



July 2007

Volume 28, Issue 3

CENTRAL VERMONT RUNNERS JULY 2007 NEWSLETTER

NOTES FROM NORM

Hi Everyone,

I can't believe the summer is dashing by, even with less than great weather. My running in the summer is so sporadic that I get kind of anxious about it. I don't seem to race as much as I used to, and definitely do not race 5K's much if at all anymore. I seem to risk injury too much at that distance. The problem is that I have a hard time with the consistency that is necessary for marathon training. I hope the rest of you are having more success than I am.

I didn't race it, but was a volunteer at the Bear Swamp run on a crazy night. For those of you who attended you know about the vicious thunderstorm prior to the race. Race director Tim Noonan seemed blessed when the rain stopped and the sun came out just minutes before the scheduled start. All of that changed some 15 minutes into the race however when the thunder clouds moved back in very quickly and the lightning and torrential rain came down again. Yours truly drove nearly two miles up the road from the finish to check on folks and offer rides but no one took me up on it. I know Tim has had some second thoughts about the safety of the race, but it was really one of those freaky things that would have been hard to predict. **I, for one think he made the right call to start the race.**

Another race that had to endure some changes was the 10 Miler. I am happy to hear that it went smoothly for the most part, and everyone I talked to enjoyed the change in course. The change was necessary due to construction. I did hear that at least one motorist was not happy with us out on "his" road and ran over one of our mile markers. I can't believe how childish some adults can be, but it does serve to warn all of us to run defensively. You never know what crackpot might be behind the wheel.

A change of subject, but you should know that Priscilla Carr has done a tremendous amount of work getting our finances and our tax status where it belongs. We hired an accountant that worked closely with Priscilla and we have filled 4 years worth of tax returns that were never done. The price tag was not cheap, about \$1,500.00 but was a necessary thing. We can't let this slip again for sure.

Finally, I would like to mention that September 21st had been named National Run at Work Day. Previously called Run TO Work Day, it was changed when the reality that many of us don't have the luxury of doing a run to work was realized. National Run at Work Day is designed to celebrate running prior, during or immediately after work that day. This is a RRCA program and I guess it is a good idea. I just think that most of us do that nearly everyday don't we?

I look forward to seeing all of you at Andrea's house for the August meeting. Directions, etc are elsewhere in this newsletter. Remember we are starting at 6 p.m. now instead of 6:30. If you haven't been to a meeting in a while, or never, I encourage you to check it out. It is part business and a whole lot social. My new self imposed rule is to be done by 8 p.m. See you on the roads,

Norm

NEXT MEETING: Wednesday August 15, 2007 Pot luck at 6:00 p.m, business meeting at 6:30p.m.
Andrea McLaughlin's home, 445 Cutler Corner Road, Barre Town – directions:

From downtown Barre head East on 302 (you will be to the left of the kneeling man). Go to next light, with Stones Mobil on the corner, and turn left onto Hill Street. Follow road up past Trow Hill Grocery. At Y bear left and continue up the hill. The road will turn to dirt - continue straight onto the dirt road. Our house is 8/10 of a mile up the dirt road on the right. Look for the Lab Crossing sign. The drive way is right after that. We have a large detached garage and the house is a brown saltbox. See you soon - Andrea

CVR Annual Meeting June 7, 2007 Meeting
Secretary's Minutes

Meeting began at 6:30 pm. The minutes from the previous CVR meeting were accepted.

Treasurers Report

The club has approximately a \$10,000 balance. Priscilla met with the accountant regarding filing tax returns. The club needs to file a return, even though we are non-profit, because we receive over \$25,000 throughout the year, in race fees, club dues etc.

Therefore, they are going to go back and file for the past 4 years. Priscilla has begun research, but requested any notes, minutes etc. that anyone has from meetings for the past four years. If anyone has info on the dues charged for the past 4 years that would be helpful too.

We have made two donations to Girls on the Run since the last meeting for \$180.00 to Barre Town, and \$200.00 to Barre City.

Discussed the need for more tables for the club. We need nice sturdy tables for races to help with registration, drinks/food etc. The club has a few, but they are older and lighter and not very sturdy. Everyone agreed and it was passed that the club should purchase 6 tables. If we need somewhere to store them, Roger Cranse offered to keep them at his house.

Discussed and passed giving a \$300.00 donation to the Special Olympics. John Martin will give us some T-Shirts of various sizes in return for the donation. We can use the T-Shirts for Prizes at some of our events.

Girls on the Run

Discussed what the program is, and this weekend is the final run for all the girls. Norm suggested that we try to plan an event for the girls next year. Something to show our support, and help with the program, maybe a track event and picnic, or a picnic/party. CVR would like to be more involved.

