



CENTRAL VERMONT RUNNERS
Summer 2008 Volume 29, Issue 3

Norm's Notes

Hello everyone. I hope all of you are enjoying the summer season so far. We seem to have had a number of summers in one. We have had stretches of rain, that really warm, sticky stuff. Welcome to Vermont! Many of you know that I had the misfortune of falling and tearing up my knee. Fortunately, there was no structural damage, but it still required 16 stitches to close me up.

This meant that I lost about two full weeks of not running at all, and as I write this, starting the process of getting back to where I was. All of this minor compared to some of our fellow friends that have had major injuries. Yet, what I discovered is how much I really missed it, even in that short brief time. I will have not raced in several events that I was looking forward to, but more importantly I missed out on the daily runs with friends. Running really gets to you doesn't it!

Moving on, I wanted to give you an update on the club logo, and shirt progress. We are moving forward, albeit slowly. Not surprisingly it is taking a lot of time to look at logos, suggest changes, colors, etc. and then have enough people agree to think we can move forward. I was also not surprised to find out that many people have many opinions about what "art" should look like. We will have a final version soon, perhaps by the next meeting on July 31st. At the very least we will be deciding how the club will decide on the logo. Does that make sense? We have had a committee working on the new logo, and it will be presented for a straight up or down vote at some point. We will decide exactly how and when that will be done on the 31st.

There is also work being done on the shirt portion. While I can't guarantee that everyone will be thrilled with the logo, I hope that everyone will be happy with the shirts. Why? That is because I hope that we will have multiple styles to choose from. The last thing I want to happen is for members to not buy club shirts because they don't meet their needs. More on that at the meeting as well.

Lastly, have you been to fun run lately? Numbers are up to around 30 many weeks, and there is someone for all abilities to run with. Please come when you can on Tuesday at 5:30 near the high school track.

Continue to enjoy the summer, and I hope to see you at Morse Farm at 6:00 p.m. on Thursday July 31!

See you on the roads, Norm

Summer Meeting ~~was~~ THURSDAY EVENING, JULY 31ST AT 6:00 P.M. AT THE MORSE FARM. PLEASE SEE MINUTES FURTHER IN THE NEWSLETTER.

FALL MEETING WILL BE OCTOBER 16TH AT THE HOME OF DARRAGH AND DAVID ELLERSON, 1152 NORTH STREET, MONTPELIER. 223-2080. 6:00 P.M. POTLUCK, MEETING TO START SHARPLY AT 6:30 P.M.



Central Vermont Runners – Meeting Minutes

May 22, 2008

Norm, the President, started the meeting in a timely fashion at 6:30 p.m. and continued to keep the meeting on task.

Old Business:

- Meeting minutes from March, 2008 needed to be amended. Information on the Vermont Bike and Pedestrian Coalition was excluded. Dot Helling passed out pamphlets given to her by Nancy Schulz encouraging the club support the 3' bill which advocates for bicyclist, pedestrian and runner's rights on the roadway.

New Business:

- On May 17th there was a **Race Directors Meeting**. At this meeting everyone went over the RunScore program and the Time Machine. John Hackney contacted Norm and expressed an interest in running both programs. Brenda Phillips, the Race Director for Berlin Pond, and Betty Rose, the Race Director for the Paul Mailman Ten-Miler, will share the coordination of the technology for each race. At the Race Directors meeting it was decided that **all races will have a 70+ age group**. The Onion River gift certificates allocation have been allocated:
 - Capital City Stampede and Paul Mailman \$600.00
 - Berlin Pond and First Night \$300.00
 - Bear Swamp \$200.00
- Computer update from Dave Kissner: The best purchase on a computer seems not to be to buy locally. He mentioned Ormsby's, but will talk with Bob Murphy before making a final decision - but it will probably be a Dell computer.
- The club is short Race Directors. Rowly Brucken will take over the Northfield race. He will shadow Tim Noonan this coming year and take it over the following year (2009). **We still need a Race Director for First Night.**
- Norm Robinson contacted Montpelier High School about putting signs up for Tuesday Night Fun Runs. Tim Noonan has had a few calls regarding the new and old mile markers for the Fun Runs. He would like to have mile markers every half mile. Tim will continue to work on this.
- The club is still working on New Singlets. Not much has been done to this point. Brenda Phillips has offered to work on the logos. Norm hopes to have two different designs made up for the club to vote on.
- The Kids Track Meet is on June 7th at 4:30. This is a new time! There has been a conflict with another event at the field. This year t-shirts will be given out for this event.
- Barre Town Girls on the Run joined the club's Fun Run on May 13th. The girls who did go to Montpelier had a great time. Seeing their results in the World was a big highlight.
- If anyone is looking for old club items, Norm has them stored at his home.

Race Updates:

- Mutt Strutt - 60 people this year! Record Number.
- Adamant Black Fly also had a record turnout: 20 people. Great local gifts were given to every entry at this race.

Mailing Update:

- Nancy Rice, Newsletter Editor, reported that spring mailing for race announcements cost approximately \$600.00. \$250 for printing and \$300.00 for postage. Mailings were sent to all summer race entrants for the past two years, local people and last year's Leaf Peepers entrants.



Leaf Peepers Update

- Rodger Cranse informed the club that the on-line entry fee is less expensive than mailing. This is to encourage more on-line registrations and make it easier for the club. He will be going with cotton t-shirts again this year. There had been a discussion to use a "sport material" t-shirt, but he felt it was too expensive. He has been contacted by some local organizations that may be interested in being new sponsors for the Leaf Peepers this year. He is still looking for Registration Coordinator. Responsibilities include:
 - Data entry
 - E-mail registrations
 - Collecting finishing times from timing service
 - Organizing volunteers.

Other News:

- Donna Smyers announced that July 3rd is the 1 mile race in Montpelier and that there will be four short Triathlons in Elmore this year. The dates are:
June 12th and 26, July 10th and 24th. The races will begin at 6:30 at Elmore State Park.
- Next meeting will be Thursday July 31st at Morse Farm at 6:00. Dave Kissner will be hosting this meeting. He will organize a short run before the meeting.
- Last scheduled meeting is October 16th at Darragh Ellerson's house.



Central Vermont Runners - Meeting Minutes

July 31, 2008

Meeting began at 6:30 p.m.

(Minutes by N. Rice for Sandy Colvin)

Old Business:

- Meeting minutes from May 2008 were approved after several small edits, which have been incorporated in the copy above.

