



CENTRAL VERMONT RUNNERS NEWSLETTER

Andrea's Notes

Hi All,

I hope you all had a wonderful summer and running season. Actually I really enjoy running this time of year the best. I enjoy feeling the crisp air on my face when I first go out and watching the season change from fall to - "stick season". I also take pleasure in running the trails now that all the vegetation is at its end before enduring the long winter making the trails are easy to run. However, I do keep in mind I am sharing the woods with the hunters . . . including my husband!

I would like to personally thank all of you who organized races, volunteered, were spectators and runners this past spring and summer. As a club we should be proud of how many races we provide Central Vermont with, and as always the culminating event, Leaf Peepers, was once again a great success! We all have busy lives and giving a morning, afternoon to the club benefits so many people. What a great accomplishment for any group of people. Thank you again!

Now that the 2009 season is behind us, we need to begin looking forward to the 2010 season. To get us all going and thinking about the coming year, and our plan for our upcoming volunteer dinner we will be having a meeting on Thursday, November 12<sup>th</sup> at 6:00. The location will be at Rowly Brucken's house in Northfield. For directions contact Rowly at [brucken@tds.net](mailto:brucken@tds.net). Our agenda will include: donations, club equipment, volunteer dinner, Leaf Peepers Race report, extending age groups beyond 70 +, update on Capital City Stampede and any other business brought to the table. I look forward to seeing you all.

Don't forget Falling Leaves Series begins November 7<sup>th</sup>!

Enjoy the cool running.

Andrea

I can be reached at my home number 476-4417 or by e-mail at [ajvtskier@msn.com](mailto:ajvtskier@msn.com).

**Next Meeting: Thursday, November 12, 6 Potluck/6:20 pm**

I also want to remind you of the next CVR meeting. It will be Thursday, Nov. 12th at 6:00 pot luck, 6:20 meeting. It will be at Rowly Brucken's home at 3318 Stony Brook Rd., Northfield VT. For directions call 485-6595 or e-mail [brucken@tds.net](mailto:brucken@tds.net).

**IMPORTANT NOTICE:**

**EACH MEMBER NEWSLETTER HAS A BAR CODE ON IT. SAVE THE PAGE FOR YOUR LENNY'S DISCOUNT!** This barcode sticker that says CV Runners is required to get your 10% discount at Lenny's. Please save it and bring it to Lenny's if you plan to buy running shoes there. This is a new procedure at Lenny's to help them keep track of the various organizations that they give discounts to. In the future Donna will try to get the stickers on the CVR card as she sends them out.



## 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

**Central Vermont Runners Meeting**

August 13, 2009

**CVR Meeting August 13<sup>th</sup>, 2009 Secretary Meeting Notes**

13 People in attendance

**Joined by Kate Kerrigan American Cancer Society**

She manages the endurance events, running, biking, and swimming in Vermont. She is responsible for raising resources, funds. Wants to learn more about CVR and share with us what they do.

They have partnered with Race Vermont and are having an Olympic Triathlon being held on September 13<sup>th</sup> in Burlington. Partner with VCM looking for a team of 40-50 people to run for the Society, raise funds and train with Team ACS. Will help coordinate training, long runs etc. Have online training capabilities. Help with Fund Raising. Really wants our help to spread the word on what they are doing. They also will help us get connected with new runners etc. She handed out information for everyone, and will also send further info to Andrea to share with us.

**Old News**

Website has been moved to power shift.

**Race Updates**

**Barre Town Spring Run** - Raised \$240.00 for CV Medical Center Woman's and Children's Clinic.

**Kids Track Meet** - Went well, best turnout in many years. Late afternoon works well.

**Capital City Stampede** - John Valentine gave report. Race went well despite location change. The race started at Onion River Sports and not the Church; conflict with a wedding. The race ended at the Church. Had three problems; police left; few people went off course; not enough volunteers. This was a very challenging event for race director. To continue having the race we need to change the location to start and end at Onion River Sports and the following things to happen: need police support, need port -o-potties. John would like to make these changes, but wants to make sure CVR is in support, and the police will agree and help. There was a lot of discussion. Motion was made to authorize John to proceed with researching changes, and implement if possible. Motion accepted.

**Berlin Pond** - Nancy Rice reported. 76 runners. Race made \$306.96 ; went well. Nancy felt that there were a few items of improvement, but overall went really well.

