



# NEWSLETTER

[www.cvrrunners.org](http://www.cvrrunners.org) | [www.facebook.com/CentralVermontRunners](https://www.facebook.com/CentralVermontRunners)

## President's Message

The racing season starts back this month with the perennial rust-buster Kaynor's Sap Run on March 24<sup>th</sup>. This is the second in the CVR/ORO Race Series and from there out there are one or more race series events every month.

This has been a good winter for the skiers and a challenging one for runners. But we have done well with the Winter Long Runs with only one weather-related cancellation and Wednesday speedwork has been resilient with only a cancellation or two.

I can report good news for Leaf Peepers. The 36<sup>th</sup> edition will be held October 6 and will be run on the old Duxbury River Rd. course. No more Perry Hill! The race will start and finish at the "horseshoe" state office complex and run out by the river in Duxbury and return on the trail behind the office complex. The 5K will be flat and a loop, also returning on the trail. As you know, long time race director Roger Cranse has retired. And you may not know, we now have a new race director, Will Robens of Ironwood Adventureworks. You may know Will from his work with the Catamount Ultra and Paine Mountain races. You will be hearing a lot more about this year's Leaf Peepers in the weeks to come!

And we have yet another new race director, Phil Krajewski. He will be directing the Barre Town Spring Run coming up on May 18. He also is replacing a long time race director, Andrea McLaughlin. Andrea founded this race and made it the big success it has been. Her work has touched the lives of the many kids that have participated in the running programs that complete

*President's Message continued on Page 2*

### Vermont Corporate Cup 5K Race Needs Volunteers!

We need you, the person at the next desk, and your coffee buddy. Follow this link [VT Corporate Challenge](#) and select the "volunteer" tab. Choose from 14 different volunteer options. You'll receive a free t-shirt and be entered in a drawing for a \$50 Amazon gift card!

Thursday, May 16, 2019 | State House Lawn | Montpelier, Vermont  
Questions? Email [volunteer@vccsar.org](mailto:volunteer@vccsar.org)



CVR President Andy Shuford

### CVR Annual Meeting Sunday, March 17<sup>th</sup>

Montpelier Senior Activity Center,  
58 Barre Street, Montpelier.  
Business meeting starts at 4:30  
p.m. There is some parking  
behind the building and there  
should be plenty of on-street  
parking. See Pg 2 for more info.

### Next CVR/ORO Series Race: Kaynor's Sap Run 10k

Sunday, March 24, 2019 at  
11:00 AM, Westford VT

### Next CVR Race: 23rd Annual MUTT STRUTT!

Sunday, April 28, 2019  
Time to be determined. Little  
River State Park, Waterbury, VT

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This newsletter is a  
publication of Central  
Vermont Runners (CVR).

CVR is a member of  
RRCA, the Road Runners  
Club of America.



*President's Message continued from Page 1*

their year at the race. Thanks Andrea! And thanks to Phil for stepping up and enabling us to continue to provide this race to the community.

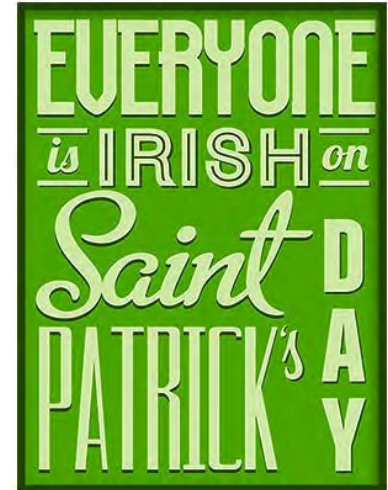
Don't forget to wear (or bring) a St. Patrick's Day race shirt to the annual meeting! If you don't have one, at least wear green. This will enable you to participate in the drawing for an awesome prize. See you at the meeting on St. Paddy's day (Sunday the 17<sup>th</sup>)!

## Annual Meeting Announcement

The meeting will be held March 17 at the Montpelier Senior Activity Center on 58 Barre St. There is some parking behind the building and there should be plenty of on street parking. Business meeting begins at 4:30 p.m. We will finish up around 6 p.m. and have pizza brought in. Feel free to bring any other dishes you wish share.

As the meeting is on St. Patrick's Day, the dress code is green, preferably a St. Patrick's Day race shirt. We will hold a drawing for an awesome prize. You are entered if you wear green, but you get a double entry if you wear a St. Patrick's themed race shirt. Drawing will be held after the meeting before we eat.

Wearing green means a significant amount of green, and the race shirt doesn't have to be a race held on St. Patrick's Day but needs to have a St. Patrick's Day/Irish theme. In any event, the decision of the judge (me) is final.



