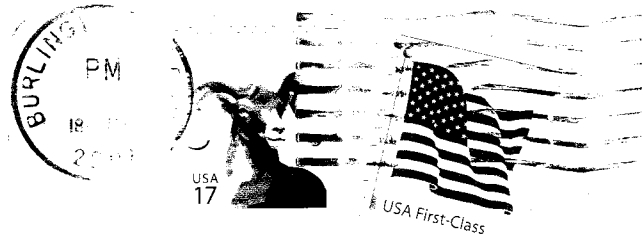




c/o Nancy S. Rice
15 Spring Street, Apt. 2
Montpelier, Vermont 05602



CVR PD 2007

Robert Murphy
35 Birchwood Park Dr
Barre, VT 05641

May 2007

CVR OFFICERS:

President:	Norm Robinson
Vice-President:	Andrea McLaughlin
Treasurer:	Priscilla Carr
Secretary:	Sandy Colvin
Webmaster:	Dave Kissner
Newsletter Editor:	Nancy Rice
Publicity:	<i>Vacant</i>
Membership Coordinator	Donna Smyers

NEXT CVR MEETING:

THURSDAY JUNE 7, 2007

**6:00 P.M.
Potluck and Meeting
Details Inside**



May 2007

Volume 28, Issue 2

CENTRAL VERMONT RUNNERS MAY 2007 NEWSLETTER

NOTES FROM THE PREZ

Hello to everyone and welcome to another great edition of the CVR newsletter. We should all give Nancy Rice a big THANK YOU for all the work she puts into this publication. I know many of my fellow CVR members, but there are many of you out there that I don't know very well. I encourage you to give me a call or drop me an email anytime you have something to share or a concern you might have. My home phone is 223-7351 and the answering machine will pick up if I am not there. You can reach me via email at normrobinson@comcast.net.

There are just a few things I want to share with you this time around. First off, remember that THIS IS YOUR CLUB! CVR is what each of us combined wish to make it. We are fast approaching the racing season and we have a lot of events coming up in the next months. Every race director (regardless the size of the race) puts in a lot of effort to put on a quality show. It is up to each and every one of us to step up and help them when we can. There are many pre and post race duties that have to be done that still allow you to run the race. Most of these require no experience. If every club member gave 2-3 hours A YEAR we could put on all the races comfortably. You can volunteer by contacting the race director and letting them know you want to help.

On that note, a reminder that the KIDS' TRACK MEET is scheduled for June 2. Tim Noonan and I are race directors and let us know if you can help. We need folks from about 8:30 till 11:00 a.m. on Saturday.

Secondly, the newsletter you are reading doesn't just happen by itself. Nancy puts a lot of effort into editing this, BUT SHE SHOULDN'T HAVE TO WRITE IT TOO! Please send her anything you think might be newsworthy. If you have been to a race, let us all know what you thought of it and how you did. If you train regularly at a certain place and time, let us all know so we can join you. If you have a funny story, or interesting news send it to her. Her e-mail address is nansue_2000@yahoo.com. Make sure you underscore after her name.

The last thing I would ask is that you attend any of the CVR meetings you can. They are always pot luck, and often more social than business meetings. The next meeting is at my home at 66 Terrace St. in Montpelier. Please note the change in time as I have moved the meetings this year to 6:00. We will begin eating at that time with business to follow promptly at 6:30. We will adjourn no later than 8:00. Hope to see you there.

For now that is it.

See you on the roads,
Norm Robinson

66 Terrace St. in Montpelier

NEXT MEETING:

Thursday June 7, 2007

Pot luck 6:00p.m, Business meeting at 6:30p.m.

CVR Annual Meeting

March 18, 2007 Meeting

Compiled by Sandy Colvin

Betty Rose called the annual meeting to order. She introduced two guests from the Rutland Running club, one of which is the RRCA representative for Vermont. Secretary Minutes from the last meeting were accepted. One note about the date printed for Leaf Peepers, it is actually September 30th.

Treasurers Report

Priscilla Carr passed out the last 3 years budget/report. Balance in our account right now is \$13,380. Budget accepted.

Also reported was the need to file our non profit status and work, which involves review of the past 3 years of treasurers reports and working with an accountant to make sure this filing is done properly. This will be done.

