



Fall 2007

Volume 28, Issue 4

CENTRAL VERMONT RUNNERS OCTOBER 2007 NEWSLETTER

NOTES FROM NORM

November means that the bulk of the racing season is over. The dark, cold months of winter are around the corner, and we all have a chance to back off a little and recharge the batteries. It's when we all look back and evaluate how the year went. Were we healthy? Did we train the way we had hoped? Did we race the way that we hoped? Did we race at all? For some of us running doesn't involve racing.

For me, November signals the beginning of a 6-8 week period of surviving the holidays and getting pumped up mentally for the spring marathon season. March 1, 2008 will be my first attempt at qualifying for that elusive Boston Marathon. November is also when we as a club start thinking about 2008. At the meeting on November 14th we will set the 2008 race schedule, and set our priorities for the coming year. You can get the details of where and when elsewhere in the newsletter. I ask all the race directors in 2007 to email me about your intentions for 2008 and the date and time that you want your race to be held next year if you are continuing in that role. I hope you all are!

As you think about the November meeting and beyond I challenge all of you to recommit to making CVR a great club. Why not bring someone new to the meeting? If you yourself have not attended in awhile then come yourself. It is a great opportunity to share the social aspects of the club. I also challenge you to bring some new faces into your inner circle. If you train regularly with the same folks then consider asking someone else to join you as well. From my perspective the best part of running are the training runs.

See you at the meeting,
Norm

NEXT MEETING: Wednesday November 14, 2007 Pot luck at 6:00 p.m, business meeting at 6:30p.m.

John and Dot Martin's Home:

El Rancho Martinez is located @ 204 Blue Bird Rd. in Williamstown, VT Tel 479-5333

Take Exit 6 off I-89. Turn Right at blinking light 2 miles from I89. Take immediate left on to West Rd. Drive 1.3 mi. on West Rd to Snowbridge Rd on the left. This is a 160 degree left turn up a very steep hill. Proceed 0.3 miles to Blue Bird on the right. There are only three houses on Blue Bird and we are at the end of the cul de sac and you can only see the drive, not the house.

From Barre drive south on Rt 14 to Formula Ford and turn right on to Snow Bridge Rd. Drive approx. 2 miles and Blue Bird is on the left and is the only left off Snow Bridge.

If there is lots of snow, consider parking in the turn around and walk 289 feet to the house.

NOTE: CHECK THE WEB SITE FOR ONION RIVER SPORTS RACE SERIES STANDINGS – Found under CVR Race Results



CVR Meeting August 15, 2007

Compiled by Andrea McLaughlin

Approximately a dozen CVR members gathered on a beautiful, late summer, night to discuss business.

Old Business:

Bob Murphy will not be able to organize a race on the Barre Town Bike Path this year. Will discuss again for next year.

Race News:

Paul Mailman Ten-Miler: Betty Rose, the race director, had a large turnout this year. The Massachusetts team contributed to the large turnout. Betty received feedback that the change in the course, due to road construction, was well liked. Participants asked that the change be kept for next year. However, some residents did not appreciate the extra runners on their road due to the change in the racecourse. This race had many highlights: a road maker was run over by an irate resident; a train stopped the race for a few minutes as it crossed the road on the tracks; and horses got loose and ran along side some runners!

The race was delayed due to the transition between the *Race for Life* and the *Paul Mailman*. Betty suggested that CVR change the Race to June 28th to avoid a conflict with the *Race for Life*. Club feels that this change will be good, but need to check with the race director of the Capital City Stampede to see if there is a conflict.

Berlin Pond Race: *Brenda Phillips, the new race director, did an outstanding job. Brenda expressed concerned that we do not regularly have a 70+ category for our races. She had five 70+ registers for this race. It was determined that a 70+ category will be decided upon by the size of the race, and race director. The 70+ category will be brought up again at CVR's Annual Meeting*

Brenda had two suggestions for the club: race directors should cross check age categories with on-line registration; and a New Race Directors check list would be helpful in the future. Tim will look up one that had been used in the past.

