



May 2008 Volume 29, Issue 2

CENTRAL VERMONT RUNNERS MAY 2008 NEWSLETTER

NOTES FROM THE PRESIDENT

CVR MOVING FORWARD!

Happy running to all friends in the running community! Here we are in mid May, and the race season is in full swing. We are just days away from the Vermont City Marathon, and yet another crack at the elusive qualifying time for Boston. For me this sparks the real beginning of summer racing. Many of you have a number of races already under your belts. Congrats to all of your successes! May also means the Mutt Strutt and Black Fly races have been completed. Everything I have heard is that both were a good time.

By the time this newsletter is in your hands the club has started to put into place some of the ideas that came out of the Annual Meeting. The race directors are meeting on May 18th for a training session on the computer software equipment for finish results. From that meeting we hope to begin to spread the wealth in terms of knowledge on how this important function operates. This is only step one however. My vision is a follow up meeting with more of **YOU**. If this is going to become a useful tool for the club we need to have a number of folks comfortable and capable to run it. Race directors understanding it is one thing, but it is unlikely that they will be able to actually use it on race day. That's where **YOU** come in. If anyone is comfortable around computers, has passable typing skills, and interest; we need **YOU**. This might be the one thing that **YOU** can contribute to the club. It is only a couple of hours of work at any race you are able to attend. Please contact me at normrobinson@comcast.net or 223-7351 if you are interested in learning more about this project.

Another project that we have just begun is updating our club logo, and ultimately getting new t-shirts/singlet. I am not asking someone to make the ultimate decision about what that would look like, but I need help with the legwork of getting a company or individual to design several logos for us to choose from. Frankly I just don't have the time to dig into this. If we are going to move forward then **YOU** might be the person to make a few calls, or visit a place or two. Once this is done we can sport a new look at all our races and events. Are any of **YOU** willing to help out?

So, the club is trying to move forward. We have some great plans, and good ideas. We just need all of **YOU** do to just a little bit to bring it all together. The next meeting is listed in the newsletter. It is May 22nd at Michael Chernicks house. I hope to see **YOU** there.

See you on the Roads,
Norm

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Next Meeting: Thursday May 22, 2008 Pot Luck at 6 P M, Meeting 6:30 P M Michael Chernick, 303 Cityside Drive #75, Montpelier, VT 05602 (802) 223-0918 [chernick@adelphia.net](mailto:chernick@adelphia.net)

**SUMMER MEETING:** THURSDAY EVENING, JULY 31<sup>ST</sup> AT 6:00 P M SHARP. IT WILL BE AT THE MORSE FARM AND WE WILL HAVE TO BE DONE OUR MEETING AND OUT OF THE BUILDING BY 8:00 P M SHARP.

**MEMBERSHIP RENEWALS:** PLEASE CHECK THE EXPIRATION DATE ON YOUR MAILING LABEL AND RENEW YOUR MEMBERSHIP BEFORE THE NEXT MAILING. DUES COVER MEMBERSHIP FROM APRIL 1<sup>ST</sup> TO MARCH 31<sup>ST</sup>.



## ***Central Vermont Runners - Annual Meeting Minutes***

March 16th, 2008

Norm, the President, started the meeting in a timely fashion and continued to keep the meeting on task.

- First agenda item was voting in the current officers: the vote was second by all present.

CVR Officers for the upcoming year:

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

- There was discussion on the responsibilities of the Publicity Director but no one present showed interest on taking on that position.
- The current dues, \$10.00 per year, were discussed. All present agreed the dues should stay the same for the coming year.
- Priscilla, the Treasurer, reviewed the clubs finances to date. This is not the end of the year data, but she does not foresee any drastic changes. Leaf Peepers continues to be the club's chief money maker. Approximately \$9,000 per year. Priscilla informed that all of the past IRS issues have been settled.

A round of applause was given to Priscilla for her dedication and persistency to resolve the tax issues of the CVR!

- Priscilla questioned how the expenses of First Night were handled. She explained that the Montpelier Downtown Association gets all of the proceeds for First Night and then pays CVR back for expenses. Next year she would like to see if Montpelier Downtown Association could pay for all of the expenses. The contact person for the Association is Heather Shouldice and should be contacted before the race next year.
- Next the club discussed items needed for races. A computer to be used specifically for races was suggested. Dave Kissner came with a list of laptops that are compatible with race programs used by the club. It was voted that Dave can purchase any computer that would best fit the club's need up to \$1,000. The motion was seconded. Dave will inform the Executive Committee of his decision on which laptop will best meet the needs of the club.
- The club also discussed the need for an additional Time Machine. There was question if more than one should be purchased. A motion was made to purchase one Time Machine and the motion was seconded. Donna Smyers will look into purchasing the Time Machine.
- Norm brought up that he would like to take \$250.00 donated by Jay Southgate and purchase T-shirts for the Kids Track Meet. The club agreed to allow money that has been donated to the club, up to \$500.00, to be used to purchase T-shirts for the Kids Track Meet. The motion was seconded.



- Nancy Rice, Newsletter Editor, discussed various papers that the newsletter has been printed on. She will print the newsletter on colored paper which does not require a more expensive ink.
- Membership application forms were discussed. It was decided that membership forms will be professionally designed and printed. When this is completed forms will be left at area hotels and Chambers of Commerce to attract area visitors' to fun runs and races.
- The motioned was passed to give Spirit of the Club nominee's the club membership dues and race entrees fees free for one year. This will be made retroactive to include Dave Kissner, the current recipient of the Spirit of the Club award.
- Special Olympics and Barre Town Chapter of Girls on the Run received donations from CVR. Special Olympics \$300, and Girls on the Run up to \$500. Andrea McLaughlin, the Barre Town Girls on the Run coach will organize a fun run on a Wed. night to include both GTR girls and CVR runners.
- The club questioned if someone should go to Cincinnati for the RRCA conventions. It was decided that Frank, the Southern Vermont Representative, will be contacted to determine if it would benefit the club. He has attended the RRCA conventions in the past. Many years ago when the RRCA convention was held in Maine, several club members attended the convention. They indicated that attending the convention had no direct benefit for the club.
- New Race Directors are needed for First Night and the Northfield Race. Rowly Brucken and Tim Noonan can no longer act as Race Directors. Anyone interested in directing these races contact Norm Robinson. Tim has offered to mentor the new Race Director for Northfield.
- It appears that Race Directors training is needed. Not all Race Directors are following through with responsibilities. Tim Noonan and Norm Robinson will schedule a Race Directors meeting. Tentatively a May meeting will be organized. Within this discussion it was determined that a volunteer check list will continue to be on Club Membership forms.
- Roger Cranse reported that Leaf Peepers will continue to be held in Waterbury. The Select Board and CVR agreed on pre-race conditions. Rodger also informed the club that Greg White is no longer available to be the Registration Coordinator. This job will need to be filled. A discussion was lead around the need to make it less expensive to register on line than on paper. Rodger will take suggestions on upgrading the race to the race committee.
- The club has decided that CVR shirts are in order. Dot Martin will look into this. She has already contact Onion River Sports and will work with their representative and graphic designer. Dot will keep the Executive Committee posted on her progress.

Other Business:

- Fun run unofficially will start 3/18 and officially will start the first Tuesday in May.
- Next Meeting will May 22<sup>nd</sup> at Michael Chernick's home
- Betty Rose and Rowly Brucken will discuss switching the races they direct: First Night and 10 Miler.
- Donna Smyers passed out registration forms for Camp Ta-Kum-TA Triathlon on April 6<sup>th</sup> sponsored by First in Fitness
- Brenda Phillips brought up that some mile markers might be missing.
- Lori LaCroix will be contacted about discounts at Lenny's

Meeting adjourned at about 8:30



### **CVR Meets Girls On The Run At BARRE TOWN BIKE PATH!!**



Come run with the Barre Town Girls on the Run Team and visit Barre Town's Bike Path. On Wednesday May 28th at 5:30 the Barre Town Girls on the Run coaches, Cindy Shepard and Andrea McLaughlin, are having a special practice. The coaches are encouraging parents, girls and CVR members to come out and run the Barre Town Bike Path, a total of three miles. Afterwards pizza will be served either in the school, if too cool, or at the Barre Town Recreational Center.