Time Machine

A new time machine has been purchased, which is supposed to link up to our software and provide race results, timing etc. for our races. Donna Smyers has been trying to get it up and running with little luck. She is in contact with the software vendors, and Time Machine vendors and hoping to get it resolved. If she can't Sandy Colvin offered to help. Discussed trying to use a different port for the machine hookup to the computer. She will try this and let Sandy know if she needs further help. Once it is up and running and training meeting will be held to train as many club members as possible on how to use the machine and the software, so it can be used at every race if possible.

Onion River Sports – Club Days – June 23rd

In the past CVR has set up a table and had a person there to answer questions and solicit new members to the club.

This year, we are unable to have someone at the table, but we are going to bring some literature, membership applications, race info to ORS for them to put out on the table.

CVR Races

Capital City Stampede – Could always use volunteers, but otherwise, all set to go.

Paul Mailman 10 Miler – June 23rd – Potential problem with the course, but the race director Betty Rose is looking into this. There is some construction that may not be completed. There are alternatives for the race, discussed some of them.

Bear Swamp – July 9th – No updates – All set.

Barre Homecoming – No updates

Berlin Pond – No updates

Leaf Peepers – On line Registration is up on cool running, and already 100 people have signed up. Applications are printed as well, and Roger handed some out to everyone. Everything is going well with the planning of the event. Roger, Tim and Norm are meeting with the State on Friday concerning use of the State Office Complex buildings and property, but don't anticipate any problems. Roger asked about weather concerns and if the club has any rules regarding inclement weather, and the suggestion was for him to use his judgment, there are no rules, and to call the Airport weather service for any information regarding storms, lightning etc.

Northfield Labor Day Race – All set, working on getting Norwich more involved, trying to get more runners from Norwich to run etc.

Race Info Post Cards

The post card was very well received, and it saved a lot of money in mailing costs. Suggestion was made to send out another card later this summer to remind runners of late summer/early fall events. Everyone liked the idea and agreed we should do it.

Next Meeting - Our next meeting date is August 15th. Andrea offered to have it at her house, directions and more info will be sent out as the date gets near. 7:56 pm meeting adjourned.

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NEW!! WEEKLY FUN RUN - WEDNESDAY NIGHT RUNNING SERIES: **WHAT:** The Vermont Running Clinic in conjunction with the RehabGYM will be offering a weekly timed running series at the Williston Central School Fieldhouse. **WHEN:** Wednesday evenings from August 1st through October 10th starting promptly at 6:00 pm. **COST:** \$ 5.00 per person. **COURSE:** 5k loop starting at the Fieldhouse to North Williston Road onto Mountain View Road to Old Stage Road and back to the Fieldhouse via the bike path. **CONTACT:** Sue McNamara @ 872-8370 for information

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 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.

MAINE COAST HALF MARATHON INAUGURAL RACE SEPT SUNDAY 9/23/2007 This half marathon course travels over a scenic coastal road 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 announced September 1, 2007. Online LOTTERY <http://www.locorunning.com> for all the details and to register.

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.

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.

RUNNING SAFELY

I had to drive to Dallas, TX recently and while doing so I was forced to run in less than exciting places in some in-tances. Our hotels along the way were picked for ease of getting off and on the highway, and not for running en-joyment. Often there was lots of traffic, many stop lights and intersections and BIG trucks. It didn't take long to wish I was back home in Hubbard Park, or even on the roads in Montpelier.

One major safety issue that I failed was that I didn't have proper ID on me while running. Do you? Even if you are running locally we should all have identification with an emergency contact number for a first responder to find if we are injured and unable to communicate. There are lots of them available on the web. Just do a search for "running ID tags" or something similar. If you don't want to go that fancy then something water proof in a pocket will work too.

Speaking of pockets, I hope clothing manufacturers will make more shorts with pockets that will hold hotel door key cards in the future. Most of mine are narrow for an old fashioned door key.

Another safety issue is making sure you are hydrating well during the summer. It doesn't take long for any of us to suffer if we don't have access to water on long runs. My running buddies (you know who you are!) must be camels because they will do runs well over 2 hours in length and not carry water. They are veteran runners and they seem to be fine, but I know that personally I can't do it without suffering. As most of you know, if your urine isn't clear, you are NOT hydrated. My goal is to drink more water, even when not running.

Finally, are you running friendly? Are you running facing traffic, and making eye contact with turning drivers so you know what they are doing? Are you giving a driver a smile and a wave when they stop for you in an intersection or crosswalk? I believe we as runners are pleasant folk when alone, or with one other runner. I think when we start traveling in packs (like fun runs) we lose our concentration sometimes and take drivers for granted. If you are guilty of this please give some thought to making sure you run single file when traffic approaches and give the driver a wave. Frankly there are a number of drivers out there (especially on back roads) that are just looking for an opportunity to give us a scare, or worse. Run defensively.

