



## CENTRAL VERMONT RUNNERS

Winter 2009 Volume 30, Issue 6

### Andrea's Notes

Hey All,

We had our CVR meeting mid-November and I wanted to highlight some new information to you.

First our next meeting will be March 21st at **4:00**. This is the annual meeting and we welcome you all to come. The location is yet to be determined.

Next, there are several positions that need to be filled.

After several years of doing an outstanding job, Nancy Rice is ready to pass on the Newsletter Editor's position. She is not leaving right away but, in the next few months we need a new Editor. Also we need Publicity Position, and two new Race Directors.

**NEEDED:**

- \*Newsletter Editor**
- \*Publicity Position**
- \*First Night Race Director - 2010**
- \*Barre Heritage Race Director**

**On Saturday February 6th at 6:00 there will be a Race Directors meeting to update the Race Directors Handbook. This meeting will be at Andrea McLaughlin's home. If you have been a Race Director and have something to offer please plan on attending this meeting.**

A CVR equipment list has been created. Please return all equipment to the National Life Annex as soon after your race or pass it on to the next race director. I need a volunteer to go into the shed and mark all equipment with a permanent marker.

**Upcoming Events:**

- \*Volunteer Dinner Thursday, January 21st. (details to come)**
- \*February 6th - Race Directors Meeting**
- \*March 21st - Annual Meeting – Location TBD \***

If you have questions or want to volunteer for something please contact me.

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

See you soon!

- (Even though the minutes below say that the Annual Meeting will be held at Betty Rose's house, Betty realized later she may have a conflict. As of this newsletter, it looks like we still need a host/hostess for the Annual Meeting.)



Secretary's notes

CVR Meeting November 12, 2009

The meeting was a potluck dinner and was held at Rowley Brucken's house. There were 11 members present.

President Andrea McLaughlin called the meeting to order at 6:25 pm. The minutes of the previous meeting were not approved as they have not been distributed. The newsletter is still at the printers.

The first topic of discussion was donations. There was a question of how to deal with requests for donations between meetings. It was suggested that members could be polled by email. The bigger issues were brought up that we should be putting more funds out into the community and that people do not know that CVR is here. More outreach is needed.

Norm Robinson suggested that a set amount be offered to ten schools (and their corresponding middle schools) in the Central Vermont area and to the various "Girls on the Run" programs in the area.

It was decided that a budget will be developed at the annual meeting and that we will advertise that we are giving money to area running groups.

President Andrea has made a list of all race equipment owned by CVR. Recently 26 cones were located in the Onion River Sports basement. A sign in/sign out sheet will be utilized to better track the location of all equipment. Also, all pieces of equipment will be marked with the CVR name. The survey has revealed that the following purchases of new equipment should be made: Tent, Race-in-Progress signs, Mile Markers signs for 1-20 miles, Measuring Wheel and new tables. A motion was made, seconded and passed to order all the listed equipment. President Andrea will place the orders.

Tentative Race Schedule for 2010:

First Night – December 31, 2009

Mutt Strut – April 25 (race directors Jamie Shanley and Donna Smyers)

Adamant 20 Miler – May 8 (race director Eric Ryea) – to benefit Adamant Music School

Barre Town Spring Run – May 22 (race director Andrea McLaughlin)

Kid's Track Meet – June 5 in the afternoon (race directors Tim Noonan and Norm Robinson)

Capital City Stampede – June 12 (race director John Valentine)

Paul Mailman 10-Miler – Sunday, June 27 (race director Betty Rose)

Bear Swamp – July 10 (race director Tim Noonan)

Barre Heritage Festival race – July 31 **ONLY IF A RACE DIRECTOR CAN BE FOUND**

Berlin Pond – Aug 5 (race director Nancy Rice)

Chase Race – Aug 26 (race director Tim Noonan)

Northfield Labor Day Race – Sept 4 (race director Rowley Brucken)

Sodom Pond – Sept 22 (race director Tim Noonan)

Leaf Peepers Half Marathon – Oct 3 (race director Roger Cranse)

Fallen Leaves series – Nov 6, 13 and 20 (race director Tim Noonan)

The following races will be added to the CVR race series for point purposes:

Montpelier Mile – July 3 (CVR contact Donna Smyers)

Green Mountain Marathon – Oct 16 (?) – GMAA

Common to Common – Sept 18 (?) – GMAA

A tentative date of Jan 21, 2010, was set for the annual Volunteer Recognition Dinner. It is believed that John Martin is willing to organize this event. Suggested locations include the Steak House or Lucia's.