New Business:

- Donna Smyers had a printer timer repaired for the cost of \$12.70. The club had 6 old-style printer/timers. Six now work, and we have two time machines also. Suggestion to sell/donate one to the Stowe Bike Club, but first we there needs to be a full inventory of the printers/timers we have, and verify working status. Tim Noonan will get his broken one to Donna for repair.
- First Night update: no one has come forward to be race director. Several steps came out of the discussion of what to do: put out a call to all members with the deadline of October 1st to come forward (Rowley Brucken has said he will help whoever takes it on this year) - this will be done via the newsletter and Norm sending via his large e-mail list; if no one offers to take it on, Norm will advise the First Night Committee (Montpelier Downtown Community Association); Michael will also give a head's up to Bonnie Mohlman, a neighbor, that there is concern for this year.



- Berlin Pond race is August 7th, registration located at the Berlin Town Clerk's office. Brenda Philips is race director, but we will need a new race director for next year. Michael Chernick offered to take it on as long as someone else with a car takes care of the signs a few days ahead as well as get all set up. Nancy Rice will co-direct with Michael.
- Dot Helling will handle the permits again for all three races that have course sections in Berlin, Berlin Pond, Montpelier 10-Miler and Capital Stampede. Donna has taken care of the rest.
- Club Logo: it has not been finalized. The group of five has two logos they are working on. The motion was made, seconded and unanimously decided to let the group make the decision and then get the approval of the Executive Committee. At some point after that the final logo design will be presented to the CVR members.

Race Updates:

- Betty Rose provided the report on the Paul Mailman Montpelier 10-Miler. It was well attended with 84 registered runners, showing a profit of \$969.26, no complaints, positive notes about the course, and the efforts made to work with Moretown paid off since there was no negative feedback. Bob Murphy will be certifying the route; once this is done, there will be two certified courses available for this race. On the suggestion of President Norm Robinson, Betty is going to look into investing some of the profit in race paraphernalia to give runners in 2009, to celebrate its 35th year. Suggestions included hats, mugs, and of course t-shirts.
- Dot Helling reported on the 48th Mt. Washington Road Race [7.6 miles, base to summit]. The CVR women's Seniors team of Dot, Donna Smyers and Linda Hallinger came in third overall, and also won the Senior Women's team division and set a record, receiving a cash prize of \$100. There was much discussion of where the money could go, ranging from setting it aside to help defray race fees for members in other races, such as Reach the Beach, Lake Winnepesaukee Relay; donate to "Girls on the Run", local or State; or "earmark" it for something that may arise. The decision was made to donate to Girls on the Run Vermont organization for the next year April 2009, from "the old ladies". www.girlsontherunvermont.org
- Tim Noonan reports:
 - Kid's Track Meet: due to the "Touch a Truck" event, Tim Noonan moved this event to the afternoon of June 7th. There were about 60 kids competing. The 5th and 6th grades had a larger turnout than in past years. It may move to 10:30 a.m. next year.
 - Bear Swamp: the weather was cool for about 45 runners; good turn-out, with people from California, Mississippi, and some members from the Green Mountain Athletic Association.
- Barre Homecoming Festival Downtown 5K: Bob Bisson reports there were about 55 runners, down some from previous runs. There was less exposure in the local newspaper, down to one day compared to a week, and it did not get on "Cool Running" this time. The cost of the shirts did go up, but it was decided that was partly due to a change in the design this year. There was a good, but slow in coming in, response from sponsors, most notable ones being Lenny's and Applebee's. Bob will include a cut-off date for sponsor donations next year to help prevent the time lag. The motion was made, seconded and voted on to donate the proceeds to Barre's Aldrich Public Library.
- Tim Noonan reminded members the 5-mile East Montpelier Chase Race starts August 21st, two weeks after the Berlin Pond. Race day registration only. The final Sodom Pond race is mid-September and the Falling Leaves series are the first three Saturdays in November. Tim, Priscilla Car and Loralyn LeBlanc will be in charge of the individual races.



- Northfield Labor Day Race: Donna and Bob will coordinate timing and results. Volunteers are needed this year for the Saturday, August 30th race.

Leaf Peepers Update:

Roger Cranse reports there have been 458 entries to date, 30 of which are for the 5K, and all but 11 of the 458 have been registered electronically. This is more than half way to the cap set, which was 1300 last year; want to see the same this year. They went through Leahy Press this year for the printing; Leahy cut the price in half. All is on track. Greg Wight will coordinate the registration again, and Michael Chernick offered to co-coordinate with him. Dot and John Martin volunteered for cone duty. Dave Kissner will put a warning on the CVR web site when the registration is close to the cut off and Darragh will let the whole membership know as well. There was a reminder to be certain that everything - forms, information - say the same thing.

Other News:

- Donna let everyone know the Catamount trail race to the top of Vermont is Sunday August 31st, the day after the Labor Day Race in Northfield.
- Betty Rose reports great turnout at the Tuesday fun runs, with 38 runners on July 29th. Great helps are the signs ("awesome") and the publicity the Times-Argus has been giving the runs. John Martin reminded us all to talk to the "newbies" and make them feel welcome. It is easy and automatic to talk to the members and runners you already know, so welcome the ones you don't. ***Darragh will need assistance with the timing if the fun runs continue to increase.***
- Tim introduced a few suggestions to rejuvenate the race series point system. One is to expand the number of CVR races part of it - go from 7 to 10, but only get points for some. Also suggested incorporating one of the GMAA races into the series; they have done something similar with their series, using one of the CVR ones. And since the club has a "comfortable" treasury, CVR itself can contribute more money to the series, both in race prizes and a significant enhancement of the prizes given to the overall male and female points leaders for the series. More to be discussed on this.
- Donna said the new computer will be up and running by Northfield (but it really should be ready for Berlin Pond).

The meeting adjourned a little after 8:00 p.m.



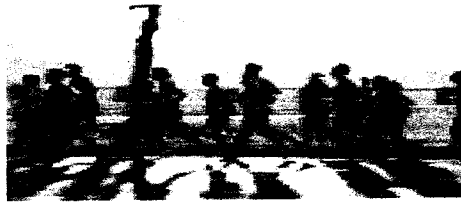
LENNY's Shoes & Apparel locations – Barre, Williston, St. Albans, and Outlet store in Barre. No coupon needed. 10% off running stuff when you show membership card. You MUST show membership card.

[Check this out for some important albeit common sense hints for running in humidity, which most of us in Vermont have had to work on getting used to, this summer especially (I would have cut and pasted the article but was not able to reach the "Coach"):

<http://www.gsmac.net/tat/coachcorner/humidity.htm>]



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.

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.