See you on the roads, Norm

Capital City Stampede, Montpelier

Official Results

June 9, 2007

Sponsor & Organizer: Central Vermont Runners

CLASS					
PLACE	PLACE	FINISHER	TIME	PACE	
<u>Men Under 20</u>					
27	1	Ben Taylor, 19, Hinesburg, VT	44:13	7:07	
60	2	Thomas Mock, 17, Milton, VT	1:06:26	10:41	
62	3	Jacob Martin, 14, Hinesburg, VT	1:07:28	10:51	
<u>Men 20 - 29</u>					
1	1	Matthieu Morrison, 23, Sherbrooke, PQ	33:28	5:23	
4	2	james Marren, 25, S R , VT	36:13	5:50	
8	3	Matthew Dall, 28, Berlin, VT	38:21	6:10	
11	4	Peter Hirschfeld, 29, Montpelier, VT	39:24	6:20	
23	5	Aidan Grace, 20, Fairfax, VT	43:44	7:02	
32	6	George Black, 22, Johnson, VT	45:37	7:20	
33	7	Aaron Griggs, 20, Williston, VT	45:40	7:21	
40	8	Tom Wolejko, 25, Somerville, MA	48:41	7:50	
43	9	Sean Rivis, 24, Montpelier, VT	49:35	7:59	
47	10	Max D. Krauss, 25, Burlington, VT	50:58	8:12	
52	11	Derek Thorpe, 28, East Montpelier, VT	52:56	8:31	
55	12	dan Byrne, 27, Northfield, VT	55:08	8:52	
<u>Men 30 - 39</u>					
3	1	lOu Bregou, 37, Littleton, NH	35:47	5:46	
6	2	Rowly Brucken, 38, Cabot, VT	37:18	6:00	
13	3	Jim Farrington, 37, Essex Jct , VT	39:54	6:25	
18	4	Todd Archambault, 32, Richmond, VT	42:08	6:47	
19	5	Lenny Wilson, 37, Richford, VT	42:12	6:47	
31	6	Moe Kinney, 35, Milton, VT	45:36	7:20	
35	7	Herb Hatch, 33, No. Haverhill, NH	46:21	7:28	
37	8	Jeremy Patrissi, 31, Lawrence, NJ	48:09	7:45	
41	9	Mike Bessette, 36, Randolph, VT	48:46	7:51	
44	10	Jack Zeilenga, 30, Charlotte, VT	49:35	7:59	
48	11	Chad Smith, 32, S R , VT	51:46	8:20	
53	12	Dan Carmona, 30, Asheville, NC	54:02	8:42	
54	13	Brandon Gordon, 32, So. Burlington, VT	54:10	8:43	
<u>Men 40 - 49</u>					
2	1	Mark Stickley, 44, Winchester, VA	34:29	5:33	
5	2	Mike Early, 43, Huntington, VT	36:20	5:51	
7	3	Jim Paige, 46, Morrisville, VT	37:29	6:02	
9	4	Lyman Clark, 49, Williston, VT	38:43	6:14	
10	5	Dennis Contois, 45, Lawrence, NJ	39:10	6:18	
12	6	Chris Cover, 42, Hanover, NH	39:42	6:23	
14	7	Tom Hartshorn, 43, Shelburne, VT	41:02	6:36	
16	8	Donald Singer, 45, Barre, VT	41:42	6:43	
17	9	Thomas Rogers, 40, Winooski, VT	41:46	6:43	
25	10	Mack Gardner-Morse, 46, Calais, VT	43:54	7:04	
26	11	Dave Hammond, 47, Huntington, VT	44:05	7:06	
30	12	Scott Frey, 44, Barre, VT	45:02	7:15	
34	13	Terry Field, 47, Montpelier, VT	46:17	7:27	
38	14	Scott Griggs, 45, Orange, VT	48:12	7:45	
39	15	Tom Bednar, 47, Morrisville, VT	48:21	7:47	
42	16	Vincent Maganzini, 41, Medford, MA	48:47	7:51	
49	17	Joe Loga, 44, Randolph, VT	52:05	8:23	
<u>Men 50 - 59</u>					
20	1	Tim Noonan, 51, Montpelier, VT	42:40	6:52	
21	2	Bill Dysart, 54, Charlotte, VT	43:18	6:58	
22	3	Jamie Shanley, 54, Montpelier, VT	43:31	7:00	
24	4	Jon Williams, 56, Waterbury Ctr , VT	43:47	7:03	
28	5	Charles Windisch, 53, Essex Jct , VT	44:24	7:09	
29	6	Bob Corey, 51, Medford, MA	44:42	7:12	