We will all meet in the schools parking lot by the beginning of the bike path. For more information call Andrea McLaughlin at 476-4417 or e-mail at [ajvtskier@msn.com](mailto:ajvtskier@msn.com). Hope to see you there.  
[www.girlsontherun.org](http://www.girlsontherun.org)



**LENNY's Shoes & Apparel locations – Barre, Williston, St. Albans, and Outlet store in Barre. No coupon needed. 10% off running stuff when you show membership card. You MUST show membership card.**

## **2008 CVR Race and Event Schedule**



Contact person: Norm Robinson, President, [normrobinson@comcast.net](mailto:normrobinson@comcast.net)

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

**ONGOING – FUN RUNS** have begun, May - October. They are held every Tuesday at 5:30 p.m., rain or shine. They begin near the Montpelier High School track on the bike path and run out River Road and 3 Mile Bridge Road. We have measured distances of 1,2, 4, and 6 miles and you can run any distance at any pace you desire. The best place to park is behind the Department of Employment and Training building on Green Mountain Drive. If you are unfamiliar with that location you just turn either just prior or immediately after the high school tennis courts, depending on which direction you are coming from.

Dates and times listed below are tentative and subject to change. Please contact race directors for up-to-date info.

## **2008 CVR Race and Event Schedule**

**Sunday April 27, 10 am**

**CVR Mutt Strutt** 3-Miler (21 doggie miles)

Little River State Park, Waterbury

3 mile run for people with dogs on leashes to benefit the Central Vermont Humane Society.

Contact: Donna Smyers 802 229-4393 or [DoSmyers@cs.com](mailto:DoSmyers@cs.com).



**Saturday May 3, 11 am**

**Adamant Black Fly Four Mile Run**

Across from the Adamant Co-op

Beautiful flat out and back dirt road along Sodom Pond; to benefit the Adamant Co-op.

Contacts: Eric Ryea 802 223-2733 or Donna Smyers 802 229-4393 or [DoSmyers@cs.com](mailto:DoSmyers@cs.com).

**Saturday June 7, 3:45 pm**

**Kids Track Meet**, Montpelier

Montpelier High School Track

FREE. For kids pre-school through 6th grade. Registration begins at 3:00 pm. Events include softball throw and long jump (all ages), quarter mile and 100 yard dash (all ages), half mile (1st and 2nd grade) and mile (3rd through 6th grade). Contacts: Tim Noonan at 802 223-6216 or Norm Robinson at 802 223-7351.

**Saturday June 14, 9 am**

**Capital City Stampede** 10K, Montpelier

Vermont's fastest 10km course. Certified course, part of the CVR ORS Race Series. Registration begins at 7:30 am at the Unitarian Church, Montpelier. Contact: John Valentine, [jvalentine@tds.net](mailto:jvalentine@tds.net) or 802 485-3777.

**Saturday June 28, 8:45 am**

**Paul Mailman Montpelier Ten-Miler**

Starts at/finishes near Montpelier High School, part of the CVR ORS Race Series. Longest continuously held road race in Central Vermont. Flat to rolling out and back; 27% paved, 73% gravel roads. Contact: Betty Rose, [BRose@nationallife.com](mailto:BRose@nationallife.com) or 802 229-2311.

**Saturday July 12, 9 am**

**Bear Swamp Run** 5.7 miles, Middlesex

Hilly dirt roads, scenic, part of the CVR ORS Race Series. Race day registration only (8:00-8:45 am), Rumney School, Middlesex. Contact: Tim Noonan 802 223-6216.

**Saturday July 26, 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 or 279-3375 or [downtown5k@yahoo.com](mailto:downtown5k@yahoo.com).

**Thursday August 7, 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, [bcphillips@gmail.com](mailto:bcphillips@gmail.com) or 802 454-1521.

**Thursday August 21, 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 August 30, 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 17, 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 October 5, 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 900.** Number pickup 9-10:30 am at Vermont State Office complex, Waterbury. Contact: Roger Cranse, 802 223-6997 or [rcc41@adelphia.net](mailto:rcc41@adelphia.net).

**November 1, 8, 15 (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.

**Wednesday 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 '09 series). Registration beginning at 1:15 pm in the basement of the Pavilion Building, corner of Governor Davis and Court Streets, just north of the State House, Montpelier. Contact: Rowly Brucken, [rbrucken@norwich.edu](mailto:rbrucken@norwich.edu) or 802 485-6595.

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***BETTY'S FIRST BOSTON MARATHON***

This year's Boston Marathon on April 21, 2008, was very special for me. It was my very first Boston Marathon - and quite possibly my last as who knows if I'll ever be able to qualify again. It was also special because I spent the weekend with some of my CVR friends - Brenda and George Phillips, Rebeckah Thomas, and Newton Baker, as well as other running friends, Jan Leja and Todd Archambeault from TNT. Surprisingly, I also ran into Eric Ryea, Donna Smyers and Dot Helling at the Expo and saw Megan Valentine, John Valentine and Tim Noonan at the Athletes' Village the morning of the race.

The Women's Olympic Marathon Trials were held in Boston the day before the Marathon. We went downtown early and got a great viewing spot in the Start/Finish area. The race course was four loops so we got to see the runners at the start and four times as they passed us. It was very exciting as each time they came into view, we would get to see how the leaders and groups had changed. It was inspiring to see how fast these women can run.

The weather for this year's Boston Marathon was perfect, unlike some recent past years. The sun came out just as the first wave started and the temperature stayed in the 50's with a slight cool breeze. The start in Hopkinton was very crowded and we barely made it to our corrals before the beginning of the second wave a half hour after the first wave. All the time I was running I thought "I can't believe I'm actually here". I took my time and looked around taking in all the sights and the crowds everywhere along the route. There was a group of spectators sitting on the peak of a two-story house, people playing instruments, signs like a huge banner saying "Shortcut This Way", and runners dressed in costumes - a male runner was a nun, and ten there were four guys dressed as the "Village People". The best sight of all was the Fenway Park CITGO sign that came into view at about mile 24. And the roar of the cheering crowds along the final stretch to the big finish line banner made me feel like I had just hit a homer over the Green Monster. OVERALL, a wonderful experience!

Betty Rose



**NEWTON BAKER** is a retired elementary school teacher of 35 years and a Vermont National Writing Project Teacher Leader. His passions are writing, especially with kids, and ultra-running where he is the National 24 Hour Run age group champion the past 6 years with a personal best of 120 miles. A native Vermonter and graduate of Middlebury College, Newton lives in Montpelier with his wife Diane, son Silas 13, and daughter Devin 9. He has two older children, Jessica and Jeremy and 3 grand-children. He is fighting Prostate Cancer and Leukemia.

You can see this painting at Capital Grounds in Montpelier, VT on State street. Newton has his special table at Capital Grounds where he has enjoyed his daily complimentary coffee drink with his coffee club friends. The owner of Capital Grounds has described Newton as an admired icon at his state street coffee shop and is greatly missed by many. Currently, Newton is undergoing radiation treatment.

Above is a photograph Kristina worked from. Newton held up 7 fingers representing completion of 27 marathons in Vermont. Newton has also completed 125 marathons and 100 or more miles of Ultra Marathons in 24 hours. Newton is being inducted into the **Vermont City Marathon Hall of Fame on May 24th, 2008 in Burlington, Vermont**. This painting is a gift to Newton. He implemented Portraits for Charity's first work shop at Union Elementary School with Ash Brittenham. We are grateful to him!

