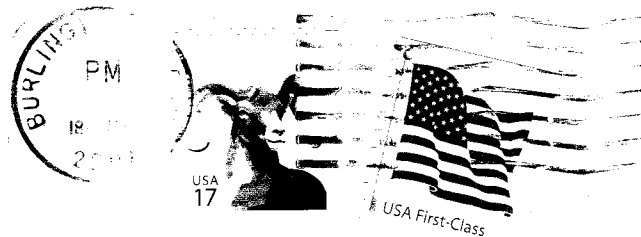




*c/o Nancy S. Rice  
15 Spring Street, Apt. 2  
Montpelier, Vermont 05602*



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](mailto: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](mailto: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 30<sup>th</sup>.

#### **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 7<sup>th</sup> – 6:00 pm at Norm's house

August 15<sup>th</sup> – Location to be announced

November 7<sup>th</sup> – 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 let's 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 budget 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 13<sup>th</sup> 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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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

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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.

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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](mailto: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.

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**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](http://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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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





## 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 _____  |

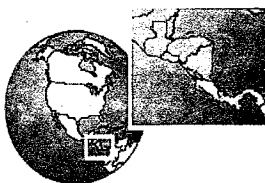
Annual dues are \$10 for individual or family, \$2 for students. Enclosed are dues for the following years - (2006 dues covers 3/2006-3/2007).

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](mailto: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](http://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](http://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](http://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](http://www.blueplanetrun.org)

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

## MEMBERSHIP NOTES

A CVR membership list is included in this newsletter. Note that I separated the 2007+ membership from those who have not yet renewed. Each year, a lot of people get “lost” from the club because they forget to renew. The last year you have joined for is also listed on your mailing label. You can renew for multiple years so you don’t have to remember each year. Some people have already joined through 2010! Please remember to email me any changes in address, phone, email, or volunteer preferences if they change during the period of your extended membership renewal. Let me know right now if you see any mistakes in the printed list.

CVR memberships are \$10 per year per family (in one household). When you submit your membership application, you should list any family members who may run races or volunteer so that they are part of the club for the ORS/CVR race series, the annual banquet and shoe discounts from Onion River Sports, Lenny’s and Sportshoe Center. . I try to send out a membership card with your expiration date on it shortly after receiving your application to help you obtain the discounts.

I perceive some confusion about the various email lists. I keep the membership email list as current as I can and send them to the CVR president periodically. Norm uses the list for club business and is also keeping a subset list of interested people for general communication regarding finding people to run with and carpooling to races, etc. There is also a listserve at [www.yahogroups.com/group/cvrunners](http://www.yahogroups.com/group/cvrunners). I encourage everyone to join the listserve since it is a quick and easy way to communicate. You need to join the group to send or receive emails on the listserve and there are multiple options for whether you want to receive all the emails, a daily digest, or just go to the website to see the messages. Let me know if you have any questions about membership or the listserve. Remember, membership has it’s privileges!

Donna Smyers  
[dosmyers@cs.com](mailto:dosmyers@cs.com)

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**What: NH Ultra Camp**

**When: June 22-24**

**Where: White Mountains**

**Why: To share information with fellow runners and to encourage each other to pursue our dreams in a healthy manner. (Physically and Emotionally)**

A few weeks ago, some of us fell into a discussion about a NH Ultra Camp. This is the official thread to provide the details about the weekend.

### **Camping:**

Camping will be available at the Crawford Notch General Store and Campground on Rte 302 in Crawford Notch. You can see the camps website at [www.crawfordnotchcamping.com](http://www.crawfordnotchcamping.com) I have reserved 4 Campsites for us with an option at a 5th. Each site holds a maximum of 2 Tents with 4 Adults. This gives us enough room for 16 people Maximum at the campground in our reserved area. I highly recommend and humbly request that if some of you have met each other previously and are comfortable camping each other... that you try to plan to share a tent together on one of the sites.

**Registration:**

I'm going to ask that you register for this weekend by e-mailing me, once you e-mail me, I'll fill you all in on the cost of the campsites. Its NOT expensive at all but I sincerely hope we all can chip in an equal share to pay for the sites. If we only get 12 people signed up, I'll drop a site so we don't have to worry about it. I also hope you can arrive Friday Night as apposed to Saturday morning.

