



May 2006

Volume 27 Issue 3

CENTRAL VERMONT RUNNERS MAY 2006 NEWSLETTER

Message from the President

Spring has finally arrived. The flowers are blooming and races have started. It's time to put away the thermals and take out the shorts and tank tops. It's a great time of year to be a runner.

At the Annual Meeting in March, the Club took a big step forward in the world of technology by voting to purchase software that will produce race results. The software has arrived and was used at the Mutt Strutt and Black Fly 4 Miler. The feedback I've heard has been very positive. We hope to train several people to use it so it will not be a burden on one or a few Club members.

I'd like to see a few more people at the Tuesday night Fun Runs. There have been between 4 and 15 runners since we started in early April. The next big races on the CVR schedule are the Capital City Stampede on June 10th and the Paul Mailman Ten-Miler on June 24th. Be sure to register early. There will probably be a need for volunteers for the Kid's Track Meet in early June. Contact Tim Noonan or Norm Robinson.

On a personal note, I'll be running in my first Rock & Roll Marathon – the one in San Diego on June 4th. I hear they are lots of fun. I'll tell you all about it at the next CVR meeting on Thursday, June 8th. That's a hint that all of you should try to be there. It will be at Morse Farm with Dave Kissner as host. The pot luck will start at 6:30 pm.

Hope to see you there,
Betty



NEXT MEETING: Thursday, June 8, 2006
MORSE FARM MAPLE SUGAR WORKS
1168 County Road, Montpelier
maple@morsefarm.com

Simply follow our state capitol's Main Street up the hill to the Sugar House, Country Store and Outdoor Museum on your right. Any questions, contact host Dave Kissner at 229-4523.

Meeting at 6:30 – usual potluck – business meeting at 7. Since the gift shop facilities also house the restrooms and are locked up at closing, 7:00 p.m., well, just thought you ought to know...



Central Vermont Runners

Minutes of 2006 Annual Meeting (by Michael Chernick for Sandy Colvin, Secretary)

March 26, 2006

1. Welcome to Members – CVR President, Betty Rose, welcomed the membership to the club's annual meeting held at the Montpelier home of Norm Robinson.

2. Nomination of Officers for 2006-2007 - Nominating Committee Chair, Norm Robinson, presented the following slate including: Betty Rose (President), Michael Chernick (Vice President), Sandy Colvin (Secretary), and Priscilla Carr (Treasurer). There were no nominations from the floor. The slate was approved with one negative vote.

3. Schedule of Future Meetings – After a brief discussion to determine convenient dates for the largest number of members and club officers, the following schedule was approved for 2006 CVR meetings: Thursday June 8 at Morse Farm or if it is unavailable at Michael Chernick's; Monday August 7 at Darragh's; and Wednesday November 1 at Eric and Donna's in Adamant.

4. Approval of Secretary's Minutes of Prior Meeting – The secretary's minutes of the prior meeting were approved.

5. Technology Issues – The meeting turned to the application of computer technology for the scoring of races and other CVR administrative duties. As an opening point, Donna Smyers reminded the club that CVR has purchased an MS Office software package, including Word and Excel features, and that it is currently loaded on her personal laptop. The discussion then focused on the possible purchase of race software. Bob Murphy reported on a software program for race administration named "Apple Raspberry Jam." It is sold in both MAC and PC versions. The program costs \$200.00. An optional database module is available for an additional cost. Donna noted that the MS Word package includes a database. But, there was a consensus that for \$25 extra dollars, CVR should purchase the database module.

The membership extended the discussion to the possible purchase of a laptop for the club's administrative purposes. Rowly Brucken suggested, for now, limiting the CVR purchase to a software package. Tim Noonan raised the idea of assigning to one person at each race the computer duties.. He supported the purchase of a laptop. Betty Rose volunteered to serve as the computer designee at those races she can attend. Specifically, for First Night and Capital City Stampede, it was suggested the use of a computer was a good idea.

