



**October 2005**

**Volume 26, Issue 4**

## CENTRAL VERMONT RUNNERS FALL 2005 NEWSLETTER

### *Message from the President*

The Central Vermont Runners 2005 race schedule is winding down. The only events remaining are the Fallen Leaves series and, of course, First Night which is on the last day of the year. Since the last newsletter, we've had some very successful races thanks to the efforts of the race directors and their corps of volunteers. The Barre Homecoming Festival Downtown 5K was new on our schedule and turned out to be a great event in spite of a last minute change of course due to unforeseen circumstances. The Berlin Pond race had wonderful weather this year (remember the rain last year) and a great turnout. Tim Noonan's efforts resulted in successful evening races as well as the Northfield Savings Bank 5K. The Leaf Peepers Half Marathon and 5K had a new race director, Roger Cranse, and introduced the use of timing chips for the first time.

CVR had two ultra teams (one men's and one women's) in the Reach the Beach Relay in September. I can tell you first hand and this is a wonderful team experience and I hope we can have more teams entered next year. I know that CVR was represented in many other events and I hope members will report their experiences in the newsletter.

Big News!!! The new CVR singlets are finally here. Sandy Colvin's progress in ordering singlets was interrupted by the arrival of Zoe Emerson Colvin; and the shipment was delayed by Hurricane Katrina. But at long last, they have arrived and will be available for viewing and ordering at the next CVR meeting.

Speaking of the next CVR meeting, I want to urge everyone to attend on November 3<sup>rd</sup> at Eric Ryea's house. Among the items to be discussed will be:

Reports from Race Directors

The next Volunteer Recognition and Central Vermont Race Series Award Dinner

The tentative 2006 Race Schedule

Setting the date and location for the Annual Meeting.

See you there,

Betty

**HOW TO GET THERE:** To Donna's and Eric's in Adamant:

Follow Main St in Montpelier as it turns to County Rd (past Morse Farms). At 6 miles from the roundabout, turn right on Haggett Rd, in 1.3 miles, take a sharp left (through the Adamant Coop parking area) onto Quarry Rd. Turn right into the driveway at 0.4 miles up Quarry Rd. The house is .2 mile up the driveway (there is parking room).

Call Donna or Erik at 229-4393 for more information.

[www.cvrrunners.org](http://www.cvrrunners.org)

CENTRAL VERMONT RUNNERS – SECRETARY'S NOTESAUGUST 4, 2005 MINUTES

The meeting was held at the home of Betty Rose. Potluck dinner followed the meeting. In attendance were: Sandy Colvin, Betty Rose, Bob Bisson, Cyndi Cross, Priscilla Carr, Dot Helling, Michael Chernick, Donna Smyers, Bob Murphy, Tim Noonan, Roger Cranse, Dave Kissner, Kevin Russell and Nancy Rice.

Mad River Valley ½ Marathon and Paul Mailman 10-Miler

Kevin Russell, race director for the Mad River Valley half marathon, attended the meeting at the suggestion of Michael Chernick, after it was discovered he would like to have his race the same weekend as the Paul Mailman 10-Miler. There was a lot of discussion, and Kevin explained the reasons why the same weekend was chosen. The goal of the Mad River Race is to attract people from out of town to run, attracting mostly visitors to the State, and bringing them to the Mad River area for an event. This weekend was good because there wasn't anything else planned in the area on these dates. Everyone spoke about his or her feelings on it, and although it was not decided on and Kevin did not say either way, CVR members don't feel that we can change the date of the Paul Mailman race: it is one of the longest running events that CVR has and that weekend works well with our schedule of events. Kevin emphasized that he supports CVR and really attended the meeting to get some feedback and discussion.

Singlets/Team Uniforms

Sandy Colvin has found that Mills Greer in South Burlington is able to order and apply the logo for singlets for the club. The benefit of using a local shop is the ease in ordering more when needed and working locally to edit or change the singlets in the future will be much easier than perhaps going on line or working with a vendor out of town. Sandy has found a red and white singlet similar to that which VC has had in the past. She has worked with Mills Greer to use the same logo, but to enlarge the font, to Vermont stand out a bit more than the past logo did.

