



CENTRAL VERMONT RUNNERS NEWSLETTER

Andrea's Notes

Summer seems to be passing us by on many levels: time is passing quickly, and most of us are still waiting for summer to arrive. Regardless of what Mother Nature has to offer I hope all of you are out and enjoying your runs. Between the breaks in the clouds, and the rain drops, I actually find running in the rain can be enjoyable; once in a while!

As the summer progresses' our race series continues to proceed well with only one major bump in the road. The Barre Homecoming race was cancelled at the last minute due to road construction and the absence of a race director. It would be a shame for this race to get away from the club again next year. If you are interested in directing this race please contact me.

During the summer months most teachers have special projects that they work on, as I have. This summer I am working on two different projects with two main themes: balance and effort. These themes are universal and I have contemplated how they apply to CVR and running. As a member of a club and a runner, finding the perfect balance can be difficult. First, belonging to a club requires some participation, but you don't want it to get in the way of other important aspects of your life, and more importantly **you don't want it to take away from your running time.** However, being a club member requires some responsibility and commitment. Like all things it takes **effort to make it work.** It takes all club members to make some commitment to volunteering, communicating and participating in events. Over the past few months I have received e-mails about needs for volunteers, need for race directors and information on fun events. How great it would be if we all practiced a **little more balance and effort so not only a few club members continue to carry the majority of the weight!** With that being said we are looking for volunteers for the Berlin Pond Race on August 6th. If you are interested contact Nancy Rice at nansue_2000@yahoo.com

I can be reached at my home number 476-4417 or by e-mail at ajvtskier@msn.com.

Once again, I welcome all feedback from club members on what I am and am not doing well, and what we can do better as a club. I will leave you with some quotes I have picked up from my summer work on effort for you to consider as you run, work, and live life:

"There are no secrets to success. It is the result of preparation, hard work and learning from failure"

Colin Powell

"Talent is unique and very special, but there is no substitute for hard work."

Mia Hamm

Next Meeting: Thursday, August 13, 6 Potluck/6:30 pm

At the home of Dick and Sandy Ferno, 47 Ferno Drive, Williamstown.*

- Business portion of meeting will commence at 6:30 pm.
- Delicious potluck supper will precede the business portion of the meeting.

* Contact Dick and Sandy (802 433-6691 or angus@innevi.com) for directions to their home.



Central Vermont Runners Meeting
May 28, 2009

The meeting was begun by President Andrea McLaughlin.

Treasurer's report: Priscilla Carr reported that we now have 2 CD's at Banknorth for \$5000 each, one long term and one short term. She has been in contact with the accountant Rod Sherman about the 2009 taxes.

Race reports:

- Donna Smyers reported that the Mutt Strutt was successful.
- Erik Ryea reported that the Adamant Black Fly run was successful with a record of 25 participants.
- Andrea McLaughlin reported that the next race is Barre Town Spring Run this Saturday 5/30.
- Norm Robinson reported the Kids Track Meet will be Saturday June 6 in the afternoon. They are looking for volunteers for the event.
- Capital City Stampede is 6/13/09, registration will be relocated to Onion River Sports due to a wedding at the church.
- Paul Mailman 10 miler 6/28/09 still needs volunteers.
- Bear Swamp
- Berlin Pond
- Leaf Peepers registration is open with roughly 50 people registered so far. GMCR has committed to sponsorship. Waterbury Firefighters have committed to volunteering. Roger Cranse is looking for a volunteer to manage the cones.

New business:

Dave Kissner reported a need to move the website to a different host. He and John Hackney have a plan to share webmaster duties. Sovernet (the current host for the website) has refused to create a separate login to the CVR website. He is looking into using Powershift as a web host and it appears that will be preferable anyway.

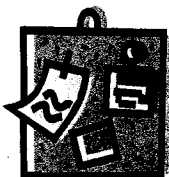
Andrea McLaughlin reported that she has feedback that some members would like more emails from the club. Discussion ensued. It was felt appropriate to send out reminders prior to meetings and races. Consensus was not to send messages unless there was something to communicate. Donna reported that there is a yahoo **listserve*** that could be used for more chatting type messages.

Girls on the Run are looking for volunteers on June 7 to help with their race at the Champlain Valley Fairgrounds. Contact Lindsay Simpson.

The meeting was adjourned at 7:34 PM.

Submitted by Priscilla Carr

listserve*



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, for example, just e-mail cvrrunners@yahoogroups.ps.com. Hit "reply all" if you want the group to receive your response - "reply" goes to just the sender.



2009 CVR Race and Event Schedule

Contact person: **Andrea McLaughlin, President**, ajvtskier@msn.com

Dates and times listed below are tentative and subject to change. Please contact race directors for up-to-date info.

*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.

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

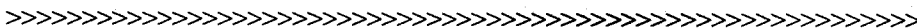
Montpelier First Night 5K, Montpelier

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.



Barre Town Spring Run Results – Andrea McLaughlin Sat May 30 9 am New 5K race on the Barre Town Rec Path out to Rock of Age’s visitor’s center.