By Laws

It has been discovered that the clubs by laws may be outdated. Although we have discussed making changes to them in the past few years, no one has been able to find a current typed up version with all the changes. Because of this, Priscilla Carr worked with others such as Bob Murphy to review all the minutes from our previous meetings to find mention of changes to our by laws. Priscilla reviewed some changes with the group and will send the new by laws out to everyone via e-mail for their review. She encourages all the officers to review and make sure they are aware of their duties etc. Also changed were some spelling and grammar errors. The new by laws were accepted.

Election of Officers – President – Norm Robinson

VP – Andrea McLaughlin

Secretary – Sandy Colvin

Treasurer – Priscilla Carr

Executive Committee – Dick Millar, Greg Wight

Publicity Director – Open

All officers nominated and accepted.

Dates for future club meetings

There are 4 meetings per year, usually March, June, August and November. For this year the tentative dates of our club meetings are:

June 7th – 6:00 pm at Norm's house

August 15th – Location to be announced

November 7th – Location to be announced

Date for Annual March meeting to be set in November

Newsletter

Nancy Rice asked the group about the idea of sending out more newsletters, perhaps one **between** November and March? Everyone discussed and agreed this would be o.k. She also reminded everyone to send her information for the newsletters.

Share ideas, info on upcoming events as well as your experiences at events. She is always looking for good info to publish.

Nancy also asked that the newsletters always include race information such as race name, date of the race and the race director's name and contact info. This will help us all keep the dates on our calendars as well as publicize our events.

Blueplanetrun.org

Dot Helling shared with the group her next adventure of running around the world with an organization called Blue Planet. For more info the website is Blueplanetrun.org.

Equipment

The club needs a place to store all the equipment. Lori LaCroix has offered space in Sidewalk Village. Suggestions were made to look closer at the security and lets make sure someone does an inventory of everything, but if found o.k. as far as security, we should take her up on her offer.

Timers

Donna discussed getting 2-3 new hand held paper timers and also getting a nice timer that is compatible with our computer and computer timing system. A motion by Norm was accepted to form a committee on researching a new timer and/or computer system, but in the meantime purchasing new hand held paper timers. Donna, Bob, Norm and Tim will be on the committee and a budge of \$1000 +/- was authorized.

VT RRCA Representative

The RRCA representative for Vermont spoke about his trip to the RRCA meeting in Massachusetts. He feels the RRCA is very solvent now, and he wanted to share with us some of the projects they are working on as well as some of the feedback from his meeting. At the meeting he learned that all running clubs in the Northeast are challenged with getting volunteers for their events. Club fees around the North East range from \$15.00 up to \$125.00. The RRCA works with a kids program called Kids Run the Nation, encouraging young children to run, and they are working on a Road Scholar Program to support young elite runners. He left information regarding the 50 state champ challenge campaign, to build awareness of running.

Marble Valley Runners' Mothers Day Race

Ron Bushey from the Marble Valley Runners shared information with the group regarding a Mothers Day race in Rutland. It is May 13th at 3:00 pm. A 5K race on flat roads, sponsored by the Sportshoe Center, race entry is \$15.00. Prizes for categories such as Mother with stroller, Fathers with Stroller etc. Proceeds go to the Rutland City Battered Woman's Shelter.

Mailings

We had a long discussion regarding mailings of race applications and the need for continuing to do this. Some feel that sending out applications is necessary, while others feel posting the information to a website and sending out postcards is a better methodology. There is a fear that not everyone who attends our races uses a computer and by only having on line applications etc. we will lose part of our audience. Donna offered to send out a post card type reminder on our races with only certain info rather than a full application for each race.

Race Updates

Roger Cranse gave an update on planning for *Leaf Peepers*. Everything is going well, he met with the state and they have agreed to provide maintenance as well as security at this years race.

Tim Noonan gave an update on *Northfield*, he will need help with the event, and he needs volunteers for the race timing and course etc. Betty has offered to enter the preregistration data. Brenda offered to help and Roger suggested getting Norwich more involved. Tim would like to have a race planning committee of 5-6 people. If you are interested in being on the committee or volunteering for the race, contact Tim.

2007 CVR Race and Event Schedule



Contact person: Norm Robinson, President, normrobinson@comcast.net

*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.

Dates and times listed below are tentative and subject to change. Please contact race directors for up-to-date info.

Sunday April 29, 10 am

Mutt Strutt 3-Miler (21 doggie miles)

Little River State Park, Waterbury

3 mile run for people with dogs on leashes to benefit the Central Vermont Humane Society. Contact: Donna Smyers at 802 229-4393 / DoSmyers@cs.com or Jamie Shanley at 802 223-4856.