## Membership Notes

CVR has seven new members! Welcome **Maryellen Copping, Megan Dolan, April Farnham, Jaime Gadwah, Alison Grogan, Carter Somaini, and Rebecca Somaini.**

### GUESS WHAT TIME IT IS? IT'S TIME TO RENEW YOUR CVR MEMBERSHIP!



Photo: Graham crossing the line at the Old Forge Marathon (NY) in 2017.

Many of us (including me) need to renew our CVR membership, with the 2018-19 membership year ending on March 31. You can renew any time at **JOIN CVR**, where you can renew online or download a printable form that you can mail in.

Some members renew for more than one year at a time. If you're not sure whether your membership is paid through to the end of the 2018-19 year or a different year, send an email to **graham.a.sherriff@outlook.com.**

Thanks for supporting CVR with your membership and happy trails! -- Graham

**Did you know... Americans eat 35,000 tons of pasta a year.**

## Running Muddy

*More running adventures from John & Dot Martin*

This is not a story about that season between winter and summer that sucks the shoes off your feet or causes small cars to disappear. This is a tale about running a race on the Big Easy, Old Man River, The Big Muddy, The Mississippi River. As most of you know, Dot and I are always ready for a new race destination and having never been to the state of Mississippi doing the Mississippi River Marathon, Half Marathon, 5K in Greenville, Mississippi on Feb 9<sup>th</sup> was an easy choice. It's got to be warm right? This is not a big race. Greenville is not a big place, but it is in Mississippi and on the Big River. *Fact: The Mississippi River Basin drains 41% of the United States.*

So we fly on into Memphis and jump on U.S. Route 61 South toward Greenville. Being a huge blues fan I was pretty pumped to see signs proclaiming U.S. 61 The Blues Highway. About 140.6 miles south of Memphis we hang a left and cruise on in to Indianola, Mississippi, the boyhood home, site of museum and the final resting place of the King of the Blues, Mister B.B. King.

The site of the new museum structure includes the Cotton Gin building near where B.B. King lived as a child with his grandmother. As a very young man Mr. King worked in the surrounding cotton fields and in the Cotton Gin building which is now refurbished as an auditorium. The museum documents King's progression as a performer and ambassador. It gives one pause to consider King had to use the backdoor to some venues where he would perform to being the honored guest of kings, queens, and a variety of world leaders. King's music and heart elevated us all.



The Legend, B.B. King!  
Photo provided by John/Dot Martin

Not to waste any precious time we visited the pre-Columbian Native American Winterville Mounds located just a few miles North of Greenville. I'm pretty sure the mounds weren't called the Wintervilles at the time of their construction. The eleven mounds that remain at this site range in height of 10 -75 feet.

There are thousands of mounds built for different purposes all along the Mississippi River with more numerous mound concentrations further north. Some mounds were used as burial sites, some for celebration/ritual purposes and some for living areas. There are mounds shaped like animals while others resemble a loaf of bread. The Winterville mounds are loaf shaped and are believed to have been used for ceremony/ritual purposes. *Fact: Many mound sites remain undiscovered. (think about that for a minute, Fake Facts?)*

*Running Muddy continued on Page 4*

A muscle is like a car.  
If you want it to run well early in the morning, you have to warm it up.  
~ Florence Griffith Joyner (via brainyquote.com)

*Running Muddy continued from Page 3*

Now the race. Dot ran the Half Marathon and due to my injury rehab protocol, I stuck with the 5k ( my longest continuous run since Thanksgiving). Dot was bussed across the river to Arkansas and made to run back over the bridge and back to town. The 5k was a simple out and back in town to the marathon/half marathon finish. There were 321 finishers in the Half Marathon. Dot earned the title of Mississippi Queen by finishing 6<sup>th</sup> overall and 1<sup>st</sup> Woman. I had 88 peeps in my race. I finished 14<sup>th</sup> overall and 2<sup>nd</sup> in the 20-99 age group. Yes, 20-99. Wowza! We had to go all the way to Mississippi to get those results. *Fact: It was 31 degrees at race start and 38 degrees around race finish. It was overcast and the wind blew out of the Northwest right into the runners at a brisk 10-20mph for the whole race.*

This small town race was very well managed. All needs were met and everyone involved with the race seemed genuinely enthusiastic. This is a good race, but pretty much a sad place. Soon after leaving the Memphis Airport it became obvious the area was economically depressed. Many homes along the “Blues Highway” screamed “we’re blue.” Homes were in disrepair with yards holding several generations of clutter. All businesses and more than 50% of homes sported iron bars over windows and doors.