<u>Women 0-19</u>	<u>Women 30-39</u>		26:08 David Cameron
24:10 Bridget Martin	24:41 Nora Duane	<u>Women 60-69</u>	28:23 Jason Boyd
29:02 Grace Bello	32:08 Monica Boyd	34:42 Beth Gambler	40:28 Eric Kerin
35:50 Cameron Gilwee	36:58 Julie Martin	<u>Men 0-19</u>	<u>Men 40-49</u>
35:50 Kaitlyn Chaffee	<u>Women 40-49</u>	19:50 Zach Ward	21:42 Thomas Moore
36:58 Christina Bello	25:24 Lori Lacorix	19:58 Ryan Gage	29:02 Lou Bello
37:00 Chantal Lefevre	27:04 Becky Diedrich	27:23 Greg Ward	29:34 Scott Child
40:28 Meredith Kerri	28:10 Wendy Gilwee	27:44 Camden Child	55:53 Kevin McDermott
44:58 Julia Keene	28:11 Kerry Chaffee	54:36 Evan Kerin	<u>Men 50-59</u>
45:28 Brianna Colson	31:14 Sarah Child	55:53 Jake McDermott	28:30 David Ward
50:54 Kelly McDermott	38:52 Michelle Bello	<u>Men 20-29</u>	<u>Men 60-69</u>
51:20 Haley Kerin	<u>Women 50-59</u>	20:48 Findley Walsh	30:03 Rodger Cranse
<u>Women 20-29</u>	27:04 Donna Smyers	<u>Men 30-39</u>	<u>Men 70+</u>
27:53 Sandra Moulton	47:54 Debbie Fontes	17:20 Peter Maksinow	31:51 Bob Mercier
27:53 Timiny Berstrom		20:28 Adam French	32:23 Gerry Carlson



Kids Track Meet, Montpelier Montpelier High School Track FREE. For kids pre-school through 6th grade.

Cloudy skies did not deter the largest number of central Vermont youth in several years from participating in CVR's Kids' Track Meet on June 6. 90 kids, accompanied by their parents, enjoyed the day's activities. Running events included the 400 meter run, half-mile run, mile run and the ever popular 100 meter finale. Field events were the long jump and softball throw. Many kids participated in the maximum five events for their respective age and gender groups. Smiles all-around indicated that kids, parents and volunteers enjoyed this 13th annual meet.

Many thanks to the following volunteers: Maureen Carr, Dick and Ann Bushey, Darragh and David Ellerson, Newton Baker, Rebecca and Jon Copans, Phyllis Arsenault-Berry, Michael Chernick, Wilson Skinner, Chris Andresen, Bob Mercier, Katie McKinstry, Dave Kissner.

Tim Noonan and Norm Robinson, Meet Coordinators

Several CVR members helped Onion River Sports and the Montpelier Rotary put on the 4th Annual Montpelier Mile. There were 79 finishers including many CVR members and their kids. This is the first year that the Montpelier Mile counts as part of the CVR/ORS race series.

Donna Smyers

www.cvrrunners.org



CVR Capital City Stampede 10K
 2009 CVR/ORS Race Series Race #2
 USATF Certified. Registration No. USATF #VT07003RF
 Montpelier, VT 06/13/2009

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

FEMALE AGE GROUP 01 - 19

1	65 Sam Martell	18 Georgia	VT	48:56
2	69 Fiona McEnany	13 Franconia	NH	50:05
3	120 Isabelle Chickanosky	09 Huntington	VT	1:07:13

Record 38:56 by Caitlin Compton in 1999

MALE AGE GROUP 01 - 19

1	46 Jacques Moreau	12 Golden	CO	46:19
2	80 Evan Smith	15 Remsen	NY	51:41

Record 32:37 by Brent Coon in 1985

FEMALE AGE GROUP 20 - 29

1	28 Liz Longworth	25 Waitsfield	VT	43:05
2	38 Sarah London	29 Montpelier	VT	44:57
3	44 Lauren Abendroth	25 Moretown	VT	45:38
4	53 Leah MacCarthy	27 Burlington	VT	47:06
5	63 Helen Smith	23 Winooski	VT	48:46
6	87 Jessica Scherer	22 So. Burlington	VT	54:54
7	94 Miranda Harsha	28 Winooski	VT	56:29
8	100 Krista Pettrey	23 Kittery	ME	59:50
9	102 Connie Bary	26 Ellicott	MD	59:52
10	104 Hillary Spence	26 Milton	VT	1:00:05
11	105 Sarah Willard	25 Montpelier	VT	1:00:05
12	109 Carrie Ames	22 So. Burlington	VT	1:01:22
13	112 Ashley Calkins	25 Middlebury	VT	1:02:08
14	113 Mary E. Mendoza	25 Middlebury	VT	1:02:08
15	115 Marcy Schneider	28 Barre	VT	1:03:18
16	117 Kate Nadeau	29 Williston	VT	1:04:26
17	127 Angela Davis	29 So. Reading	VT	1:24:35
18	128 Ashley Gallo	22 Burlington	VT	1:51:38