Barre's Homecoming Race: Bob Bisson reported that he had 72 participants in the race. He received donations for the race from A.G. Edwards, Union Mutual Fire Insurance, Times Argus, Central Vermont Hospital and Stonecutters Pub and Brew. The Sports Shoe Center donated gift certificates for the male and female first place finishers. The club voted that 50% of the proceeds from the race will go to the Aldrich Library.

Bear Swamp Race: This was a very unique race this year thanks to Mother Nature. Tim Noonan said this race was very stressful! The day began very wet so the course was muddy to begin with. Right before the race was to begin, the sky cleared and the sun came out. Within about ten minutes from the start of the race, the clouds rolled in, twenty minutes into the race some thunder could be heard . . . thirty minutes into the race the heavens opened up, and thunder and lightening were crashing all around the runners. Concern for the runners rose amongst the race director and volunteers. Norm drove the course and asked runners if they wanted a ride back to the finish. He had no takers. Tim feels that this situation could occur again if Bear Swamp is scheduled during July and in the early evening. Bear Swamp will be changed to another race date.

Club needs to discuss a race cancellation policy for future races. Norm will look into the policy used by Runners of America.

*****Race Directors please submit your volunteer list to George Phillips.*****

Treasurers Report: Not much new. Tax returns have been sent to the IRS. We are still waiting to see if IRS will penalize the Club for late fees.

Future Races:

Leaf Peepers – *There are 700 racers registered for the half-marathon as of today. Our limit is 900. Approximately 15 racers have been registering per day. There is no cap on the 5k. However; there is no race day registration for either race. Rodger Cranse, the race director, was not able to attend this meeting but indicated that everything is good. There will be some changes from last year that will be discussed. Rodger is planning to have a race meeting within the next few weeks.*



Northfield – For the first time CVR will be doing the results of this race. Bob Murphy will be in charge of the timing with assistance from other members. As of yet, he is not sure which software he will be using: Apple Race Berry Jam or Run Score. CVR will be doing all of the logistics of this race and Northfield Bank will be doing the registration.

Falling Leaves - Tim has been contacted by *Girls on the Run* to have third – sixth grade girls participate in the race. Young racers are encouraged by the Club to participate in the races. *New Business*: Donna Smyers has recommended that we consider replacing Apple Race Berry Jam race software with Run Score. At the Berlin Pond Race, Bob Murphy had difficulty with ARB software. Donna tried out Run Score and experienced success with the software. The Club voted and will purchase Run Score software for \$250.00.

Special Acknowledgements: Thanks to Priscilla Carr for digging up old financial records and getting CVR on track for our taxes. Our Web Master Dave Kissner, has done an outstanding job on keeping our Web Site updated and getting race results out quickly.

A new member, Jay Southgate, attended the meeting. He owns his own Steeple repair business and would like to donate \$250 to a race. He would also like to become involved in CVR. Race directors please keep him in mind to volunteer. He can be reached at 839-6099.

The meeting was adjourned at 7:38. Next meeting will be Nov. 14th at John and Dot Martins house.



PLACE	NAME	SEX	TIME
1	Rowly Brucken	M	53:41
2	Nick Petterssen	M	58:25
3	Patrick Joy	M	63:24
4	Anthony Sgherza	M	65:39
5	Leif Richardson	M	68:54
6	Marc Brierre	M	69:05
7	Sharon Fine	F	69:35
8	Brendan Popp	M	70:06
9	Robert Popp	M	70:08
10	Tim Rothfuss	M	70:16
11	Kim Pierce	F	74:16
12	Paul Brierre	M	74:59
13	John Mahoney	M	78:25
14	Christine Petterssen	F	79:30
15	Charles O'Connor	M	82:44
16	Brendan McLane	M	84:16
17	Sandy Paritz	F	86:33
17	Bruce Westcott	M	86:33
19	Robin Taylor	F	105:16

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
 et 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.

