



**January 2006**

**Volume 27, Issue 1**

## CENTRAL VERMONT RUNNERS WINTER 2006 NEWSLETTER

### *Message from the President*

With the well-attended running of the First Night 5K, the CVR race season has concluded until the Mutt Strutt in April. I know that doesn't stop many CVR members from racing. John and Meghan Valentine traveled to a marathon down south in December and their finishing times were very impressive. Cyndy Cross joined me in completing the Disney World Marathon earlier this month. Her son, Ryan, ran in the Disney Half Marathon (as did I - and that makes me a "Goofy" award winner). I'm sure there are others and we'd love to hear of your experiences.

The CVR/ORS Race Series Awards and Volunteer Recognition Dinner will be a very special event on January 26<sup>th</sup>. Be sure to RSVP if you haven't already. I urge all members to come even if you didn't volunteer. You may have to pay for your meal this year but you'll want to volunteer at one of the 2006 races so you can attend for free next year.

It is also important for members to attend the Annual Meeting on March 26<sup>th</sup>. We'll be holding the election of officers and setting our schedule of meetings for 2006.

I also want to remind you that the 2005 memberships expire in March. Check your mailing label to see if you need to renew. And remember, if you are willing to serve as an officer of the Club, you don't have to pay the membership fee.

See you at the dinner,

Betty

#### **NEXT MEETING:**

Annual Meeting:            Sunday, March 26, 2006, 6:00 P.M.

Potluck preceding business meeting

Norm Robinson and Martha Hick's - 66 Terrace Street, Montpelier

You can contact Norm at 223-7351 if you would like directions.

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

CENTRAL VERMONT RUNNERS – SECRETARY'S MINUTES

NOVEMBER 3, 2005

## Secretary's Notes

### November 3, 2005 Meeting

*Compiled by Sandy Colvin*

In attendance at the meeting: Betty Rose, Tim Noonan, Mack Gardner Morse, Eric Ryea, Bob Murphy, Donna Smyers, Phyllis Arsenault Berry, John Valentine, Nancy Rice, Cyndi Cross, Priscilla Carr, Matt Godfrey, Norm Robinson, Roger Cranse, Sandy Colvin. President Betty Rose started the meeting by asking for acceptance to last meetings Minutes. Minutes were accepted by all.

**Treasurers Report:** Priscilla Carr announced a balance of about \$12,000 in the club account. She had questions on what the club should donate to the Barre Aldrich Library, as we decided last meeting to donate half of the proceeds from the Barre race to the library. However, we were not specific as to if we are donating the proceeds before or after the expense of mailing. Also, there were other items sent out in the same mailing so how should we arrive at the mailing costs? There was a lot of discussion and it was decided to assume mailing costs of \$200.00. So the library will get ½ of the proceeds after the mailing costs of \$200.00 are taken into account.

Also discussed was the need for CVR to file a Tax Return, as well as the status of the club as a non profit organization. It was recommended that Michael Chernick be in charge of researching both items.

**Singlets for the Club:** Betty Rose has new singlets available for club members. Contact her if you are interested in purchasing. The cost of a shirt for members is \$10.50. Betty Rose and Cyndi Cross passed around a flyer from a company known as Running Funky. They were at the expo for the Hartford Marathon. They make running clothes and have offered discounts to all CVR members. You can look them up at <http://runningfunky.com/>.

#### **Updates from Race Directors:**

Rowly Brucken - All set for First Night Mplr 5K. The application is going out in November and he has most if not all the same sponsors as last year. If you are interested in volunteering or helping out at the race, contact Rowly.

Tim Noonan – The weekday evening races this summer were successful, the club made about a \$125 profit. Most races had a good turnout. The NSB 5K & 1-Mile organizers have agreed to pay the club \$200.00 next year for their involvement in the race. The current Fallen Leaves race series is going well also.

Dot Helling – Berlin 1-Mile race (part of Berlin Community Festival) had a very low turnout. As a result we won't be involved in the race next year, if the town decides to have it again. Simply not enough interest for us to be involved.

Roger Cranse – Leaf Peepers was very successful. Roger handed out all the final numbers from the race as well as the committee meeting notes where they discussed needed changes for next year. The two biggest changes for next year that Roger noted are the exact date race applications are no longer accepted, the date the race (s) close.

This was confusing this year as the paper app listed it differently than the website. Also confusing was the 5k closed when the ½ marathon did. This will not be the case next year. Roger also handed out the budget and the race was very successful. Roger has agreed to be the race director next year.

**CVR Annual Meeting and Awards Dinner:** The Annual Meeting and awards dinner is tentatively going to be held on January 26th. Matt Godfrey has agreed to find a location for the annual event. We will keep everyone posted as Matt makes arrangements.

