



MAY 2009 VOLUME 30, ISSUE 2

CENTRAL VERMONT RUNNERS NEWSLETTER

As my first letter to CVR members as the new president, and one who feels out of their comfort zone, I would like to say I feel honored to try to feel the shoes of all past presidents. I am not much a "club" type person, but since my limited involvement with CVR I have come to respect the club and its mission: to promote and encourage physical fitness through running; provide opportunities for non-competitive running, education, road and track races, newsletters and social events which are conducive to encourage running; and to do all of this in the cooperation of schools, clubs and organizations with minimum of regulation and control (CVR By-Laws; Article Two)! When I was dragged to my first Fun Run, I had no idea that I would enjoy running as much as I do, and would have never envisioned myself ever running more than 5 miles. Now, several years later I am still running, have run a few marathons, and still enjoy running after having a total knee replacement. I hope the club continues to do as much for others as it has for me.

With that said, I welcome any and all suggestions on what you think needs to be done, and **please** send me reminders of what I might not be doing. As I mentioned before I have had limited involvement with CVR and do not have the long history with the club that many of you do. I can be reached at my home number 476-4417 or by e-mail at ajvtskier@msn.com. As, Norm, the previous president stressed this is your club and CVR is what each of us combined wish to make it. Recently our postcard with this summer's event was mailed out with all race directors' e-mails or phone numbers. Each race director works hard to put on a quality event and would appreciate help from all CVR members. Please if you are available or planning to attend events, volunteer your assistance. You never know, one day you may find yourself *as the race director*. I am talking from experience. This leads me into the next three CVR activities.

Our next CVR meeting is Thursday, May 28th at 6:00 at Michael Chernick's home, 330 Cityside Drive #77 in Montpelier. Pot Luck will begin at 6:00 and the meeting will start at 6:30 sharp. If you have agenda items please send them to me at my e-mail. On May 30th is the **first Barre Town Spring Run 5K**. A few volunteers are needed and you can contact me, and on June 6th is the *Kids Track Meet*. Tim Noonan and Norm Robinson are the race directors.

I hope to see you all running this summer,
Andrea McLaughlin

**Next Meeting of Central Vermont Runners Club is Thursday May 29 at Michael Chernick's home –
330 Cityside Drive, #77, Montpelier. If you need directions call Michael at 223-0918. Pot luck begins
at 6:00 PM and the meeting will start at 6:30 sharp.**



CVR ANNUAL MEETING 3/22/2009

The meeting was commenced at 5:40 PM by Norm Robinson.

Election of officers:

Then nominating committee recommended: for President, Andrea McLaughlin; for Vice-president, Betty Rose; for Treasurer Priscilla Carr; for Secretary Sandy Colvin. It was moved, seconded, and voted to accept this slate. Dave Kissner, Nancy Rice, and Donna Smyers are willing to stay on as web master, newsletter editor, and membership coordinator, respectively. Publicity person is still needed. John Hackney volunteered to be assistant webmaster and is willing to stay on as race series points coordinator. Adelle Nicols volunteered to help with posting races on websites.

Last meeting's minutes:

Minutes from last meeting were approved

Treasurer's report:

Priscilla Carr reported current assets are \$19,893.25. Net income this year was \$2731.00. Low point of the year (last year) was \$13,843.90. Proposal to put \$10,000 into CD's of varying durations was approved.

Spring mailing:

Last year the spring mailing was a postcard with info to go to CVR website for a link to race applications. Plan was established to send out the spring mailing (as postcard) on roughly May 1. Hopefully applications will be posted on CVR's website by that time.

Storage facility:

The National Life Annex (on Fun Run course) is the new home of most of CVR's equipment. Thank you to Tim Shea for arranging this. We have 2 keys to this facility. It was decided that Roger Cranse would hold one key. The other key would be passed from one race director to the next race director, or back to Roger Cranse.

ORS Race Series rules changes:

Proposed changes to the CVR Race Series (as discussed at the last meeting) were distributed in the newsletter. GMAA has asked that we not include Kaynor's Sap Run in race series (possibly due to parking concerns). Common to Common and Archie Post are to be the GMAA races. The Montpelier Mile was suggested as a possibility. Addition of Montpelier Mile was voted and approved 18-10. With aforementioned addition, the proposed changes to the race series were approved. John Hackney has asked that race directors forward him the lists of volunteers promptly. Donna Smyers asked that names/addresses of race participants (or race applications) go to her after the races.

ORS Race Awards/Gift Certificates:

To allow for certificates for the Barre Homecoming, there has been a small redistribution of certificates for each race. There was a discussion about unused race certificates. It was decided that all unused race certificates should be returned to ORS.

New CVR Runners logo/shirts:

Proposed new logo was presented. After significant discussion, motion to approve the new logo was not approved. It was then motioned to keep the old logo (and not continue to look at new logos); this motion was approved. A discussion of ordering new shirts then ensued. Since no one was willing to take responsibility for looking into shirts, it was decided to defer the issue to the next meeting. It was then decided (in contradiction to previous statement) to have Norm order some samples of shirts to be reviewed.