FROM THE WEB SITE "Thank-you everyone for attending the first Beaver Brook Trails Race. We had 20 runners who enjoyed the challenging course. We hope to see you all next year and please tell your friends. We will also create a 5K course to compliment the 12.5K course next year, based on all the feedback we recieved. We would really like to thank all our volunteers that made this happen. - Mike and Vivien"



MAINE COAST HALF MARATHON INAUGURAL RACE SEPT SUNDAY 9/23/2007 Over 20 Vermont women out of 800 runners ran in York, Maine, among them Deirdre Ellerson - nice job, Deirdre The lone male winning the lottery was from Rhode Island. The most elderly was 81 year old Isobel Parke from Epping, NH, placing 702 overall. ALL PROCEEDS from the lottery went to a local school scholarship for a deserving graduating runner. Next year's event is September 21, 2008. The registration for the all-women race and lottery for one male runner can be found on-line at www.locorunning.com as well as more commentary. In the words of Andy Schachat "Maine Coast Marathon Was Superb".

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 information.

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.

Results for the 24th Annual Leaf Peepers Half-Marathon and 5K Race on September 30th Go to www.coolrunning.com, or connect through our CVR web page where you will find other results of CVR races.



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](#)

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.



SODOM POND RUN RESULTS SEPTEMBER 19, 2007

(4 mile race)

Overall Female Winner: Donna Smyers 28:21, Overall Male Winner: Peter Hirschfeld 24:31

Female 20-29

Lisa Sawin 34:16

Jesse Philips 37:13

Male 20-29

Peter Hirschfeld 24:31

Female 30-39

Eileen Hee 32:24

Julie Jennings 35:44

Male 30-39

Louis Porter 25:37

Jack Zeilenga 30:29

David Jacobson 36:27

Brian Murphy 36:37

Female 40-49

Becky Diedrich 33:54

Jill Aspinall 35:10

Male 40-49

Mack Gardner-Morse 26:03

Craig Colvin 33:37

Rob Ryan 35:13

Jeff Fannon 35:47

Paul DeLuca 40:58

Female 50-59

Donna Smyers 28:21

Susan Cooke-Kittredge 33:05

Nancy Brown 36:55

Patricia Rennau 42:10

Male 50-59

Bill Dysart 26:52

David Erickson 32:10

Eric Ryea 36:55

Female 60-69

Robin Taylor 41:49

Male 60-69

John Hackney 26:48

Dick Ferno 37:22

Victor Ehly 40:51

Male 70+

Gerry Carlson 40:53



PHOTOSEARCH





A HISTORY OF CVR
BY BOB MURPHY

CHAPTER 2. CVR: THE NEW KID ON THE BLOCK.

Central Vermont Runners was formed in early 1980 as an offshoot of the New Hampshire based North Country Athletic Club. Many runners from the central Vermont area had been members of NCAC for some time, and felt it was time to start a local running club with Vermont roots. Early organizers of the club included Darragh Ellerson, Doug Jones, Pat DeBlasio, and Bob Murphy. This “gang of four” met frequently in late 1979 and early 1980 to plan the new organization. Pat DeBlasio, who was employed at the Court Administrator’s Office, was the principal author of the constitution and bylaws. Doug Jones worked on a logo for the club. We deliberated on a name, considering, among others, Central Vermont Striders. We wanted to avoid the word “Club” in our name. We called ourselves “Northern Vermont Runners” for a while, but ultimately decided “Central Vermont Runners” suited us better.