WEDNESDAY NIGHT TRAIL RUNNING SERIES

What: It's a fun race (3.1 mi for adults/teens, 1.5 mi for kids 9-12 & a short race for kids 8 yrs & under). All ages & abilities welcome! Awards given out at the end of the 18 week series, based on attendance, not performance.

When: June 18, 2008 – October 15, 2008 at 6 p.m. at Grafton Ponds, Grafton, VT

For Directions go to: http://www.graftonvermont.org/Around_Town.html

Prices:

Adults (18 & up)- \$5 Teens (13-17)- \$4 Kids 12 & under- \$3 Kids 8yrs & under- FREE



THURSDAY NIGHT MOUNTAIN BIKE RACE SERIES

What: It's a fun cross country mountain bike trail race for all ages and abilities, length varies per level. Awards given out at the end of the 18 week series, based on attendance, not performance.

When: June 19, 2008 – October 16, 2008 at 6 p.m. at Grafton Ponds, Grafton, VT

Prices:

Adults (18 & up)- \$8

Teens (13-17)- \$6

Kids 12 & under- \$4

Kids 8yrs & under- FREE



LONG Sleeve Technical Race shirts to first 1500 entrants - + Relay teams

The Rockfest is scheduled for Saturday Oct. 25th The first 700 registered Half Marathon entrants receive a complimentary concert ticket. (Band to be announced by August 18, 2008) Extra concert tickets available for sale, see registration page.

Contact

Email info@locorunning.com
Questions call MIKE - 603 659 2824

ALSO 2008 Maine Coast Half Marathon & 5K September 21, 2008. Welcome to the only All Women's Half Marathon in New England. For 2008, now your significant other can run or walk in an equal opportunity race . . . men, women and even kids can share in this fun filled event. **Meet: Kathrine Switzer, first woman to officially complete the Boston Marathon** Pickup your own autographed copy of Marathon Women.. **Saturday at Early number pickup or at the Pasta Dinner.**

(Entries immediately above and below courtesy of www.locorunning.com)

Moms In Motion® is a Global Network connecting Moms through Fitness, Fun & Philanthropy. We help moms meet other moms with similar interests and fitness goals.

Discover a New You... Join a group or Start a Moms In Motion® team for the Maine Coast Half!

Moms In Motion was created by a mom who understands just how valuable each minute of each day is. That is why Moms In Motion integrates fun, fitness and philanthropy into a complete program, a one stop shop where members take time for themselves, improve their fitness, new friendships, and give back to their community. build

Team Leader: Kristen Parlin

Email: kristenparlin@comcast.net



Maine Coast Half Marathon
Women's Training Teams now offered.

MOM's In Motion welcomes women of all abilities to join a training program for the All Women's Half Marathon this September.

MOMSINMOTION.COM

"Cool Running" [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

Green Mountain Athletic Association 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



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

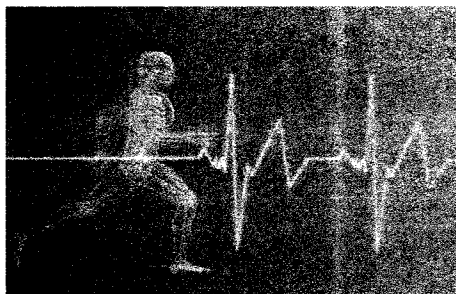
www.cvrrunners.org



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 cvrrunners@yahoogroups.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.



[My two cents: I believe in forward motion. I think the best thing any of us can do for ourselves, is to keep moving. To quote an anonymous author: "If you can walk, you can run; if you can talk, you can sing". There may have been more to it but that is all I recall. The phrase has stayed with me for decades, primarily because I had a sister who could do neither, and it also reminds me, I have no excuse. If not now, when? Life is going so very fast, I really believe time has gotten into a fast forward spin, or maybe it is just because I am getting older. But I love to run, always have, and I am working on my own getting-in-shape regime. So you see me plodding along and trying each week to do more, do better at our Fun Runs (and haven't they just been awesome?! Look at all the new and returning folks, all ages!). I really appreciate the encouragement. I love to swim and bike, too. So there it is, my no-longer secret desire, to do a triathlon, sometime in my life, just a little one, it doesn't have to be big. But it is a goal, and keeps me moving forward. That may be most important, really. Runners don't stagnate. *nsr, ed.*]

This seems fitting with the most excellent Olympics going on right now, and good to keep in mind for all the awesome young runners showing up at Fun Runs:

"A runner's creed: I will win; if I cannot win, I shall be second; if I cannot be second, I shall be third; if I cannot place at all, I shall still do my best." Ken Doherty

.....
I decided to go for a little run. - Forrest Gump

Me thinks that the moment my legs begin to move, my thoughts begin to flow. - Henry David Thoreau

"The will to run is not as nearly as important as the will to prepare"

You can never run a hill too hard, you will collapse before hurting it. -Adam Born

Run like you're avoiding the cooties.

"Last is just the slowest winner." - C. Hunter Boyd

**There will be days when I don't know if I can run a marathon.
There will be a lifetime knowing that I have."**

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

Capital City Stampede, Montpelier

Official Results
June 14, 2008
Sponsor & Organizer: Central Vermont Runners

***** AWARDS LIST *****

***** FEMALE OVERALL RESULTS *****

1 Kasie Enman 28 Huntington VT 35:40
2 Kathy Provencher 38 Waterbury VT 41:01
Record 35:28 by Lea Hyer in 1983

***** MALE OVERALL RESULTS *****

1 Bernie Muller 25 Boston MA 32:59
2 Scott Loomis 36 Colchester VT 33:30
Record 30:26 by Eric Morse in 1993

CLASS	PLACE	FINISHER	TIME
FEMALE AGE GROUP 0 - 19			
1	80	Lisa Erickson 19 Barre VT	1:02:16
		Record 38:56 by Caitlin Compton in 1999	

MALE AGE GROUP 0 - 19			
1	12	Michael R. Sorrell 19 Vergennes VT	39:10
		Record 32:37 by Brent Coon in 1985	

FEMALE AGE GROUP 20 - 29			
1	23	Caroline Zeilenga 25 Calais VT	43:40
2	33	Jessica Berg 21 Burlington VT	46:31
3	47	Mora Duane 29 East Montpelier VT	50:16
4	50	Leah McCarthy 26 Burlington VT	50:30
5	52	Alexandra Montalvo 29 Burlington VT	51:04
6	68	Katy Cahill 29 Shelburne VT	54:17
7	71	Lindsay Whipple 23 Barre VT	55:06
8	78	Trisha Partlow 29 So. Burlington VT	1:02:01
		Record 35:28 by Lea Mayer in 1983	

