



CENTRAL VERMONT RUNNERS FEBRUARY 2008 NEWSLETTER



ANNUAL MEETING AGENDA

The following are some of the items I hope to cover at the meeting on March 16th. If you have thoughts, or other items that you would like to include please let me know and we will try to add them. The annual will begin PROMPTLY at 6:00 pm. and will be a PIZZA PARTY compliments of the club. We have a large amount of business to cover, so arrive a little early and be ready to get down to business at 6:00.

- We have two race director openings. First Night 5K, and the Northfield Observances Races need new directors as Rowly and Tim will be unable to continue in 2008.
- Election of officers - we will take nominations from the floor
- Appointment of other key positions
- Dues - do we need to change?
- Onion River race series - a short discussion on how money is divided, and how volunteers are kept track of 70+ age groups for all races
- Future Spirit of the Club winners- a discussion about winner get free entry to all CVR races for a year (excluding Northfield)
- New CVR shirts - should we? A new logo?
- Money expenditures for the club - Possible ideas include:
 - Another computer
 - Another Time Machine
 - Money for Kids Track Meet (donation plus CVR money)
 - Leaf Peepers- additional expenditures from the club?
 - Other needs for races, etc?

March 16th 6:00 P.M. Meeting with Pizza Party – Directions to Andrea McLaughlin’s home: From downtown Barre head East on U.S.302 (left of the kneeling man). At the light by Stone's Mobil, get in the left hand lane and turn onto Hill Street. Continue up the hill past Trow Hill Grocery on your right, and bear left at “Y”. Continue up the hill. At the four corners the road will turn into dirt, continue straight. Our house is .8 of a mile up on the right. There are snowshoes on a tree at the end of the driveway. The house is a brown salt box with a large detached garage. Any questions, call Norm at 223-7351 or Andrea at 476-4417.

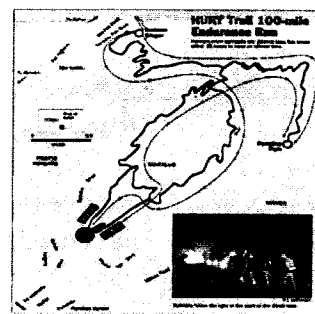
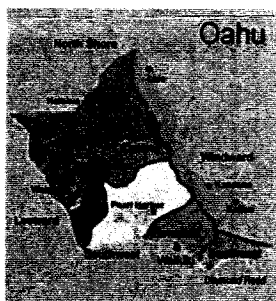
AT THE ANNUAL VOLUNTEER APPRECIATION AND AWARDS DINNER, THE **2007 SPIRIT OF THE CLUB AWARD** WAS PRESENTED TO **DAVE KISSNER**. The Spirit of CVR award is designed to recognize CVR members who have a demonstrated consistent and substantial service to CVR over many years. Dave Kissner has provided that exemplary service since the mid-1990's. He demonstrated his leadership in club officer positions, most notably as CVR president. He has been race director of two of CVR's larger races. He was the first race director of the First Night 5k and served in that capacity for several years. He also was race director of the Paul Mailman Montpelier Ten Miler for several years. Most recently, he has been the CVR webmaster for many years. He has done an excellent job developing and maintaining a creative, informative and timely website.



CENTRAL VERMONT RUNNERS 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.



HURT 100 2008 by Dot Helling, January 2008

It was heaven and hell, paradise and Hades, and much more than I ever could have imagined. The HURT 100 is a gnarly, maniacal 100 mile trail race on Oahu, Hawaii in the Tantalus area. It begins at the Makiki Heights Nature Center outside Waikiki. It consists of five 20 mile loops including 24,935 vertical feet of steep climbs and descents, more rocks and roots than inside a crater or under a tree, and miles of "juicy" mud and sheer drop-offs. This year's race began under "pristine" conditions as described by race director John Samuelson but degraded quickly with high winds, strong rains and the increasing depth of the mud and its slime factor on each progressive loop.

Twenty years ago, the same year they got married during the Vermont 100, John and PJ Samuelson made me an honorary HURT member. I finally flew over the Pacific big pond to complete one of their events and make it official. Only, just barely halfway through the first loop, I was beside myself. I was convinced I would break a bone on this nightmarish course or topple to my destiny and not be found. The initial 800' climb up Hogsback in the dark went okay until we dipped over the ridge into a ravine, a narrow slippery and rocky trail which immediately put me on guard, made worse shortly thereafter by a mile section of muddy, intertwined banyan roots. At mile 10 or so I met up with my friend Kim Richmond who was already heading back up the second climb. She gave me a great pep talk and warnings about the upcoming sketchy conditions (slippery rocks with ropes and the double river crossing). Kim was doing great and running her second HURT 100, having finished the 100K last year after being lost for seven hours.



