



**March 2006**

**Volume 27, Issue 2**

## CENTRAL VERMONT RUNNERS MARCH 2006 NEWSLETTER

### *Message from the President*

The CVR/ORS Race Series Awards and Volunteer Recognition Dinner in January was well-attended and I'm sure everyone who attended enjoyed the dinner as much as I did. The overall winners were :Male John Valentine, Female Betty Rose. The Spirit of the Club Award when to Bob Murphy and Donna Smyers.

Our next event is the Annual Meeting on March 26<sup>th</sup>. I hope you will all attend so you can express your views. Central Vermont Runners can only thrive if the members actively participate.

There are still some CVR singlets available to members for the price of \$10.50. I will bring them to the Annual Meeting.

The Agenda for the Annual Meeting is as follows:

- Elect Officers for 2006
- Schedule meetings for the year
- Purchase of new software for race results (and possibly a computer)
- Girls on the Run Scholarship
- CVR tax exempt status
- July 4<sup>th</sup> race
- Race Directors Reports
- Spirit of the Club Award – whether there should be 1 or 2 annual awardees
- Other new business

See you there.  
Betty



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

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

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

Potluck preceding business meeting

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



January

Molly Bachman 1/24  
David Ellerson 1/27  
Beth Gambler 1/26  
Susan Hackney 1/28  
Robert Murphy 1/21  
Brenda Phillips 1/30  
Kimberly Pierce 1/27  
Denise Ricker 1/07  
Betty Rose 1/16  
Robert Searles 1/31  
Jamie Shanley 1/29

February

Tom Bachman 2/10  
Lou Bevacqui 2/20  
Bonnie Burkholder 2/28  
Steven Burkholder 2/23  
Ann Hayes 2/13  
John Kaeding 2/13  
Joe Loga 2/28  
Whitney Machnik 2/18  
Katelyn Singer 2/10

March

Callie Barrett 3/29  
David Birse 3/7  
Ann Bushey 3/19  
Michael Chernick 3/19  
Dot Helling 3/14  
Robert Howe 3/12  
Debbie LaRosa 3/9  
Tim Lybarger 3/22  
Robert Mercier 3/26  
George Phillips 3/12  
Ron Ridlon 3/24  
Pam Stevens 3/7



**MOUNT WASHINGTON ROAD RACE REGISTRATION**

**The Mount Washington Road Race Registration (for the lottery, usually about half get in) is only open for 2 weeks--March 1-March 15. There's only one hill!**

The race is Saturday June 17.

Dot Helling and Donna Smyers have signed up as part of a CVR masters team, They need 3 to get in to have a team. (If we don't get a team, Green Mountain Multisport could field a great team and Donna would switch if 3 women entered). <http://www.mountwashingtonroadrace.com/>

Give it a try! Donna



**CENTRAL VERMONT RUNNERS**

**2006 RACE SCHEDULE**



Contact persons: Betty Rose, President, [BRose@nationallife.com](mailto:BRose@nationallife.com)

Race directors: see below

\*indicates race is part of the Central Vermont Runners/Onion River Sports race series.



ONGOING - **2, 4 AND 6 MILE FUN RUNS** - EVERY TUESDAY NIGHT AT 5:30 DURING DAYLIGHT SAVINGS TIME (MAY-OCTOBER) AT THE BIKE PATH BEHIND THE LIQUOR CONTROL WAREHOUSE, END OF GREEN MOUNTAIN DRIVE, BEYOND EMPLOYMENT AND TRAINING, MONTPELIER. PAVED AND DIRT ROADS AND BIKE PATH. (\*5 POINTS FOR EACH RUN UP TO 50 POINTS APPLIED TOWARDS CVR/ORS RACE SERIES.)

**April 30, 2006, Sunday, 10am, Mutt Strutt**, Little River State Park, off Route 2, just north of Waterbury, Vermont, 3 mile run for people with dogs on leashes to benefit the Central Vermont Humane Society, Cost \$1.00 per paw or foot. Race day registration 9:00-9:45am. Race Director: Donna Smyers, [DoSmyers@cs.com](mailto:DoSmyers@cs.com) or (802) 229-4393.