MOTION (Murphy/Noonan) That CVR authorize the purchase of one copy of the Apple Raspberry Jam racing software including the optional database module

The motion was approved unanimously. Bob Murphy will make the purchase on the club's behalf.

Discussion resumed on the purchase of a laptop and that it be capable of handling web site management issues. The requirement that any printer be able to operate on battery power for race site use was also raised.

MOTION (Carr/Ellerson) That CVR authorize the purchase of a laptop computer, printer, and the necessary operating software with a maximum expenditure of \$1,500

The motion was approved unanimously.

6. Treasurers' Report – CVR Treasurer, Priscilla Carr, reported a balance of \$8,085 in the checking account. Michael Chernick reported that the club continues to maintain a Vermont state sales tax exemption. The Vermont Department of Taxes issued a new copy of the exemption certificate to CVR in the fall of 2005. However, although the club once had a federal income tax exemption, it is not current because it was not renewed. Michael agreed to obtain the documentation to apply for federal exemption status. Dot Helling will be asked to assist in this project. The treasurer's report was approved.

7. Montpelier July 4th Race – Heather Shouldice, Executive Director of the Montpelier Downtown Community Association, has inquired if CVR would administer a race on July 4th. Norm Robinson related the club's past (and problematic) experiences with a Montpelier 4th of July race. He indicated that only if a race were placed in front of the city parade would a large crowd be in attendance to watch. The matter was left that if anyone is interested, the person should contact directly the Montpelier Downtown Community Association.

8. Girls on the Run Donation – Rowly Brucken spoke of his experience as a coach-coordinator of the Girls on the Run program in Northfield and now in Barre City. He reported that in Barre City, scholarship funds have been raised but that funds were needed for the purchase of shoes for those girls' families unable to afford this expense.

MOTION (Noonan/Murphy) That CVR authorize a donation of \$250.00 to the Barre Girls on the Run program

The motion was approved unanimously.

9. Special Olympics Donation

MOTION (Ellerson/Ryea) That CVR authorize a donation of \$250.00 to the Special Olympics.

The motion was approved unanimously.

10. Spirit of the Club Award

The membership discussed whether the annual Spirit of the Club Award should be limited to one recipient each year. Concern was expressed that by awarding more than one award each year, there may not be anyone left who merited the honor and had not already received the award.

MOTION (Smyers/Kissner) That the CVR annual Spirit of the Club Award be awarded to a maximum of one person per year

The motion was approved unanimously.



11. Race Director's Reports & Related Matters

The membership reviewed the status of selected races and related administrative issues:

Mutt Strut – Sunday April 30, Little River State Park in Waterbury – Donna Smyers requested volunteer assistance for the event. She also announced Camp Takum-Ta Triathlon, including a 5k road race that can stand alone event, and is scheduled for April 1. The Mutt Strut announcement is posted on the Cool Running web site.

Mailing Lists – The mailing lists usage and management was discussed as was transitioning the mailings to e-mail distribution at least on an optional basis. John Valentine described the mailings as an inefficient way to distribute race applications. In order to reduce the number of mailings and the weigh of each mailing it was decided: i) to eliminate the names of those who ran only in Leaf Peepers; and ii) combine the Capital Stampede and Paul Mailman application on one form in order to reduce the number of applications mailed.

Race directors were reminded that the applications to be included in the mailing are due May 1.

Black Fly 4 Miler –Saturday May 6 in Adamant, Eric Ryea is the director.

Leap Peepers – Roger Cranse announced a \$5.00 increase in the fee. A request to close the Winooski Street Bridge during the race will be brought to the Waterbury Selectboard. The request is being made for safety reasons.

Berlin Pond – The town of Berlin has approved the race permit.

Paul Mailman 10 Miler - Betty Rose suggested starting the race on the Montpelier High School running track in order to eliminate the road segment at the beginning. No final decision was made.

First Night –Betty Rose suggested changing the course to eliminate Dunpatrick Circle. There were problems in 2005. The first finishers were misdirected and did not run the full distance. Rowly Brucken will review the course and directions for possible changes. Later in the meeting, Bob Murphy raised the issue of the early finishers' Onion River Race Series scores. Rowly and Bob will develop a scoring system to account properly for these runners.