Sunday May 6, 11 am

Adamant Black Fly Festival 4 Miler

Across from the Adamant Co-op

Beautiful flat out and back dirt road along Sodom Pond; to benefit the Adamant Co-op.

Contacts: Eric Ryea 802 223-2733 or Donna Smyers 802 229-4393 / DoSmyers@cs.com.

Saturday June 2, 9:30 am

Kids Track Meet, Montpelier

Montpelier High School Track

FREE. For kids pre-school through 6th grade. Registration begins at 8:30. Events include softball throw and long jump (all ages), quarter mile and 100 yard dash (all ages), half mile (1st and 2nd grade) and mile (3rd through 6th grade). Contacts: Tim Noonan at 802 223-6216 or Norm Robinson at 802 223-7351.

Saturday June 9, 9 am

Capital City Stampede 10K, Montpelier

Vermont's fastest 10km course. Certified course, part of the CVR ORS Race Series.

Registration begins at 7:30 am at the Unitarian Church, Montpelier. Contact: John Valentine, jvalentine@tds.net or 802 485-3777.

Saturday June 23, 8:45 am

Paul Mailman Montpelier Ten-Miler

Starts at/finishes near Montpelier High School, part of the CVR ORS Race Series. Longest continuously held road race in Central Vermont. Flat to rolling out and back; 27% paved, 73% gravel roads. Contact: Betty Rose, BRose@nationallife.com or 802 229-2311.

Monday July 9, 6 pm

Bear Swamp Run 5.7 miles, Middlesex

Hilly dirt roads, scenic, part of the CVR ORS Race Series. Race day registration only (5:00-5:45 pm), Rumney School, Middlesex. Contact: Tim Noonan 802 223-6216.

Saturday July 28, 12 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. Shirts to first 50 entrants. Contact: Bob Bisson, 802 479-2635.

Thursday August 9, 6 pm**Berlin Pond Five Miler**

Berlin Town Clerk's office

5 mile loop counterclockwise around Berlin Pond, mix of flat and hilly dirt roads, part of the CVR ORS Race Series. Contact: Brenda Phillips, 802 454-1521 or bcphillips@gmail.com.

Thursday, August 16, 6 pm**Hubbard Park Predict-a-Time Run 5K, Montpelier**

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 (5:00-5:45 pm), New Shelter, Hubbard Park. Contact: Tim Noonan 802 223-6216.

Thursday August 23, 6 pm**East Montpelier Center Chase Race**

5 miles, Old Meeting House, E. Montpelier

Staggered start race based on age and gender. Loop course on rolling dirt roads. Race day registration only (5:00-5:45 pm), Old Meeting House, E. Montpelier. Contact: Tim Noonan 802 223-6216.

Saturday September 1, 9:30 am / 10:30 am**Northfield Savings Bank 5K and Children's 1-Mile Race**

5K course certified, part of the CVR ORS Race Series. Start and finish in front of the Northfield Savings Bank at the Green in downtown Northfield, Vermont. Contact: Northfield Savings Bank, P.O. Box 347, Northfield, VT 05663-0247, 802 485-5223.

Wednesday September 19, 6 pm**Sodom Pond Run 4 miles, Adamant**

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 pm), across from the Adamant Co-op. Contact: Tim Noonan, 802 223-6216.

Sunday September 30, 11 am**Leaf Peepers Half-Marathon and 5K, State Office Complex, Waterbury**

Paved and dirt roads, rolling, out and back. Part of the CVR ORS 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 9-10:30 am at Vermont State Office complex, Waterbury. Contact: Roger Cranse, 802 223-6997 or rcc41@adelphia.net.

November 3, 10, 17 (Saturdays) 9 am**Fallen Leaves 5K Series, Montpelier**

Montpelier High School Track

This low-key, three-race series 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. Contact: Tim Noonan, 802 223-6216.

Monday December 31, 3 pm**Montpelier First Night 5K, Montpelier**

Mostly flat road course with one half-mile uphill section, part of the CVR ORS Race Series (first race of '08 series). Registration beginning at 1:15 pm in the basement of the Pavilion Building, corner of Governor Davis and Court Streets, just north of the State House, Montpelier. Contact: Rowly Brucken, rbrucken@norwich.edu or 802 563-2275.

HAVING FUN AT THE FUN RUNS

By now most of you should know that the annual Fun Runs have begun. They are held every Tuesday at 5:30 p.m. They begin near the Montpelier High School track on the bike path and run out River Road and 3 Mile Bridge Road. We have measured distances of 1, 2, 4, and 6 miles and you can run any distance at any pace you desire. The best place to park is behind the Department of Employment and Training building on Green Mountain Drive. If you are unfamiliar with that location you just turn either just prior or immediately after the high school tennis courts, depending on which direction you are coming from.