I proceeded to screw my head on differently, realizing that I could not worry about time without feeling deflated like I had in that first ravine when I was barely pushing two miles an hour. I resigned myself to the fact this would be a survival event not a running one for me, and I would take whatever time I needed to enjoy the experience. From there on, I became a Hawaiian snail, enjoying the scenery and the social and grazing time at all the aid stations. In fact, my second time through the Nature Center heading out for the third loop, John reminded me that this was supposed to be a race and I might want to think about moving on. It was easy to just hang out with the wonderful HURT family at each aid station, particularly given the delectable cuisine. My favorite was Rex's veggie wraps with lots of yummy avocado at the Paradise Park station. Second was the pizza at the Nature Center, and then the energy bars swigged down with Red Bull at Jackass Ginger which motored me back over the river and up the big climb over Nuuanu Ridge.

The course is a puzzle of obstacles. Sun, rain and single and double rainbows with high winds and temperatures in the 60's and 70's comprised the weather. It down poured as well as rained like spray from a sun spout. The clay soil turned into sucking mud. On the second loop I fell onto my back and, as I slid to the ground, the mud oozed grossly over me on both sides of my body like a blanket. Later I was chided that it was toxic with wild boar urine. In the bamboo forest section and the areas of most prolific banyan tree roots, I found it impossible to find secure footing and picked my way through as if between pick up sticks that I dare not knock down, or lose the game. In the wind the bamboo forests tinkled as if the trees were giant crystal chandelier pendants, with one falling over every once in awhile. The fall-downs sounded like breaking glass. The root structure is shallow like the Colorado Aspen although the bamboos are comparatively light weight. We later learned that some of the rock was breaking off the cliffs behind the bamboo forests and that a boulder fell between a runner and his pacer, missing the runner by no more than a foot. The race description directs "extreme caution" including "narrow crumbly trail with several slippery boulders near steep drop-offs. Manoa Falls is breathtaking as are the views from atop the Nuuanu Cliffs. In the evening we were greeted by a full moon and a group of kids camping and partying for the night on the ridge.

I never saw or heard a wild boar, but I did encounter lots of field mice, rats and mongoose as well as roosters and chickens on the trail. I also saw and heard beautiful birds including Hawaiian cardinals and doves. The trail was well marked by sections and easily followed as long as you could remember which color marking you were on, white, lime or orange. The key instruction was not to take a blue marked trail, an easy mistake as some of them proceeded straight at course turnoffs and appeared runnable. I did not find but 5-10% of the course runnable and, even then, it was with caution. This was a psychologically taxing event for me. I never felt I could strike a rhythm and relax. I was constantly watching and studying what would be my next step. I wondered out loud about all the postings of the presence of leptospirosis and asked whether I needed to get a shot after the run. "Only if you break out with flu-like symptoms" was the advice I got. So far I seem okay, at least physically. I'm not sure average folks would call HURT runners normal mentally.

Kim finished in 24:11, a seven hour personal record over 2007. Our friend Diana Widdowson was one of only four women to finish the 100 mile, and one of only 21 of the starters to finish the 100 mile. Forty five of us finished the 100K and the rest dropped, including some runners who experienced injuries such as a broken rib and torn hamstring. Many of the runners had foot problems as our feet remained wet throughout the day. My feet were spared by a trick I learned running wet footed for a week in Costa Rica, the application of Desitin. I was the oldest woman to finish either course with a 100K time of 28:23, what I would call a slow 100 mile. One of my highlights was having Blue Planet Run team member Laurel Dudley from Kailua join me for what became my final 10 miles.

As Andy Kumeda, a member of the HURT 500 mile club, puts it, you could not make this course up in a movie. It is "heaven on earth and hell on earth." You have to love it to hate it and hate it to love it. You truly need to see it to believe it. I personally thought I would never hear myself say I would like to go back, but there is something about it that captures you. It takes an understanding of what I just read in the book *Deep Survival* by Laurence Gonzales. One of the survivors in the book says that you must trust and rely on your gut for survival, and remember that you can't depend on any one. You must have it "within yourself to survive" challenges like the HURT. For me, it is not how to survive so much as how to do it quickly enough not to time out on the 100 mile and then still survive. I may be aged out as well as timed out. Time will tell. Mahalo to the HURT family! This is truly a once in a lifetime event and experience, as well as a great party!



To anyone interested in running/training for a spring marathon, half-marathon, or whatever: I've been trying to revive "RubberSoles", which was originally organized through First in Fitness. I've been with the group for the past four years, marathon training, but they are doing things differently this year. So far there have been about 8 people running on various days and distances. Currently we have been meeting a couple times during the week, and once or twice on weekends for longer runs. This is very low key training meant to be fun. If anyone is interested in getting the e-mails, send a reply to me at dickm103c@hotmail.com and I'll add you to my list - Dick Millar



The issues surrounding the LEAF PEEPERS races have been resolved. The town of Duxbury selectboard has given approval for Leaf Peepers "with conditions". Race Director Roger Cranse believes that these conditions are easily met, and thus the race will continue as it always has. Primarily the conditions are: better communication to the residents about the race, more cones to control both runners and drivers, and adult presence out on the course to monitor all involved.

Mark your calendar for Sunday Oct. 5th!

Norm



Hi All,

My favorite race is open for entry from 3/1 to 3/15. They pick about half of the entries in a lottery. The run is 7.6 miles up Mt Washington toll road on June 21. Dot Helling and I would like to try and get a women's team (even better women's master's and/or 50+) together. If you place individually or place as a team you get guaranteed entry next year. **Sign up with CVR as your team or GMM could get together a team.**

Heres the link: <http://www.mountwas hingtonroadrace.com/lottery.shtml> Do it now! Donna



A HISTORY OF CVR
BY BOB MURPHY

Chapter 3. Let the Races Begin.

CVR's very first official club function was a Greenup Fun Run on 3 May 1980. The event featured 2 and 6 mile runs, starting and ending at the State House in Montpelier. Blue Cross/Blue Shield was the sponsor, and 38 runners participated. No full results were apparently published, but we do know that the winners were Rick Brigham and Caroline Costello in the 2-mile race, and Chris Martin and Elaine Hoiska in the longer event. This was a one-time race that was never repeated, but it got the club's feet wet in the race directing business.

The CVR race calendar remained fairly constant for its first several years. The Montpelier 10-Miler and the Howard Bank 10 km Race were the mainstays of the race calendar from the beginning. Both had been established before the formation of the club, but were taken over by CVR in 1980. Doug Jones was director of the Montpelier 10-Miler in 1980, and the race was, as it had been for years, the NERRC 10-mile Championship Race. One hundred fifty-three runners finished that June race. CVR's Charlie Bucknam, who worked for the Howard Bank, directed the 10 km race in July; there were 231 finishers.



A new race was introduced in October of 1980: the Berlin Pond Couples Race. It was an outgrowth of a once-around-the-pond (approximately 5 miles) race run there the year before by Lou Duesing and Jim Clemons. Seventy-seven participated in that first year run, a benefit for United Cerebral Palsy. Pat DeBlasio was the race director, and a 10 km course was used.

There were other annual running events in the central Vermont area as well. The Caspian Lake Runaround, a 7 mile race in Greensboro, was directed by CVR's Wiz Dow, but was not an official CVR race. Similarly, a race over that same course was run in the fall. The Caspian Lake Foliage run, as it was called, was directed by CVR's Anne Batten. It too was not an official CVR event. A third annual race was the Bear Swamp Run, a 5.7 mile race beginning and ending at the Rumney School in Middlesex. CVR's Nancy Miller directed that event. It did not become a CVR race, however, until Tim Noonan took over the directorship in 1990 or 1991.

Late in 1983 the club was approached by Ralph Lash of Lash Furniture in Barre. He was interested in sponsoring a marathon in the area, and felt we were the folks to do it. With our experience in directing a few well-attended races up to 10 miles in length, and with a full realization of the complexities of trying to manage a marathon, we managed to convince Ralph that a half marathon would be much more realistic for us to tackle. Ralph was convinced, and the following year he was one of the principal sponsors of the first Leaf Peepers Half Marathon. The first edition of that race in 1984 featured Darragh Ellerson and Jeff Shutak as race directors, and 163 runners participated. The race has grown enormously since then and has become the club's premier event.