CLASS

PLACE	PLACE	FINISHER	TIME	PACE
51	7	Mike Shover, 58, Bradford, VT	52:52	8:30
58	8	Rick Molz, 59, Mpv, VT	1:01:27	9:53
59	9	Bob Bourdon, 53, St. Albans, VT	1:02:51	10:07
63	10	Michael Silverman, 53, Hanover, NH	1:07:34	10:52
64	11	Joe Malter, 59, Waterbury Ctr , VT	1:18:05	12:34
<u>Men 60 - 69</u>				
15	1	Chuck Arnold, 60, Burlington, VT	41:05	6:37
36	2	Hugh Wilson, 67, Dorval, PQ	47:52	7:42
45	3	Dick Thompson, 61, Swanton, VT	49:57	8:02
56	4	Peter Grivakes, 66, Waterbury Ctr , VT	55:18	8:54
61	5	Roger Cranse, 66, Middlesex, VT	1:07:10	10:49
<u>Men 70 & Up</u>				
46	1	Jean Bernaquez, 75, Montreal, PQ	50:04	8:03
50	2	Bert Moffatt, 72, Claiton, NC	52:36	8:28
57	3	Gerry Carlson, 75, Middlesex, VT	1:01:17	9:52
<u>Women 20 - 29</u>				
5	1	Caroline Zeilenga, 24, Charlotte, VT	42:55	6:54
7	2	Sarah Waterman, 23, Montpelier, VT	52:56	8:31
25	4	Joanna Carmona, 23, Richford, VT	54:02	8:42
26	5	Dayna Collette, 28, Burlington, VT	54:13	8:43
30	6	Jesse Rennau, 28, Warren, VT	59:08	9:31
34	7	Hannah Barden, 28, Randolph, VT	1:03:35	10:14
37	8	Amy Taylor, 21, Waterbury Ctr , VT	1:07:24	10:51
<u>Women 30 - 39</u>				
1	1	Leslie Myers, 39, Richmond, VT	41:15	6:38
3	2	Jessica Bolduc, 31, Johnson, VT	41:54	6:45
4	3	Courtney Kutter, 31, Duxbury, VT	42:51	6:54
6	4	Mariana Lana Planos, 32, Morrisville, VT	43:23	6:59
8	5	Jessica Cover, 37, Richmond, VT	45:50	7:23
9	6	Sandy Colvin, 39, Duxbury, VT	46:34	7:30
12	7	Jennifer Galfetti, 36, Orange, VT	48:24	7:47
14	8	Eileen Hee, 35, Worcester, VT	50:42	8:10
16	9	Katrina Phillips, 36, Northfield, VT	52:19	8:25
18	10	Jennifer Febles, 38, Warren, VT	52:40	8:29
20	11	Richarda Ericson, 31, Randolph, VT	53:04	8:32
27	12	Shelly McCallig, 31, So. Burlington, VT	54:57	8:51
28	13	Bonnie Shappy, 30, Woodstock, VT	56:55	9:10
29	14	Jeannie Ellis, 37, Montpelier, VT	59:08	9:31
33	15	Noreen Cargill, 38, Duxbury, VT	1:03:35	10:14
35	16	Maria Roemheldt, 37, So. Burlington, VT	1:03:59	10:18
39	17	Monika Moran, 33, So. Burlington, VT	1:07:33	10:52
40	18	Kelly Bandu, 34, Barre, VT	1:07:34	10:52
<u>Women 40 - 49</u>				
2	1	Dot Martin, 46, Montpelier, VT	41:39	6:42
10	2	Beth Daut, 46, Berlin, VT	46:43	7:31
11	3	Lori LaCroix, 44, Woodstock, VT	48:24	7:47
15	4	Ann Bushey, 49, Randolph, VT	52:19	8:25
17	5	Ellie Ferguson, 47, No. Haverhill, NH	52:34	8:28
22	6	Andrea McLaughlin, 44, Duxbury, VT	53:27	8:36
23	7	Becky Diedrich, 42, Randolph, VT	53:43	8:39
24	8	Michelle Gray, 46, Burlington, VT	53:47	8:39
32	9	enise Ricker, 41, Montpelier, VT	59:38	9:36
38	10	Karen Taylor, 47, Hinesburg, VT	1:07:25	10:51
42	11	Sherry Beatty, 41, Williston, VT	1:16:43	12:21
43	12	Heather Valachovic, 41, Plainfield, VT	1:19:07	12:44
44	13	Stephanie Valachovic, 43, Claiton, NC	1:19:08	12:44
<u>Women 50 - 59</u>				
13	1	Ruth Blauwiekel, 53, Colchester, VT	48:33	7:49
21	2	Milly Archer, 50, Worcester, VT	53:18	8:35
31	3	Linda King, 52, Duxbury, VT	59:08	9:31
36	4	Betty Rose, 59, Waterbury Ctr , VT	1:05:50	10:36
41	5	Elizabeth Meiklejohn, 59, E. Calais, VT	1:08:15	10:59