**Northfield** - Coming up Labor Day weekend. Rowley Brucken reported. He has volunteers and is all set for help. He is taking the race over from Tim Noonan. Discussed making sure everyone knows how to use timers etc. Pre-registration is all set. Rowley raised the question of having the kids' race next year without timing, to encourage younger kids to join the race. There was a lot of discussion; most felt it should remain a race, a competitive event.

**Chase Race** - Ann Bushey is looking for people to donate used sneakers at the race for the Northfield cross country team. Male and Female shoes are needed.

**Leaf Peepers** - The half marathon closed last Sunday 902 registered. 5K still open. Roger needs more volunteers; contact Roger if you are available.

**First Night** - No update.



### Other items for discussion

Need a course certifier. Bob Murphy is retiring from this task that he has done for many years. Anyone willing to take this over, he offers to train and assist to help them learn how to do this. Bob described the exact process. Certification is important so the runners who participate know they have run a certified course. Also we submit the certification to RRCA. The certification is good for 10 years unless there is construction or changes to the course. Donna Smyers and John Valentine agreed to certify the Northfield course for next year, but have not agreed to do all other races. We need a volunteer. Andrea will put out advertisement.

Barre Homecoming Race - The race was cancelled at the last minute. Andrea expressed concern that this can't happen again. Discussion on how to get the commitment of the director and volunteers well in advance and if no response than that is indication that race won't be held. In addition we discussed having a race directors meeting or meetings to go over all the tasks involved, familiarize everyone with the equipment etc. Suggestion for this meeting is February. Andrea will move forward on coordinating this.

Storage Shed - rumor has it that we are missing cones. Roughly 45 cones are missing. Maybe they are at Onion River? Maybe Tim Shea has some or knows where they are? Andrea will put out an e-mail. In the future how do we keep track of the inventory? We need a sign-in; sign-out sheet. In addition we need to take inventory. Andrea will make a sheet and work with others to complete the inventory. Michael Chernick volunteered to do inventory.

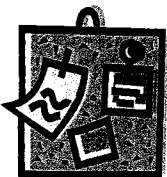
### New News :

Motion to let Donna get clock fixed. Approved.

Sodom Pond Race - September 16<sup>th</sup>. Spaghetti dinner at the Adamant Music School after the race. There were 4-5 returning members, who wanted to be included in ORS race series results. Would the club mind modifying the rules to let these new members participate in the ORS race series. Motion to allow them to participate if John agrees. Approved.

**Next meeting November 12<sup>th</sup> at home of Rowley Brucken 3318 Stony Brook, Northfield.**

Meeting adjourned 8:06 pm



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](mailto: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](mailto: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.

**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](mailto:rcc59@comcast.net).

**November 7, 14, 21 (Saturdays) 9 am**

**Fallen Leaves 5K Series**, Montpelier  
Montpelier High School Track

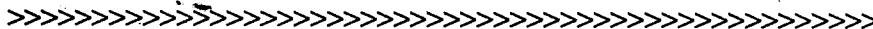
This low-key, three-race series is on a flat and fast 5K race course that begins and finishes on the Montpelier High School track, and incorporates the Montpelier bike path. Contact: Tim Noonan, 802 223-6216.

**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](mailto:sevenshea@gmail.com).

**President's Note:** I also have received a request from the Executive Director of Girls on the Run for coach volunteers. If you are interested or would like to find out more information you can e-mail Nancy Heydinger at [nancy@girlsontherunvermont.org](mailto:nancy@girlsontherunvermont.org).



**Eric Ryea ran two rainy marathons this Fall. He reports that Clarence DeMar in Keene NH late September was a GREAT low key race with a beautiful course. You can even register race morning. Highly Recommended!**

**On the other hand, Baystate in Lowell, MA had a poorly organized finish line, requiring runners to climb the bleachers at the end of the marathon. It was particularly difficult in the 38-degree rain!**

**Eric ran a 4:07m just an hour and 21 minutes slower than his son Justin's 2:46 that day.**



Skirack would like to extend a 10% discount on running shoes and gear to all CVR members. CVR's new discount is effective immediately. We would also like to send you an e-coupon, that we would appreciate you pass onto your members, good for 15% off a pair of running shoes through October 31st. This is our way of saying welcome to Skirack!