Invitations will go out by email and through the newsletter. All CVR members are invited but only those members who have volunteered may attend free of charge. Guests must pay for their meal.

The Committee to nominate this year's Spirit of the Club awardee include Donna Smyers, Tim Noonan and Andrea McLaughlin. The allowance for the gift to be presented to the winner has a maximum of \$50.

A new director is needed for the First Night race on December 31<sup>st</sup>. Last year's race director, Tim Shea, is willing to help the new director along with Tim Noonan and Donna Smyers. Lori LaCroix will be asked if she is willing to take on this race.

A volunteer is also needed for the position of Newsletter Editor. Nancy Rice has done a wonderful job for the last 4 ½ years but is stepping down. She has produced five or six issues each year. A new editor is needed by the annual meeting.

Discussion was held on the issue of extending the age groups beyond 70 as there have been 80 year-olds in some of the races. It was suggested that races be advertised as prizes award for winners in ten-year increments instead of specifying the ages.

The start of the Capital City Stampede is now in front of Onion River Sports. Bob Murphy has certified the new course.

Discussion was held regarding the need for more meetings each year since there is so much to cover at each meeting. There will be a gathering of race directors in February. This issue will be discussed at the annual meeting when next year's meeting schedule will be set.

The Annual Meeting will be held on March 21 at 4 pm at the home of Betty Rose in Montpelier.

New Business: It was proposed that CVR rent a van/vans to take groups of members to races. There are many races in Massachusetts and other nearby states that would be fun to go to as a group. CVR members should bring suggested races to the Annual Meeting and one race will be selected for the first year with possible expansion for future years.

The meeting was adjourned at 8:30 pm.

Betty Rose for Sandy Colvin, Secretary

### CONGRATULATIONS!



...go out to Dot Martin who won her age group at Cozumel with an 11:45 ~ 24 minutes ahead of the next woman. It appears there was a mistake in registration as she is running under the name Dot Martin Janice and John is running under the name John Martin Charles.

John Martin and Linda Hallinger have not finished yet (at least not in the athlete tracker), but as of last check, Linda was in 2nd gaining on the first place person.



CVR - Onion River Sports Race Series 2008

CVR - Onion River Sports Race Series 2008 - FINAL Series Standings

Notes: 1. Only paid members of CVR as of July 1, 2009 are eligible.  
 2. Each runner's top five races are used for the final standings.

Name	Vol.	First Night 5k	Stampede 10k	Paul Mallman 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>Female 0 - 19</b>													
Bushley, Brynn	X				77.83							78.53	78.53
Noonan, Theresa	X												
<b>Female 20 - 29</b>													
McKinstry, Kalle	X	100.00											100.00
<b>Female 30 - 39</b>													
Ericson, Richarda	X	78.28					88.46	88.52			79.44		333.70
Valentine, Megan	X	100.00		100.00		89.21						86.53	299.21
Car, Priscilla	X												
<b>Female 40 - 49</b>													
Diedrich, Macky	X			84.17		88.46	100.00					81.33	354.96
Martin, Dot	X									88.18	91.65		189.84
Cowin, Sandy	X	91.03										81.33	172.37
Rickler, Denise	X			79.39								74.41	144.80
McLaughlin, Andrea	X											91.52	91.52
Lacrook, Lori	X	76.85										76.85	76.85
Car, Maureen	X											74.45	74.45
<b>Female 50 - 59</b>													
Smwers, Donna	X	93.60					100.00		100.00			100.00	393.60
Enmons, Sue	X						92.75		100.00				192.75
Bushley, Ann	X	88.30		89.45		100.00					86.80		188.30
Halliger, Linda	X												179.05
Hackney, Sue	X	100.00											100.00
Arnsault-Berry, Phyllis	X											90.83	90.83
Cross, Cindy	X										70.98		70.98
<b>Female 60 - 69</b>													
Rosa, Betty	X		100.00					66.02					100.00
Gambler, Beth	X		97.84				87.27						185.11