Paul Mailman Montpelier Ten Miler

Official Results

June 23, 2007

Sponsor & Organizer: Central Vermont Runners

CLASS

PLACE PLACE FINISHER TIME

Open Men

1 1 Steele Taylor, 23 59:29
2 2 Mike Early, 43 59:40
3 3 Michael Tammaro, 38 1:00:57
4 4 Peter Osmond, 36 1:01:11
5 5 Eric Eley, 28 1:01:25

Open Women

17 1 Megan Valentine, 28 1:07:30
21 2 Dot Martin, 46 1:07:50
23 3 Leslie Myers, 39 1:08:02
29 4 Kathy Provencher, 37 1:10:18
30 5 Kristen Bednar, 20 1:10:19

CLASS

PLACE PLACE FINISHER TIME

Men Under 20

31 1 Nick Wishiewski, 15 1:10:43
115 2 Hansen Babington, 19 1:34:16

Men 20 - 29

1 1 Steele Taylor, 23 59:29
5 2 Eric Eley, 28 1:01:25
13 3 Matt Alexander, 20 1:05:55
16 4 Owen Pope, 24 1:07:24
52 5 Colin Gilmartin, 20 1:15:55
53 6 George Black, 22 1:15:55
80 7 Justin Bessetto, 26 1:22:29

Men 30 - 39

3 1 Michael Tammaro, 38 1:00:57
4 2 Peter Osmond, 36 1:01:11
6 3 Scott Atkins, 36 1:01:35
7 4 Joe Gingras, 31 1:02:01
9 5 Pj Telep, 36 1:03:33
15 6 Daniel Scheidt, 35 1:07:20
27 7 Kevin Guarnotta, 35 1:09:35
34 8 Kristian Omland, 39 1:11:35
37 9 David Ukolowicz, 30 1:12:18
40 10 Mike Butler, 34 1:12:30
48 11 Thomas Stracqualursi, 32 1:14:33

CLASS

PLACE PLACE FINISHER TIME

59 12 Herb Hatch, 33 1:17:28
96 13 Peter Santos, 38 1:27:54
100 14 David Cameron, 36 1:28:21

Men 40 - 49

2 1 Mike Early, 43 59:40
8 2 Tom Thurston, 42 1:03:25
10 3 Robert Martell, 44 1:03:57
12 4 Jeff Gould, 42 1:05:35

14 5 Lennie Davis, 46 1:07:19
20 6 Gary Kessler, 47 1:07:42
22 7 Donald Singer, 45 1:07:51
24 8 Thomas Rogers, 40 1:08:30
28 9 Keith Purrier, 44 1:10:14
35 10 Ben Feinbaum, 43 1:11:40
36 11 Ray Charbonneau, 46 1:12:01
39 12 Dick Millar, 45 1:12:28

CLASS

PLACE PLACE FINISHER TIME

43 13 Scott Frey, 44 1:13:38
44 14 Eric Dague, 47 1:13:39
50 15 Peter A Brook, 47 1:15:40
57 16 Dave Tyler, 48 1:16:52
58 17 David Martin, 47 1:17:14
61 18 Peter Brasch, 47 1:17:48
62 19 Steve O'Donnell, 44 1:17:49
72 20 Tom Bednar, 47 1:20:18
74 21 Joe Grant, 49 1:20:25
82 22 Richard Jones, 49 1:23:11
85 23 Jim Gilmartin, 49 1:24:01
86 24 John McGourty, 47 1:24:06
87 25 Michael Lacharite, 49 1:24:12
88 26 Tom Spinelli, 41 1:24:17
121 27 Paul DeLuca, 47 1:39:15