MALE AGE GROUP 20 - 29			
1	8	Matthew Dall 29 Colchester VT	38:11
2	10	Aaron Caux 29 Vergennes VT	38:24
3	11	Peter Maksimow 29 East Montpelier VT	38:59
4	28	Jed Cahill 29 Shelburne VT	44:53
5	40	Brian Kelly 23 Waterbury VT	48:29
6	41	Jonathan Pence 25 Burlington VT	49:25
7	65	Findlay Walsh 23 Montpelier VT	54:11
8	74	Jason Akers 28 Barre VT	58:55
		Record 30:26 by Eric Morse in 1993	

FEMALE AGE GROUP 30 - 39			
1	39	Mandy Yonkman 37 Waterbury Ctr. VT	48:25
2	44	Katrina Phillips 37 Northfield VT	49:42
3	46	Thao Nguyen 32 Williston VT	50:04
4	48	Jamie Clarke 30 Essex Jct. VT	50:26
5	79	Shannon Webster 30 Winoski VT	1:02:01
6	86	Joann Romano-Keeler 31 Williston VT	1:07:49
7	88	Jen Lamphere 36 Moretown VT	1:23:39
8	89	Tirzah Snyder 32 Montpelier VT	1:23:39
		Record 36:43 by Gina Sperry in 1991	

10	73	Michael Shover 59 Bradford VT	58:07
11	77	Rick DeAngelis 52 Barre VT	1:01:29
		Record 34:44 by Doug MacGregor in 1990	

FEMALE AGE GROUP 60 - 69			
1	34	Patty Folz 60 Stowe VT	46:38
		New record. Old record 51:19 by Darragh Ellerson in 1991	
2	76	Bobbi Stapenhorst 63 Montpelier VT	1:00:14
3	87	Judy Lamphere 63 Exeter NH	1:23:38

MALE AGE GROUP 60 - 69			
1	21	Chuck Arnold 61 Burlington VT	42:54
2	30	John Hackney 62 Montpelier VT	45:27
3	37	Hugh Wilson 68 Dorval QC	48:10
4	38	Gregory Gerdel 61 Montpelier VT	48:16
5	42	Peter Grivakes 67 Montreal QC	49:27
6	53	Joan Kaeding 60 Worcester VT	51:27
7	55	Russell H. Petelle 60 Derby Line VT	51:38
8	72	Gordon Johnson 66 Ayers Cliff QC	58:07
		Record 41:05 by Chuck Arnold in 2007	

FEMALE AGE GROUP 70 - 99

MALE AGE GROUP 70 - 99			
1	64	Jean Bernaquez 76 Montreal QC	53:47
2	84	Gerow M. Carlson 76 Middlesex VT	1:04:35
		Record 49:37 by Jean Bernaquez in 2006	

CLASS	PLACE	FINISHER	TIME
MALE AGE GROUP 30 - 39			
1	3	Robert P. Lukaskiew 38 Rutland VT	34:31
2	6	Jonathan Miller 31 Bethel VT	36:03
3	9	Chad Shepard 33 Williston VT	38:21
4	14	Alex Reis 30 New York NY	40:26
5	15	Craig Manning 33 Medford MA	40:37
6	17	Rick Barnett 36 Morrisville VT	41:22
7	18	Ben Frey 34 Jericho VT	41:41
8	32	Jason Felder 37 East Calais VT	46:01
9	45	David Cameron 37 Barre VT	49:59
10	51	Ken Mallo 38 Williston VT	50:40
11	67	Chris Geoffroy 35 Vail AZ	54:16
12	85	Raymond Keeler 32 Williston VT	1:07:31
		Record 30:50 by Eric Morse in 1995	

FEMALE AGE GROUP 40 - 49			
1	35	Sandy Colvin 40 Montpelier VT	46:45
2	36	Ellie Bouffard 47 Colchester VT	47:00
3	49	Mary Guggenberger 44 No. Clarendon VT	50:28
4	54	Ellie Ferguson 48 No. Haverhill NH	51:33
5	58	Ginny Richburg 49 Randolph Ctr. VT	52:49
6	59	Gail Pelkey 43 Waterbury VT	53:04
7	69	Becky Diedrich 44 Berlin VT	54:26
8	70	Patricia Fischer 49 No. Fayston VT	54:45
9	75	Whitney Machnik 45 Middlesex VT	59:42
10	81	Tricia Senzel 45 So. Burlington VT	1:02:36
11	83	Denise Ricker 42 Montpelier VT	1:04:05
		Record 38:29 by Sue Barber in 1997	

MALE AGE GROUP 40 - 49			
1	4	Joshua Brown 40 Burlington VT	34:56
2	20	Thomas Rogers 41 Winoski VT	42:13
3	27	Mack Gardner-Morse 47 Calais VT	44:30
4	31	Stanley Morse 49 Waterbury VT	45:56
5	56	Vincent Maganzini 42 Medford MA	51:42
6	62	Adam Rosen 41 Montpelier VT	53:12
7	63	Mark Bates 46 Montpelier VT	53:19
		Record 34:00 by Randy Sightler in 2001	

FEMALE AGE GROUP 50 - 59			
1	24	Susan Hackney 51 Montpelier VT	43:45
2	29	Donna Sayers 50 Adamant VT	45:07
3	43	Ann Bushey 50 Montpelier VT	49:42
4	57	Milly Archer 51 Montpelier VT	51:50
5	82	Polly Menendez 50 Burlington VT	1:03:06
		Record 41:41 by Moira Durnin in 2001	

MALE AGE GROUP 50 - 59			
1	7	Kevin McMahon 54 Essex Jct. VT	36:59
2	13	Lyman Clark 50 Williston VT	40:10
3	19	Tim Noonan 52 Montpelier VT	41:58
4	22	Steven Burkholder 56 Montpelier VT	43:20
5	25	Steve Caux 57 Vergennes VT	43:49
6	26	James Palmer 53 Williston VT	43:58
7	60	Phil Wells 53 Middlesex VT	53:04
8	61	Tom MacLeay 58 Montpelier VT	53:10
9	66	Dan Wetmore 50 Montpelier VT	54:14

CVR Paul Mailman Montpelier 10 Miler

Official Results
2008 CVR/ORS Race Series Race #3
Sponsor & Organizer: Central Vermont Runners