Record 35:28 by Lea Hayer in 1983

MALE AGE GROUP 20 - 29

1	1 Teage! O'Connor	25 Burlington	VT	34:40
2	2 Andrew Fritz	27 Winooski	VT	35:32
3	4 Nathan Fields	28 Winooski	VT	36:15
4	6 Nate Brooks	23 Essex	VT	37:32
5	40 Findlay Walsh	24 Middleton	CT	45:15
6	47 Brian Kelly	24 Waterbury	VT	46:25
7	60 Jonathan Pence	26 Burlington	VT	48:15
8	61 Olliver Hackerson	22 Montpelier	VT	48:21
9	88 Kyle Reardon	22 So. Burlington	VT	55:01
10	103 Adam Longworth	28 Northfield	VT	59:53

Record 30:26 by Eric Morse in 1993

FEMALE AGE GROUP 30 - 39

1	30 Jessica Bolduc	33 So. Burlington	VT	43:47
2	36 Jane Osmond	34 Strykersville	NY	44:50
3	67 Jen Lyon-Home	37 So. Hero	VT	49:50
4	72 Kristin Lundy	39 Colchester	VT	50:27
5	75 Nora Duane	30 East Montpelier	VT	51:05
6	84 Amanda Voyer	32 Essex Jct.	VT	53:17
7	85 Abby Fish	32 Waterbury	VT	53:27
8	86 Meg Allison	36 Moretown	VT	53:29



9	89 Nicole Moran	30 Barre	VT	55:04
10	91 Sherry Ricker	38 Burlington	VT	55:20
11	97 Tanya Noyes	37 So. Burlington	VT	58:27
12	107 Emily Allaire	30 Barre	VT	1:00:21
13	108 Kira Krier-Whalen	34 Waterbury	VT	1:01:06
14	118 Monica Boyd	33 Northfield Falls	VT	1:04:52
15	119 Jeanne Chickanosky	36 Huntington	VT	1:07:13
16	122 Ariane Kissam	33 Burlington	VT	1:10:28
17	123 Leslie Wisdom	38 Braintree	VT	1:11:15
18	126 Kelly Stearns	37 Baltimore	VT	1:24:34

Record 36:43 by Gina Sperry in 1991

MALE AGE GROUP 30 - 39

1	3 Peter Maksimow	30 East Montpelier	VT	35:59
2	8 Scott Atkins	38 Stowe	VT	37:39
3	9 Todd Archambault	34 Essex Jct	VT	38:30
4	10 Eric Darling	36 Shelburne	VT	38:34
5	12 Rob McDougall	34 So. Burlington	VT	39:19
6	13 PJ Telep	38 Waitsfield	VT	39:28
7	14 Travis Voyer	31 Essex Jct.	VT	39:53
8	16 Andes Tripp	39 Montpelier	VT	40:36
9	19 Matt Dall	30 Colchester	VT	40:48
10	21 John Wulff	33 Waterbury	VT	40:55
11	22 Peter Hirschfeld	31 Montpelier	VT	41:36
12	32 Mike Bessette	39 St. Albans	VT	44:31
13	34 Adam French	30 Berlin	VT	44:44
14	45 Ken Mello	39 Williston	VT	46:06
15	50 Christopher Grantz	32 Barre	VT	46:50
16	54 Jason Fielder	38 East Calais	VT	47:11
17	71 Joel Ernstof	35 Waterbury Ctr.	VT	50:14
18	81 David Cameron	38 Barre	VT	51:42
19	95 Jason Boyd	36 Northfield Falls	VT	56:32
20	116 Dan Schneider	31 Barre	VT	1:03:18

Record 30:50 by Eric Morse in 1995

FEMALE AGE GROUP 40 - 49

1	27 Kristin Moreau	42 Golden	CO	42:49
2	42 Julia Lewis	42 Burlington	VT	45:36
3	52 Sandy Colvin	41 Montpelier	VT	47:02
4	56 Sarah Pribram	41 Shelburne	VT	47:27
5	73 Kelly Wilson	41 Charlotte	VT	50:27
6	77 Ellie Bouffard	48 Colchester	VT	51:18
7	98 Whitney Machnik	46 Middlesex	VT	58:39
8	101 Angie Richardson	41 Waitsfield	VT	59:50

Record 38:29 by Sue Barber in 1997

MALE AGE GROUP 40 - 49

1	5 Michael Early	45 Huntington	VT	37:11
2	11 Hugh Pritchard	41 Montpelier	VT	38:56
3	15 Dennis Contois	47 Lawrenceville	NJ	39:54
4	17 Jon Williamson	43 Montpelier	VT	40:39
5	18 Paul Moreau	43 Golden	CO	40:48
6	23 Kristian Omland	41 Jericho	VT	41:43
7	26 Thomas Rogers	42 Winooski	VT	42:44
8	29 Mack Gardner-Morse	48 Calais	VT	43:09
9	31 Scott Nichols	43 Essex	VT	44:28
10	33 Dave Hammond	49 Huntington	VT	44:38
11	35 Greg Jackson	48 Barre	VT	44:47
12	37 Jeffrey Prescott	45 Charlotte	NC	44:56
13	48 Michael Kennedy	41 So. Burlington	VT	46:47
14	51 Andy Shuford	49 Concord	NC	46:58



15	90 Gary S. White	44 Derby	VT	55:19
16	111 John W. Paterson	44 Barre	VT	1:01:42