Men 50 - 59

11 1 Donald Burke, 50 1:04:14
18 2 John Valentine, 57 1:07:35
19 3 James Imprescia, 58 1:07:40
26 4 Jamie Shanley, 54 1:08:54
38 5 James Palmer, 52 1:12:27
41 6 Jim Boss, 50 1:12:35
45 7 Dan Ravenelle, 54 1:13:57
46 8 Chris Stocker, 50 1:14:07
51 9 Charles Windisch, 53 1:15:48
56 10 Bill Holland, 56 1:16:40
60 11 Bruce Patterson, 55 1:17:33
63 12 Fred Staphenhorst, 59 1:17:56
64 13 Dale Eckert, 51 1:18:02
67 14 John Martin, 56 1:19:26
68 15 Craig Whipple, 54 1:19:27
70 16 Jim Gaffney, 56 1:19:44

CLASS

PLACE PLACE FINISHER TIME

76 17 Carl Rogers, 51 1:20:47
97 18 J G. Schneider, 50 1:28:05
98 19 Mike Shover, 58 1:28:08
102 20 Edward Dowling, 51 1:28:58
107 21 Rob Rose, 56 1:29:53
108 22 Fred Bollen, 59 1:30:13
109 23 David Malliaros, 51 1:30:27
113 24 John Mahoney, 53 1:33:21
116 25 John Goldroyen, 57 1:34:23
128 26 Manny Arruda, 56 1:41:37
132 27 Stephen Lombardo, 58 1:46:33
134 28 Bob Bourdon, 53 1:48:27

Men 60 - 69

25 1 Chuck Arnold, 60 1:08:41
 33 2 John Hackney, 62 1:11:07
 49 3 Charlie Farrington, 62 1:15:05
 54 4 Peter Orni, 64 1:16:36
 73 5 Phil Pierce, 65 1:20:21
 75 6 Ted Ridout, 64 1:20:28
 79 7 Richard H Paulsen, 63 1:21:36
 89 8 Peter Wallan, 64 1:25:19
 103 9 Greg Wight, 61 1:29:02

Men 60 - 69 (cont.)

123 10 Raymond Boutotte, 61 1:39:52
 124 11 Richard Ferno, 63 1:40:04
 127 12 Larry Morris, 60 1:41:37
 133 13 Peter Buhl, 66 1:47:10

Men 70 & Up

129 1 Paul McDermott, 72 1:41:37

CLASS

PLACE PLACE FINISHER TIME

Women Under 20

93 1 Chelsea Wright, 17 1:27:22
 111 2 Lisa Erickson, 18 1:31:27
 114 3 Margaret Babington, 17 1:34:16
 136 4 Anna-Marie Babington, 19 1:58:02

Women 20 - 29

17 1 Megan Valentine, 28 1:07:30
 30 2 Kristen Bednar, 20 1:10:19
 55 3 Rebecca Gutwin, 22 1:16:38
 84 4 Sarah Hubbell, 29 1:23:53
 95 5 Michelle Malarney, 29 1:27:47
 104 6 Lan Vu, 25 1:29:05
 110 7 Kara Pawlusiak, 28 1:31:17

CLASS

PLACE PLACE FINISHER TIME

FOR "BEAR SWAMP" AND MORE RACE RESULTS CHECK OUT OUR WEBMASTER'S GREAT WEB SITE AT WWW.CVRUNNERS.ORG

A History of CVR

By Bob Murphy

Chapter 1: The Beginnings (A Personal Recollection).

When I first became aware of the running scene in central Vermont in the mid-1970's, there was only one running club that was prevalent in the area, and that was the North Country Athletic Club (NCAC). Although there were other locally based running clubs at the time, they catered primarily to a specific, relatively small geographic area. The Green Mountain Athletic Club (GMAA) covered the Burlington area, Memphremagog Striders was confined to the Newport area, Vermont Ridge Runners served the Rutland area, Red Clover Rovers was located in Brattleboro, Southern Vermont Road Runners covered Bennington, and the tiny Gaelic Athletic Club seemed only to serve Hugh Short, his family and a few close friends in the town of Chittenden.

By contrast, NCAC covered a very large area. Members hailed from all over north and central New Hampshire and Vermont. I recall members from New Hampshire: Ed Estle of Littleton, where the club was based, Bill Funicella of

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Women 30 - 39

23 1 Leslie Myers, 39 1:08:02
 29 2 Kathy Provencher, 37 1:10:18
 32 3 Jessica Cover, 37 1:10:46
 65 4 Jeannie Ellis, 37 1:18:31
 77 5 Sandy Colvin, 39 1:21:21
 91 6 Joan Wells, 32 1:26:54
 94 7 Thad N Nguyen, 31 1:27:47
 130 8 Deborah Mariotti, 39 1:43:15