***** AWARDS LIST *****

***** FEMALE OVERALL RESULTS *****

1 Megan Valentine 29 Jericho VT 1:07:06
Record 55:58 by Leatrice Sikora Hayer in 1988

***** MALE OVERALL RESULTS *****

1 Norm Larson 52 Burlington VT 57:20
Record 50:09 by Jim Miller in 1982

CLASS	PLACE	FINISHER	TIME
FEMALE AGE GROUP 0 - 19			
			Record 57:53 by Tara Chaplin in 1998
MALE AGE GROUP 0 - 19			
1	8	Lane Thornton 19 Richmond	VT 1:01:42
2	17	Alex Meyer 19 Jericho	VT 1:06:08
3	18	Peter Burgos 16 Randolph	VT 1:06:45
4	34	Thomas Malinowski 19 Jericho	VT 1:13:45
			Record 55:18 by Francis Burdett in 1982
FEMALE AGE GROUP 20 - 29			
1	43	Jessica Berg 21 Burlington	VT 1:17:42
			Record 1:00:03 by Ann Peisch in 1982
MALE AGE GROUP 20 - 29			
1	2	Nathan Fields 27 Winooski	VT 57:58
2	3	Andrew Pritz 26 Winooski	VT 58:32
3	9	Matt Dall 29 Colchester	VT 1:02:45
4	25	John Pomeroy 24 Northfield	VT 1:10:07
			Record 50:09 by Jim Miller in 1982
FEMALE AGE GROUP 30 - 39			
1	21	Kathy Provencher 38 Waterbury	VT 1:07:23
2	33	Jessica Bolduc 32 South Burlington	VT 1:13:37
3	60	Thao Nguyen 32 Williston	VT 1:23:43
4	62	Heidi Linnebur 36 Burlington	VT 1:24:06
5	63	Jessica Cover 38 Richmond	VT 1:24:11
6	65	Borjana Mikic 38 Northampton	MA 1:25:46
7	70	Joan Miskew-Wells 33 Marshfield	VT 1:28:37
8	72	Jennifer Wafers 36 Richmond	VT 1:28:41
9	80	Nicky Patterson 33 St. Albans	VT 1:36:15
10	84	Patti Daniels 33 Burlington	VT 1:59:58
			Record 55:58 by Leatrice Sikora Hayer in 1988

CLASS	PLACE	FINISHER	TIME
MALE AGE GROUP 30 - 39			
1	4	Robert Lukaskiewicz 38 Rutland	VT 59:20
2	7	Chadwick Shepard 39 Williston	VT 1:01:22
3	12	Jon Copans 34 Montpelier	VT 1:04:00
4	15	Todd Archambault 33 Essex Junction	VT 1:05:33
5	22	Daniel Scheidt 36 Burlington	VT 1:08:19
6	24	Rick Barnett 36 Morrisville	VT 1:09:03
7	26	Robert McDougall 33 South Burlington	VT 1:10:30
8	42	David Jeneurand 37 Burlington	VT 1:17:41
9	45	Harvey Anani Whitti 33 Burlington	VT 1:17:48
10	53	Herb Hatch 34 Barre	VT 1:20:12
11	74	David Cameron 37 Barre	VT 1:28:42
			Record 51:00 by Keith Woodward in 1982
FEMALE AGE GROUP 40 - 49			
1	23	Dot Martin 47 Montpelier	VT 1:08:45
2	40	Karin George 43 Florence	MA 1:16:01
3	44	Sandy Colvin 40 Montpelier	VT 1:17:44
4	47	Julia Lewis 42 Burlington	VT 1:18:01
5	51	Mary Hostetter 46 Morrisville	VT 1:19:49
6	52	Ellie Bouffard 46 Colchester	VT 1:19:53
7	57	Lori Martell 44 Groton	VT 1:22:04
8	58	Holly Rainville 49 West Bolton	VT 1:23:20
9	64	Mary Guepenberger 44 N. Clarendon	VT 1:24:54
10	66	June Golato 46 Grand Isle	VT 1:26:11
11	67	Joanne Wolfe 44 Charlotte	VT 1:27:15
12	69	Becky Diedrich 44 Berlin	VT 1:28:17
13	82	Denise Ricker 42 Montpelier	VT 1:44:06
			Record 1:03:09 by Moira Durnin in 1991
MALE AGE GROUP 40 - 49			
1	5	Mike Early 44 Huntington	VT 59:37
2	6	Sam Davis 47 Colchester	VT 1:00:45
3	10	Bob Martell 45 Groton	VT 1:03:14
4	11	Barry Gruessner 42 Burlington	VT 1:03:18
5	13	Bob Ayers 47 Colchester	VT 1:04:35
6	14	Maurice Brown 41 Burlington	VT 1:05:18
7	16	Bob Emmons 49 South Duxbury	VT 1:05:46
8	19	Dennis Contois 46 Lawrenceville	NJ 1:07:01
9	27	Thomas Rogers 41 Winooski	VT 1:10:56
10	30	John Howe 49 Charlotte	VT 1:12:48
11	36	Dave Hammond 48 Huntington	VT 1:15:09
12	41	Eric Dague 48 Burlington	VT 1:17:12
13	54	Donald Singer 46 Barre	VT 1:27:12
14	68	Bill Kallner 44 Charlotte	VT 1:27:16
15	77	Mark Bates 46 Montpelier	VT 1:34:45
16	78	Michael Rosenthal 49 So. Burlington	VT 1:35:33
17	81	Paul DeLuca 48 Barre	VT 1:40:49
			Record 55:29 by Jim Miller in 1999

CLASS	PLACE	FINISHER	TIME
FEMALE AGE GROUP 50 - 59			
1	31	Sue Hackney 51 Montpelier	VT 1:12:50
2	37	Donna Shyers 50 Adamant	VT 1:15:20
3	46	Susan Emmons 52 South Duxbury	VT 1:17:57
4	56	Ann Bushey 50 Montpelier	VT 1:21:42
5	59	Carlie Krollick 53 Charlotte	VT 1:22:26
6	75	Amy Smith-Brassard 58 Willington	NC 1:28:58
7	76	Dorothy J. Stevens 57 Waterford	VT 1:31:00
			Record 1:12:24 by Phyllis Heaton in 1983
MALE AGE GROUP 50 - 59			
1	28	Ken Rensen 58 Bolton	VT 1:11:10
2	29	John Valentine 58 Roxbury	VT 1:12:15
3	32	Jim Palmer 53 Williston	VT 1:13:02
4	35	Steve Burkholder 56 Montpelier	VT 1:14:26
5	39	Russ Cooke 56 Williston	VT 1:15:46
6	48	Bruce Patterson 56 Fairfield	VT 1:18:31
7	49	Joe Grant 50 Warren	VT 1:18:40
8	50	Bob Sayers 54 Huntington	VT 1:18:51
9	55	Joan Martin 56 Montpelier	VT 1:20:47
10	61	Quentin Dombro 56 Burlington	VT 1:24:00
11	71	Michael Shover 59 Bradford	VT 1:28:38
12	73	Scott Perrapato 52 S. Burlington	VT 1:28:42
13	79	Rick DeAngelis 52 Barre	VT 1:35:47
14	83	Bob Bourdon 54 Saint Albans Bay	VT 1:53:13
			Record 56:53 by Doug MacGregor in 1991
FEMALE AGE GROUP 60 - 69			
			Record 1:29:38 by Sylvia Weiner in 1997
MALE AGE GROUP 60 - 69			
1	38	John Hackney 63 Montpelier	VT 1:15:36
			Record 1:07:38 by Hugh Short in 1982
FEMALE AGE GROUP 70 +			
MALE AGE GROUP 70 +			