Officers were elected at the first CVR meeting: I (Bob Murphy) was elected President, Pat DeBlasio was elected Vice President and Darragh Ellerson was elected Treasurer. The Secretary’s position was left unfilled for the first two years of CVR’s existence. I also took on the position of Newsletter Editor because of my two-years’ experience with the NCAC Newsletter. Each issue was typed up on a manual typewriter, pasted up with logos, illustrations, etc., and then photocopied. It was a bit of work, but a labor of love, and up to 9 issues were printed in each of those early years.

NCAC was a bit distraught to learn of our decision to form a new club, and although many local runners continued dual membership for a while, our “defection” essentially turned out to be the death knell for NCAC. It eventually grew much smaller and, scattered as it was, never really recovered from the loss of the central Vermont monopoly it once enjoyed.

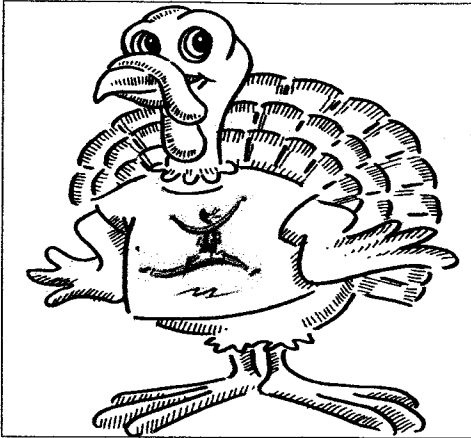
One of the first moves we made (agreed to by NCAC) was our taking over the running of the Montpelier Ten-Miler. There simply wasn’t enough NCAC presence in the area to continue the race on their own. They continued to field teams for a few years, but the team competition for the “Sap Bucket Award” with GMAA (and now CVR) faded over the years and eventually was discontinued. (Because GMAA was the strongest team during the final years of team competition, that sap bucket probably resides today in their archives.) Similarly, CVR sent runners regularly to the Littleton Road Race, but it too finally died.

Warren Kitzmiller of Onion River Sports had been organizing the Montpelier fun runs for about 3-4 years, and was happy to see a local running club willing and able to take it over. We did so, and although it was on the wane by the mid-1980’s, we have continued sponsoring those fun runs to this date. Changes that have occurred over the years include the addition of a 4-mile distance in 1980, and in 2006 the change in start/finish location to behind the Dept. of Employment Security and the addition of a 1-mile distance for kids.

The fun runs were the scene of a considerable controversy in 1981. With a large number of runners turning out each week (over 130 at its peak), it was important, particularly on hot afternoons, to have a source of water. There was a water faucet on the side of the Liquor Control Warehouse that we regularly used. Well, it turned out that someone apparently used the faucet on a non-fun run day, and left it on. That did not go over well with the Liquor Control folks, and they removed the faucet handles, so that we could no longer use them. We sent a delegation to speak with Jean Hickey, Liquor Commissioner, explaining that the fun runs were not responsible for the “water incident” and that it was important, for safety reasons, to have a source of water at the fun runs. Ms. Hickey was unsympathetic and felt that the congregation of runners at her facility each week was a “security problem” for the Liquor Control Warehouse. That was in 1980, and led to the club’s bringing water to fun runs each week.

In 1981, the problem with the Liquor Control folks got bumped up a notch, when some of the warehouse staff complained that runners stretching on the lawn outside the building were looking at them through the windows! Irving Bates, Director of Buildings (and Jean Hickey’s supervisor) decided to retaliate by having tractor trailers park so as to prohibit access to the bikepath from their parking lot. Fun runners had to actually run through the bushes to access the path. CVR once again attempted to initiate a dialog with the Bates and Hickey, but were not very successful at getting

GOBBLE WOBBLE TURKEY TROT



From WindyWood Rd, Barre, follow WindyWood Rd to 4 corners, take right onto Sunset to top of hill, turn left onto Barclay and follow to signs.

5TH Annual Gobble Wobble
Turkey Trot 5K Walk-Run

Barre Congregational Church
Senior High Youth Group

Thanksgiving Day
November 22, 2007
9:30 A.M.

