



CENTRAL VERMONT RUNNERS NEWSLETTER

CVR ANNUAL MEETING NOTICE!!!

SUNDAY MARCH 22ND

5:00 P.M. SHARP!

MORSE FARM

Directions:

From I 89 take Exit 8, to Montpelier. Travel straight on Rt. 302 past three lights, at the fourth take a left onto Main Street. Travel on Main Street until you meet the roundabout, take the first right on the round about.

Continue straight up the hill (Main street becomes County Road) until you see us (2.7 miles from the round about)

PIZZA WILL BE PROVIDED, PLEASE BRING A POT-LUCK DESERT TO SHARE

As you can see the Agenda is FULL. There are several issues that have been worked on by various committees, and the suggestions are here. The hope is that with information provided ahead of time we can move smoothly through all of the issues. We need your input however! I encourage all of you to attend! Among some of the highlights will be a vote on a new CVR logo, the ORS/CVR race series changes, and potential money expenditures.

Hope to see you there!

Norm

AT THE ANNUAL VOLUNTEER APPRECIATION AND AWARDS DINNER, THE **2008 SPIRIT OF THE CLUB AWARD** WAS PRESENTED TO **Priscilla Carr**.





On January 22 at the Steak House Restaurant, club vice president **Andrea McLaughlin** presented **Priscilla Carr** the Spirit of the Club award with these remarks:

The Spirit of CVR award is designed to recognize CVR members who have demonstrated consistent and substantial service to CVR over many years. Priscilla Carr has provided that exemplary service since 2004. Priscilla has dedicated many hours of her time to the club as Treasurer since 2005. Priscilla has brought the club from a state of tax chaos to being in harmony with the IRS. In other words, she has straightened out the clubs non-profit tax status and cleared many years of retroactive taxes without CVR having to pay any fines. CVR would not be in such order without her diligence and attention to detail and numbers. In addition to her duties as the Clubs Treasurer she has volunteered at countless races.

Central Vermont Runners Annual Meeting Agenda

- Election of Officers for 2009 - Still need a vice president
- Treasurer's Report
- Membership Drive?
- Spring Mailing
- Equipment Storage- We have a location!
- Adoption of ORS/CVR race series rules and awards
- Volunteer tracking
- Approval of race awards and distribution of ORS gifts per race
- CVR logo vote and shirt discussion, payment to artist
- Money Issues
 - Donation to Girls on the Run, Girls on Track
 - Liz Stephens sponsorship
 - Team Kainer donation
- Brief Race Directors Reports
- Future Meetings and tentative Newsletter edition dates
 - Newsletter via email? Is it wanted, or possible?
- Race at Barre Town School?
- Race as part of the walk to Prevent Child Abuse looking for guidance
- Other business



The following is some background information that I wanted to make available to everyone PRIOR to the Annual Meeting. This will hopefully give people food for thought so that the meeting can move along quickly. As you see elsewhere in the newsletter the agenda is FULL. My disclaimer is that this is for informational purposes only and not necessarily an endorsement by me, not that it matters.

PROPOSED RULES FOR ORS/CVR RACE SERIES

What is it?

A **10** race series of some of your favorite Central Vermont races hosted by Central Vermont Runners and sponsored by Onion River Sports. Onion River Sports supports this series by providing prizes for individual races.

Who is eligible?

All competitors are eligible for same-day race prizes. In addition, race series points are calculated for every competitor in each event. However, only CVR members will be recognized in the final series points standings and awards (membership has its privileges!) **The top five point totals from any of the 10 races will comprise the total points used to determine winners.**

Eligibility

Any CVR member is eligible to participate for ranking and prizes in the Race Series 2008, subject to the following requirements:

- 1.) 2009 dues must be paid no later than **July 1st**
- 2.) The member volunteers (works) at least once at a CVR race. This includes any of the series races which are sponsored by CVR, or any CVR race or event not part of the series.