So immediately after the race awards we headed back to Memphis. We spent Saturday night on famous Beale Street listening to real Delta Blues at several venues, topping our day off with dinner at the B. B. King Blues Cafe. Great music and energy.

I never have been a big Elvis fan , but thought we should get Graceland, Elvis’s home, off of our to-do list. We were both pleasantly surprised and found the tour worth the time.

That’s our Race/Travel report. Signing off until March, when we head for the Grand Canyon and London Bridge.  
~ John Martin and the Mississippi Queen



**WOW!**  
**Check out the updated CVRunners website.**  
**Nice job and thank you to John Hackney!**

## 2019 CVR / Onion River Outdoors Race Series

The Central Vermont Runners / Onion River Outdoors Race Series is a group of races in which CVR club members are awarded points based on their finishing time compared to the best time run by a CVR member in their age group. Standings are published throughout the year, and awards are presented to the age group winners at the annual CVR banquet.

Races included in the series for 2019:

**New Year's Eve 5K 2018**  
**Kaynor's Sap Run**  
**Paul Mailman 10 Miler**  
**Adamant Half Marathon**  
**Barre Town Spring Run**  
**Capital City Stampede**  
**Montpelier Mile**  
**Bear Swamp Run**  
**Berlin Pond 5 Mile**  
**Northfield Savings Bank 5K**  
**Genny Tenny 10 Miler (link not available)**  
**Sodom Pond**  
**Leaf Peepers Half Marathon and 5K**



The rules:

- CVR members as of June 1 are eligible. If you become a member after June 1, you can be awarded points for the series races that come after the date you join, but you will not receive points for races you ran before you were a member.
- Age Groups: 0-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+ Male and Female.
- If there are ties for the winner of an age group, there will be multiple awards in that age group.
- Your age for the series is determined by your age when you run your first race in that year's series.
- You are required to volunteer for at least one CVR race during the year to be eligible for the series.
- Points are awarded based on your time compared to the best time run by a CVR member in your age group. For example, if the best CVR time in your age group is 27:00 minutes, and you run 30:00 minutes (90%), then your series points for that race would be 90. If you are the fastest CVR member in your age group, you earn 100 points.
- Your best six races count toward your points total.
- If a series race has to be canceled for any reason, no other race will replace it in the series.

### Upcoming Races and Events

Ongoing: Winter Long Runs!

Check your email weekly for location details.

- >March 16, **Leprechaun Dash 5k and 10k**, Shelburne, 9am
- >March 16, **Shamrock Shuffle 5k**, Lebanon NH, 9am
- \*March 24, **Kaynor's Sap Run**, 10K, Westford School, 11am

-->April 13, **Half Marathon Unplugged**, Colchester/Burlington, 9 am and 11am

--\*April 27, **Paul Mailman 10 Miler and 5K**, Montpelier High School, 8:45am

-->April 28, **Mutt Strutt**, 3 mile race with dogs, Little River State Park, NOTE DATE CHANGE!

--\*May 13, **Adamant Half Marathon (+ relay)**, NEW CVR RACE!, 10am in Adamant

\* = 2019 CVR/ORO Race Series

## CVRunners Volunteer Appreciation and Awards Dinner

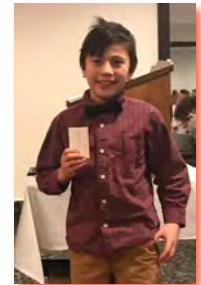
By Jeff Prescott

Thursday, January 24, was a miserably rainy and cold night. But it was a night of warmth and laughter for the CVR members gathered at The Steak House in Berlin for our annual volunteer appreciation and awards dinner. There were over sixty members in attendance (with at least one live-stream follower). The meal was an Italian buffet with 2018 volunteers dining for free.

During 2018, we had 107 club members who volunteered for at least one club race during the year...including our 18 volunteer race directors. This service is not only a great service to the club but also a service to our central Vermont communities as we promote health and fitness through running. Although all of our volunteers are appreciated, President Andy Shuford recognized five super-volunteers who volunteered at five or more events during 2018: Greg Wight, Tim Noonan, Bob Murphy, Manny Sainz and John Martin.