Name	Vol.	First Night 5k	Stampede 10k	Paul Mallman 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>													
Bushley, Brian	X				88.29								88.29
<b>Male 20 - 29</b>													
Hickerson, Oliver	X	87.63	71.70	70.28	74.87	100.00	82.09	73.97	78.44		65.37		421.03
<b>Male 30 - 39</b>													
Cocans, Jon	X	100.00		100.00	100.00		100.00						400.00
Stewart, Jay	X												76.85
Caruse, Kevin	X												71.47
<b>Male 40 - 49</b>													
Sarong-Miers, Mack	X	98.19	86.17	84.96									281.32
<b>Male 50 - 59</b>													
Andreas, Christian	X	87.86	88.74	100.00		82.78	92.97				87.85		481.04
Noonan, Tim	X	100.00		65.91		91.34	86.69	88.61			86.52		469.95
Oshemok, Michael	X	74.17	87.25		73.48			68.39					348.94
Ericson, Dave	X					77.07	81.27	78.82		76.78			311.74
Enmons, Bob	X					100.00	100.00			86.32	82.41		200.00
Martin, John	X												167.73
Millette, John	X	63.01											63.01
McKinstry, Kalle	X									84.85			84.85
Shanley, Jamie	X		63.26										63.26
<b>Male 60 - 69</b>													
Murphy, Bob	X	92.95				88.70	95.40		83.95		86.05		446.52
Fento, Richard	X	78.23	87.92		91.96		84.46	87.47				77.92	380.63
Orange, Roger	X	87.48	85.14		87.86		83.55	88.86					393.99
Light, Greg	X	85.89						78.42					244.21
Salter, Nelson	X		77.58	75.28		88.38							244.21
Superhorst, Fred	X			71.88	100.00					82.82	85.18		171.88
<b>Male 70 +</b>													
Carlson, Gerow	X		82.24			78.73	97.31	86.74					403.30
Mercer, Bob	X					100.00	100.00	71.25					243.06



**Fallen Leaves 5K Race 1 Results**

November 7, 2009

Overall Male Winner: Jim Paige 17:38

Overall Female Winner: Rose Nash 21:51

(39 finishers)

**MANY THANKS TO THE FOLLOWING VOLUNTEERS: THERESA**

**NOONAN, CHRIS LEBLANC, MACK GARDNER-MORSE, NORM ROBINSON, OLLIVER HACKERSON**

Tim Noonan, Race Director

**Male 0-19**

Charlies Hoffert 17:55

Jacob Mott 20:00

Darin Boutel 23:17

**Male 20-29**

Eric Ridlon 27:58

**Female 30-39**

Rose Nash 21:51

Carrie Felice 22:31

Loralynn Leblanc 22:51

Meredith Haff 24:39

Audrey Chapman 25:42

Jen Frantz 26:00

Priscilla Carr 27:03

Monica Boyd 31:03

**Male 30-39**

Adam French 19:45

Tim Christian 20:25

Sol Lakey 23:58

Mike Carey 24:05

Jonathan Boyd 27:22

Jason Boyd 29:07

**Female 40-49**

Andrea McLaughlin 23:52

Frances Skerritt 23:55

Maureen Carr 30:39

Ellie Brady 30:51

**Male 40-49**

Jim Paige 17:38

Mack Gardner-Morse 19:33

Jeffrey Prescott 24:04

Damon Lease 24:53

**Female 50-59**

Cindy Gardner-Morse 29:59

**Male 50-59**

Norm Robinson 23:59

Dan Fontaine 28:12

Michael Chernick 29:20

Paul Deluca 29:40

**Female 60-69**

Judy Craig 32:51

**Male 60-69**

Greg Gerdel 22:56

Bob Murphy 23:38

Mike Desanto 24:04

Ron Ridlon 25:52

Werner Zehetner 30:12

Michael Reitan 40:16

**Male 70+**

Gerry Carlson 33:23





**Fallen Leaves 5K Race 2 Results**

November 14, 2009

Overall Male Winner: Jon Copans 17:28

Overall Female Winner: Donna Smyers 20:59

(38 finishers)