Portraits for Charity™ *Helping Charity one Portrait at a Time*

Founder; Kristina Applegate Lutes *Website:* [www.portraits4charity.org](http://www.portraits4charity.org)

**THURSDAY July 3<sup>rd</sup>, Montpelier 1-Miler @6 PM Contact Andy at Onion River Sports, 229-9409 for additional information**

#### Introducing...

The "Smuttynose 5K Run/walk and Beer-Fest". Hosted by the Stone Church Music Hall - be our guest for a great race AND after-race BEER-Fest \* Must be 21 years or older for beer\* 5 classic BEERS & Ales\* 5 CHILI dishes to judge 5 Scrumptious WINGS

**Sunday June 22nd - 11AM Festival Party: 11:30AM - 3PM Presented by Smuttynose, The Stone Church & LOCO, Newmarket, NH** <http://www.locorunning.com/Smuttynose.php>

Online Registration Closes Thursday, June 19, 2008 at 6:30 PM ET

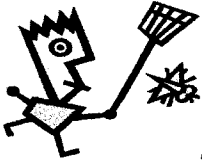
#### Back again for 2008... 27<sup>th</sup> annual Stowe 8 Miler

Contact [Mike@locorunning.com](mailto:Mike@locorunning.com) for details

**START: 9:00 AM sharp on Sunday July 20, 2008. Report to the starting line at the town fields just off the Mountain Road on Weeks Hill Rd. by 8:30.**

**AWARDS:** Cash awards to top teams and finishers. T-shirts guaranteed to all entries. Silent auction for Concept II rower and other merchandise. Random drawing for merchandise awards.

**ENTRY: \$20 early entry. \$24 after June 1.. Please make check or money order payable to LOCO Sports/ Stowe 8-Miler, PO Box 423, Newmarket, NH 03857. Sorry, there are no refunds. Web: <http://www.locorunning.com>**



# ADAMANT BLACK FLY 4 MILER TO BENEFIT ADAMANT COOP

May 3, 2008

| Overall Place | Time   | Name                 | Town          | Division | Division Place |
|---------------|--------|----------------------|---------------|----------|----------------|
| 1             | 23:20  | Paul Poisson         | Montpelier    | M4049    | 1              |
| 2             | 25:08  | Brent Ehrlich        | Montpelier    | M4049    | 2              |
| 3             | 25:12  | Ryan Joy N           | Montpelier    | M2029    | 1              |
| 4             | 25:22  | Jamie Biggam         | E. Montpelier | M2029    | 2              |
| 5             | 26:15  | Eddie Habeck         | Northfield    | M3039    | 1              |
| 6             | 26:45  | Dot Martin           | Williamstown  | F4049    | 1              |
| 7             | 27:12  | Mack Gardner-Morse   | Calais        | M4049    | 3              |
| 8             | 28:03  | Grant Orenstein      | Calais        | M5059    | 1              |
| 9             | 29:08  | Dave Erickson        | Barre         | M5059    | 2              |
| 10            | 29:50  | Brenda Phillips      | Plainfield    | F3039    | 1              |
| 11            | 30:34  | John Martin          | Williamstown  | M5059    | 3              |
| 12            | 32:16  | Christopher Hemstead | Watertown, MA | M2029    | 3              |
| 13            | 32:53  | Bob Murphy           | Barre         | M6069    | 1              |
| 14            | 34:12  | Katy Ramstack        | Montpelier    | F2029    | 1              |
| 15            | 34:16  | Alder Grove          | Adamant       | M3039    | 2              |
| 16            | 35:23  | Dick Mansfield       | N Middlesex   | M6069    | 2              |
| 17            | 37:01  | Nathan Phillips      | Plainfield    | M3039    | 3              |
| 18            | 43:29  | Betty Rose           | Montpelier    | F6069    | 1              |
| 19            | 55:17  | Conrad Smith         | Adamant       | M6069    | 3              |
| 20            | Walker | Phoebe Cook          | Adamant       | F0119    | 1              |
| 21            | Walker | Cindy Cook           | Adamant       | F4049    | 2              |

21 walkers and runners braved the cool rain to attend the 2008 Adamant Black Fly 4 Miler. Thanks to volunteers Dot Helling and Pam Erickson. All participants received gift certificates to the Adamant Coop. Race Director and Sponsor, Eric Ryea



## Twelfth Annual Mutt Strutt

April 27, 2008

The rain stopped early in the morning and the weather was ideal for the 12th running of the Mutt Strutt. A patch of snow near the finish helped cool down some of the four-legged contestants. The record field of 60 teams was competitive with some of the fastest times in recent years. Jack Morrill and Rothgar of Essex crossed the line first in 18:45, hotly pursued by Mark Churchill and Sebastian of Morrisville in 18:49. Angie Richardson and Asia of Waitsfield were the top female team and fourth overall in 21:06.

The Mutt Strutt has enjoyed faithful sponsorship over the years and we again express our thanks to Onion River Animal Hospital, Julio's Mexican Restaurant, Guy's Farm and Yard, House Mouse Designs, and K.C.'s Bagels for prizes and refreshments. This year we have a new sponsor to thank - Small Dog Electronics. In addition, extra prizes were donated by Onion River Sports and Whitney Machnik. We also had a record number of volunteers, and want to acknowledge all the help from Jen Castle, Celine Blais, Linda Freeman, Sandy Colvin, Gayle Pelkey, John Martin, Nancy Rice, Tom Shanley, Rick Molz, Jill Aspinall, and Eric Ryea. The event raised \$360 for the Central Vermont Humane Society. See you next year!