Age-group winners from the 2018 Central Vermont Runners/Onion River Outdoors Race Series were recognized and awarded \$25 gift cards to Onion River Outdoors. Age group winners included:

Age Group	Female	Male
0-19	Audrey Acosta	William Acosta
20-29	Kim Caldwell	Ben Kidder
30-39	Shannon Salembier	Colin Clifford
40-49	Meg Allison	Sal Acosta
50-59	Dot Martin	Bob Emmons
60-69	Sue Hackney	Chris Andresen
70-79	Celine Blais	John Hackney



Out of these fourteen winners, ten of them did NOT win their age group last year. The careful reader may have noticed that seven of these fourteen winners were from three families: the Acostas, the Salembier-Cliffords and the Hackneys. Five of the age group winners accumulated the maximum possible 600 points: Ben Kidder, Dot Martin, Sue Hackney, Chris Andresen and John Hackney. Full results from the race series can be found here:

[2018 Results.](#)

In addition to the race series winners, Andy (with minor assistance from yours truly) presented ad-hoc awards to several deserving club members:

• **Best New Speedwork Director Award:** Matt Rutherford, in recognition of his stepping up to fill the large shoes of dearly departed speedwork founder Steve Hill. [Editor's Note: Steve is not dead. He just moved to California.]

• **Consistent Persistency Award:** Alex Jinks, in recognition Alex finishing 3<sup>rd</sup> overall and 1<sup>st</sup> Vermonter at Vermont 100 and for running 5<sup>th</sup> fastest time in the nation last year at Ghost Train (100 miles in 13:29). [Editor's Note: That's 8:05 min/mile pace.]

• **Better Than Nothing Award:** Donna Smyers, in recognition that being inducted into USA Triathlon Hall of Fame is better than nothing

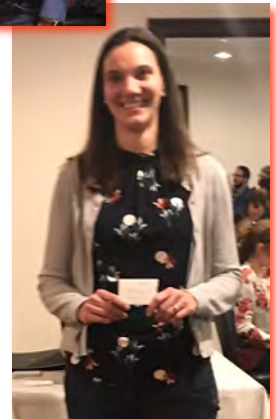
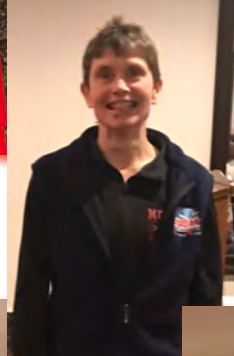
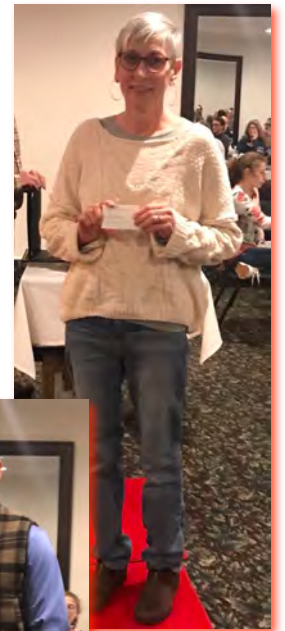
• **Excessive Participation Award:** Manny Sainz, in recognition of completing eleven out of thirteen possible events in the race series

• **How the Mighty Have Fallen Award:** This award was vacant for the second year in a row. Maybe someone will get lucky next year.





The podium was ceded to the Spirit of the Club Committee for final awards of the evening. John Valentine presented **Bob Howe with the Spirit of the Club Award**. Sandy Colvin recognized **Cindy Gardner-Morse with the David Ellerson Volunteer Award**.





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CVR Newsletter

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## Central Vermont Runners

Central Vermont Runners (CVR) is a non-profit corporation founded in 1980 to serve the needs of runners in the central Vermont area. We welcome runners of all ages and abilities from beginners to serious racers. We organize over fifteen races and events throughout the year, including the Leaf Peepers Half Marathon, the Kids' Track Meet, and the New Year's Eve 5K.

CVR has donated money to local high school cross country programs for many years. We also contribute to the Girls on the Run programs and the Special Olympics. The popular Fallen Leaves 5K three race series in November contributes several hundred dollars to the Vermont Food Bank each year.

Club meetings are held four times during the year, and the CVR Newsletter is published several times each year presenting running related stories of interest to members, race results, and information about upcoming events.



### *Elected Officers:*

President: Andy Shuford  
Vice-President: Manny Sainz  
Secretary: Sandy Colvin  
Treasurer: John Valentine

### Executive Committee Members at Large:

Darragh Ellerson & Beth Daut

### *Appointed Positions:*

CVR Race Series Standings: Jim Flint  
CVR Clothing: Richarda Ericson  
Email List Coordinator: Greg Wight  
Equipment Coordinator: Manny Sainz  
Fun Runs: Darragh Ellerson  
Grant Coordinator: Ann Bushey  
Membership Coordinator: Graham Sherriff  
Newsletter Editor: Maryke Gillis  
Publicity/Facebook: Dylan Broderick/Manny Sainz  
Volunteer Coordinator: Pam Eaton  
Volunteer/Awards Dinner: John Martin  
Volunteer Record Keeping: Dot Helling  
Webmaster: John Hackney