A number of other races have come and gone through the years. Some were run just once; others lingered for a few years before disappearing. Still others are of recent vintage and are still ongoing. A list of those races follows:

- Run for the Health of It. This 5k race at U-32 School in Berlin ran from 1985-1991. It also featured a 1600m run and a 5 km walk from time to time.
- Sub-Ultimate Runner. The brainchild of Norm Robinson, this multi-distance event ran from 1987-1989. It was primarily a fun event for CVR members and was held in conjunction with a summer picnic.
- Juniper Hill Race. "The mother of all races", this Barre race was held from 1988-1995. The first edition was a 15 km race; subsequent ones were 12 km in length.
- One Hour Track Runs. These were at the Montpelier High School track and were held in 1989 and 1990.
- Mothers Day 5 km Road Race. Byron Hill intended this to be an annual event, but it ran in Montpelier only one year, in 1991.
- Vermont Pure Spring Water 5 km and 10 km. This race was held twice in Randolph, in 1992 and 1993, but was a CVR race only the second year, I believe.
- First Night Montpelier 5 km Race. This race should probably not be on this list, as it was started in 1995 and continues to be popular to date. Its first running was held as a non-CVR event, but it has been a club race since 1996.
- Kids' Track Meet. This event has seen its share of bad weather. When the sun shone, directors Tim Noonan and Norm Robinson were able to attract as many as 180 kids to this event, but there have been lean years when the rain came pouring down. The event was inaugurated in 1996 and continues to date.
- Northfield Labor Day 5 km and 1 mi. Races. When Joe Zuaro decided to give up managing this race for the Northfield Savings Bank in 1997, Tim Noonan stepped up to the plate, and the race has been CVR managed ever since.
- Mutt Strutt. This Middlesex race was first organized in 1997 by Donna Smyers and Jamie Shanley, and was CVR's first event "to go to the dogs". It has been consistently popular from year to year and looks like it's here to stay.
- The Montpelier Mile. Run only in 1998 and 1999 on Stonecutters' Way as part of the Montpelier 5th of July celebration, it did not survive.
- Hubbard Park Predict-Your-Time Run. This 5 km Montpelier race was originated in 2003 by Tim Noonan and continues today.
- Sodom Pond Run. This age/gender adjusted event in Adamant also originated in 2003, another continuing Tim Noonan production.
- East Montpelier Chase Race. Tim Noonan began this staggered-start 5 mile event in 2004. It continues to be popular (well, sometimes) and difficult.
- Tower Stage Run. This run from behind the State House in Montpelier up to the Hubbard Park tower and back was organized by Tim Noonan in 2004, but was abandoned after that one event due to safety concerns.
- The Wiz 5k. Tim Noonan organized this one-time event in 2005.
- Hubbard Park 5k. This race also originated in 2005, another one-time Tim Noonan race.
- CVR Track Triple – This event, held on the Montpelier High School track, was held in 2005 and scheduled, later canceled, in 2006. Another Tim Noonan production.

- Barre Downtown 5k. First organized in conjunction with Barre's Homecoming Days celebration in 2004, CVR agreed to adopt it as one of its races in 2005 with Bob Bisson as race director.
- Black Fly 4-miler. Held in Adamant in May of each year, this has become a CVR event with Donna Smyers and Eric Ryea in charge.
- Fallen Leaves Race Series. This is the latest addition to the CVR race schedule. Started by Tim Noonan in 2005, it features a 5 km race on three consecutive Saturdays in November.

We will doubtless see additional events added to the CVR race schedule as the future unfolds. And Tim Noonan's name will undoubtedly be attached to a number of them. [*Coming in the next CVR Newsletter: Chapter 4. Officers over the Years.*]



Paul Deluca writes to CVR members

pdeluca420@msn.com

- 1) I will be running the Eastern States 20 Miler on March 30th. I am willing to offer a ride if anyone wants to run in it. I also have a room @ Ashworth by the Sea in Hampton Beach with 2 doubles if anyone wants to share. This is a great race that covers 3 states along the seacoast from Kittery, ME to the MA border along the seacoast. It is a great tune up for VCM and/or Boston. <http://www.easternstates20mile.com>
- 2) I will be leading an event with the Green Mountain club on the weekend of June 20th - June 22nd in The White Mountains doing the Presidential Traverse (19+ miles with 8,000 feet of elevation gain). Arrive Friday, Traverse Saturday, Depart Sunday. Logistics and accommodations to follow.

Happy Valentines' Day

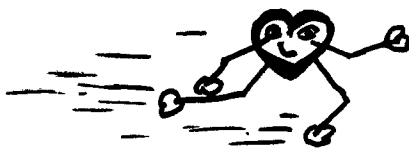
CVR sent Valentines to Bradford, Mass. on the 9th of February. They arrived well before the official day, and were well received. The Valentines that were sent, of course, were our own JOHN AND MEGAN VALENTINE, and they won (by the skin of their teeth) the annual father/daughter competition. Edging out the second-place team by only 4 seconds (and the third-place team by 5 seconds), John and Megan were the winners once more at the 17th annual running of the Bradford Valentine Race. John ran the 5 mile leg in 33:45 and Megan ran the 6k leg in 23:00.

