

CENTRAL VERMONT RUNNERS

December 2008 Volume 29, Issue 5

NORM'S NOTES...

The winter months in Vermont! COLD.... DARK.... ICY.... It can be difficult to stay motivated and eager to run. The thought of spring races may help some, but the idea of getting fat and lazy is my biggest motivator. I enjoy being fit too much, and know how HARD it is to get back in shape if I lay off too much. If you are struggling, or think you will struggle my other suggestion is to find a running partner. On more than one occasion I have forced myself outside on a cold, dark, icy morning because I knew my running partner was going to be there. Don't have a running partner? Then email me. I have a pretty extensive email list of club members and I would love to help all of us match up more often for runs, even if it is only "once in awhile".

The executive committee paid some bills, and spent some money since our last meeting. First off, we paid our 2009 RRCA (Road Runners Club of America) dues, and insurance. If any race directors need a copy of the insurance form just email me and I can send it to you. The committee also approved a request from me to purchase 30 more orange cones. We now have 50+ of these and this will make races easier to mark, etc. We do need to discuss storage however and this will be on the annual meeting agenda! Finally, the executive committee also approved a donation to the Montpelier High School cross country team. We paid roughly \$74 for pizza, etc. for the end of year party. First year Coach Carmen Lagala did a great job resurrecting a dead program and we wanted to do our part to congratulate them.

The CVR Logo! What a project! I want to thank all of you that sent in your input on the logos. We had nearly 50 responses! We are making more changes based on the overwhelming input, and I hope and fully plan to have a final version at the annual meeting. I think I have also found a good source of shirts so that we can have multiple styles, etc. for everyone. I am hoping to purchase "one of each" of a number of styles to have at the annual meeting. That way we can touch, try on and look at what will be the final product. I know this has been a long project, but I want as many folks as possible to like and want to where our product. WE WILL HAVE IT FOR THE SPRING RACING SEASON!!!! If not, feel free to impeach me.

So, you can see there will be lots to talk about and discuss at the annual meeting. YOU NEED TO BE THERE!. Save the date of March 22nd for the annual meeting. You will be notified of time and place in the future.



See you on the roads,

Norm



CVR Meeting Minutes – Secretary's Notes
October 15th, 2008

Approximately 15 members in attendance at the meeting. Meeting called to order around 6:45pm.

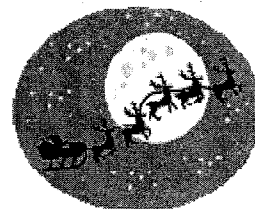
Leaf Peepers – Roger wasn't at the meeting but reported via e-mail that the race went well. Others at the meeting also reported they thought it went well. Special note to the Waterbury Fire Department volunteers who were out on the course. Those who ran thought their presence made a big difference out on the course with respect to traffic and course safety. The Fire Department reported that they really enjoyed it and would do it again next year if asked. The final accounting for the race isn't complete, but the club will be donating roughly \$1000 to the Fire Department this year. Registration was reported to also have gone very well.

Treasurers Report – Priscilla reports that the club has a balance of approximately \$28,000 but this is prior to some of the Leaf Peepers expenses being paid, and potentially more money will be deposited from leaf peepers registration, she is unsure at this point. There is still more work on the accounting for Leaf Peepers. Norm suggests the club start to consider making some additional charitable donations with proceeds from our races. This is a topic that needs further discussion, but would like everyone in the club to think about it and think about making proposals for a charity. More to come on this. There was a motion to establish a savings account for the balance, which is currently in a checking account. This motion was approved.

Falling Leaves – Tim will not be the only race director this year. He has others who are going to help him, so he will only do one of the series and the other two races will have different directors. Tim suggested that this year, rather than having the club spend money on purchasing prizes for the runners, we consider using the proceeds from the race for a donation to a charity. There was discussion on different charities and how it would all work and a motion was made and accepted to have all proceeds from the Falling Leaves Race Series donated to Vermont Food Bank, and we will advertise the races as an opportunity to bring a food item, canned good or such which will be donated to the Montpelier Food Shelf.

1st Night – Tim Shea has agreed to be the race director this year and is already moving forward with planning. So far everything is going well.

Girls on the Run and Girls on the Track – Both organizations are looking for scholarship programs and opportunities. This can be discussed further at other meetings but we want to raise awareness of the programs. Girls on the Run has two programs, one for 3rd – 6th grade girls in Barre, the other in Rumney. Girls on the Track is for 6th – 8th grade girls in Montpelier. All three are run March through June. More discussion on this at the next CVR meeting.





Race Schedule – The following is the tentative race schedule for 2009

Mutt Strut – April 26th
Black Fly – May 2nd
Kids Track Meet – June 6th
Capital City Stampede – June 13th
Paul Mailman – June 27th
Bear Swamp – July 11th
Barre Homecoming – July 26th
Berlin Pond – August 6th
Montpelier Chase Race – August 27th
Northfield Labor Day – September 5th
Sodom Pond – September 16th
Leaf Peepers – October 4th
Falling Leaves – November 7th, 14th, 21st
1st Night – December 31st

All the race directors will remain the same, with the exception of Berlin Pond, which will be Nancy Rice and Michael Chernick.

Awards/Volunteer Dinner – John Martin will work on the coordination of the event, tentative date is January 22nd. Spirit of the club award committee is Dave Kissner and Andrea McLaughlin. Motion was made and accepted to have a committee of two this year.

Fun Runs – Need mile markers for the fun runs. Norm will see that this is done.

Annual Meeting – Discussed our next meeting will be the annual meeting which is when new officers are usually voted in. The officers present, all agreed to continue in the same position. The president, Norm Robinson will step down and Vice President Andrea McLaughlin agreed to fill the position. The rest of the officers will work on nominating a new vice president and will work on this via e-mail between now and the annual meeting.