Sandy will order a minimum amount and bring to show members of the club for approval, and if approved, will take orders for more. Some ideas were exchanged to ask Onion River to sell them for us, and we would sell them to anyone in addition to CVR members. We will investigate this option further once we have the shirts. A motion passed to have the club pay for \$5.00 of the cost of the shirt for all members. Sandy doesn't have the total cost yet, until the shirts are printed.

Signs

Betty Rose was able to get warning signs for upcoming races. They have already been used and are proving to be very helpful in warning residents and drivers of upcoming races and events. The signs are editable, with the name of the race and the date and time, being added for each event. Betty has offered to make these edits for any race directors wishing to use the signs. Just call or e-mail her with the information, she will edit the signs accordingly and you can pick them up at her garage, where they are stored.

Race Director's Reports

Wiz 5K - Tim Noonan reported this was a good race, but not an annual event, just something fun to do this year; he won't hold the race again next year.

Hubbard Park 5K – 20 runners attended. Good turnout and would do it again.

Bear Swamp – Good turnout, actually made a profit on the race, which is rare.

Barre Homecoming – Bob Bisson reported the race went well. 87 runners, very successful, and would like to do it again. He would like the club to consider an offer from A.G. Edwards to be an exclusive sponsor, donating a lot towards the costs of running the race. There was a motion passed to donate one half of all the proceeds from the Barre Homecoming Race to the Aldrich Library in Barre.

FUTURE RACES

Berlin Pond 5-Miler – Dot Helling reports, this is a new course, certified 5-mile race. Registration, parking and awards are at the Town Clerk's office. Dot has found a lot of help from CVR members for food, water, registration, etc. Should be a good event!

Track Triple – First track event for CVR. Tim Noonan is the race director but can't attend, so Bob Murphy has offered to run this event. Discussion on how exactly it should run since it is the first time doing this.

[www.cvrrunners.org](http://www.cvrrunners.org)

Northfield Race – Tim Noonan is still looking for more volunteers for this annual event. Please contact him for details. The club is being paid \$250.00 to help at the race.

Hubbard Park – Predict a Time – Tim Noonan will hold this popular event again. It will be different course but the same rules as last year.

Leaf Peepers – Roger Cranse discussed the progress. The planning is going well. The race will be using chip timing for the first time. This should help speed the results and awards which have been delayed in the past due to the large size of the race.

First Night – Rowley Brucken sent a report that same sponsors as last year have already agreed to participate again this year.

### New Business

Berlin Community Festival – CVR participated in this event last year by holding a one-mile race. Dot Helling has agreed to be the race director again this year. The date is September 24<sup>th</sup>.

IF YOU ARE INTERESTED IN VOLUNTEERING for any of the events listed above, please contact the race director listed, or contact Betty Rose at [Brose@nationallife.com](mailto:Brose@nationallife.com) Think of all the volunteers it takes to hold some of the events you have run, and take the opportunity to volunteer – it is greatly appreciated.

Mailing – Donna Smyers is looking for some suggestions and some help in deciding who should be on the CVR mailing list and how many mailings we should do each year. It was decided to discuss this more at a future meeting, but she asked that everyone give it some thought, as we are spending club money to send out multiple mailings to people out of state, etc., when there might be an opportunity to save some money by combining mailings, not sending to the same list for all races or using a different mailing method.

SANDY COLVIN, SECRETARY

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**Fallen Leaves 5K Race Series**  
**Saturdays – October 29, November 5 & 19, 2005, 9 am**  
**Montpelier High School track**

**Registration 8:15 - 8:45 am; Race begins at 9:00 am.**

This low-key, three-race series presented by the Central Vermont Runners club 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 8 separate age and gender categories.

**Contact:** Tim Noonan, 802 223-6216, for more information.

### 2005 CVR RACE AND EVENT SCHEDULE

**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](mailto:rbrucken@norwich.edu) or 802 479-0796.



**3RD ANNUAL GOBBLE WOBBLE TURKEY TROT- 5K WALK-RUN**

- When Thanksgiving Morning 9:30 a.m.
- Where Turn Left at top of Sunset Road....onto Phelps
- How Register by emailing Nancy Fowler [fowler5vt@verizon.net](mailto:fowler5vt@verizon.net)  
or call Barre Congregational Church 476-3065
- Who Sponsored by Barre Congregational Youth Group
- AND Bring a canned good item for food basket
- Registration \$7.00 Family cap of 4 or more 25.00
- Not sure about T-shirts yet.

