



## CENTRAL VERMONT RUNNERS

Spring-Summer 2010 Volume 31, Issue 1

### Andrea's Notes

Hi all,

Anyone who is interested in creating a CVR Facebook page contact Norm Robinson. It would be great to organize runs together through the page!

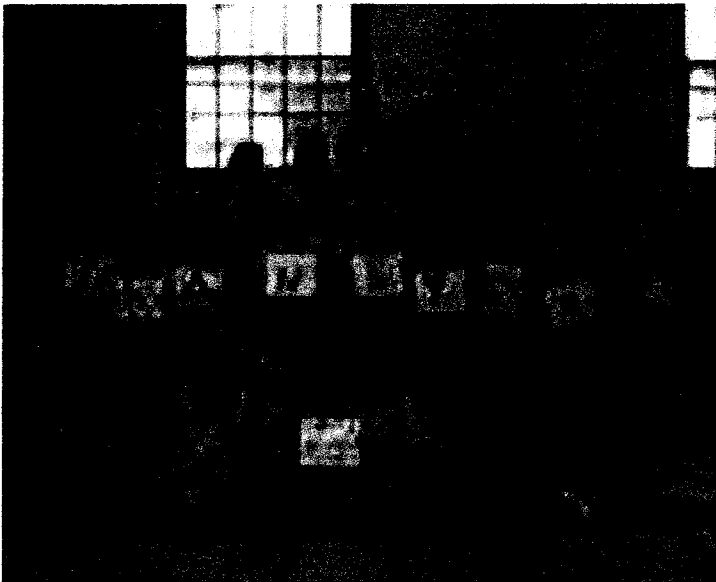
John Hackeny is interested in finding more people who are willing to become familiar with the RunScore Timing system. Please contact him if you are interested.

### New News:

Donna and Eric have been busy with the Mutt Strutt and the Adamant Run and Bike Event. The Adamant Race went off despite the rain, and was successful!!! I was at the last water station. Everyone ran by with muddy legs and big big smiles. Many even stopped to chat! I saw a few bikers and they too seemed pleased.

An new/old race is happening on July 24th during the Barre Heritage Festival. A 5k trail race will be held at Millstone Touring Center. Check the web site and summer post card for more information.

Andrea



Girls on the Run of

Waterbury is sending their huge thanks for your support this season. Your contribution helped us to provide the program for a full roster of young runners. We have worked hard and had oddles of fun preparing for the 5k run on Sunday in Essex. Hope to see you there.



CVR MEETING NOTES  
MARCH 21, 2010 MEETING

13 Members in attendance. Meeting held at Priscilla Carr's home.

Last months meeting notes were reviewed and accepted.

Nominations for all the officers in the club were held. Every current position will remain the same, with the exception of the newsletter coordinator, and publicity coordinator. Norm will contact a member who has expressed interest in the past. Publicity coordinator will be held by Greg Gerdel. Everyone at the meeting offered to help Greg, and recommend he let any of us know if he needs assistance.

Discussed Onion River and the sports series. Andrea went over the amount of money ORS gives each race for awards. Asked the members to decide if we are still o.k. with this arrangement. Everyone agreed to the amounts Andrea listed and agreed we should leave as is. Andrea asked everyone who is involved in races to make sure they keep track of those gift certificates that are used versus those that are not, and we discussed making sure we keep those that are not used, and perhaps pass them on to another race. There was a suggestion to use the left over gift certs for some of our other races. Everyone agreed to give any left over gift certs to Andrea, and Andrea will decide how to disperse them. If you are a race director and are interested in more than you currently use, or want some for your race, contact Andrea.

Treasurers Report - Priscilla gave out the current report. \$12,600 +/- is current balance. Total Assets 23,000 +/- . We are approaching end of fiscal year. Discussed some of the numbers on the report. Priscilla answered questions.

Donations – Andrea receives a lot of requests. John Martin has requested money for special Olympics and 6 girls on the run organizations have requested donations. In addition Norm Robinson would like the club to consider donating more to cross country programs at middle school/high schools and coaches, to use where they see the need, maybe shoes, or a tent for events.

Schools to consider:

Montpelier, U32, Harwood, Northfield, Spaulding, Randolph, Hazen, Lamoille, Stowe, Peoples. Norm has offered to coordinate the effort through letters to the schools, and working with the coaches for donations. Motion made and accepted to offer scholarships to 10 high schools up to \$300.00 each. The decision of who to donate to and all the work will be done by the Middle School/High School Scholarship Coordinator, Norm Robinson.

Girls on the Run – Motion made and accepted that any GOR organization that requests donations, we will make a donation.

Special Olympics – Motion made and accepted that the same donation to SO will be given this year as in the past.

I Am Athlete – an organization [www.imathlete.com] that does on line registration. They have contacted Donna about the club using them. Discussed the topic for some time and everyone expressed opinions on using them, and having online registration for some of our races. Discussed using them for one race as a trial. If it works well and race director finds it helpful we can consider it for other races.



**Race Schedule –**

Mutt Strutt - All set. Donna is race director – April 25<sup>th</sup>. Donna is considering retiring as race director after this year. Anyone interested in being the director, contact Andrea and Donna.

Adamant Run and Bike Event – Eric Rhyea is race director. All set. Had some issues with insurance but those will be taken care of. Need volunteers.

Barre Town Spring Run – May 22<sup>nd</sup>.

Kids Track Meet – June 5

Capital City Stampede – June 12

Paul Mailman – June 27

Bear Swamp – July 10

Barre Heritage – July 31st

Berlin Pond – August 5<sup>th</sup>. Need race director, anyone interested, please contact Andrea.

Chase Race – Aug 26<sup>th</sup>

Northfield – September 4<sup>th</sup>. Tim Noonan would like to have a committee to work on this race. Tim needs more help, and needs more coordination with the timing. Need a technical committee to handle timing and finish line. CVR needs at least 5 people on this committee to find volunteers, train etc. Tim raised the issue of need for greater organization of the timing. It was suggested that a committee form to better coordinate finish timing. The following volunteered for this committee: Tim Noonan, Darragh Ellerson, John Hackney, Donna Smyers, Andy Shuford, Andrea McLaughlin, (in addition to Rowly Brucken).

Sodom Pond- no issues

Leaf Peepers- no issues

Falling Leaves- Tim Noonan proposed making the races even more low-key: eliminating entry fees (instead there would be a suggested donation to Food Bank), and eliminating official times.

First Night- at present a race director is still needed. It was proposed that if there is no race director by our August meeting that we withdraw the race from the calendar and notify the City of Montpelier that we are unable to manage the race.

Onion River Race Series will include the following: First Night, Capitol City 5K, Paul Mailman, Bear Swamp, Berlin Pond, Northfield 5K, Barre Heritage, Leaf Peepers, Montpelier Mile, Green Mountain Marathon (GMAA), Common to Common (GMAA).

**T-shirts-** Andrea has investigated T-shirt options, however concerns were raised about the sizing/reliability of the company. It was decided to continue to investigate vendors further before making a decision.

**Facebook page-** Norm Robinson proposed that we create a CVR Facebook page to facilitate easier communication. There was support for this and it was suggested that Loralyn Leblanc would do a very good job of coordinating this. Andrea will approach her about it. Norm Robinson is willing to take it on if she is not available.

**Keys to the equipment storage-** There are 2 keys to the equipment storage area. Andrea would like better access so she can keep better track of the equipment. It was decided that she will share the key that is currently managed by Roger Cranse.

