



July 2006

Volume 27, Issue 4

CENTRAL VERMONT RUNNERS JULY 2006 NEWSLETTER

Message from the President

We've had some positive changes for CVR recently. First is the purchase of the Apple Raceberry JaM software. This software was used for the race result of the Capital City Stampede and the Paul Mailman Ten-Miler. I believe the program was easy to use and produced fast and accurate results so that the runners do not have to wait around for hand-calculated results. In addition, the runner's pace is calculated by the software program. It is also nice that CVR has it's own laptop and printer.

The second change took place on July 11th when the Tuesday night Fun Run course was changed after decades at the old location. A new one mile distance was added and the start of the race was moved to the bike path behind the Department of Labor building on Green Mountain Drive. The turn-out for the Fun Run on July 11th was fantastic. It was great to see so many youngsters running the one-mile distance. Thanks go out to Tim Noonan for measuring the new distance and re-measuring the two, four and six mile distances. Let's keep the momentum going. Spread the word and encourage young people and inexperienced runner to come out and try the Fun Run – and come yourself.

CVR has two races coming up within the next few weeks. The Barre Homecoming Festival Downtown 5K is July 29th and the Berlin Pond Five Miler is August 3rd. Contact race directors Bob Bisson (Barre Homecoming) and Dot Helling (Berlin Pond) if you are able to volunteer.

The Vermont 100 took place the weekend of July 15-16 and once again Cyndy Cross and I coordinated a CVR aide station at mile 95.3 from 4pm on Saturday until 9 am on Sunday. This year the aide stations had a theme contest and we had a lot of fun with our theme of "Polly's Diner" designed to resemble Al's Diner from "Happy Days". Very special thanks go out to Don Singer and his daughters Katelyn and Gretchen who helped up make it through the night.

I'm sure all of you are very busy with your summer schedule of races and vacations. Try to set aside one evening to attend the CVR meeting on Monday, August 7th at Darragh Ellerson's house.

Hope to see you there,
Betty



NEXT MEETING:

Monday, August 7th Potluck at 6:30 – business meeting at 7.
Darragh house - 1152 North Street, Montpelier 223-2080

www.cvrrunners.org



Central Vermont Runners

Meeting Notes

Meeting held on June 8th, 2006 at Morse Farm

Meeting called to order by Michael Chernick , Vice President.

Leaf Peepers update – Roger Cranse

Online applications up and running, paper applications are printed. Roger brought some to the meeting for people to take with them and distribute. Casella is a new sponsor and will give us the port o lets at a reduced cost. Green Mountain Coffee Roasters is a sponsor again this year for at least \$2,000 maybe more. Roger will advertise the race in Adirondack sports. Discussion of sending out leaf peepers app along with Northfield. Tim will discuss with NSB and get back to Roger.

Treasurers Report – Priscilla Carr

Balance in the account now is \$4700. 2 checks haven't been cashed. One is to the Barre Aldridge Library. Sandy will let Bob Bisson know, so he can research this. If need be, he will request another check from Priscilla. The other was to Tim Noonan who asked Priscilla to void it and not worry. It was a small amount.

Secretary Report – Sandy Colvin

Motion to accept the minutes from last meeting. Everyone approved the minutes from the last meeting.

CVR Race Update

Capital City Stampede – Bob Valentine

Everything going well, T-shirts done, prizes all set, hope to get at least 65 runners which would allow us to break even with the costs.

Paul Mailman 10 Miler – Betty Rose

Betty was not at the meeting but Bob Murphy reported that they will start and finish at the track this year, and have re-measured the course. Sandy to discuss the use of the computer at the race with Betty.

Kids Track Meet – Discussion with Tim Noonan and Norm Robinson on the meet being cancelled. The rain was such that the equipment couldn't be used.

July 3rd race being held by Onion River Sports, we have volunteered to help only; it is not a CVR race.

Bear Swamp – Tim Noonan

Will use the computer for results, all set with plans.

Berlin Pond – Dot Helling



New race director(s) will be training with Dot during the planning for the race, so someone else can take over the race. All set with plans. Application is ready, same day registration only. Dot is looking for volunteers and help with the computer results.

