



October 2006

Volume 27, Issue 5

CENTRAL VERMONT RUNNERS OCTOBER 2006 NEWSLETTER

Message from the President

I hope all of you have had a very enjoyable and successful racing season. I've heard some positive reports from CVR members some of which will be reported in this newsletter. We've had some big turnouts for the Tuesday evening Fun Runs. The last Fun Run will be on October 24th. Come join us for the race and the celebration afterwards.

The Leaf Peepers Half Marathon and 5K was run in the rain this year and I want to congratulate Roger Cranse and his crew of volunteers who did a superb job under adverse conditions. Thanks to all of you.

Our CVR racing season is not over yet. If you have participated in the past, you got to try our Fallen Leaves 5K series on November 4th, 11th, and 18th. They are nice, flat enjoyable runs that start at 9 am at Montpelier High School. Race day registration only and the fee is \$5 for the entire series. Then we have First Night to look forward to on December 31st.

As always, I urge all CVR members to attend the next meeting on November 1st at the home of Eric Ryea and Donna Smyers in Adamant. I'd like to see some new faces – and other faces that I haven't seen in a while. I always enjoy being with CVR members. Runners are a great bunch of people. Here are some of the items on the agenda:

- Select coordinator and set date and place for the Volunteer Recognition and Central Vermont Race Series Award Dinner
- Appoint committee for the Spirit of the Club Award
- Set date and place for Annual Meeting
- Select nominating committee for new Club officers
- Race directors reports
- Proposal to have Leaf Peepers bid for the 2007 USATF-NE Grand Prix Series
- Set tentative 2007 race schedule
- Discuss club equipment – timers that need repair.

Hope to see you there,
Betty



NEXT MEETING:

Wednesday November 1st 6:30p.m. Pot luck, Business meeting at 7p.m..
Donna Smyers & Eric Ryea's, Adamant 229-4393

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Secretary's notes

CVR Meeting August 7, 2006

The meeting was a potluck dinner and was held at Darragh Ellersons house. We had a great turnout of about 14 people.

Bob Murphy started off the meeting by introducing two new CVR members who were in attendance. Bobby and Fred Stapenhurst. (sp?)

Betty Rose, CVR President, called the meeting to order and everyone accepted the secretary's notes/minutes from the last meeting.

No treasurer's report

We discussed the attendance of children at the fun runs. It was decided that the rules for children running needs to not only be made more clear but also adhered to. Specifically, Children 12 or under cannot run without an adult. It isn't safe for young children to run alone and they don't always understand the course, where to turn around etc. We will try to make sure that the adults who are with the children or bring the children to fun runs understand the rules. Safety concerns aside, it has been nice to see younger children participating.

There was also discussion regarding CVR members being CPR certified, and if it should be a requirement for someone CPR certified to be at the races. It was discussed at length and decided that this shouldn't be required. We haven't had any problems in the many years of the club and club races, and our members and runners in the race sign a waiver that they are fit enough to participate. With that being said, we do have many members who are CPR certified and would help if they are willing and able if need be.

Discussed baby strollers in races. Can't have them for insurance reasons. Not everyone was aware of this, so we want to mention it again.

Race Directors Report

Capital City Stampede – Had a good turnout, around 90 people.

Paul Mailman – Good turnout, about 28 pre registered and about 49 registered on race day.

Barre Homecoming – Good turnout, 79 runners. Less than last year but could be the heat? Bob Bisson the race director, commented on troubles with the newspaper printing the wrong start location and no one took any pictures of the race this year either. He will continue to use the paper and hope they do a better job next year. Bob used Anderson imprints for the shirts and was happy with the work. A motion was made to donating 50% of the proceeds from this race to the Library. Clarification that this is 50% after expenses are paid. Motion passed. Bob would like to get more volunteers for next year, and is open to suggestions on possibly changing the race date, start time etc.

Berlin Pond – 78 people registered. There were plenty of volunteers and overall everything went really well, very smooth. Net proceeds are around \$370.00. Dot Helling, race director, has offered to do the race again next year. Discussed problems with the computer but decided we need more training on this new system.



Thursday Night Series

Bear Swamp - went well, gave a \$75.00 donation to Rumney School. 45 runners, good times, great weather and good volunteers.