\$8.00 Registration
\$25.00 Family registration of 4 or more
(living in the same house)

**Bring a canned good or
non-perishable item**

In case of inclement weather due to ICY conditions the race may be cancelled. We will announce this on FRANK FM and Froggy 100.9 or you may call Nancy Fowler at 476-4320.

Name _____ Age _____ Telephone _____
Address _____ Male Female _____

Please make checks out to Barre Congregational Church
Mail registrations to 35 Church St. Barre, VT 05641 Attn- Nancy Fowler
or email fowler5vt@verizon.net

All Entrants must sign a waiver

I know that running is a potentially hazardous activity. I should not enter or run this event unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release the event, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature of entrant _____

if entrant under 18 parent must sign _____



satisfaction. The charges against the runners grew to include stretching on employees' cars, changing clothes in the parking lot and scattering trash. Irv Bates wanted to fence off the parking lot and prevent access to the bikepath for all, he was so incensed over the issue.

The issue reached the press (not only the local press, but also Runner magazine and Paul Harvey's national radio broadcast), and with the issue characterized as "the liquor folks" against "the fitness folks", there was no way that the Liquor agency could avoid a black eye! So we had a lot of fun with the publicity, and Joe McEntyre even showed up at fun run one afternoon with a porcelain toilet dedicated to Irv Bates, complete with flowers in the bowl and a set of facetious guidelines for its use. The State folks eventually backed down and agreed to keep the access to the bikepath free and clear, and since that time there have been, to my knowledge, no real problems.

Other controversies arose over the years, but none was quite as amusing as our run-in with the Liquor Control folks. [Coming in the next CVR Newsletter: Chapter 3. Let the Races Begin.]



HOW ABOUT A HAT TRICK? BY Jill Aspinall

Scoring three goals in hockey or running away to join the circus could be possibilities, but this is about a personal endurance goal that might be of interest to you, especially if you enjoy cycling and cross-country skiing. You have to complete three specific events within one calendar year. I've heard folks differ on which is the toughest, but I think skiing the entire Canadian Ski Marathon as a "Coureur des Bois" is the hardest. Over two days you ski one hundred miles on a beautiful yet rugged cross-country ski trail. The next event is to complete any "double century" cycling tour (two hundred-mile tours in two consecutive days) in an official event. The final of the three is to run a marathon in under five hours. All need official certificates of completion.

For myself I found the hat trick to be a carrot dangling in front of me after (on my third successive attempt,) I completed the Canadian Ski Marathon last February. I knew the cycling event would be okay, especially without a time limit. Yup – I ticked that one off in June. The marathon was another question. I'd never run more than a half marathon, and running for me had always been good (but not fast) off-season training for skiing. I knew there was a lot of experience and advice around in CVR, and I'm a sucker for a stretch goal, so I registered and soon told everyone I was going for it. That made for good advice plus a "can't back out now" commitment!

Now with hindsight I thank Tim for his accolades about the Maine Marathon. Choosing it over Chicago on the same weekend was wise. The training was tough, but okay, especially with Donna to fix my hip and keep me out on the road. I put in long runs of 18, 20 and 21 miles and thought I was set. A very encouraging crew of Tim, Norm, Dick and Rick rallied at the pre-race pasta supper in Portland. The big day dawned cool and dry after overnight rain. Perfect. I don't know how one can avoid race day nerves, but I had them. None the less, I ran steadily until after mile 22, then had to put in some walk breaks. At that point I knew I was okay. My legs were very painful, yet I rallied, the supportive crowd cheering me in toward the finish line. Hearing my name over the PA system to approach the finish line was wonderful. My 4:35 time was well under the only time goal I had. The hat trick was done.

Another marathon? Another hat trick? We'll see. I've made my "lessons learned" notes, so if and when it happens I'll be ready and hopefully more comfortable to cross the 26.2-mile finish line. In the meantime, I'd love to see some other CVR members get their hat tricks. Check it out at www.csm-mcs.com.