Northfield – Tim Noonan

Same as previous years, we need some volunteers for this race.

Thursday Night Series – Tim Noonan

We will have the same races this year as previous years – E. Mont Chase Race, Hubbard Park, Sodom Pond , and Falling Leaves.

Membership – Donna Smyers

Doing well. 99 Families and 149 members

New Computer – Dave Kissner

The new computer works well, seems to be allowing for much quicker results, and look forward to its use in all the races this summer. Discussion also regarding the website work that Dave does. He wants to change our agreement with the service provider to include more megabytes of space for the website. He also wants to put the website work in the clubs name. Previously it had been in his name. Motion to make these changes. Everyone agreed this should be done. Priscilla will work with Dave to get this done.

Discussion regarding CPR certification. Priscilla Carr raised concern that none or very few of our members are CPR certified. At the least , should the race directors be certified? Should the club be concerned and do something about this? Noted that we need to discuss this further. Do we know who our CPR certified members are?

Norm Robinson discussed a notice he received from the State of Vermont regarding our status as non-profit. Apparently they still had his name from when he was president years ago. He completed the form and sent it in, he also paid the fee. Motion to reimburse Norm for this cost. Accepted. Priscilla will reimburse him for this.

Tim Noonan discussed what we could do to increase participation in fun runs. One suggestion is to add one mile distance to the course. This would help increase participation by younger members of the club who can only run one mile. Discussion on children running and it was decided that children under the age of 12 must run with a parent or responsible adult. Motion that as of June 13th we will add the one mile distance. Accepted.

Changes as of July 11th. Donna Smyers motioned to change the longest distance of the fun run to a 10k +/- to make the turnaround safer. Tim Noonan agreed to measure the course again to see where a turnaround for 10k would be. Once he is able to find a good spot we can amend the longest distance of fun runs to this new distance. Motion to accept this new distance whatever it may be. Accepted.

Betty Rose completed the Rock n Roll Marathon in San Diego, with a personal record by 10 minutes. Betty's time was 4:32. She came in 13th of 191 women in her age category and tells me she would have won her age group had she been two years older. Congratulations, Betty!



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 – FUN RUNS Every Tuesday, rain or shine, at 5:30 until the clocks change (MAY-OCTOBER).
Choice of distances: 1, 2, 4 or 6 miles. If you don't want to run, volunteer to time.



BIG NEWS UPDATE!

SEE BELOW

On July 11th, as noted in Betty Rose's message on page 1, the Fun Run entered a new phase in its life. The start of the Fun Run has been moved, and we now offer a one mile alternative. This is primarily designed for kid participation. Any kid under the age of 12 participating must have a supervising adult running with them.

Instead of meeting at the Liquor Control warehouse site, Fun Runs will meet and begin behind the former Department of Employment and Training building, now the Department of Labor, in the parking area by the bike path. To get there, travel the same way you would to go to the old fun run course but turn right after the tennis courts and head straight to the back of the parking lots and over to the bike path. This parking area is adjacent to the track and you will have the option of warming up on the track before doing the fun runs.

Both changes will be measured and you will be informed as to the new turnarounds.

These changes afford the following: a safer and more attractive gathering site, less traffic, and - unless Donna Smyers gets her way - less or no hill at the turnaround of the six mile course. Although, CVR voted to keep the hill to some degree even if it means extending the length of the six mile course to a 10K.

See you out there. Turn before the DOL, right after the tennis courts. Tim will have signage out there as a reminder.

www.cvrrunners.org



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

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 \$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 \$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 \$5 pre-registration/\$8 race day (optional shirt \$6).

www.cvrrunners.org



Hello 100 on 100 Supporters!

We are just 11 weeks away from the second annual running of the 100 on 100 Heart of Vermont Relay! While the teams are busy training, we are busy putting the pieces in place to ensure the race goes off without a hitch. This means that we need everyone to dig deep and help us on two main fronts, fundraising and volunteering. These two aspects are critical for a successful event. Please pass this email on to any friends or family members that may be interested in supporting the event. We look forward to seeing you all on August 19th, 2006!