Montpelier Chase Race – This will be held on August 24th, needs volunteers.

Predict –a-Time - Turnout is lower than past years, maybe because of the date?

Discussed moving it to August next year? Something to consider.

Northfield Labor Day 5k - New arrangement is that CVR gets \$200 for the help and volunteers we provide to the race. No changes otherwise.

Sodom Pond – No changes

Falling Leaves – No changes

Leaf Peepers – Betty read e-mail from the race director, Roger Cranse. Need volunteers, please spread the word, can't have too many. 500 people are already registered, expect to fill the race no problem. So far the planning is going well.

Betty is asking if any CVR member has extra garage space to hold all the CVR equipment, please let her know.

Dot Helling made a motion to donate something to the town of Berlin for all their help and support over the year and at the races. Motion passed that we donate \$100.00 to either the town or the police, whichever Dot decides, it is her discretion.

Nancy Rice, the newsletter editor discussed the thought that maybe there is too much info in the newsletter. We discussed ideas on how to consolidate and what information should be in the newsletters.

Meeting adjourned at 8:30pm



sock it to me sock it to me sock it to me sock it to me sock it to me sock it to me sock it to me

CABOT HOSIERY SOCK SALE NOVEMBER 11-12 AND 18-19

8:30AM-4:30PM EACH DAY

- only because they'll have the Darn Tough athletic socks on sale. Richard bought some last year and has been really pleased with them. They're seconds, but he says he couldn't find the flaws, and they were about one-third the retail price (he thinks he paid four bucks a pair).
- Thanks to Richard Cleveland for this head's - or should I say feet's ? - up.



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SODOM POND 4 MILE AGE/GENDER ADJUSTED RACE
ADAMANT, VT
 Sep. 20, 2006

PLACE	FINISHER	WMA PERCENT	RAW TIME	ORIGINAL PLACE
1	John Hackney, 61	80.1%	26:24.0	5
2	John Valentine, 57	78.2%	26:06.0	3
3	Dot Martin, 45	78.1%	26:35.0	6
4	Chuck Arnold, 59	78.0%	26:38.0	7
5	Nathan Fields, 25	76.6%	21:59.0	1
6	Bill Dysart, 54	74.5%	26:43.0	8
7	Wilson Skinner, 24	72.7%	23:11.0	2
8	Dave Fields, 51	70.8%	27:25.0	9
9	Mack Gardner-Morse, 45	70.5%	26:16.0	4
10	Greg Gerdel, 59	69.9%	29:43.0	15
11	Linda Hallinger, 54	69.2%	33:26.0	22
12	Dave Erickson, 53	68.3%	28:54.0	14
13	Gerow Carlson, 74	67.2%	36:12.0	26
14	Dot Helling, 56	66.6%	35:42.0	23
15	Dick Millar, 45	66.4%	27:53.0	10
16	Dave Hammond, 46	65.1%	28:41.0	13
17	John Martin, 54	63.8%	31:11.0	20
18	Dave Kissner, 40	63.8%	27:58.0	12
19	Rowley Brucken, 38	63.0%	27:53.0	11
20	Betty Rose, 58	61.7%	39:33.0	28
21	Kevin Brace, 44	61.1%	30:04.0	16
22	Bill St Cyr, 45	59.6%	31:03.0	19
23	Herb Hatch, 32	56.4%	30:06.0	17
24	Eric Ryea, 53	55.2%	35:43.0	24
25	Jack Zeilenga, 29	54.8%	30:44.0	18
26	Roger Cranse, 65	54.0%	40:37.0	29
27	Matt Kennedy, 31	54.0%	31:23.0	21
28	Lisa Brown, 28	53.5%	35:59.0	25
29	Deb St. Cyr, 49	53.2%	40:51.0	30
30	Kim Kiniry, 33	51.4%	37:35.0	27
31	Scott Skinner, 64	42.2%	51:29.0	31



ONION RIVER SPORTS FALL TRAIL RUNNING SERIES AT MORSE FARM

5k run over xc ski trails, singletrack, and a couple fields. \$5 per race, creemees for age group and overall winners. Call the shop (229-9409) and ask me for directions if you need them.