Record 34:00 by Randy Sightler in 2001

FEMALE AGE GROUP 50 - 59

1	57 Nina C. Aitken	54 Waterbury	VT	47:29
2	62 Leslie Crawford	55 Burlington	VT	48:38
3	64 Carlie Krolick	54 Charlotte	VT	48:47
4	74 Ruth Blauwikel	55 Colchester	VT	50:28
5	79 Ginger Lambert	55 Middlebury	VT	51:36

Record 41:41 by Moira Durmin in 2001

MALE AGE GROUP 50 - 59

1	7 Jack Pilla	51 Charlotte	VT	37:33
2	24 Ken Scharz	55 So. Burlington	VT	42:01
3	25 Chris Andresen	53 Montpelier	VT	42:19
4	39 Jamie Shanley	56 Montpelier	VT	45:06
5	43 James Palmer	54 Williston	VT	45:38
6	55 Dave Fields	54 Underhill	VT	47:23
7	58 Michael Gordon	52 Essex Jct.	VT	48:03
8	59 Bob Sayers	55 Huntington	VT	48:06
9	66 Lary Martell	52 Georgia	VT	48:59
10	70 Steve Smith	51 Remsen	NY	50:06
11	76 Rick DeAngelis	53 Montpelier	VT	51:12
12	83 Thomas Hogeboom	58 Hardwick	VT	53:11
13	92 Michael Chernick	55 Montpelier	VT	55:50
14	93 Dave Stacy	54 Kettering	OH	56:12
15	110 Buddy Longworth	59 Northfield Falls	VT	1:01:22

Record 34:44 by Doug MacGregor in 1990

FEMALE AGE GROUP 60 - 69

1	124 Betty Rose	61 Montpelier	VT	1:14:34
2	125 Beth Gambler	65 Montpelier	VT	1:16:13

Record 46:38 by Patty Foltz in 2008

MALE AGE GROUP 60 - 69

1	20 Chuck Arnold	62 Burlington	VT	40:50
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NEW RECORD. Old record 41:05 by Chuck Arnold in 2007

2	41 Richard Boisseau	62 St. Johnsbury Ctr.	VT	45:30
3	68 Clifford Cary	67 Lebanon	NH	49:53
4	78 Michael Shover	60 Bradford	VT	51:23
5	82 Robert Searles	60 Wolcott	VT	52:38
6	99 Bob Howe	62 Barre	VT	59:42
7	106 Dick Ferno	65 Williamstown	VT	1:00:07
8	114 Roger Cranse	68 Montpelier	VT	1:02:41

FEMALE AGE GROUP 70 - 99

MALE AGE GROUP 70 - 99

1	96 Phillip Howard	71 Burlington	VT	57:27
2	121 Gerow M. Carlson	77 Middlesex	VT	1:07:24

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



INDIANAPOLIS OR BUST! By Dick Ferno

Sandra and I went out to Indianapolis, Indiana for the largest half marathon in the United States. The race was held on May 2nd, and there were 35,000 registered for walking or running. It was a fantastic race, a very flat course, with a band every mile plus cheerleading groups! The only hill on the course was when you entered the Indy 500 race track that was THE most exciting part of the race.

The other interesting thing was that the last ten seconds for the count down to start the race actually came from Kuwait! The military ran a half-marathon at the same time we were.

Rob Power, who announces races all over the U.S. and the world, came from Johnson, VT. We met by happy accident at the pasta dinner Friday night before the race. Over all the race was well organized, and they have started to use a new chip that is made of paper that you get to keep.

It took me 29 minutes and 38 seconds to cross the start line after the fun went off. The last person running or walking crossed the start line as the first runner crossed the finish line.

Now some statistics:

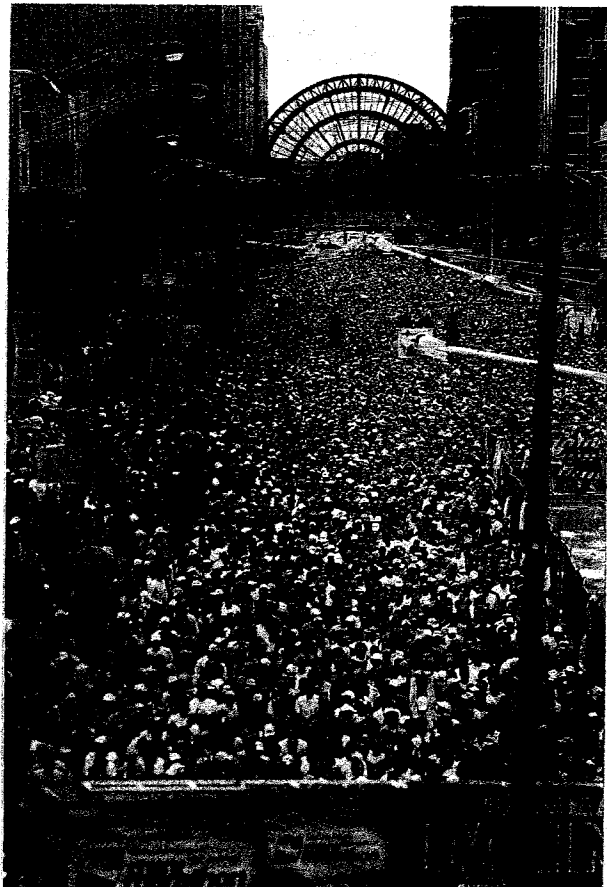
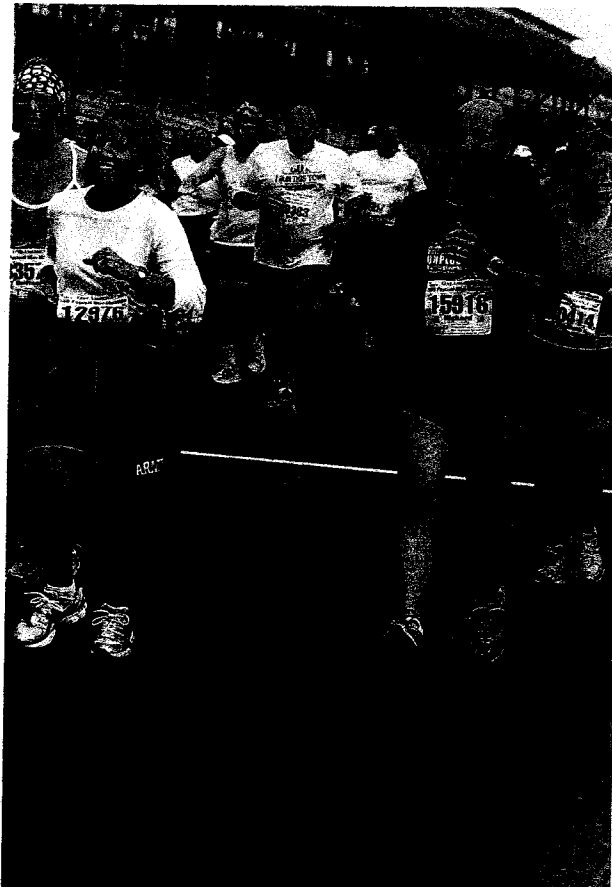
35,000 signed up, 30,248 finished
15,883 were females
14,365 were males
2.28.07 was the average time

My personal stats:

Overall: 16,399 out of 30,248
Division: 68 out of 209
Gender: 9881 out of 14,367
Time: 2.22.30
Pace: 10.53
Gun Time: 2.51.47

Everyone who finished received a medal and the post-race festivities were great!

[Note: Runners come from across the country and around the world to participate in the The OneAmerica Indianapolis 500 Festival Mini-Marathon, the largest half-marathon in the United States and the fifth largest running event in America. The Mini-Marathon was recognized in *Runner's World* as one of "A Half-Dozen Hot Halfs" in the world, based on runners' experiences.]





Smuttnose Half-Marathon and Rockfest

<http://www.locorunning.com/hamptonhalf-home.html>

Welcoming Runners and Walkers ~ This race welcomes walkers and runners of all abilities from all over the country. We expect over 1,200 runners to celebrate their fitness on this most scenic of courses.

~ **Date:** Sunday October 4th 2009 ~ **Time:** 9am Walkers - 10am Runners ~

~ **Location:** Hampton Beach, NH ~ **Packet Pickup:** Same day (Oct 4th) 7.30am-9.30am the start area.~

**The 2009 Harvard Pilgrim
Maine Coast Half Marathon**

<http://www.locorunning.com/mainecoasthalf.html>

Sunday November 8th - 11am - York, Maine

Start: 10am Walkers

Start: 11am Runners

Significant Other 5K - Sunday November 8th

Moms In Motion is a ...

Global Social Network connecting Moms through Fitness. We help moms meet other moms with similar interests and fitness goals. When you become a member of Moms In Motion, you may join a local team in your community or a virtual team online. Or, you may start your own new team and invite your friends to sign up too! Teams make it easy for you to connect with others just like you and provide the camaraderie and support you need to reach all your fitness goals!

6734 members, 234 cities, 51 states, 6 countries

www.momsinmotion.com



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

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

www.coolrunning.com

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

www.cvrrunners.org

35th Annual CVR Paul Mailman Montpelier 10 Miler
Montpelier, VT June 28, 2009

***** MENS' OPEN RESULTS *****

Place	Div/Tot	Name	Age	S City	St Time
1	1/6	LANE THORNTON	20	M RICHMOND	VT 59:14
2	1/13	COLIN WILKINSON	42	M KINGSTON	ON 1:00:44
3	1/12	JON COPANS	35	M MONTPELIER	VT 1:00:53
4	2/13	TOM THURSTON	45	M WATERBURY	VT 1:01:34
5	2/8	RYAN KERRIGAN	34	M MORETOWN	VT 1:03:10
6	2/12	PJ TELEP	38	M WAITSFIELD	VT 1:04:38
7	3/13	JAMES LEICHTER	43	M LAKE ELMORE	VT 1:06:17
8	3/12	JON FLOYD	36	M WATERBURY CENTE	VT 1:06:21
9	4/12	ROB MCDUGGALL	34	M SO. BURLINGTON	VT 1:06:24
10	5/12	RICK BARNETT	37	M MORRISVILLE	VT 1:06:28
11	6/12	KEVIN DOWLING	33	M ESSEX JCT	VT 1:06:31
12	3/6	MATT ALEXANDER	22	M RICHMOND	VT 1:06:55
13	7/12	ANDREW TRIPP	39	M MONTPELIER	VT 1:07:16
14	1/11	CHUCK ARNOLD	62	M BURLINGTON	VT 1:07:43
15	8/12	CRAIG MANNING	34	M MEDFORD	MA 1:08:16

***** WOMENS' OPEN RESULTS *****

Place	Div/Tot	Name	Age	S City	St Time
1	1/12	MEGAN VALENTINE	30	F JERICHO	VT 1:07:17
2	2/12	KATHY PROVENCHE	39	F WATERBURY CTR.	VT 1:08:29
3	1/11	ANJA JOKELA	25	F BURLINGTON	VT 1:08:46
4	3/12	SARAH LONDON	30	F MONTPELIER	VT 1:15:20
5	1/8	JANET LABUC	58	F VOUDREUIL DARTO	QU 1:16:02
6	1/12	KARIN GEORGE	44	F FLORENCE	VT 1:16:23
7	2/12	RONDA DAVIS	42	F POTSDAM	NY 1:17:48
8	2/8	NINA AITKIN	54	F WATERBURY CENTE	VT 1:20:58
9	1/1	KATHERINE BASCOM	16	F SO. ROYALTON	VT 1:21:05
10	3/12	DEBBIE WEINER	48	F MONTREAL	QU 1:21:31
11	3/8	CHARLIE KROLICK	54	F CHARLOTTE	VT 1:21:33
12	2/11	MERIEL DARZEN	26	F CONCORD	MA 1:22:04
13	3/11	HELEN SMITH	23	F WINDOOSKI	VT 1:22:28
14	4/8	CATHY MARTELL	51	F ST. ALBANS	VT 1:22:38
15	4/12	BORJANA MIKIC	39	F NORTHAMPTON	MA 1:22:42

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

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FEMALE AGE GROUP 0 - 19

Place	O'All Name	Age	City	St Time
1	40 KATHERINE BASCOM	16	SO. ROYALTON	VT 1:21:05

Record 57:53 by Tara Chaplin in 1998

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MALE AGE GROUP 0 - 19

Place	O'All Name	Age	City	St Time
1	1 LANE THORNTON	20	M RICHMOND	VT 59:14

Record 55:18 by Francis Burdett in 1982

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FEMALE AGE GROUP 40 - 49

Place	O'All Name	Age	City	St Time
1	34 KARIN GEORGE	44	FLORENCE	VT 1:16:23
2	36 RONDA DAVIS	42	POTSDAM	NY 1:17:48
3	41 DEBBIE WEINER	48	MONTREAL	QU 1:21:31
4	50 JEAN HBSE	42	JERICHO	VT 1:23:21
5	51 JUNE GOLATO	47	GRAND ISLE	VT 1:23:26
6	53 ELLIE BOUFFARD	48	COLCHESTER	VT 1:24:07
7	64 PAMELA SUE LOWE	45	WATERBURY	VT 1:28:09
8	71 BECKY DIEDRICH	45	BERLIN	VT 1:30:45
9	72 ANGIE RICHARDSON	41	WAITSFIELD	VT 1:32:09
10	79 LIZA GENOVESE	40	MARBLEHEAD	MA 1:36:20
11	82 DARA TORRE	42	MORETOWN	VT 1:37:09
12	93 DENISE RICKER	43	MONTPELIER	VT 1:48:31

Record 1:03:09 by Moira Durbin in 1991

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MALE AGE GROUP 40 - 49

Place	O'All Name	Age	City	St Time
1	2 COLIN WILKINSON	42	KINGSTON	ON 1:00:44
2	4 TOM THURSTON	45	WATERBURY	VT 1:01:34
3	7 JAMES LEICHTER	43	LAKE ELMORE	VT 1:06:17
4	20 LENNIE DAVIS	48	POTSDAM	NY 1:09:49
5	23 THOMAS ROGERS	42	WINDOOSKI	VT 1:11:06
6	25 MACK GARDNER-MORSE	48	CALAIS	VT 1:11:29
7	27 KEVIN SHANLEY	43	TACOMA	MA 1:12:11
8	28 DONALD SINGER	47	BARRE	VT 1:13:41
9	31 MARK STYDDEAR	49	HINESBURG	VT 1:14:58
10	45 STEVE O'DONNELL	46	WALTHAM	MA 1:22:08
11	65 KEVIN BRACEY	46	MORRISVILLE	VT 1:28:09
12	80 TUCKER HOLLAND	42	SO. BURLINGTON	VT 1:36:31
13	83 MARK BATES	47	MONTPELIER	VT 1:38:15

Record 55:29 by Jim Miller in 1999

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FEMALE AGE GROUP 50 - 59

Place	O'All Name	Age	City	St Time
1	33 JANET LABUC	58	VOUDREUIL DARTON	QU 1:16:02
2	39 NINA AITKIN	54	WATERBURY CENTER	VT 1:20:58
3	42 CHARLIE KROLICK	54	CHARLOTTE	VT 1:21:33
4	47 CATHY MARTELL	51	ST. ALBANS	VT 1:22:38
5	56 RUTH BLAUWICKEL	55	COLCHESTER	VT 1:24:51
6	58 LINDA HALLINGER	56	WASHINGTON	VT 1:25:00
7	59 HOLLY RAINVILLE	50	WEST BOLTON	VT 1:25:41
8	97 CYNDY CROSS	52	BARRE	VT 1:54:53

