

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



December 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:

Sunday March 23, 2008 6:00 P.M.
Potluck and Meeting

Volunteer Dinner January 24th, 2008

Details Inside



CENTRAL VERMONT RUNNERS DECEMBER 2007 NEWSLETTER



CVR MEETING WEDNESDAY NOVEMBER 14TH
SECRETARY'S NOTES

About 15-20 CVR members met at the home of Dot and John Martin for a potluck dinner and meeting. The meeting was called to order around 6:30 pm

Minutes from the last meeting were accepted and approved

Newsletter Special thanks to Nancy Rice for a great job on the last newsletter and a reminder to everyone in the club to send Nancy your running experiences and stories for posting in the newsletters. Nancy requested having the newsletters online in addition to print and everyone agreed this was a good idea, but only if Dave Kissner is willing and able to post it. Nancy will follow up with Dave who was unable to attend the meeting.

Donations SteepleJacks has contacted Norm in regards to making a donation to the club. Norm suggests the donation be used specifically for purchasing T-Shirts for the Kids Track Meet next year. The group liked the idea, but it will be brought up at the annual meeting in March to finalize the details.

Age Categories Discussed having a 70+ age category in every CVR race as a standard. Currently it is up to the race directors and there isn't any consistency. While we think the race director should have the ultimate decision, the club would like to encourage all our races to have this category. It can be further discussed at the annual meeting.

Software and Computer New timing software is good so far but only a few members know how to use it. Suggestion was made to hold a training class this winter for a group of members. Also discussed buying another club computer. Currently the club computer is used to maintain our website. Having one for races would be very helpful for timing etc. This can be discussed and voted on in the annual meeting.

Treasurers Report Still working with the IRS on various issues but have gotten a lot resolved. Balance is roughly \$20,000. The numbers for leaf peepers are:



Income - \$39,000
 Expenses - \$30,000 (includes \$6,000 donation to Harwood)
 Balance to CVR - \$9,000

Leaf Peepers Race The race was successful as the numbers in the treasurers report show. The weather was great, runner response was great, people liked the new location of the port – o – lets. There was a lot of discussion with regard to having it in the same location next year, considering the negative response from Duxbury after this years event. Their residents didn't like having the race on River road and expressed concern to Roger regarding the course in the future. A committee was formed of Roger Cranse, Darragh Ellerson , Dot Helling, Tim Noonan, and Norm Robinson to consider other locations, work with other towns for consideration and meet again to discuss in early January.

Chase Race There were low numbers this year, only 15 people attended. Tim will do it again next year, maybe it was a busy day for many.

Northfield The race went smoothly, \$680 was earned by CVR for providing timing services and volunteers to help. Andrea and Bob were a great help with the new timing software.

Sodom Pond A successful and fun race this year. Involved the local co-op for the first time and that went well. They provided the prizes and enjoyed the race.

Falling Leaves Had a really successful race this past Saturday with 100 people finishing the race. There were about 22 Girls on the Run. The course was changed from the previous, but it seemed to be received well.

2008 RACE SCHEDULE

Mutt Strutt	April 27th	Donna Smyers
Black Fly	May 3rd	Eric Rhea
Kids Track Meet	June 7th	Norm Robinson and Tim Noonan
Capital City	June 14th	John Valentine
Mont 10 Miler	June 28th	Betty Rose
Bear Swamp	July 12th	Tim Noonan
Barre Downtown 5k	July 26th	Bob Bisson
Berlin Pond	August 7th	TBA
Chase Race	August 21st	Tim Noonan
Northfield	August 30th	Tim Noonan/Norm Robinson/NSB
Sodom Pond	September 17 th	Tim Noonan
Leaf Peepers	November 1st,8th,15th	Tim Noonan
1st Night	December 31st	Rowley Brucken

Dot Helling offered to get the permits for the Berlin Races and everyone agreed for her to do so. Tim Noonan would like some help with Falling Leaves next year and a number of people offered to help. There was a suggestion to post the race schedule on the website as well as other races that we know about or events in which we are asked to post something. After discussion it was decided that if Dave could and would post other info we would do so, and Norm will continue sending us all an e-mail of events he hears about.

Fun Runs Discussion of fun runs and daylight savings. Everyone agreed to leave the schedule as is, and in the event it may be to dark, we need to make sure to warn everyone of the potention of darkness and to run at your own risk etc.

Meetings ANNUAL MEETING AT ANDREA MCLAUGHLINS HOUSE ON MARCH 23RD.



Volunteer Dinner The annual volunteer and recognition dinner could be on January 24th. This date is not yet final, but looks like a good date. John Marting volunteered to find the location and work out the details. Others mentioned liking Sean and Nora's where we have held it in the past.