Thursday, September 28 5:30 pm

Thursday, October 5 5:30 pm

Thursday, October 12, 5:30 pm

Saturday, October 28 (Season Finale) 9:30 am

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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.

THE NEW ROUTE WAS A BIG SUCCESS AND EVERYONE LOVED THE NEW STARTING POINT. TIM HAS MADE PERMANENT MARKINGS ON THE COURSE.

The last Fun Run is Tuesday 10/24 at 5:30, before the change in Daylight Saving Time on 10/29. After the race, we will all gather at Julio's Restaurant for our traditional celebration. Even if you don't plan to run, we'd love to see you at Julio's (about 6:30). Let's have a good turnout - don't miss out on the fun!!!

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.



.....
RUNNING IN THE RAIN WILL GET YOU LESS WET THEN WALKING IN THE RAIN.
.....

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WITH absolutely beautiful fall weather and a full harvest moon, eight Vermonters rented a van to travel to Scranton, PA, for the October 8th Steamtown Marathon. The group selected this marathon as they were all trying to qualify for Boston. Four are members of CVR. George Phillips finished in 3:08, Brenda Phillips finished in 3:40, Lori LaCroix finished in 3:39 and Betty Rose finished in 4:26. George, Brenda and Lori all met their goal of qualifying for the 2007 Boston Marathon and Betty qualified for 2008 when she will move into another age category. Brenda and Betty set new personal records. The entire group would recommend this race as a great small (2,000 runners) marathon. It was very well organized and included a mix of downhill and uphill with fun crowd support. And there are lots of Krispy Kreme donut shops.





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

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 . \$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 \$2 or food donation for the Chittenden Emergency Food Shelf.

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Donna Smyers and her sister Karen cleaned shop August 20th at the Timberman Triathlon in New Hampshire. Karen won women overall and won the masters, and Donna won her age group. What a gene pool! Congratulations also to CVR finishers Priscilla Carr and Andrea Mclaughlin, and whomever else is on that finishers list from here. It's a long one.



MT. DESERT ISLAND MARATHON REPORT

ERIC RYEA 3:35 roaring!!!! 8th in his very competitive age group of male 50-54
PRISCILLA CARR 3:54 PR, 2nd female 30-34
DOT HELLING 4:05 PW, 1st female 55-59
A young woman named Stacy Strouse (?) from Winooski came in top ten, won her age group in 3:30, the time she predicted. Vermonter Dave Herr won the race overall. Results are on CoolRunning. A beautiful course and day, very hilly, all pavement with quite a bit of crown. Great volunteers, granite slab awards, showers, massage and food at the finish!



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



ENDURANCE 50/50/50 - DEAN IN VERMONT, October 19, 2006 - FINAL

ENDURANCE 50 MAP



Dean Karnazes, running, dock and water

© Corey Rich [Text contributed By Dot Helling]

It was nothing short of amazing. Dean Karnazes running the Stowe Marathon, his 33rd marathon in so many days on his quest to complete 50 marathons in 50 consecutive days in 50 states. Prior to this journey, and all this summer, Dean completed 3 of the 4 Grand Slam of Ultrarunning 100 milers (Western States 100 in June, Vermont 100 in July, Leadville 100 in August) and the Badwater 135 mile ultramarathon in Death Valley in July. Dean is sponsored by North Face and is using this event to raise money for Karno Kids. Karno Kids is an organization working to improve the health of kids, to work against childhood obesity and excite kids about exercising and good nutrition.

About 35 runners joined Dean this day to run the Stowe Marathon course, a hilly and beautiful route following the pedestrian path along the river then up to the Trapp Family Lodge and down through Nebraska Valley before returning on the path to the finish line at the base of Mt. Mansfield. Several Vermonters including myself, Steve Comolli, Joy and Hallie Grossman, and Justin Ryea ran. Others came from as far away as Florida and San Francisco. Dean's message is about inclusion. He ran and talked with each of us until the group broke into roughly three subgroups. I stayed with Dean's group, finishing in 4:19, and took advantage of every opportunity to find out what makes this man tick. "Is he for real?" was the first question one of the runners asked. I can say undeniably that he is. His strength and fitness is obvious. His passion for running and kids comes forth in every discussion. His support of others was incredible as he encouraged everyone to enjoy the day.