Record 1:12:24 by Phyllis Heaton in 1983

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MALE AGE GROUP 50 - 59

Place	O'All Name	Age	City	St Time
1	17 CHRIS ANDRESEN	53	MONTPELIER	VT 1:08:24
2	21 GORDON HORNER	52	UNDERHILL	VT 1:10:48
3	24 TIM MOONAN	53	MONTPELIER	VT 1:11:19
4	29 TIM HENRY	50	MONTPELIER	VT 1:13:58
5	40 CHARLIE WINDISCH	55	ESSEX JCT.	VT 1:14:10
6	35 STEVE CAMM	58	VERGREENS	VT 1:17:32
7	38 BOB SAYERS	55	HUNTINGTON	VT 1:20:54
8	43 FORRESTER LEMOINE	54	SHELBURNE	VT 1:22:01

FEMALE AGE GROUP 20 - 29

Place	O'All Name	Age	City	St Time
1	19 ANJA JOKELA	25	BURLINGTON	VT 1:08:46
2	44 MERIEL DARZEN	26	CONCORD	MA 1:22:04
3	46 HELEN SMITH	23	WINDOOSKI	VT 1:22:28
4	52 MOLLY BARTLETT	22	JERICHO	VT 1:23:43
5	70 KRISTIN COOK	28	WILLISTON	VT 1:30:27
6	73 LIZ LONGWORTH	25	WAITSFIELD	VT 1:32:10
7	85 GRETCHEN BENAID	28	E HARDWICK	VT 1:39:29
8	87 ALICIA MATSON	27	HINESBURG	VT 1:43:03
9	88 ROSEANNE DUPREY	29	MONTPELIER	VT 1:43:06
10	91 LISA BENJAMIN	24	SO. BURLINGTON	VT 1:46:53
11	96 HEDDA PETERSON	21	WORCESTER	VT 1:53:55

Record 1:00:03 by Ann Peisch in 1982

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MALE AGE GROUP 20 - 29

Place	O'All Name	Age	City	St Time
1	1 LANE THORNTON	20	RICHMOND	VT 59:14
2	5 RYAN KERRIGAN	24	MORSTOWN	VT 1:03:10
3	12 MATT ALEXANDER	22	RICHMOND	VT 1:06:55
4	22 AARON CAMM	21	VERGREENS	VT 1:10:50
5	54 OLLIVER HACKERSON	22	MONTPELIER	VT 1:24:17
6	86 BEBBIE ANDERSON	24	BURLINGTON	VT 1:42:32

Record 58:09 by Jim Miller in 1982

FEMALE AGE GROUP 30 - 39

Place	O'All Name	Age	City	St Time
1	14 MEGAN VALENTINE	30	JERICHO	VT 1:07:17
2	18 KATHY PROVENCHE	39	WATERBURY CTR.	VT 1:08:29
3	32 SARAH LONDON	30	MONTPELIER	VT 1:15:20
4	48 BORJANA MIKIC	39	NORTHAMPTON	MA 1:22:42
5	55 MOLLIE MORIARTY	32	WAITSFIELD	VT 1:24:43
6	57 THAO NGUYEN	33	WILLISTON	VT 1:24:53
7	67 AMALIESE BAUNER	32	JERICHO	VT 1:28:54
8	69 ABBY FISH	32	WATERBURY	VT 1:29:25
9	78 JESSE PHILLIPS	30	MARREN	VT 1:35:14
10	81 MICHELLE CHASE	39	GRAND ISLE	VT 1:37:09
11	84 AMY GIULIANI	37	ESSEX	VT 1:38:27
12	89 JEN REED	39	NEW YORK	NY 1:45:17

Record 55:58 by Leatrice Sikora Hayer in 1988

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MALE AGE GROUP 30 - 39

Place	O'All Name	Age	City	St Time
1	3 JON COPANS	35	MONTPELIER	VT 1:00:53
2	6 PJ TELEP	38	WAITSFIELD	VT 1:04:38
3	8 JON FLOYD	36	WATERBURY CENTER	VT 1:06:21
4	9 ROB MCDUGGALL	34	SO. BURLINGTON	VT 1:06:24
5	10 RICK BARNETT	37	MORRISVILLE	VT 1:06:28
6	11 KEVIN DOWLING	33	ESSEX JCT	VT 1:06:31
7	13 ANDREW TRIPP	39	MONTPELIER	VT 1:07:16
8	16 CRAIG MANNING	34	MEDFORD	MA 1:08:16
9	26 ANDREW CORSELLIA	37	RIDGEFIELD	CT 1:11:48
10	61 JESSE DUPREY	33	MONTPELIER	VT 1:27:06
11	62 HERB HATCH	35	BALSTON SPA	NY 1:27:15
12	76 CHRIS GIOIELLA	39	NEW YORK	NY 1:45:28