New Race – Just wanted to make everyone aware of discussions about a new race. It is in early discussions, but Tim Shea, Andrew Brewer and John Hollar are developing a new race which could potentially be a combination of a mountain bike and running race, could be a 5 mile loop. It is in early discussion, more to come.

Onion River Race Series – Discussed ideas about changing the series with the ultimate goal of it being more competitive, easy to track, attract volunteers etc. In the past it has been challenging for those who can't attend all races. The series is over for 2008. John Hackney has agreed to be the scorekeeper for 2009 and there was a motion which was accepted to increase the number of races to 10, the existing 7 races plus Barre Homecoming, and Kaynors Sap Race and Common to Common. Kaynors and Common to Common are GMAA races, which would be a change to the series. Of the



10 races, the top 5 results count towards the series, the volunteer requirement continues, and must be volunteering for a CVR race. The Fun Run requirement however is being removed, so attendance at Fun Runs is no longer part of the series.

Next Meeting - Annual Meeting is March 22nd SAVE THE DATE..... Time and place to be announced.

Meeting adjourned at 8:15pm

TRIATHLON UNLIMITED



SWIM



BIKE



RUN

Are you a triathlete? Do you want to be? Come join our triathlon training group/ class!!

First in Fitness is starting a running and triathlon training group. Details follow:

JANUARY 26 – MAY 16 2009 16 week run and triathlon training program that meets 3x weekly

\$195 for members and \$250 for non members

RUNNING UNLIMITED led by Kevin McNamara, Sports Medicine Podiatrist/Runner

TRIATHLON UNLIMITED led by John Spinney, Triathlete and Coach

RUNNING UNLIMITED and TRIATHLON UNLIMITED training will be concurrent with both groups meeting on Monday with specialization for Thursday and the weekend.

Monday night sessions 5-6:30 p.m. will include sport specific training, gait analysis, flexibility assessment, injury prevention, goal setting, periodization, nutrition, heart rate training, lactate threshold testing, running workouts for all levels, guest speakers, and more.

Thursday night Master Swim program and/or designated training/conditioning.

Weekend group runs with leaders scheduled according to ability/goals.



CVR - Onion River Sports Race Series 2008 Series Standings

Notes: 1. Only current paid members of CVR included (as of 1 October 2008)

2. "x" under Vol. indicates individual has volunteered at a CVR race and qualifies for final standings.

<u>Name</u>	<u>Vol.</u>	<u>5 km</u>	<u>10 km</u>	<u>10 mi.</u>	<u>5.7 mi.</u>	<u>5 mi.</u>	<u>Northfield</u>	<u>Leaf- Peepers</u>	<u>Leaf- Peepers</u>	<u>Fun</u>	<u>Total</u>
<u>Female 0-19</u>											
Noonan, Theresa	x									25.0	25.0
<u>Female 20-29</u>											
Valentine, Megan	x			100.0	100.0	100.0	100.0			5.0	405.0
<u>Female 30-39</u>											
Colvin, Sandy (*)	x		100.0	88.4	95.2	92.4				25.0	401.0
Phillips, Brenda	x	100.0								25.0	125.0
Thomas, Rebekah	x	96.6									96.6
Carr, Priscilla	x								73.9	15.0	88.9
Leblanc, Lorilyn	x								86.5		86.5
Hoff, Sarah	x								75.2		75.2
<u>Female 40-49</u>											
Martin, Dot	x			100.0		100.0	100.0			50.0	350.0
Ricker, Denise	x		73.0	66.0				88.8			227.8
Arsenault_Berry, Phyllis	x							98.4			98.4
Gould, Wendy	x					49.8				35.0	84.8
Gillis, Maryke	x							83.0			83.0
Bates, Karen	x									20.0	20.0
<u>Female 50-59</u>											
Hackney, Sue	x	100.0	100.0	100.0	100.0	100.0	100.0			100.0	700.0

Bushey, Ann	x	88.5	88.0	89.1	87.2	87.4	86.8	86.6	5.0	618.6
Smyers, Donna	x	95.1	97.0	96.7		94.1			10.0	392.9
Helling, Dot	x	85.6				82.9			15.0	183.5
Aspinall, Jill	x	79.3						82.6	15.0	176.9
Hallinger, Linda	x	84.2						84.4		168.6
Emmons, Susan	x			93.4						93.4
Krolick, Carlisle	x			87.3						87.3
Cross, Cyndy	x							70.6		70.6
Erickson, Pam	x								20.0	20.0

Female 60-69

Rose, Betty (*)	x				83.8	71.2			45.0	200.0
Blais, Celine	x					91.8		83.7		175.5
Rice, Nancy	x						49.9		35.0	84.9

Male 0-19

Keller, Chris	x	88.0							15.0	103.0
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Male 20-29

Male 30-39

Archambault, Todd	x	90.1		90.5	100.0	93.0	86.3	83.9	10.0	553.8
Phillips, George	x	81.7							35.0	116.7
Stewart, Jay	x							75.6		75.6
Hoff, Jeremy	x							56.5		56.5
Leblanc, Chris	x							56.3		56.3

Male 40-49

Gardner-Morse, Mack	x	93.8	78.5		88.9	92.1	83.5		15.0	451.8
Bates, Mark	x		65.5	78.9		74.0			30.0	248.4
Frey, Scott	x						78.0	79.6		157.6
Millar, Dick	x					95.7			10.0	105.7

Male 50-59

Valentine, John	x	95.0		79.4		97.6	100.0	88.6	35.0	495.6
Erickson, Dave	x	84.8				86.4	87.1	77.3	45.0	380.6
Burkholder, Steve	x		85.3	77.0	100.0		96.9		10.0	369.2
Noonan, Tim	x	99.3	88.1			100.0			40.0	327.4

Martin, John	x	71.0	86.8	86.8	86.8	50.0	294.6
Chernick, Michael	x	70.8	71.8	73.0		35.0	250.6
Robinson, Norm	x					40.0	40.0

Male 60-69

Hackney, John	x	100.0	94.4	100.0	96.8	98.5	98.9	94.5	683.1
Gerdel, Greg	x	91.0	88.9		90.5	87.9	90.4	88.7	587.4
Wight, Greg	x	80.1			79.5	82.2		74.4	316.2
Baker, Newton	x	80.8			66.9			73.2	250.9
Murphy, Bob	x	86.7						86.3	223.0
Cranse, Roger	x						62.3		62.3

Male 70-79

Carlson, Gerow	x	100.0	83.3		86.1			35.0	304.4
Mercier, Bob	x						76.7	82.6	179.3

(*) These individuals have moved up to the next age group during the year. They remain in the younger age group for the duration of this race series, however, and their scores have been adjusted as if they were still in the younger age group.