ABOUT THE EVENT

The 100 on 100 is a 100 mile 6 person relay running race starting at Trapp family lodge and ending at Okemo Mountain. Each runner will run 3 times over the 100 mile distance with a total distance per runner of approximately 16.5 miles. This years event will be held August 19, 2006.

ABOUT THE CHARITY

Proceeds from the race will benefit **Howard Center Teens**. www.howardcenter.org

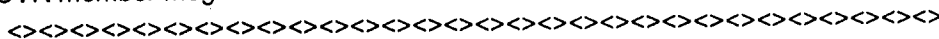
I'm not sure everyone had heard--the *ELMORE TRIATHLONS* THAT I ADVERTISED IN THE VT SPORTS CALENDAR HAD TO BE CANCELLED due to insurance and permit requirements at the park. I think I might be able to get it right next year if I apply 3 months in advance. We are also looking into other sites that don't have the same requirements (maybe Wrightsville Reservoir), but June 15 was definitely off. Sorry – but open to ideas! Donna

32nd Annual Paul Mailman Montpelier Ten Miler

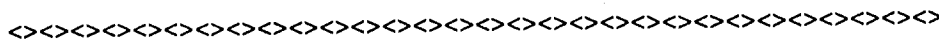
Te oldest continuously held running race in Central Vermont, was held June 24, starting at the Montpelier High School. The Central Vermont Runners Club and Onion River Sports co-sponsored the race. It is the third race (of a total of seven) in the CVR Onion River Sports Series 2006.

The out and back race is over a flat course with a few rolling hills partially on the Montpelier Bike Path and continuing on mostly dirt roads with limited car traffic. The certified course has been changed this year to start and finish on the Montpelier High School track.

Congrats to CVR member Megan Valentine who was first woman overall.



Paul Mailman and Capital City Stampede results are now posted on the CVR website, both on the race results page (top) and on the home page (the "this just in.." block of text below the ORS trail running promo).
Dave Kissner, Webmaster





Hi Folks! The Onion River Sports/Morse Farm 5K trail race series begins this Thursday, 6:30 pm at Morse Farm. It will be held every Thursday, except July 6 (Bear Swamp Run) and August 3 (Berlin Pond 5 Miler), from this Thursday through August 17. Registration is \$5 per race. Winners get free creemees. Vasque Shoes and Darn Tough socks will be raffled off at each race. Registration at event. Sponsored by Onion River Sports and Morse Farm Maple Sugarworks.

Green Mountain Relay women's ultra team, ages 51-58, finished in a time of 28 hours 49 minutes and 50 seconds. Members of the team included my self, Captain Debbie Tirrito, Betsy LaFlame, Patty Foltz, Nancy Elwess and Carol Blattspieler. We were the only women's ultra team so we won our division (women master's)and the women's open.

Awful weather but a great event! For more results see www.greenmountainrelay.com or next month's Vermont Sports Today! Dot Helling

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Hi CV Runners,

Many of you who hike or trail run may have noticed some new trails popping up in the Montpelier Area in the past couple of years. The Montpelier Area Mountain Bike Association (MAMBA) is responsible for great new trails at Morse Farm in East Montpelier (home of the Onion River Sports trail running series) and Irish Hill in Berlin. We're also expanding trails in the East Montpelier area and helping to maintain the existing East Montpelier Trails network.

MAMBA's primary goal is to build and maintain multi-use trails in the Montpelier area for human-powered recreation. To this goal, our members have contributed several thousand dollars and over 650 (yes, six hundred fifty!) hours of volunteer trail work in the past 2 1/2 years. We know many trail runners use and enjoy these trails, and we're happy to share... But we'd also love help from runners and other trail users in building and maintaining these trails!

As some of you may know, the Montpelier Parks Department and MAMBA are currently working to create a mountain bike trail through North Branch park which will connect Montpelier to the Sparrow Farm trail of the East Montpelier trail network. The North Branch Park portion of this trail will be designated primarily as a mountain bike trail, but will be open to hikers and runners, and skiers in the winter. It will be a smooth, fast, easy-climbing route from town (entrances on Cummings St. and North St.) up to East Montpelier. It should be smoother, more gradual, and better maintained than the existing trails.