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**LOOK WHO IS CELEBRATING!**

*Happy Day to you all!*

- Ella Armstrong 11/8
- Phyllis Arsenaunt-Berry 11/6
- Jill Aspinall 11/26
- Beth Boutin 12/14
- Susan Bradt 11/7
- Emily Byrne 11/5
- Gerow Carlson 11/17
- Ryan Cross 12/8
- David Edwards 12/28
- Sasha Gerdel 12/24
- Tristan Gerdel 10/22
- Lindsey Griggs 11/13

- Tyler Griggs 11/13
- David Horner 11/11
- Toni Kaeding 12/16
- John Martin 12/6
- Dana McCarthy 10/19
- Rick Melberth 11/20
- Grant Orenstein 10/24
- Jennifer Parker 12/29
- Dee Reeve 11/13
- Megan Valentine 12/1
- April Ward 11/9
- Amy Young 12/15

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**REACH THE BEACH RELAY**

Betty Rose

The 2005 Reach the Beach Relay was an absolutely amazing experience. There were 300 teams but only 3 ultra women teams. I really liked being on an ultra team because with six members, we had less waiting around than the teams that had up to twelve members. One of the biggest challenges (besides running six legs of between 4 and 8 miles within 33 1/2 hours) was coordinating the team so that a runner was at the correct transition area at the time the previous runner was there for the hand-off. The weather this year was overall quite good for running (overcast, not too hot, drizzling much of the time) except for the downpours of rain during the night.

Running all night wasn't too bad (except for the rain) and I was amazed that the men's team van was able to spot me running in the dark and cheered me on. It was great to see familiar faces in the middle of the night.

We finished 266 out of 300 and 3rd of the three ultra women teams but we averaged a 9:30 pace and were very happy to have overcome some difficulties to finish well within the required time limit. I got to see more of New Hampshire than I have ever seen before. The race was very well organized and must have required a tremendous effort by a large number of people.

The five amazing women who joined me for the experience were Priscilla Carr, Brenda Phillips, Megan Valentine, Andrea Mclaughlin and Kim Aldous. I want to thank them for sharing their weekend with me.

***Norm Robinson has been doing some traveling and now some sharing!*****VIRGINIA BEACH ON LABOR DAY!**

What does one part family visit, and one part running add up to? The answer: one great Labor Day weekend. I traveled to Virginia Beach to visit my daughter (she is a sophomore at Old Dominion) and tied in the Rock and Roll Half Marathon with the trip. The running experience was incredible. If you are unfamiliar with the Rock and Roll races, picture a rock band every mile on the course, and 750 cheerleaders mixed in between! It was racing heaven.

I only had two worries going into the race. The potential for serious heat and humidity, and secondly, my lack of serious distance training. I was coming off being really sick, and just prior to that I had been on a two week vacation out west and hadn't run long in nearly a month.

The weather ended up nearly perfect for Virginia in early September. It was about 70 degrees, but the humidity was way down. That, coupled with a 7:00 a.m. start, made for very manageable conditions. As it turned out, my training was okay too. I managed to run 1:46 and was pleased, all things considered. What really pleased me was that I finished in the top 10% of the field! There were over 17,000 runners and I finished 1612. While the field had its share of elite runners (the winning men's time was 61 minutes), there were thousands of runners finishing over 3 hours.

The race organization was incredible. The last two miles of the race finish on the luxurious boardwalk on the beach. When you finish there were little extras like cold wet towels to cover your head with etc. It is really a bargain as well. For the \$70 entry fee you are entitled to four headline acts that perform at the American Music Festival right on the huge beach stage. It was quite a weekend! I know where I am headed for the next few years!