Registration will close on May 13! After that, in terms of camping... you're on your own.

**Food:**

Bring Your Own. All meals will be your choice and up to you.. however, plan on having a Saturday Night Pow Wow where we all gather round the fire and talk about our love of Ultra-Running and exchange tips. If any folks enjoy libations, bring your own or some to share for this happy hour of engagement.

**The Runs:**

**Saturday:** Pemi-Loop Challenge. 32 Miles and 9,600' of elevation gain. At your OWN pace solo or in a group. Its up to you. Option 2nd excursion after brief rest for those whom are fleet footed to run out to Owls Head and back as well.

**Sunday:**

Entirely up to you and what we can come up with. Many ideas, tons of fun to be had. If rain on Saturday.. Pemi run will take place Sunday.

For those interested, you can register by e-mailing me at [Sherpajohn@gmail.com](mailto:Sherpajohn@gmail.com) and I'll assemble a mailing list for communication purposes and give out any additional info

**Beaver Brook Trails Race**

**12.5 Km trail race, September 23, 2007, 10am, Marshfield, Vermont**

**Held - rain or shine or snow    Email Contact [bbfskitrails@pivot.net](mailto:bbfskitrails@pivot.net) Bruce Westcott,**

**Geospatial Metadata Consultant, Marshfield, Vermont 05658    802.426.3344**

Beaver Brook Farm Ski Trails is hosting a 12.5 Km trail race this year to support our library in Marshfield, Vermont - the Jaquith Public Library. We are conveniently located just off Route 2 in Marshfield, halfway between Montpelier and St. Johnsbury, Vermont. The trail race will be run entirely on trails that are part of our cross country ski trail network. The trails range from 8 to 12 feet wide with reasonable footing and a few rocks and stumps to keep you alert. The race has over 1400 feet of climb (and we hope a similar amount of downhill), so it will definitely challenge your hill climbing ability. The majority of the trails will be in the forest with fall colors expected to be near their peak. The race course will also go across open fields with great views, and around a large pond. There will be two water stops and the race course will be well signed including distance markers. Expect to get your feet wet in a few places. Expect a couple of surprises out on the course, like glimpses of a stone circle deep in the forest. Expect challenging hilly terrain. downhill), so it will definitely challenge your hill climbing ability. The majority of the trails will be in the forest with fall colors expected to be near their peak. The race course will also go across open fields with great views, and around a large pond. There will be two water stops and the race course will be well signed including distance markers. Expect to get your feet wet in a few places. Expect a couple of surprises out on the course, like glimpses of a stone circle deep in the forest. Expect challenging hilly terrain.

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

A message from Mike St. Laurent" <mslaurent@comcast.net, LOCO Sports, Inc, Newmarket, NH

Mike and LOCO Sports were with us at the Leaf Peepers last fall. He asked that I include a note about an inaugural Maine event that they are sponsoring

**MAINE COAST HALF MARATHON INAUGURAL RACE SEPT SUNDAY 9/23/2007**

This half marathon course travels over a scenic coastal roads along the crashing waves on a picture perfect beach and offering water views of a working harbor. Course is relatively flat in most areas with a measure of rolling hills.

\* **This is an "Women's Only" race** with one exception. **One LUCKY GUY** - One and only one registered male will be allowed in the race, the male runner will be the winner of a lottery system where male runners pay \$10 towards the right to run in this race. ALL PROCEEDS from the lottery to go to a local school scholarship to a deserving graduating runner. Lucky Guy winner to be announced September 1, 2007      Online LOTTERY

GO to their web site <http://www.locorunning.com> for all the details and to register.

Postscript      For items to publish for the newsletter, comments and suggestions please send them to me at [nansue\\_2000@yahoo.com](mailto:nansue_2000@yahoo.com) (note that is an underscore between nansue and 2000).