Record 51:00 by Keith Woodward in 1982

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FEMALE AGE GROUP 60 - 69

Place	O'All Name	Age	City	St Time
9	60 RICK DEANGELIS	53	METUEN	MA 1:26:22
10	90 BUDDY LONGWORTH	59	NORTHFIELD FALLS	VT 1:45:29

Record 56:53 by Doug MacGregor in 1991

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FEMALE AGE GROUP 60 - 69

Place	O'All Name	Age	City	St Time
1	94 PATRICIA BENAUD	60	NORTH FAUSTON	VT 1:49:40

Record 1:29:38 by Sylvia Weiner in 1997

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MALE AGE GROUP 60 - 69

Place	O'All Name	Age	City	St Time
1	15 CHUCK ARNOLD	62	BURLINGTON	VT 1:07:43
2	37 AL DEWELLE	60	FAIRFAX	VT 1:18:54
3	49 HERBELL PETRELLE	61	FAIRFAX	VT 1:23:15
4	63 MICHAEL SHOVER	60	BRADFORD	VT 1:27:48
5	66 ROBERT BEARLES	60	WOLCOTT	VT 1:28:48
6	68 CLAYTON CHOY	61	BURLINGTON	VT 1:28:56
7	74 GREGORY MILLER	62	HINESBURG	VT 1:32:44
8	75 RICHARD SHANLEY	66	MORRISVILLE	VT 1:33:48
9	77 HERBIE BAKER	67	MONTPELIER	VT 1:34:46
10	82 FREDERICK STEEN	65	SHELBURNE	VT 1:47:48
11	85 JIM YOUNG	62	BURLINGTON	VT 1:50:44

Record 1:07:18 by Hugh Short in 1982

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FEMALE AGE GROUP 70 - 99

Place	O'All Name	Age	City	St Time
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MALE AGE GROUP 70 - 99

Place	O'All Name	Age	City	St Time
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Bear Swamp Run
July 11, 2009

Overall Male Winner: Marc Gilbertson - 34:10
Overall Female Winner: Priscilla Nelson - 37:52
Total Finishers: 52

RESULTS

Overall Place	Place in Age Group	Name	Time
Female 0-19			
33	1	Kelece Bean	52:39
51	2	Damille Stevens	85:38
Male 0-19			
4	1	Joseph Kill	36:53
15	2	Max Hermanson	43:46
18	3	Matthew Kill	45:03
32	4	Evan Kilburn	51:20
Female 20-29			
47	1	Sara Erickson	67:20
Male 20-29			
14	1	Oliver Hackerson	42:36
16	2	Dustin Lackey	44:02
Female 30-39			
6	1	Priscilla Nelson	37:52
7	2	Megan Valentine	38:10
52	3	Shelie Stevens	85:39
Male 30-39			
3	1	Mike White	36:37
25	2	Nate Nelson	47:44
30	3	Mark Scott	50:45
Female 40-49			
20	1	Kim Lier	45:41
31	2	Becky Diedrich	51:04
38	3	Laury Salligman	56:56
Male 40-49			
1	1	Marc Gilbertson	34:10
2	2	Tom Jermyrn	35:52
8	3	Jack Harris	39:58
12	4	Andy Shuford	42:19
19	5	Theo Kennedy	45:36
39	6	Adam Rosen	57:00

Bear Swamp Run
July 11, 2009
(Results Continued)

Overall Place	Place in Age Group	Name	Time
Female 50-59			
22	1	Ann Bushey	46:18
34	2	Amy Brassard	54:42
37	3	Margrethe Mentes	56:51
40	4	Candace Dane	57:29
41	5	Rose Bergeron	57:35
42	6	Jane Provost	59:23
Male 50-59			
5	1	Bob Emmons	37:15
9	2	Chris Andresen	40:09
10	3	Tim Noonan	40:47
11	4	Bill Dysart	42:16
13	5	Bruce Gould	42:23
17	6	Bill Holland	44:38
26	7	Dave Erickson	48:20
27	8	Tim Hogeboom	48:52
44	9	Bob Provost	60:18
Female 60-69			
48	1	Judith Craig	68:50
Male 60-69			
21	1	Tom Foltz	45:43
23	2	Bob Murphy	46:19
24	3	Dick Thompson	47:33
29	4	Sigh Searles	50:35
35	5	Greg Wight	54:43
36	6	Keith Fortier	56:10
43	7	Roger Cranse	59:37
45	8	Werner Zehetner	62:50
Female 70+			
49	1	Betty Lacharite	72:32
Male 70+			
28	1	Gerald Barney	50:21
46	2	Gerry Carlson	63:57
50	3	Don Lacharite	72:32

Many thanks to the following volunteers: Dick Bushey, Brynn Bushey, Brian Bushey, Maureen Carr, Richard Cleveland, Sandy Colvin, Sue Emmons, Anya Kennedy, Ed McSweeney, Bob Mercier, Theresa Noonan.

Tim Noonan, Race Director

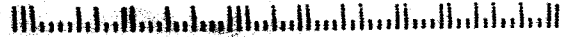


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Secretary: Sandy Colvin
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Publicity: Vacant
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SUMMER 2009

NEXT CVR MEETING:

Thursday
August 13, 2009
6:00/6:30 P.M.
Potluck and Meeting
DETAILS INSIDE