Race Directors - Donna Smyers and Jamie Shanley



# 2008 CVR MEMBERSHIP

| <i>Last Name</i> | <i>First Name</i> | <i>Family</i>    | <i>Address</i>       | <i>Town</i>      | <i>PHONE</i> | <i>EMAIL</i>                     | <i>CVR year</i> |
|------------------|-------------------|------------------|----------------------|------------------|--------------|----------------------------------|-----------------|
| Anthony          | Ena               | & Mark           | 851 Ferno Rd.        | Williamstown     | 485-6449     | eantnee@aol.com                  | 8               |
| Armstrong        | Ella              |                  | 235 Doyon Rd         | Northfield       | 485-4930     | ella@trans-video.net             | 9               |
| Arsenault-Berry  | Phyllis           |                  | 350 Richardson Rd    | Duxbury          | 244-8684     | rottix2@yahoo.com                | 8               |
| Aspinall         | Jill              | & Rick Molz      | 17 North Park Dr.    | Montpelier       | 224-9980     | jillaspinall@alumni.uwaterloo.ca | 9               |
| Bachman          | Tom               | & Molly          | 30 Bailey Ave        | Montpelier       | 223-3984     | tbachman@vtlink.net              | 10              |
| Baker            | Newton            |                  | 41 Colonial Dr.      | Montpelier       | 223-7593     | bakersf@verizon.net              | 8               |
| Birse            | David             |                  | P.O. Box 371         | Hancock          | 603-525-     | mistermarathon@juno.com          | 8               |
| Blais            | Celine            |                  | 13 Isabel Circle     | Montpelier       | 229-2439     | celinerun@gmail.com              | 8               |
| Boyd             | Jason             | & Monica         | P.O. Box 175         | Northfield Falls | 485-4714     | jason.boyd@state.vt.us           | 8               |
| Bruckner         | Rowly             | & Lisa Moriath   | 3318 Stony Brook     | Northfield       | 485-6595     | rbrucken@norwich.edu             | 8               |
| Bryan            | Shawn             |                  | 573 Junction Rd      | Berlin           | 223-2027     |                                  | 90              |
| Burkholder       | Steven            | & Bonnie         | PO BOX 310           | St. John         | 340-777-     | bburkholder45@hotmail.com        | 8               |
| Bushey           | Ann               | & Family         | 7 Hillcrest          | Montpelier       | 229-6288     | busheya@wssu.org                 | 8               |
| Cameron          | David & Sandra    |                  | 136 East Rd.         | Berlin           | 223-6919     | cameron1031@hotmail.com          | 10              |
| Carlson          | Gerow M.          |                  | 314 Portal Rd.       | Middlesex        | 223-9758     |                                  | 9               |
| Carr             | Priscilla         | & Jay Stewart    | 404 Cityside Dr #77  | Montpelier       | 223-7764     | priscillawcarr@yahoo.com         | 8               |
| Castle           | Jen               | & Family         | 5462 Noyestar Rd     | East Hardwick    | 533-7088     | jkcastle@sover.net               | 9               |
| Chernick         | Michael           |                  | 330 Cityside Dr #75  | Montpelier       | 223-0918     | chernick5@comcast.net            | 8               |
| Cleveland        | Richard           |                  | P.O. Box 261         | Northfield       | 485-8892     | markii@tds.net                   | 8               |
| Colvin           | Sandy             | & Craig          | 228 North St.        | Montpelier       | 272-9795     | buckman43@comcast.net            | 9               |
| Cranse           | Roger             | & Kevin          | 1 Summer St.         | Montpelier       | 223-6997     | rcc@comcast.net                  | 8               |
| Cross            | Cyndy             | & Ryan           | 78 Silver Circle     | Barre            | 476-3867     | shortyrun@hotmail.com            | 10              |
| DeBlasio         | Paschal           | & Jo-Ann Beaudin | 129 Tamarack         | Williston        | 878-3690     |                                  | 8               |
| Deluca           | Paul              |                  | 30 Cano Dr           | Barre            | 476-7987     | pdeluca420@msn.com               | 8               |
| Dupee            | Michael           |                  | 880 South Hill Rd    | Moretown         | 4967840      | michael.dupee@gmcr.com           | 8               |
| Elias            | Gretchen          |                  | 211 Main St          | Montpelier       | 229-0521     | gretchenelias@mac.com            | 8               |
| Ellerson         | Darragh           | & David          | 1152 North St        | Montpelier       | 223-2080     | dmmellerson@yahoo.com            | 8               |
| Ellerson         | Deirdre           | & Marie Comtois  | PO BOX 92            | Sharon           | 763-2905     |                                  | 8               |
| Ellerson         | Mai-Lis           | & Family         | 56 South View Rd     | Northfield       | 485-9266     |                                  | 8               |
| Emmons           | Sue               | & Bob            | 676 Turner Hill      | S. Duxbury       | 244-5048     | sdrdsd@aol.com                   | 8               |
| Erickson         | David             | & Family         | 5 Murray St          | Barre            | 476-6527     | dericksonvt@verizon.net          | 8               |
| Ericson          | Richarda          | & Jay            | 58 Hillside Ave      | Barre            | 476-7961     | ricruffle@yahoo.com              | 8               |
| Evans            | Rick              |                  | 1519 Wrights         | Bradford         | 439-3559     | rickevans111@yahoo.com           | 8               |
| Ferno            | Richard           | & Sandra         | 47 Ferno Rd.         | Williamstown     | 433-6691     | angus@innevi.com                 | 9               |
| Freeman          | Linda             | & Dave           | 19 Ridgewood         | Barre            | 476-2074     | lafmn@hotmail.com                | 8               |
| Frey             | Cathy             | & Nicole & Scott | 435 Cutler Corner    | Barre            | 476-3970     | frey@norwich.edu                 | 11              |
| Galfetti         | Jennifer          |                  | 646 Gallison Hill Rd | Montpelier       | 223-4160     | ygalfetti@verizon.net            | 8               |
| Gambler          | Beth              |                  | 63 Freedom Dr.       | Montpelier       | 223-2099     | vtadir@yahoo.com                 | 9               |
| Gardner-Morse    | Mack              | & Family         | 8197 County Road     | Calais           | 223-5738     | gardnermorse@gmail.com           | 8               |
| Gerdel           | Gregory           | & Tristan        | PO Box 839           | Montpelier       | 224-6960     | gggerdel@aol.com                 | 9               |
| Gillis           | Michael           | & Maryke         | 86 Notch Road        | Middlesex        | 223-5559     | ikenmike@verizon.net             | 10              |
| Gould            | Wendy             | & Scott          | PO Box 250           | E. Montpelier    | 223-9980     | ncldream@aol.com                 | 8               |
| Hackney          | Susan             | & John           | 30 Isabel Circle     | Montpelier       | 223-2162     | Sue.Hackney@state.vt.us          | 8               |
| Hallinger        | Linda             |                  | 1267 Poor Farm       | Washington       | 883-5415     | index@together.net               | 8               |
| Helling          | Dot               |                  | 29 E. State St.      | Montpelier       | 223-1555     | ultradot@verizon.net             | 9               |
| Howe             | Bob               | & Carolyn        | P.O. Box 632         | Barre            | 476-8946     | roca34@netscape.com              | 8               |
| Keller           | Chris             |                  | 45 LedgeWood         | Montpelier       | 229-5602     | kellerc@mpsvt.org                | 8               |
| Kissner          | Dave              | & Laura Medalie  | 150 Barnes Rd        | Montpelier       | 229-4523     | dkissner@sover.net               | 8               |
| LaCroix          | Lori              |                  | 2 Owen Drive         | Barre            | 479-2938     | blajx4@yahoo.com                 | 10              |
| Loga             | Joe               | & Amy            | 8 Derby Dr.          | Montpelier       | 229-9876     | amyandjoe@hotmail.com            | 8               |
| MacFarland       | Gordon            |                  | 401 Washington St.   | Brookline        | 617-232-     | gordonmacfarland@verizon.net     | 8               |
| Mansfield        | Dick              |                  | 32 Wood Road         | N. Middlesex     | 229-4243     | dickm@pshift.com                 | 8               |
| Marcy            | Henry             |                  | 4 Summit Dr. #508    | Reading          | 781-944-     | hjmarcy@comcast.net              | 9               |
| Martin           | John              | & Dot            | PO Box 1131          | Montpelier       | 479-5333     | vtiron55@yahoo.com               | 12              |
| McLaughlin       | Andrea            |                  | 445 Cutler Corner    | Barre            | 476-4417     | ajvtskier@msn.com                | 9               |
| Mercier          | Robert            |                  | 8 Foster St.         | Montpelier       | 223-7225     | merpat@comcast.net               | 9               |
| Miles            | Nicole            | & Catherine      | 439 Vine St.         | Northfield       | 485-4890     | nikkimi@trans-video.net          | 9               |
| Millar           | Dick              |                  | 193 Forest Dr. #2    | Montpelier       | 223-5399     | dickm103c@hotmail.com            | 8               |
| Moulton          | Celeste           |                  | 79 Long St           | Barre            | 479-4116     | grapcoach@aol.com                | 10              |
| Murphy           | Robert            |                  | 35 Birchwood Park    | Barre            | 476-4328     | rmn@sover.net                    | 8               |
| Noonan           | Tim               | & Maureen        | 2 Pinewood Road      | Montpelier       | 223-6216     | tim.noonan@state.vt.us           | 11              |
| Nuquist          | Reidun            | & Andrew         | 29 Bailey Ave.       | Montpelier       | 223-3550     | nuquist@together.net             | 8               |
| Phillips         | Brenda            | & George         | 1676 RTE 214         | Plainfield       | 454-1521     | bcphillips@gmail.com             | 9               |
| Pierce           | Kim               |                  | 33 Mill St.          | Plainfield       | 454-7182     | kimperce@charter.net             | 9               |
| Polakowski       | Dana              |                  | 147 State St.        | Montpelier       | 505-1284     | dana.polakowski.ja85@statefar    | 8               |
| Rice             | Nancy             |                  | 15 Spring St, Apt. 2 | Montpelier       | 223-4025     | nansue_2000@yahoo.com            | 8               |
| Ricker           | Denise            |                  | 399 Murray Hill Dr.  | Montpelier       | 229-0877     | rickerpd@comcast.net             | 8               |