**Female 0-19**

Dayna Comeau 23:36  
Rebecca Coryell 24:03  
Rachel Salois 26:56

**Male 0-19**

Jacob Mott 19:55  
Darin Bouter 22:35  
Kegan Bergeron 25:55  
Shawn Flynn 28:11

**Female 20-29**

Robyn Estabrook 25:02

**Male 20-29**

Brian Letourneau 20:18  
Bret Dewhurst 23:08  
Eric Ridlon 26:59  
Brian Traumuller 28:10

**Female 30-39**

Rose Nash 21:09  
Meredith Haff 24:39  
Jessica Bland 24:48  
Jen Franz 25:34  
Jaime Gadwah 27:30

**Male 30-39**

Jon Copans 17:28  
Damian Bolduc 18:15  
Tim Shea 18:39  
Scott Magnam 21:04  
Josh Reil 23:01  
Aaron Bergeran 25:56

**Female 40-49**

Laury Saligman 27:28

**Male 40 - 49**

Michael Nobles 17:48  
Mack Gardner Morse 19:59  
Gary Kessler 20:26  
Jeff Prescott 23:51  
Don Aja 28:16

**Female 50-59**

Donna Smyers 20:59

**Male 50-59**

Bob Sayers 22:19

**Male 60-69**

Perry Bland 21:51  
Mike DeSanto 23:39  
Clement Choy 24:28  
Sigh Searles 25:03  
Greg Wight 25:04  
Ron Ridlon 25:25

**MANY THANKS TO THE FOLLWING VOLUNTEERS: Chris Leblanc, Jay Stewart, Maureen Carr, Andrea McLaughlin Lorallyn Leblanc and Priscilla Carr, Race Directors**

**Fallen Leaves 5K Race 3 Results**

November 21, 2009

Overall Male Winner: Michael Nobles 17:52

Overall Female Winner: Megan Valentine 19:31

(42 finishers)

**Female 0-19**

Becca Coryell 25:43

**Male 0-19**

Patrick Kemple 19:01  
Nathan Cutler 20:38  
James White 21:26  
Matthew Cutler 28:42

**Female 20-29**

Kayla Angier 21:05  
Lauren Arkind 21:37  
Heather Cutler 25:26  
Sara Erickson 26:54

**Male 20-29**

Eric Ridlon 26:03  
Olliver Hackerson 27:15

**Female 30-39**

Megan Valentine 19:31  
Rose Nash 21:57  
Tara Cohen 23:30  
Jen Frantz 25:13  
Kirsten St. Louis 26:26  
Monica Boyd 40:43  
Sheila Leno 40:44

**Male 30-39**

Tim Shea 18:01  
Eddie Habeck 19:56  
Jason Boyd 26:14  
Jonathan Boyd 26:44

**Female 40-49**

Frances Skerritt 25:00  
Phyllis Jackson 27:00  
Laury Saligman 27:49  
Cheryl Lease 28:29  
Heidi Cutler 29:04

**Male 40-49**

Michael Nobles 17:52  
Mack Gardner-Morse 19:29  
Greg Jackson 20:44  
Jeffrey Prescott 23:13  
Andrew Shuford 23:48

**Female 50-59**

Donna Smyers 20:55

**Male 50-59**

David Erickson 22:55  
Dan Fontaine 27:48

**Female 60-69**

Judith Craig 32:34

**Male 60-69**

John Valentine 21:07  
Greg Gerdel 22:58  
Mike DeSanto 23:08  
Ron Ridlon 26:28  
Werner Zehetner 30:49  
Michael Reitan 40:24