12. Vermont Sports Today – Vermont Sports Today, which is no longer owned locally, is interested in publishing a block advertisement listing all of the Onion River Sports sponsored races. Prices for advertising space were provided. Donna Smyers will check with Onion River, but CVR has no interested in purchasing the advertising space.

13. Newsletter - The next issue is scheduled for publication during the second week of May. It will include the race schedule.

14. Adjournment – All business having concluded the annual meeting was adjourned at 8:35 p.m.



4-10-06

Hi, group.

Good news. The Apple Raceberry JaM software has arrived. I am attempting to learn how to use the program, and once I master it will be passing the software on to others with a need. The software looks like it will do most everything we will need, can score by age/sex group, has the capability of handling teams and scoring them, etc. The program is not as intuitive as I had hoped it would be, so learning how to use it will take some time. I plan to do a test run using some entries and other information from an old Juniper Hill race from years ago. Will let you know how that goes.

Sincerely,

Bob Murphy

 Donna Smyers and I spectated at Boston and had a blast. Lots of good CVR performers. Check out the website. I ran Eric Ryea in the last 9+ miles to a 3:49. Saw Tim Noonan, Sue Hackney running splendid races. Congrats to everyone!!!!!! Dot Helling

UPDATE ON PUBLICITY DIRECTOR POSITION

Although this position is still open, Dot Helling has said that she will be happy to continue if she gets some help. I know at least one person has offered. Please contact Dot at her e-mail address or by telephone to see what will work best. She does need to rely on the race directors to post their races themselves on sites like CoolRunning, as long as they also remind her ahead of time to get the word out about the upcoming race. They also need to send her race results and any articles about the event.

ultradot@adelphia.net or 802-223-1555.

GREEN MOUNTAIN RELAY Registration deadline May 26th Race June 10-11

There is still time to register a team for the inaugural Green Mountain Relay - a 200-mile team relay event in Vermont. Scheduled around the full moon, the GMR is scheduled for Saturday and Sunday, June 10th - 11th. Following in the style and tradition of classic relay runs like Hood to Coast and Reach the Beach, the Green Mountain Relay has been organized by a runner for runners. Timberline Events LLC, organizers of the very well received Wild West Relay (also know as "Get Your Ass Over the Pass") in Colorado, has brought their runner-friendly style, scenic-oriented routing, and commitment to give back to the communities participating in the relay to Vermont. Starting less than an hour from Burlington in Jeffersonville, the GMR leads runners south through the very scenic core of the state. Incorporating sections of the historic RT 100, seven covered bridges, and the small town hospitality of Vermont, runners will complete their journey in Bennington. There are three distinct categories: 12-person, 6-person Ultra, and Super-Ultra teams.

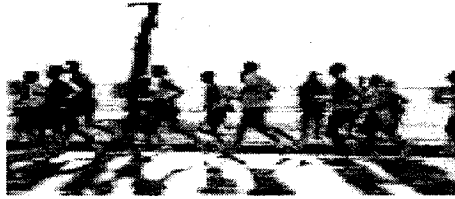
Registration and event Information can be found at www.GreenMountainRelay.com.

www.cvrrunners.org



CENTRAL VERMONT RUNNERS

2006 RACE SCHEDULE



Contact persons: Betty Rose, President, 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.)

June 3, 2006, Saturday, 9:30am-Noon, 10th 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, (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, (802) 229-2311.

www.cvrrunners.org



Tenth Annual Mutt Strutt--April 30, 2006

As a reminder of the early years, once again we had beautiful sunny weather for race day. Chip Martin and Othello took first place followed closely by 2003 winners Chris Howard and Cinder. The original Mutt Strutt winner, Tim Noonan returned after a 2 year hiatus to take 3rd with his new dog Teddy. On the women's side, first time competitors Alexis Ressler and McCoy took first followed by Angie Scott with Toby.