## 2008 CVR MEMBERSHIP

| <i>Last Name</i> | <i>First Name</i> | <i>Family</i> | <i>Address</i>     | <i>Town</i>   | <i>PHONE</i> | <i>EMAIL</i>               | <i>CVR year</i> |
|------------------|-------------------|---------------|--------------------|---------------|--------------|----------------------------|-----------------|
| Robinson         | Norm              |               | 66 Terrace St.     | Montpelier    | 223-7351     | normrobinson@comcast.net   | 8               |
| Rose             | Betty             |               | 29 Deerfield Dr.   | Montpelier    | 229-2311     | brose@nationallife.com     | 9               |
| Searles          | Robert            | & Sally       | 224 Sigh's Dr.     | Wolcott       | 888-5895     | rsearles@pshift.com        | 8               |
| Shanley          | Jamie             | & Kim Kendall | 950 Sparrow Farm   | Montpelier    | 223-4856     | jshanley@usgs.gov          | 8               |
| Skinner          | Wilson            |               | 378 St. Paul St #2 | Burlington    | 862-1019     | wilson.skinner@gmail.com   | 8               |
| Skinner          | Scott             |               | PO BOX 1363        | Montpelier    | 229-5146     | skinner@bfsllaw.com        | 8               |
| Smyers           | Donna             | & Eric Ryea   | PO Box 102         | Adamant       | 229-4393     | dosmyers@cs.com            | 8               |
| Southgate        | Jay               |               | 279 Websterville   | Barre         | 839-6099     | jay@southgatesteepjack.com | 8               |
| Stapenhorst      | Bobbi             | & Fred        | 330 Cityside Dr.   | Montpelier    | 223-8494     | fandbinhawaii@comcast.net  | 9               |
| Thomas           | Rebekah           |               | 1 Country Club Dr  | Jericho       | 802-434-     | Rebekahinv@cs.com          | 8               |
| Valachovic       | Heather           |               | 3316 Brook Rd      | Plainfield    | 454-1239     | valacho@sover.net          | 8               |
| Valentine        | John              | & Jane        | 440 Northfield Rd  | Roxbury       | 485-3777     | jvalentine@tds.net         | 9               |
| Valentine        | Megan             |               | 96 Orr Road        | Jericho       | 899-4814     | Megan.valentine@uvm.edu    | 9               |
| Walker           | Wade              |               | 140 Hackamore Rd.  | Montpelier    | 223-7674     | walker7674@comcast.net     | 10              |
| Whitfield        | Harvey Amani      |               | 159 Centennial Ct  | Burlington    |              |                            | 9               |
| Wight            | Greg              |               | PO BOX 429         | Brookfield    | 276-3173     | wight@norwich.edu          | 8               |
| Wileczek         | John              |               | 36 Buzzell St      | St. Johnsbury | 748-5698     | jswileczek@verizon.net     | 8               |
| Windisch         | Charles           | & Family      | 4 Forest Road      | Essex Jct.    | 879-3299     | avrunner@aol.com           | 8               |

## 2007 CVR MEMBERSHIP--2008 Not yet renewed

| <i>Last Name</i> | <i>First Name</i> | <i>Family</i>     | <i>Address</i>     | <i>Town</i>    | <i>PHONE</i> | <i>EMAIL</i>                  | <i>CVR</i> |
|------------------|-------------------|-------------------|--------------------|----------------|--------------|-------------------------------|------------|
| Barrett          | Callie            |                   | 284 Brook Rd.      | Middlesex      | 223-8933     |                               | 7          |
| Burgos           | Suzanne           | & Family          | 735 Macintosh Hill | Randolph       | 234-9650     | sburgos@giffordmed.org        | 7          |
| Comolli          | Steve             |                   | PO Box 19          | Marshfield     | 426-3243     | steveun262@yahoo.com          | 7          |
| Dickinson        | Amy               |                   | 250 Berlin St.     | Montpelier     | 223-5206     | amydickinson@yahoo.com        | 7          |
| Eustis           | Steve             | & Cathy           | 18 Wilkinson Drive | Essex Junction | 878-4385     | eustis@sover.net              | 7          |
| Farnham          | April             | & Kaitlyn         | 986 Middle Rd      |                | 454-8302     | oneaprilmorning@aol.com       | 7          |
| Feinbaum         | Ben               |                   | 171 Main St #6     | Montpelier     | 225-5963     | ben.feinbaum@gmail.com        | 7          |
| Hatch            | Herb              |                   | 323 Nuissl Rd      | Barre          | 476-6610     | hoh3@verizon.net              | 7          |
| Heney            | Tim               | & Donna           | 55 Windham Dr.     | Montpelier     | 229-0985     | tim@heneyrealtors.com         | 7          |
| Homer            | Dave              | & Whitney Machnik | 37 Dolan Road      | Middlesex      | 476-0892     |                               | 7          |
| Kaeding          | John              | & Sten            | 55 Kaeding Rd      | Worcester      | 229-0176     |                               | 7          |
| Krolick          | Carlie            | & David           | 5402 Lake Rd.      | Charlotte      | 425-4228     | ckrolick@aol.com              | 7          |
| Meiklejohn       | Elizabeth         |                   | Balentine Rd. Box  | E. Calais      | 456-8808     | elizabeth_meiklejohn@greenwic | 7          |
| Orenstein        | Grant             |                   | PO Box 89          | Calais         | 229-9222     | gorenstein@flynncenter.org    | 7          |
| Perrault         | Mark              |                   | 4 Loomis St.       | Montpelier     | 249-2855     |                               | 7          |
| Reever           | Dee               | & Henry Busetti   | 405 North Hill Rd. | Stowe          | 253-7917     | dreever@pshift.com            | 7          |
| Reilly           | Dorothy           | & Jeremy          | PO Box 1510        | Montpelier     | 229-4099     | reilly@together.net           | 7          |
| Ridlon           | Ron               | & Candace         | 89 Silver Ridge Rd | Morrisville    | 888-5009     | ronridlon@pshift.com          | 7          |
| Rosa             | Alan              |                   | 31 Ligue La        | Barre          | 272-8058     | abcr9799@charter.net          | 7          |
| Singer           | Donald            | & Family          | 262 Hill St        | Barre          | 479-5141     | dsingshs@u61.net              | 7          |
| Wells            | Janet             |                   | 18 Lathrop Rd.     | Chelsea        | 685-3022     | jwhorsepower@innevi.com       | 7          |

Note: If you see any errors in any of your personal information, please contact DoSmyers@cs.com



## 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.

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 (include email if they want notices too):

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.

\*May-Oct - Tuesday Fun Runs \_\_\_\_\_

\*May - Black Fly 4 Miles \_\_\_\_\_

\*June - Capital City Stampede \_\_\_\_\_

\*July - Bear Swamp Run \_\_\_\_\_

\*Aug - Berlin Pond 5 Miles \_\_\_\_\_

\*Aug/Sept - Northfield 5K \_\_\_\_\_

\*Oct - Leaf Peepers \_\_\_\_\_

\*Dec - First Night 5K \_\_\_\_\_

\*April - Mutt Strutt \_\_\_\_\_

\*June - Kids Track Meet \_\_\_\_\_

\*June - Montpelier 10 Miler \_\_\_\_\_

\*July/Aug- Barre Downtown 5K \_\_\_\_\_

\*Aug - Chase Race \_\_\_\_\_

\*Sept - Sodom Pond \_\_\_\_\_

\*Nov.-Fallen Leaves 5K's \_\_\_\_\_

Annual dues are \$10 for individual or family, \$2 for students. Enclosed are dues for the following years - (2008 dues covers 3/2008-3/2009).

