0-19F20-29M20-29F30-39M30-39F40-49M40-49F50-59M50-59F60+M60
35 Kathy McArdle	45:43	F0-19M0-19F20-29M20-29F30-39M30-39F40-49M40-49F50-59M50-59F60+M60
36 John Martin	45:58	F0-19M0-19F20-29M20-29F30-39M30-39F40-49M40-49F50-59M50-59F60+M60
37 Paul Stibich	46:05	F0-19M0-19F20-29M20-29F30-39M30-39F40-49M40-49F50-59M50-59F60+M60
38 Priscilla Carr	46:14	F0-19M0-19F20-29M20-29F30-39M30-39F40-49M40-49F50-59M50-59F60+M60
39 Angie Scott	46:21	F0-19M0-19F20-29M20-29F30-39M30-39F40-49M40-49F50-59M50-59F60+M60

CENTRAL VERMONT RUNNERS

BERLIN POND 5 MILER

WHEN: 6:00 PM, Thursday, August 11, 2005, Berlin, Vermont.

REGISTRATION: \$5.00. **RACE DAY ONLY** at Berlin Municipal Office Building (Town Clerk's) from 4:30 PM-5:45 PM. To get there take Exit 7 off Interstate-89, turn right at the light, go past Maplewood Convenience Store and gas station, turn right again at the four corners, take next right onto Shed Road. The Municipal Office Building is at end of Shed Road in paved parking lot. To get to the race course, go out Shed Road and turn right, then left onto dirt just after the highway underpass, parking only along the section of road between the turn and the pond intersection, race begins below the pond intersection to the right.

COURSE: A single 5 mile loop counter-clockwise around Berlin Pond, first half hilly, second half flat and fast, all dirt road. Water stop at mid-point. All distances are marked and the course is **USATF-CERTIFIED & SANCTIONED**. Race starts and finishes by pump station at Berlin Pond.

PARKING: Please either park your cars at the Municipal Office Building and jog or walk to the start (approximately 1/2 mile), or park only along the dirt roadway by the cliffs between the Paine Turnpike and Crosstown Road turnoff and the Pond. Be sure cars are off the road and do not mingle in the roadway. Post race activities back at the Municipal Office Building.

AWARDS: Awards to Female and Male top finishers in the following categories: Juniors (under 19); Open (19-39); Masters (40-49); Seniors (50-59); Veterans (60+). Refreshments at the finish.

USATF RULES APPLY, including NO baby joggers and NO entertainment devices. For additional information contact Race Director Dot Helling, ultradot@adelphia.net

BERLIN POND 5 MILER ENTRY BLANK

Make checks payable to Central Vermont Runners. Complete all information and sign waiver below.

Name: _____ M/F: ___ Age: ___ D.O.B: _____

Address: _____

City/State/Zip _____ email: _____

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic, dogs and the conditions of the road, all such risks being known to and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Central Vermont Runners, the Town of Berlin and all sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons or entities named herein, provided such negligence or carelessness is not gross or wilful.

Signature of Entrant: _____ Date: _____

Guardian Signature if Entrant under 18: _____

Print Guardian Name: _____

Become a Member of Central Vermont Runners Club

When you join Central Vermont Runners you'll...

Meet, run with, and socialize with other area runners of all abilities.

- Keep up-to-date on area running races and events.
- Receive a regular newsletter with race results and club news.
- Be eligible for the Central Vermont Runners/Onion River Sports Race Series
- Join a club that's part of the Road Runners Club of America organization. Which
 - insures CVR races.
- Become eligible for discounts at area sporting goods stores:
 - Onion River Sports / Shoe Horn - 10% off running shoes and running apparel.
 - Lenny's Shoes & Apparel - 10% off running shoes.
 - The Sport Shoe Center-- Various discounts on shoes

Name (Please Print) _____

Street _____

City _____ State _____ Zip _____

Sex: M F Age _____ Birth Date _____

Email Address _____ Phone _____

Names and birth dates of additional household members of CVR:

1 _____

2 _____

3 _____

As a responsibility of club membership, I agree to be available to work on at least one club race during the year. My preferred race is indicated below.