We are grateful to our long-time sponsors who donate prizes and refreshments to help make the Mutt Strutt so much fun. Our ten year sponsors include: Guy's Farm & Yard, Onion River Animal Hospital, Julio's Cantina, House-Mouse Designs and K.C.'s Bagels. This year a special thank you goes to new sponsor Fuel Belt for a generous donation of prizes. Thanks also to our volunteers: Eric Ryea, Dot Helling, Michael Chernick, Richard Cleveland, Christie Stembach-Feist and Gretchen Elias. Through entry fees and extra money donated we are able to give \$200 to the Central VT Humane Society this year.

Co-director Jamie Shanley is in Puerto Rico for the year, his presence will be welcomed back next year!
Donna Smyers, Race director

Person & Dog	Time	Town	Age	M/F	Dog Category	Age/Cat Place
1 Chip&Othello Martin	19:19	S. Burlington	43	M	Large Dog	1
2 Chris&Cinder Howard	19:49	Underhill	45	M	Large Dog	2
3 Tim&Teddy Noonan	20:41	Montpelier	49	M	Small Dog	1
4 Dave&Dakota Fields	21:01	Underhill	51	M	Small Dog	1
5 Bill&Tucker Dysart	21:13	Charlotte	53	M	Large Dog	1
6 Todd&Taz Sternbach	21:50	Montpelier	45	M	Small Dog	2
7 Alexis&McCoy Ressler	21:54	S. Burlington	25	F	Large Dog	1
8 Tim&Dignan Phalen	22:42	Essex Jct	28	M	Small Dog	1
9 Jean Lagrow	22:50	Essex Jct	40	F	No Dog	1
10 Ken&Bug Pidgeon	23:54	Essex Jct	44	M	Small Dog	3
11 Angie&Toby Scott	23:56	Montpelier	37	F	Large Dog	1
12 Priscilla&Annie Carr	24:12	Montpelier	32	F	Large Dog	2
13 Caleb&Simon Kessler	24:23	Waitsfield	10	M	Large Dog	1
14 Kate Phalen	24:59	Essex Jct	27	F	No Dog	2
15 Andrea&Utah McLaughlin	25:36	Barre	43	F	Large Dog	1
16 Lori&Terri Lacroix	25:37	Barre	43	F	Large Dog	2
17 Frank&Tag Heaphy	26:31	S. Burlington	54	M	Large Dog	2
18 Merideth&Jose White	26:37	Waterbury Vt	27	F	Small Dog	1
19 Frederick&Hogan Glover	26:41	Ludlow	51	M	Large Dog	2
20 Jessica Satterlee	26:46	Burlington		F	No Dog	3
21 Jeannie&Loki Dryfoos	27:25	S. Northfield	31	F	Large Dog	3
22 Courtney&Chas Loughnane	27:48	Stowe	9	F	Large Dog	1
23 Joe&Charlie Loughnane	28:00	Stowe	45	M	Large Dog	3
24 Jansen Satterlee	28:31	Burlington		M	No Dog	4
25 Tommy&Bug Pidgeon	29:05	Essex Jct	10	M	Small Dog	1
26 Serena&River Wilcox	30:00	East Fairfield	27	F	Large Dog	2
27 Forrest&Tippy MacGregor	30:04	So Royalton	52	M	Small Dog	2
28 Denise&Harper Ricker	30:07	Montpelier	40	F	Large Dog	
29 Jason&Simon Akers	30:55	Barre	26	M	Large Dog	1
30 Susan&Jynx Kuklis	33:18	Shelburne	27	F	Small Dog	2
31 Scott&Jynx Driver	33:19	Shelburne	28	M	Small Dog	1
32 Marc&Tex Hammond	33:43	Fayston	40	M	Small Dog	4
33 Anne&Duke Colgan	33:57	Marshfield	44	F	Large Dog	3
34 Adrienne&Bunnie Jones	34:45	Waterbury Vt	21	F	Large Dog	3
35 Alyssa&Simon Akers	36:06	Barre	26	F	Large Dog	4
36 Sarah&Coacher Rogers	36:58	Essex Jct	28	F	Large Dog	5
37 Lori Conner	36:59	Essex	36	F	No Dog	5
38 Jennifer&Juneau Hammond	37:34	Fayston	36	F	Small Dog	1
39 Dina&Will Melanson	37:35	Waitsfield	46	F	Small Dog	1
40 Rose&Buddy Bergeron	40:05	Essex Jct	49	F	Large Dog	4