**Current equipment inventory:** 2 time machines, tent side walls (we need a new tent), USB connectors, Jones Counters (still in Bob Murphy's possession), cones (we own 50; several are unaccounted for, some are at ORS), mile marker signs, 4 hand held timers, several tables (currently being used by National Life for Christmas donations), banner, 2 computers (in possession of Dave Kissner and John Hackney), 2



water jugs, 2 race in progress signs (formerly there were more), timer paper, 6 fluorescent vests, measuring wheel.

Equipment needs: Mile marker signs need to be replaced, it was proposed to use an A-frame style sign; it was agreed to order these. We need additional Race in Progress signs and it was decided to order those. It was also decided to order another tent (up to \$500), and another measuring wheel (Tim Noonan will look for this, up to \$150 is authorized). Norm suggested we purchase mile markers for the Fun Runs and that was supported.

There was discussion of the possibility of renting a van for any group of CVR runners wishing to travel to a regional race together.

Norm Robinson announced that the Corporate Cup race is being rerouted due to the closure of the Taylor St Bridge; they are looking for more volunteers to help with the new course.

John Hackney requested a message be sent out to recruit more people familiar with the RunScore Timing system.

Next meeting dates: June 3 at the home of Michael Chernick; August 12 at the home of Andrea McLaughlin; November 18 (location TBD).

#### CENTRAL VERMONT RUNNERS MEETING JUNE 10<sup>TH</sup>, 2010 MINUTES

8 Members were in attendance. Meeting called to order at 6:25. Approved the meeting minutes from the last meeting.

Treasurers Report – The club was paid for the assistance we provided in the Northfield race last year. Other than that, no new news from the treasurer.

Officers: Bob Howe has agreed to be newsletter editor. Nancy is going to write one final newsletter but after that Bob will take over. If anyone has anything they would like to see printed in the newsletter contact Bob.

Race Directors: We have been able to find a race director for the three races in which we have been looking. Barre Heritage will be Lori Lacroix, 1<sup>st</sup> Night will be Ann Bushey (she is looking for a co-director) and Berlin Pond will be Jeff Prescott.

Race Director Manual – Andrea has agreed to help Norm, with the writing and updating the Race Director Manual. She will work on it this summer and maybe schedule a time for a group to review it and make any edits.

Bibs – Discussed the need for the club to have bib numbers for our races. In the past we have gotten them from Onion River, if the race is part of the onion river series, or we have used left over bibs from Leaf Peepers or other races. Motion was accepted for Andrea to order more bibs for the club and keep them in



the storage shed with the other equipment. If you are a race director, you can use these if you are unable to get some from Onion River .

Reminder that Norm Robinson has set up a Facebook page for the club. Encourage everyone to go check it out.

Race Timing Training / Technology Training – Tim Noonan is inviting anyone interested in learning the timing system and other technology to his home on August 19<sup>th</sup> at 6:00. We need more people who are experienced with the technology and perhaps could help to improve the technology the club offers with regard to race timing.

Publicity – We discussed ideas on how to get more publicity for the club. Perhaps putting out more flyers at races, posting articles in local press. Motion accepted to allow Greg to research purchasing a sandwich board type equipment that can hold flyers. This would be kept in the shed with the other race equipment and each race director would bring it to their race to help advertise other races.

Race Updates: Barre Heritage – July 24<sup>th</sup> – Lori Lacroix is the new race director and has made some significant changes to this race. It is being held at Millstone in Barre, and proceeds benefit Spalding High School Track Team. Planning is going well, Lori could use volunteers. Motion accepted to allow Lori to rent a port-a potty and the club will cover the expense.

Berlin Pond – Planning going well, need volunteers. The club needs to make sure that all volunteers out on the roads during the race wear safety vests. Race Director (s) are considering a king of the hill award.

Chase Race – Planning going well

Northfield – Planning going well, but the club continues to discuss the timing service we provide and the challenge of timing this race.

Leaf Peepers – Planning going well. Roger wanted to report that the shirt color will be pistachio green, the race is filling up fast and unlike last year the 5k will be capped and will close once the cap is met. Roger is looking for a volunteer to pick up the cones after the race.

Falling Leaves – Tim announced the format is going to change back to the way it used to be with the focus on raising money for Vermont Food Shelf.

Meeting adjourned at 7:50pm. Next meeting will be held at Andreas House on August 12<sup>th</sup>, the meeting following will be November 18<sup>th</sup> at Sandy Colvins house.



## 2010 CVR AND AREA RACE SCHEDULE & EVENTS \*

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

**\* CVR RACES ARE NOTED WITH AN ASTERISK**

**ONGOING - FUN RUNS**, May - October. They are held every Tuesday at 5:30 p.m., rain or shine and are open to all runners and walkers. 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 out-and-back distances of 1, 2, 4, and 6 miles and you can run any distance at any pace you desire. Children are encouraged to do the 1-mile run, as long as they are accompanied by a responsible adult. 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. The last one for 201 will be October 26<sup>th</sup>. Please see our web site for additional information and directions.

Dates and times listed below are tentative and subject to change. Please contact race directors for up-to-date info. All races are in Vermont unless otherwise noted. Please check with contacts to confirm race times and other details. (For another schedule of great races in Northwestern Vermont, please see the GMAA web site [www.gmaa.net](http://www.gmaa.net) )

### —June—

**June 13, 34th Annual Crowley Brothers' Memorial 10K**, 8AM, Rutland, 1 mile kids fun run, 5K walk or run, 10K; VT State Championships of the 10K Masters and the 5K, *Contact:* Mike Lannon | [crowleyroadrace@aol.com](mailto:crowleyroadrace@aol.com) | [online registration](#).

**June 19, Onion River Sports Duathlon Series Race 1**, 9:00am Morse Farm. Race starts with a 3K trail run, followed by a 10K mountain bike, and finishes with a 3K trail run. Course takes you through the ski trails, singletrack, forest, and fields of beautiful Morse Farm. All participants have a chance to receive raffle prizes, and awards for top individual and team finishers given at each race. Race fees: \$25 Individuals \$40 Teams (If you don't have a team, but want one, let us know, we'll try to match up interested parties.) Register for all three races on June 19th and save - \$60 for individuals for all three races, \$100 for teams all three races. *Contact:* Caroline, 802-229-9409 802-229-9409 [caroline@onionriver.com](mailto:caroline@onionriver.com).

**June 19, Green Mountain Relay**, 6AM, Cambridge Elementary School, 189 School St., Jeffersonville, (200-mile team distance relay race across Vermont), *Contact:* Paul Vanderheiden, 303-800-5353 303-800-5353 | [paul@timberlineevents.com](mailto:paul@timberlineevents.com).

**June 19, Murphy-Morse 5k Run/Walk**, 8:30AM, Murphy-Morse Track Complex, Windsor High School, 19 Ascutney Street, Windsor, (challenging road run or walk through historic downtown Windsor), *Contact:* Bob Hingston, 802-674-6344 802-674-6344 x308 | [hinhbob@windsor.k12.vt.us](mailto:hinhbob@windsor.k12.vt.us).



**June 26, 8th Annual Freedom 5K Run and Walk**, 6PM, Milton Recreation Park (behind the Municipal Building), 43 Bombardier Road, Milton, (flat 5k course with a mile kids run... prizes, ice cream, shirts and fun!), *Contact:* Mark, 802-893-3675 802-893-3675 [milton5k@yahoo.com](mailto:milton5k@yahoo.com).

**June 26, Run For Empowerment**, 9AM, ECHO Aquarium and Lake Science Center, 1 Lake Street, Burlington, (5K, 10K, 1K Kids Fun Run, flat and scenic course), *Contact:* Run for Empowerment (Women Helping Battered Women), 802-658-3131 802-658-3131 x1062 | [jennied@whbw.org](mailto:jennied@whbw.org).