The logistics of what Dean and his crew have been doing are complicated and the most difficult aspect of the event has been the travel. Each day after a marathon he must climb into a bus or onto a plane and travel hours to the next venue. Dean's wife and two children are traveling with him. The kids are home schooled and having the time of their lives. What they will do after these 50 days are over he's not sure. He's waiting to see how his body feels. Judging how he ran today, despite a head cold, he may simply get stronger and faster.

Dean is 44, from California, and worked for an organic food company before taking on this event. He has a 2:40 marathon to his credit, and this year won the Vermont 100 overall. He ran the Boston Marathon twice this year, on its official day in April and again as part of this event.

I like the man immensely and have great respect for him after joining him in this event. My friend Joy described him as "gracious" and that is exactly what he is and how he was with us and all the spectators along the way. He was also thoroughly taking in and enjoying the Vermont landscape.

Dean will complete his 50th marathon in this event at the New York Marathon the first weekend in November. Tonight he headed off to Cleveland and will do the Chicago Marathon this weekend. To learn more about Dean and the event, go to www.endurance50.com

www.cvrrunners.org



THE LAST ORS/MORSE TRAIL RUN SERIES 5K IS SATURDAY, OCTOBER 28TH AT 9:30AM, ONLY \$5.00. →

[Open Letter:]

Hi Dot,

I hope you enjoyed your weekend and run in Bar Harbor this past weekend. George and I ran the Steamtown Marathon a week or so ago (along with Betty and some friends from Burlington). I qualified for Boston (3:40:13...barely) and George re-qualified with a time of 3:08:42. The course really tore me apart (some steep descents in the first 6 miles with some rolling hills throughout). I have had problems with severe cramps in my calves (a.k.a., excessive contractions, charlie horses) after my past three marathons but never while running. The cramps set in at mile 17 and I fell off pace at that point in time. Otherwise, I felt really strong and was very comfortable at my faster pace but I couldn't get my legs to go any faster without cramping (they also cramped when running up or down hills). I took Succeed caplets throughout the race as well as salt at mile 24; nothing seemed to help. In any case, I was happy to qualify but slightly disappointed with my overall time.

I am also writing because I have decided to run the JFK 50 miler next month in Boonsboro, MD, in order to stave off any more post-marathon blues. This will be my first *official* ultra. I am sure there are CVR members who have run it, so I would be happy to hear from anyone who has or anyone willing to offer some advice on running ultras. It doesn't look as though they drop bags at the aid stations (only start to finish). I am only slightly worried about running in wet shoes, should the weather be less than ideal. Thanks so much, Brenda Brenda Phillips" bcp@bu.edu

Hubbard Park 5k Results- Tim Noonan, Race Director

September 13, 2006

Place*	Name	Actual Time	Predicted Time	Difference in Seconds
1	Roddie Larsen	40:06	40:00	6
2 (tie)	Dave Erickson	25:13	25:30	17
2 (tie)	Greg Gerdel	25:23	25:40	17
4	Jessica Bolduc	22:50	22:30	20
5	Roger Cranse	35:53	35:30	23
6	Jill Aspinall	31:22	30:50	32
7	Kevin Bracey	24:36	25:09	33
8	Megan Valentine	24:54	24:20	34
9	Herb Hatch	24:40	25:20	40
10	John Valentine	22:16	23:00	44
11	Dick Millar	22:59	24:45	106
12	Isaac Reilly	35:20	33:13	127
13	Jeremy Reilly	35:19	32:44	155
14	Dorothy Reilly	40:00	43:13	193
15	Dot Helling	4:59	31:00	239
16	Jill Guerin	28:56	33:34	278

**Place is determined by the differences between runners' predicted times and actual times*
 Many thanks to volunteers Norm Robinson, Richard Cleveland, Bob Murphy, Kate Dailey

To view results of the 29th Annual Northfield Savings Bank 5K and 1 Mile held in Northfield, VT, September 2, 2006, please go to our web site – lots of great runners * stars all * but a lot to put into this newsletter.