# 2007 CVR MEMBERSHIP

<i>Last Name</i>	<i>First Name</i>	<i>Family</i>	<i>Address</i>	<i>Town</i>	<i>PHONE</i>	<i>EMAIL</i>	<i>CVR Exp</i>
Armstrong	Ella		235 Doyon Rd	Northfield	485-4930	ella@trans-video.net	7
Arsenault-Berry	Phyllis		350 Richardson Rd	Duxbury	244-8684	rottix2@yahoo.com	7
Aspinall	Jill	& Rick Molz	17 North Park Dr.	Montpelier	224-9980	jillaspinall@alumni.uwaterloo.ca	9
Bachman	Tom	& Molly	30 Bailey Ave	Montpelier	223-3984	tbachman@gbarchitecture.com	7
Barrett	Callie		284 Brook Rd.	Middlesex	223-8933		7
Birse	David		P.O. Box 371	Hancock	603-525-	gmdbirse@srnet.com.com	7
Blais	Celine		13 Isabel Circle	Montpelier	229-2439	celinerun@gmail.com	7
Boyd	Jason	& Monica	P.O. Box 175	Northfield Falls	485-4714	jason.boyd@state.vt.us	8
Bryan	Shawn		573 Junction Rd	Berlin	223-2027		90
Burgos	Suzanne	& Family	735 Macintosh Hill	Randolph	234-9650	sburgos@giffordmed.org	7
Burkholder	Steven	& Bonnie	PO BOX 1752	St. John	340-777-	bburkholder45@hotmail.com	8
Cameron	David		136 East Rd.	Berlin	223-6919	cameron1031@hotmail.com	10
Carlson	Gerow M.		314 Portal Rd.	Middlesex	223-9758		8
Carr	Priscilla		404 Cityside Dr #77	Montpelier	223-7764	priscillawcarr@yahoo.com	7
Castle	Jen	& Family	5462 Noyestar Rd	East Hardwick	533-7088	jkcastle@sover.net	7
Chernick	Michael		330 Cityside Dr #75	Montpelier	223-0918	chernick5@comcast.net	7
Cleveland	Richard		P.O. Box 261	Northfield	485-8892	markii@tds.net	8
Comolli	Steve		PO Box 19	Marshfield	426-3243	steverun262@yahoo.com	7
Cranse	Roger	& Kevin	1 Summer St.	Montpelier	223-6997	rcc@comcast.net	7
Cross	Cyndy	& Ryan	78 Silver Circle	Barre	476-3867	ccross@nationallife.com	8
DeBlasio	Paschal	& Jo-Ann Beaudin	129 Tamarack	Williston	878-3690		8
Deluca	Paul		30 Cano Dr	Barre	476-7987	pdeluca420@msn.com	7
Dickinson	Amy		250 Berlin St.	Montpelier	223-5206	amydickinson@yahoo.com	7
Elias	Gretchen		211 Main St	Montpelier	229-0521	gretchenelias@mac.com	8
Ellerson	Mai-Lis	& Family	56 South View Rd	Northfield	485-9266		7
Ellerson	Darragh	& David	1152 North St	Montpelier	223-2080	dmmellerson@yahoo.com	7
Ellerson	Deirdre	& Marie Comtois	PO BOX 92	Sharon	763-2905		7
Erickson	David	& Family	5 Murray St	Barre	476-6527	dericksonvt@verizon.net	7
Ericson	Richarda	& Jay	58 Hillside Ave	Barre	476-7961	ricruffle@yahoo.com	7
Farnham	April	& Kaitlyn	986 Middle Rd.	Plainfield	454-8302	oneaprilmorning@aol.com	7
Ferno	Richard	& Sandra	47 Ferno Rd.	Williamstown	433-6691	angus@innevi.com	7
Galfetti	Jennifer		646 Gallison Hill Rd	Montpelier	223-4160	jgalfetti@dartmouthjournals.com	8
Gardner-Morse	Mack	& Cindy	8197 County Road	Calais	223-5738	gardnermorse@gmail.com	7
Gerdel	Greg	& Family	360 Mill Rd.	Montpelier	229-4006	jggerdel@aol.com	7
Gillis	Michael	& Maryke	86 Notch Road	Middlesex	223-5559	mikenike@together.net	7
Hackney	Susan	& John	30 Isabel Circle	Montpelier	223-2162	Sue.Hackney@state.vt.us	8
Helling	Dot		29 E. State St.	Montpelier	223-1555	ultradot@verizon.net	7