From a runner in the back of the CVR races, I thank all in CVR who gave me advice, encouragement and support for a successful first marathon. It made a very positive difference.





- globe trotters -



**Donna Places Second in Her Age Group at Triathlon Worlds
Congratulations to Donna for her silver medal performance!**

Hamburg BG Triathlon World Championships Hamburg, Germany / September 2, 2007 swim: 1.5 k / bike: 40k / run: 10k

Age group results, F 50-54

1. Marjke Zeekant (Ned) 2:26:51

2. Donna Smyers (USA) 2:29:18

3. Christiane Holman (Sui) 2:29:28

.....

CVR members who participated in the following-

Adirondack Marathon -

Eric Ryea (52), 4:05:40

Newton Baker(65) 4:07:19, 1st M65-69

Adirondack Half Marathon -

Dot Helling (57) 1:45:44, 1st F55-59

RESULTS on the part of CVR members at Portland and Chicago, including George Phillips pulling out a 3:09 in that Chicago heat!

RUNNER'S WORLD 2007 HEROES OF RUNNING AWARDS CELEBRATION IN NEW YORK. "In this fourth annual honoring of outstanding individuals from the running community, we recognize runners whose achievements and contributions are nothing short of extraordinary." DOT HELLING WILL BE ONE OF THE ONES ACCEPTING FOR BLUE PLANET. **SATURDAY, November 3, 2007**

The Environmentalists: Blue Planet Runners **The Leader:** Dave McGillivray

The Pioneer: Ted Corbitt

The Peacemaker: Tegla Loroupe **The Ironwoman:** Sister Madonna Buder

The Visionary: Nancy Brinker

The Front-Runner: Ryan Hall **The Philanthropist:** Martin Franklin

The Phenom: Alan Webb

The Powerhouse: Amy Palmiero-Winters **The Inspirations:** Jamie and Lynn Parks

"The **Blue Planet Run** was a wild ride. Twenty international runners, including yours truly, circumnavigated the globe over the course of 95 days. It was a continuous journey through the northern hemisphere. We raised awareness about the safe drinking water crisis. I was able to run every one of my legs and stay healthy and uninjured. I was able to meet my dream of running on the Great Wall of China. I was met by family and friends along the way as I logged approximately 800 miles and wore out four pairs of shoes. We ran desert, mountains, pavement and trail. We braved heat, humidity, storms and bug attacks. We survived bad food, bad water, and a different sleeping accommodation every night including good and bad hotel beds, tents, yurts, and the van seats. We became a family. Thanks every one for your support. Please visit www.blueplanetrun.org and especially check out our finale video and the wrap-up personal blogs. See you on the road!" Dot Helling

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).



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

Name (Please Print) _____

Street _____

City _____ State _____ Zip _____

Sex: M F Age _____ Birth Date _____

Email Address _____ Phone _____

Names and birth dates of additional household members of CVR:

- 1 _____
2 _____
3 _____

As a responsibility of club membership, I agree to be available to work on at least one club race during the year. My preferred race is indicated below.

- *April - Mutt Strutt _____ *May-Oct - Tuesday Fun Runs _____
*June - Kids Track Meet _____ *June - Capital City Stampede _____
*June - Montpelier 10 Miler _____ *July - Bear Swamp Run _____
*Aug - Berlin Pond 5 Miles _____ *Aug/Sept - Northfield 5K _____
*Oct - Leaf Peepers _____ *Dec - First Night 5K _____
*Other Weekday evening races _____ *Nov.-Fallen Leaves 5K's _____
*May-Black Fly 4 Miles _____ *July/Aug- Barre Downtown 5K _____

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

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

GIVE THANKS



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

Fall 2007

NEXT CVR MEETING:

Wednesday November 14, 2007

6:00 P.M.

**Potluck and Meeting
Details Inside**