FALLEN LEAVES 5K RACE RESULTS

November 1, 2008 (37 finishers)

Overall Male Winner: Adron Pitman 16:17

Overall Female Winner: Donna Smyers 20:42

Female 0-19

Christa Weaver 21:08
Hallie Grossman 21:26
Anna Romagnoli 21:58
Isabel Mora 21:59
Sarah Yandow 22:20
Tereza Kacer 22:23
Olivia Powell 23:38

Male 0-19

Adron Pitman 16:17
Nick Marshall 17:44
Ethan Self 17:47

Female 20-29

Rose Nash 21:45
Carrie Fox 32:29

Male 20-29

Peter Maksimov 17:32

Female 30-39

Jessica Cover 22:28
Tara Cohen 22:36
Jen Galfetti 23:10
Jen Frantz 23:51

Male 30-39

Josh Reil 20:44
Don Curylo 21:56

Female 40-49

Lorry Herbert 23:46
Frances Skerritt 23:49
Andrea McLaughlin 24:57

Male 40-49

Jim Paige 18:06
Mitch Radella 19:23
Bill Eschholz 19:44
Mack Gardner-Morse 19:57

Scott Banner 21:43

Chris Herbert 23:02

Female 50-59

Donna Smyers 20:42
Linda Hallinger 24:16
Martha Keenan 26:39

Male 50-59

Chris Andresen 20:07
Chris Ludington 21:45
Al Lesage 22:19

Female 60-69

Judy Craig 36:23

Male 60-69

Werner Zehetner 34:27
Male 70+
Gerry Carlson 34:09

FALLEN LEAVES 5K RACE RESULTS

No. 2 in Series

November 8, 2008

Place Bib # Name Time Category

1 794 Etienne Hancock 17:29 M 30-39
 2 793 Jon Compans 17:31 M 30-39
 3 772 Jim Paige 17:41 M 40-49
 4 783 Damian Bolduc 19:00 M 30-39
 5 149 Todd Archambault 19:05 M 30-39
 6 796 Mack Gardner-Morse 19:37 M 40-49
 7 781 Gary Kessler 19:38 M 40-49
 8 5 Tim Noonan 20:11 M 50-59
 9 788 Donna Smyers 20:21 F 50 - 59
 10 148 George Phillips 20:22 M 30-39
 11 786 Olliver Hackerson 21:12 M 20-29
 12 782 Caleb Kessler 21:13 M 0-19
 13 774 Andre Bolduc 21:25 M 20-29
 14 785 Chris Paradee 21:28 M 40-49
 15 779 Al Lesage 21:40 M 50-59
 16 775 Perry Bland 21:47 M 50-59

Place Bib # Name Time Category

17 773 Andy Raulovgel 21:48 M 40-49
 18 798 Greg Gerdel 22:14 M 60-69
 19 1461 Jen Galfetti 22:44 F 30-39
 20 799 Tara Cohen 23:03 F 30-39
 21 789 Scott Magnan 23:21 M 30-39
 22 787 William St. Cyr 23:21 M 40-49
 23 795 Thomas Moore 23:52 M 40-49
 24 780 Linda Hallinger 24:09 F 50-59
 25 770 Holly Rainville 24:50 F 50-59
 26 792 Priscilla Carr 24:52 F 30-39
 27 778 Michelle Gray 24:55 F 30-39
 28 776 Jenifer Tuck 25:00 F 40-49
 29 784 Teresa Hupka 25:25 F 40-49
 30 139 Martha Keenan 26:31 F 50-59
 31 797 Michael Chernick 26:50 M 50-59
 32 777 Dick Ferno 27:57 M 60-69
 33 791 Sarah Carr 28:29 F 30-39
 34 142 Debbie Krupnick 29:00 F 40-49

Place Bib # Name Time Category

35 146 Slater Krupnick 29:01 M 0-19
 36 145 Kurt Krupnick 29:01 M 40-49
 37 6 Haley Krupnick 29:13 F 0-19
 38 771 Bonnie Anderson 31:17 F 20-29
 39 8 Maggie Smith 33:48 F 0-19
 40 790 Gerry Carlson 33:48 M 70+
 41 800 Carrie Fox 34:34 F 20-29
 42 768 Wesley Smith 37:06 M 0-19
 43 769 Brian Smith 37:06 M 30-39
 44 7 Autumn Hughes 37:39 F 0-19
 45 147 Jay Smith 37:51 M 40-49
 46 9 Taylor Smith 37:51 F 0-19
 47 150 Noah Smith 38:05 M 0-19
 48 765 Amber Bourassa 42:39 F 0-19
 49 767 Emily Bourassa 42:40 F 30-39
 50 766 Kassie Aines 42:55 F 0-19
 51 144 Kathie Hession 42:57 F 60-69
 52 143 Carol Wright 43:22 F 50-59

FALLEN LEAVES 5K RESULTS

November 15, 2008

Female finishers:

1 Katie McKinstry 20:02 20-29
 2 Donna Smyers* 20:27 50-59
 3 Rose Nash* 21:46 20-29
 4 Cathy Martell 22:53 50-59
 5 Erika Nestor* 22:56 30-39
 6 Kristen Conrcelle 22:58 20-29
 7 Jen Frantz 23:24 30-39
 8 Heidi Linnebur 23:42 30-39
 9 Linda Hallinger 23:58 50-59
 10 Beth Tarallo 25:42 30-39
 11 Martha Keenan 26:39 50-59