**LONE CAPITOL CHIX GOES TO THE BAY**  
**(GREAT BAY HALF - NEWMARKET, NEW HAMPSHIRE SUNDAY APRIL 15, 2009\*)**  
**by Denise Ricker**

(\* Belated posting due to technical difficulties ☺)

Earlier this year one of the Chix saw this race and wanted all of us to go. I signed up, but the others had other things going on. I remembered that April Ward (now April Pratt) just moved to Newmarket and I emailed her about the race. She wrote back saying that she did the race two years ago, but this year she was working at a water stop. However, she lives right across the street from the start and finish lines and invited me to stay at her house the night before the race. How convenient is that?

I drove the Honda down to Newmarket, which took 2 hours and 20 minutes. I parked my car in her driveway and walked across the street to the high school where the Expo and Registration were taking place. April's company had a booth and she was manning it with the help of her daughter Jill. It was great to see them! I then got my race number (312) and on the back of the race bib was an orange strip with my race number and a magnetic strip-like those in library books but shaped differently. This strip had instructions for putting it through your shoelaces as it was the new "chip" and you didn't have to return it after the race-you just discard it. The Expo on this late Saturday afternoon was pretty quiet-so I was able to get some things: a pink short-sleeve tech shirt that says "I run like a girl" for my 3 year old daughter (she loves this shirt and wants to wear it all the time). I got more Loco socks for my husband-I found out they only come in one size. The big purchase was from Aline, who were checking people's foot/leg/knee alignments. This booth was right across from April's and she was busy packing up her booth for the day. I decided to get my alignment checked out. In 3 minutes I spent \$60 on these special insoles (the left one has a 2mm rise in the heel). I hope to write about these in a couple of months-my left shoe wears out after 200 miles-the rubber wears right off of the sole. I think this may take care of the problem. Now I had to get out of there before I spent any more money!!!!

April drove me along the course-lots of little hills and quite scenic. Miles 3-7 were dirt and you actually do see Great Bay around mile 8. A great course to start out the running season-it has a little bit of everything.

That night, dinner of salmon, sweet potatoes, broccoli and spinach was served. I had a few drinks (a Guinness, a Smuttynose-good beer-and a glass of white wine). The race starts at 11 AM-no big deal-and I was just running to enjoy-not how fast I could finish the course. The next morning April asked if I wanted to go to her health club to do the 8:15 Body Pump class (which is a choreographed weight training class using adjustable barbell weights). Of course I said yes; I had time to kill before the race. After a cup of coffee I was off. I used lighter weight and after I was done, well, I was shaking all over. Uh, oh.....

I went back to April's house, got my racing stuff together and walked over to the school to prepare for the race. The half-marathon walkers started at 10AM and at 11:03 AM the 5K and half marathoners were off....

The sun was out but it was windy-23 to 30 mph winds. I had my running skort of black and white on (might as well look good especially since I was taking it easy). The course went through part of the center of town and then into some quiet residential areas. The first water stop was a major traffic jam of people. This was the first time I encountered congestion at the first water stop-of course I remembered that you should keep running and get water at the second water stop-at least the lambs at a nearby field were "baa-ing" us on.

Right after mile 3 the road turns to dirt and gravel and the area was quite wooded and scenic. The race had some good entertainment along the course: bagpiper right before mile 1, a women's barbershop quartet and some folk guitarists. I got to mile 5 which was the second water stop and April had to take my picture-another slowdown as she couldn't get her camera set up as quick as I would have liked.



I kept my easy going pace pretty consistent and I felt very good by the half-way point. At mile 7 the Great Bay was in view on one side of the course. The wind was kicking up at this point and it was a headwind too-this headwind was strong throughout the whole race for me. That made it tough but doable; I got to mile 8 and the road turned back to pavement....

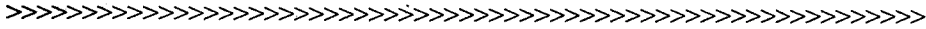
At mile 9, the belly dancers were shaking their stuff. At this point of the race the speedy runners were passing by (around mile 11) in the opposite direction. Miles 9-11 went through a very nice, semi-treeless neighborhood. At mile 10 I was thinking about getting a six pack of that Smuttynose beer I had the night before. That beautiful thought quickly vanished as a powerful headwind made me look like I was running in place. To make matters worse, there was a guy in a Speedo wearing running shoes and an IPOD jogging in place facing the opposite direction, like he was looking for someone. I don't think he was part of the race-he had no race number (actually there was no place to put it on him) and he was no Michael Phelps. The next 1/2 mile wasn't pleasant with that wind and Speedo showing a little too much skin....