The run on Tuesday May 1 was especially fun for me. There was a pack of us running 4 miles more or less together. With a little more than a mile to go we jumped into an "indian run" or "leapfrog" where we ran single file. The runner in the back would accelerate to the front, and we would continue to rotate through the line. It made for a quick pace, but everyone got into it and we had a great time.

I hope to see more of you at these runs. It is an opportunity to run with friends, and kid around if you wish. If you prefer a more serious run there is likely that someone will be willing to do intervals, etc. Please don't feel intimidated if you are not speedy because every ability is welcome. We also encourage you to bring your kids and their friends along. The one mile run is entirely on the bike path so safety is easy.

Hope to see you soon - Norm

The Monday Berlin Pond runs have never stopped! Even with the rest of us injured or running inside in the winter, John Valentine continues the tradition. Every Monday at 4:15 at the Berlin Town Clerks office for 6 miles (and maybe even 8 or possibly 10 miles in the summer). We need more participants to make up for some of us injury prone old people. I will be running a shorter distance as I return to the group, so join me for a slow 2-4 mile run as I ramp back up to 6 over the next several weeks.

Remember **listserve** was originally created for you to announce something general to the whole group - So, if you want a running partner at any time, just email cvrrunners@yahoo.com. Hit "Reply all" if you want the group to receive your response—"reply" goes just to the sender. See Donna's comments in this newsletter for more information.

2nd Annual 200-Mile Green Mountain Relay - Jeffersonville to Bennington, Vermont
Scheduled in June around the full moon, the 2nd annual Green Mountain Relay will take place on SATURDAY AND SUNDAY, JUNE 2-3, 2007. Race Director Paul Vanderheiden, owner of Timberline Events LLC. Greater details were in the February Newsletter

Registration for the Green Mountain Relay is limited to the first 125 teams. www.GreenMountainRelay.com for information.



2007 GMAA Race Schedule

Click on the race name for more info!!

Note: all GMAA members receive a \$1 discount at all GMAA races (except \$2 races!)

Note: anyone can join the GMAA race day and receive membership rates

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

[Link to the GMAA weather policy](#)

Jul 4 25th 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

Aug 11 15th 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 25 28th Round Church Women's Run 5K or 10K 8:30 Round Church, Richmond. Fast and flat out and back on Cochran Road. Kasie and Eli Enman (802-238-0820) roundchurch@gmaa.net \$5 pre-registration/\$8 race day (optional women's tank top \$6).

Sep 8 39th Archie Post 5 Miler 8:30 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 8:00). Free 1/4 mile kid's race at 9:30am. Mike and Mary Beth Early (802-434-5311) archiepost@gmaa.net \$7 pre-registration/\$10 race day (optional shirt \$6).

Sep 15 4th Common to Common 30K 8:30 Memorial Hall, Essex Center. Great marathon or half marathon tune-up or race long without hitting the wall. Scenic run through the farm country of Essex and Westford. Essex common to the Westford common and back. Steve and Cathy Eustis (802-878-4385) common2common@gmaa.net \$11 pre-registration/\$15 race day.

Oct 13 34th Art Tudhope 10K 9:00 Shelburne Beach. Fast, scenic run through Charlotte apple orchards along Lake Champlain. Free 1/4 mile kid's race at 8:45am. Matt and Emily Gallagher (802-862-6706) tudhope@gmaa.net \$5 pre-registration/\$8 race day.

Oct 20 37th 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 22 31st Turkey Trot 5K 11:00 Gutterson Field House, UVM. Run for fun and charity and make room for your Thanksgiving dinner! Free 1/4 mile kid's race at 10:45am. Anne Treadwell. turkeytrot@gmaa.net \$5 (or \$10 per family) or food donation for the Chittenden Emergency Food Shelf.

More central Vermont races can be found on the [Central Vermont Runners](#) web site
More southern Vermont races can be found on the [Batten Kill Valley Runners](#) web site
More Chittenden County races can be found on the [Shelburne Athletic Club](#) web site

www.cvrrunners.org!



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
 - insures CVR races.
- Become eligible for discounts at area sporting goods stores:
 - Onion River Sports / Shoe Horn - 10% off running shoes and running apparel.
 - Lenny's Shoes & Apparel - 10% off running shoes.
 - 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).