Male finishers:

1 Adron Pitman 16:02 0-19
 2 Jim Paige* 17:37 40-49
 3 Ethan Self* 17:45 0-19
 4 Damian Bolduc* 18:18 30-39
 5 Todd Archambault 18:34 30-39
 6 Larry Martel* 19:11 50-59
 7 Mack Gardner-Morse 19:23 40-49
 8 Chris Andreson 19:24 50-59
 9 Nathaniel Macijeski 19:41 0-19
 10 Bill Eschholz 19:42 40-49
 11 Zack Ward 19:52 0-19
 12 George Phillips 20:02 30-39
 13 Tim Noonan 20:11 50-59

14 Sam Slater 21:29 20-29

15 Al Lesage 21:36 50-59

16 Bob Sayers 22:11 50-59

17 Greg Gerdel* 22:13 60-69

18 Scott Magnan 22:23 30-39

19 W. Perry Bland 22:26 40-49

20 Bill St. Cyr 22:53 40-49

21 Bob Murphy 23:48 60-69

22 Gerry Carlson* 31:44 70+

***AGE GROUP WINNERS**



Maine Coast Half Marathon-September 21, 2008

The Capitol Chix got together and thought this race would be cool-all women and "one lucky guy". I came across a hotel in York (Microtel Inn and Suites). The price was right (\$127 total). Perfect! We registered online and waited for the big day.

I drove all in my 2006 Honda Odyssey with us supplying enough food for a week! With GPS from my husband, we drove down the day before. The registration pick-up was very well organized at the York Elementary School. The best part was all of the free goodies-like the energy bars-we probably got about 30 or so. The short sleeve tech shirts were nice as well-we do wear them at First in Fitness once in awhile. Kathrine Switzer was also at the registration-she signed our numbers and I bought her book and she signed it too. She was going to speak at the pasta dinner that night, but me being vegetarian, and the chances of the sauce being "meat based", we opted to find dinner in York. We drove around York and did some shopping in Kittery. We found a great pizza place down the street from our hotel and got pizzas to bring back to the hotel.

The hotel was spotless and roomy with a microwave and refrigerator and continental breakfast in the morning. They even agreed to let us check out late for no extra charge!

The day of the race was perfect-no problems parking at the start (which was also the finish) and the weather was sunny and in the 50s. The 9 AM start was nice too. There was an 8:30 start for the walkers doing the half marathon and an 8:50 5K open to men and women (none of our husbands wanted to partake in that or the lottery, where for \$10 you get to see if you are picked as the "one lucky guy"). The money goes to the York community programs, so the small lottery is worth it. We did see the one lucky guy, who is from Camden, Maine. His wife was running the race too. I didn't have a goal in mind for a time, so I thought that perhaps I can beat the "guy". And the gun goes off.....

The course was rolling with beautiful scenery the whole 13.1 miles (check out the website for mile by mile views). The weather being perfect, time wasn't an issue for me.

Two of the Chix were way ahead of me. I kept a steady 9:20/mile pace for the first 9 miles. I did see Mr. Lucky Guy at mile 4 for a minute and then he disappeared-so much for my goal!!! There were water stops every 2 miles and the course was well marked. The people running in the race were friendly to talk to and even the volunteers directing runners on the course appeared to be happy to be there!

So much for my 9:20 pace-I slowed down a bit. The ocean breeze didn't really cool me off much, but I did dress appropriately. I should have done a couple of long runs a few weeks before this race!

I got to mile 13 and out of nowhere a woman with a nice short-sleeve turquoise top flew by me (if the shirt wasn't turquoise I probably wouldn't have noticed her). She appeared to have been at least 70 years of age-I yelled "GO GIRL!" I found out that she was the oldest racer there at 72 and she came in under 2:15. Now you know my time. The announcer were mentioning the finishers names and where they were from and Kathrine was also there speaking and talking too.

One of our Chix came in the top 3 in her age group. She got some stuff for placing and one of the items was Loco socks. She only wanted the chocolate bar. I got the water bottle (my kids like those) and the socks. The



socks looked big for a woman, so I gave them to my husband when I got back-he loves them and fit him perfectly (he's a 12 so I am not sure how they got in a bag for a women's race).

One of the Chix came in around 2:35ish. She ran with a woman who was going to give up at mile 8 and our Chix said that she was going to finish with her. Isn't that what running is all about?

Lots of food and water at the finish-but the best part was the inspiration of all the women who were participating in the race-whether they walked or ran the 13.1 miles. The Maine Coast Half Marathon is probably one of the best races overall that I have been to and the rest of the Chix can agree to that. We plan to be back in York next year!!!!

CENTRAL VERMONT RUNNERS VOLUNTEER and AWARDS DINNER

The dinner will be held on Thursday January 22, 2009 at the Steak House located on Rt.302 Barre-Montpelier Rd. in Berlin, VT Cocktails are 6 to 6:30 pm., dinner served at 6:30.

The dinner is Free to all PAID 2008 CVR members who volunteered* at one or more CVR events.

RSVPs must be made NO LATER than January 10, 2009 either by e-mail to John Martin at vtiron55@yahoo.com by phone 479-5333 or by mail P.O. Box 1131, Montpelier, VT 05601

*The important part is dues-paying 2008 CVR members who volunteered and the RSVP."if your name is not listed but you volunteered AND are a member of CVR to contact him", so add that as well. I hope the list is complete this year.