Hubbard Park 5k Results - Tim Noonan, Race Director

September 13, 2006

Place*	Name	Actual Time	Predicted Time	Difference in Seconds
1	Roddie Larsen	40:06	40:00	6
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7	Kevin Bracey	24:36	25:09	33
8	Megan Valentine	24:54	24:20	34
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Many thanks to volunteers Norm Robinson, Richard Cleveland, Bob Murphy, Kate Dailey

The 23rd Annual Leaf Peepers HMar & 5k

Computerized Timing and Scoring By: GRANITE STATE RACE SERVICES, Newport, NH (603) 863-2537
 Waterbury, VT, October 1, 2006

Top Ten Men & Women 5k

TOP TEN RESULTS - HALF MARATHON
 THE 23rd ANNUAL LEAF PEEPERS
 HALF-MARATHON AND 5KM RACE

Oct. 1, 2006 USATF CERTIFIED HALF MARATHON #VT99006WN Waterbury, VT
 Timing By: Granite State Race Services www.gsrs.com

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TOP TEN MEN OVERALL

Place	Div	Div	Name	Age	Sex	Race#	City/state
Time		Pace					
1	1	M1929	George Deane	26	M	1109	South Burlington VT
16:13		5:14					
2	1	M3039	Joe Gingras	30	M	1156	South Burlington VT
16:21		5:16					
3	1	M4049	Larry Allard	48	M	1012	Barton VT
18:04		5:49					
4	2	M4049	John Beard	42	M	1034	Austin TX
18:09		5:51					
5	3	M4049	Alex McHenry	41	M	1267	Randolph VT
18:17		5:53					
6	4	M4049	Todd Taska	47	M	1373	Lowell VT
18:44		6:02					

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7	1	M0118	Nicholas Wisniewski	14	M		1410 Waterbury VT
19:01			6:08				
8	2	M3039	George Phillips	32	M		1308 Plainfield VT
19:27			6:16				
9	2	M0118	Richard McAlear	15	M		1264 Pierrefonds PQ
19:33			6:18				
10	5	M4049	Bryce Stearns	45	M		1363 Hinesburg VT
20:07			6:29				

TOP TEN WOMEN OVERALL 5K

Place	Div	Div	Name	Age	Sex	Race#	City/state
Time		Pace					
1	1	F4049	Charlotte Brynn	40	F	1073	Stowe VT
19:34		6:18					
2	1	F1929	Heather Gallagher	28	F	1149	West Lebanon NH
19:58		6:26					
3	1	F3039	Cindy Edson	38	F	1120	Norwich VT
20:19		6:33					
4	2	F3039	Courtney Kutler	30	F	1225	South Burlington VT
20:25		6:35					
5	3	F3039	Jessica Bolduc	30	F	1052	South Burlington VT
20:27		6:35					
6	4	F3039	Sheridan Bauman	35	F	1031	Westbrook CT
21:44		7:00					
7	2	F1929	Susan Johnson	21	F	1205	North Hero VT
21:51		7:02					
8	5	F3039	Brenda Phillips	32	F	1309	Plainfield VT
22:00		7:05					
9	1	F0118	Ali Dunn	13	F	1119	Montpelier VT
22:41		7:18					
10	6	F3039	Carrie Dessureau	37	F	1112	Waterbury VT
22:43		7:19					

TOP TEN MEN OVERALL HALF M

Place	Div	Div	Name	Age	Sex	Race#	City/state
Time		Pace					
1	1	M1929	Rick Rountree	28	M	3	Williston VT
1:10:48		5:24					
2	2	M1929	Ryan Robitaille	23	M	2	Burlington VT
1:15:33		5:46					
3	1	M3039	Robert Lukaskiewicz	36	M	1	Rutland VT
1:15:53		5:48					
4	1	M4049	Randy Sightler	47	M	746	Burlington VT
1:16:56*		5:53					
5	3	M1929	Ben Schersten	27	M	724	Montpelier VT
1:17:47		5:56					
6	4	M1929	Nathan Fields	25	M	263	Underhill VT
1:17:49		5:57					
7	2	M4049	Sam Davis	45	M	195	Colchester VT
1:17:57*		5:57					
8	3	M4049	Mike Early	42	M	237	Huntington VT
1:18:12		5:58					



9 5 M1929 Matthew Dall 28 M 184 Colchester VT
 1:20:06 6:07
 10 2 M3039 Aaron Baggish 31 M 37 Cambridge MA
 1:20:18 6:08
 * Under USATF Age-Group guideline

TOP TEN WOMEN OVERALL HALF M

Place	Div	Div	Name	Age	Sex	Race#	City/state
Time		Pace					
1	1	F1929	Megan Valentine	27	F	806	Colchester VT
1:28:18		6:45					
2	1	F4049	Susan Bonthron	45	F	81	Holmes NY
1:28:52*		6:47					
3	1	F3039	Leslie Myers	39	F	575	Burlington VT
1:29:10		6:49					
4	2	F3039	Anne Treadwell	38	F	799	Burlington VT
1:29:16		6:49					
5	2	F4049	Dot Martin	45	F	493	Montpelier VT
1:31:40*		7:00					
6	2	F1929	Robyn Anderson	19	F	23	Stowe VT
1:31:41		7:00					
7	3	F1929	Bridget Ferrin	25	F	260	Lyndonville VT
1:32:53		7:06					
8	4	F1929	Cayenne MacKillop	19	F	481	Charlotte VT
1:33:31		7:08					
9	3	F3039	Jessica Cover	36	F	163	Richmond VT
1:35:40		7:18					
10	3	F4049	Sue Hackney	49	F	329	Montpelier VT
1:36:03		7:20					

* Under USATF Age-Group guideline

<http://www.coolrunning.com/results>

Postscript For items to publish for the newsletter, comments and suggestions please send them to me at nansue_2000@yahoo.com (note that is an underscore between nansue and 2000). The next newsletter will be published shortly before the November 1st meeting, which will be held at Donna Smyer's and Erik Ryea's in Adamant.

7 Tips for Cold Weather Running

Now that the temperature is dropping in many areas of Northern hemisphere, many of you will be facing some nasty weather days. With the proper preparation, attitude, and equipment, you can train in almost any conditions. Based on over 20 years of winter running at temperatures as low as -46 degrees C (= -50 F), here are a few tips for dealing with the cold:

KEEP YOUR HEAD COVERED. A substantial amount of body heat is lost through the head. A wool or wool blend toque (i.e. like sailors or rap stars wear) which covers the ears is an essential part of any winter runner's gear.

DRESS IN LAYERS. An outer layer of nylon or Gortex to break the wind, combined

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with an underlying wicking layer (Lifa underwear is good) is the perfect combination to keep you warm and dry in cold conditions. When it's really cold, you can add a middle layer (e.g. cotton sweats or sweatshirt) for extras insulation.

DON'T OVERDRESS. Three layers (ok, maybe four on the top) is the maximum you should need, even in the most extreme conditions. Even when the mercury hits -30, your body still generates a great deal of heat when you are exercising.

WHEN IT'S REALLY COLD, COVER YOUR FACE. A ski mask (i.e. like bank robbers wear) is almost mandatory when it drops into the -20 C (below 0 F) range. Breathing through the mask warms the air being drawn into the lungs. And speaking of the lungs, despite what many non-runners think, it would be physically impossible to "freeze your lungs" by running in cold weather. The amount of pain you'd be in prior to actually freezing a lung would preclude you from even running another step.

MITTS ARE BETTER THAN GLOVES. The cold works on a "divide and conquer" basis. By having each finger share its warmth with the others, your hands should stay warm. If you find your fingers freezing, vigorous windmill arm circles can quickly restore circulation to the tips of the fingers.

SLOW DOWN; MODIFY YOUR EXPECTATIONS. It's unrealistic to expect that you can do the same quality and quantity of training in harsh, cold conditions. The winter is an excellent time for most runners to recover and build a base with slower (but necessarily slow) continuous miles.

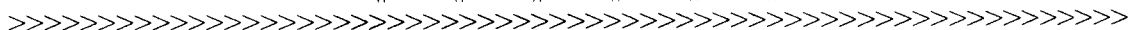
MODIFY YOUR NORMAL RUNNING ROUTES. When it's really cold, you should never be further than about 10 minutes away from a warm shelter. Rather than doing that 10 mile loop out in the country, it might be wiser to do four 2.5 miles loops closer to home in case you run into trouble.