**Tentative Race Schedule for 2006:**

Mutt Strutt – April 30th  
 Black Fly – May 6th  
 Kids Track Meet – June 3rd  
 Capital City Stampede – June 10th  
 Paul Mailman – June 24th  
 Bear Swamp – July 6th  
 Barre Downtown – July 29th  
 Berlin Pond – August 3rd  
 Triple Track – August 10th  
 Montpelier Chase Race – August 24th  
 Northfield Labor Day – September 2nd  
 Hubbard Park – September 13th  
 Sodom Pond – September 20th  
 Leaf Peepers – October 1st  
 Fallen Leaves Series – November 4th, 11th, and 18th  
 First Night – December 31st

**The Next CVR meeting is the Annual Meeting**, scheduled for March 26th, tentatively at Norm Robinson's house. This meeting is important to attend and new officers are nominated and approved by the club. More details will follow as the date nears. Norm has agreed to be the nominating committee for board members. Right now, it looks as if all board members have agreed to stay on for another year. The only person who will not continue is Dot Helling as Publicity Director.

**Newsletter:** Nancy Rice had some questions about the newsletter schedule. It was decided that an application for CVR will be in every newsletter; however the membership list will only go in the newsletter one time per year. The next newsletter will go out in January.

There was discussion and a motion to change the rules for the **Onion River Race Series**, regarding the qualification as a volunteer. It was suggested that volunteers of events that are not a part of the race series, but involve the running club should count towards points for the race series. After much discussion it was decided that these events are too difficult to track properly to insure everyone gets points and therefore volunteers for these events will get credit for the annual awards dinner but not towards the Race Series. It was also decided that the CVR president can use his or her discretion when inviting people to the annual awards dinner. If a person volunteers for a non CVR sponsored event, but is volunteering on behalf of CVR, this person can be invited, free of charge to the annual dinner. Again, this is at the president's discretion.

## First Night 5k December 31, 2005 Race Results

*Thank you to the following sponsors:*

Onion River Sports	Green Mountain Coffee	First in Fitness
Bolton Valley Resorts	Felicia Fox/MassageWorks	SportsImage

*Thank you to the following volunteers:*

Greg Wight	Tim Noonan	Ena Anthony
Amy Gamble	Mary Beth Wilhelm	Isaac Wilhelm
Steve Comolli	Jim Sheridan	Teresa Giffin
Jim Giffin	Dot Martin	Jane Valentine
Ellen Maxan	Jane Ralph	Michael Chernick
Cathy Frey	John Valentine	Bob Murphy

### Place Overall Name Time

1 Mike Irwin 15:27	34 Scott Frey 23:34
2 Mark Churchill 15:34	35 Jim Burnett 23:35
3 Thorin Markison 15:42	36 Todd Sternbeck 23:36
4 Jason Scheer 15:48	37 Rickie Mcaleour 23:38
5 James Doneski 16:12	38 Matt Sutkoski 23:42
6 Wilson Skinner 19:20	39 John Valentine 23:54
7 Christin Doneski 19:21	40 Robert Searles 24:09
8 Michael McHugh 19:23	41 Judy Joyce 24:15
9 Caleb Clark 19:34	42 Kevin North 24:18
10 Andrew Novis 19:36	43 Bob Murphy 24:26
11 Jon Williamson 19:51	44 P. T. Burke 24:27
12 Donald Singer 20:03	45 Brenda Phillips 24:39
13 Aaron Griggs 20:40	46 Dot Helling 24:43
14 George Phillips 20:51	47 Tyler Griggs 25:09
15 Tim Noonan 21:05	48 Jim Bowes 25:16
16 John Hackney 21:15	49 Sommer Roefaro 25:23
17 Kevin Cranse 21:20	50 Trevor Whipple 25:28
18 Sue Hackney 21:27	51 Kathy McArdle 25:36
19 Mack Gardner-Morse 21:28	52 Erik Schwarz 25:52
20 Benjamin Taylor 21:29	53 Greg Wight 25:53
21 Megan Valentine 21:32	54 Joe Loga 26:07
22 Andrew Stickney 21:39	55 Ed McGee 26:08
23 Bill Heigis 21:45	56 Laurie Madalie 26:12
24 Margaret Bruno-Metiger 22:23	57 Posy Busby 26:18
25 Seth Warren 22:27	58 Priscilla Carr 26:21
26 Brian Letourneau 22:29	59 Tess Kessler 26:22
27 Matt Godfread 22:37	60 Elise Arnes 26:26
28 Harvey Lavoy 22:48	61 Justin Barton-Caplin 26:33
29 Timothy Warren 22:54	62 Casey Trumbill 26:39
30 Jay Hollingsworth 23:04	63 Tim Lybarger 26:47
31 Roy Belcher 23:13	64 Laura Schutz 27:04
32 Patrick Lalonde-Joyce 23:15	65 David Erickson 27:09
33 Greg Gerdel 23:33	66 Glenn Gershaneck 27:12