Spirit of the Club Award Committee is made up of 2 previous winners, plus a board member. This year it is Donna, Norm, and Tim. Meeting adjourned at 8:30 p.m.



2007 CVR Race and Event Schedule

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

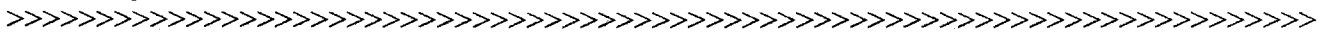
*indicates race is part of the Central Vermont Runners/Onion River Sports race series.

Date and time listed below is tentative and subject to change. Please contact race director for up-to-date information.

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.



2007 Central Vermont Runners Volunteer Appreciation and Awards Dinner

Where - Sean and Nora's When - Thursday January 24, 2008
North.Main Street Social 6pm-7pm
Barre, Vermont Dinner @ 7:00 pm

Who - See the list below. If you volunteered for an event in 2007 and your name does not appear on this list contact John Martin 479-5333 or ytiron55@yahoo.com

Now- Here is the important part- you MUST RSVP on or before January 10, 2008.

OK, now we have the hard part of this out of the way we can talk about the dinner. We have a great bunch of members and have a strong active club so it is time to celebrate. It also time to acknowledge a club member who have gone above and beyond what has is expected. A committee has been be diligently working to acknowledge that club member who has given their time and spirit throughout the year(s) to help make CVR a success. That club member will be honored at the dinner.

The numbers have been tallied and the club running champions will be named. Awards for their dedication to our sport will be presented.

What's on the menu? John Mayfield and his crew will be serving up a feast for our pleasure.

After social hour we will begin at 7pm with baby greens salad and bread. The main courses include salmon, chicken and pasta, wrapping up with cake and coffee.

The price for the dinner is great! If your name appears on the list of 2007 Volunteers you have already paid for your dinner. If you are a CVR member who had a hectic year and was unable to get out to volunteer or have a

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/Union 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:
 - Union 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



friend who would like to come along the price for dinner is \$26.00 all inclusive. If you are not on the list and/or someone will be tagging along I need to know by January 10th so I can give John Mayfield an accurate count. Please make checks payable to CVR and mail them to me at P.O.Box 1131 Montpelier, VT. 05601.

PLEASE REMEMBER TO R.S.V.P. BY JANUARY 10, 2008. THANKS AND SEE YOU THERE!

The LIST (Important –if your name is not listed here, but you volunteered, please contact Norm.):

Ena Anthony,	Tim Heney,
Phyllis Arsenault- Berry	Lori Lacroix,
Jill Aspinall	Becky Maker,
Newton Baker,	John Martin,
Bob Bisson,	Dot Martin,
Lori Bisson,	Bill Mayo,
Shawn Bryant and family	Barb Maynard,
Rowly Brucken,	Maureen Mayo,
Ann Bushey,	Andrea McLaughlin,
Dick Bushey,	Laura Medalie
Sue Burgost,	Bob Mercier,
Tom Burgost,	Ann Metayer,
Henry Buseti,	Dick Millar,
Maureen Carr	Rick Moltz,
Priscilla Carr,	Bob Murphy
Michael Chernick	Tim Noonan
Pam Chisholm,	Theresa Noonan,
Richard Cleveland,	Cynthia Nyquest,
Jay (Priscilla Carr's friend),	Andrew Nuquist,
Sandy Colvin,	Brenda Philips,
Steve Comoli	George Philips
Joe Connelly,	Dee Reeve,
Kristin Courcelle,	Nancy Rice
Marty Courcelle,	Denise Ricker
Chandra Cranse,	Rich Rivers,
Kevin Cranse,	Norm Robinson
Roger Cranse	Betty Rose
Cyndy Cross,	Annette Rossi,
Jeff Donahue,	Vic Rossi,
Darragh Ellerson,	Eric Ryea,
David Ellerson,	Scott Skinner,
Dave Erickson,	Robert Searles
Pam Erickson,	Jamie & Tom Shanley,
Richarda Erickson,	Mary Simonetta
Sandy Ferno,	Christie Sternbach-Feist,
Leslie Ferrer,	Jay Stewart
Cathy Frey,	Donna Smyers,
Beth Gambler,	Martha Smyrski,
Mack Gardner-Morse,	Jayanti Thapa,
Cindy and John Gardner-Morse	Tim Thody,
Maryke Gillis,	Rebekah Thomas
Wendy Gould.	John Valentine
Sue Hackney,	Trevor Whipple
John Hackney,	Greg Wight,
Cathy Hartshorn	Diane Wishinski,
Dot Helling,	Peymei Wu,
	Zeke Zucker



JINGLE BELL 5K RUN & WALK CONCORD, NH Jingle Bell Run & Walk for Arthritis brings people together for an exciting and spirited way to support the Arthritis Foundation's mission of fighting the #1 cause of disability while participating in a healthy activity. December 1st saw Bob Murphy and John Valentine each placing 3rd in their age groups: way to go!!