2008

2009

2010

2011

2012

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

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

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



## Mutt Strutt (continued)

| OVERALL<br>PLACE | PLACE | NAME               | DOG        | TIME    | OWNER<br>AGE | OWNER<br>GENDER | TOWN          | DOG SIZE |
|------------------|-------|--------------------|------------|---------|--------------|-----------------|---------------|----------|
| 1                | 1     | Jake Morrill       | Rothgar    | 18:45   | 27           | M               | Essex         | L        |
| 2                | 1     | Mark Churchill     | Sebastian  | 18:49   | 32           | M               | Morrisville   | S        |
| 3                | 1     | Bill Dysart        | Tucker     | 20:26   | 55           | M               | Charlotte     | L        |
| 4                | 1     | Angie Richardson   | Asia       | 21:06   | 40           | F               | Waitsfield    | L        |
| 5                | 1     | Liz Longworth      | Asia       | 21:07   | 24           | F               | Waitsfield    | L        |
| 6                | 2     | Dee Glynn          | Cooper     | 21:16   | 40           | F               | Williston     | L        |
| 7                | 2     | Tori Comer-Milne   | Moose      | 21:46   | 28           | F               | Waterbury Ctr | L        |
| 8                | 2     | Anthony Mennona    | Ava        | 22:10   | 31           | M               | Montpelier    | S        |
| 9                | 2     | William Reese      | Buddy      | 22:11   | 28           | M               | Barre         | L        |
| 10               | 1     | Loralyn Leblanc    | Blueberry  | 22:20   | 33           | F               | Montpelier    | L        |
| 11               | 3     | Erin Lyman         | Gus        | 22:36   | 28           | F               | Richmond      | L        |
| 12               | 1     | Lindsay Wilcox     | Lucy       | 22:37   | 30           | F               | Essex         | S        |
| 13               | 1     | John Howe          | Bobby      | 22:42   | 49           | M               | Charlotte     | S        |
| 14               | 1     | Caleb Kessler      | Simon      | 22:49   | 12           | M               | Fayston       | L        |
| 15               | 1     | Sue Emmons         | Nugget     | 22:56   | 52           | F               | S Duxbury     | L        |
| 16               | 3     | Michael Reese      | Luna       | 23:25   | 39           | M               | So. Pomfret   | S        |
| 17               | 2     | Bill Reynolds      | Buckshot   | 4:56    | 49           | M               | Morrisville   | S        |
| 18               | 2     | Mary Churchill     | Jazz       | 25:33   | 32           | F               | Morrisville   | S        |
| 19               |       | Chris Leblanc      | No Dog     | 26:18   | 36           | M               | Montpelier    |          |
| 20               | 2     | Priscilla Carr     | Annie      | 26:19   | 34           | F               | Montpelier    | L        |
| 21               | 4     | Sarah Hoff         | Jonie      | 26:20   | 54           | M               | Fairfax       | L        |
| 22               | 2     | Stephen White      | Cooper     | 27:12   | 54           | M               | Fairfax       | L        |
| 23               | 1     | Dot Helling        | Smoochie   | 27:15   | 58           | F               | Montpelier    | S        |
| 24               | 3     | Deb Forcier        | Sophie     | 27:23   | 41           | F               | S Burlington  | L        |
| 25               | 1     | Jason Grignon      | Kodachrome | 27:56   | 33           | M               | Shelburne     | L        |
| 26               | 5     | Emily Prescott     | Denali     | 28:39   | 28           | F               | Barre         | L        |
| 27               | 1     | Luke Moore         | Freddie    | 28:40   | 28           | M               | Wolcott       | S        |
| 28               | 1     | Jessica Gerhart    | Freddie    | 28:40   | 26           | F               | Wolcott       | S        |
| 29               |       | Mike Wager         | No Dog     | 29:23   | 28           | M               | Essex         |          |
| 30               | 1     | Whitney Machnik    | Pippin     | 30:46   | 45           | F               | Middlesex     | S        |
| 31               | 6     | Margaret Sicotte   | Gwen       | 30:51   | 28           | F               | Georgia       | L        |
| 32               | 1     | Dave Horner        | Percy      | 30:56   | 48           | M               | Middlesex     | L        |
| 33               | 3     | Matthew Sicotte    | Guinness   | 31:05   | 29           | M               | Georgia       | L        |
| 34               | 4     | Matthew Mariano    | Henry      | 31:11   | 28           | M               | Northfield    | L        |
| 35               | 7     | Mindy Mariano      | Henry      | 31:11   | 28           | F               | Northfield    | L        |
| 36               | 2     | Betsy Laflame      | Remy       | 31:17   | 56           | F               | Waitsfield    | S        |
| 37               | 1     | Marsha Bancroft    | Otter      | 35:09   | 70           | F               | Worcester     | L        |
| 38               | 3     | Jim Brooking       | Molly      | 37:10   | 41           | M               | Colchester    | S        |
| 39               | 2     | Beth McElroy       | Molly      | 37:10   | 40           | F               | Colchester    | S        |
| 40               | 8     | Elizabeth Vollbach | Cassi      | 37:28   | 26           | F               | Bolton        | L        |
| 41               |       | Lara Bonn          | No Dog     | 38:22   | 30           | F               | Shelburne     |          |
| 42               | 3     | Julie Alosi        | Ciara      | 38:23   | 31           | F               | Burlington    | L        |
| 43               | 3     | Jill Mennona       | Nixon      | 39:58   | 31           | F               | Montpelier    | S        |
| 44               | 4     | Joe Ernstof        | Jack       | 41:41   | 34           | M               | Waterbury Ctr | S        |
| 45               | 1     | Eben Ernstof       | Tasha      | 41:42   | 56           | M               | Waterbury     | S        |
| 46               | 4     | Cathy Fetten       | Ruby       | 41:47   | 39           | F               | Waitsfield    | S        |
| 47               | 5     | Kevin Spaulding    | Shoka      | 43:08   | 36           | M               | Barre         | S        |
| 48               | 1     | Parker Spaulding   | Shoka      | 43:12   | 7            | M               | Barre         | S        |
| 49               | 1     | Emma Kessler       | Simon      | 45:40   | 14           | F               | Fayston       | L        |
| 50               | 4     | Erika Lindberg     | Simon      | 45:46   | 42           | F               | Waitsfield    | L        |
| 51               | 2     | Jerri Vollbach     | Rita       | 47:42   | 54           | F               | Holly Mi      | L        |
| 52               | 5     | Danielle Hampton   | Daisy      | 47:46   | 44           | F               | Waitsfield    | L        |
| 53               | 3     | Cheryl Thalmann    | Sammy      | 51:46   | 52           | F               | Essex Jct     | S        |
| 54               | 1     | Rachel Couture     | Abby       | 52:39   | 12           | F               | Barre         | S        |
| 55               | 4     | Marian Mumford     | Jackson    | 54:43   | 51           | F               | Richmond      | S        |
| 56               | 5     | Diane Kane         | Whitney    | 54:46   | 51           | F               | Richmond      | S        |
| 57               | 2     | Brian Bushey       | Mansfield  | 1:02:40 | 5            | M               | Montpelier    | L        |
| 58               | 2     | Brynn Bushey       | Mac        | 1:02:41 | 8            | F               | Montpelier    | S        |
| 59               | 2     | Karen Everingham   | Toby       | 1:14:59 | 26           | F               | Fayston       | S        |
| 60               | 4     | Kat Yager          | Duke       | 1:15:00 | 38           | F               | Waitsfield    | L        |



## A HISTORY OF CVR BY BOB MURPHY

## Chapter 4. Officers Over the Years.

CVR has had 13 different Presidents over the years. Norm Robinson has the distinction of having served most years (five going on six) as President. The Presidents and their terms of office follow:

|                   |                                |
|-------------------|--------------------------------|
| Bob Murphy        | 1980-1981                      |
| Darragh Ellerson  | 1982-1983 and 1991             |
| Jeff Shutak       | 1984-1985                      |
| Norm Robinson     | 1986-1987, 1999-2000 and 2007- |
| Tim Noonan        | 1988-1989                      |
| Dana McCarthy     | 1990                           |
| Tom Kaiden        | 1992-1993                      |
| Sam Davis         | 1994                           |
| Nancy Schulz      | 1995-1996                      |
| Dave Kissner      | 1997-1998                      |
| Richard Cleveland | 2001-2002                      |
| Donna Smyers      | 2003-2004                      |
| Betty Rose        | 2005-2006                      |