## 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
  - o insures CVR races.
- Become eligible for discounts at area sporting goods stores:
  - o Onion River Sports / Shoe Horn - 10% off running shoes and running apparel.
  - o Lenny's Shoes & Apparel - 10% off running shoes.
  - o 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 \_\_\_\_\_ \*July/Aug- Barre Downtown 5K \_\_\_\_\_

Annual dues are \$10 for individual or family, \$2 for students. Enclosed are dues for the following years - (2006 dues covers 3/2006-3/2007).

2006

2007

2008

2009

2010

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

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

Here are some results from the 15 Jan 2006 Bermuda Invitational Marathon:

Donna Smyers, 3:34:35, 20th overall, 1st female 40-49.  
Eric Ryea, 4:18:59, 45th overall, 6th male 50-59.

See complete results at

[http://www.bermudatracknfield.com/results/race\\_weekend\\_2006/2006\\_results\\_marathon.htm](http://www.bermudatracknfield.com/results/race_weekend_2006/2006_results_marathon.htm)

Sincerely,  
Bob Murphy

- 67 Michael Chernick 27:27
- 68 Kathy Mai 27:30
- 69 Jen Castle 27:40
- 70 Josh Castle 27:52
- 71 Joseph Palmer 27:54
- 72 Mindy Laybourne 27:55
- 73 Gretchen Singer 27:58
- 74 Courtney Parento 28:16
- 75 Andy Lowe 28:17
- 76 Cathy Hartshorn 28:20
- 77 Wendy Brothers 28:21
- 78 Emily Wexler 28:38
- 79 Devon Brownlee 28:48
- 80 Andy Leader 28:52
- 81 Adrienne Brownlee 28:54
- 82 Jane Boucher 29:06
- 83 Jillian Estabrook 29:07
- 84 Amy Taylor 29:44
- 85 Bob Howe 29:59
- 86 Denise Rickers 30:09
- 87 Steven Schreer 30:09
- 88 Brent Burger 30:10
- 89 Alan Rosa 30:24
- 90 Paul Deluca 30:37
- 91 Ellie Breitmaier 30:56
- 92 Donna Smyers 31:44

- 93 Jessie Mae Belcher 31:45
- 94 Allison Hallingswank 31:49
- 95 Amanda Sawyer 31:52
- 96 Amy Palmer 32:17
- 97 Justin Gensimore 32:29
- 98 Roger Cranse 32:40
- 99 James Aiken 33:04
- 100 Penny McKinnon 33:13
- 101 Elizabeth Aiken 33:56
- 102 Karen Taylor 34:19
- 103 Benjamin Taylor 34:28
- 104 Bob Barrett 34:29
- 105 April Farnham 34:31
- 106 Timmy McAlear 34:32
- 107 Mary McAlear 34:48
- 108 Aletta Powel 34:54
- 109 Heather Valachovic 35:10
- 110 Danielle Howes 35:11
- 111 Melanie Leppla 35:12
- 112 Celeste Moulton 35:15
- 113 Catherine Cannan 35:24
- 114 Suzanne Legare-Belcher 35:29
- 115 George Belcher 35:38
- 116 Scott Skinner 36:17
- 117 Lauren Jo Chase 36:20



(Some inspiration from Bob Murphy, perhaps some points to ponder on a wintry evening!)

Running and Aging  
Or  
30 Years of Pounding the Pavement

I've logged over 50,000 miles over the years. They used to fly by relatively quickly. However, although the effort is as great or greater than it was in years past, the miles go by pretty slowly now. The process of aging is one we all face, and although the age-graded running charts tell the story, it isn't until we experience it first-hand that we really understand the cruel truth of slower times regardless of training regimen and level of effort.

Injuries seem to occur more frequently now, and recovery is slower than it used to be. My recent departure from the running scene (there seems to be a breakdown at least once a year) has been remedied with physical therapy and new orthotics. So I'm once again on the roads; the question is: "How long can it last this time?"

Consider the following epitaph: it is as true in running as it is in death! Remember this as you pass me in the next race!

My Dear Friends as You Pass By  
 As You are Now, So Once Was I.  
 As I am Now, You Soon Must Be.  
 Prepare Yourselves to Follow Me.

The trip through a running life has its ups and downs, and after age 40, it's mostly downs. That unalterable fact is evident to all who are lucky enough to survive much beyond Jack Benny's fabled 39 seasons. Here is evidence of my own personal decline. This is a tabular rundown of my best 5k and marathon times over the thirty years (so far) of my running life, and the increase in times has been quite remarkable.