**May 6, 2006, Saturday, 11 am, Adamant Black Fly Festival 4 Miler**. Meet across from the Adamant Co-op for registration. Start is at the Co-op. A beautiful flat out and back dirt road along Sodom Pond. The only flat 4 miles in the East Montpelier/Calais area. Proceeds are to benefit the Adamant Co-op. Race day registration only 30 minutes prior to race start. For further information, call Eric Ryea 223-2733 or Donna Smyers, [DoSmyers@cs.com](mailto:DoSmyers@cs.com), 229-4393. **June 3, 2006, Saturday, 9:30am-Noon, 10<sup>th</sup> Annual CVR Kids Track Meet**, Montpelier High School, **Registration at the track 8:30-9:15 am**. No late registration. Open to all Central Vermont kids from pre-school through 6th grade. Age groups are: pre-school-kindergarten, 1st - 2nd grade, 3rd - 4th grade, and 5th - 6th grade. Grade based on school year just completed. Many different events! - mile run (3rd grade and older), half mile run (1st and 2nd grade), quarter mile run (all age groups), 100 meter dash (all age groups), long jump (all age groups), and softball throw (all age groups). Free admission! Medals and ribbons to all participants! Liquid refreshments provided. Parent attendance and/or written permission required for a child to participate. Directors: Tim Noonan, (802) 223-6216, and Norm Robinson, (802) 223-7351)

**\*June 10, 2006, Saturday, 9am, Capital City Stampede**, Montpelier, Vermont. 10K road race, certified course, part of the CVR Onion River Sports Race Series. Cost: \$7.00 preregistration before June 10, \$10.00 post. Registration begins at 7:30am at the Unitarian Church, Montpelier. T-shirts (limited) for \$8.00 additional. Director: John Valentine, [john.valentine@hitchcock.org](mailto:john.valentine@hitchcock.org), (802)485-3777.

**\*June 24, 2006, Saturday, 8:45am, 31st Annual Paul Mailman Montpelier Ten-Miler**, starts and finishes near Montpelier High School, Bailey Avenue, Montpelier, Vermont. Longest continuously held road race in Central Vermont. Flat to rolling out and back; 27% paved, 73% gravel roads.

Course is certified and was previously the USATF New England Championships course. Fee \$12.00 preregistration through June 20, thereafter \$15.00. Part of the CVR Onion River Sports Race Series. Race day registration in high school lobby 7:30-8:30 am. Director: Betty Rose, [BRose@nationallife.com](mailto:BRose@nationallife.com), (802) 229-2311.

**\*July 6, 2006, Thursday, 6pm, 26<sup>th</sup> Annual Bear Swamp Run**, Rumney School, Middlesex. 5.7 miles. Loop course on mostly dirt roads climbs 450 feet first 2.4 miles, then gradually descends to the finish. Part of the CVR Onion River Sports Race Series. Race day registration only at Rumney School (5:00 – 5:45 p.m.). Fee \$5.00. Awards in female and male age groups 0-19, 20-29, 30-39, 40-49, 50-59, 60+. (Directions: Take Rte. 12 North approximately 5.5 miles from the center of Montpelier. Left onto Shady Rill Road. Rumney School is on the left about 2 miles up Shady Rill.) For further information, contact Tim Noonan, (802) 223-6216.

**July 29, 2006, Saturday, 12:00 Noon, Barre Homecoming Festival Downtown 5K**. 3.1 mile course starting at the park in central downtown, looping around a portion of the downtown area to the bike path and returning to the park via South Main Street. Entry fee \$6 for runners up to 14 years and \$10 for runners 14 years and older prior to race



day; \$10 and \$14 race day registration respectively. Shirts to first 50 entrants. Overall and age group awards. For further information contact Bob Bisson, [rbisson@nationallife.com](mailto:rbisson@nationallife.com), (802)479-2635 or 279-3375; or email [downtown5k@yahoo.com](mailto:downtown5k@yahoo.com).

**\*August 3, 2006, Thursday, 6pm, Berlin Pond Five Miler**, Berlin, Vermont. Certified 5 mile loop counterclockwise around Berlin Pond, mix of flat and hilly dirt roads, part of the CVR Onion River Sports Race Series. Fee \$5.00, race day registration only starting at 4:30 pm at the Berlin Town Clerk's offices. (Directions: Exit 7 off I-89 to the light, take a right past the Maplewood Convenience Store, take next right onto Crosstown Road/Paine Turnpike, take next right onto Shed Road, Town Clerk's office at the end of the road.) Awards in female and male age groups 0-17, 18-29, 30-39, 40-49, 50-59, 60+. Race director: Dot Helling, [ultradot@adelphia.net](mailto:ultradot@adelphia.net) or (802) 279-8199.

**August 24, 2006, Thursday, 6pm, East Montpelier Center Chase Race**, East Montpelier, Vermont. Five (5) miles. Staggered start race based on age and gender. Loop course on rolling dirt roads. Race day registration only at Old Meeting House parish house (5:00 - 5:45 p.m.). Fee \$5.00. Top five finishers receive awards. Proceeds of race go to social service projects of Old Meeting House. Directions: At the top of State Street in Montpelier, take a left at the lights onto Main Street. Approximately 9/10 of a mile up Main Street, it will turn sharply to the left on a steep hill. Stay on Main Street (which becomes County Road) for another mile until you take a right onto Center Road. Stay on Center Road for approximately 1.7 miles. The Old Meeting House will be on your right.) For further information, contact Race Director Tim Noonan, telephone (802) 223-6216.