Vice Presidents have been less numerous than Presidents; we have had 11 different ones. Darragh Ellerson served four separate times as Vice President, for a total of 8 years! Although the Vice Presidency was often a springboard to the Presidency in the early years of the club, that was less often the case in more recent years. Vice Presidents were as follows:

|                   |                                          |
|-------------------|------------------------------------------|
| Pat DeBlasio      | 1980                                     |
| Darragh Ellerson  | 1981, 1988-1990, 1992-1993 and 2001-2002 |
| Jeff Shutak       | 1982-1983                                |
| Norm Robinson     | 1984-1985 and 1997-1998                  |
| Geoff Lindemer    | 1986-1987                                |
| Tim Noonan        | 1991                                     |
| Tom Kaiden        | 1994                                     |
| Dave Kissner      | 1995-1996                                |
| Richard Cleveland | 1999-2000                                |
| Michael Chernick  | 2003-2006                                |
| Andrea McLaughlin | 2007-                                    |

The position of Treasurer has been filled by the fewest number of CVR members. We have had only 5 different Treasurers over the years. Norm Robinson holds the record for longevity in that position with eight consecutive years. Laura Medalie was a close second with a seven-year stint. Treasurers over the years were:

|                  |                            |
|------------------|----------------------------|
| Darragh Ellerson | 1980-1981 and 1985 to 1987 |
| Roger Whitcomb   | 1982-1983                  |
| Norm Robinson    | 1988-1996                  |
| Laura Medalie    | 1997-2004                  |
| Priscilla Carr   | 2005-                      |

The Secretary's position has seen the greatest turnover. Until 1982 there was no Secretary, but meeting notes seemed to somehow make their way into the newsletter. Fifteen different individuals were elected to the position, but others managed to serve on an acting basis. Maureen Carr and Michael Chernick each served three years as CVR Secretary, and Sandy Colvin, who has served for the past three years, may yet be the record-holder. As complete a list as the Newsletter reveals follows:



|                   |                                                   |
|-------------------|---------------------------------------------------|
| Joe McEntyre      | 1982                                              |
| Norm Robinson     | 1983                                              |
| Wade Walker       | 1984                                              |
| Gerry Carlson     | 1985 [elected, but did not serve]                 |
| Tim Noonan        | 1986-1987 and Aug-Nov 1989 [acting – not elected] |
| Merill Cray       | 1988-Mar 1989                                     |
| Nancy Maloney Apr | 1989 [acting – not elected]                       |
| Dot Helling       | Jun 1989 [acting – not elected]                   |
| Bob Howe          | Jul 1989 [acting – not elected]                   |
| Sue Drapp         | 1990-1991                                         |
| Dana McCarthy     | 1992                                              |
| Bonnie Burkholder | 1993                                              |
| Maureen Carr      | 1994 and 1996-1997                                |
| Sam Davis         | 1995                                              |
| Nance Smith       | 1998                                              |
| Michael Chernick  | 1999-2002                                         |
| Betty Rose        | 2003-2004                                         |
| Sandy Colvin      | 2005-                                             |

Based on the above rundowns it is clear that if there is to be a title of Mr. CVR, that would have to be Norm Robinson, the only person to have been elected to all four offices, and who has given a total of 18 years (so far) of service as a CVR officer! Hats off to Norm!

[Coming in the next CVR Newsletter: Chapter 5. Other Notable Contributors to CVR.]

### *From Dot ~*

Hi all, these are the results of a little survey I did amongst ultrarunners that I thought might interest you. This has gone out to the ultrarunner listserv. Enjoy and feel free to pass it along! Would love any comments.

### TIME VS. DISTANCE: HOW DO YOU TRAIN?

Several months ago I put a survey out to the ultrarunning listserv on the hours vs. mileage approach to training. I asked four questions:

1. Do you log your training? if so, how, and is it by miles or by time out running.
2. Do you use a watch/GPS/some other device to keep track and how exact are you with your records, eg. do you keep track of miles to the tenth or just use a "plus or minus" system? do you stop your watch when you take breaks or do you keep it running? etc.
3. Do you alter the way you record training miles for specific events, goals? if so, why and how?
4. Do you use a different system for type of training, eg. dirt roads vs. runnable trails vs. super technical trails? if so, what's the difference?

Here is my interpretation of the results of all of the responses I got from the ultra community, over 80 thoughtful replies and comments. Thank you to everyone who took the time.

Most responding runners record their training miles but almost as many record both miles and time. Only 11 runners responded that they record by time only and eight reported that they keep no record, just run. What was really interesting was all of the different pieces of information that were recorded in addition to time and mileage. Many are quite Type A about the subjective data. The recorded information included the obvious such as type terrain and surface, shoes worn, the weather and whether or not the runner used traction devices, clothing, heart rate, intensity and how runner felt, location of the run, running companions and so forth. But there was more, including some of the things I personally like to remember such as how many doggies joined us and what kind of wildlife we saw. Other data included elevation



gain/loss, cross-training activities during the day, quality and hours of sleep, stress level, ski days, emotional status, what carried (e.g. water, food and clothing and size and weight of pack), percentage body fat, weight before/after, whether walk/jog/run and percentages of hills, hill repeats, resting heart rate that morning, weight pre and post run.

Twenty four of those responding religiously use a GPS and a heart monitor device. The majority of the others simply relied on their watch, generally a Timex Ironman, and timed their runs to the nearest tenth of a mile. The rest did not care and either did not use any devices or used them sporadically. Garmin was the most popular GPS. Runners use a variety of methods for logging: the "old-fashioned" log book (I have a drawer full), a calendar, online mapping, an Excel spreadsheet, and a sundial? (I have no idea how that works.) The reasons for logging were varied as well:

1. To understand what did or did not work in training;
2. To spot a pattern leading to injury;
3. To keep a race history and compare times to prior years (this is almost debilitating when you get over 50); and
4. To develop a training plan for future events and stick to it, including important rest days.

Some runners did alter their training approaches for races, including the following:

1. When training for a race, they don't stop their watches for breaks - use "total running" time;
2. At least one runner sticks to the treadmill, track and stationery bike to avoid getting hurt (this would put me in the psych ward not to mention what I would do to myself during the race if I'd not been outside on "race terrain." Reminds me of a friend who trained all winter on a treadmill to run a race in Florida in March only to come down with a textbook case of shin splints that put him out of action for the rest of the year);
3. Power-walk the up-hills;
4. Train in heart rate zones;
5. More hills;
6. Race specific - tries to mimic the terrain; and
7. More specific logging of miles, time, pace and terrain.

Interestingly, no one said they paid more attention to diet and sleep. And a majority of runners responding said they make no specific alterations (perhaps because I got a lot of answers from you folks who can train and race all year long????!!).

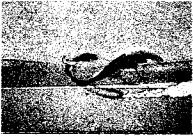
Did anyone have a different approach based on trail vs. road races? Some did spend more time on the specific terrain. Some logged trails by time and roads by miles. Some logged their miles and time only when training for a race. For many there was no change.

Some interesting responses included a man (whom I know well) who only runs pre-measured hand or bike wheeled courses. (Imagine that! I love this techy guy.) One blogs about all his runs but logs none. One runs courses pre-measured by car (now that gets expensive these days and not very environmentally conscious). The array of approaches includes pre-measured, guess-timated and the plus or minus system (my favorite). Some round time up, others are super specific (the 10th of a mile no close enough), to the 100th of a second, and one even timed the route both ways, back and forth to ensure absolute accuracy (wish I had the time to even think about doing that!). One runner said I have quit logging because I have a lot more fun if I just run. There's certainly a lot to that. So, do we have an old school vs. new school approach to training? I guess that may be my new inquiry. Can't tell from these responses, but I sure did like reading them all, especially the obsessive compulsive types. I was never there, Perhaps, if I had been, I could have been a great runner, or not. I love looking around and chatting too much, and these days keeping watch over my frail bones. Bottom line, I think it is so amazingly individual that we can only do what works for us individually and not worry or concern ourselves with what our competition is up to. If it ain't broke, don't fix it. And if the program ain't for you, don't follow it. Thanks again everyone! Would love to get reactions.