*April - Mutt Strutt _____ *May-Oct - Tuesday Fun Runs _____

*June - Kids Track Meet _____ *June - Capital City Stampede _____

*June - Montpelier 10 Miler _____ *July - Bear Swamp Run _____

*Aug - Berlin Pond 5 Miles _____ *Aug/Sept - Northfield 5K _____

*Oct - Leaf Peepers _____ *Dec - First Night 5K _____

*Other Weekday evening races _____ *Nov.-Fallen Leaves 5K's _____

*May-Black Fly 4 Miles _____ *August- Barre Homecoming 5K _____

Annual dues are \$10 for individual or family, \$2 for students. Enclosed are dues for the following years - (2005 dues covers 3/2005-3/2006).

2005 2006 2007 2008 2009

Please make checks payable to **Central Vermont Runners** and mail to:

CVR, c/o: Donna Smyers PO Box 102, Adamant VT 05640.

2005 CVR MEMBERSHIP

<i>Last Name</i>	<i>First</i>	<i>Family Member</i>	<i>Address</i>	<i>Town</i>	<i>PHONE</i>	<i>EMAIL</i>	<i>CVR Year</i>
Allen	Darren		222 Elm St. Apt. 1	Montpelier	223-6744	darren-allen@rutlandherald.com	5
Anthony	Ena	Mark	851 Ferno Rd.	Williamstown	485-6449	eantnee@aol.com	5
Armstrong	Ella		235 Doyon Rd	Northfield	485-4930		5
Arsenault-Berry	Phyllis		350 Richardson Rd	Duxbury	244-8684	rottix2@yahoo.com	5
Aspinall	Jill	Rick Molz	17 North Park Dr.	Montpelier	224-9980	jillaspinall@alumni.uwaterloo.ca	6
Bachman	Tom	Molly	30 Bailey Ave	Montpelier	223-3984	tbachman@gbarchitecture.com	5
Barrett	Callie		284 Brook Rd.	Middlesex	223-8933	redrazzberry@hotmail.com	7
Beaudin	Jo-Ann	Paschal Deblasio	129 Tamarack	Williston	878-3690		5
Bevacqui	Lou	Alva	66 Lockwood	Fayston	583-3088	lbevacqui@hotmail.com	5
Birse	David		P.O. Box 371	Hancock	603-525-	sizzlermania@hotmail.com	5
Bisson	Bob	Lori	25 Orange St	Barre	479-2635	rbisson@nationallife.com	5
Boutin	Beth		104 E. State St.	Montpelier	229-0626	jcswon@adelphia.net	5
Bowles	Matthew		87 AYERS ST	Barre	479-2183	mbowles5@yahoo.com	5
Bradt	Susan		PO Box 114	Calais	223-2115	susan.bradt@tui.edu	5
Brucken	Rowly		1 John St.	Barre	479-0796	rbrucken@norwich.edu	5
Bryan	Shawn		573 Junction Rd	Berlin	223-2027		9
Bushey	Ann		15 Mountainview	Montpelier	229-6288	busheya@wssu.org	6
Byrne	Emily	Daniel	197 Winchview Rd	Northfield	345-0163	ebflag1@yahoo.com	5