**GREAT FUN IN MAINE**

While most of Central Vermont was at the Leaf Peepers race, several CVR members traveled to Portland, Maine to run. The Sportshoe Center Marathon and Half Marathon is a tremendous event. Dick Millar and I car pooled and went over to the coast on Saturday. On race Sunday we met up with Tim Noonan whom had gone over and stayed with friends close by.

The morning of the race was cool and dry, making for nearly perfect race conditions. The 8:00 a.m. start was perfect because it was bright sun and warm by late morning just like it was here. I had plans to improve on my previous half marathon a month earlier, while Dick wanted to go under four hours, and Tim was shooting for a sub 3:30 in the marathon.

The three of us planned to run the first part of the race together, until I had to turn around and go back. I wanted to run 8 minute pace and then see what happened, and that suited the guys just fine. Tim wanted to start easy, and Dick just wanted to have company.

I have to tell you that I ran nearly a perfect race! I was so pleased. We ran consistently at slightly under 8's, until the turn near the seven mile mark. During that time I had to hold myself back, I felt so strong. Running with Dick and Tim made the first half of my race fly by, and the splits were really consistent the whole way. Once I made the turn I picked it up some, and really started to pass people. It is so cool to run that way!!!! I came in feeling tired but good and ran a 1:42:49. This was four minutes faster than my race in Virginia Beach. More importantly for me I ran negative splits, which I rarely do.

I was on the massage table when Tim finished in 3:27 and Dick ran a 3:50 I believe. We had a great time, and I am thinking about the marathon next fall. Right now I have to find some more racing to do!

***Thanks, Norm – I'll bet you have some company next year, especially for Virginia Beach!***

**[www.cvrrunners.org](http://www.cvrrunners.org)**

**CVR - Summer Fun Runs & Walks**

By the time this newsletter is received, the Fun Runs will be over for this season. Included below is some general information – getting ready for next season! Thank you to everyone who volunteered and participated in this.

**What is it?**

Central Vermont Runners spring-summer-fall fun runs are held every Tuesday evening, 5:30 p.m. 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.**



CVR members Cyndy Cross and Betty Rose participated in the Hartford Marathon on October 8, 2005, in Hartford, CT. The race course was flat and would have been beautiful were it not for the driving rain that lasted for the entire race – and if you didn't notice for many days/weeks following the race. In spite of the rain, Cyndy was able to finish with a PR.

XX

John Martin reports

**CVR MEMBERS GO LONG, GO STRONG!**



In alphabetical order:

- 1. **Steve Comolli** - Green Mountain Marathon Oct. 15th 3:23
- 2. **Dot Martin** - The Canadian-Iron Distance Sept 3rd 11:39 3rd woman
- 3. **John Martin** - The Canadian-Iron Distance Sept.3rd 13:44 2nd age group
- 4. **Tim Noonan** - Maine Marathon - Oct 2<sup>nd</sup> 3:27 qualifies for Boston
- 5. **George Phillips** - Steamtown Marathon Oct 9<sup>th</sup> 3:07 qualifies for Boston
- 6. **Eric Ryea** - Stowe Marathon Sept 11th 3:43
- 5. **Donna Smyers**- ITU World Championship Triathlon Honolulu,Hi. Oct.8<sup>th</sup>  
Olympic Distance- 2nd women 45-49  
Ironman World Championship Kona, Hi Oct.15<sup>th</sup> Ironman distance -  
10:26 1st in age group 2005 Age Group World Champion.
- 6. **Caroline Zeilenga** - Green Mtn. Marathon Oct.15 3:23 1<sup>st</sup> woman qualifies for Boston

**KUDOS TO ALL.** These are the folks and the races I know about. If folks who have done other races are not on the list, there is no slight intended.

*Follow-up from Dot - Donna Smyers was 2nd in her age group at Worlds in Hawaii, by a mere 26 seconds. The 1st place winner was Penny Rother (age 47) from Great Britain in a total time of 2:19:30. Donna's (age 48) time was 2:19:56. Donna had the fastest bike time, 1:07:30, and the 3rd fastest run time, 10K in 42:49. Wow!*

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**2005 GREEN MOUNTAIN ATHLETIC ASSOCIATION RACE SCHEDULE**

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](mailto:turkeytrot@gmaa.net) \$2 or food donation for the Burlington Emergency Food Shelf.