Vermont Dot (Helling), Attorney at Law (802) 223-1555 email: [ultradot@verizon.net](mailto:ultradot@verizon.net)



- globe trotters -



Lynda and I spent the month of March this year in Albuquerque, so I joined the club there to get their newsletter and info on races in the area. You can see results of my 10-miler at the Shamrock Shuffle there (actually in Rio Rancho, just NW of Albuquerque) on the page after page 9 (no page number). The course was a hilly one, but weather was perfect. About 90 runners in all in the 10-miler. There was also a 5k and a 10k at the same time. We had a GREAT March! Albuquerque Road Runners Club [www.roadrun.org](http://www.roadrun.org)

Sincerely, Bob Murphy



**CONGRATULATIONS** to DONNA SMYERS - Donna got her Ironman slot at Hawaii by winning the 50-54 age group at the St. Croix Triathlon the weekend of May 3 & 4<sup>th</sup>.



#### 4/13/08 IRONMAN South Africa Dot and John Martin

(Last I heard Dot wasn't even going to do the run, but she placed third in her age group and John got 13th! **CONGRATULATIONS** to both on great races. I guess that indoor stuff really works. Donna)

|    |              |               |    |          |          |          |          |
|----|--------------|---------------|----|----------|----------|----------|----------|
| 3  | MARTIN, Dot  | 593/708/461   | 47 | 01:11:13 | 06:07:17 | 04:12:13 | 11:43:22 |
| 13 | MARTIN, John | 1024/942/1043 | 56 | 01:19:34 | 06:19:48 | 05:34:04 | 13:28:26 |

April 30, 2008 *from John Martin* Upon return from Ironman New Zealand last spring, my wife Dot and I set off in search of our next BIG ADVENTURE. Requirements were simple, and Ironman or Iron distance race in a unique setting. After surfing the web in all directions we settled on Ironman South Africa held on the second weekend of April in the beach town/port city of Port Elizabeth. Located at the southeast tip of the continent, Port Elizabeth is home to 1.2 million. IMSA is in its fourth year and is the only iron distance race on the African continent. The Indian Ocean swim starting at a place called Shark Rock looked ominous. The "average" swim times were close to an hour forty minutes. The bike segment is a 37 mile (60k) lollipop loop done three times and the marathon was advertised as three dead flat lollipops. What's not to love?

We signed up for the race, booked flights, hotels, post race activities and were ready to begin training camp in mid-December. This would be our 4th winter Ironman. All swim training was in the pool, all bike training on the Computrainer and 90% of the run training was on the treadmill. The plan was in place, and took me 61 miles in the pool, 175 miles on the bike trainer and 596 on the treadmill. Dot's totals were remarkably similar but she did manage way more outdoor running in the cold and snow than I dared. She's tough!

We fly from Vt. to S. Africa which takes about 26 hours in total. We left Sunday April 6th and arrived 6pm on Monday. We get to Africa and, as if written in the script, no bikes or bags. Talk about stomach churning stress; but no worries, good things always happen for us. The bikes show up at the hotel on



Wednesday night and the bags come the next day.

The bike delay did give us the opportunity for a 5 hour side trip to an unincorporated African township. The tour proceeds directly benefit the township's school. An official incorporated African township provides residents with their very own 16'x20' cement block home with electricity, running water, flush toilet, a door and windows, all situated on a very small lot. An unincorporated township has none of these amenities. The hovels are mostly fashioned out of recycled tin roofing material and scraps of lumber from old pallets. The construction technique was almost comical if these weren't real people living their real lives in such desperate conditions. This all within 5 miles of the start line.

The race dawns on a cool, cloudy morning. The sea is about as calm as the sea can be until 1600 athletes are all headed for the same swim turn buoy 400M out. Yes, this is very much like swimming in a washing machine filled with saltwater. Two laps and I'm out at 1:19. Yeah, yeah. The cloud cover thankfully held on way past the swim and well into the bike. April is the start of their "winter" season. It cools to 50-55 at night but warms to 75-90 degrees from 10:30AM-3:00PM. The ever present sun is strong.

The Port Elizabeth/Nelson Mandela Bay area realizes the economics of IM and gladly closed both lanes of the highways for the bike and the run. South Africa may have some glaring deficiencies, but their chip seal roads put our state roads to shame. The road surface is far smoother than what we encountered in New Zealand last year. My bike goal was 6 hours. I did not wear a watch and kept the HRM on, stayed in my zone and was off the bike in 6:19. What's a few stinkin' minutes between friends?

The first of the three run loops was a little faster than planned but the HRM was stuck on 135- Great! Then the wheels fell off. Quad cramps, a hammy cramp and the good old dry heaves led to the tried and true - run four telephone poles and walk two. My goal of sub 5 hours on the marathon was out and I had to settle for 5:29. I was trained to go sub 13, but 13:28 is close enough. No regrets. Happy camper.

Several weeks before the race Dot was hobbled by a metatarsal joint injury. X-rays and a bone scan were inconclusive but the doc said it was possible it was a stress fracture and not to run for several weeks. Her plan was to do the swim and bike and see how it felt on the run, but with not much hope of being able to finish the full event. She was out of the water in 1:11, off the bike in 6:07 and did the marathon in 4:12, to get on the podium for 3rd place finish of 11:43 in the 45-49 age group. The foot held up and is almost all better. So much for the stress fracture. I'm so proud of her!

Monday night at the awards gala we feasted on smoked salmon stuffed with crab and steaks the size of a car tire. While we ate and sung our praises, I couldn't help contemplating the desperate lives of so many thousands living just a few miles away in a very different world.



In the days that followed we drove just past the townships and into the bushveld. Addo Elephant National Park is more than 50 miles long and half as wide. The park houses the largest concentration of elephants in Africa. The park is home to all types of African game except giraffes hippos and cheetas. Driving thru the park just after sunrise and during the late afternoon led to many unforgettable wildlife sightings. I want to come back as a Cape Buffalo. Nobody messes with those dudes and they appear not to care about much!

The race was really very nice. About 15-20ks of the 60k bike loops were along the undeveloped seashore. Absolutely spectacular! Sun shining, waves crashing, blue/green sea, tailwind and 28 MPH with little effort. The run, three 9 mile loops, is about 30% along the developed beachfront with cheering crowds. The remainder in a more natural setting where I spotted a herd of about 30 antelope. Hotels on the beach are very reasonable, \$50-65, and the eateries served great food. The food was really inexpensive. The big expense is airfare. The flight is long. I could go back to this race. A set of blinders is recommended.



**“Cool Running” [[www.coolrunning.com](http://www.coolrunning.com)] Course Program**

Some of you may be aware of this, but for those who are not, I thought I would pass it on. It was referenced and recommended by someone from Albuquerque Road Runner Club, note the article earlier in this newsletter from Bob Murphy. It's a program that helps you map your running route.

[www.mapmyrun.com](http://www.mapmyrun.com)

Green Mountain Athletic Association [www.gmaa.net](http://www.gmaa.net)

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

Remember **listserve** was originally created for you to announce something general to the whole group - So, if you want a running partner at any time, just email [cvrunners@yahoo.com](mailto:cvrrunners@yahoo.com). Hit "Reply all" if you want the group to receive your response--"reply" goes just to the sender.

Central Vermont Runners is a non-profit corporation, founded in 1980 to serve the needs of all runners in the Central Vermont area, and is a member of the Road Runners Club of America.

Meetings are held on a regular basis, and a periodic newsletter is published several times each year, containing news about the club and its members, as well as providing information and results on club and area races.

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

# Central Vermont Runners



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CVR PD 2008

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May 2008

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Publicity – *Vacant*  
Membership Coordinator- Donna Smyers

**NEXT CVR MEETING:  
Thursday May 22, 2008**

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