Carlson	Gerow M.		314 Portal Rd.	Middlesex	223-9758		5
Carr	Priscilla		404 Cityside Dr. #7	Montpelier	223-7764	priscillawcarr@yahoo.com	5
Chernick	Michael		330 Cityside Dr #75	Montpelier	223-0918	chernick@adelphia.net	5
Colvin	Sandy	Craig	228 North St.	Montpelier	229-1060	scolvin@nationallife.com	5
Comtois	Marie		PO Box 92	Sharon	763-2905		5
Cranse	Roger	Kevin	1 Summer St.	Montpelier	223-6997	rcc41@adelphia.net	5
Cross	Cyndy	Ryan	78 Silver Circle	Barre	476-3867	ccross@nationallife.com	6
Daut	Beth	Ben	793 Crosstown Rd.	Berlin	223-3675	thedauts@earthlink.net	5
Davis	Sam	Patti	40 Willow Circle	Colchester	6553611	cmsd1@aol.com	5
Deluca	Paul		30 Cano Dr	Barre	476-7987	pdeluca420@msn.com	5
Edwards	David		238 Mary Lyn	Newark	467-1177	dej@kingcon.com	5
Ellerson	Mai-Lis	Miccal McMullen	56 South View Rd	Northfield	485-9266		5
Ellerson	Darragh	David	1152 North St	Montpelier	223-2080	Teef30@aol.com	5
Ellerson	Deirdre		PO BOX 92	Sharon	763-2905		5
Eustis	Steve	Cathy	18 Wilkinson Drive	Essex Junction	878-4385	eustis@sover.net	5
Ferno	Richard	Sandra	47 Ferno Rd.	Williamstown	479-0059	angus@innevi.com	5
Foltz	Tom	Patti	94 Chandler Farm	Stowe	253-4647	tfoltz@specmaterials.com	5
Gambler	Beth		111 Freedom Dr.	Montpelier	223-2099	vtadir@yahoo.com	5
Gardner-Morse	Mack	Cindy	8197 County Road	Calais	223-5738	mack.gardner-morse@uvm.edu	5
Gerdel	Greg	Sasha	360 Mill Rd.	Montpelier	229-4006	jjgerdel@aol.com	5
Gillis	Mike	Maryke	86 Notch Rd	Middlesex	223-5559	mikenike@together.net	7
Godfread	Matt		274 US Rt 302-	Barre	476-9157	Mattgodfread@hotmail.com	5
Griggs	Scott	Corey	57 Griggs Dr	Orange	479-3324	griggs@kingcon.com	6
Hackney	Susan	John	30 Isabel Circle	Montpelier	223-2162		6
Hallinger	Linda		1325 Poor Farm	Washington	883-5415	index@together.net	5
Hayes	Ann		5361 Curley Hill Rd	Pipersville	215-766-	tap1441@aol.com	5
Helling	Dot		29 E. State St.	Montpelier	223-1555	ultradot@adelphia.net	5
Horner	David		144 US Rte 302	Berlin	476-0892	mukkets@aol.com	5
Howe	Robert		18 Smith Farm Rd.	Barre	476-8946	lucycarol@earthlink.net	6
Johnson	Gordon	P.O. Box 898	Derby Line	819-838-		runningoilman@yahoo.ca	5
Kaeding	John	Sten	55 Kaeding Rd	Worcester	229-0176		7