Ena Anthony
Todd Archambault
Phyllis Arsenault-Berry
Jill Aspinall
Newton Baker
Mark + Karen Bates
Bob + Colton Bisson
Celine Blais
Rowly Brucken
Mr.+Mrs Shawn Bryan
Steven Burkholder
Ann, Dick + Brynn Bushey
Gerow Carlson
Pricilla Carr
Maureen Carr
Jen Castle
Michael Chernick
Richard Cleveland
Sandy Colvin
Roger Cranse
Cyndy Cross
Cythia Duprey
Darragh + David Ellerson
Sue Emmons
Dave and Pam Erickson
Ricarda Ericson
Sandra Ferno
Linda Freeman

Cathy + Scott Frey
Beth Gambler
Cindy and Mack Gardner-Morse
Greg Gerdel
Maryke Gillis
Scott + Wendy Gould
John + Sue Hackney
Linda Hallinger
Dot Helling
Sarah & Jeremy Hoff
Chris Keller
Dave Kissner
Carlie Krolick
Lori LaCroix
Chris + Loralyn Leblanc
Dick Mansfield
Dot + John Martin
Andrea McLaughlin
Ed + Liam McSweeney
Robert Mercier
Dick Millar
Rick Molz
Lisa Moriath
Robert Murphy
Tim + Theresa Noonan
Andrew + Reidun Nuquist
Mark Perrault
Brenda + George Phillips

First race of the Central Vermont Race Series 2009—the Fourteenth Annual...

First Night Montpelier 5K

Wednesday, December 31, 2008 • Race Start: 3:00 pm

A 5-kilometer road-running race in downtown Montpelier.

Part of the **First Night Montpelier** events.

Opener for the ORS/ CVR Race Series 2009

Co-sponsored by the **Central Vermont Runners club**.

Course description: Starts on Court Street near the Pavilion State Office Building. Relatively flat first half mile, uphill to the mile and a half point, and downhill on the return!

Please see <http://www.cvrrunners.org/frstnite.htm> for a course map and more information.

Race day registration: 1:15 to 2:45 pm basement auditorium, Pavilion Building

Prize and food sponsors include: **Bolton Valley Resort, Onion River Sports, First in Fitness, and Sarah Bothfeld (Massage Therapist)**

All registrants will receive a **First Night Montpelier button** good for admission to First Night events!

cut here and return below application

First Name: _____ Last Name: _____

Sex: M F Age on Race Date: _____ Birth Date: _____

Mailing Address: _____ E-Mail Address: _____

City: _____ State: _____ Zip: _____ Telephone: _____

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Central Vermont Runners, Montpelier Downtown Community Association, the City of Montpelier and all sponsors, their representatives and successors from all claims and liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

_____ **Race Registration Before 12/25/08:**
\$15.00 (Includes First Night Button)

_____ **Race Registration After 12/25/08:**
\$20.00 (Includes First Night Button)

Please make checks payable to:
MDCA: Road Race

For More Information / Mail Entries to:

First Night 5K Running Race
Tim Shea,
276 Main Street
Montpelier, VT 05602

Tel.: MDCA at 802 223-9604 or 229-3559

Email: sevenshea@gmail.com

Signature (parent or guardian if under 18)

Directions to: Montpelier, the Pavilion Building, & Registration—

- **FROM THE NORTH & SOUTH** take exit 8 off I-89. At the 3rd traffic light, right before a Sunoco Station, turn left onto Taylor Street. Proceed over the bridge and to the next intersection with State Street. Governor Davis Avenue is directly ahead, and the Pavilion Building is the large brick building on the far side of State Street, to your left.
- **PLEASE PARK AT ANY METERED LOCATION** on city streets (metered parking is free on First Night), or at the public parking lot on the right side of Taylor St. just past the Taylor St. bridge. There is no parking on Gov. Davis Ave., and please do not park on Court Street where the race starts.
- **REGISTRATION IS IN THE REAR OF THE PAVILION Building** (which is the more recently constructed part of the building.) Use either of the two backside doors or the back door adjacent to the State House parking lot. The basement auditorium is down just one flight of stairs.

FIRST NIGHT MONTPELIER 5K Sponsors Include:

Sarah Bothfeld, Massage Therapist

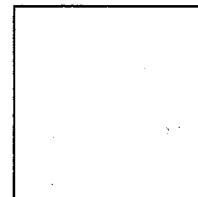
**Central
Vermont
Runners**



**First in
Fitness**



First Night Montpelier 5K
MDCA
39 Main Street
Montpelier, VT 05602





Nancy Rice
Denise Ricker
Norm Robinson
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Robert Searles
Jamie Shanley
Tom Shanley
Tim Shea
Donna Smyers
Jay Stewart
Rebekah Thomas
Jane + John Valentine
Meghan Valentine
Wade Walker
Greg Wight

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Ellis Land
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Gayle P
Michael O
Dee Reeve (CVR Henry Busetti)
Mary Neffinger
Mike God
Jeremy A
Yuen Ch
Zeke Zucker
Antonia Opitz
Donna Heney

If there is any member who did volunteer and whose name does not appear on the list they need to call me and RSVP too.

Hampton Beach, New Hampshire --- Smuttynose ½ Marathon and Rockfest -- October 26, 2008

The Chix talked about this race en route to the Maine Coast Half Marathon. I had a commitment that day, but I was able to change it. We were impressed with the way the York race was done and thought that this one would be just as good. The organizers have done a February race here and thought an October one would fare well. With beer and music-this sounds like a great time! We signed up online and paid the \$50 fee, which included a long sleeve tech shirt and tickets to the beer and rock fest at the Casino Ballroom. What a great way to end the running season-a middle distance race that was flat with beach and ocean views! We booked a room at the Ashworth by the Sea, which was the place for registration and bib pick-up. For a \$150 room (plus some extras) we thought the price was worth it for convenience.