**15<sup>TH</sup> ANNUAL CVR FIRST NIGHT MONTPELIER 5K  
Official Results**

15<sup>th</sup> Annual CVR First Night Montpelier 5K  
OFFICIAL RESULTS  
2010 CVR/ORS Race Series  
Dec. 11, 2009

\*\*\*\*\* AGE GROUP AWARDS LIST \*\*\*\*\*

\*\*\*\*\* TOP FIVE FEMALE OVERALL RESULTS \*\*\*\*\*

9	MEGAN VALENTINE	31		21:09
13	CARMEN LAGALA	24		22:01
17	DEE BARBIC	42		22:35
21	DONNA SMYERS	52		23:45
23	PATRICIA ADDIS-HUDS	43		23:56

\*\*\*\*\* TOP FIVE MALE OVERALL RESULTS \*\*\*\*\*

1	JON COPANS	35		19:45
2	JOE GINGRAS	34		19:46
3	TODD ARCHAMBAULT	35		20:34
4	JOSEPH KILL	20		20:36
5	THOMAS CHENEY	23		20:36

FEMALE 19 & Under

1	58 Becky Suzuki	15 Littleton	CO	35:45
2	65 Sage Evans	10 Montpelier	VT	51:00

MALE 19 & Under

1	11 Erik Hudson	16 Clarksboro	NJ	21:49
2	67 Jack Evans	7 Montpelier	VT	51:00

FEMALE 20 - 29

1	13 Carmen Lagala	24 Montpelier	VT	22:01
2	32 Eugenia Rose	22 Stowe	VT	25:16

MALE 20 - 29

1	4 Joseph Kill	20 Randolph	VT	20:36
2	5 Thomas Cheney	23 Montpelier	VT	20:36
3	19 Alexander Cogbill	22 Plainfield	VT	23:09
4	24 Andrew Henderson	26 Montpelier	VT	23:57
5	25 Roy Belcher	27 Worcester	VT	24:19
6	26 Wilson Skinner	27 Burlington	VT	24:20
7	27 Ben Wang	26 Wilmington	DE	24:20
8	30 Daniel Szafir	21 Essex Jct.	VT	24:40
9	34 Samuel Hunt	23 Stowe	VT	25:25

FEMALE 30 - 39

1	9 Megan Valentine	31 Jericho	VT	21:09
2	31 Richarda Ericson	34 Barre	VT	25:00
3	41 Lila Bennett	31 Middlesex	VT	29:07
4	42 Katy Farber	37 Middlesex	VT	29:07
5	49 Jaime Gadwah	33 Waterford	VT	30:37
6	62 Stephanie Smith	38 East Calais	VT	36:20
7	68 Lori Duff	39 Montpelier	VT	51:00