2005 CVR MEMBERSHIP

<i>Last Name</i>	<i>First</i>	<i>Family Member</i>	<i>Address</i>	<i>Town</i>	<i>PHONE</i>	<i>EMAIL</i>	<i>CVR Year</i>
Kaiser	Nina		256 S. Winooski	Burlington	310-2693	nina@psych.purdue.edu	6
Kane	Honour	Diana	P.O. BOX 1134	New York	212-969-	honour.kane@simonandschuste	8
Kissner	Dave	Laura Medalie	150 Barnes Rd	Montpelier	229-4523	dkissner@sover.net	5
LaCroix	Lori		2 Owen Drive	Barre	479-2938	cmpmeade@together.net	5
LaRosa	Debbie		240 Rolston Rd	Waitsfield	802-496-	vtdebbie@aol.com	5
Leblanc	Loralyn		2 North Park Dr.	Montpelier	223-3603	lleblanc@sterncenter.org	5
Leske	Kevin		PO Box 353	Waterbury Ctr	244-5039	kleske@aol.com	5
Loga	Joe	Amy Williamson-	8 Derby Dr.	Montpelier	229-9876	amyandjoe@hotmail.com	5
Lybarger	Tim		1687 Symonds Mill	Wolcott	888-2223	tglybarger@stowe.nu	5
Machnik	Whitney		810 Bent Hill Rd	Braintree	476-0892	wimberly@innevi.com	5
Marcy	Henry		4 Summit Dr. #508	Reading	781-944-	hjmarcy@comcast.net	5
Martin	John	Dot Martin	PO Box 1131	Montpelier	479-5333	jmartin@montpelier-vt.org	6
McCarthy	Dana		10 Towne St.	Montpelier	229-4650	kcmccar@aol.com	5
Mcknight	Ted		22 Saxon La	Jericho	899-1197	tedrae73@excelonline.com	6
McLaughlin	Andrea		445 Cutler Corner	Barre	476-4417	Jeffmcl445@aol.com	6
Meiklejohn	Elizabeth		Box 2019 Balentine	E. Calais	456-8808		5
Mercier	Robert		8 Foster St.	Montpelier	223-7225		5
Metz	Mic		294 Barre St, #5	Montpelier	229-0588	micxmetz@hotmail.com	5
Millar	Dick		155 Forest Dr. #1	Montpelier	223-5399	dickm103c@aol.com	5
Monti	Ariana		PO Box 203	Barre	272-0000	arianam@pshift.com	5
Murphy	Robert		35 Birchwood Park	Barre	476-4328	rmm@sover.net	5
Noonan	Tim		2 Pinewood Road	Montpelier	223-6216	tnoonan@lr.b.state.vt.us	5
Nuquist	Andrew	Reidun	29 Bailey Ave.	Montpelier	223-3550	nuquist@together.net	5
Orenstein	Grant		PO Box 89	Calais	229-9222	gorenstein@flynncenter.org	5
Parker	Jennifer		646 Gallison Hill Rd	Montpelier	223-4160	jparker@capcitypress.com	6
Petelle	Russ		P.O. Box 547	Derby Line	766-4011	rpetelle@hotmail.com	5
Phillips	Brenda	George	1676 RTE 214	Plainfield	454-1521	bcp@bu.edu	6
Pierce	Kimberly		601 Pike Rd	Marshfield	802-426-	kimperce@pivot.net	6
Reever	Dee	Henry Busetti	405 North Hill Rd.	Stowe	253-7917	dreever@pshift.com	5
Renfro	Dan		1 Court St., Apt. 5	Montpelier	229-6822		5
Rice	Nancy		P.O. Box 254	Barre	476-3391	nansue678@yahoo.com	5
Ricker	Denise		399 Murray Hill Dr.	Montpelier	229-0877	ricker@adelphia.net	5
Ridlon	Ron	Candace	89 Silver Ridge Rd	Morrisville	888-5009	ronridlon@pshift.com	5
Rose	Betty		29 Deerfield Dr.	Montpelier	229-2311	brose@nationallife.com	5
Ryea	Eric		P.O. Box 60	Adamant	223-2733	eryea@aol.com	5
SCOTT	JANET		2108 Foster Hill Rd	E. Calais	456-1158	jscottcabot@hotmail.com	5
Shanley	Jamie	Kim Kendall	950 Sparrow Farm	Montpelier	223-4856	jshanley@usgs.gov	5
Simonsen	Jackie		115 Federal St.	St. Albans	524-3958	vtridgerunner@verizon.net	6
Singer	Donald	Gretchen	262 HILL ST	BARRE	479-5141	vt.singer@peoplepc.com	6
Skinner	Scott	Wilson	PO BOX 1363	Montpelier	223-7123	skinner@bfsllaw.com	5
Smyers	Donna		PO Box 102	Adamant	229-4393	dosmyers@cs.com	5
Stephens	Pam	Rick Melberth	137 O'Donnell Rd	Chelsea	685-4604	pstephens@vermontlaw.edu	5
Tyksinski	Adam		317 Meadow Rd.	Waitsfield	496-6374	adam@mrvtv.com	6
Valentine	John		440 Northfield Rd	Roxbury	485-3777	John.valentine@hitchcock.org	6
Valentine	Megan		2187 N. Williston	Williston	288-1043	Megan.valentine@uvm.edu	6
Walker	Wade		140 Hackamore Rd.	Montpelier	223-7674	walker7674@adelphia.net	5
Ward	April		266 Berlin St.	Montpelier	229-1972	ward1956@msn.com	5
Whipple	Trevor	Cathy Hartshorn	PO Box 388	Barre	802-476-	twhipple@dps.state.vt.us	5
Wight	Greg		PO BOX 429	Brookfield	276-3173	wight@norwich.edu	6
Young	Amy		85 Overlook Dr.	Northfield	485-6621	amydontcare@hotmail.com	5