Heney	Tim	& Donna	55 Windham Dr.	Montpelier	229-0985	tim@heneyrealtors.com	7
Horner	David	& Whitney Machnik	144 US Rte 302-	Barre	476-0892	dhorner2@verizon.net	7
Howe	Bob	& Carolyn	P.O. Box 632	Barre	476-8946	rochar34@netscape.com	8
Kaeding	John	& Sten	55 Kaeding Rd	Worcester	229-0176		7
Kaerick	Carlie	& David	5402 Lake Rd.	Charlotte	425-4228	ckrolick@aol.com	7
LaCroix	Lori		2 Owen Drive	Barre	479-2938	blajx4@yahoo.com	10
Loga	Joe	& Amy	8 Derby Dr.	Montpelier	229-9876	amyandjoe@hotmail.com	8
MacFarland	Gordon		401 Washington St.	Brookline	617-232-	gordonmacfarland@verizon.net	8
Mansfield	Dick		32 Wood Road	N. Middlesex	229-4243	dick@vitessepress.com	7
Marcy	Henry		4 Summit Dr. #508	Reading	781-944-	hjmarcy@comcast.net	7
Martin	John	& Dot	PO Box 1131	Montpelier	479-5333	vtiron55@yahoo.com	8
McLaughlin	Andrea		445 Cutler Corner	Barre	476-4417	ajvtskier@msn.com	9
Meiklejohn	Elizabeth		Box 2019 Balentine	E. Calais	456-8808	elizabeth_meiklejohn@greenwic	7
Mercier	Robert		8 Foster St.	Montpelier	223-7225		7
Miles	Nicole	& Catherine	439 Vine St.	Northfield	485-4890	nikkimi@trans-video.net	7
Moulton	Celeste		79 Long St	Barre	479-4116	graplcoach@aol.com	10
Murphy	Robert		35 Birchwood Park	Barre	476-4328	rmm@sover.net	7
Murphy	Robert		29 Bailey Ave.	Montpelier	223-3550	nuquist@together.net	8
Nuquist	Reidun	& Andrew	PO Box 89	Calais	229-9222	gorenstein@flynncenter.org	7
Orenstein	Grant		4 Loomis St.	Montpelier	249-2855	markperrault@verizon.net	7
Perrault	Mark		1676 RTE 214	Plainfield	454-1521	bcphillips@gmail.com	9
Phillips	Brenda	& George	405 North Hill Rd.	Stowe	253-7917	dreever@pshift.com	7
Reever	Dee	& Henry Busetti	PO Box 1510	Montpelier	229-4099	reilly@together.net	7
Reilly	Dorothy	& Jeremy	15 Spring Street,	Montpelier	476-3391	nansue_2000@yahoo.com	7
Rice	Nancy		399 Murray Hill Dr.	Montpelier	229-0877	rickerd@comcast.net	7
Ricker	Denise		89 Silver Ridge Rd	Morrisville	888-5009	ronridlon@pshift.com	7
Ridlon	Ron	& Candace	66 Terrace St.	Montpelier	223-7351	normrobinson@comcast.net	7
Robinson	Norm		31 Lague La	Barre	272-8058	abcr9799@charter.net	7
Rosa	Alan		29 Deerfield Dr.	Montpelier	229-2311	brose@nationallife.com	9
Rose	Betty		224 Sigh's Dr.	Wolcott	888-5895	rsearles@pshift.com	8
Searles	Robert	& Sally	950 Sparrow Farm	Montpelier	223-4856	jshanley@usgs.gov	8
Shanley	Jamie	& Kim Kendall	262 Hill St	Barre	479-5141	dsingshs@u61.net	7
Singer	Donald	& Family	PO Box 102	Adamant	229-4393	dosmyers@cs.com	8
Smyers	Donna	& Eric Ryea	13 Sabin St.#2	Montpelier	223-8494	fanbinhawaii@verizon.net	7
Stapenhorst	Bobbi	& Fred	440 Northfield Rd	Roxbury	485-3777	jvalentine@tds.net	9
Valentine	Megan	& Jane	71 Holy Cross Rd	Colchester	598-0261	Megan.valentine@uvm.edu	9
Valentine	Wade		140 Hackamore Rd.	Montpelier	223-7674	walker7674@comcast.net	10
Walker	Janet		18 Lathrop Rd.	Chelsea	685-3022	jwhorsepower@innevi.com	7
Wells	Greg		PO BOX 429	Brookfield	276-3173	wight@norwich.ed	8
Wight	Greg						

