



CENTRAL VERMONT RUNNERS MAY 2008 NEWSLETTER

NOTES FROM THE PRESIDENT

CVR MOVING FORWARD!

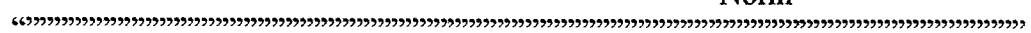
Happy running to all friends in the running community! Here we are in mid May, and the race season is in full swing. We are just days away from the Vermont City Marathon, and yet another crack at the elusive qualifying time for Boston. For me this sparks the real beginning of summer racing. Many of you 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



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

SUMMER MEETING: THURSDAY EVENING, JULY 31ST 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 1ST TO MARCH 31ST.



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.

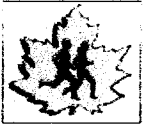
CVR Officers for the upcoming year:

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 22nd 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 6th 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. Hope to see you there.
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

*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.



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.

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 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 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.

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 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.

November 1, 8, 15 (Saturdays) 9 am

Fallen Leaves 5K Series, Montpelier

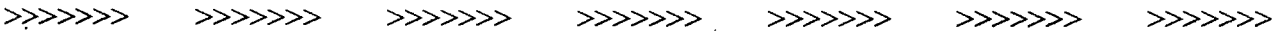
Montpelier High School Track

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 or 802 485-6595.



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

THURSDAY July 3rd, 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... 27th annual Stowe 8 Miler

Contact 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 aucton 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
Brucker	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	rmerpat@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	rmm@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	kipierce@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@bfslaw.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	steverun262@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	Plainfield	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 _____

*April - Mutt Strutt _____

*May - Black Fly 4 Miles _____

*June - Kids Track Meet _____

*June - Capital City Stampede _____

*June - Montpelier 10 Miler _____

*July - Bear Swamp Run _____

*July/Aug- Barre Downtown 5K _____

*Aug - Berlin Pond 5 Miles _____

*Aug - Chase Race _____

*Aug/Sept - Northfield 5K _____

*Sept - Sodom Pond _____

*Oct - Leaf Peepers _____

*Nov.-Fallen Leaves 5K's _____

*Dec - First Night 5K _____

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.cvrrunners.org



Mutt Strutt (continued)

OVERALL PLACE	PLACE	NAME	DOG	TIME	OWNER AGE	OWNER 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	Joni	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	Marlan 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:

