



CENTRAL VERMONT RUNNERS
Fall 2008 Volume 29, Issue 4

Norm's Notes

The fall race season is in full swing, and for some of you that means fall marathons. Good luck to all that are racing this season. For the rest of us it is taking advantage of the great running weather that still exists and the diminishing daylight to run in. Morning runs are already in the dark!

I was one of several dozen that met at Positive Pie recently to wish Brenda and George Phillips good luck as they move on to live in England in the near future. There was talk of a trip to the London Marathon in 2010. Wouldn't that be fun! They will be sorely missed for their hard work, and wonderful friendship.

Some good news! Please welcome Tim Shea to the fraternity of race directors. Tim has agreed to direct the First Night 5K, and I believe he and Rowly are already in discussion about what needs to be done. A big thank you to Tim for taking this on! I am sure everyone in the club will give him whatever help is necessary to make this another successful race.

A reminder that the date has been changed to Wednesday, Oct. 15th at 6:00 pm at Darragh's house. If you are unclear on directions you can call her at 223-2080.

The following is some of the Agenda for the meeting:

Follow up on Northfield 5K and Leaf Peepers

Update on Logo/shirt progress

Setting the Race schedule for 2009.- Race directors should contact me as soon as possible to confirm that you are continuing in your duties, and date/time for 2009 race. This is especially the case if you are unable to attend the Oct. 15th meeting. My email is normrobinson@comcast.net.

If time permits I hope to have a discussion about the Onion River race series and how we might improve on it in 2009.

See you on the Roads!

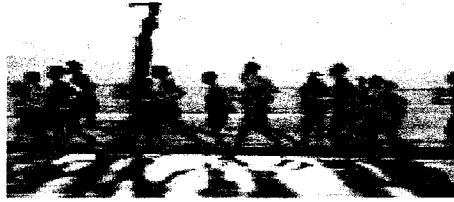
Norm

The minutes for the Central Vermont Runners July 31st meeting were published in the Summer/August newsletter.

THE FALL MEETING WILL BE *OCTOBER 15TH* 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.



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, bcpillips@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.

Robinson's Ramblings



Do you ever have too much time on your hands? Are you free to let your mind wander over what is REALLY happening in the world, instead of what seems to be going on? For some reason my brain fires off in that direction from time to time, and it is a bit scary. Am I a genius, because only I see it, or within one step of insane?

As I enter the last months of my presidency, I have begun to look at CVR, and I wonder.....

Bob Murphy- the godfather of the Central Vermont Runners club has entertained us with various articles on the history of the club. Is all of this true? Or is Bob re writing history to cover up some dark secret somewhere? Hum, I wonder.....

What makes Betty Rose run, and run, and run so well? And are Betty's good friends- Brenda and George Phillips REALLY going to England, or do they know something they shouldn't and in reality going into the witness protection program in Albuquerque, New Mexico? Hum, I wonder....

Why does Leaf Peepers make so much money? Is Roger Cranse donating money to the race, rather than being paid to do such a great job? Or... is it a front for a money laundering operation run by a master mind? Hum, I wonder.....

Would anyone pay for a "Muscle Men of CVR" calendar other than Maureen, and my wife? Who would be Mr. December?? Hum, I wonder....

Does Tim REALLY like some of the courses he designs, or does he have a mean streak hidden deep inside him somewhere? Hum, I wonder....

And what about those Bear Swamp mile markers? Why are they always smiling? What do they know that we don't? Does anyone else think they are a little creepy?

Does anyone know if anyone has EVER cleaned any of those Gatorade jugs? Where are they kept? What else are they used for? Have any of you felt sick recently following a race? Have any of you been tested for Legionaries disease?

Why do John and Dot Martin train inside so much? What, or who are they REALLY hiding? Has anyone seen Sam Davis in awhile? John seems quicker? Is there cloning going on in their "exercise" room in the basement? Hum, I wonder.....

Genius, or insane? You decide.....



AND THEY ARE OFF...

George & Brenda Phillips Farewell

"I just want to thank all of you for our great send-off party last night! Thanks for the ORS running gear and the great dinner at Positive Pie. George and I had a wonderful time. George and I were talking last night about how lucky we are to be part of this running community, and how crazy it is that we are going to move. We will miss you very much. We hope you may find a reason to run in the UK at some point over the next three years so that you may visit us. London 2010?? You are more than welcome to stay with us (although I am not sure our flat will be to handle the crowd from last night!). Thanks again!

Lots of love,
Brenda & George"

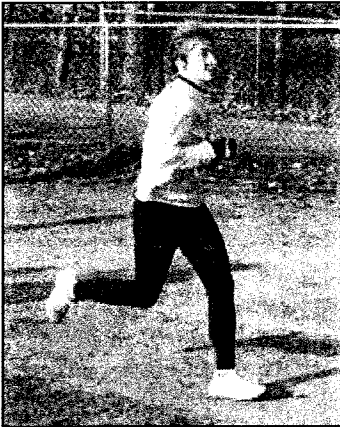
An Irish Blessing

(A Blessing from St. Patrick)

May the road rise to meet you,
May the wind be always at your back,
May the sun shine warm upon your face,
May the rains fall soft upon your fields,
And, until we meet again,
May God hold you in the hollow of His hand. *

**readers please note this is the quote, and do not take offense – a deity by any name the Irish will still be blessing you.*

Aloha, Donna!



On May 3, **Donna Smyers** (left) won her 50-54 age group at the St. Croix Ironman 70.3 Triathlon assuring her a spot at the Hawaii Ironman. Donna will leave around

October 7th for the Hawaii Ironman Triathlon Ford World Championship which takes place in Kailua Kona October 11, 2008. To make it to the starting line in Kona, athletes have to win a qualifying spot at one of the qualifying events held around the world or be very lucky and get a spot through the lottery. Tens-of-thousands of triathletes try each year. Only 1,700 succeeded in 2007. www.ironman.com/worldchampionship

WHAT:

A 2.4-mile ocean swim, 112-mile bike race and 26.2-mile run. Competitors have 17 hours to finish. Cutoff times are also applied to the swim (2:20 after start of race) and the bike (10:30 after the start of race.)

WHERE:

Kailua-Kona, Hawaii. The swim segment begins and ends at the pier in Kailua. The bike race travels north on the Kona Coast to the small village of Hawi, and then returns along the same route to the new transition area at the King Kamahamaha Hotel. The marathon course travels through Kailua and onto the same highway used for the bike race. Contestants run back into Kailua-Kona, coming down Alii Drive to the cheers of more than 25,000 people at the finish line.

WHO:

Up to 2,000 competitors, ages 18-80, compete from 50-plus countries and all 50 states. Upwards of 50,000 competitors attempt to qualify at Ironman qualifying races worldwide. Another 4,000 enter the race lottery, which awards 150 slots to U.S. citizens and 50 slots to international athletes. In recognition of their athletic accomplishment, age group champions automatically qualified for the next year's race.

** Included on the next page in case you do not get the Sunday Times-Argus is the interview in full with Donna in the "Ask the Expert" column. **



Article published Sep 28, 2008

"Triathlon training"

Q. What does a typical week of peak ironman training look like?

A. "Peak training is when you're at your biggest volume or biggest intensity, and for ironman you're talking more volume than intensity.

In a peak ironman week, what I'm aiming for is about 6 miles a week of swimming, about 40 miles of running and 150 to 200 miles a week of biking. And within that I try to get in at least one really long bike day where it's going to be at least 100 miles on the bike. My max this year was 124 miles one time by myself, and then my long run is usually 20 miles and I try to do that the day after I've done the 100-mile bike ride to train my legs for the ironman.

Now, I don't do this for more than three to four weeks total. It's not like you do this all year, but you do it for three or four weeks, you tolerate it and you get stronger. But if you keep going, you'd probably fall apart.

I try to mix up the disciplines a little bit, but on the long bike day I usually don't swim. I almost always try to do a 2- to 3-mile run just after the bike to get my legs used to biking and then running. And then the next day, on the long run day, there should be time to get in a swim too. And all of the other days I mix it up with whatever fits in the day because of work.

For example, last Monday I did a 10-mile run after work and on Tuesday I did a 1-mile swim and a 6-mile run because that's how long the (Central Vermont Runners) Fun Run was and I sometimes train based on social things. And then Wednesday I did a 32-mile bike after work and a short swim. And then on the weekend I'll do my last long run and ride before tapering for ironman, so this is the max that I'll do.

It's also important to avoid getting trained too early. If I start doing the really long, hard stuff three months in advance, I feel like I'm stale and overtrained. Working can make you fatigued, but it keeps you from overtraining. It's just a matter of listening to my body and knowing what I can do or can't do to avoid the overtraining. And I think sleep is one of the first keys - if I can't sleep any more, I'm probably overtraining.

I think another big thing is fuelling. I totally listen to the people who say you must fuel within 15 minutes after exercise. If it's anything longer than 45 minutes of exercise, I make sure I get something in as often as possible within 15 minutes, like carbs and protein. I really like drinkable yogurts and chocolate milk, either one or the other. If you can have a pint of Stonyfield drinkable yogurt within 15 minutes, you're going to have the energy to run the next day. Whereas if you don't, you might not."

(Donna Smyers is a 51-year-old world-class triathlete from Adamant. She will be competing in her 10th Ironman World Championship on Oct. 11 in Kona, Hawaii, where she'll tackle 2.4 miles of swimming, 112 miles of biking and a 26.2-mile marathon. She has won her age group five times at the annual event.)"



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.



HENRY MARCY WRITES...

I am writing in response to the excellent "A History of CVR" series of articles written by Bob Murphy and published in Volume 28, issues 3 and 4 in Volume 29, issues 1 and 2 (and, presumably, to continue in future issues). First and foremost, I commend Bob for the articles, but much more importantly, for founding CVR and being so prominent in keeping the organization viable for so many years.

I was one of those runners who, as Bob mentions, was a member of the North Country Athletic Club (NCAC) prior to joining Central Vermont Runners (CVR) when it was formed in 1980. Though I lived in St. Johnsbury, I worked for Vermont State Government in Montpelier ... so, CVR was a natural. I remained an active member until leaving Vermont for Reading, Massachusetts in 1987, but have remained a CVR member ever since (though I stopped competing as a runner a couple of years ago, due to a knee damaged while dancing, and have taken up bicycling). I remember my CVR days with great fondness ... and retain warm appreciation for all the other runners who shared those experiences (many of whom continue to bolster the organization today).

One of the running clubs that I consider a predecessor to CVR and that Bob did not mention was the Montpelier Athletic Association (MAA). I was an MAA member from 1973 until 1979, that is, prior to joining the NCAC. Recently, I verified that I still have my yellow t-shirt with a green winged foot and "Montpelier AA" imprinted on it. I recollect that Steve Sease (then of Moretown; whereabouts unknown today) founded the MAA in 1969 or 1970. It was a very small organization (understandable in that it was spawned in the pre-running boom days). I am reasonably certain that Bill Rollins (then of Waterbury Center and now almost 86 and still living in Montpelier), Ave Laundon (famed rower, may still be living in Waterbury or Waterbury Center?), Sam Johnson (then of Waterbury Center and now living in Colorado as he has been for many years), John Ponsetto (then of Montpelier; whereabouts unknown today), Dennis Malloy (then of Montpelier [?]; whereabouts unknown today) Jim Suskin (I believe killed while bicycling in Montpelier) and Charlie Kellogg (of cross-country skiing fame; whereabouts unknown today) were all members too. I'm sure there were others (Bob Mercier, Schuyler Jackson, Peter Herman???) . The club lasted almost a decade.

On or about April 2, 1977, at the New England Road Runners Club (NERRC) 15 kilometer Championship in Essex, Henry Marcy (St. Johnsbury) and John Ponsetto (Montpelier) ran officially as MAA members. John Ponsetto, Dennis Malloy and Henry Marcy of the MAA all ran in the Dartmouth Medical School Marathon (with half the course in New Hampshire and the other half in Vermont) on October 2, 1977. While John (3:51:10) and Dennis (approximately 3:45) finished (Henry dropped out at 20 miles), I don't believe John ever ran competitively again. Others who ran that day included Bob Oatley (3:19:20, Bob Mercier (3:28:56 and Darragh Ellerson (3:51:30). On June 24, 1978, at the NERRC 10-mile Championship held in Montpelier, at least four (age 30 to 39) runners officially affiliated with the MAA - Henry Marcy (St. Johnsbury), John Ponsetto (Montpelier). Jim Suskin (South Burlington) and Steve Sease (Moretown) -- ran against members of the NCAC, the Green Mountain Athletic Association (GMAA), the St. Albans Athletics (SAA), the Moscow Striders (MS), the South Woodbury Athletic Club (SWAC), the Red Clover Rovers (Brattleboro area), the Southern Vermont Road Runners (SVRR) in the Bennington area, and the Vermont Ridge Runners (Rutland / Killington area) ... and assorted other running clubs from the other New England states and New York (as well as the Irish Ski Team).

For me, personally, I think of the MAA as THE precursor to CVR ... though, I hasten to add, I am not suggesting a direct lineage. As Bob indicates, the role of the NCAC as a CVR "parent" was prominent.



**East Montpelier Center Chase Race
(Five Miles)
August 21, 2008
Results**

<i>Place</i>	<i>Name</i>	<i>Age Group & Gender</i>	<i>Actual Time</i>	<i>Adjusted Time*</i>
1	Sue Hackney	50-54F	35:11	29:21
2	John Hackney	60-64M	35:21	30:21
3	Eric Schulz	50-54M	34:18	30:58
4	Todd Archambault	20-34M	31:37	31:37
5	John Valentine	55-59M	36:06	31:56
6	Peter Maksimov	20-34M	32:22	32:22
7	Sandy Craig	45-49M	35:46	33:16
8	Bill Holland	55-59M	37:35	33:25
9	Eddie Habeck	20-34M	34:13	34:13
10	Dick Millar	45-49M	36:49	34:19
11	Greg Gerdel	60-64M	39:43	34:43
12	Holly Rainville	50-54F	40:33	34:43
13	Nathaniel Macjeski	0-19M	35:46	34:56
14	Caroline Zeilenga	20-34F	37:22	35:32
15	Brooke Taber	20-34M	35:48	35:48
16	Ann Bushey	50-54F	44:41	35:51
17	David Erickson	55-59M	40:30	36:20
18	Pat Morales	0-19M	37:21	36:31
19	Bob Murphy	65-69M	42:43	36:53
20	Nora Duane	20-34F	40:24	37:54
21	Randy Witlicki	50-54M	41:55	38:35
22	Jack Zeilenga	20-34M	39:28	39:28
23	Greg Wight	60-64M	44:58	39:58
24	Richard Kendrick	35-39M	40:58	40:08
25	John Mahoney	50-54M	43:54	40:34
26	Chris Ladue	20-34M	40:44	40:44
27	Brendan Ryan	0-19M	42:06	41:16
28	Alison Gulka	20-34F	43:47	41:17
29	Wilson Hagen	0-19M	42:54	42:04
30	Larry Dickerson	70+M	49:56	42:26
31	Gretchen Elias	20-34F	45:08	42:38
32	Whitney Machnik	45-49F	49:01	44:01
33	Roger Cranse	65-69M	58:09	52:19

**This was a staggered start race in which starting times were adjusted based on age and gender for all runners except males 20-34. Many thanks to the following volunteers – John Martin, Dot Martin, Norm Robinson, Donna Smyers, Loralynn Leblanc.*

Tim Noonan, Race Director

**Sodom Pond Run Results**

September 17, 2008

(4 mile race)

Overall Female Winner: Dot Martin, 26:42Overall Male Winner: Tim Shea, 23:26Female 20-29

Nora Duane	29:10
Ellen Dube	32:08
Katy Ramstack	33:45

Male 20-29

Adam French	26:57
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Female 30-39

Gretchen Elias	33:02
Richarda Ericson	40:15

Male 30-39

Tim Shea	23:26
Eddie Habeck	25:45
Jay Ericson	40:15

Female 40-49

Dot Martin	26:42
Wendy Gould	56:35

Male 40-49

Bob Emmons	24:53
Mack Gardner-Morse	26:14
Gary Kessler	26:59
Ben Feinbaum	29:18
Paul Deluca	39:08

Female 50-59

Donna Smyers	28:17
Linda Hallinger	32:47

Male 50-59

Ed McSweeney	25:22
Tim Noonan	26:47
John Valentine	27:11
Steve Burkholder	27:19
Grant Orenstein	28:42
Dave Erickson	29:47
John Martin	30:26

Female 60-69

Betty Rose	56:25
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Male 60-69

John Hackney	27:50
Greg Gerdel	30:12
Bob Murphy	31:11



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.



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

Vermont Bicycle & Pedestrian Coalition
Questionnaire for Runners



By completing this questionnaire, you will help the Vermont Bicycle & Pedestrian Coalition with its advocacy and educational efforts on behalf of runners. Please use the back of this page if more room is needed.

Do you run on roads? Trails? Both?

How could conditions for runners on Vermont's roads be improved?

Do you think motorists respond appropriately when approaching runners?
If not, how should motorists be educated to respond?

Is there "tension" between runners and Vermont motorists? If so, please explain what you think is the cause.

As a runner, what are your greatest safety concerns? (Examples: aggressive dogs, broken pavement, distracted drivers, hostile drivers)

What can runners do to improve their personal safety when running on Vermont's roads?

If you run in low light conditions, what steps do you take to increase your visibility and safety?

What would you like an organization such as the VT Bicycle & Pedestrian Coalition to do/say when representing your concerns at the State House?

What resources could VBPC develop that would be helpful for the Vermont running community?

Would you be willing to support the work of the VBPC by becoming a member? (You can do this by going to our website.)

Would you like to be added to the VBPC's email list to receive occasional announcements and updates? (If yes, please fill in address below.)

Comments:

To learn more about the VBPC, please visit our web site: www.VTBikePed.org, call our office: 225-8904, or send an email message to: info@VTBikePed.org

Thank you! Filling out the balance of this form is optional:

Name:

Street Address:

City, State, and Zip:

Email address:

Phone:

Please mail back to: VBPC, PO Box 1234, Montpelier, VT 05601