Donation only DNS: John Halpin & Rise & Shine, Adam Tyksinski & Colby



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

2006 CVR Membership

Last Name	First Name	Family	Address	Town	PHONE	EMAIL	CVR
Anthony	Ena	& Mark	851 Ferno Rd.	Williamstown	485-6449	eanthony@nationallife.com	6
Armstrong	Ella		235 Doyon Rd	Northfield	485-4930	ella@trans-video.net	6
Arsenault-Berry	Phyllis		350 Richardson Rd	Duxbury	244-8684	rottix2@yahoo.com	6
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	7
Barrett	Callie		284 Brook Rd.	Middlesex	223-8933		7
Beaudin	Jo-Ann	& Paschal D.	129 Tamarack	Williston	878-3690		6
Birse	David		P.O. Box 371	Hancock	603-525-9315	gmdbirse@snet.com.com	6
Bisson	Bob	& Lori	25 Orange St	Barre	479-2635	rbisson@nationallife.com	6
Blais	Celine		13 Isabel Circle	Montpelier	229-2439	celinerun1@adelphia.net	6
Borchers	Bill	& Rita Wiley	PO Box 282	Walpole	603-313-	wmbfam07@yahoo.com	6
Bradt	Susan		PO Box 114	Calais	223-2115	heronpondww@aol.com	6
Brucken	Rowly		1 John St.	Barre	479-0796	rbrucken@norwich.edu	6
Bryan	Shawn		573 Junction Rd	Berlin	223-2027		9
Burkholder	Steven	& Bonnie	PO BOX 1752	St. John	340-777-4230	sburkholder45@hotmail.com	6
Bushey	Ann		15 Mountainview	Montpelier	229-6288	busheya@wssu.org	6
Carr	Priscilla		404 Cityside Dr #77	Montpelier	223-7764	priscillawcarr@yahoo.com	6
Chemick	Michael		330 Cityside Dr #75	Montpelier	223-0918	chemick@adelphia.net	6
Cleveland	Richard		P.O. Box 261	Northfield	485-8892	markii@tds.net	6
Colvin	Sandy	& Craig	228 North St.	Montpelier	229-1060	scolvin@nationallife.com	6
Cranse	Roger	& Kevin	1 Summer St.	Montpelier	223-6997	rcc41@adelphia.net	6
Cross	Cyndy	& Ryan	78 Silver Circle	Barre	476-3867	ccross@nationallife.com	6
Deluca	Paul		30 Cano Dr	Barre	476-7987	pdeluca420@msn.com	6
Erickson	David	& Lisa	5 Murray St	Barre	476-6527	dericksonvt@verizon.net	6
Ferno	Richard	& Sandra	47 Ferno Rd.	Williamstown	433-6691	angus@innevi.com	7
Gambler	Beth		111 Freedom Dr.	Montpelier	223-2099	vtadir@yahoo.com	6
Gardner-Morse	Mack	& Cindy	8197 County Road	Calais	223-5738	gardnermorse@gmail.com	6
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	6
Griggs	Scott	& Family	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	6
Helling	Dot		29 E. State St.	Montpelier	223-1555	ultradot@adelphia.net	7
Howe	Robert		18 Smith Farm Rd.	Barre	476-8946		6
Kaeding	John	& Sten	55 Kaeding Rd	Worcester	229-0176		7
Kaiser	Nina		256 S. Winooski	Burlington	310-2693	nina@psych.purdue.edu	6
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Kissner	Dave	& Laura Medalie	150 Barnes Rd	Montpelier	229-4523	dkissner@sover.net	6