Age	Best 5k	Best Marathon	Age	Best 5k	Best Marathon	Age	Best 5k	Best Marathon
37	-	-	47	17:38	-	57	20:25	-
38	-	3:01:53	48	18:11	-	58	20:56	-
39	-	2:47:31	49	17:46	DNF	59	20:58	-
40	16:48	2:39:30	50	18:06	3:00:20	60	20:47	-
41	16:26	2:42:23	51	18:16	-	61	20:16	-
42	16:43	2:47:20	52	18:09	-	62	21:22	-
43	17:32	2:52:09	53	18:15	-	63	22:28	-
44	17:05	-	54	18:22	3:05:36	64	22:06	-
45	17:05	-	55	19:26	-	65	21:50	-
46	17:27	-	56	19:30	-	66	??	-

I actually began running at age 36, but it was late in the year, and I participated only in a few fun runs at the end of the season. In my early running years, 5k's were not all that common, so I did not run one until age 40. Injuries began to limit marathoning after age 43, and there were very few attempts thereafter. My marathon at Montreal at age 54 may very well have been my last!

So enjoy your speedy times while you can, but watch out for the slowing ahead! As for me: will I break 22 minutes again this year? Stay tuned and find out!



See you at the races  
 Bob Murphy

\*\*\*\*\*

*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*



### 2006 Green Mountain Athletic Association Race Schedule

**Note:** due to our insurance policy no rollerblades, baby joggers/strollers, dogs, or headphones are allowed in GMAA races

Apr 2 **27th Kaynor's Sap Run** 6.0 miles 12:00  
Rogers Road, Westford. Open the season with muddy country roads, cider, and doughnuts. Chapin(802-878-6392) and Donna(802-879-2052) Kaynor. [saprun@gmaa.net](mailto:saprun@gmaa.net) \$5.

Apr 22 **28th Rollin Irish Half Marathon** 9:00  
Memorial Hall, Essex Center. Explore the scenic back roads of Essex - mostly dirt and "rolling". Carolyn Bever [rollinirish@gmaa.net](mailto:rollinirish@gmaa.net) \$7 pre-registration/\$10 race day.

May 6 **30th Trollheim 5K** 11:00 Sleepy Hollow Road, Essex Center. Experience running as it was in 1977 - out and back on dirt. Stream cooled drinks and hot dogs. Al & Sally Duval (802-899-3398). [trollheim@gmaa.net](mailto:trollheim@gmaa.net) \$2.

Jul 4 **24th Clarence DeMar Road Race** 5K or 10K  
8:30 Folsom School, South Hero. 5k is out and back, flat and fast. 10k is a rolling, scenic loop. Barb and Dave Capen (802-372-4993) [demar@gmaa.net](mailto:demar@gmaa.net) \$10 pre-registration/\$13 race day

Jul 8 **27th 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](mailto:partners@gmaa.net) \$5.

Aug 12 **14th 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. Jessica Cover (802-434-5813) [scholarshipxc@gmaa.net](mailto:scholarshipxc@gmaa.net) \$5 pre-registration/\$8 race day.

Aug 26 **27th Round Church Women's Run** 5K or 10K 9:00 Round Church, Richmond. Fast and flat out and back on Cochran Road. Kasie and Eli Enman [roundchurch@gmaa.net](mailto:roundchurch@gmaa.net) \$5 pre-registration/\$8 race day (optional women's tank top \$6).

Sep 9 **38th 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). [archiepost@gmaa.net](mailto:archiepost@gmaa.net) \$5 pre-registration/\$8 race day (optional shirt \$6).

Sep 16 **3rd 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](mailto:common2common@gmaa.net) \$11 pre-registration/\$14 race day.

Oct 7 **33rd 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](mailto:tudhope@gmaa.net) \$5 pre-registration/\$8 race day.

Oct 21 **36th Green Mountain Marathon** 8:30  
Folsom School, South Hero. Run on the colorful shores of Lake Champlain. Marathon only this year. Sandra Dickin (email only) [gmm@gmaa.net](mailto:gmm@gmaa.net) . \$22 until Oct 1. After Oct 1: \$27. No race day registration!

Nov 23 **30th 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 Chittenden Emergency Food Shelf.



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

CVR PD 2006

Robert Murphy  
35 Birchwood Park Dr  
Barre, VT 05641

## January 2006

### CVR OFFICERS:

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

### NEXT CVR MEETING:

Sunday, March 26, 2006  
6:00 P.M.  
Norm Robinson's  
**Potluck and Meeting**  
Details Inside