## 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@ui.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	gggerdel@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@lrb.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-	kimpierce@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	vttridgerunner@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



**RESULTS****BERLIN COMMUNITY FESTIVAL ONE-MILE FAMILY RUN**  
September 24, 2005

Thank you to our sponsors, the Town of Berlin, Central Vermont Runners, First in Fitness, Peter Glenn, Sports Image, Wayside Restaurant, Pizza Hut and the Savoy Theatre. ALSO a big thank you to volunteers Dick and Sandy Ferno, Brenda Phillips, Betty Rose, Ray Tanguay and Dot Helling.

The Winners Are:

1. Mack Morse (afe 44) Calais, Vermont	5:48
2. Rob Allen (49), Berlin, Vermont	6:31
3. Brenda Phillips (31), Plainfield, Vermont	6:51 **** FIRST WOMAN IN
4. Richard Ferno (62), Williamstown, Vermont	8:17
5. Mike Nelson (40), Middlesex, Vermont w/daughter	8:40 * FIRST FAMILY
6. Hillary Nelson (30), Middlesex, Vermont w/daughter	8:40 * FIRST FAMILY
7. Isaac Beupre (11), Berlin, Vermont	9:11
8. Brock Allen (11), Berlin, Vermont	9:11

**2005 VERMONT 50**

*On September 25, 2005, Betty Rose completed her first ultra marathon, the Vermont 50 Mile Ride & Run. In her words:*

Lots of people have asked me why I would want to run 50 miles. I guess my reason is the same as the reason I tried my first marathon. I wanted to see if I could do it. I found that I could. And while doing it I discovered that I could endure much more than I ever thought possible.

Not only was this my first ultra, it was also my first real trail run. Oh, I've done the races that CVR puts on in Hubbard Park and I frequently run there during training. However, Hubbard Park is like skiing the bunny slope when compared to the rigors of the rugged and mountainous terrain of the Vermont 50.

The race started well before sunrise at the Ascutney Mountain Ski Area with the various classes of mountain bikers starting first followed by the 50K and 50 Mile runners. The first few miles were on paved and dirt roads and I noticed that everyone was walking up the hills even in the beginning. I should have seen this as a omen of things to come. I always run during the entire course of all my races and I was determined to do the same in this race. So I passed a lot of runners – who of course would be passing me later. Just after the first aid station we turned onto a trail which went up a very steep and long

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hill. I continued to pass walkers even though the trail was only wide enough for single file movement.

As I was soon to discover, about 95% of the course was trail. There were hills so steep that I could reach out my hand and touch the ground. The down hills were equally steep. Now, I'm a runner who normally loves down hills as I like to let go and charge down the hill. However, when you have tree roots and stones everywhere and the path takes very sharp turns, you can't charge downhill without putting your life in peril! When I was running along a beautiful section (the entire course was beautiful), a man passed me and commented that he had run the VT 50 numerous times and always loved to look at the beautiful trees and streams. Immediately after saying that he tripped on a tree root and fell flat on his face. But he got up and said "that won't be the last time I do that, I should be looking down instead of around". Believe me, I looked down most of the time. My goals became: 1) to keep running; 2) to not get lost 3) to finish, and 4) to not fall down.

As the hours passed lots of things went through my mind. I could not believe that those mountain bikes could actually complete this race as fast as they did. There were trees and boulders that had to be climbed over, streams to cross, very narrow sections with hairpin turns

and steep drop-offs, and we even had to climb over a fence. After the race I spoke with a mountain biker who had the same thought that she didn't know how the runners could complete the race course.

There were many aid stations with a variety of food and drink. I just grabbed what I could and kept running. I found that at each aid station I would catch up with a group of runners who were stopping to rest and eat. After I passed the aid station, they would then pass me only to meet again at the next aid station. While there was a variety of food that I normally like (chips, cookies, etc.) and found that the only thing I could tolerate while running was to grab a handful of peanut butter and jelly sandwiches that were cut into fourths, down a few cups of water, and eat the sandwiches as I ran.