I and two of the Capitol Chix traveled down to New Hampshire the day before the race. I have never been to Hampton Beach; however I have been to Rye and Portsmouth New Hampshire a long time ago. For me it was a surprise to see most of the main strip shut down for the season (including a McDonalds). I was picturing this to be a scenic run and this was somewhat of a let down viewing all of this and trying to find registration (which got moved to a different place). I wasn't prepared to go around in circles as there were numerous one-way streets. Finally we found registration and picked up our numbers, pins, and long sleeve tech shirts with nothing to carry them in! No bags! I can understand trying to be "green", but it was pretty awkward trying to hold onto all of our stuff. There was a note on the website for free Loco socks if you brought in \$5 of food for the local food shelf.

Well, I saw some food piled in the middle of the room and no socks! Also, the shirts did not say "1st annual Smuttynose". I think these shirts were left from the race that they had in February, which is called



the same thing (website was also unclear as the first thing you saw was the February race). Now we were off to check in at the Ashworth....

The room was fine and clean, except we had to pay extra for a rollaway bed and a small refrigerator. It was about 4PM and we decided to drive around town (it was raining out-a $\frac{1}{2}$ inch of rain and 40 mph winds were predicted for the overnight). We drove up Route 1A North into North Hampton and Rye. This is what I expected to see-upscale homes along the waterfront were on our route up to Portsmouth (which happened to be pretty crowded with people despite the weather outside). We stopped at a grocery store for our morning pre-race provisions. We drove down Route 1 South and found Bella Lucia Pizza. It was reasonable but not like our pizza in York. We got back to our room and ate our pizza and then settled in for the big day tomorrow.

I heard the rain pouring down and the winds howling all night. We had an ocean view and I could see the flags at the hotel next to us whipping around the poles. The next morning it was cloudy. The rain stopped but it left some big puddles on the road. The Chix got dressed and walked to the start (about $\frac{1}{2}$ mile). We got notice that the start was moved due to the standing water on the road. For me, the best part before the race was seeing an old college roommate that lives in New Hampshire. She was taking part in a 3-person relay and she was running the first 3.5 miles (nice option for a half marathon). Seeing her made me think that I would have a good race (as I'm freezing my bottom off). Another good thing about this race was that there were pacers-from 7 minute milers to 11 minute milers. I found the 9:30 minute group. My best half marathon time was 2:04:30; this would be a good challenge. One Chix went with the 11 minute group; the other hung out in the 7 minute group. Then the race began---

This was the flattest course I ever ran (it is flatter than the Burlington Half held in April). The pacer was a gentleman probably in his 50s and seemed very friendly. This 9:30 group was pretty talkative too. The first couple of miles were up the coast and the wavers were crashing onto the shore; you could almost feel the water spraying at you! Around mile 3 was where the scenic views came through as we went through some back roads of North Hampton. Neighbors cheered us on. The sun came out at this time and it started to warm up. I kept my 9:30 pace for about the first half of the race. Then around mile 7 or where you turn onto Route 1A and go all the way to the finish was a different story....

My running shoes were about two months old with no more than 250 miles. The rubber on the outsides of the upper soles was pretty worn. I knew that I would have to replace these any day. Well the "concrete" walkway along the ocean seemed to confirm my thoughts about retiring those shoes-my feet were throbbing at around mile 8. At this point, the 9:30 pacer group was far ahead of me. I ended up walking and running to around mile 12. En route was a guy running barefoot-I really wanted to take off my shoes at that point, but the shiny specks in that "concrete" didn't justify it.

My throbbing feet made me go slow enough to check out the ocean waves hitting the beach, the smell of the salty air and all of the surfers in their dry suits unloading their surfing gear. The latter didn't make me run any faster. I did finish and despite the "walking bouts" my time wasn't too bad. The other Chix did very well (the same or better than at the Maine Coast Half). By the time we all got together it was close to 1 PM (the race started at 10 AM) and we needed to check out of our hotel at 2PM (we had to pay for late check out too). The walk from the finish line, which was farther away from where the start was located, was close to a mile. I had my shoes off my feet and the walk back in my socks felt nice. We showered and at that

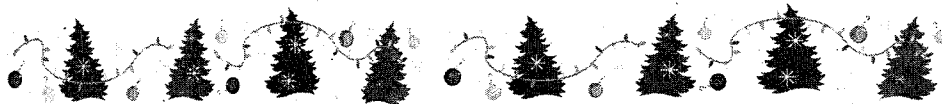


point just wanted to get some decent food. The beer and food and band just wasn't for us (I think if the race were earlier or on a Saturday we would have gone to the Rockfest and drank) as it started at 2PM. We found a good restaurant for a late lunch-the Galley Hatch-which was very good and quite reasonable, which made the \$200 hotel room a lot easier to accept.

In all, we are not going back next year-we would have liked the course in the reverse direction-get the ocean view the first 5 or so miles and the last 1 ½ miles. I think that would have been more friendly to my feet. Despite Loco Running as a sponsor, it was no comparison to the Maine Half.

I did get a new pair of running shoes a few days later.....

[Denise Ricker is part of the Capitol Chix, a group of four women who make it a point to run every Thursday morning around 5AM around downtown Montpelier.]



Well, last night I gave it a shot. Thought I would share my experience with you given my run was unlike anything I have ever experienced. I joined a local fell running club for a little jaunt on the moor. Most running clubs here seem to start and end at a pub. I was surprised to discover that this club has its own hut located behind the pub, with a changing area for men and women (really just one big room with a small divider). I guess you can crash there too if you have too much to drink and can't make it home after the run. Anyway, there were approx. 40-50 people who showed up. About half of the club went for a fast 8-10 mile road run. I chose to go on the Warts Run (a winter run at night on the moor). One of the women who was running with the road crew asked me if I needed an extra head torch (Extra? Why would I need an extra torch?). She also introduced me to one of the guys running the Warts run, which I thought was really nice, but it wasn't until later that I realized she was doing this because she was worried about whether I was prepared for the run. I was the only female out of about 25 people or so. Fortunately, another woman showed up at the last minute but she was fast and so I didn't see her until much later in the run. I looked around and everyone was wearing these huge head lamps - they were the size of floodlights - no kidding. Oh, I was told before we left that we would be running for approx. 1.5 hours (a little less). Turns out that we were out for a full 2.5 hours! I have never been so muddy in all my life. I still have mud on my toes....scrubbing didn't get me anywhere.