**\* June 27, Paul Mailman Montpelier Ten-Miler**, 8:45AM, Montpelier High School, Montpelier, *Contact:* Betty Rose, [BRose@nationallife.com](mailto:BRose@nationallife.com) or 802-839-0003 802-839-0003, [more info](#).

**—July—**

**\* July 3, 5th Annual Montpelier Mile**, 6:00pm, Downtown Montpelier. Run in front of thousands of spectators, then enjoy the parade and fireworks. Pre-registration: (before June 30) Adults-\$15 Children-\$5 Parents accompanying children-\$10. Day of race registration: Adults-\$20 Children-\$5 Parents accompanying children-\$10. *Contact:* Carrie or Caroline | 802-229-9409 802-229-9409 | [thefolks@onionriver.com](mailto:thefolks@onionriver.com) | [Onion River Sports](#)

**July 3, Willoughby Lake Ladies Aid Scholarship 5K Run/Walk**, 9AM, Westmore Community Church park, Rte. 5A, Westmore, (out and back course along beautiful Willoughby Lake), *Contact:* Robin Robitaille, 802-525-3689, 802-525-3689 [runnek@myfairpoint.net](mailto:runnek@myfairpoint.net).

**\* July 10, Bear Swamp Run**, 9AM, 5.7 miles, Rumney School, Middlesex, hilly dirt roads, scenic, race day registration only (8:00-8:45 am), *Contact:* Tim Noonan 802-223-6216 802-223-6216.

**July 10, Onion River Sports Duathlon Series Race 2**, 9:00am Morse Farm. Race starts with a 3K trail run, followed by a 10K mountain bike, and finishes with a 3K trail run. Course takes you through the ski trails, singletrack, forest, and fields of beautiful Morse Farm. All participants have a chance to receive raffle prizes, and awards for top individual and team finishers given at each race. Race fees: \$25 Individuals \$40 Teams (If you don't have a team, but want one, let us know, we'll try to match up interested parties.) *Contact:* Caroline, 802-229-9409 802-229-9409 [caroline@onionriver.com](mailto:caroline@onionriver.com).

**July 11, Ascutney Mountain Run** - 3.7 Mile Hill Climb, 9:30AM, Mt. Ascutney State Park, 1826 Back Mountain Road, Windsor, (ascend 2300 ft. over 3.7 miles on a paved road, w/ average grade of 12 percent), *Contact:* Raina, 802-484-5015 802-484-5015 | [race@penguincycles.com](mailto:race@penguincycles.com).

**\* July 24, Barre Heritage Festival 5K Trail Race**, at Millstone, Barre Town. Run past Barre's historic quarries on beautiful trails at Millstone Hill Touring Center. Registration at Millstone Store on Church Hill Rd. in Barre Town at 9:00am, race at 9:30, *Contact:* Lori LaCroix, 802-470-2938 802-470-2938 | [blajx4@yahoo.com](mailto:blajx4@yahoo.com).



**—August—**

**\* August 5, Berlin Pond 5 Miler**, Berlin Town Clerk's office. 5 Mile loop 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), *Contact:* Jeff Prescott | [jeffp\\_cvr@myfairpoint.net](mailto:jeffp_cvr@myfairpoint.net).

**August 7, Onion River Sports Duathlon Series Race 3**, 9:00am Morse Farm. Race starts with a 3K trail run, followed by a 10K mountain bike, and finishes with a 3K trail run. Course takes you through the ski trails, singletrack, forest, and fields of beautiful Morse Farm. All participants have a chance to receive raffle prizes, and awards for top individual and team finishers given at each race. Race fees: \$25 Individuals \$40 Teams (If you don't have a team, but want one, let us know, we'll try to match up interested parties.) *Contact:* Caroline, 802-229-9409 802-229-9409 [caroline@onionriver.com](mailto:caroline@onionriver.com).

**August 14, 20K, 10K, 5K Kingdom Run**, 8:30AM, Irasburg Common, Park Avenue, Irasburg, (out & back run & walk on scenic dirt road, little traffic, refreshments, prizes), *Contact:* Rebecca Boulanger, 802-766-5310 802-766-5310 | [kingdomrun@surfglobal.net](mailto:kingdomrun@surfglobal.net).

**August 21 GMAA Women's Round Church 5k/10k**, 8:30AM, Round Church, Richmond, Fast and flat out and back on Cochran Road *Contact:* Kasie Enman, 802-238-0820 802-238-0820 | [roundchurch@gmaa.net](mailto:roundchurch@gmaa.net).

**\* August 26, East Montpelier 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 - 5:45pm)*Contact:* Tim Noonan 802-223-6216 802-223-6216 .

**August 28, 100on100 Heart of Vermont Relay**, 6AM, Trapp Family Lodge, 700 Trapp Hill Road, Stowe, (100 mile 6 person [or less] relay run through the heart of VT on scenic RT 100), *Contact:* Robert O'Neil, 802-735-1389 802-735-1389 | [robert\\_oneil@100on100.org](mailto:robert_oneil@100on100.org).

**August 29, FJG Race to the Top of Vermont**, Toll Road, Stowe. Run, mountain bike, or non-competitively hike up the highest mountain in Vermont on the famous Mt. Mansfield Toll Road. *Contact:* Jim Fredericks, 802-864-5794 802-864-5794 | [jfredericks@catamounttrail.org](mailto:jfredericks@catamounttrail.org).

**—September—**

**\* September 4, Northfield Savings Bank 5K and Children's 1 Mile Race**, Start and finish in front of Northfield Savings Bank at the Green in downtown Northfield, Vermont. *Contact:* Timothy Barre, 802-485-5223 802-485-5223 | [timothyb@nsbvt.com](mailto:timothyb@nsbvt.com)

**—October—**

**\* October 3, Leaf Peepers Half Marathon and 5K Race**, 13.1 miles of scenic country in the shadow of Camel's Hump. Course is out and back through scenic back roads of Waterbury and Duxbury. Start and finish at the Vermont State Office Complex, Main St., Waterbury *Contact:* Roger Cranse, 802-223-6997 802-223-6997 | [rcc59@comcast.net](mailto:rcc59@comcast.net)





## KID'S TRACK MEET

The Kids Track Meet sponsored by CVR has had more than its share of weather difficulties during its 15 years of existence. This year, the weather also loomed as an issue as the forecast for Saturday, June 5, called for periods of rain, chance of severe thunderstorm and even (gulp) a statewide tornado watch. In addition, we were informed the day before the meet that we could not use the track because the time of a scheduled high school playoff lacrosse game had been pushed back an hour by the Vermont Principals Association due to SAT's being given that day.

Accordingly, we spent the morning setting up a makeshift track, softball throwing area and long jump venue on the athletic fields at Montpelier High School and hoped for the best. Well, we lucked out. It did not rain in Montpelier on Saturday after early morning. Also, we heard many positive comments about doing the "track" meet on the fields rather than the track. Parents and kids all got into the spirit of this low-key event which emphasizes participation over competition. We were pleased with the turnout given the threatened weather. We had 71 kids from pre-school through 6<sup>th</sup> grade, just slightly below the turnout of the last few years.

All in all, a positive experience. Many thanks to the following volunteers who seemed to enjoy the meet as much as the kids and parents: Ricarda Erickson, Betty Rose, Sandy Colvin, Dot Helling, Bob Murphy, Maureen Carr, Colleen Noonan, Ann and Dick Bushey, Fred Stapenhorst, Chris Andresen, John and Sue Hackney, and Greg Gerdel. Tim Noonan and Norm Robinson, Meet Coordinators

## CVR Honors Nancy Rice with the '09 Spirit of the Club Award

On Jan. 21, 2010 CVR awarded **Nancy Rice** the 2009 annual Spirit of the Club Award. (Past winners include Priscilla Carr, Dave Kissner, Norm Robinson, Tim Noonan, Darragh Ellerson, and Donna Smyers.) Below, see remarks from club president **Andrea McLaughlin** when she presented the award to Nancy.

"At the annual volunteer dinner, **Nancy Rice** was awarded the 2009 CVR Spirit of the Club Award. For the last 6 years, CVR has presented the award to a volunteer who over the years, has been especially generous and effective in their volunteer efforts for the club. Nancy stepped up to produce the CVR newsletter in 2005. She increased the newsletter frequency from 4 to 5 times per year and has produced over 20 newsletters in her tenure. Nancy also took on co-directing the Berlin Pond race the last 2 years and has been a frequent volunteer at other races. Nancy has recently retired from work and has announced that she will need to give up the newsletter as she moves on and possibly out of the area. CVR thanks her for her service as she will be difficult to replace."

## ORS Trail Duathlon Series

Saturday, June 19<sup>th</sup> 9:00am    Saturday, July 10<sup>th</sup> 9:00am    Saturday, August 7<sup>th</sup> 9:00am

**Register online at [www.onionriver.com](http://www.onionriver.com), or register day-of at 8:00am.** Come join us for the inaugural trail run-mountain bike ORS Duathlon Series at Morse Farm! Race course starts with a 3k trail run, followed by a 10k mountain bike, and finishes with a 3k trail run. Course takes you through the ski trails, singletrack, forest, and fields of beautiful Morse Farm. All participants have a chance to receive raffle prizes, and awards for top individual and team finishers given at each race. **Race fees:** \$25 individuals, \$40 teams (don't have a team, but want one, let us know, we'll try to match up interested parties). Register for all 3 races on June 19<sup>th</sup> and save - \$60 for individuals for all 3 races, \$100 for teams for all 3 races. For more information visit [www.onionriver.com](http://www.onionriver.com), contact Caroline at 802-229-9409 or

[caroline@onionriver.com](mailto:caroline@onionriver.com)

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

**14TH ANNUAL CVR MUTT STRUTT**

To Benefit Central Vermont Humane Society  
Waterbury, VT April 25, 2010



A beautiful sunny spring day greeted The 14th Annual CVR Mutt Strutt on April 25th 2010, attracting a near record field of 51 human finishers from 57 paid entrants. Some years, people run with 2 dogs; this year, to the contrary, 11 people either shared a dog or ran without one resulting in 40 canine finishers. We also had an unusually large number of young people, with 7 participants in the 1-19 categories. The race was won by Gary Kessler and Simon in 21:04 and Jesse Phillips and Rodeo in 25:58.

Many thanks to our sponsors: KC's Bagel Café, Onion River Animal Hospital, Onion River Sports, Guy's Farm and Yard and Julio's Cantina who provided great prizes and refreshments for both canines and humans. Thanks also to volunteers: Jeff Prescott, Andy Shuford, Michael Chernick, Rick Molz, Jill Aspinall, Jen Miller-Arsenault, Laura Alpert, and Eric Ryea. With entry fees and extra donations we raised \$338 for the Central Vermont Humane Society.

Donna Smyers and Jamie Shanley, Race Directors

**OVERALL RESULTS**

Place	Name	Dogname	Age	Sex	Dogsize	City	Time
1	Gary Kessler	Simon	50	M	L	Warren	21:04
2	Grant Ornstein	Gracie	55	M	S	Calais	22:14
3	Dick Millar	Stella	48	M	S	Shelburne	22:22
4	Jason Bahner	Bella	30	M	L	Waterbury	24:10
5	Kevin Reid	Krusty	37	M	L	Burlington	25:53
6	Jesse Phillips	Rodeo	31	F	L	Warren	25:58
7	Joe Ernsf	Jack	36	M	S	Waterbury Ctr	26:07
8	Missy Goodwin	Ike	36	F	L	Barre	26:58
9	Kevin Petrochko	Brodie	35	M	L	Barre	26:59
10	Cindy Maker	George	56	F	S	Calais	27:24
11	April Farnham	Tic Tic	43	F	L	Plainfield	28:26
12	Sue Emmons	Monet	54	F	L	S Duxbury	28:39
13	Carol Rittenhouse	Riley	49	F	L	Randolph Ctr	29:29
14	John Wakefield	Gary	34	M	S	Waterbury	30:20
15	Gerry Scott	Chrissy	51	M	L	Stowe	30:26
16	Joe St. Marie	Jester	39	M	S	Jericho	30:31
17	Rebecca Coryell	Bella	19	F	S	Montpelier	31:07
18	Devin Baker	No Dog	11	F	S	Montpelier	31:27
19	Dana Polakowski	Simon	32	F	L	Montpelier	31:29
20	Rachel Osha	Jack	27	F	S	Randolph	31:34
21	Hope Crifo	Bridges	58	F	L	Middlesex	32:06
22	Kyle Cushman	No Dog	46	F	L	Marshfield	32:09
23	Jason Boyd	Sugar	37	M	L	Northfield Fa	33:45
24	Cindy Barrows	Daisy	43	F	L	Burlington	34:41
25	Jim Marchino	No Dog	68	M		Evansville	34:44



26 Dot Helling	Smoochie	60 F S	Montpelier	35:11
27 Monica Boyd	Anna	34 F S	Northfield Fa	35:42
28 Kimita Walsh	Kita	50 F L	Enfield	36:29
29 Fredita Duncan	Kita	49 M L	Enfield	36:30
30 Peter Drescher	Mingus	47 M L	Montpelier	38:53
31 Sarah Schoolcraft	Jack	28 F L	Duxbury	38:54
32 Dave Lang	Lilly	40 M S	Morrisville	39:39
33 Matt Lang	Lilly	M	Morrisville	39:41
34 Silas Baker	Oscar	14 M S	Montpelier	40:25
35 Diane Baker	Oscar	47 F S	Montpelier	41:06
36 Jennifer Silpe	Otis	43 F S	Underhill	41:39
37 Jackie Marino	Iris	46 F S	Burlington	41:49
38 Dan Reed	No Dog	52 M	Essex Jct	44:32
39 Theresa Reed	Pepe	50 F S	Essex	44:32
40 Brian Bushey	Macky	08 M S	Montpelier	44:44
41 Brynn Bushey	Mansfield	10 F L	Montpelier	44:44
42 Kathleen Burroughs	Mansfield	50 F L	Northfield	44:54
43 Ann Bushey	No Dog	52 F	Montpelier	44:55
44 Erin McKenney	Bitsy	32 F L	Montpelier	52:55
45 Becky Diedrich	Bella	45 F S	Berlin	55:52
46 Sandy Colvin	Gracie	41 F S	Montpelier	55:59
47 Zoe Colvin	Gracie	4 F S	Montpelier	56:00
48 Julia Sobel-Farynia	Gryphon	09 F S	E Calais	1:09:29
49 Laura Sobel	Griffin	43 F S	E Calais	1:09:30
50 Terri Anne Persons	Jasmine	44 F L	W. Danville	1:18:35
51 Rachel Renfro	Willow	33 F L	Hardwick	1:18:42

14th Annual CVR Mutt Strutt  
To Benefit Central Vermont Humane Society  
Waterbury, VT April 25, 2010



\*\*\*\*\* AGE GROUP/DIVISION AWARDS LIST \*\*\*\*\*

\*\*\*\*\* FEMALE OVERALL RESULTS \*\*\*\*\*

1 Jesse Phillips Rodeo 31 WARREN VT 25:58  
Record 19:00 by Caitlin Compton & Clover in 1998

\*\*\*\*\* MALE OVERALL RESULTS \*\*\*\*\*

1 Gary Kessler Simon 50 Warren VT 21:04  
Record 16:59 by Joe McNamara & Dillon in 1999

FEMALE AGE GROUP 01 - 19 Small Dog

- 1 17 Rebecca Coryell Bella 31:07 19 MONTPELIER VT
- 2 18 Devin Baker No Dog 31:27 11 MONTPELIER VT
- 3 47 Zoe Colvin Gracie 56:00 4 Montpelier VT
- 4 48 Julia Sobel-Farynia Gryphon 1:09:29 09 E CALAIS VT

FEMALE AGE GROUP 01 - 19 Large Dog

- 1 41 Brynn Bushey Mansfield 44:44 10 MONTPELIER VT

MALE AGE GROUP 01 - 19 Small Dog

- 1 34 Silas Baker Oscar 40:25 14 MONTPELIER VT

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2	40 Brian Bushey	Macky	44:44	08 MONTPELIER	VT
	FEMALE AGE GROUP 20 - 29 Small Dog				
1	20 Rachel Osha	Jack	31:34	27 Randolph	VT
	FEMALE AGE GROUP 20 - 29 Large Dog				
1	31 Sarah Schoolcraft	Jack	38:54	28 DUXBURY	VT
	FEMALE AGE GROUP 30 - 39 Small Dog				
1	27 Monica Boyd	Anna	35:42	34 Northfield Falls	VT
	FEMALE AGE GROUP 30 - 39 Large Dog				
1	8 Missy Goodwin	Ike	26:58	36 Barre	VT
2	19 Dana Polakowski	Simon	31:29	32 MONTPELIER	VT
3	44 Erin McKenney	Bitsy	52:55	32 MONTPELIER	VT
4	51 Rachel Renfro	Willow	1:18:42	33 Hardwick	VT
	MALE AGE GROUP 30 - 39 Small Dog				
1	7 Joe Ernsof	Jack	26:07	36 Waterbury Ctr	VT
2	14 John Wakefield	Gary	30:20	34 WATERBURY	VT
3	16 Joe St. Marie	Jester	30:31	39 JERICHO	VT
	MALE AGE GROUP 30 - 39 Large Dog				
1	4 Jason Bahner	Bella	24:10	30 Waterbury	VT
2	5 Kevin Reid	Krusty	25:53	37 Burlington	VT
3	9 Kevin Petrochko	Brodie	26:59	35 Barre	VT
4	23 Jason Boyd	Sugar	33:45	37 Northfield Falls	VT
	FEMALE AGE GROUP 40 - 49 Small Dog				
1	35 Diane Baker	Oscar	41:06	47 MONTPELIER	VT
2	36 Jennifer Silpe	Otis	41:39	43 UNDERHILL	VT
3	37 Jackie Marino	Iris	41:49	46 BURLINGTON	VT
4	45 Becky Diedrich	Bella	55:52	45 BERLIN	VT
5	46 Sandy Colvin	Gracie	55:59	41 MONTPELIER	VT
6	49 Laura Sobel	Griffin	1:09:30	43 E CALAIS	VT
	FEMALE AGE GROUP 40 - 49 Large Dog				
1	11 April Farnham	Tic Tic	28:26	43 PLAINFIELD	VT
2	13 Carol Rittenhouse	Riley	29:29	49 Randolph Ctr	VT
3	22 Kyle Cushman	No Dog	32:09	46 Marshfield	VT
4	24 Cindy Barrows	Daisy	34:41	43 BURLINGTON	VT
5	50 Terri Anne Persons	Jasmine	1:18:35	44 W. Danville	VT
	MALE AGE GROUP 40 - 49 Small Dog				
1	3 Dick Millar	Stella	22:22	48 Shelburne	VT
2	32 Dave Lang	Lilly	39:39	40 Morrisville	VT
	MALE AGE GROUP 40 - 49 Large Dog				
1	29 Fredita Duncan	Kita	36:30	49 ENFIELD	VT
2	30 Peter Drescher	Mingus	38:53	47 Montpelier	VT
	FEMALE AGE GROUP 50 - 59 Small Dog				
1	10 Cindy Maker	George	27:24	56 Calais	VT
2	39 Theresa Reed	Pepe	44:32	50 ESSEX	VT
	FEMALE AGE GROUP 50 - 59 Large Dog				
1	12 Sue Emmons	Monet	28:39	54 S DUXBURY	VT
2	21 Hope Crifo	Bridges	32:06	58 Middlesex	VT
3	28 Kimita Walsh	Kita	36:29	50 Enfield	NH
4	42 Kathleen Burroughs	Mansfield	44:54	50 Northfield	VT



## MALE AGE GROUP 50 - 59 Small Dog

1 2 Grant Ornstein Gracie 22:14 55 Calais VT

## MALE AGE GROUP 50 - 59 Large Dog

1 15 Gerry Scott Chrissy 30:26 51 STOWE VT

## FEMALE AGE GROUP 60 - 69 Small Dog

1 26 Dot Helling Smoochie 35:11 60 Montpelier VT

**1ST ANNUAL ADAMANT 20 MILER****MAY 8, 2010****ADAMANT, VT****OVERALL RESULTS**

Place	Name	Age	S	City	Time	Pace
1	David Herr	45	M	Canaan	2:10:21	6:32
2	Jon Copans	35	M	Montpelier	2:24:27	7:14
3	Rowly Brucken	41	M	Northfield	2:24:40	7:14
4	Brendon Barden	32	M	Randolph	2:27:40	7:23
5	Justin Ryea	31	M	S Burlington	2:27:41	7:24
6	Nicole Yokum	26	F	Norwich	2:32:57	7:39
7	Andrew Tripp	40	M	Montpelier	2:32:36	7:38
8	David Kelley	38	M	Plainfield	2:36:10	7:49
9	Pj Telep	38	M	Waitsfield	2:40:34	8:02
10	Mariana Lara	35	F	Stowe	2:43:48	8:12
11	Steve Snook	50	M	Newbury	2:45:18	8:16
12	Morgan Ecklund	42	M	E Calais	2:49:34	8:29
13	Jun-Rong Chen	23	M	Northfield	2:51:24	8:35
14	Christian Andreson	54	M	Montpelier	2:52:19	8:37
15	Dot Martin	49	F	Williamstown	2:56:02	8:49
16	Eric Allard	29	M	Williston	2:56:03	8:49
17	Andrew Gilbert	48	M	Marshfield	2:56:03	8:49
18	Carrie Felice	38	F	E Calais	2:59:33	8:59
19	John Martin	58	M	Williamstown	3:00:00	9:00
20	Steve Rucker	42	M	Burlington	3:01:41	9:06
21	John Duff	57	M	Newfane	3:04:17	9:13
22	Tim Noonan	53	M	Montpelier	3:05:36	9:17
23	Norm Robinson	54	M	Montpelier	3:10:45	9:33
24	Teia Christiansen	27	F	Portland	3:19:12	9:58
25	Cara Arancibia	30	F	Burlington	3:19:13	9:58
26	Karen Yoon Cooper	34	F	Saratoga Spring	3:21:50	10:06
27	David Erickson	57	M	Barre	3:22:01	10:07
28	Marc Ducharme	48	M	Morrisville	3:22:27	10:08
29	Linda Hallinger	57	F	Washington	3:23:06	10:10
30	Jill Meneilley	41	F	Hinesburg	3:23:56	10:12
31	Tom O'Toole	40	M	Hyde Park	3:24:16	10:13
32	David Crossman	37	M	Burlington	3:24:55	10:15
33	Jessica Colbourne	27	F	Burlington	3:28:12	10:25
34	Amy O'Toole	37	F	Hyde Park	3:28:14	10:25



35 Tonoï Anton Blocina	43 M Winooski	3:28:14 10:25
36 Rick Deangelis	54 M Montpelier	3:30:39 10:32
37 John Kaeding	62 M Worcester	3:32:31 10:38
38 Erin Bresette	28 F Montpelier	3:34:20 10:43
39 Sara Couture	29 F Williston	3:36:54 10:51
40 Jenna Allard	29 F Williston	3:36:55 10:51
41 Newton Baker	68 M Montpelier	3:51:50 11:36

1st Annual Adamant 20 Miler  
May 8, 2010  
Adamant, VT

\*\*\*\*\* AGE GROUP RESULTS LIST \*\*\*\*\*

\*\*\*\*\* FEMALE OVERALL RESULTS \*\*\*\*\*

1 Nicole Yokum 26 Norwich VT 2:32:57

\*\*\*\*\* MALE OVERALL RESULTS \*\*\*\*\*

1 David Herr 45 Canaan VT 2:10:21

FEMALE AGE GROUP 20 - 29

1	6 Nicole Yokum	26 Norwich	VT 2:32:57
2	24 Teia Christiansen	27 Portland	ME 3:19:12
3	33 Jessica Colbourne	27 Burlington	VT 3:28:12
4	38 Erin Bresette	28 Montpelier	VT 3:34:20
5	39 Sara Couture	29 Williston	VT 3:36:54
6	40 Jenna Allard	29 Williston	VT 3:36:55

MALE AGE GROUP 20 - 29

1	13 Jun-Rong Chen	23 Northfield	VT 2:51:24
2	16 Eric Allard	29 Williston	VT 2:56:03

FEMALE AGE GROUP 30 - 39

1	10 Mariana Lara	35 Stowe	VT 2:43:48
2	18 Carrie Felice	38 E Calais	VT 2:59:33
3	25 Cara Arancibia	30 Burlington	VT 3:19:13
4	26 Karen Yoon Cooper	34 Saratoga Springs NY	3:21:50
5	34 Amy O'Toole	37 Hyde Park	VT 3:28:14

MALE AGE GROUP 30 - 39

1	2 Jon Copans	35 Montpelier	VT 2:24:27
2	4 Brendon Barden	32 Randolph	VT 2:27:40
3	5 Justin Ryea	31 S Burlington	VT 2:27:41
4	8 David Kelley	38 Plainfield	VT 2:36:10
5	9 Pj Telep	38 Waitsfield	VT 2:40:34
6	32 David Crossman	37 Burlington	VT 3:24:55

FEMALE AGE GROUP 40 - 49

1	15 Dot Martin	49 Williamstown	VT 2:56:02
2	30 Jill Meneilley	41 Hinesburg	VT 3:23:56

MALE AGE GROUP 40 - 49

1	1 David Herr	45 Canaan	VT 2:10:21
2	3 Rowly Brucken	41 Northfield	VT 2:24:40
3	7 Andrew Tripp	40 Montpelier	VT 2:32:36
4	12 Morgan Ecklund	42 E Calais	VT 2:49:34



5	17 Andrew Gilbert	48 Marshfield	VT 2:56:03
6	20 Steve Rucker	42 Burlington	VT 3:01:41
7	28 Marc Ducharme	48 Morrisville	VT 3:22:27
8	31 Tom O'Toole	40 Hyde Park	VT 3:24:16
9	35 Tono Anton Blocina	43 Winooski	VT 3:28:14
FEMALE AGE GROUP 50 - 59			
1	29 Linda Hallinger	57 Washington	VT 3:23:06
MALE AGE GROUP 50 - 59			
1	11 Steve Snook	50 Newbury	VT 2:45:18
2	14 Christian Andreson	54 Montpelier	VT 2:52:19
3	19 John Martin	58 Williamstown	VT 3:00:00
4	21 John Duff	57 Newfane	VT 3:04:17
5	22 Tim Noonan	53 Montpelier	VT 3:05:36
6	23 Norm Robinson	54 Montpelier	VT 3:10:45
7	27 David Erickson	57 Barre	VT 3:22:01
8	36 Rick Deangelis	54 Montpelier	VT 3:30:39
MALE AGE GROUP 60 - 99			
1	37 John Kaeding	62 Worcester	VT 3:32:31
2	41 Newton Baker	68 Montpelier	VT 3:51:50

**BOOT CAMP - 6 WEEKS OUTDOOR TRAINING MONTPELIER** with certified personal trainers  
Denise Ricker & Erin Bresette.

This boot camp is designed for individuals of all levels of fitness. Exercise variations will be shown. All exercises will be performed at the individuals' level. The majority of all exercises will be body weight exercises done for a specified length of time. All sessions will be intense cardio and core work with a daily strength focus alternately on the upper or lower body.

TUESDAYS AND THURSDAYS

JUNE 8TH TO JULY 15TH - 5:30-7:00 AM

MEETS AT FIRST IN FITNESS PARKING LOT IN MONTPELIER-RAIN OR SHINE!

COST per 90 minute sessions:

DROP IN: \$20 member/\$25 non-member

PUNCH CARD 10 SESSIONS:

\$150 member/\$200 non-member

SEASON: \$165 member/\$225 non-member

For more information, please call 223-1348 or 223-6161



### An Interesting but Scary Run

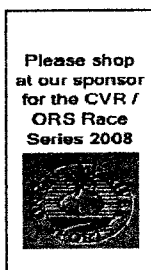
I just finished a seven-miler, which took me out along Snowbridge Road in Barre Town. On my way back, I looked up ahead and was startled to see a large black bear about 100 feet ahead, sauntering across the road. I yelled out, "Hey!", and the bear took one look at me and scampered off into the adjacent woods. That was the interesting part.

As I continued on my way, I considered the following possibility. What if that had been a mother bear with a cub nearby out of my sight? Chances are, from all I've read and heard, that the bear would NOT have scampered off into the woods, but might very well have scampered off after ME. That was the scary part. The bear could have covered 100 feet very quickly. There's no way I would be able to outrun it. There was no place of safety for me to go. Houses were quite a ways from the site, and only woods on both sides of the road.

It makes one think! What would YOU do?

The good news is that although the road is not heavily traveled, there is frequent traffic, so it would not be too long before someone would come along and spot the bear chewing on my remains.

Bob Murphy



20 Langdon Street, Montpelier, VT 05602

Road Runners Club of America [www.rrca.org](http://www.rrca.org) Central Vermont Runners is a member of RRCA, the oldest and largest long distance running organization in the country.