Amazingly even after running for nine hours the only part of my body that hurt were my big toes. Running downhill was really painful. I met up with Dot Helling at an aid station at about mile 40 and I think the first words I said were "I hate trails". Dot served as my pacer for the remainder of the race but it was her encouragement that was the most welcome. She kept talking even though I couldn't respond and kept me from feeling isolated in the remote wilderness. The final stretch was especially difficult as it was across the ski slopes so you running sideways on a steep slope. Dot pointed to the finish line down a hill and I speeded up as best I could – and I kept going even beyond the finish line. It was like my body was on auto-pilot and couldn't stop running until I reach the food tables.

Did I meet my goals? 1) I did keep running for the entire 50 miles, 2) I didn't get lost thanks to

the well marked course and a little help from Dot when I was too exhausted to see an arrow, 3) I finished in 11 ½ hours which qualifies me to run in the Vermont 100, and 4) well, here I didn't make my goal. While I was running with Dot I could no longer pick up my feet high enough and I hit a root and went down. But I got up right away and kept going – and only had some pretty good bruises to show later.

Now the last question is whether I would do it again. I look at it as being similar to giving birth. Immediately after while you still feel the pain, you think "never again" but as time goes on, "never" changes to "maybe". If I do another ultra, I think I'll try to find one that doesn't have so many trails.

\*\*\*Hi, all, I had the honor and joy of pacing Betty Rose to her first ultra finish, the Vermont 50 mile in Ascutney. Betty had never done a trail race or an ultra. Her first words breathed to me, heavily, when I hooked up with her at pacer central (about 41 miles) were "I hate trails." From thereon, it was 99% trails and climbs to the finish. Betty was unbelievable. She finished in 11 hours 39 minutes, well ahead of the cutoff, and the 3rd senior woman. (My experienced pal Jane Kellogg was 1st senior but only 39 minutes ahead of her, not much over the course of 50 rugged miles.) Betty never stopped running! which was the most amazing thing, and sprinted to the finish line down the ski slopes of Ascutney right to the food and massage tables. She then drove herself home (I did follow) and went to work in the AM. I am so awed. Congratulations Betty. I'm so glad I was there. Dot H. \*\*\*

.....  
 ^ ^ FROM KEVIN RUSSELL – AN END-TO-END HIKE OF THE LAMOILLE VALLEY RECREATION TRAIL ^ ^

I just wanted to let you know that at 1:48pm, Saturday, October 22, I completed the end-to-end hike of the Lamoille Valley Recreation Trail from St. Johnsbury to Swanton, VT. I began my walk on Monday October 17 at 10:39am setting the record time of 5 days, 3 hours and 9 minutes. I walked well over 100 miles including my visits of the various villages and highlights along the way. I walked a fair amount of the Missisquoi

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Valley Rail Trail in Sheldon Junction also.

The trip was a complete success and resulted in hundreds of photographs and hours of video of the people, sights and sounds encountered along the way.

I congratulate Francis Moran who started out with me on Monday only to discover that our

paces were not matched and the conditions not suited to a bad knee. He elected not to continue with me after mile seven. Francis provided good logistical support however, and finished strong by walking the last two days, leap-frogging ahead with occasional car rides. He hiked in the evening and took refuge in a deserted barn on Friday night.

I kept a good pace punctuated by frequent stops to take photos, video and enjoyed many sunny rocks. Amazingly I only met 5 other people on the trail the entire way. Also, counter to my expectations, there are only 3 stores within reasonable walking distance along the entire line. This made it a very quiet walk and I was glad that I carried the necessary provisions. My pack weighed between 25 and 30#. I lost 9 pounds of body weight. I found the trail largely passable with only one wash out that I had to detour around. The bridges over the Lamoille and Missisquoi Rivers are a little scary with many rotting ties spaced (unevenly) about every 18 inches as my only footing. The rivers were bank full with all of the rain.

Distance walking is a magical experience. Traveling at the human pace of 3 to 4 miles per hour, when the rhythm of your feet, hands and heart are in sync with the world around you, provides profound, introspective and reflective moments like no other activity. I traversed through the ever-changing terrain of open pastoral views, through forests, along riverbanks, invisible to the world around me, my feet and mind never idle.