30TH ANNUAL BEAR SWAMP RUN

Page 1

CENTRAL VERMONT RUNNERS
 RUMNEY MEMORIAL SCHOOL JULY 12, 2008 Weather: FAIR

***** OVERALL RESULTS *****

>>>> SEE PAGE 2 FOR AGE GROUP AWARDS LIST <<<<

Place	Name	Age	S	Time	Pace
1	TYLER KATZENBERG	26	M	35:50	6:18
2	MIKE WHITE	29	M	36:13	6:22
3	ROSS SAXTON	20	M	36:19	6:23
4	BOB EMMONS	49	M	36:24	6:24
5	TODD ARCHAMBAULT	33	M	37:42	6:37
6	MEG VALENTINE	29	F	37:46	6:38
7	ROBYN ANDERSON	21	F	40:00	7:02
8	CHUCK ARNOLD	61	M	40:19	7:05
9	STEVE BURKHOLDER	56	M	40:31	7:07
10	SUE HACKNEY	51	F	40:37	7:08
11	DAVE HAMMOND	48	M	40:45	7:09
12	MACK GARDNER-MORSE	47	M	40:56	7:11
13	JESSICA COVER	38	F	41:06	7:13
14	ANDY SHUFORD	46	M	41:10	7:14
15	VICTORIA COMER	28	F	41:27	7:17
16	JEFFREY PRESCOTT	44	M	41:29	7:17
17	JOHN HACKNEY	63	M	41:40	7:19
18	BILL HOLLAND	57	M	42:11	7:25
19	MOIRA DURNIN	57	F	43:28	7:38
20	SUSAN TURCOTTE	49	F	43:35	7:39
21	ANDY EDWARDS	33	M	43:45	7:41
22	GREG GERDEL	61	M	44:33	7:49
23	SANDY COLVIN	40	F	44:45	7:52
24	ANN BUSHEY	50	F	46:34	8:11
25	DICK THOMPSON	62	M	46:46	8:13
26	DENNIS CASEY	50	M	49:57	8:46
27	GERALD BARNEY	75	M	50:16	8:50
28	GREG WIGHT	62	M	50:41	8:54
29	RUSSELL FINN	36	M	50:42	8:54
30	ERICA HOYT	30	F	50:43	8:54
31	JOHN MAHONEY	54	M	51:18	9:00
32	BECKY DIEDRICH	44	F	51:38	9:04
33	ADAM ROSEN	41	M	53:43	9:26
34	WHITNEY MACHNIK	45	F	54:51	9:38
35	CANDACE DANE	51	F	54:55	9:39
36	LINDA PRESCOTT	60	F	55:45	9:47
37	JACQUELINE MAISONPI	20	F	56:33	9:56
38	GERRY CARLSON	76	M	58:24	10:15
39	PAUL DELUCA	49	M	59:22	10:25
40	NEWTON BAKER	66	M	1:00:15	10:35
41	ARCHAE LAUBMEIER	43	F	1:04:06	11:15
42	BETTY ROSE	60	F	1:06:30	11:40

***** AGE GROUP AWARDS LIST *****

Page 2

1	MEG VALENTINE	29	FEMALE OVERALL RESULTS	37:46
1	TYLER KATZENBERG	26	MALE OVERALL RESULTS	35:50

FEMALE AGE GROUP 0 - 19 (NO FINISHERS)

MALE AGE GROUP 0 - 19 (NO FINISHERS)

FEMALE AGE GROUP 20 - 29

1	7 ROBYN ANDERSON	21	40:00
2	15 VICTORIA COMER	28	41:27
3	37 JACQUELINE MAISONPI	20	56:33

MALE AGE GROUP 20 - 29

1	2 MIKE WHITE	29	36:13
2	3 ROSS SAXTON	20	36:19

FEMALE AGE GROUP 30 - 39

1	13 JESSICA COVER	38	41:06
2	30 ERICA HOYT	30	50:43

MALE AGE GROUP 30 - 39

1	5 TODD ARCHAMBAULT	33	37:42
2	21 ANDY EDWARDS	33	43:45
3	29 RUSSELL FINN	36	50:42

FEMALE AGE GROUP 40 - 49

1	20 SUSAN TURCOTTE	49	43:35
2	23 SANDY COLVIN	40	44:45
3	32 BECKY DIEDRICH	44	51:38
4	34 WHITNEY MACHNIK	45	54:51
5	41 ARCHAE LAUBMEIER	43	1:04:06

MALE AGE GROUP 40 - 49

1	4 BOB EMMONS	49	36:24
2	11 DAVE HAMMOND	48	40:45
3	12 MACK GARDNER-MORSE	47	40:56
4	14 ANDY SHUFORD	46	41:10
5	16 JEFFREY PRESCOTT	44	41:29
6	33 ADAM ROSEN	41	53:43
7	39 PAUL DELUCA	49	59:22

FEMALE AGE GROUP 50 - 59

1	10 SUE HACKNEY	51	40:37
2	19 MOIRA DURNIN	57	43:28
3	24 ANN BUSHEY	50	46:34
4	35 CANDACE DANE	51	54:55

MALE AGE GROUP 50 - 59

1	9 STEVE BURKHOLDER	56	40:31
2	18 BILL HOLLAND	57	42:11
3	26 DENNIS CASEY	50	49:57
4	31 JOHN MAHONEY	54	51:18

FEMALE AGE GROUP 60 - 69

1	36 LINDA PRESCOTT	60	55:45
2	42 BETTY ROSE	60	1:06:30

MALE AGE GROUP 60 - 69

1	8 CHUCK ARNOLD	61	40:19
2	17 JOHN HACKNEY	63	41:40
3	22 GREG GERDEL	61	44:33
4	25 DICK THOMPSON	62	46:46
5	28 GREG WIGHT	62	50:41
6	40 NEWTON BAKER	66	1:00:15