Anyway, we started by running across a field and then everyone turned into the woods. The path was very nice...no major rocks, just leaves and some roots. I was thinking that the run would be manageable at this point. Well, the guy next to me says "Oh, we won't be on this path for very long...this is just to get us out beyond civilization." Oh, I thought. I am going to be in for it. The Peak District lies just along the edge of Sheffield so that is where we were heading. We ran across pastures, bogs, and various terrain. At points I was knee-deep in mud and/or water. We were often running in the heather, which was rough and scratched up my legs pretty good. We also ran through very high grass - so high that it was hard to make out the person in front of you. I felt like I was part of a cult - it became clear that our goal was to navigate to four different outcrops. Most people had a compass so they could find their way. Wouldn't have done me any good because I didn't know where in the hell I was.

Everyone would meet up at a point and then within a minute we would all be running full speed through the heather to the next point. I tried very hard to stay in the middle of the pack because I knew if I fell behind that would be the end of me. We ran to one really high point and you could see the city lights to the right and off the left was nothing but complete darkness. When we got to this point someone said to me that that is where we were heading...into the darkness. He said he thought it was appropriate that we were running mid-week and were



standing where we were - in between the light and the dark. He said it "almost made Thursday and Friday bearable." It was so beautiful. The wind was very strong but it wasn't that cold. When we finally reached the last outcrop everyone took out their flasks of whiskey. People were offering me drinks left and right. I had two nips of whiskey and one of sloe gin. I don't typically drink hard liquor, but it was tasty. I now know why they insist on drinking liquor mid-run. It was getting colder and we had the hardest part of the run ahead of us. At this point it was already 8 PM.

I was doing fine until the group split off behind me. Fortunately, Lucie, the other woman on the run had befriended me at this point. I think she wanted to know why this American girl was out on this run. The Brits are quite aware that Americans don't run off-road...I thought off-road meant trail running, but now I know it means running without any type of trail. To make matters worse, I was wearing my Mizunos because my trail shoes are packed away with the rest of my stuff that has yet to arrive. Well, when the group split off behind me, I knew I was in trouble. Lucie was approx. 50 yards ahead of me and then I fell really hard, twisting my already sprained ankle. I knew if I didn't get up quickly to catch her that I would be lost. There was no one behind me and I could barely make out the lights ahead of me. I got up and pushed off only to fall into a pit that was about 3 feet deep. I caught myself before hitting the bottom of the pit but I knew then that there was nothing I could do about making up ground at that point. I could have yelled for Lucie to wait up, but I wasn't going to do that. Fortunately, Lucie had to climb over a barbed wire fence, which gave me the chance to catch her. Also, there was a group ahead of us who stopped and waited - it was just that I couldn't see them from where I was. At that point, the two groups met up again (I don't know how but they knew where they were going and knew where to meet up). From that point, we had a long descent to a reservoir that included climbing over four fences and one stone wall (on the other side of the stone wall you had to jump down about 5 feet and one guy tumbled head over toe). Lucie was continually yelling back to me to warn me of whatever was afoot, but between the wind and her thick British accent, I had no idea what she was saying. I just knew to pay attention and keep at it. It was so windy that the waves were crashing on the shore of the reservoir. I knew we would be running near it but at the time I had no idea that it was there. It was that dark. I was wondering why the wind was getting so loud, only to discover that it wasn't wind but water. The last few miles were along a very easy trail. I was never so happy to be back. My feet were frozen, which was good because it numbed the pain in my ankle. When we finally reached the hut, Lucie turned to me and asked me if I would be back next week. Guess so.

The only other thing I have to say is that the people who were running last night were extremely fit. They race year-round. Last week the club had their own championship event, which was followed by dinner and a ceilidh. Most people said their muscles were sore from the dancing not the run. They seem like a very close knit group. They travel every other week to run with different clubs in the area.

That is a long way of saying that I no longer feel like a tourist. I think this group is going to get me in shape for VT100 next summer.

Hope you are all well. Happy running, Brenda Caldwell Phillips



Top 5 finish for Meg Valentine at Philly Marathon... Way to go, Meg!!!

	NAME	TIME	PACE
W	1 <u>Vera Ovcharuk</u>	02:44:03	6:15
O	2 <u>Abby Dean</u>	02:48:52	6:26
M	3 <u>Christina Sheehan</u>	02:50:01	6:29
E	4 <u>Jenifer Martin</u>	02:53:28	6:36
N	5 <u>Megan Valentine</u>	02:56:05	6:42

A History of CVR
By Bob Murphy

Chapter 6. The Montpelier 10-Miler.

This race is CVR's oldest. It originally began as two races. On 28 Jun 1975, an 11-mile road race and a 5-mile road race were held in Montpelier. There were a total of 102 finishers. Winners of the 5-mile event were Bob Fowler of Laconia, N.H. (25:15) and Sue Collins of Littleton, N.H. (31:11). Winners of the 11-miler were Keith Woodward of East Corinth (59:58) and Carol Deegan of Burlington (1:12:42).

I was unable to find newspaper accounts of the 1976 and 1977 events, but by 1978 the 4th annual Montpelier event had evolved to a 10-miler. The race was sponsored by the North Country Athletic Club (NCAC), which had many members in Central and Northeastern Vermont, and the Montpelier Recreation Department. Since that time the race has been held annually, and was for many of its early years RRCA's Eastern Region Ten-Mile Championship Race.

The earliest documented accurate measurement of the 10-mile course was in May 1979, and was done by Doug Jones, Pat DeBlasio, Paul Mailman and Roger Whitcomb, using a steel tape. Subsequent measurements (again, by steel tape) were made in Sep 1981 by Joe McEntyre and his wife Judith, and again in May 1982 by Joe McEntyre and Wade Walker. Bicycle measurement procedures were not yet approved for race courses on gravel roads, so the laborious job of steel tape measurement was unavoidable.