**\*September 2, 2006, Saturday, Northfield Savings Bank 5K and Children's 1-Mile Race, Mile Race at 9:30 am and 5K at 10:30 am**, Northfield, Vermont. 5K course certified and part of the CVR Onion River Sports Race Series. Start and finish in front of the Northfield Savings Bank at the Green in downtown Northfield, Vermont. Contact Northfield Savings Bank for more information at P.O. Box 347, Northfield, VT 05663-0247, telephone (802) 485-5223, or Tim Noonan at (802)223-6216.

**September 13, 2006, Wednesday, 6pm, Hubbard Park Predict-a-Time Run**. Challenging 5k cross-country course in Montpelier's wooded park. Predict-a-time race; racers (who cannot wear watches) will predict their time for the course (different from last year) prior to the race. Top five finishers who finish closest to their predicted times receive awards. Race day registration only at New Picnic Shelter (5:00 - 5:45 p.m.). Fee \$5.00. (Directions: At the light at the intersection of Bailey Avenue and State Street in Montpelier, head up the Bailey Avenue hill. Take the second left onto Clarendon Ave. Take the second right off Clarendon onto Hubbard Park Drive. Park near the top of Hubbard Park Drive. Bear to the left as you enter the park. Cross a footbridge within a hundred yards or so. New Picnic Shelter is on your left.) For further information, contact Race Director Tim Noonan, telephone (802) 223-6216.

**September 20, 2006, Wednesday, 6pm, Sodom Pond Run**, Adamant, Vermont. Rolling 4 mile dirt road course around Sodom Pond in Adamant. Finishing times adjusted based on gender and age. Top five finishers after times are adjusted receive awards. Race day registration only (5:00 - 5:45 p.m.). Fee \$5.00. (Directions: At the top of State Street in Montpelier, take a left at the lights onto Main Street. Approximately 9/10 of a mile up Main Street, it will turn sharply to the left on a steep hill. Stay on Main Street (which becomes County Road) for another mile until you take a right onto Center Road. Stay on Center Road for the next 3.4 miles until you come to a "twisted t" intersection. Stay straight at the intersection and continue on Center Road for an additional 1.5 miles until you come to the white house on the left across from the Adamant Coop.) For further information, contact Race Director Tim Noonan, telephone (802) 223-6216.



**\*October 1, 2006, Sunday, 11am, 22nd Annual LeafPeepers Half Marathon and 5K.** Waterbury, Vermont. Paved and dirt roads, rolling, out and back. Part of the CVR Onion River Sports Race Series, USATF certified and RRCA sanctioned. Chip timing! CVR's largest event and fundraiser for the Harwood Union Boosters Club, a co-organizer. **Preregistration only. Half marathon limited to 850.** Number pickup 9:00-10:30am at Vermont State Office complex, Waterbury. Fee: \$30 for half marathon, \$20 for 5K. Race Director: Roger Cranse, (802)223-6997. Questions: [dmmellerson@yahoo.com](mailto:dmmellerson@yahoo.com) or [rcc41@adelphia.net](mailto:rcc41@adelphia.net).

**November 4, 11, 18, 2006, Saturdays, 9:00 am, Fallen Leaves 5K Series** at Montpelier High School track; race day registration only from 8:15-8:45 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 12 separate age and gender categories. **For more information contact** Tim Noonan, (802) 223-6216.

**\*December 31, 2006, Sunday, 3pm, Montpelier First Night 5K.** Montpelier, Vermont. Mostly flat road course with one half-mile uphill section, part of the CVR Onion River Sports Race Series. Registration beginning at 1:15pm in the basement of the Pavilion Building, corner of Governor Davis and Court Streets, just north of the State House, Montpelier. Fee: \$20 includes First Night button. Race director: Rowly Brucken, (802)479-0796 or [rbrucken@norwich.edu](mailto:rbrucken@norwich.edu).



### Running and Aging Another view

I enjoyed reading Bob Murphy's inspirational writing in the last newsletter and wanted to express another view from an aging runner (aren't we all in that category).