#### From Nancy ~

Hi, everyone. It has been my pleasure to be Editor of the Central Vermont Runners newsletter for the past 5 years. I am deeply appreciative to have been the recipient of the "Spirit of the Club Award" at the Awards and Appreciation Dinner on January 21st. Thank you, everyone, and I hope this delinquent issue doesn't give you regrets! I will miss it, but it is time to have someone else take a turn. CVR Member Bob Howe has donned his editor running shoes as our new Newsletter Editor - THANK YOU, BOB. I am sure Bob will be reaching out for information and bits for the newsletter. His contact info is also on the updated membership list Donna produces and is included in this issue. I will be relocating this summer to be closer to my family. Thank you to all members, officers past and present and also to Minuteman Press folks in Montpelier 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. *See you around!*



Nancy Rice 223-4025, [nansue.2000@yahoo.com](mailto:nansue.2000@yahoo.com)

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



## CVR 2010 Membership List

<i>Last Name</i>	<i>First Name</i>	<i>Family</i>	<i>Address</i>	<i>Town</i>	<i>PHONE</i>	<i>EMAIL</i>	<i>CVR</i>
Andresen	Christian		4 Greenfield Terrace	Montpelier	223-1643	chrisinv08@myfairpoint.net	10
Archambault	Todd		210 Maple St	Essex Jct	879-6867	sendtoddmail@gmail.com	11
Armstrong	Ella		235 Doyon Rd	Northfield	485-4930	ella@trans-video.net	11
Aspinall	Jill	& Rick Molz	17 North Park Dr.	Montpelier	224-9980	jillaspinall@alumni.uwaterloo.ca	12
Bachman	Tom	& Molly	30 Bailey Ave	Montpelier	223-3984		10
Baker	Newton		41 Colonial Dr.	Montpelier	223-7593	bakersf@myfairpoint.net	10
Bates	Mark	& Karen	148 Northfield St	Montpelier	223-1960	mark@mabates.com	10
Birse	David		P.O. Box 371	Hancock	603-525-	mistermarathon@juno.com	10
Bisson	Bob	& Lori	25 Orange St	Barre	522-9286	downtown5k@yahoo.com	12
Blais	Celine		13 Isabel Circle	Montpelier	229-2439	celinerun@gmail.com	10
Boyd	Jason	& Monica	P.O. Box 175	Northfield Falls	778-0308	jason.boyd@state.vt.us	10
Bryan	Shawn		573 Junction Rd	Berlin	223-2027		90
Bushey	Ann	& Family	7 Hillcrest	Montpelier	229-6288	busheya@wssu.org	10
Cameron	David, Amelia &		28 Countryside Circle	Barre	479-9805	cameron1031@hotmail.com	10
Carlson	Gerow M.		314 Portal Rd.	Middlesex	223-9758		11
Carr	Priscilla	& Jay Stewart	543 Bliss Rd	E. Montpelier	223-7764	priscillawcarr@yahoo.com	11
Chernick	Michael		330 Cityside Dr #75	Montpelier	223-0918	chernick5@comcast.net	10
Cleveland	Richard		P.O. Box 261	Northfield	485-8892	markii@tds.net	10
Copans	Jon	& Rebecca	22 Cliff St	Montpelier	272-0162	jcopans@gmail.com	11
Cranse	Roger		1 Summer St.	Montpelier	223-6997	rcc59@comcast.net	12
Cross	Cyndy	& Ryan	78 Silver Circle	Barre	476-3867	shortyrun@hotmail.com	10
Dane	Candace		PO Box 8	East Burke	626-8202	ced@lyndonlaw.com	10
DeBlasio	Paschal	& Jo-Ann Beaudin	129 Tamarack Dr	Williston	878-3690		10
Deluca	Paul		30 Cano Dr	Barre	476-7987	pdeluca420@msn.com	10
Ellerson	Darragh	& David	1152 North St	Montpelier	223-2080	dmmellerson@yahoo.com	10
Ellerson	Deirdre	& Marie Comtois	PO BOX 92	Sharon	763-2905		10
Ellerson	Mai-Lis	& Family	56 South View Rd	Northfield	485-9266		10
Erickson	David	& Family	5 Murray St	Barre	476-6527	dericksonvt@myfairpoint.net	10
Ericson	Richarda	& Jay	58 Hillside Ave	Barre	476-7961	ricruffle@yahoo.com	11
Ferno	Richard	& Sandra	47 Ferno Rd.	Williamstown	433-6691	blackangus.ferno6@gmail.com	10
Freeman	Linda	& Dave	19 Ridgewood Terrace	Barre	476-2074	lafrmn@hotmail.com	10
Frey	Cathy	& Nicole & Scott	435 Cutler Corner Rd	Barre	476-3970	frey@norwich.edu	11
Gardner-Morse	Mack	& Family	8197 County Road	Calais	223-5738	gardnermorse@gmail.com	10
Gillis	Michael	& Maryke	86 Notch Road	Middlesex	223-5559	ikenmike@myfairpoint.net	10
Hackerson	Olliver	& Family	19 First Ave	Montpelier	279-0523	ironollie@yahoo.com	10
Hackney	Susan	& John	30 Isabel Circle	Montpelier	223-2162	Sue.Hackney@state.vt.us	10
Hallinger	Linda		1267 Poor Farm Rd	Washington	883-5415	index@together.net	10
Helling	Dot		29 E. State St.	Montpelier	279-8199	ultradot@myfairpoint.net	11
Howe	Bob	& Carolyn	P.O. Box 632	Barre	476-8946	lucycarol18@gmail.com	10
Kaeding	John	& Family	55 Kaeding Rd	Worcester	229-0176		17
Keller	Chris		45 Ledgewood Terr	Montpelier	229-5602	kellerc@mpsvt.org	11
LaCroix	Lori		2 Owen Drive	Barre	479-2938	blajx4@yahoo.com	10
MacFarland	Gordon		466 Green St # 6	Cambridge	318-62777	macfarland@ceres.org	11
Marcy	Henry		4 Summit Dr. #508	Reading	781-439-	hjmarcy@comcast.net	13
Martin	John	& Dot	PO Box 1131	Montpelier	479-5333	vtiron55@yahoo.com	12
Martin	Emily		1760 Roxbury Rd	Roxbury	371-8215	aaubballuvr5@aim.com	10
McSweeney	Liam	& Ed	12 Pearl St.	Montpelier	223-0156	indians24@comcast.net	10
Miller-Arsenault	Jennifer	& Family	181 VT Route 12	Middlesex	229-5463	jma98@comcast.net	11
Moore	Thomas		65 Prospect St	Montpelier	223-4772	thomaskmoore@yahoo.com	11
Moulton	Celeste		79 Long St	Barre	479-4116	grapcoach@aol.com	10
Murphy	Robert		35 Birchwood Park	Barre	476-4328	rmm@sover.net	10
Noonan	Tim	& Maureen	2 Pinewood Road	Montpelier	223-6216	tim.noonan@state.vt.us	11
Prescott	Jeff	& Andy Shuford	10 Park Ave	Montpelier	272-3203	jeffprescott@myfairpoint.net	11
Rice	Nancy		15 Spring St, Apt. 2	Montpelier	223-4025	nansue_2000@yahoo.com	10
Ricker	Denise		399 Murray Hill Dr.	Montpelier	229-0877	rickerpd@comcast.net	10