18 3/29 M5059 20:37 6:38 John Valentine 58 M Roxbury VT
82 3/12 M6069 25:13 8:07 Bob Murphy 67 M Barre VT



17TH BRADFORD VALENTINE RACE **

" From: <timers@verizon.net>
Sent: Monday, December 10, 2007 9:51 PM

Dear Runners,

This is advance notice that online registration for the 17th Bradford Valentine Race is now open.

The race(s), 5miles and 3.7miles(6K) will be held on Saturday, February 9th.

Visit our new web site at <http://www.BSRS-timing.com/valentinerace> to either register online or print an entry form to be mailed. We look forward to seeing you again in 2008.

Race Director, John Burke "

**Join John & Megan Valentine and me and my daughter Colleen at the 2008 running of this classic event.
Sincerely,
Bob Murphy **

NEW YEAR'S RESOLUTIONS (some people don't make New Year's resolutions because they say they are easily forgotten within a week. Or, if you happen to have a case of adult ADHD, about a minute. But have fun with them. Don't make them so unattainable you let yourself down. Some fun ones - This year you will: - Become President
- Lose 30 pounds without gaining any back
- Get plastic surgery and look like a supermodel
- Win the lottery

Here are some runner resolutions: Drink more water and less beer Leave your headsets at home when you go running. Enjoy the sounds of birds that sing and streams that flow, and react in time to skidding cars and silent bikes. You run a lot safer with all five of your senses. Attend a local high school or college track meet, and support running at its grassroots. Volunteer at a local track meet or race, and give back to running some of what running gives to you. Endow a scholarship or to start a running program at a local high school. Plan to race once a month. You meet new people at the races, and celebrate your fitness. Racing also provides a sure way to delay aging, since racers do not grow old, they just get slow. Do your marriage a favor and leave your running shoes in the garage. Then you can rightly blame stale odors on the dog. Don't forget to give.

WISHING YOU ALL A SAFE AND HAPPY HOLIDAY SEASON

Thanks, Gerow!

MY FIRST MARATHON - GRAND ISLE

Fog hangs low o'er the apple trees,
Runners gather, flexing their knees.
The apples are red, not yet ripe,
The people here are of every type.

We mill around in the morning fog,
The runners slowly approach at a jog,
Discussing races and marathons past,
And each expounding about their last.

Some have driven around the course,
But I find the trip doesn't reinforce
My resolve to run it very fast,
Twenty-six-point-two miles is a lot to get past.

The gun goes off, we start out slow,
"Take it easy, there's a long way to go.
'Some of those guys at the head of the pack,
'Don't know the distance. They'll soon be back."

We go easily through the morn and trees,
It's pleasant and now there's a little breeze,
But it'll be hot before we go far,
And soon the sun will be melting the tar.

Endorphins rise and the world's inviting,
Each little bird seems bright and exciting.
The views are alive and the island's green.
The surrounding lake has a sparkling sheen.

We easily pass the halfway mark,
It's still fun and it still seems a lark,
We talk and laugh at the watching folk,
Whose heavy clothes now seem a joke.

Our legs start to tire and each mile gets harder,
The sun and the air keep getting hotter,
We drink all the water that we can find,
But our bodies lose more and resolve unwinds.

The effort's greater, now mile sixteen's past,
But each mile seems longer than was the last.
It takes more steps and it takes more time,
(Before the next one, I'll work out overtime!)

So I keep hanging on, with short relaxed stride,
My legs do the work, I go 'long for the ride.
Dissociation works as my legs become numb,
What I don't like is my brain going dumb.
I'm all alone now, I don't see the others,
I pay no attention to running brothers.

Twenty miles pass, I continue to slow.
There are only a few who are in the know
Who pick up the pace and pass the rest.
They've saved to run the last six best.

Some walk now, but most trudge on,
Hormones and energy all are gone.
Our time doesn't matter any more,
We just want to finish and get it done.
Legs and feet are tired and sore,
Our whole body's weak and worn to the core.

Finally the finish line comes into view,
Some speed up, but very few,
Most hang on to the wearied pace
That got us here to the end of the race.

This was my first marathon at 49. This and subsequent times were:

- Grand Isle : 8/21/81 3:37:58
- Brody Mtn MA 9/27/81 3:45 (I was sick for 3 days before race, should never have tried!!)
- Foxboro, MA 11/21/81 3:36:+
- Grand Isle 8/21/82 3:37:13
- Foxboro, MA 11/20/82 3:29:36

Gerow Carlson