Loga	Joe	& Amy	8 Derby Dr.	Montpelier	229-9876	amyandjoe@hotmail.com	6
Mansfield	Dick		32 Wood Road	N. Middlesex	229-4243	dick@vitessepress.com	6
Marcy	Henry		4 Summit Dr. #508	Reading	781-944-	hjmarcy@comcast.net	7
Martin	John	& Dot	PO Box 1131	Montpelier	479-5333	jmartin@montpelier-vt.org	6
Mcknight	Ted		22 Saxon La	Jericho	899-1197	tedrae73@excelonline.com	6
McLaughlin	Andrea		445 Cutler Corner	Barre	476-4417	ajvtskier@msn.com	6
Meiklejohn	Elizabeth		Box 2019 Balentine	E. Calais	456-8808	elizabeth_meiklejohn@greenwic	7
Mercier	Robert		8 Foster St.	Montpelier	223-7225		7
Millar	Dick		155 Forest Dr. #1	Montpelier	223-5399	dickm103c@hotmail.com	6
Murphy	Robert		35 Birchwood Park	Barre	476-4328	rm@sover.net	6
Noonan	Tim	& Maureen	2 Pinewood Road	Montpelier	223-6216	tim.noonan@state.vt.us	6
Orenstein	Grant		PO Box 89	Calais	229-9222	gorenstein@flynncenter.org	6
Parker	Jennifer		646 Gallison Hill Rd	Montpelier	223-4160	jparker@capcitypress.com	6
Perkins	Francine		420 Windywood	Barre	479-7140	jfp1999@verizon.net	6
Phillips	Brenda	& George	1676 RTE 214	Plainfield	454-1521	bcp@bu.edu	6
Pierce	Kimberly		601 Pike Rd	Marshfield	802-426-4144		6
Rice	Nancy		P.O. Box 1382	Montpelier	476-3391	nansue678@yahoo.com	6
Ricker	Denise		399 Murray Hill Dr.	Montpelier	229-0877	ricker@adelphia.net	6
Ridlon	Ron	& Candace	89 Silver Ridge Rd	Morrisville	888-5009	ronridlon@pshift.com	7
Robinson	Norm		66 Terrace St.	Montpelier	223-7351	normr@adelphia.net	7
Rose	Betty		29 Deerfield Dr.	Montpelier	229-2311	brose@nationallife.com	6
Scott	Angie		20 Fuller St	Montpelier	223-1592	triang34@aol.com	6
Searles	Robert	& Sally	224 Sigh's Dr.	Wolcott	888-5895	rsearles@pshift.com	6
Shanley	Jamie	& Kim Kendall	950 Sparrow Farm	Montpelier	223-4856	jshanley@usgs.gov	6
Shea	Tim		1040 Clark Rd	E. Montpelier	476-8767	t Shea@nationallife.com	6
Simonsen	Jackie		115 Federal St.	St. Albans	524-3958	vttridgerunner@verizon.net	6
Singer	Donald	& Gretchen	262 HILL ST	BARRE	479-5141	vtsinger@verizon.net	6
Skinner	Scott		PO BOX 1363	Montpelier	229-5146	skinner@bflaw.com	6
SKINNER	WILSON		17 St. Louis St. #2	Burlington	862-1019	wilson.skinner@gmail.com	6
Smyers	Donna	& Eric Ryea	PO Box 102	Adamant	229-4393	dosmyers@cs.com	8
Tyksinski	Adam		7 Moretown	Moretown	496-6374	adam@mrvt.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

2006 CVR Membership

Last Name	First Name	Family	Address	Town	PHONE	EMAIL	CVR
Wight	Greg		PO BOX 429	Brookfield	276-3173	wight@norwich.edu	6
WILLIAMSON	JON	& Kathy Mai	PO BOX 454	MONTPELIER	223-3517	smoot03@netzero.net	6