## CVR 2010 Membership List

<i>Last Name</i>	<i>First Name</i>	<i>Family</i>	<i>Address</i>	<i>Town</i>	<i>PHONE</i>	<i>EMAIL</i>	<i>CVR</i>
Rittenhouse	Carol	& Dylan Graid	42 Red Maple La	RANDOLPH	728-7127	carol.rittenhouse@hitchcock.org	10
Robertson	Jake	& Tara Donnelly	RR1 Box 67-13	Warren	617-921-	makeitjake@gmail.com	10
Robinson	Norm		66 Terrace St.	Montpelier	223-7351	normrobinson@comcast.net	10
Rose	Betty		29 Deerfield Dr.	Montpelier	229-2311	brose@nationallife.com	12
Runner	New England	-Club Notes	PO Box 205	S. Weymouth	339-499-	nerunner@ix.netcom.com	11
Searles	Robert	& Sally	224 Sigh's Dr.	Wolcott	888-5895	searles@vsac.org	10
Shanley	Jamie	& Family	950 Sparrow Farm Rd	Montpelier	223-4856	jshanley@usgs.gov	10
Smyers	Donna	& Eric Ryea	PO Box 102	Adamant	229-4393	dosmyers@gmail.com	12
Tamburo	Haley		345 Farrell St #402	S. Burlington	734-9122	haleyscomet003@yahoo.com	11
Tripp	Andrew		10 Mechanic St.	Montpelier	223-1543	cardenas1936@gmail.com	10
Valentine	John	& Jane	440 Northfield Rd	Roxbury	485-3777	jvalentine@tds.net	12
Valentine	Megan		96 Orr Road	Jericho	899-4814	Megan.valentine@uvm.edu	12
Walker	Wade		32 Tyler Place	Jericho	223-7674	wade@walkervt.com	10
Williamson	Jon	& Kathy Mai	PO BOX 454	Montpelier	454-8367	jwcarneshump@hotmail.com	10
Windisch	Charles	& Family	4 Forest Road	Essex Jct.	879-3299	avrunner@hotmail.com	10

## CVR MEMBERSHIP--Not yet Renewed for 2010

<i>Last Name</i>	<i>First Name</i>	<i>Family</i>	<i>Address</i>	<i>Town</i>	<i>PHONE</i>	<i>EMAIL</i>	<i>CVR</i>
Arsenault-Berry	Phyllis		350 Richardson Rd	Duxbury	244-8684	rotlix2@yahoo.com	9
Brucken	Rowly	& Lisa	3318 Stony Brook	Northfield	485-6595	rbrucken@norwich.edu	9
Burkholder	Steven	& Family	24 North St	Montpelier	223-3370	bburkholder45@hotmail.com	9
Castle	Jen	& Family	5462 Noyestar Rd	East Hardwick	533-7088		9
Colvin	Sandy	& Craig	121 Spring Hollow	Montpelier	272-9795	buckman43@comcast.net	9
Diedrich	Rebecca		848 Stewart Rd	Berlin	223-0032	virtues@myfairpoint.net	9
Dodge	Susan	& Kim Evans	9 Pinehurst Dr.	Jericho	881-8481	suedodge11@comcast.net	9
Elias	Gretchen		211 Main St	Montpelier	223-6360	gretchenelias@mac.com	9
Emmons	Sue	& Bob	676 Turner Hill	S. Duxbury	244-5048	sue.emmons@comcast.net	9
Foltz	Tom	& Patti	917 Stowe Hollow	Stowe	253-4647	tfoltz@myfairpoint.net	9
Gambler	Beth		63 Freedom Dr.	Montpelier	223-2099	egambler@hotmail.com	9
Gerdel	Gregory	& Tristan	PO Box 839	Montpelier	224-6960	jggerdel@aol.com	9
Heydinger	Nancy		311 Laurel Ledges	Vernon	2461476	nancy@girlsontherunvermont.org	9
Hoff	Sarah	& Jeremy	24 Kent Street	Montpelier	229-1107	sarahbhubb@yahoo.com	9
Holland	Bill		45 State St.	Montpelier	229-1199	xcbillh@earthlink.com	9
Kissner	Dave	& Laura Medalie	150 Barnes Rd	Montpelier	229-4523	dave.kissner@gmail.com	9
Krolick	Carlie		5402 Lake Rd.	Charlottesville	425-4228	ckrolick@gmavt.net	9
Leblanc	Loralyn		2 North Park Dr.	Montpelier	223-3603	loralynlaughs@gmail.com	9
McLaughlin	Andrea		445 Cutler Corner	Barre	476-4417	ajvtskier@msn.com	9
Mercier	Robert		8 Foster St.	Montpelier	223-7225	rmerpat@comcast.net	9
Miles	Nicole	& Catherine	439 Vine St.	Northfield	485-4890	nikkimi@trans-video.net	9
Millar	Dick		175 Lakeview Dr.	Shelburne	223-5399	dickm103c@hotmail.com	9
Nuquist	Reidun	& Andrew	29 Bailey Ave.	Montpelier	223-3550	nuquist@together.net	9
Phillips	Brenda	& George	1711 Primrose #B	Nashville	454-1521	bcphillips@gmail.com	9
Pierce	Kim		33 Mill St.	Plainfield	454-7182		9
Polakowski	Dana		20 Colonial Drive	Montpelier	505-1284	dana.polakowski.mo2r@statefar	9
Rainville	Holly	& Michael	80 Cemetery Rd	Jericho	434-4774	skwomn007@gmavt.net	9
Ridlon	Ron & Eric	& Candace	89 Silver Ridge Rd	Morrisville	888-5009	ron@houseoftroy.com	9
Scott	Mark		162 Renaud Rd	Hardwick	472-6754		9
Skinner	Wilson		68 Scarff Avenue	Burlington	862-1019	wilson.skinner@gmail.com	9
Skinner	Scott		P.O. Box 1363	Montpelier	229-5146	scottskinner@gmail.com	9
Stabolepszy	Judy		89 Button Hill Rd	S. Royalton	889-3757	judy.stabolepszy@dartmouth.edu	9
Stapenhorst	Bobbi	& Fred	330 Cityside #74	Montpelier	223-8494	fandbinhawaii@comcast.net	9
Wells	Janet		PO Box 116	Stratford	233-9421		9
Wetzel	Clayton		1057 Herring Brook	Montpelier	229-9491	claytonandsandra@myfairpoint.	9
Whitfield	Harvey		1162 North Avenue	Burlington	318-8455	hwhitfie@uvm.edu	9
Wight	Greg		PO BOX 429	Brookfield	276-3173	wight@norwich.edu	9

Please Contact dosmyers@gmail.com if there is an error in the listing

This list is to facilitate social and running activities. Please do not share this list for commercial purposes.



## 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.
  - Ski Rack—10% off running shoes

Name (Please Print) \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Sex: M F Age \_\_\_\_\_ Birth Date \_\_\_\_\_

Email Address \_\_\_\_\_ Phone \_\_\_\_\_

Names, birth dates and email of additional household members of CVR:

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.

\*April - Mutt Strutt \_\_\_\_\_ \*May-Oct - Tuesday Fun Runs \_\_\_\_\_

\*June - Kids Track Meet \_\_\_\_\_ \*June - Capital City Stampede \_\_\_\_\_

\*June - Montpelier 10 Miler \_\_\_\_\_ \*July - Bear Swamp Run \_\_\_\_\_

\*Aug - Berlin Pond 5 Miles \_\_\_\_\_ \*Aug/Sept - Northfield 5K \_\_\_\_\_

\*Oct - Leaf Peepers \_\_\_\_\_ \*Dec - First Night 5K \_\_\_\_\_

\*Other Weekday evening races \_\_\_\_\_ \*Nov.-Fallen Leaves 5K's \_\_\_\_\_

\*May-Adamant 20 Miler \_\_\_\_\_ \*July/Aug- Barre Downtown 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).

2010    2011    2012    2013    2014

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



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



CVR PD 2010

Robert Murphy  
35 Birchwood Park  
Barre, VT 05641

0564136653 PD03



**Spring-Summer 2010**

**CVR OFFICERS:**

President – Andrea McLaughlin  
Vice-President – Betty Rose  
Treasurer – Priscilla Carr  
Secretary - Sandy Colvin  
Webmasters- Dave Kissner & John Hackney  
Newsletter Editor – Nancy Rice  
Publicity – Greg Gerdel  
Membership Coordinator- Donna Smyers

**NEXT CVR MEETING:**

**August 12, 2010**

**6:00 P M**

**Potluck and Meeting to Follow  
Details Inside**