A highlight of the trip occurred at the Smugglers

*Kevin, you have the start to a great idea for a B&B race of some kind! Thank you for sharing, and congratulations!*

Notch Inn Tavern on Thursday night. We met "Trail Ninja", an endurance hiker who had recently completed 850 miles of the Pacific Crest Trail. My effort paled by comparison to his end-to-end exploits. He was an inspiration. An anonymous supporter furnished us with copious quantities of food and Endurance Ale while we traded stories. Visiting the various communities along the way gave me a perspective of what the railway provided during its hay day and a sense of anticipation about the economic benefit the corridor may once again provide as a recreation trail. I am very excited about the future of the rail trail and this Experience has solidified my resolve to help it become a reality.

Our thanks go out to –

*The Vermont Agency of Transportation Vermont Association of Snow Travelers*

*ECI*

*Bill Hale, VTrans Resident Engineer*

*Lori and "Bee Boo" Webster of Emergo*

*Farm Bed & Breakfast, Danville VT*

*Goodfellas Restaurant & Tavern*

*Susan and Todd Holmes of the Kimball*

*House B&B, Hardwick, VT*

*Suzanne Boden of The Governor's House,*

*Hyde Park, VT*

*Sterling Ridge Resort in Jeffersonville*

*Clearwater Sports in Waitsfield*

*Tecnica USA furnished us with hiking boots*

*Cabot Hosiery for Dam Tough socks.*

Amazingly my feet stayed dry, comfortable and blister-free after 6 continuous days of averaging 20 miles a day. When I got home, I threw away all of my other socks!

Sodom Pond Run, Adamant, Vt. - 21 Sep 2005  
Complete Age & Sex Adjusted Results

Bib	Plc	Name	Age	Age Adj.	Sex	Sex Adj.	Time in		Time in Sec.	Adj. Time Sec.	Adjusted Time	
							Min. :	Sec.			Min. :	Sec.
327	4	Sue Hackney	48	0.8831	F	0.901	25	: 54	1554	1236	20	: 36
233	5	John Hackney	60	0.8038	M	1	26	: 02	1562	1256	20	: 56
331	12	Donna Smyers	48	0.8831	F	0.901	27	: 57	1677	1334	22	: 14
193	11	Dot Martin	44	0.9106	F	0.901	27	: 12	1632	1339	22	: 19
190	9	John Valentine	56	0.8362	M	1	26	: 50	1610	1346	22	: 26
359	1	Nathan Fields	24	1	M	1	22	: 55	1375	1375	22	: 55
341	3	Caroline Zeilenga	22	1	F	0.901	25	: 37	1537	1385	23	: 05
200	7	Tim Noonan	49	0.8872	M	1	26	: 13	1573	1396	23	: 16
360	2	Mack Gardner-Morse	44	0.9187	M	1	25	: 27	1527	1403	23	: 23
358	14	Greg Gerdel	58	0.8201	M	1	29	: 02	1742	1429	23	: 49
353	8	Meg Valentine	26	1	F	0.901	26	: 37	1597	1439	23	: 59
194	25	Linda Hallinger	53	0.845	F	0.901	31	: 37	1897	1444	24	: 04
198	27	Dot Helling	55	0.8285	F	0.901	32	: 18	1938	1447	24	: 07
362	16	Lori LaCroix	43	0.9174	F	0.901	29	: 47	1787	1477	24	: 37
329	10	Dick Millar	44	0.9187	M	1	27	: 10	1630	1497	24	: 57
347	21	Greg Wight	59	0.812	M	1	30	: 47	1847	1500	24	: 60
195	13	Grant Orenstein	50	0.8804	M	1	28	: 25	1705	1501	25	: 01
332	15	Eric Ryea	52	0.8664	M	1	29	: 27	1767	1531	25	: 31
328	20	Sigh Searles	56	0.8362	M	1	30	: 36	1836	1535	25	: 35
363	19	Julie Morrison	40	0.9373	F	0.901	30	: 23	1823	1540	25	: 40
330	6	Matt Godfread	33	0.9834	M	1	26	: 09	1569	1543	25	: 43
355	17	David Erickson	52	0.8664	M	1	29	: 48	1788	1549	25	: 49
340	26	Kathy McArdle	43	0.9174	F	0.901	31	: 48	1908	1577	26	: 17
232	24	John Martin	53	0.8591	M	1	30	: 57	1857	1595	26	: 35
356	23	Angie Scott	36	0.9633	F	0.901	30	: 53	1853	1608	26	: 48
199	22	Jim Bowes	49	0.8872	M	1	30	: 49	1849	1640	27	: 20
354	30	Phyllis Rubenstein	52	0.853	F	0.901	36	: 41	2201	1692	28	: 12
357	18	Aaron Lee	34	0.9779	M	1	30	: 13	1813	1773	29	: 33
342	29	Michael Chernick	51	0.8735	M	1	34	: 22	2062	1801	30	: 01
344	31	Betty Rose	57	0.811	F	0.901	41	: 17	2477	1810	30	: 10
197	28	Chris McDonald	36	0.9666	M	1	32	: 34	1954	1889	31	: 29
361	34	Susan Stephen	53	0.845	F	0.901	45	: 59	2759	2101	35	: 01
364	32	Ashlee Carter	25	1	F	0.901	44	: 43	2683	2417	40	: 17
365	33	Brenda Maple	28	1	F	0.901	45	: 27	2727	2457	40	: 57