Bear Swamp Results Continued -

40 Mike Lacharite	47:31	F0-19M0-19F20-29M20-29F30-39M30-39F40-49M40-49F50-59M50-59F60+M60
41 Richard Freeman	48:25	F0-19M0-19F20-29M20-29F30-39M30-39F40-49M40-49F50-59M50-59F60+M60
42 Ann Bushey	49:00	F0-19M0-19F20-29M20-29F30-39M30-39F40-49M40-49F50-59M50-59F60+M60
43 Michael Chernick	52:42	F0-19M0-19F20-29M20-29F30-39M30-39F40-49M40-49F50-59M50-59F60+M60
44 Sara Erickson	52:50	F0-19M0-19F20-29M20-29F30-39M30-39F40-49M40-49F50-59M50-59F60+M60
45 Rebecca Ryan	53:31	F0-19M0-19F20-29M20-29F30-39M30-39F40-49M40-49F50-59M50-59F60+M60
46 Gerry Carlson	54:07	F0-19M0-19F20-29M20-29F30-39M30-39F40-49M40-49F50-59M50-59F60+M60
47 Betty Rose	54:45	F0-19M0-19F20-29M20-29F30-39M30-39F40-49M40-49F50-59M50-59F60+M60
48 Lisa Erickson	55:21	F0-19M0-19F20-29M20-29F30-39M30-39F40-49M40-49F50-59M50-59F60+M60
49 Elizabeth Meiklejohn	56:30	F0-19M0-19F20-29M20-29F30-39M30-39F40-49M40-49F50-59M50-59F60+M60
50 Nancy Smith	56:37	F0-19M0-19F20-29M20-29F30-39M30-39F40-49M40-49F50-59M50-59F60+M60
51 Paul DeLuca	57:55	F0-19M0-19F20-29M20-29F30-39M30-39F40-49M40-49F50-59M50-59F60+M60
52 April Ward	58:12	F0-19M0-19F20-29M20-29F30-39M30-39F40-49M40-49F50-59M50-59F60+M60
53 Karen Petro	58:12	F0-19M0-19F20-29M20-29F30-39M30-39F40-49M40-49F50-59M50-59F60+M60
54 Graham Black-Deagan	61:21	F0-19M0-19F20-29M20-29F30-39M30-39F40-49M40-49F50-59M50-59F60+M60
55 Roger Cranse	62:19	F0-19M0-19F20-29M20-29F30-39M30-39F40-49M40-49F50-59M50-59F60+M60

CVR Race Results page @ <http://www.cvrrunners.org/cvrreslt.htm>

2005 GREEN MOUNTAIN ATHLETIC ASSOCIATION RACE SCHEDULE

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 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.

MEMBER NOTES

Bob Murphy very kindly made copies of newsletter issues so the CVR Editor files will retain at least one of each of the 25 years' of newsletters for a quick reference file. Good luck, Bob, and thank you!

PLEASE NOTE

INSERTS as part of this newsletter include the application for the Berlin Pond 5-Miler, the most current membership list and a membership application. Please share this application with CVR-wanna-bees ☺! If any of these are missing from your newsletter let me know. See you in August!

Postscript

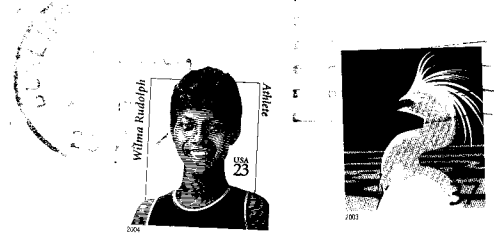
If you have items to publish please send them to me, Nancy, at nansue_2000@yahoo.com, by September 3rd for the next newsletter. Thanks.

CENTRAL VERMONT



RUNNERS

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



CVR PD 2005

Robert Murphy
35 Birchwood Park Dr
Barre, VT 05641

Summer 2005



Next Central Vermont Meeting

Thursday, August 4, 2005

See inside for specifics

OR

check the CVR web site

www.cvrrunners.org

2005 Officers:

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