2007

2008

2009

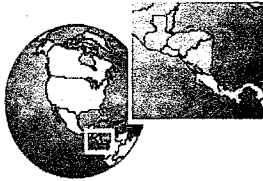
2010

2011

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

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

-globe trotters -



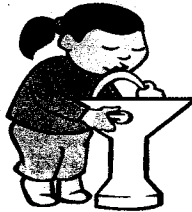
Dot and John Martin did an Ironman in New Zealand both having great races. I think they had their best times in a few years.

Dot was 5th 45-49 woman just 5 minutes out of 1st with an 11:54, John got 10th 55-59 male with 13:16. Kim Loeffler from Burlington ran a 3:09 marathon to run into 3rd pro female place (9:33 total time)!

Lots of indoor training time paid off.

Congrats to all!

Donna



JOIN DOT FOR HER SEND-OFF PARTY AT JULIO'S ON THURSDAY, MAY 24, 6-8PM: \$2.00 margaritas, chips and salsa, guacamole and nachos. Thanks to John Mayfield and his staff!!!! Hope to see you there! Dot Helling, ultradot@verizon.net

Montpelier, Vermont's DOT HELLING is running AROUND THE WORLD!!!

Inaugural "BLUE PLANET RUN," June 1, 2007-September 4, 2007

WHAT AN OPPORTUNITY!: I have been selected as part of the Blue Planet Run team, 20 international runners who will run around the world this summer to raise awareness and funds for access to safe drinking water. The 2007 Blue Planet Run is the first of its kind. We will cover over 15,200 miles across 16 countries and 4 continents, 24 hours a day for 95 days. We will take more than 26.7 million strides to deliver an important message: **WE CAN PROVIDE ACCESS TO SAFE DRINKING WATER FOR THE 1.2 BILLION PEOPLES OF THE WORLD WHO LACK IT.** Unlike cures for AIDS and other health problems, access to safe drinking is solvable and attainable. There are no technological barriers to providing safe drinking water. For more than one billion people, it is the first step out of poverty and the foundation for solving issues of health, education, food, livelihood, gender equalization, migration to urban areas, population and

environment. People with waterborne illnesses occupy half of the world's hospital beds, 2.2 million die each year. Hundreds of millions of women and children in Africa, Afghanistan, India and other parts of Asia, and in Central and South America, live in communities where water is scarce or contaminated, or both. They are among the 6,000 who die every 24 hours because the need for safe drinking water outweighs the supply. In America where virtually all of us can safely drink from the tap, we are drinking bottled water and using our potable water to clean cars and water our lawns. The Blue Planet Run will "deliver the message on foot, hand to hand, face to face, step by step, drop by drop..." The Run will be earth and people friendly and become known as the "Race Without a Trace." The entire event will be **carbon neutral**.

THE ROUTE: begins on June 1, 2007 at the United Nations in New York City. From there we will run to Boston, cross the Atlantic Ocean and run across Ireland, through the United Kingdom, France, Belgium, the Netherlands, Germany, Austria, the Czech Republic, Poland, Belarus, Russia, Mongolia, China, Japan and then across the U.S. and Canada arriving back at the U.N. on September 4, 2007. If you have a hard copy, I've included a list of our stops on the back of this letter. Each of us will run at least 10 miles a day. Batons will be passed at over 1,500 relay exchange points. Each of the exchange points will be captured in the media with community events and an international PR campaign. Details are on the website, www.blueplanetrun.org

WHAT CAN YOU DO?: 100% of every dollar raised will go directly to high-impact water projects. The Blue Planet Foundation has already funded dozens of such projects. The cost of the run is fully sponsored by Dow Chemical as part of its environmental initiatives. For as little as \$25, one needy person can be provided safe drinking water for life. For as little as \$1.00 per stride, millions of lives can be saved. You can add your support in many ways: donate via www.blueplanetrun.org, host a fund-raiser, volunteer, attend a hand-off event, invite friends and join us along the route, involve your workplace and staff, tell others about us, get the media interested, do your part to conserve! The Blue Planet Foundation's event team will help you coordinate whatever it is you may want to do to become involved. Sign up for email updates on the website, www.blueplanetrun.org.

Access to Safe Drinking Water is the First Step to a world of possibilities!
Thank you.

Safe water for everyone!
www.blueplanetrun.org

Dot Helling, Attorney at Law
29 East State Street
Montpelier, Vermont 05602-3011
(802) 223-1555
email: ultradot@verizon.net