If you want more information, contact MAMBA's trail guru Dan Voisin at 229.0873 (home), 279.8174 (cell), or dvoisin@stone-env.com . If you'd like to be added to MAMBA's e-mail list for future updates (2 messages/week, no advertising), send an e-mail to info@bikemamba.org, or visit us at <http://bikemamba.org/>.

Thanks, and hope to see you on the trail! Jase Roberts, President, Montpelier Area Mountain Bike Association.

! 7 VERMONTERS FINISH VERMONT 100 – CONGRATULATIONS TO -

SHARI BASHAW, DOT HELLING, DAMON LEASE, DARRIN MACKENZIE, JACK PILLA, CRAIG WHIPPLE AND ZEKE ZUCKER. Betty Rose and Cyndy Cross captained an amazing aid station again at mile 95.3 of the Vermont 100 this past weekend. The CVR sponsored station was themed "Polly's Diner" and was just wonderful. Betty and Cyndy dressed like old time diner waitresses, served us on trays, in the midst of an exquisite setting in the Vermont countryside, surrounded by flowers, etc. Just incredible! Some of you may want to join them next year. They were pretty much a tie for second with a great reception in the final vote on aid station themes. And they were just amazing inspiration for us tired runners. Thank you Betty, Cyndy and CVR! www.cvrrunners.org



Course Certification Update by Bob Murphy

CVR prides itself on well-run quality racing events. One of the hallmarks of a quality race is a USATF-certified course. A certified course is one that has been accurately measured and meets USATF standards. It assures participants that the advertised race distance is no more and no less than stated. Probably one of the frustrations of running is to set a personal record for a given distance and to learn later that the course was short by a quarter mile!

Our Paul Mailman Montpelier Ten-Miler has recently been re-measured, and a new course certificate has been received. Once certified, a course does not need to be re-measured for ten years unless something happens to change the course (like realignment of a road), or the race director desires a change. This latter situation was the case for the Ten-Miler. Race director Betty Rose decided that the race would be safer by moving it away from Memorial Drive, and decided therefore to start and finish on the MHS track and using the bike path instead of Memorial Drive.

If a race course has not changed, a 10-year extension can be requested without the need to re-measure when the original 10-year period has expired.

Not all of our courses have been measured for certification, but most of our popular and long-standing races have. Here is a rundown of CVR certified courses, and the dates the current certifications expire.

Race	Last measured	Certificate No.	Certificate Expiration
Capitol City Stampede	4 May 1997	VT97002WN	31 Dec 2007
Paul Mailman Montpelier Ten-Miler	29 May 2006	VT06002RF	31 Dec 2016
Berlin Pond 5-Miler	5 Jun 2005	VT05001RF	31 Dec 2015
Northfield Observances 5k	30 Jul 1989	VT89001BT* *extended for 10yrs.	31 Dec 2009
Leafpeepers 5k	15 Jun 2003	VT03002RF	31 Dec 2013
Leafpeepers Half Marathon	15 Jun 2003	VT03001RF	31 Dec 2013

As you can see from the above, the Capitol City Stampede course has one year left on its current certification. We can request a 10-year extension and keep the current course, or consider course changes and remeasure. If you have ideas for changes you would like considered for this course, let the race director, John Valentine, know. It will be his call as to what happens between now and the expiration date.

7/10 - Hi all! Berlin Pond Five Miler will be here before you know it, Thursday, August 3 at 6pm. I am getting calls. This is my first request for volunteers. I'll send a separate email to those already on board. Let me know if you can help and what you are willing to do. Thanks. Dot Helling