CVR Standards Committee Chair Joe McEntyre documented his careful measurements and submitted the paperwork to The Athletics Congress (TAC) for certification. TAC Standards Committee Chair Ted Corbitt was apparently satisfied with Joe's work, and the 10-Miler was officially certified in June 1982.

By 1984, the rules for measuring race courses had changed, and all previous certifications were invalidated as of the end of that year. The new rules required a 0.1% "short course protection factor" that had to be added to the measured distance, to guard against measurement variations that could easily result in a course shorter than intended. Another change that had occurred involved measuring methods. National Running Data Center's Pete Riegel had conducted tests comparing bicycle measurements to steel tape measurements on non-paved surfaces and proved that bicycle measurement yielded acceptably accurate results.

Bob Murphy was the Standards Committee Chair at the time and proceeded to set up a calibration course and remeasure the Ten-Miler for certification. After paperwork had been submitted it was learned that the calibration course would not be accepted. It had been laid out on the So. Barre Access Road shoulder,



and there was a slight curve in the course, which the certifier would not accept. Accordingly, the Ten-Miler was run as an uncertified event in 1985.

Bob set up another calibration course on US 2 in Middlesex the following year, and in May of 1986 submitted a request for certification to NEAC's John McGrath. That request was approved, and a certificate (VT-86023-JMC) was issued. The course was remeasured in 1997 because of reconstruction on part of the course (VT97003WN) and again in 2006 to accommodate a course change that included more of the Montpelier Bike Path, and the MHS track (VT06002RF). That last course was used only once, in 2006. In 2007 a last-minute change to an uncertified course was made due to construction on the course (again!). This presumed temporary course used portions of Jones Brook Road. Because that route was preferred by many who ran in 2007, the race director decided to use it again in 2008. Since that time, the race course has been remeasured, and paperwork for certification is being prepared.

This race has seen many directors. Although the director in the earliest years is not known to this writer, the following directors have served through the subsequent years. (My apologies for any errors – most of this information is from past CVR Newsletters.)

<i>Director</i>	<i>Years</i>
Unknown	1975-1977
Terry Costin	1978
Terry Costin (of the Montpelier Rec. Dept.)	1979
Doug Jones	1980
Roger Whitcomb	1981-1982
Unknown	1983
Wade Walker	1984
Tim Noonan	1985-1991
Tim Noonan?	1992
Dot Graham	1993
Tom Kaiden, Tim Noonan & Steve Burkholder	1994
Tim Noonan	1995-1996
Tim Noonan & Dave Kissner	1997
Tim Noonan	1998
Dave Kissner	1999-2004
Dave Kissner & Betty Rose	2005
Betty Rose	2006-2008

Although the race was known for years as the Montpelier 10-Miler, the name was officially changed at a CVR meeting on 4 May 1994 to the Paul Mailman 10-Miler, in honor of the founder of the "Montpelier Road Race" in 1975. Paul was one of the earliest members of CVR and was also an outstanding runner.

The race has traditionally attracted a quality field of runners. Attendance has been as high as 198 in 1979, and many of the records set in the early years have yet to be matched. As can be seen in the following table, over half of the age-group records for this race have stood for 20 years or more. Five of the thirteen marks were set in 1982 alone.

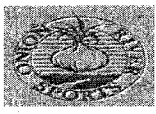


Age Gp	Time	Name	Age	Hometown & State	Date
Males					
M0-19	55:18	Francis Burdett	17	Montpelier	VT 26Jun82
M20-29	50:09	Jim Miller	23	Burlington	VT 26Jun82
M30-39	51:00	Keith Woodward	31	Craftsbury	VT 26Jun82
M40-49	55:29	Jim Miller	40	Essex Jct.	VT 26Jun99
M50-59	56:53	Doug MacGregor	52	Lebanon	NH 22Jun91
M60-69	1:07:38	Hugh Short	62	Chittenden	VT 26Jun82
M70-79	*1:41:37	Paul McDermott	72	?	? 23Jun07
Females					
F0-19	57:53	Tara Chaplin	17	Montpelier	VT 27Jun98
F20-29	1:00:03	Ann Peisch	23-29	Brighton	MA 26Jun82
F30-39	55:58	Leatrice Sikora Hayer	32	Greenfield	MA 25Jun88
F40-49	1:03:09	Moiria Durnin	40	Stowe	VT 22Jun91
F50-59	1:12:24	Phyllis Heaton	50	Dorset	VT 25Jun83
F60-69	1:29:38	Sylvia Weiner	66	Montreal	QUE 28Jun97

* indicates a performance on an uncertified course.

[Coming in the next CVR Newsletter: Chapter 7. The Howard Bank Race.]

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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

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

Central Vermont Runners is a non-profit corporation, founded in 1980 to serve the needs of all runners in the Central Vermont area, and is a member of the Road Runners Club of America. Meetings are held on a regular basis, and a periodic newsletter is published several times each year, containing news about the club and its members, as well as providing information and results on club and area races.

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



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

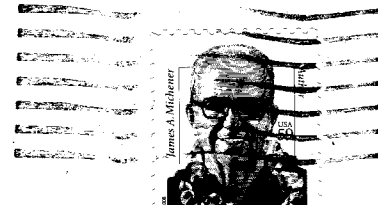
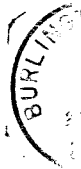
Please make checks payable to **Central Vermont Runners** and mail to:

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

www.cvrrunners.org

Central Vermont Runners

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



CVR PD 2008

Robert Murphy
35 Birchwood Park Dr
Barre, VT 05641

0564136653 PD03



December 2008



CVR OFFICERS:

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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:

March 22, 2009
ANNUAL MEETING
6:00 P M
Potluck and Meeting
Details Inside