I also started running more than 30 years ago but was never very good. I didn't attempt my first marathon until I was 54. I could not run a 5k in Bob's "slowest" time of 22:28 even when I was in my 20's. I will never come close to matching his 3:05 marathon. However, I am probably in the best physical shape I've ever been right now because I took off some extra pounds and I am still learning from those more knowledgeable than I – whether older or younger. Donna Smyers convinced me I need to take in nutrition before and during a marathon. I met a mature gentleman at the Hartford Marathon who wore a shirt proclaiming his accomplishment of a marathon in all 50 states. He told me that he began enjoying himself more and stayed healthier when he started "running instead of racing". These are only a few of the many things I have learned from other runners.

I still try to improve my previous best in every race I enter – and for me that's probably not as hard as it is for others because my personal best is not all that fast. My goal is to qualify for the Boston Marathon. I may never attain that goal. However, I heard some other words of wisdom "reaching the goal is not that important – what matters is the passionate pursuit of something you love".

Betty Rose



**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



Dear Folk,

I stumbled upon by accident a great, free, and easy-to-use website that allows you to plan, measure, and keep track of your runs and bike rides. The address is [www.favoriterun.com](http://www.favoriterun.com). The site allows you to record as many routes as you'd like as well as notes about them: water stops, terrain, and general comments (and others can see them too, so it could come in handy when traveling).

Enjoy! And it is *absolutely free!*

Rowly

DEAR RRCA RUNNING CLUBS,

I would like to share with you two running relay events that I am staging. If your running club has a calendar, I would greatly appreciate it if you added these two events on it.

**Green Mountain Relay**                      [www.GreenMountainRelay.com](http://www.GreenMountainRelay.com)

Jeffersonville to Bennington, Vermont

36 Legs - 202 Miles

A team running relay event in Vermont designed for runners of all abilities. Scheduled around the full moon in June on Saturday, June 10th - Sunday, June 11th, 2006. There are two types of teams in the relay: 12-person and Ultra teams, and nine categories to choose from.

**Wild West Relay**                              [www.WildWestRelay.com](http://www.WildWestRelay.com)

Fort Collins to Steamboat Springs, Colorado

36 Legs - 195 Miles

A team running relay event in Colorado designed for runners of all abilities. Scheduled around the full moon in August on Friday, August 11th – Saturday, August 12th, 2006. The route winds through Roosevelt, Medicine Bow, and Routt National Forests, and through small, mountain and ranching communities. There are two types of teams in the relay: 12-person and Ultra teams, and ten categories to choose from.

**ADDITIONAL INFORMATION:**

Both relays make an attempt to give back to local, grass root non-profit organizations. The 2005 Wild West Relay, raised and distributed \$10,000 distributed. <http://www.timberlineevents.com/communities.html>

If you have any questions, please feel free to ask. Thank you very much.

Paul Vanderheiden, Race Director, Timberline Events LLC, PO Box 2213, Englewood, CO 80110-2213

[paul@timberlineevents.com](mailto:paul@timberlineevents.com)

[www.TimberlineEvents.com](http://www.TimberlineEvents.com)

[www.WildWestRelay.com](http://www.WildWestRelay.com)

[www.GreenMountainRelay.com](http://www.GreenMountainRelay.com)

Member of [www.onepercentfortheplanet.org](http://www.onepercentfortheplanet.org)

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**Running Error**

In the spirit of full disclosure (and not wanting to be considered part of the culture of corruption), I must admit to a significant error in my article in the last newsletter. I stated that I had over 50,000 miles under my belt. Oops! It only FELT like 50,000. I did some checking of the facts and find that my mileage over the years totals only about 41,500 miles. The 50,000 figure, I think, came from some math I did in my head during a training run, and we all know how during a run 2 plus 2 can easily add up to 5 or 7 or whatever... Bob Murphy



## PUBLICITY DIRECTOR POSITION

Right now the race schedule should be formalized and get disseminated. It may change over the year but I keep a document on Wordperfect/Word which I update periodically and have available to send out to press, clubs, etc.

Our events need to get on the CoolRunning calendar, one by one. We need to start sending event information to some of the publications like Vermont Sports, Washington World, etc and then follow up as events draw near to ensure coverage. Periodically do articles for the local papers - I have a list of contacts - on upcoming races, results and Club and member highlights.

Be sure race directors keep you informed re changes in dates, etc. and provide you with results etc.

When I was really active with this I tried to do something in the World almost every week and worked hard on the Times Argus only they don't cover us much. We did get a good deal of coverage from them two years ago but not much last year. Of course, I was not as active last year.

Any questions about this position, please contact me. I'll be happy to provide the templates for the event list, announcements, etc. that I have on my computer. Dot

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## 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.



*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 Rice*



*c/o Nancy S. Rice  
P.O. Box 1382  
Montpelier, Vermont 05601*

CVR PD 2006

Robert Murphy  
35 Birchwood Park Dr  
Barre, VT 05641

## **March 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**