Special Bonus tip for the Male Gender

KEEP THE "LITTLE GUY" WARM. Hey, don't laugh. Thawing out your Johnson is one of the most painful things you'll ever do. (Apparently child birth is worse; at least according to my wife.) Stuffing an extra toque down the front of your shorts is the most effective way I've found in dealing with this problem.

For a comprehensive help for all areas of your running, check out a [Run Quick training program](#).

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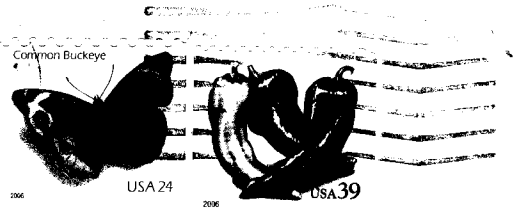
- Notes: 1. Only current paid members of CVR included (as of Sept. 2005)
- 2. "Y" under Vol. indicates individual has volunteered at a CVR race and will qualify for final standings
- NOTE: VOLUNTEERS AT LEAFPEEPERS NOT YET INCLUDED
- 3. Final Standings, to be posted on or about December 1 2005, will include only those who have volunteered during the year.

Name	Vol	First Night 10.0%	Semi-pace 10.0%	Full Mainman 10.0%	Bear Swamp 10.0%	Berlin Pond 10.0%	NorthWood 10.0%	Leaf-Peepers 10.0%	Leaf-Peepers 10.0%	Fun 10.0%	Total Points
Female 2-19											
Noonan, Theresa										15.0	15.0
Singer, Gretchen		50.0			100.0						180.0
Female 20-29											
Valentine, Megan	Y	100.0		100.0		100.0	100.0	100.0			600.0
Zelenga, Carolyn	Y					98.3					98.3
Female 30-39											
Aspinall, Jill (*)	Y					61.2		73.1		15.0	109.3
Carr, Friscilla	Y	73.4		93.3		90.2		82.2		40.0	379.1
Castle, Jen		99.0						72.2			142.1
Colvin, Sandy				93.8		96.5					190.3
Daly, Kate	Y		79.8	89.8	90.2	87.0	93.7	79.8		25.0	534.9
Elias, Gretchen	Y					88.9		89.8			198.9
Eustis, Cathy				70.8		75.7	38.5				90.5
Famham, April		70.4									185.0
Mal, Kathy						72.7					70.4
Miles, Nicole											142.8
Morris, Adriana							56.7				56.7
Mouton, Celeste	Y	54.9									54.9
Phillips, Brenda	Y	78.5		90.2	100.0	93.7	99.1		92.3	20.0	583.8
Risker, Denise!!!		54.2	71.0					89.8			205.0
Scott, Angie				82.1	96.2						182.0
Female 40-49											
Anthony, Elna	Y								57.7		57.7
Burgos, Suzanne				96.1				89.7			175.8
Bushay, Ann	Y		50.8	94.9	84.4	91.7	99.1		5.0		442.7
Cross, Cyndy	Y			88.7				71.8			100.5
Duprey, Cynthia	Y		58.8			77.3		82.3			206.4
Hackney, Sue		100.0	100.0		100.0		100.0	82.5			492.5
Hartshorn, Cathy	Y	76.7									76.7
Kessler, Tess	Y	61.4									81.4
Lacroix, Lori	Y			100.0							100.0
Marin, Jo:	Y							65.8		15.0	111.8
McLaughlin, Andrea	Y									5.0	5.0
Medalle, Laura	Y	61.9									81.9
Pierce, Kimberly								82.9			82.9
Reilly, Dorothy									30.0		30.0
Snyers, Donna	Y	87.8			86.9	100.0					267.5
Female 50-59											
Elias, Celine								87.3			87.3
Felz, Pam											85.8
Hallinger, Linda								60.0			60.0
Helling, Dot	Y	99.7			82.8				20.0		200.7
Kreckel, Carrie								89.4			89.4
McKintosh, Elizabeth	Y	77.7	98.9	96.3	100.0						339.9
Rose, Betty	Y								50.0		50.0
Wells, Janet		52.1							5.0		60.1
Female 60-69											
Bladt, Suzanne								74.1			74.1