I got by mile 11 and there were a few teenagers playing guitars and drums at the edge of their driveway-they were jamming away and the music was amplified. They were surprisingly talented. I would have preferred them where Speedo was located-I needed that push at that point. Now my toes were burning-bad. I got to mile 12 and the pain was very uncomfortable. There was a water stop and at that point I slowed my pace. After a few minutes of fast walking and knowing the end was near, I picked the pace up and tried to take my mind off the pain. April was in front of her house waiting to see me pass by (she said I went too fast and she had to fumble for the camera). The people were on either side of the road and the finish was in sight. Yes-I crossed the finish line and I got my medal and I took off my sneakers-no blisters! The toes thanked me....

Remember what I wore-the black and white skort-well I did not notice anyone else wearing a running skirt-and there were at least 1300 people running in this race. During the time I was out there I had about ten people complement me on the skirt. One girl around mile 8 with the pink hat said that she wanted to see me at the finish to find out where I got that skirt. As I was checking out what was left of food options (they ran out of salad but had plenty of pita bread and pizza) there was the girl in the pink hat. She never heard of Athleta. I didn't tell her that it wasn't a true running skort-it wasn't a tennis skirt either. I just got it because I liked it.....

I was walking back to April's house and April came running to me and said she got a couple of pictures of me. She asked how I felt, despite the toes (and they were fine as soon as I took the shoes off-no I did not wear the insoles that I purchased the day before) I felt the best ever after running 13.1 miles. Perhaps it was the slow pace (you'll have to look it up to find out what it was on the race's website). Maybe it was the alcohol the night before because that Smuttynose went down real smooth. Or that caffeine kick with that cup of coffee a few hours before (which I never drink coffee unless there is Bailey Irish Cream to put into it). Who knows, I had a great time. I loved the course and every aspect of the race-from registration to pre- and post-race activities. The only thing I wished were different is if they had Michael Phelps in place of Speedo-I think I could have improved my time by about 10 minutes.....

I'll be back next year to visit the Great Bay!



**CVR/ORS RACE SERIES STANDINGS**

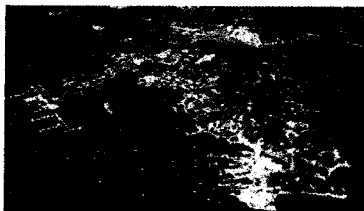
THE STANDINGS FOR THE CVR/ORS RACE SERIES HAVE BEEN POSTED ON THE CVR WEB SITE, AND ARE INCLUDED IN THIS NEWSLETTER, TOO. THE STANDINGS INCLUDE THE RESULTS OF ALL THE RACES IN THE SERIES. THE VOLUNTEER STATUS FOR RUNNERS IN THE SERIES, HOWEVER, IS NOT FINAL. YOU ARE REQUIRED TO VOLUNTEER AT A CVR RACE DURING THE YEAR TO BE ELIGIBLE FOR THE FINAL RACE SERIES STANDINGS. IF YOU HAVE VOLUNTEERED AT A CVR RACE THIS SEASON AND THERE IS NOT AN "X" NEXT TO YOUR NAME IN THE VOLUNTEER COLUMN, PLEASE CONTACT JOHN HACKNEY (223-2162 OR [JHACKNEY67@GMAIL.COM](mailto:JHACKNEY67@GMAIL.COM)) OR THE RACE DIRECTOR OF THE RACE AT WHICH YOU WORKED.

THERE IS STILL TIME TO VOLUNTEER AT A RACE THIS SEASON. YOU CAN VOLUNTEER AT ONE OF THE FALLEN LEAVES SERIES OF THREE RACES IN NOVEMBER.





Name	Vol.	First Night 5k	Stampede 10k	Paul Mailmain 10 mi.	July 3rd Mile	Bear Swamp 5.7mi.	Berlin Pond 5 mi.	Northfield 5k	Archie Post 5 mi.	Common to Common 30k	Leaf Peepers Half	Leaf Peepers 5k	Total Points 5 best races
<b>Male 0 - 19</b>													
Keller, Chris								94.92					94.92
McSweeney, Liam							88.99						88.99
Bushey, Brian	X				60.99								60.99
<b>Male 20 - 29</b>													
Hackerson, Olliver	X	87.63	71.70	70.28	74.87	100.00	82.09	73.97	76.44	65.37			421.03
<b>Male 30 - 39</b>													
Archambault, Todd		89.77	93.46		97.78		100.00		89.77				462.14
Copans, Jon	X	100.00		100.00	100.00		63.43					56.87	400.00
Boyd, Jason			63.65										183.95
Tripp, Andrew			88.63	90.51									179.14
Cameron, David			69.60					65.50					135.10
Stewart, Jay	X											76.85	76.85
Scott, Mark						72.15							72.15
Crane, Kevin												71.47	71.47
<b>Male 40 - 49</b>													
Bates, Mark		67.89		61.82			72.65			63.16			265.51
Gardner-Morse, Mack		90.19	86.17	84.96									261.32
Williamson, Jon			91.47										91.47
Millar, Dick										82.88			82.88
<b>Male 50 - 59</b>													
Andresen, Christian	X	97.86	88.74	100.00		92.78	92.57			97.85			481.04
Noonan, Tim	X	100.00		95.91		91.34	85.89	85.61		96.82			469.95
Chernick, Michael	X	74.17	67.25		75.48			63.39			68.34		348.64
Windisch, Charlie				92.22					77.43	85.98	86.41		342.04
Erickson, Dave	X					77.07	81.27	76.62		76.78			311.74
Erimons, Bob	X					100.00	100.00						200.00
Martin, John	X									85.32	82.41		167.73
Holland, Bill						83.46	81.48						164.94
Valentine, John	X	96.01											96.01
Ryea, Eric	X									84.85			84.85
Shanley, Jamie	X		83.26										83.26
Bachman, Tom							76.63						76.63
Rainville, Michael										58.57			58.57
<b>Male 60 - 69</b>													
Murphy, Bob	X	92.03				98.7	86.40		83.36				446.52
Ferno, Richard	X	76.23	67.92		91.39		64.45	67.47			77.92		380.93
Crane, Roger	X	67.49	65.14		87.95	76.6	63.55	66.69					363.95
Foltz, Tom		98.23				100.00		87.94					286.17
Gerdel, Greg							84.06	83.48			88.60		256.14
Wight, Greg	X	85.89				83.55		75.42					244.87
Seatis, Robert	X		77.58	76.26		90.38							244.22
Howe, Bob			68.40					72.64			65.01		206.05
Baker, Newton	X			71.46	100.00								171.46
Stapenhorst, Fred	X									82.82	85.16		167.98
Ridlon, Ron											71.18		71.18
<b>Male 70 +</b>													
Carlson, Gerow	X		85.24			78.73	97.31	68.74				73.28	403.30
Mercier, Bob	X						100.00	71.25				74.71	245.96



## Mount Desert Island Marathon

On October 18th I ran in the Mount Desert Island Marathon in Bar Harbor, ME. The weather turned out to be perfect for running - very chilly but no rain. It is a very beautiful course and has been selected to be the top marathon by Runners World, to be featured in the January issue. It was hilly but I liked the course better than the Adirondack Marathon at Schroon Lake a few weeks earlier. I was the first woman in my age category and won a granite trophy. There were about 800 runners and there was an early start time (7:00) for walkers. This would be a very good marathon for a group of CVR runners to do. It is within driving distance and the hotel was very reasonably priced (and within walking distance of the start). Lots of good restaurants and nice shops! The goody bag included a bottle of Bar Harbor Brewery beer and we got nice windbreakers instead of shirts (just like at Adirondack). We had time the day before the marathon to drive around the National Park and there are really spectacular views. Brenda and George Phillips have camped there and really like the area also.

Betty Rose

## Course Measurement, Bob Murphey

At the most recent CVR meeting I announced my intention to step down as official course measurer for club races. As a result I was asked to prepare a brief explanation of measurement procedures to give potential successors an idea of what the duties entail. Here goes:

Course measurement does not require knowledge of higher math. It requires mainly attention to detail, and the ability to do some relatively simple mathematical calculations. A background in, or knowledge of, surveying or engineering is helpful, but not essential. CVR has a book entitled "Course Measurement Procedures", which spell out in detail exactly how to go about measuring a race course.