Race Series

The following races comprise the CVR Race Series 2009:

- First Night Montpelier 5K (Dec. 31, 2008) NOTE: ALREADY COMPLETED
- Capital City Stampede 10K (June 13)
- Paul Mailman Montpelier 10-Miler (June 27)
- Bear Swamp Run (July 11)
- Barre Homecoming 5k (July 25)
- Berlin Pond Five Miler (August 6)
- Northfield Savings Bank 5K (September 5)
- Leaf Peepers Half Marathon or 5K (October 4)
- Two GMMA races- Common To Common (September 19)
- And Archie Post 5 Mile (September 12)

Age Groups

Age groups for the CVR Onion River Sports Race Series 2008 will be Male and Female, 0-19, 20-29, 30-39, 40-49, 50-59, 60-69, and 70+ Age group will be determined by the person's age at his/her first running event in the series.

Scoring

The winner of each age and gender category, at each event, receives 100 points. Every other runner in that category receives points based on what percentage slower their time was from the winner. (Example: if your time is 8% slower than the category winner, you receive 92 points for the event. 12 % slower = 88 points, etc.)



Distribution of money from Onion River is as follows:

First Night- \$300

Capital City Stampede- \$550

Montpelier 10 Miler- \$550

Bear Swamp- \$200

Berlin Pond- \$280

Barre Homecoming- \$120

There needs to be a discussion as to how to handle any certificates that are unused for a race.

Girls on the Run sponsorship suggestions

Some possible ideas about sponsorships are: If we give \$250 sponsorship to the program we will get our name on the brochure and on the 5k t-shirts and two entree fees to the race, or the club could choose to sponsor individual girls at \$70 per girl, or you can give each GTR site an amount of money and let the coaches best decide how to spend the money for the girls. For example last year Andrea used the money the club gave her to purchase sneakers for a girl who needed a pair and pay for the dinner on the night that CVR came to Barre Town. Andrea suggests the following " I favor getting our name out on the t-shirts and giving each site \$140.00 (scholarships for two girls) or some amount." There is a request from the E. Montpelier group, Andrea's and Montpelier as well. You can go to www.girlsontherunvermont.org for more information.

Team Kainer donation

There will be a donation request from Sandy Colvin for "TEAMKAINER" *A Fire for Life*. Anyone interested in hearing more about this prior to the meeting can go to www.teamkainer.com.

Liz Stephens' donation request

(This is a letter that Norm received giving lots of detail on Liz and her situation.)

Onion River Nordic is sponsoring a fundraising campaign for local Nordic skier Liz Stephen in her bid to become one of the top U.S. National Team skiers and an Olympic hopeful for the 2010 Winter Olympics in Vancouver, Canada. We invite you join us in this endeavor to support our local Nordic hero.

For those of you who don't know Liz, she was brought up in East Montpelier, attended U-32 before moving on to Burke Academy. Liz was a standout runner and alpine skier before directing her attention to Nordic ski racing, and as soon as she made the switch to Nordic it was clear how talented an athlete she is. She quickly rose through the ranks of the junior racing circuit, and three years ago was invited onto the U.S. Team. Liz narrowly missed making the 2006 Olympic Team roster, and since then has been diligently training with the U.S. Team as one of their most promising skiers. In 2008 she scored a bronze on the International circuit in the 15K mass start at the Under-23 Championships in Italy and won both the U.S. National Pursuit and 30K distance championships.





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 - (2009 dues covers 3/2009-3/2010).

2009

2010

2011

2012

2013

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

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



For those of you who *do* know Liz, you'll understand the *real* reason why ORN is interested in supporting her efforts. It's not necessarily for her Nordic prowess, but more for her infectious enthusiasm, committed work-ethic and overall attitude towards skiing, and life. Liz is one of those athletes that make you proud to be a Nordic skier and happy to know that such a wonderful person is a product of our local community. Liz has been returning to the area over the last three years during the summer and between her rigorous race schedule, and many of us have had the joy of attending technique and dry-land clinics with her at Morse Farm. Liz has also made a generous donation of a bag full of practically new racing boots to the club, which are now being used by some of our own up-and-coming skiers. And when you see Liz working with our local high school racers while back in town, it's clear that she is a terrific role model for our club's younger (and older) members.