FEMALE AGE GROUP 70 - 99 (NO FINISHERS)

MALE AGE GROUP 70 - 99

1	27 GERALD BARNEY	75	50:16
2	38 GERRY CARLSON	76	58:24

5th Annual Barre Homecoming Festival Downtown 5K
Official Results -- Barre, VT July 26, 2008

***** AGE GROUP RESULTS *****

FEMALE AGE GROUP 1 - 13				
Place	O'All Name	Age City	St Time	Pace
1	14 ISABEL HARDY	13 BARRE	VT 23:08	7:27
New record. Old record 28:00 by Morgan Gehlbach in 2006				
2	42 JENNIE STEVENS	13 BARRE	VT 30:00	9:40
3	43 SIEKO BOULANGER	13 BARRE	VT 30:01	9:40
4	54 EMILY CONTURO	9 BARRE	VT 53:47	17:19

FEMALE AGE GROUP 14 - 19				
Place	O'All Name	Age City	St Time	Pace
1	16 MELISSA EPIFANIO	17 DELAND	FL 23:15	7:29
2	18 NAOMI PAIGE	15 MORRISVILLE	VT 23:25	7:33
3	35 EMILY PRESCOTT	16 BARRE TOWN	VT 27:18	8:48
4	37 LISA ERICKSON	19 BARRE	VT 27:39	8:54
Record 22:21 by Lucky Hall in 2006				

FEMALE AGE GROUP 20 - 29				
Place	O'All Name	Age City	St Time	Pace
1	21 NORA DUANE	29 E. MONTPELIER	VT 23:52	7:41
2	30 HEATHER BOND	29 BARRE	VT 26:54	8:40
3	33 DARCI SALERMO	27 BURLINGTON	VT 27:13	8:46
4	41 STEPHANIE GEHLBACH	25 WINOOSKI	VT 29:13	9:25
Record 21:04 by Christina Gingras in 2005				

FEMALE AGE GROUP 30 - 39				
Place	O'All Name	Age City	St Time	Pace
1	9 JENNIFER MILLER-ARSENAULT	38 MIDDLESEX	VT 21:57	7:04
2	46 DAWN MILNE	38 PETERBOROUGH	NH 28:29	9:11
3	47 ARIANE KISSAM	32 BURLINGTON	VT 32:49	10:34
4	50 ROBIN GRIFFITH	34 WILLIAMSTOWN	VT 37:49	12:11
5	51 AMY CHOQUETTE	34 BARRE	VT 37:50	12:11
Record 18:38 by Christin Doneski in 2006				

FEMALE AGE GROUP 40 - 49				
Place	O'All Name	Age City	St Time	Pace
1	24 LORI HENNESSEY	44 HINESBURG	VT 25:30	8:13
2	34 C. PHELAN	42 HARTFORD	CT 27:13	8:46
3	39 LAURIE TATRO	45 BARRE	VT 28:13	9:05
4	48 CAROLYN IX	45 WILLIAMSTOWN	VT 33:53	10:55
Record 20:06 by Sue Hackney in 2005				

FEMALE AGE GROUP 50 - 59				
Place	O'All Name	Age City	St Time	Pace
1	25 MICHELE FISHER	52 DALLAS	TX 25:52	8:20
New record. Old record 26:16 by Debbie Burd in 2005				

FEMALE AGE GROUP 60 - 69				
Place	O'All Name	Age City	St Time	Pace
Record 27:37 by Linda Freeman in 2007				

FEMALE AGE GROUP 70 - 99				
Place	O'All Name	Age City	St Time	Pace
Record 51:32 by Audrey Walker in 2005				

MALE AGE GROUP 1 - 13				
Place	O'All Name	Age City	St Time	Pace
1	13 LIAM GENEAREUX	13 S. RYEGATE	VT 23:07	7:27
2	52 TRENT RIPLEY	9 BARRE	VT 41:27	13:21
Record 23:02 by Tyler Griggs in 2005				

MALE AGE GROUP 14 - 19				
Place	O'All Name	Age City	St Time	Pace
1	1 CHRIS KELLER	15 Montpelier	VT 18:14	5:53
2	2 G ANDREW EPIFANIO	15 DELAND	FL 19:08	6:10
3	3 SAM BRIGHAM	16 Montpelier	VT 19:20	6:14
4	4 CHRIS EPIFANIO	19 DLEAND	FL 20:26	6:35
5	8 TYLER GRIGGS	15 ORANGE	VT 21:02	6:47
6	15 STEVE THOMPSON	18 BARRE	VT 23:12	7:29
7	19 SETH BROWN	19 BARRE	VT 23:34	7:36
8	20 IAN GEHLBACH	15 BARRE	VT 23:36	7:36
9	27 DANIEL BENSON	14 BARRE	VT 26:09	8:25
Record 17:01 by David Emerson, Jr. in 2005				

MALE AGE GROUP 20 - 29				
Place	O'All Name	Age City	St Time	Pace
1	45 SEAN COCHRAN	23 PLAINFIELD	VT 30:46	9:55
Record 16:01 by Rick Rourice in 2005				

MALE AGE GROUP 30 - 39				
Place	O'All Name	Age City	St Time	Pace
1	10 JOSH REIL	30 MARSHFIELD	VT 22:00	7:05
2	29 CHRIS BOND	31 BARRE	VT 26:51	8:39
3	32 SCOTT WILLIAMS	32 GALES FERRY	CT 27:08	8:44
Record 17:20 by Joe Gingras in 2007				

MALE AGE GROUP 40 - 49				
Place	O'All Name	Age City	St Time	Pace
1	5 STEVE GENEAREUX	46 S. RYEGATE	VT 20:28	6:36
2	6 MACK GARDNER-MORSE	47 CALAIS	VT 20:30	6:36
3	7 RALPH COTE	47 BARRE	VT 20:58	6:45
4	12 JACK PHELAN	49 HARTFORD	CT 22:58	7:24
5	23 SCOTT GRIGGS	46 ORANGE	VT 24:10	7:47
6	36 MICHAEL HENNESSEY	44 HINESBURG	VT 27:34	8:53
7	44 PAUL DELUCA	49 BARRE	VT 30:44	9:54
8	46 JAY PATTERSON	44 BARRE	VT 31:43	10:13
Record 18:21 by Jeff Johnson in 2006				