# 2006 CVR MEMBERSHIP not renewed for 2007 by 5/11/07

<i>Last Name</i>	<i>First Name</i>	<i>Family</i>	<i>Address</i>	<i>Town</i>	<i>PHONE</i>	<i>EMAIL</i>	<i>CVR Exp</i>
Anthony	Ena	& Mark	851 Ferno Rd.	Williamstown	485-6449	eanthony@nationallife.com	6
Bisson	Bob	& Lori	25 Orange St	Barre	479-2635	downtown5k@yahoo.com	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		556 Danville Hill Rd	Cabot	563-2275	rbrucken@norwich.edu	6
Bushey	Ann		15 Mountainview	Montpelier	229-6288	busheya@wssu.org	6
Colvin	Sandy	& Craig	228 North St.	Montpelier	229-1060	scolvin@nationallife.com	6
Daly	Kate		45 Prospect St	Montpelier	922-0180	midnightpaddle@yahoo.com	6
Duff	Andrew	& Family	4500 Town Hill Rd	Wolcott	888-1945	andrewfranklind@yahoo.com	6
Duprey	Cynthia	& Bill	15 Hilltop Ave	Barre	476-6053	treealynke.cd@verizon.net	6
Eustis	Steve	& Cathy	18 Wilkinson Drive	Essex Junction	878-4385	eustis@sover.net	6
Foltz	Tom	& Patti	94 Chandler Farm	Stowe	253-4647	tomfoltz@pshift.com	6
Frey	Cathy	& Nicole & Scott	435 Cutler Corner	Barre	476-3970	frey@norwich.edu	6
Gambler	Beth		63 Freedom Dr.	Montpelier	223-2099	vtadir@yahoo.com	6
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
Hallinger	Linda		1325 Poor Farm	Washington	883-5415	index@together.net	6
Hasper	Trish		PO Box 5594	Essex Jct	646-245-	patricie.hasper@ngb.vt.army.mil	6
Kaiser	Nina		256 S. Winooski	Burlington	310-2693	nina@psych.purdue.edu	6
Kessler	Tess	& Caroline	83 Terrace St	Montpelier	229-0660	tessgk@verizon.net	6
Kissner	Dave	& Laura Medalie	150 Barnes Rd	Montpelier	229-4523	dkissner@sover.net	6
Mcknight	Ted		22 Saxon La	Jericho	899-1197	tedrae73@excelonline.com	6
Millar	Dick		193 Forest Dr. #2	Montpelier	223-5399	dickm103c@hotmail.com	6
Monti	Ariana		162 N. Main St	Barre	272-0000	arianam@pshift.com	6
Niles	William		2298 West Creek	Brandon	483-6725		6
Noonan	Tim	& Maureen	2 Pinewood Road	Montpelier	223-6216	tim.noonan@state.vt.us	6
Perkins	Francine		420 Windywood	Barre	479-7140	jfp1999@verizon.net	6
Pierce	Kimberly		33 Mill St.	Plainfield	426-4144	kimperce@charter.net	6
Scharf	Laurie		158 Culver Hill Rd.	Middlesex	223-9189	lauri@vahhs.org	6
Scott	Angie		20 Fuller St	Montpelier	223-1592	triang34@aol.com	6
Shea	Tim		1040 Clark Road	East Montpelier	476-8767	petcrew12@juno.com	6
Simonsen	Jackie		115 Federal St.	St. Albans	524-3958	vttridgerunner@verizon.net	6
Skinner	Scott		PO BOX 1363	Montpelier	229-5146	skinner@bfslaw.com	6
Skinner	Wilson		28 Leland Farm Rd.	Middlesex	862-1019	wilson.skinner@gmail.com	6
Tyksinski	Adam		7 Moretown	Moretown	496-6374	adam@mrvtv.com	6
Whipple	Trevor	& Cathy	1167 Paine Tnpk	Berlin	476-6613	twhipple@yahoo.com	6
Williamson	Jon	& Kathy Mai	PO BOX 454	Montpelier	223-3517	smoot03@netzero.net	6
Zeilenga	Caroline		9405 County Rd	Calais	229-0278	czvermont@gmail.com	6