Marquet, Rochelle	Y		100.0								100.0
Stapenhorst, Bobbi						100.0		61.5			161.5
Female 70-79											
Male 0-19											
Burgos, Peter								63.2			63.2
Cross, Ryan									87.5		87.5
Griggs, Aaron		94.7	100.0		100.0	100.0					304.7
Griggs, Tyler		77.8				83.2	78.8				239.8
Reilly, Isaac									35.0		35.0
Male 20-29											
Skinner, Wilson		58.9	93.4		97.8	93.5			5.0		376.4
Male 30-39											
Braker, Rowly	Y					92.9	94.4				187.3
Cameron, David			77.8	75.1		74.8	76.8		5.0		308.9
Connolly, Steve	Y				21.8						91.8
Eustis, Steve				77.4							77.4
Godfred, Matt	Y	71.6							5.0		76.6
Phillips, George		77.7						82.0	94.1	30.0	295.4
Rosa, Alan		53.3									53.3
Williamson, John		61.8									61.8
Male 40-49											
Brise, Dave						94.3					94.3
Burgos, Tom	Y			87.8							87.8
DeLuca, Paul		53.3				65.7			5.0		134.0
Frey, Scott		52.2	84.4								186.6
Gardner-Morse, Mack	Y	90.3		87.3	90.2	95.8	90.5				480.1
Gillis, Mike						82.3					82.3
Griggs, Scott	Y		78.8			79.1	83.0	74.4			313.4
Haney, Tim			81.0	83.7				73.2		15.0	252.0
Kissner, Dave						61.3					61.3
Loda, Joe		74.2									74.2
Mills, Dick	Y				96.7	100.0			40.0		236.7
Noonan, Tim!!!	Y	91.9				90.8			50.0		238.7
Reilly, Jeremy									25.0		25.0
Singer, Donald		98.7	92.8		100.0			83.5			372.8
Whipple, Trevor	Y	76.1						67.8			143.9
Male 50-59											
Cherniack, Michael	Y	53.1			72.4	73.0	98.4	73.7		45.0	412.8
Duff, Andrew			87.1								87.1
Erickson, Dave	Y	84.0		79.8	86.7	87.0	92.8	79.8		50.0	549.7
Felz, Tom					90.0						90.0
Gerdel, Greg	Y	95.8			87.4	88.3	94.7			50.0	407.2
Howe, Bob		78.0					98.5		77.2		222.0
Kaeding, John			71.8			86.5					157.1
Marin, John	Y							72.4		25.0	104.4
Molz, Rick	Y								71.3	5.0	76.8
Ridlon, Ron								79.7			79.7
Robinson, Norm	Y		77.2							5.0	82.2
Seattle, Sigh		94.4			87.0						181.4
Shanley, James			52.8	100.0	96.7					10.0	289.3
Stapenhorst, Fred						88.2		85.1			171.3
Valentine, John	Y	95.4				100.0	91.2	89.4		30.0	413.0
Male 60-69											
Cranse, Roger		65.1	75.3			78.4	83.7			5.0	285.5
Ferno, Richard	Y		81.0			84.8	71.7				237.3
Hackney, John	Y	100.0			100.0		100.0				300.0
Murphy, Bob	Y	87.0						65.8		50.0	282.8
Skinner, Scott	Y	88.8							92.8	15.0	137.2
Wright, Greg	Y	82.1		100.0	80.5	100.0	94.9	83.3			630.8
Male 70-79											
Carson, Garow	Y				100.0	100.0	96.2		100.0	50.0	435.2

(*) These individuals have moved up to the next age group during the year. They remain in the younger age group for the duration of this race series, however, and their scores have been adjusted as if they were still in the



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CVR PD 2006

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October 2006

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NEXT CVR MEETING:

Monday, November 1 2006
6:00 P.M.

~~Donna Snyers and Bill Bug's~~
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Potluck and Meeting
Details Inside