MEMBER NOTES

Dear CVRunners,  
My brother is trying to get rid of a large box of running trophies. Is this something the running club might be interested in recycling?  
Sincerely, Mack Gardner-Morse

Eric Ryea's son Justin WON the Greater Burlington Triathlon yesterday, just one week after coming in 10th Elite male and winning his age group at the Timberman Half Ironman Tri. He headed to Hawaii in October and sure to do well, perhaps our best Vermont finisher ever, and a native to boot!!!!

**[MORE MEMBER NOTES]**

For those of you who don't know Eric, he is Donna Smyers' partner. Of course, Donna will be off to Hawaii as well and won her age group at the Timberman while placing 8th woman overall.

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PLEASE WELCOME **ta-da! Zoe Emerson Colvin** to our CVR Secretary Sandy Colvin and family. She arrived on Friday, September 9, 2005. She weighed 8.3 lbs with a full head of black hair. Sandy and baby are doing well. I am sure Sandy was running again by Tuesday!  
CONGRATULATIONS!

**FOUND** at Leaf Peepers, October 2:

Avalanche fleece vest, lime green and black, women's, medium.

Contact Roger Cranse at 223 6997 or [rcc41@adelphia.net](mailto:rcc41@adelphia.net)

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REMEMBER TO RUN PROTECTIVELY! Dress for the run and for the light (or lack of)!  
We are at that time of year when visibility is cut down. Be careful out there.

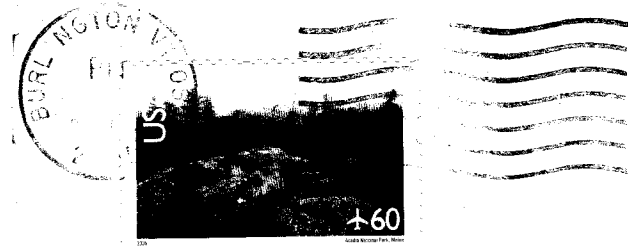
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*Postscript*  
For items to publish for the newsletter, comments and suggestions please send them to me at [nansue\\_2000@yahoo.com](mailto:nansue_2000@yahoo.com) Thank you!  
Nancy

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



CVR PD 2005

Robert Murphy  
35 Birchwood Park Dr  
Barre, VT 05641

## October 2005

### CVR OFFICERS:

President:	Betty Rose
Vice-President:	Michael Chernick
Treasurer:	Priscilla Carr
Secretary:	Sandy Colvin
Webmaster:	Dave Kissner
Newsletter Editor:	Nancy Rice
Publicity:	Dot Helling

### NEXT CVR MEETING:

Thursday, November 3rd  
at the home of Donna Smyers  
and Eric Ryea in Adamant

See Inside for Details