One might assume that a skier of Liz's talent would have a road paved with support ahead of her, but the truth is that Nordic skiing is not a high-profile sport in our U.S. athletic culture. While the European system adopts promising skiers early into their robust, well-funded support network, U.S. skiers are required to find their own individual path to success in this incredibly demanding sport. Furthermore, the level of World Cup racing these days often requires skiers to make a choice between competing at the collegiate level and forgoing the opportunity to race internationally, or becoming a full-time athlete willing to make the multi-year physical, mental and financial investment required to compete at the international level.

Two years ago Liz made the tough decision to postpone her plans to attend Middlebury College so she could make a wholehearted attempt to achieve her goal of racing in the Olympics. In doing so she turned down the opportunity for an athletic scholarship and declared herself a "professional" skier. And as cool as that may sound, it also means that Liz is partially responsible for funding her own campaign to reach the highest level of ski racing. She does get limited support from product manufacturers and the U.S. Ski Team, but many of her day-to-day training and racing expenses come out of her own pocket.



Congratulations to Dot - 1st woman at Sarasota this weekend (February 14th) with a 3:20 and John with a 3:51 (almost even splits it looked like!) Donna

CENTRAL VERMONT RUNNERS 2009 RACE SCHEDULE

Mutt Strutt	April 26th	Donna Smyers
Black Fly	May 2nd	Eric Ryea
Kids Track Meet	June 6th	Norm Robinson and Tim Noonan
Capital City	June 13th	John Valentine
Mont 10 Miler	June 27th	Betty Rose
Bear Swamp	July 11th	Tim Noonan
Barre Downtown 5k	July 26th	Bob Bisson
Berlin Pond	August 6th	Nancy Rice and Michael Chernick
Chase Race	August 27th	Tim Noonan
Northfield	September 5th	Tim Noonan/Norm Robinson/NSB
Sodom Pond	September 16 th	Tim Noonan
Leaf Peepers	October 4 th	Roger Cranse
Falling Leaves	November 7 th , 14 th , 21 st	Tim Noonan
1st Night	December 31st	Tim Shea

Dot Helling offered to get the permits for the Berlin Races and everyone agreed for her to do so.



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.

Berlin First in Fitness is just up the hill from Montpelier. It's 5 minutes off Exit 7(I-89)

Call Linda Freeman at 223-6161 for more info or email John Spinney at spinney21@hotmail.com

A HISTORY OF CVR

BY BOB MURPHY

Chapter 7. The Howard Bank Race.

In 1978, the Howard Bank decided to celebrate the opening of its new bank branch at the corner of School and Main Streets in Montpelier by sponsoring a road race. Although this preceded the establishment of CVR, there were NCAC members in the area interested in helping out with the race. NCAC member Charles Bucknam was a local Vice President of the Bank and served as the race director in its early years.

The layout of the Howard Bank Race course by the State House was a little different from the course now followed by its successor Capital City Stampede. Instead of runners following the sidewalk in front of the capitol, the course went behind the building, through a narrow tunnel that served pedestrians and vehicles (one-way only) at the time. Years after the establishment of this race, that area was built over, and passage is no longer possible. It was a neat little route, though, that added to the charm of the course.

On 15 Jul 1978, about 200 runners toed the line for the first Howard Bank 10K Race. Large fields were typical of those early events, as the Howard Bank heavily promoted them. Results were typically printed in the Times Argus in an ad run by the bank. The largest turnout that I have record of was in 1983, when there were 258 participants.

After the 1985 race (the 8th annual), the Howard Bank decided to move "their race" to the Burlington area, where they maintained the same name. CVR members, who had come to think of it as a CVR race, were pretty upset. Realizing that we could not continue the name without the backing of the bank, a decision was made to continue a 10k event on the same course, but call it the Capital City Stampede. This would be a CVR event that no one could abscond with!