Bear Swamp Run
Middlesex, VT
6 July 2006

pleasant, partly cloudy

Central Vermont Runners

Overall Place	Class Place	Class	Finisher	Time	Pace
Men Under 20					
4	1	JrM	Aaron Griggs, 19, Orange, VT	35:39	6:15
Men 20 - 29					
1	1	M20	Ben Schersten, 27, Montpelier, VT	33:42	5:55
2	2	M20	Wilson Skinner, 24, Middlesex, VT	34:32	6:04
Men 30 - 39					
3	1	M30	David Wisell, 38, Montgomery, VT	34:54	6:07
7	2	M30	Steve Comolli, 31, Montpelier, VT	38:06	6:41
12	3	M30	Greg Hammond, 36, Johnson, VT	39:42	6:58
Men 40 - 49					
5	1	M40	Donald Singer, 44, Barre, VT	37:25	6:34
6	2	M40	Brent Ehrlich, 44, Montpelier, VT	38:03	6:41
10	3	M40	Dick Millar, 44, Montpelier, VT	39:06	6:52
14	4	M40	Mike Gillis, 49, Middlesex, VT	40:32	7:07
15	5	M40	Dave Kissner, 40, Montpelier, VT	41:00	7:12
16	6	M40	Mack Gardner-Morse, 45, Calais, VT	41:29	7:17
32	7	M40	Scott Griggs, 44, Orange, VT	47:17	8:18
40	8	M40	Jake Brown, 42, Montpelier, VT	51:19	9:00
Men 50 - 59					
8	1	M50	Eric Schuh, 50, Johnson, VT	38:33	6:46
13	2	M50	Jamie Shanley, 53, Montpelier, VT	39:53	7:00
17	3	M50	Tom Foltz, 57, Stowe, VT	42:51	7:31
19	4	M50	Victor Tirrito, 52, So. Hero, VT	43:24	7:37
20	5	M50	Greg Gerdel, 59, Montpelier, VT	44:06	7:44
21	6	M50	Robert Searles, 57, Wolcott, VT	44:20	7:47
22	7	M50	David Erickson, 53, Barre, VT	44:27	7:48
29	8	M50	Peter Farr, 57, Johnson, VT	46:49	8:13
31	9	M50	Dennis Nealon, 53, Middlesex, VT	46:55	8:14
38	10	M50	John Mahoney, 52, Burlington, VT	49:50	8:45
42	11	M50	Michael Chernick, 52, Montpelier, VT	53:13	9:20
44	12	M50	John McHugh, 54, Graniteville, VT	57:18	10:03
Men 60 - 69					
11	1	M60	John Hackney, 61, Montpelier, VT	39:23	6:55
33	2	M60	Phil Heath, 62, Bensonville, IL	47:20	8:18
36	3	M60	Tim Maker, 60, Calais, VT	48:28	8:30
37	4	M60	Greg Wight, 60, Brookfield, VT	48:54	8:35
Men 70 & Up					
43	1	M70	Gerow Carlson, 74, Middlesex, VT	57:11	10:02
Women Under 20					
35	1	JrW	Gretchen Singer, 15, Barre, VT	48:21	8:29
Women 30 - 39					
25	1	W30	Brenda Phillips, 32, Plainfield, VT	46:02	8:05
27	2	W30	Angie Scott, 37, Montpelier, VT	46:06	8:05
39	3	W30	Kate Daly, 32, Montpelier, VT	51:01	8:57
Women 40 - 49					
9	1	W40	Sue Hackney, 49, Montpelier, VT	38:52	6:49
18	2	W40	Donna Smyers, 48, Adamant, VT	43:13	7:35
26	3	W40	Ann Bushey, 48, Montpelier, VT	46:03	8:05
34	4	W40	Kathy McArdle, 44, Barre, VT	47:22	8:19
41	5	W40	Lisa Carlson, 44, Middlesex, VT	51:25	9:01
Women 50 - 59					
23	1	W50	Patty Foltz, 58, Stowe, VT	44:31	7:49
24	2	W50	Debbie Tirrito, 51, Winooski, VT	45:02	7:54
28	3	W50	Dot Helling, 56, Montpelier, VT	46:15	8:07
30	4	W50	Nancy Elwess, 52, No. Hero, VT	46:52	8:13
45	5	W50	Elizabeth Meiklejohn, 58, East Calais, VT	57:39	10:07



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

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



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

July 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:

**Monday, August 7, 2006
6:00 P.M.
Darragh Ellerson's House
Potluck and Meeting
Details Inside**