Women 40 - 49

21 1 Dot Martin, 46 1:07:50
 42 2 Kristin Babington, 43 1:12:59
 66 3 Nancy MacDonald, 42 1:18:37
 69 4 Lori LaCroix, 44 1:19:29
 71 5 Gail Martin, 41 1:19:49
 78 6 Lori Martell, 43 1:21:34
 81 7 Holly Rainville, 48 1:22:35
 83 8 Ann Bushey, 49 1:23:50
 90 9 Debbie Weiner, 46 1:25:34
 99 10 Becky Diedrich, 43 1:28:20
 112 11 Michelle Gray, 40 1:33:14
 117 12 Aly McHugh, 46 1:34:26
 118 13 Cindy Campos, 42 1:34:27
 120 14 Denise Ricker, 41 1:38:14
 125 15 Sarah Winkley, 40 1:40:35
 126 16 Tresa Casaletto, 46 1:40:35

Women 50 - 59

47 1 Janet Labuc, 56 1:14:21
 92 2 Dorothy Stevens, 56 1:27:04
 101 3 Judy Romvos, 56 1:28:32
 105 4 Marianne Withington, 52 1:29:20
 106 5 Barbara Grandberg, 56 1:29:43
 119 6 Cyndy Cross, 50 1:37:28
 122 7 Dale Granger-Eckert, 54 1:39:27
 135 8 Elizabeth Meiklejohn, 59 1:52:54

Women 60 - 69

131 1 Bonnie Staphenhorst, 62 1:43:46

Franconia, Len Hall of Enfield and Rick Saltmarsh of Concord. Here in Vermont members included Russ Petelle of Derby Line, Dave and Wiz Dow of Hardwick, and a large number of folks from the Barre-Montpelier area, such as Paul Mailman, Bob Oatley, Darragh Ellerson, Doug Jones, Paschal DeBlasio and many more.

The "running boom" was occurring in the 1970's as a direct result of Frank Shorter's capture of the Gold Medal at the 1972 Olympic marathon at Munich (and the Silver Medal at that distance at Montreal in 1976), and the inspiration that gave to countless Americans to get out and try running themselves. NCAC was growing in numbers at that time, and it seemed like everyone wanted to tackle the marathon distance!

Fun runs in Montpelier were begun about 1975 by Montpelier High School science teacher John Naess. Warren Kitzmiller of Onion River Sports took over organizing the runs about 1977. Because there were few running races available at that time, fun runs grew to be enormously popular. At their height, over 130 runners would assemble on a weekly basis at the Liquor Control Warehouse on Green Mountain Drive to compete at the 2 or 6 mile distance. The runs were often very competitive, and provided a racing opportunity for those who wanted it, and a social run for those who preferred that. Warren would collect a small voluntary fee each week from participants, and the money was used to provide trophies to all at the end of each season, as well as a midsummer picnic which was well-attended.

NCAC sponsored a few races each year, their two most important being the Littleton Road Race (9.73 miles) and the Montpelier Road Race, an 11-mile race which was the predecessor of today's Ten-Miler. Another annual race that I remember was a cross-country race held at Franconia, N.H.; five or six miles of wonderful pine-needle covered trails through the forest. The club held an annual picnic either in New Hampshire or Vermont. One I remember most clearly was held at Groton Pond. Families arrived late morning and spent much of the day at Boulder Beach, cooking out, socializing, swimming, and of course holding a membership meeting. A race course was laid out and we had some serious competition there as well.

The Montpelier Road Race became an annual competition between NCAC and GMAA, featuring the "Sap Bucket Award" to the winning team. Each club would field as many members as it could. The times for the top finishers (as many as the least number for a club) would be added, and the award was based on that. NCAC would draw a large number of its New Hampshire members for that annual event and was very competitive with the GMAA runners.

I became involved in the club and in 1978 agreed to take on Newsletter editor duties from Ed Estle, who had done the newsletter for many years. After a couple years of doing that, it became clear that despite the fact that the NCAC membership covered a vast geographic area, a majority were Vermont residents, and a significant number of those were located in Montpelier and surrounding areas. The NCAC logo featured a silhouette of "The Old Man of the Mountains", and I began to question why so many Vermont runners would be running with a New Hampshire symbol on their chests. The logical next step was to begin asking around among local folks whether they would support the establishment of a local running club. Although many felt an allegiance to NCAC, most questioned did support the idea. Thus were the seeds of CVR planted.

[Editor – the next issue this fall will have a Chapter 2 by Bob Murphy – thanks, Bob! Keep them coming]



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](#)

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

- globe trotters -



STORIES FROM MEMBERS ABROAD (or at least, outside of Vermont and parts beyond) (Kudos to all)

From John Martin, in his own words:

Dot Martin my wife and I are just back from the far flung (left) state of Massachusetts where we participated the inaugural running of the Patriot Half Iron Triathlon held Sunday July 1, 2007 in Freetown, MA.