Predictably, without the bank's publicity resources, the size of the race declined dramatically, to 163 in 1986 and only 74 in 1987. Still, with quality race directors and dedicated crews, the race settled into a sustainable event, typically attracting between 80 and 120 or so runners, sometimes a bit above or below that range. The course remained one of the flattest, fastest 10k courses in the state, and many fine performances have been run on it.

The course was first certified by Joe McEntyre in 1981. His methods were similar to those used on the Montpelier 10-Miler, quite laborious involving steel tape measurement. As had happened to the 10-Miler certification, it expired when the short-course protection factor was introduced by TAC (The Athletics Congress, responsible for road race standards at the time). So the course was recertified by Bob Murphy in 1985, and has been continuously certified since. Construction behind the capitol building required re-measurement in 1987. Subsequent re-measurements were done in 1997 and 2007.



Race directors over the years are as follows:

Director	Years
Charlie Bucknam	1978-1981
Chip Stone	1982 (and probably 1983)
Wade Walker	1984-1986
Geoff Lindemer	1987-1989
Norm Robinson	1990-1991
Sam Davis	1992
Sam Davis & Patty Roach-Davis	1993
Sam Davis	1994-2005
John Valentine	2006-2008

Although the course has been modified slightly over the years, it has remained a relatively flat course, and performances on it since its earliest renditions can be legitimately compared. Results for nearly all years are available. Excluding the year 2000, here are the top performances by age groups over the years.

Age Gp	Time	Name	Age	Hometown & State	Date
Males					
M0-19	32:37	Brent Coon	19	Fairfax VT	13Jul85
M20-29	30:26	Eric Morse	27	Moretown VT	5Jun93
M30-39	30:50	Eric Morse	30	Moretown VT	10Jun95
M40-49	34:00	Randy Sightler	42	Burlington VT	9Jun01
M50-59	34:44	Douglas MacGregor	51	Lebanon NH	9Jun90
M60-69	41:05	Chuck Arnold	60	Burlington VT	9Jun07
M70-79	49:37	Jean Bernaquez	74	Montreal QUE	10Jun06
Females					
F1-19	38:56	Caitlin Compton	18	Warren VT	12Jun99
F20-29	35:28	Lea Hayer	27	? ?	9Jul83
F30-39	36:43	Gina Sperry	30	So. Burlington VT	8Jun91
F40-49	38:29	Sue Barber	40	Johnson VT	14Jun97
F50-59	41:41	Moira Durnin	50	Stowe VT	9Jun01
F60-69	46:38	Patty Foltz	60	Stowe VT	14Jun08

[Coming in the next CVR Newsletter: Chapter 8. Leafpeepers Half Marathon.]

ROAD RUNNERS CLUB OF AMERICA

Central Vermont Runners is a member of RRCA, the oldest and largest long distance running organization in the country. Since 1958, the RRCA membership has included runners, running clubs, sponsors, and supporters. The Vermont State Representative to RRCA is Michael Lannon from Rutland.

Other Vermont memberships in the RRCA include:

- Batten Kill Valley Runners, Arlington
- Vermont City Marathon, Burlington
- Fleet Feet Flying Turtles, Essex junction
- Marble Valley Runners, Rutland
- The Vermont Road Runners and Rutland County Walks Clubs, Rutland

Including CVR, this list represents 6 clubs with 287 members. To read more about RRCA and the benefits of CVR membership as well as many other valuable and interesting items, go to www.rrca.org

For newsletter items, comments and suggestions please send to nansue_2000@yahoo.com (note underscore between nansue and 2000)

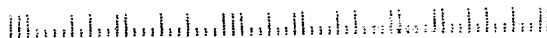


*C/o Nancy S. Rice
15 Spring Street, Apt. 2
Montpelier, Vermont 05602*



CVR PD 2009
Robert Murphy
35 Birchwood Park Dr
Barre, VT 05641

0564198653 PD09



February/March 2009

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:

Annual Meeting
Sunday March 22, 2008
5:30/6:00 P.M.
Potluck and Meeting
DETAILS INSIDE