MALE 30 - 39

1	1 Jon Copans	35 Montpelier	VT	19:45
2	2 Joe Gingras	34 Berlin	VT	19:46

**15<sup>TH</sup> ANNUAL CVR FIRST NIGHT MONTPELIER 5K (CONTINUED)**  
**Official Results**

3	3	Todd Archambault	35	Essex Jct	VT	20:34
4	6	Jon Floyd	37	Waterbury Ctr.	VT	20:47
5	7	Rick Evans	23	Bradford	VT	20:55
6	10	Mike Bessette	39	St. Albans	VT	21:43
7	12	Richard Buyer	35	Montpelier	VT	21:56
8	22	Jon Budreski	34	Montpelier	VT	23:51
9	37	David Cameron	39	Barre	VT	27:06
10	59	Derek Blakeman	39	Nutley	NJ	35:54
<b>FEMALE 40 - 49</b>						
1	17	Dee Barbic	42	Colchester	VT	22:35
2	23	Patricia Addis-Ruds	43	Clarksboro	NJ	23:56
3	43	Heidi Einolf	40	Denville	NJ	28:28
4	47	Ellie Ferguson	49	No. Haverhill	NH	29:20
5	50	Robin Reed	45	Plainfield	VT	30:49
6	60	Melinda Smith	41	Holliston	MA	36:17
7	61	Claudia Smith	42	Marrietta	GA	36:18
<b>MALE 40 - 49</b>						
1	9	Mack Gardner-Morse	48	Calais	VT	21:31
2	29	Andy Shuford	49	Montpelier	VT	24:32
3	35	Vincent Maganzini	44	Medford	MA	25:52
4	39	Jeffrey Preacott	46	Montpelier	VT	27:36
5	44	Chris Turley	47	Montpelier	VT	28:35
6	45	Chickey Stevens	41	Barre	VT	28:46
7	66	Chris Evans	43	Montpelier	VT	51:00
<b>FEMALE 50 - 59</b>						
1	21	Donna Smyers	52	Adamant	VT	23:45
2	38	Margrethe Mentes	50	Sutton	VT	27:09
3	52	Candace Dane	53	East Burke	VT	31:29
4	56	Toni Kaeding	59	Worcester	VT	32:39
5	57	Debbie Suzuki	59	Littleton	CO	35:09
<b>MALE 50 - 59</b>						
1	14	Sandy Craig	51	Montpelier	VT	22:03
2	15	Chris Andresen	53	Montpelier	VT	22:10
3	16	Tim Noonan	53	Montpelier	VT	22:29
4	20	Bruce Gould	58	Lyndon Ctr.	VT	23:17
5	28	Mark Mulder	51	Allendale	NJ	24:29
6	33	Dennis Casey	51	Waterford	VT	25:13
7	36	Eric Herminghausen	55	East Burke	VT	26:50
8	46	Jim Shea	50	East Montpelier	VT	29:08
9	54	John Lamb	54	Southboro	MA	32:30
<b>FEMALE 60 - 69</b>						
1	51	Celine Blais	62	Montpelier	VT	31:17
2	64	Betty Rose	61	Montpelier	VT	38:48
<b>MALE 60 - 69</b>						
1	18	John Valentine	60	Roxbury	VT	22:53
2	40	Neal McBain	62	Lebanon	NH	27:50
3	48	Greg Wight	64	Brookfield	VT	29:49
4	53	Roger Cranse	68	Montpelier	VT	32:10
5	55	John Kaeding	61	Worcester	VT	32:38
<b>MALE 70 - 99</b>						
1	63	Gerow Carlson	78	Middlesex	VT	37:50





**CENTRAL VERMONT RUNNERS  
AWARDS and VOLUNTEER APPRECIATION DINNER**

Thursday January 21, 2010

The Steak House, Rt.302 Barre-Montpelier Rd. in Berlin, VT

Social is at 6 pm., dinner to follow.

The dinner is Free to all PAID 2009 CVR members\* who volunteered at one or more CVR events.

\*All others are \$21. Please make checks payable to CVR and mail to John Martin, see address and phone below.

A HEAD COUNT IS NEEDED NO LATER THEN MONDAY JANUARY 18, 2010.

*RSVP to John Martin at [vtiron55@yahoo.com](mailto:vtiron55@yahoo.com) by phone 479-5333 [leave a message]  
or by mail P.O. Box 1131, Montpelier, VT 05601*

If your name is not listed but you volunteered AND are a member of CVR to contact John ASAP

Andresen,Chris	Emmons,Sue	Noonan,Tim
Arsenault-Berry,Phyllis	Erickson,Dave	Rice,Nancy
Aspinall,Jill	Erickson,Pam	Ricker,Denise
Baker,Newton	Erickson,Richarda	Robinson,Norm
Bates,Karen	Ferno,Dick	Rose,Betty
Brucken,Rowley	Ferno,Sandy	Ryea,Eric
Burkholder,Steve	Freeman,Linda	Searls,Sigh
Bushey,Ann	Gambler,Beth	Shanley,Jamie
Bushey,Brian	Gardner-Morse,Cindy	Shea,Tim
Bushey,Brynn	Gardner-Morse,Mack	Smyers,Donna
Bushey,Dick	Hackerson,Olliver	Stapenhorst,Fred
Carlson,Gerry	Hackney,John	Stewart,Jay
Carr,Maureen	Hackney,Sue	Valentine,Jane
Carr,Priscilla	Hallinger,Linda	Valentine,John
Chernick,Michael	Helling,Dot	Valentine,Megan
Cleveland,Richard	Kissner,Dave	Wetzel,Clayton
Colvin,Sandy	Lacroix,Lori	Wight,Greg
Colvin,Zoe	LeBlanc,Chris	
Copans,Jon	LeBlanc,Loralyn	
Copans,Rebecca	Martin,Dot	
Cranse,Kevin	Martin,John	
Cranse,Roger	McKinstry,Katie	
Cross,Cyndy	Mclaughlin,Andrea	
Cross,Ryan	McSweeney,Ed	
Deluca,Paul	Mercier,Bob	
Diedrich,Becky	Molz,Rick	
Ellerson,Darragh	Murphy,Bob	
Ellerson,David	Noonan,Maureen	
Emmons,Bob	Noonan,Theresa	