The race consists of a 1.2 mile swim, a 56 mile bike followed by a half marathon. The race was advertised as having a participant cap of 500 but things change. The bike had to be rerouted because of construction and was actually 59.4 miles and the half marathon was somewhere between 13.7 miles and 14 but what's a couple of miles amongst endurance junkies? And the participant list swelled to around 650. Just more friends for the party.

Not to worry, the day was fine, the course was lovely and the Martin team made it to the podium. Dot won the female 45-49 Age Group and despite a 4 minute ticket from the nice referee for being naughty on the bike I took second in the men 55-59 Age Group. (*Oh, well, I plead guilty as hell!*)

* * * * *

Scott Skinner and his son Wilson, also a member of CVR, took on some personal challenges over the last couple of months:

On July 14, CVR member *Wilson Skinner* pedaled his single speed bike from the Massachusetts border at Vernon to the Canadian border at North Troy, completing a double century in the process. The solo unsupported trip took a little under fourteen hours.

In April, *Scott Skinner* completed a ten day trek to Everest Advanced Base Camp in Tibet, reaching an altitude of 21,500 feet near the base of the North Col. The last four days were spent on the East Rongbuk Glacier, with two nights spent in Camp II at 20,000 feet. Scott reported that "you realize how huge Everest is when you go that high and you're still just at the base of the mountain!"

www.cvrrunners.org

15,200 miles

16 countries

4 continents

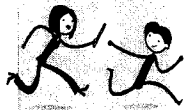
20 international runners running 24 hours a day, 95 days



"Transforming Plight into Possibility". To begin "to alleviate the catastrophic burden placed on over a billion people who, every day, must drink unsafe local water, or travel long distances on foot to search for safe water for themselves and their families." www.blueplanetrun.org IF you have not kept up with the prolific and interesting e-mails this is an attempt to highlight some things, a glimpse into the Inaugural "BLUE PLANET RUN," June 1, 2007-September 4, 2007 as seen through the eyes of Dot Helling and others on the run. And it is really minimal compared to the overall events and happenings. The runners fly to the west coast from Japan on August 1st for the final leg of the run. They are scheduled to come full circle across the United States and Canada to New York City on September 4th. ultradot@verizon.net



Boot Camp, Olympic Training Center, Lake Placid On to NYC United Nations CT RI Boston Common Europe Phase I Ireland Wales Oxford Trafalgar Square Beauvais, FR Holland Germany Poland Austria Russia Siberia China Japan "across Europe we are building the campfire, across Russia and Asia we will be setting the fires, and when we get to the US on August 1 we will be ablaze!" **WATER IS LIFE Pass it on**



NPR WPTZ Runners World YOUTUBE People Magazine Hillary Swank DOW Chemical sponsorship
100% of every dollar raised will go directly to high-impact water projects.



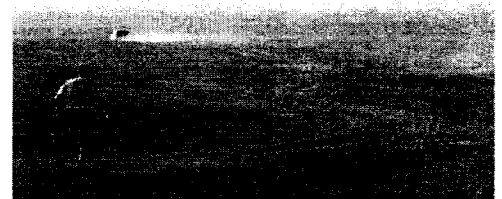
BZZZZBZZZZ Prague + honeysuckles BPR Stickers and tee shirts graveyard shift food beautiful crystal cukes in Russia Na zdrowie! Bleating sheep rosa rugosa a cold Amstel cobblestones windmills **Wasser ist Leben** the people the children talking to them explaining the Run rain rain the midnight sun Police Politei Polizei uhoh When you drink the water remember the spring (Chinese proverb) from lush green forests to the dust of the Gobi dessert Japanese McDonald's feast Castles

Emmanuel, Dot and David carry the baton up the Great Wall.

Lasing puts in some hot and dusty miles thru the Gobi.



Silver Team Beijing



Remind us on this day and through all of life that we never run alone

PHASE II Moscow Siberia Russia, Mongolia, China, Asia

"In Mongolia, the snowstorms of the past have diminished over the past 10 years, the countryside is more arid, water bodies are shrinking and many of the tributaries into the Gobi Desert have dried up. It has also gotten more windy. The sands of the desert are ever moving so some opine that the sands are being blown particle by particle into the air and to the East to eventually cover the world as we all dry up and become desert. Once again, the phenomenon is all about water."

www.cvrrunners.org

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).



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).

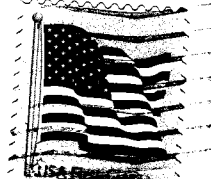
2007 2008 2009 2010 2011

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

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



*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

July 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:

Wednesday, August ¹⁵~~8~~, 2007

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