MALE AGE GROUP 50 - 59				
Place	O'All Name	Age City	St Time	Pace
1	11 CHRISTIAN ANDRESEN	52 Montpelier	VT 22:21	7:12
2	22 DAVID ERICKSON	55 BARRE	VT 24:09	7:47
3	26 MARK HEITZMAN	56 BARRE	VT 25:54	8:21
4	31 RICK DEANGELIS	53 BARRE	VT 27:04	8:43
5	38 TOM KELLY	54 BARRE	VT 27:46	8:57
6	53 JOHN LAWSON	59 BARRE	VT 43:05	13:53
Record 18:32 by John Matthews in 2007				

MALE AGE GROUP 60 - 69				
Place	O'All Name	Age City	St Time	Pace
1	17 HUGH WILSON	68 DOORVAL	OU 23:24	7:32
2	28 DANIEL ST. JOHN	60 S. WOODBURY	VT 26:15	8:27
3	49 ROGER CRANSE	67 Montpelier	VT 33:54	10:55
Record 20:05 by John Hackney in 2005				

MALE AGE GROUP 70 - 99				
Place	O'All Name	Age City	St Time	Pace
Record 30:04 by Gerry Carlson in 2007				

***** AGE GROUP RESULTS *****

Place	O'All Name	Age	City	St	Time	Pace
FEMALE AGE GROUP 70 - 99						
1	78 Betty A. Lacharite	72	Winoooski	VT	1:00:03	12:01
Record 55:59 by Betty Lacharite in 2007						
MALE AGE GROUP 1 - 19						
1	31 Colin Fax	19	Elizabeth	CO	35:59	7:12
2	71 Gabriel Otter	12	Montpelier	VT	48:33	9:43
3	80 Phil Lease	15	Randolph	VT	1:02:14	12:27
Record 29:32 by Lane Thornton in 2007						
MALE AGE GROUP 20 - 29						
1	1 Nathan Fields	27	Winoooski	VT	28:10	5:38
2	3 Mudhiller Muqaribu	28	Newark	DE	29:33	5:55
3	5 Ross Saxton	20	White River Jct.	VT	30:32	6:07
4	7 Peter Maksimov	29	East Montpelier	VT	31:00	6:12
5	8 Zachary McDermott	29	Randolph	VT	31:05	6:13
6	14 Guy Batchelder	28	Montpelier	VT	32:51	6:52
7	26 Adam French	29	Berlin	VT	35:08	7:20
9	39 Matt Mariano	28	Northfield	VT	36:56	7:24
9	63 Rod Small Jr.	26	Sharon	VT	43:49	8:46
Record 28:07 by Nathan Fields in 2006						
MALE AGE GROUP 30 - 39						
1	2 Gavin Boyles	32	Montpelier	VT	28:40	5:44
2	4 Etienne Hancock	33	Morrisville	VT	30:05	6:01
3	6 Todd Archambault	33	Essex Junction	VT	30:50	6:10
4	10 George Cook	35	Montpelier	VT	32:14	6:27
5	12 Eddie Hasebeck III	31	Northfield	VT	32:31	6:31
6	41 Josh Reil	30	Marshfield	VT	38:19	7:40
Record 27:56 by Marc Gilbertson in 2006						
MALE AGE GROUP 40 - 49						
1	9 Bob Emmons	49	South Duxbury	VT	31:50	6:22
2	13 Daniel Miller-Arsenault	40	Middlesex	VT	32:38	6:32
3	16 Dick Miller	47	Montpelier	VT	33:16	6:40
4	17 Gary Kessler	48	Fayston	VT	33:43	6:45
5	23 Mack Gardner-Morse	47	Calais	VT	34:34	6:55
6	27 Greg Jackson	47	Barre	VT	35:18	7:04
7	29 Scott Nichols	42	Essex	VT	35:29	7:06
8	36 Damon Lease	46	Randolph	VT	36:30	7:17
9	37 Fritz Fay	47	St. Johnsbury	VT	36:35	7:19
10	56 Jim Shea	49	East Montpelier	VT	41:41	8:21
11	61 Mark Bates	46	Montpelier	VT	43:02	8:37
Record 31:01 by Jim Shlumberg in 2007						
MALE AGE GROUP 50 - 59						
1	15 Tim Noonan	52	Montpelier	VT	33:09	6:38
New record. Old record 33:29 by John Valentine in 2005						
2	19 John Valentine	58	Roxbury	VT	33:58	6:48
3	21 Bill Dysart	55	Charlottte	VT	34:18	6:52
4	24 Scott McDermott	52	Braintree	VT	34:46	6:58
5	28 Chris Andersen	52	Montpelier	VT	35:22	7:05
6	30 Bill Holland	57	Montpelier	VT	35:37	7:08
7	32 Dave Fields	53	Underhill	VT	36:01	7:13

Place	O'All	Name	Age	City	St	Time	Pace
8	40	John Martin	56	Montpelier	VT	38:11	7:39
9	42	Dave Erickson	55	Barre	VT	38:22	7:41
10	51	Michael Gordon	51	Essex Jct.	VT	39:33	7:55
11	58	Steve Peck	55	Wells River	VT	42:15	8:27
12	62	Terry Ryan	51	Huntington	VT	43:04	8:37
13	62	Rick DiNapoli	53	Barre	VT	45:18	9:04
14	69	Michael Chernick	54	Montpelier	VT	46:11	9:15
15	72	Johannes Otter	52	Montpelier	VT	48:37	9:44
MALE AGE GROUP 60 - 69							
1	22	Richard Wright	61	St. Johnsbury Ctr.	VT	34:22	6:53
2	25	John Rackney	63	Montpelier	VT	34:54	6:58
3	43	Fred Stangorhorst	60	Montpelier	VT	36:32	7:43
4	44	Al Daniels	60	Fairfax	VT	38:40	7:44
5	48	Greg Gerdel	61	Montpelier	VT	39:07	7:50
6	52	Hugh Wilson	68	Dorval	QC	40:12	8:03
Record 33:46 by Richard Wright in 2007							
MALE AGE GROUP 70 - 99							
1	79	Don Lacherite	77	Winoooski	VT	1:00:03	12:01
Record 49:12 by Gerry Carlson in 2006							

Central Vermont Runners



*c/o Nancy S. Rice
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CVR PD 2008

Robert Murphy
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Summer 2008

CVR OFFICERS:

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

NEXT CVR MEETING:
Thursday October 16, 2008

6:00 P M
Potluck and Meeting
Details Inside