The purpose of course measurement is:

- To know how long an existing course is, or
- To establish a new course of a desired length

Most course measurement that I have been involved in is the periodic re-measurement of old established race courses, so they can be recertified by USAT&F as meeting the standards they have set. Certification is good for ten years, so re-measurement is required at least that often. If a course changes (road construction eliminates a curve, for example), or if a race director desires a course change (as happened recently with the ten-miler) re-measurement is also necessary at that time. CVR currently has six certified race courses ranging from 5k to half marathon.

The procedure is really quite simple:

- Calibrate the bicycle by riding it over a course of known length. The bicycle must be fitted with a "Jones counter" which is attached to the front wheel. Each count of the Jones counter breaks the wheel rotation down into 4 inch increments, so the measurement is quite precise. Four rides over the course are required. Notes of counts are taken.



- Ride the bicycle over the desired course, taking notes of counts as you go along. Knowing how many counts make up a mile (gleaned from the calibration rides), it is possible to stop at each mile point and mark the mile locations as you ride the course. Two rides of the course are necessary, and the measured lengths have to agree to within 0.08% of one another. The shortest measurement is taken to be the course length, so after this determination, it is usually necessary to make an adjustment to the course to get the desired length. If the change is at all significant, it may also be necessary to make some adjustments to the mile points.
- Recalibrate the bicycle over the course used during the calibration rides. Four rides are necessary. The purpose of this is to ensure that the front wheel has not lost pressure during the measurement, and that no further adjustments to the course are necessary.
- Go out on the course, and document the location of the start, end, turnaround point if any, and all mile points. Start, end and turnaround are usually nails in the pavement or driven beneath the surface of dirt roads, and three measurements made to reasonably permanent nearby features so that they can be re-established easily, should the surface markings be lost.
- Paperwork as described in "Course Measurement Procedures" is then prepared, along with a drawn map of the course, and submitted to the regional certifier (currently Ron Fitzpatrick of Center Barnstead, NH), along with a check for the certification fee (currently \$30). With any luck, you will have certification back within 2 weeks.

That's it. I will add that because the measurement should follow the shortest possible route along the race course, measurement will often take you across the road into the opposing lane. Accordingly I have preferred to do most of my measuring in the wee hours of early Sunday mornings, when traffic is slim to non-existent. By beginning calibration rides at about 5am, measurement of the course is often done by 7am. In populous areas, course measurers wear reflective vests, carry signs advertising "Course Measurer" and even have escort vehicles. So far, I have found none of these to be necessary, but it is, of course, necessary to be always vigilant.

N.B. I was fortunate, a few years ago, to be a member of a team of three who remeasured the Boston Marathon course. It was a ride of a lifetime. We measured a 1000-foot calibration course the evening before. Our measurement of the course started around midnight and ended in Boston at 4am. We were accompanied by a lead vehicle, and encountered very little traffic. I was gratified, when the final paperwork was completed, to discover that my measurement turned out to be the shortest of the three, although we did achieve the required agreement within 0.08% between the shortest two measurements.

### 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>

[REDACTED] Vermont City Marathon, Burlington

[REDACTED] Fleet Feet Flying Turtles, Essex Junction

Marble Valley Runners, Rutland [marblevalleyrunners.org/MarbleValleyRunners/Home.html](http://marblevalleyrunners.org/MarbleValleyRunners/Home.html)

[REDACTED] 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](http://www.rrca.org)  
[www.coolrunning.com](http://www.coolrunning.com)

*For newsletter items, comments and suggestions please send to [nansue\\_2000@yahoo.com](mailto:nansue_2000@yahoo.com) (note underscore between nansue and 2000).*

[www.cvrrunners.org](http://www.cvrrunners.org)

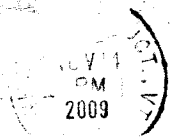
Central Vermont

43-851  
CV RUNNERS

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Runners



*C/O Nancy S. Rice  
15 Spring Street, Apt. 2  
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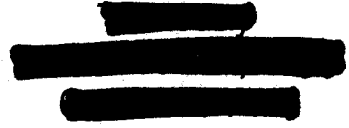
CVR PD 2009  
Robert Murphy  
35 Birchwood Park  
Barre, VT 05641

**CVR OFFICERS:**

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

**FALL 2009**

**NEXT CVR MEETING:**



**Potluck and Meeting  
DETAILS INSIDE**