Farther down in the standings were father/daughter team BOB MURPHY AND COLLEEN MURPHY COURNOYER. They finished 6th of the 10 teams entered. Bob's time for the 5 mile leg was 40:23 and Colleen ran the 6k leg in 33:58.

Overall, the foursome did pretty well. John was 31st overall in the 5-miler, 4th of 32 in the M50-59 age group. Megan finished 8th overall in the 6k, 4th of 36 in the F20-29 age group. Bob was 75th overall in the 5-miler, 2nd of 13 in the M60-69 age group; and Colleen was 89th overall in the 6k, 6th of 27 in the F40-49 age group.

Total participation in both events was 374. The roads were in quite good condition and the weather was perfect. Check out the complete results at Coolrunning.com, and make plans to join us at this great mid-winter event in 2009.

Bob Murphy



www.cvrrunners.org



The 2008 Great Bay Half Marathon

Don't miss out on this fun classic race. With spring just around the corner it's time to register... Registration is open and filling up fast. **Registration** Race Date: April 6, 2008 - Registration 8:00 - 10:30 **Start: 11.00am - Runners, Start: 10:30am – walkers NO BABY STOLLERS or Dogs** Registered runners and walkers will receive short sleeve wicking shirts. **Special prizes to runners who raise specific amounts for the designated charities. Special prizes for top fund raisers. Contact** Email info@locorunning.com Questions call MIKE - 603 659 2824

This is sent to everyone via CVR from Norm, but I thought I would include it here as well (had a little extra space...) -----

Spirit of the Marathon: An Award-Winning Documentary

Don't Miss Vermont's Exclusive Showing!

RunVermont and SkiRack are proud to present "Spirit of the Marathon" on Friday, March 14th at the Main Street Landing Performing Arts Center & Film House. Show times: 6:00 p.m. and 8:30 p.m. Tickets are \$10 each and are available for pre-purchase here or by calling 863-8412. Tickets will be available at the door if space allows.



We know that many of you are already looking forward to the local screening of this event, but you don't have to be a marathoner, or even a runner to enjoy this movie! *Spirit of the Marathon* won the Audience Choice Award at the Chicago International Film Festival and "Best Picture" at the Mammoth Film festival.

The documentary is the first ever non-fiction feature film to capture the drama and essence of the famed 26.2 mile running event. Filmed on four continents, the movie brings together a diverse cast of amateur athletes and marathon luminaries.

As six unique stories unfold, each runner prepares for and ultimately faces the challenge of the Chicago Marathon. More than a sports movie, *Spirit of the Marathon* is an inspirational journey of perseverance and personal triumph; a spectacle that will be embraced by runners and non-runners alike.

* You know you're a runner...

- when you know how to correctly pronounce plantar fasciitis.
- when you have a favorite ice pack.
- when you brag about losing toenails.
- when your room smells like a nursing home because of all the analgesic cream you use.
- when a pool is started to bet on when your next toenail will fall off
- when you put more time and work into taping parts of your body than into filing your tax return.
- when you go through a box of bandages without getting a single cut.
- when there are permanent blood stains on your T-shirts where your nipples were rubbed raw.
- when it hurts worse to take a shower than it does to keep running.
- when you find yourself standing in front of the mirror trying to see if you have a leg length discrepancy.
- when you are the only person in town who knows what quinine is used to treat things other than malaria.
- when your physical or massage therapist is on speed dial.
- when your rolling pin is kept near your bed instead of in the kitchen.
- * courtesy of www.running.about.com

More southern Vermont races can be found on the [Batten Kill Valley Runners](#) web site

More southern Vermont races can be found on the [Marble Valley Runners](#) web site

More Chittenden County races can be found on the [Shelburne Athletic Club](#) web site

Green Mountain Athletic Association races can be found on the www.gmaa.net web site.

www.runonearth.com

www.hopesandheartstrun.com

www.coolrunning.com

www.blueplanetrun.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).





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

CVR PD 2008

Robert Murphy
35 Birchwood Park Dr
Barre, VT 05641

February/March 2008



CVR OFFICERS:

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

NEXT CVR MEETING:

Annual Meeting
Sunday March 16, 2008
5:30/6:00 P.M.
Potluck and Meeting
DETAILS INSIDE