2005 CVR Membership (not renewed by May 15, 2006)

Last Name	First Name	Family	Address	Town	PHONE	EMAIL	CVR
Allen	Darren		222 Elm St. Apt.1	Montpelier	223-6744	darren-allen@rutlandherald.com	5
Bevacqui	Lou	& Alva	66 Lockwood	Fayston	583-3088	lbevacqui@hotmail.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
Byrne	Emily & Joseph	& Daniel	197 Winchview Rd	Northfield	345-0163	ebflag1@yahoo.com	5
Carlson	Gerow M.		314 Portal Rd.	Middlesex	223-9758		5
Cornolli	Steve		1673 Stone Rd.	Williamstown	433-6199	steverun262@yahoo.com	5
Comtois	Marie		PO Box 92	Sharon	763-2905		5
Daut	Beth	& Family	793 Crosstown Rd.	Berlin	223-3675		5
Davis	Sam	& Patti	40 Willow Circle	Colchester	6553611	cmsd1@aol.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	Deirdre		PO BOX 92	Sharon	763-2905		5
Ellerson	Darragh	& David	1152 North St	Montpelier	223-2080	dmmellerson@yahoo.com	5
Eustis	Steve	& Cathy	18 Wilkinson Drive	Essex Junction	878-4385	eustis@sover.net	5
Foltz	Tom	& Patti	94 Chandler Farm	Stowe	253-4647	tfoltz@specmaterials.com	5
Gerdel	Greg	& Sasha	360 Mill Rd.	Montpelier	229-4006	jggerdel@aol.com	5
Hayes	Ann		5361 Curley Hill Rd	Pipersville	215-766-	tap1441@aol.com → 0684	5
Homer	David		144 US Rte 302	Berlin	476-0892	mukkets@aol.com	5
Johnson	Gordon		1267 Main St	Ayers Cliff	819-838-	runningoilman@yahoo.ca → 5180	5
LaCroix	Lori		2 Owen Drive	Barre	479-2938	cmpmeade@together.net	5
LaRosa	Debbie		240 Rolston Rd	Waitsfield	802-496-	vtdebbie@aol.com → 5397	5
Lazenby	John	& Carol Vassar	670 Gould Hill Rd.	Montpelier	223-6973	john.lazenby@gmail.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
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
McCarthy	Dana		10 Towne St.	Montpelier	229-4650		5
Metz	Mic		294 Barre St, #5	Montpelier	229-0588	micxmetz@hotmail.com	5
Monti	Ariana		PO Box 203	Barre	272-0000	arianamonti@yahoo.com	5
NEILY	JULIA & JEFF		221 MERIDEN RD	LEBANON	603-448-	jneily603@aol.com → 4860	5
Niles	William		2298 West Creek	Brandon	483-6725		5
Nuquist	Andrew	& Reidun	29 Bailey Ave.	Montpelier	223-3550	nuquist@together.net	5
Petelle	Russ		P.O. Box 547	Derby Line	766-4011	rpetelle@hotmail.com	5
Pratt	April Ward		266 Berlin St.	Montpelier	229-1972	ward1956@msn.com	5
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
SCOTT	JANET		2108 Foster Hill Rd	E. Calais	456-1158	jscottcabot@hotmail.com	5
Stephens	Pam	& Rick Melberth	137 O'Donnell Rd	Chelsea	685-4604	pstephens@vermontlaw.edu	5
Walker	Wade		140 Hackamore Rd.	Montpelier	223-7674	walker7674@adelphia.net	5
Whipple	Trevor	& Cathy	PO Box 388	Barre	802-476-	twhipple@dps.state.vt.us → 6613	5
Young	Amy		85 Overlook Dr.	Northfield	485-6621	amydontcare@hotmail.com	5



***July 6, 2006, Thursday, 6pm, 26th 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, (802)479-2635 or 279-3375; or email 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 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 or 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.



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

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 \$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 \$5.



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

CVR PD 2006

Robert Murphy
35 Birchwood Park Dr
Barre, VT 05641

May 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:

Thursday, June 8, 2006
6:00 P.M.
Morse Sugar Farm
Potluck and Meeting
Details Inside