Donation requests:

Girls on the Run: The following Girls on the Run are requesting money: Rumney, Barre Town, Montpelier, East Montpelier, and Northfield. Groups are also interested in having runners come and speak to the girls. These groups exist to promote self esteem, health, and exercise in young girls through running programs. Vermont Special Olympics is also requesting money.

The issue of donations to athletes, including the possibility of donating to Nordic skier Olympic hopeful Liz Stevens was discussed; it was proposed that we provide publicity assistance, but not monetary assistance to individuals and ultimately the issue was tabled for future discussion.

The proposal to donate the following was approved: \$350 to Vermont Special Olympics, \$300 to Girls on the Run Foundation; and up to \$300 to any Washington County chapter of Girls on the Run (to be used at the discretion of the coach for scholarships or events as long as funds are kept locally and not turned over to the national organization), up to a total of \$2400.

Race updates:

10 Miler will conflict with the Relay for Life; due to past problems with this conflict, it was proposed to move the date. A decision was made to move the race to the Sunday after. No major issues with other races were raised.

Future Meetings: Meetings to begin at 6 PM.

May 28, hosted by Michael Chernick

August 13th, hosted by the Fernos

November date TBD

Newsletters via email:

Discussion of the pros/cons was had. No overwhelming support for electronic only newsletter was presented. It was felt that more research on what this entails would be helpful.

Barre Race:

Barre Town race (5K) was approved (to be held on May 30th, directed by Andrea McLaughlin).

Fun Runs:

Tuesday Fun Runs (unofficial, no results) will start this Tuesday, 3/24. Official fun runs usually start in May (but will not count toward the ORS series).

Prevent Child Abuse:

This organization is looking to add a run to their annual walk. They are looking for someone to help coordinate this. Norm Robinson has the contact info if anyone is interested.

Other business:

None

The meeting was adjourned at 7:40 PM. Submitted by Priscilla Carr





2009 CVR Race and Event Schedule

Contact person: Andrea McLaughlin, President, ajvtskier@msn.com *indicates race is part of the Central Vermont Runners/Onion River Sports race series.

ONGOING - FUN RUNS, May - October. They are held every Tuesday at 5:30 p.m., rain or shine. The runs 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, down by the bike path and where the official sign is on display on the fence. 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.

Sunday April 26, 10 am

CVR Mutt Strutt 3-Miler (21 doggie miles) Little River State Park, Waterbury
3 mile run for people with dogs on leashes to benefit the Central Vermont Humane Society. Contact: Donna Smyers 802 229-4393 or DoSmyers@cs.com.

Saturday May 2, 11 am

Adamant Black Fly Four Mile Run Across from the Adamant Co-op
Beautiful flat out and back dirt road along Sodom Pond; to benefit the Adamant Co-op. Contacts: Eric Ryea 802 223-2733 or Donna Smyers 802 229-4393 or DoSmyers@cs.com.

~~NEW~~ **Saturday May 30, 9 am**

Barre Town Spring Run 5K, Barre Town Recreation Field **New 5K race on the Barre Town rec path** out to the Rock of Ages visitor's center. Contact: Andrea McLaughlin, ajvtskier@msn.com or 802 476-4417.

Saturday June 6, 4:30 pm

Kids Track Meet, Montpelier Montpelier High School Track
FREE. For kids pre-school through 6th grade. Registration begins at 3:45 pm. Events include softball throw and long jump (all ages), quarter mile and 100 yard dash (all ages), half mile (1st and 2nd grade) and mile (3rd through 6th grade). Contacts: Tim Noonan at 802 223-6216 or Norm Robinson at 802 223-7351.

Saturday June 13, 9 am

Capital City Stampede 10K, Montpelier
Vermont's fastest 10km course. Certified course, part of the CVR ORS Race Series. Registration begins at 7:30 am at the Unitarian Church, Montpelier. Contact: John Valentine, jvalentine@tds.net or 802 485-3777.

Sunday June 28*, 8:45 am

NOTE NEW DATE FROM PREVIOUS LISTINGS

Paul Mailman Montpelier Ten-Miler

Starts at/finishes near Montpelier High School, part of the CVR ORS Race Series. Longest continuously held road race in Central Vermont. Flat to rolling out and back; 27% paved, 73% gravel roads. Contact: Betty Rose, BRose@nationallife.com or 802 839-0003.

Saturday July 11, 9 am

Bear Swamp Run 5.7 miles, Middlesex Hilly dirt roads, scenic, part of the CVR ORS Race Series. Race day registration only (8:00-8:45 am), Rumney School, Middlesex. Contact: Tim Noonan 802 223-6216.



Saturday July 25, 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 6, 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. Race day registration only (4:30-5:45 pm), Berlin Town Clerk's office. Contact: Nancy Rice.

Thursday August 27, 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 September 5, 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 16, 6 pm

Sodom Pond Run 4 miles, Adamant

Rolling 4 mile dirt road course around Sodom Pond in Adamant.

Race day registration only (5:00-5:45 pm), across from the Adamant Co-op. Contact: Tim Noonan, 802 223-6216.

Sunday October 4, 11 am

Leaf Peepers Half-Marathon and 5K, State Office Complex, Waterbury

► [See Half-Marathon course map](#) ► [See 5K course map](#)

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 rcc59@comcast.net.

November 7, 14, 21 (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. 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: Tim Shea, 229-3559, sevenshea@gmail.com.



Unplugged Half Marathon, Colchester to Burlington, 11 Apr 2009
Central Vermont & CVR Finishers

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
Female					
6	Lindsay Simpson	Waterbury VT	31	44	1:33:50.5
42	Tammy Hull	Williamstown VT	32	129	1:45:40.9
73	Shelley Pembroke	Middlesex VT	32	189	1:51:25.3
96	Rachel Long	Elmore VT	17	228	1:54:44.4
99	Carrie Cook	Montpelier VT	34	235	1:56:24.3
115	Nicole Miles	Northfield VT	34	261	1:58:50.4
169	Bobbi Stapenhorst	Montpelier VT	64	336	2:12:37.7
185	Linda King	Moretown VT	53	358	2:18:33.7
193	Elizabeth King	Moretown VT	25	368	2:22:05.8
Male					
11	George Cook	Montpelier VT	36	12	1:24:06.4
15	Sam Davis	Colchester VT	48	16	1:26:00.0
49	Tim Heney	Montpelier VT	50	62	1:35:57.1
52	Greg Beshore	South Duxbury VT	36	65	1:36:10.6
53	Jun-Rong Chen	Northfield VT	22	66	1:36:25.4
55	Jonathan Vass	Stowe VT	43	68	1:36:45.2
65	Fred Stapenhorst	Montpelier VT	61	82	1:40:03.1
69	Steven Thresher	Montpelier VT	32	93	1:41:26.1
74	Corey LeBlanc	South Barre VT	23	101	1:42:23.9
77	Steve Robinson	Warren VT	43	104	1:42:41.4
88	Michael Feulner	Waterbury VT	55	132	1:45:53.5
117	Seth Brown	Barre VT	20	195	1:51:37.6
135	Bob Murphy	Barre VT	69	234	1:56:08.3
147	Andrew Richardson	Chelsea VT	17	267	1:59:24.4
162	Newton Baker	Montpelier VT	67	320	2:09:15.9
174	Richard Ferno	Williamstown VT	65	366	2:21:48.1

More Area Running Races and Events

May 30, Barre Town Sping Run, 9:00AM, Barre Town Recreation Fields, Contact: Andrea McLaughlin, ajvtskier@msn.com or 802 476-4417.

May 31, Fit & Fun 5K Run & Walk, 10AM, family friendly 5K race & fitness walk to raise funds for the Newfane School, Newfane Elementary School, 14 School Street Newfane, Contact: Michael Amarello (Three C Race Productions LLC) | 603 429-8879 | michael@3CRaceProductions.com.



Take a look at Green Mountain Athletic Association for races around the Champlain Valley. <http://www.gmaa.net/>

CVR 2009 Membership List

<i>Last Name</i>	<i>First Name</i>	<i>Family</i>	<i>Address</i>	<i>Town</i>	<i>PHONE</i>	<i>EMAIL</i>	<i>CVR Year</i>
Andresen	Christian		267 Main St #1	Montpelier	223-1643	chrisinv08@myfairpoint.net	9
Archambault	Todd		210 Maple St	Essex Jct	879-6867	sendtoddmail@gmail.com	11
Armstrong	Ella		235 Doyon Rd	Northfield	485-4930	ella@trans-video.net	9
Arsenault-Berry	Phyllis		350 Richardson Rd	Duxbury	244-8684	rottix2@yahoo.com	9
Aspinall	Jill	& Rick Molz	17 North Park Dr.	Montpelier	224-9980	jillaspinall@alumni.uwaterloo.ca	9
Bachman	Tom	& Molly	30 Bailey Ave	Montpelier	223-3984		10
Baker	Newton		41 Colonial Dr.	Montpelier	223-7593	bakersf@myfairpoint.net	10
Bates	Mark	& Karen	148 Northfield St	Montpelier	223-1960	mark@mabates.com	10
Birse	David		P.O. Box 371	Hancock	603-525-	mistermarathon@juno.com	10
Bisson	Bob	& Lori	25 Orange St	Barre	522-9286	downtown5k@yahoo.com	12
Blais	Celine		13 Isabel Circle	Montpelier	229-2439	celinerun@gmail.com	10
Brucken	Rowly	& Lisa	3318 Stony Brook	Northfield	485-6595	brucken@tds.net	9
Bryan	Shawn		573 Junction Rd	Berlin	223-2027		90
Burkholder	Steven	& Family	176 Main St. Apt 1	Montpelier	223-3370	bburkholder45@hotmail.com	9
Cameron	David & Sandra		28 Countryside Circle	Barre	479-9805	cameron1031@hotmail.com	10
Carlson	Gerow M.		314 Portal Rd.	Middlesex	223-9758		9
Carr	Priscilla	& Jay Stewart	404 Cityside Dr #77	Montpelier	223-7764	priscillawcarr@yahoo.com	11
Castle	Jen	& Family	5462 Noyestar Rd	East Hardwick	533-7088	jkcastle@sover.net	9
Chernick	Michael		330 Cityside Dr #75	Montpelier	223-0918	chernick5@comcast.net	9
Cleveland	Richard		P.O. Box 261	Northfield	485-8892	markii@tds.net	10
Colvin	Sandy	& Craig	228 North St.	Montpelier	272-9795	buckman43@comcast.net	9
Cranse	Roger	& Family	1 Summer St.	Montpelier	223-6997	rcc59@comcast.net	9
Cross	Cyndy	& Ryan	78 Silver Circle	Barre	476-3867	shortyrun@hotmail.com	10
DeBlasio	Paschal	& Jo-Ann Beaudin	129 Tamarack Dr	Williston	878-3690		10
Diedrich	Rebecca		848 Stewart Rd	Berlin	223-0032	virtues04@msn.com	9
Ellerson	Darragh	& David	1152 North St	Montpelier	223-2080	dmmellerson@yahoo.com	9
Ellerson	Deirdre	& Marie Comtois	PO BOX 92	Sharon	763-2905		9
Ellerson	Mai-Lis	& Family	56 South View Rd	Northfield	485-9266		9
Emmons	Sue	& Bob	676 Turner Hill	S. Duxbury	244-5048	sue.emmons@comcast.net	9
Ferno	Richard	& Sandra	47 Ferno Rd.	Williamstown	433-6691	angus@innevi.com	9
Foltz	Tom	& Patti	917 Stowe Hollow Rd	Stowe	253-4647	tfoltzvt@myfairpoint.net	9
Frey	Cathy	& Nicole & Scott	435 Cutler Corner Rd	Barre	476-3970	frey@norwich.edu	11
Gambler	Beth		63 Freedom Dr.	Montpelier	223-2099	vtadir@yahoo.com	9
Gardner-Morse	Mack	& Family	8197 County Road	Calais	223-5738	gardnermorse@gmail.com	9
Gerdel	Gregory	& Tristan	PO Box 839	Montpelier	224-6960	jggerdel@aol.com	9
Gillis	Michael	& Maryke	86 Notch Road	Middlesex	223-5559	ikenmike@myfairpoint.net	10
Hackney	Susan	& John	30 Isabel Circle	Montpelier	223-2162	Sue.Hackney@state.vt.us	10
Hallinger	Linda		1267 Poor Farm Rd	Washington	883-5415	index@together.net	9
Helling	Dot		29 E. State St.	Montpelier	223-1555	ultradot@myfairpoint.net	9
Hoff	Sarah	& Jeremy	24 Kent Street	Montpelier	229-1107	sarahhubb@yahoo.com	9
Howe	Bob	& Carolyn	P.O. Box 632	Barre	476-8946	lucycarol18@gmail.com	10
Kaeding	John	& Family	55 Kaeding Rd	Worcester	229-0176		17
Krolick	Carlie		5402 Lake Rd.	Charlotte	425-4228	ckrolick@gmavt.net	9
LaCroix	Lori		2 Owen Drive	Barre	479-2938	blajx4@yahoo.com	10
Leblanc	Loralyn		2 North Park Dr.	Montpelier	223-3603	lleblanc@uvm.edu	9
Marcy	Henry		4 Summit Dr. #508	Reading	781-944-	hjmarcy@comcast.net	9
Martin	John	& Dot	PO Box 1131	Montpelier	479-5333	vtiron55@yahoo.com	12
McKinstry	Katie		157 State St Apt 11	Montpelier	646-300-	mckinstry@gmail.com	9
McLaughlin	Andrea		445 Cutler Corner Rd.	Barre	476-4417	ajvtskier@msn.com	9
McSweeney	Liam	& Ed	12 Pearl St.	Montpelier	802-223-		10
Mercier	Robert		8 Foster St.	Montpelier	223-7225	rmerpat@comcast.net	9
Miles	Nicole & Catherine		439 Vine St.	Northfield	485-4890	nikkimi@trans-video.net	9
Millar	Dick		193 Forest Dr. #2	Montpelier	223-5399	dickm103c@hotmail.com	9

CVR 2009 Membership List

<i>Last Name</i>	<i>First Name</i>	<i>Family</i>	<i>Address</i>	<i>Town</i>	<i>PHONE</i>	<i>EMAIL</i>	<i>CVR Year</i>
Moore	Thomas		65 Prospect St	Montpelier	223-4772	thomaskmoore@yahoo.com	11
Moulton	Celeste		79 Long St	Barre	479-4116	grapcoach@aol.com	10
Murphy	Robert		35 Birchwood Park	Barre	476-4328	rmm@sover.net	9
Noonan	Tim	& Maureen	2 Pinewood Road	Montpelier	223-6216	tim.noonan@state.vt.us	11
Phillips	Brenda	& George	23 Fulmer Road	Hunter's Bar	454-1521	bcphillips@gmail.com	9
Pierce	Kim		33 Mill St.	Plainfield	454-7182		9
Polakowski	Dana		20 Colonial Dr.	Montpelier	505-1284	dana@askdanp.com	9
Rainville	Holly	& Michael	80 Cemetery Rd	Jericho	434-4774	skiwomn007@gmavt.net	9
Ricker	Denise		399 Murray Hill Dr.	Montpelier	229-0877	rickerpd@comcast.net	9
Ridlon	Ron	& Candace	89 Silver Ridge Rd	Morrisville	888-5009	ron@houseofroy.com	9
Robertson	Jake	& Tara Donnelly	RR1 Box 67-13	Warren	617-921-	makeitjake@gmail.com	10
Robinson	Norm		66 Terrace St.	Montpelier	223-7351	normrobinson@comcast.net	10
Rose	Betty		29 Deerfield Dr.	Montpelier	229-2311	brose@nationallife.com	9
Shanley	Jamie	& Family	950 Sparrow Farm Rd	Montpelier	223-4856	jshanley@usgs.gov	9
Smyers	Donna	& Eric Ryea	PO Box 102	Adamant	229-4393	dosmyers@cs.com	12
Stapenhorst	Bobbi	& Fred	330 Cityside Dr, # 74	Montpelier	223-8494	fandbinhawaii@comcast.net	9
Tamburo	Haley		345 Farrell St #402	S. Burlington	734-9122	haleyscomet003@yahoo.com	11
Valentine	John	& Jane	440 Northfield Rd	Roxbury	485-3777	jvalentine@tds.net	9
Valentine	Megan		96 Orr Road	Jericho	899-4814	Megan.valentine@uvm.edu	12
Walker	Wade		32 Tyler Place	Jericho	223-7674	wade@walkervt.com	10
Wells	Janet		PO Box 116	Strafford	233-9421		9
Wetzel	Clayton		1057 Herring Brook Rd	Montpelier	229-9491	claytonandsandra@myfairpoint.net	9
Whitfield	Harvey		1162 North Avenue #3	Burlington	318-8455	hwhitfie@uvm.edu	9
Wight	Greg		PO BOX 429	Brookfield	276-3173	wight@norwich.edu	9
Williamson	Jon	& Kathy Mai	PO BOX 454	Montpelier	454-8367	jwcamelshump@hotmail.com	10
Windisch	Charles	& Family	4 Forest Road	Essex Jct.	879-3299	avrunner@hotmail.com	9

2008 Members Not Yet Renewed for 2009

Anthony	Ena	& Mark	851 Ferno Rd.	Williamstown	485-6449	eantnee@aol.com	8
Boyd	Jason	& Monica	P.O. Box 175	Northfield Falls	485-4714	jason.boyd@state.vt.us	8
Burgos	Suzanne	& Family	735 Macintosh Hill	Randolph	234-9650	sburgos@giffordmed.org	8
Bushey	Ann	& Family	7 Hillcrest	Montpelier	229-6288	busheya@wssu.org	8
Deluca	Paul		30 Cano Dr	Barre	476-7987	pdeluca420@msn.com	8
Dupee	Michael		880 South Hill Road	Moretown	4967840	michael.dupee@gmcr.com	8
Elias	Gretchen		211 Main St	Montpelier	229-0521	gretchenelias@mac.com	8
Erickson	David	& Family	5 Murray St	Barre	476-6527	dericksonvt@myfairpoint.net	8
Ericson	Richarda	& Jay	58 Hillside Ave	Barre	476-7961	ricruffie@yahoo.com	8
Evans	Rick		1519 Wrights	Bradford	439-3559	rickevans111@yahoo.com	8
Feinbaum	Ben		171 Main St #6	Montpelier	225-5963	ben.feinbaum@gmail.com	8
Freeman	Linda	& Dave	19 Ridgewood	Barre	476-2074	lafrmn@hotmail.com	8
Galfetti	Jennifer		646 Gallison Hill Rd	Montpelier	223-4160	kgalfetti@myfairpoint.net	8
Gould	Wendy	& Scott	PO Box 250	E. Montpelier	223-9980	ncldream@aol.com	8
Holland	Bill		45 State St.	Montpelier	229-1199	xcbillh@earthlink.com	8
Kane	Diana		310 Greenwich St.	New York	212-969-	DianaKane@usms.org	8
Keller	Chris		45 Ledgewood	Montpelier	229-5602	kellerc@mpsvt.org	8
Kissner	Dave	& Laura Medalie	150 Barnes Rd	Montpelier	229-4523	dkissner@sover.net	8
Loga	Joe	& Amy	140 Upper Sunny	Middlesex	229-9876	amyandjoe@hotmail.com	8
MacFarland	Gordon		401 Washington St.	Brookline	617-232-		8
Mansfield	Dick		32 Wood Road	N. Middlesex	229-4243	dickm@pshift.com	8
McNamara	Kevin	& Family	61 Barre View St.	Barre	4765742	kemcnamara@myfairpoint.net	8
Meiklejohn	Elizabeth		Balentine Rd. Box	E. Calais	456-8808		8
Nuquist	Reidun	& Andrew	29 Bailey Ave.	Montpelier	223-3550	nuquist@together.net	8
Rice	Nancy		15 Spring St, Apt. 2	Montpelier	223-4025	nansue_2000@yahoo.com	8
Searles	Robert	& Sally	224 Sigh's Dr.	Wolcott	888-5895	rsearles@pshift.com	8
Skinner	Scott		PO BOX 1363	Montpelier	229-5146	skinner@bflaw.com	8
Skinner	Wilson		68 Scarff Avenue	Burlington	862-1019	wilson.skinner@gmail.com	8
Southgate	Jay		279 Websterville	Barre	839-6099		8
Thomas	Rebekah		1 Country Club Dr	Jericho	802-434-	Rebekahinvt@cs.com	8
Valachovic	Heather		3316 Brook Rd	Plainfield	454-1239	valacho@sover.net	8
Wileczek	John		36 Buzzell St	St. Johnsbury	748-5698	jswileczek@myfairpoint.net	8
Zuccardy	Ann	& Family	691 East St	Huntington	434-2563	jsaz@gmavt.net	8



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:
o Onion River Sports / Shoe Horn - 10% off running shoes and running apparel.
o 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

**13th Annual CVR Mutt Strutt****April 26, 2009**

While Saturday was over 80 degrees, the dogs appreciated that Mutt Strutt 2009 was once again cool and gray. Gary Kessler and Simon led the 43 finishers followed by first woman Victoria Milne with Moose. Thanks to our perennial sponsors Onion River Animal Hospital, KC's Bagel Café, Julio's Cantina, and Guy's Farm and Yard for providing prizes and refreshments for the people and dogs. Thanks also to the volunteers: Eric Ryea, Dave Kissner, Michael Chemick, Sandy and Dick Ferno, Bob Emmons, Richard Cleveland and Danielle Hampton. This year's event raised \$293 for the Central Vermont Humane Society.



Place	Name	Dog	Time	Owner Age	Owner Gender	Dog Size	Town
1	Gary Kessler	Simon	21:07	48	M	L	Fayston
2	Victoria Milne	Moose	21:31	29	F	L	Waterbury Ctr
3	Eric Smith	Vasco	22:02	49	M	S	S Londonderry
4	Caleb Kessler	Simon	22:15	13	M	L	Fayston
5	Lauren Abendroth	Bella	22:24	25	F	L	Moretown
6	Todd Sternbach	Taz	22:38	48	M	L	Montpelier
7	Sue Emmons	Nuggett	26:39	53	F	L	S. Duxbury
8	Haley Heinrich	Naley	26:17	16	F	S	Wolfeboro
9	Dave Kissner	Jackie	28:14	43	M	L	Montpelier
10	Henry Buseti	Coty	28:16	57	M	L	Stowe
11	Brian Cribb		28:18	35	M		Burlington
12	Alisa Taylor-Parisi	Heineken	28:47	26	F	L	Starksboro
13	Erin Webb	Bean	28:47	34	F	L	Burlington
14	Jay Stewart	Annie	29:00	37	M	L	Montpelier
15	Joe Ernstot	Tasha	29:49	35	M	S	Waterbury Cir
16	John Grenier	Tuckerman	30:02	31	M	L	Waterbury Cir
17	Becky Diedrich	Belle & Gracie	30:03	44	F	S	Berlin
18	John Wakefield	Gary Indiana	31:07	33	M	S	Waterbury
19	Kevin Spaulding	Kirby	32:59	37	M	S	Barre
20	Parker Spaulding	Kirby	33:00	8	M	S	Barre
21	Graham Leitner	Drake	33:07	31	M	L	Moretown
22	Aleksandra Schulz	Drake	33:08	32	F	L	Moretown
23	Theresa Reed	Pepe	34:35	49	F	S	Essex Junction
24	Dee Reeve	Bailey	35:37	60	F	L	Stowe
25	Cindy Barrows	Daisy	35:52	42	F	L	Burlington
26	Erika Lindberg		37:55	43	F		Fayston
27	Emma Kessler	Simon	37:55	15	F	L	Fayston
28	Lara Bonn	Koda	43:21	31	F	L	Burlington
29	David Meatyard	Liam	45:17	43	M	S	Bolton
30	Brynn Bushey	Mansfield	45:17	9	F	L	Montpelier
31	Brian Bushey	Macky	45:17	6	M	S	Montpelier
32	Ann Bushey		45:18	51	F		Montpelier
33	Carrie Pontbriand	Daisy Mae	45:30	34	F	S	Barre
34	Rachel Couture	Abby	50:21	13	F	S	Barre
35	Kelsie Hagman	Nike	50:23	9	F	S	Wolfeboro
36	Cathy Fatten	Rita	51:34	40	F	L	Waitsfield
37	Christie Sternbach-F	Ruby	51:43	51	F	S	Montpelier
38	Cheryl Thalmann	Sammy	53:21	53	F	S	Essex Jct
39	Julie Alosi	Ciara	53:25	32	F	L	Burlington
40	Pete O'Neil	Koda	53:30	32	M	L	Burlington
41	Rob Heinrich		53:53	46	M		Wolfeboro
42	Dot Helling	Smoochie	56:35	59	F	S	Montpelier
43	Dan Reed	Pepe	1:01:43	51	M	S	Essex Junction



**Adamant Black Fly 4 Miler
May 2, 2009
Adamant, VT**

Place	Name	Age	M/F	Town	Time	Pace
1	Bob Emmons	50	M	S Duxbury	24:07	6:02
2	Ryan Joy	24	M	N Montpelier	24:53	6:14
3	Mack Gardner-Morse	48	M	Calais	26:29	6:38
4	Peter Marlet	36	M	Randolph	26:51	6:43
5	Donna Smyers	51	F	Adamant	26:58	6:46
6	Grant Orenstein	54	M	Calais	27:12	6:48
7	Mark McEathron	43	M	Montpelier	27:31	6:53
8	Dick Millar	47	M	Montpelier	27:40	6:56
9	Mike Bessette	38	M	St Albans	27:48	6:57
10	Andy Felice	37	M	East Calais	28:38	7:10
11	John Martin	57	M	Montpelier	29:16	7:19
12	Austin McEathron	13	M	Montpelier	29:30	7:23
13	Matt McEathron	10	M	Montpelier	29:58	7:30
14	Bob Murphy	69	M	Barre	30:05	7:32
15	Andrew McAvoy	25	M	Montpelier	30:12	7:33
16	David Erickson	56	M	Barre	30:34	7:39
17	Megan Coleman	25	F	Middlebury	30:35	7:39
18	Jason Grignon	34	M	Shelburne	30:44	7:41
19	Sue Emmons	53	F	S Duxbury	31:35	7:54
20	Ford Porter	9	M	Adamant	32:12	8:03
21	Charles Christiansen	69	M	Berlin	33:08	8:17
22	Andrea McLaughlin	46	F	Barre	33:15	8:19
23	Becky Diedrich	44	F	Berlin	33:19	8:20
24	Jessica Scharf	27	F	Burlington	38:33	9:39
25	Denise Joy	55	F	N Montpelier	56:13	14:04



A History of CVR By Bob Murphy

Chapter 8 (final chapter). The Leafpeepers Half Marathon.

Ralph Lash had a dream. He dreamed of establishing a marathon in Central Vermont, one that would become a premier event and that would attract runners from around the region. He had a successful furniture business in Barre and was willing to put his effort and money into the establishment of a major race. He contacted CVR with his proposal.

Early in 1983, Ralph met with Darragh Ellerson and Bob Murphy to discuss his idea. He had the finances, and we had the expertise in organizing races. Recognizing the difficulties of staging a full marathon for a small club like CVR, we were able to “talk Ralph down” from a full to a half-marathon. Ralph had lined up the Waterbury Lions Club as a cosponsor and the major beneficiary of the event, and a target was set of 1984 for the inaugural running of this event. Ralph and the Lions Club wanted a May event. Once again, CVR was successful in moving the date to October, when there would be an additional draw for out-of-state visitors and less of a conflict with established Spring races.

Thus was born the Leafpeepers Half Marathon. The race was first held on Sunday, 7 Oct 1984. It was an immediate success, attracting 163 runners. Keith Woodward (1:11:56) and Debbie Crow (1:30:17) were overall winners. A write-up of the race described conditions as “cool and sunny”, presumably near perfect.

Conditions were quite different during the fourth running of the event in 1987, when runners faced temperatures dropping through the 30's into the 20's, and a succession of rain, sleet and snow. Those present (both runners and volunteers) will never forget that race. Likewise, property owners will not soon forget, either, as the early wet, heavy snow on trees still full of foliage resulted in broken limbs, downed power lines and severe forest damage.

The Leafpeepers Half Marathon was first measured for certification in 1984, but the request failed due to unacceptability of the calibration course. In 1986 a new certification request was submitted and the race has been a certified event ever since. Recertification has taken place in 1987, 1992, 1999 and 2003.

Course changes have occurred at regular intervals. Earliest versions began and ended at the Waterbury Recreation Field. In 1992, the race start and finish was moved to its current location on the drive to the Waterbury State Office Complex. Other changes involved adjustments to deal with a closed Winooski Street bridge.

Changes in sponsorship have occurred over the years, with WDEV and Green Mountain Coffee Roasters being some of the major participants. The beneficiary of the race has been now, for many years, the Harwood Union School boosters club.

The race remained a half marathon only for its first six years. In an effort to provide more options for runners and to boost attendance, the 1990 race featured a 5 km event as well. Since that time, attendance has grown steadily, and over 1000 runners are now attracted to the two races.