Again, if we missed your name  
or someone else you know,  
contact John right away.



20 Langdon Street, Montpelier, VT 05602

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

### 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. [www.rrca.org](http://www.rrca.org)



*From Nancy ~*

Hi, everyone. It has been my pleasure to be Editor of the Central Vermont Runners newsletter for the past 4 ½ years. I will miss it, but it is time to have someone else take a turn, maybe move it forward to a higher level. Now is the time for me to focus on other areas of my life, having recently retired from the State. Yahoo! Thank you to all members, officers past and present and also to Minute Man Press for making the job easy - you and they are outstanding partners in the process, and to be valued. Never forget, it's the members who make it happen. We should have a new editor "on [the running] board" by the Annual Meeting. There has been interest expressed and I will be talking with those people, but if you know of anyone interested, let either Andrea or me know.

***THANKS! HAPPIEST of NEW YEARS TO YOU ALL! See you around!***



Nancy Rice 223-4025, [nansue2000@yahoo.com](mailto:nansue2000@yahoo.com)

For items to publish for the newsletter, comments and suggestions please send them to me at [nansue2000@yahoo.com](mailto:nansue2000@yahoo.com) (note that is an underscore between nansue and 2000).



**BECOME A MEMBER OF CENTRAL VERMONT RUNNERS CLUB**

**When you join Central Vermont Runners you'll...**

Meet, run with, and socialize with other area runners of all abilities.

- Keep up-to-date on area running races and events.
- Receive a regular newsletter with race results and club news.
- Be eligible for the Central Vermont Runners/Union 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:
  - Union 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.

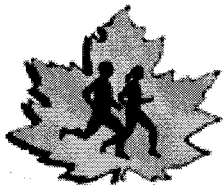
- |                                    |                                     |
|------------------------------------|-------------------------------------|
| *May-Oct - Tuesday Fun Runs _____  | *April - Mutt Strutt _____          |
| *May - Adamant 20-Miler _____      | May - Barre Town Spring Run _____   |
| *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

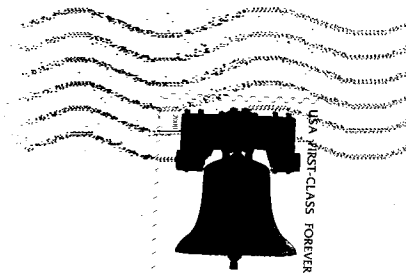
Please make checks payable to **Central Vermont Runners** and mail to:  
CVR, c/o: Donna Smyers PO Box 102, Adamant VT 05640

# Central Vermont Runners



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

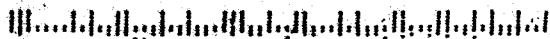
POSTAGE WILL BE PAID BY ADDRESSEE  
FIRST CLASS PERMIT NO. 1000 MONTPELIER VT  
05602-1000



CVR PD 2009

Robert Murphy  
35 Birchwood Park  
Barre, VT 05641

05641+8633



#### 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

Winter 2009 - 2010

NEXT CVR MEETING:  
March 21, 2010  
ANNUAL MEETING  
**4:00 P M**  
Potluck and Meeting  
Details Inside