Race directors over the years are as follows:

<i>Director</i>	<i>Years</i>
Darragh Ellerson & Jeff Shutak?	1984-1985
Darragh Ellerson, Jeff Shutak & Tony Dimauro	1986
Darragh Ellerson & Jeff Shutak	1987
Darragh Ellerson	1988-1989
Darragh Ellerson & Jeff Shutak	1990-1991
Judy Colombo	1992-1993
Darragh Ellerson & Newton Baker	1994-1995
Darragh Ellerson	1996
Gordon MacFarland & Darragh Ellerson	1997
Richard Cleveland	1998
Leslie Davis	1999
Curtis Picard	2000-2001
Curtis Picard?	2002
Sandy Colvin	2003-2004
Roger Cranse	2005-2008

Although the course has been modified slightly over the years, the bulk of it, run along the banks of the Winooski, has remained relatively unchanged. Never a fast course, the rolling terrain presents a challenge for those running the half marathon. The 5 km course, by contrast, is a relatively flat and fast course. Results for most years are available, but those for 1990 and 1994 were only partial. Results from 1992-3 and 1995 were not available. Excluding those periods, the following is a summary of best performances for both the half marathon and the 5 km race.

Age Gp	Time	Name	Age	Hometown & State	Date
Half Marathon - Males					
M0-19	1:21:40	Justin Ryea	15	Berlin VT	2Oct94
M20-29	1:09:28	Eric Morse	21	Waterbury VT	5Oct86
M30-39	1:09:44	Marc Gilbertson	32	Hyde Park VT	7Oct01
M40-49	1:12:31	Randy Sightler	43	Burlington VT	6Oct02
M50-59	1:17:29	Douglas MacGregor	56	Lebanon NH	1Oct95
M60-69	1:27:07	Paul Jensen	60	Wardsboro VT	3Oct04
M70-79	1:52:47	Howard Jaffee	71	Underhill VT	7Oct90
Half Marathon – Females					
F0-19	1:28:57	Stephanie Levesque	19	Quebec CA	6Oct91
F20-29	1:19:49	Bonnie McReynolds	29	Colchester VT	3Oct93
F30-39	1:19:27	Cindy New	39	Montreal QUE	1Oct95
F40-49	1:20:36	Cindy New	40	Montreal QUE	6Oct96
F50-59	1:36:33	Janet Labuc	56	Hudson QUE	30Sep07

F60-69	1:53:52	Carolyn Sunderman	60	Whiting	VT	1Oct00
F70-79	2:20:50	Betty Lacharites	72	Winooski	VT	30Sep07

Age Gp	Time	Name	Age	Hometown & State	Date	
5 km – Males						
M0-19	15:39	Nathan Shenk-Boright	17	Montpelier	VT	4Oct98
M20-29	15:18	Todd Boonstra	28	Norwich	VT	7Oct90
M30-39	15:48	John Sackett	32	Lyndonville	VT	6Oct91
M40-49	16:48	Charlie Gunn	40	Henniker	NH	2Oct94
M50-59	17:13	William Dixon	51	Putney	VT	4Oct98
M60-69	20:10	Richard Watson	61	Boone	NC	1Oct00
M70-79	24:27	Gerald Barney	75	Swanton	VT	30Sep07
5 km – Females						
F0-19	19:01	Caitlin Compton	16	Warren	VT	5Oct97
F20-29	18:37	Roxann Polo	26	Dallas	TX	7Oct90
F30-39	18:35	Joan Wry	34	Jeffersonville	VT	6Oct91
F40-49	19:34	Charlotte Brynn	40	Stowe	VT	1Oct06
F50-59	20:44	Moira Durnin	50	Stowe	VT	7Oct01
F60-69	21:25	Patty Foltz	60	Stowe	VT	5Oct08
F70-79	31:04	Sylvia Weiner	74	Montreal	QUE	2Oct05

This completes this history of CVR. Much more could be written, of course, and it is hoped that over time others will contribute their recollections and history of other CVR events and races.

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 <http://www.bkvr.org>

Vermont City Marathon, Burlington

Fleet Feet Flying Turtles, Essex Junction

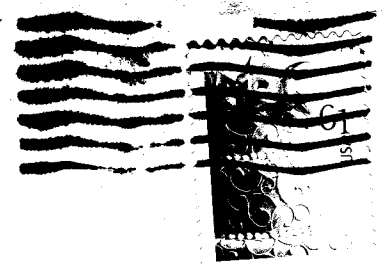
Marble Valley Runners, Rutland marblevalleyrunners.org/MarbleValleyRunners/Home.html

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).

www.cvrrunners.org



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

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

0564138653 R003



MAY 2009

CVR OFFICERS:

- President: Andrea McLaughlin
- Vice-President: Betty Rose
- Treasurer: Priscilla Carr
- Secretary: Sandy Colvin
- Webmaster: Dave Kissner
- Newsletter Editor: Nancy Rice
- Publicity: Vacant
- Membership Coordinator: Donna Smyers

NEXT CVR MEETING:

Thursday
May 28, 2009
6:00/6:30 P.M.
Potluck and Meeting
DETAILS INSIDE