



NEWSLETTER

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President's Message

The racing season is upon us and this is when it gets busy here at CVR World Headquarters. The last weekend of April was a big one as CVR hosted two events: the Paul Mailman Ten Miler and 5K and the Mutt Strutt. The ten miler was race number three for the 2019 CVR/Onion River Outdoors Race Series. There will be two more Race Series events in May: the Adamant Half Marathon and Relay and the Barre Town Spring Run. Remember that six races count for the series and there are 13 total. And Adamant will be race number four. Plan your racing summer accordingly! And a reminder about membership-your membership must be up to date as of June 1 in order to participate in the Race Series. If you are unsure as to your status, contact **Graham Sherriff**, Membership Coordinator.



CVR President Andy Shuford

As always, the races this summer will need lots of volunteers. If you are participating in the race series, then you need to volunteer at least once. Plenty of chances! Plus volunteering gets you a free dinner at the CVR Awards Dinner in January. And volunteering is always fun! Race volunteers are what make our races the high-quality events that they are. CVR puts on a lot of races for the size of our club. There is no way we could do this without our race directors and volunteers. Club members have always been great about stepping up to help make our races go smoothly. Look forward to seeing you all running and volunteering this summer!



And lots of events to look forward to this summer; you can see them in the race calendar in this newsletter. The one race to really get excited about is the "new" Leaf Peepers on October 6. This will be a completely different event from last year: some new things and some old things. The old is the return to the 2010 half marathon course, which leaves from the State Office Complex in Waterbury, runs along the River Rd., and returns via the trail by the river. Same with the 5K. It will be a loop like it used to be and return on the trail. The new part is the race director, Will Robens of Ironwood Adventureworks. (You may know Will from the Catamount Ultra coming up in June and the Paine Mountain Trail Race). Will has some changes in store to liven up the

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CVR Meeting Monday, May 13th

The next meeting will be at Donna Smyers and Eric Ryea's house at 1171 Haggett Rd. in Adamant. The potluck starts at 6 p.m. and the meeting at 6:30 p.m. This happens to be the week that the Monday Berlin Pond run is held in Adamant, so come early (4:30 p.m.) so you can run in Adamant before the meeting.

Next CVR Races: Adamant Half Marathon and Relay

Sunday, May 11, 2019 at 10:00 a.m., Adamant VT

Barre Town Spring Run

Saturday, May 18, 2019 at 9:00 a.m., Barre Town Recreation Fields, Barre 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.



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event and for post-race celebration and food. Also, there is an early registration discount before September 1, so go to leafpeepershalfmarathon.org to register.

Last summer the club had a summer party on a Sunday at Boulder Beach. Since weekends are full for a lot of folks, we will try something different in hopes of a better turnout. This year we will combine the summer party with the August meeting in Craftsbury. More details to come but thought you may want to reserve the date of Monday, August 19.

Fun Runs are now back for the summer on Tuesday nights at 5:30 p.m. Speedwork never stopped; it continues on at 6:00 p.m. at the Montpelier High School track. Winter Long Runs have ended but will be back later in the year. Once a month, we will have a post-Fun Run dinner/drinks, which I will announce in CVR News and Notes the week before. We have typically gone to Julio's but maybe will try some other places this summer, depending on popular demand.

Finally, good luck to all running in the Vermont City Marathon on the 26th. It is the RRCA National Championship Marathon so it should bring some great competition.

~ Andy



Membership Notes

By Graham Sherriff

Welcome to **17 new members** who have joined since the last newsletter! We hope to see you at some CVR races this year, whether it's running, volunteering, or supporting.

Dana Stone, Kaitlyn Stone, Mary Stone, Rebecca Tatel, Natalie Gentry, Clare Irwin, Arthur Foelsche, Christine Duke, Ellie Searles, Heather Socha, Victoria Everett, Michelle Risley, Dylan Simms, Merrill Joseph, Hazel Vanderpyl, Jessica Pike and David Pike.

Thank you to the many members who renewed their membership for 2019-20 (and sometimes beyond – multi-year memberships are available). Let me know (graham.a.sherriff@outlook.com) if you submitted your renewal and did not receive a new membership card in the mail. Your membership card gets you 10% of running shoes at Lenny's and 15% off running shoes and running apparel at Ski Rack.

If you meant to renew but somehow didn't get around to it, it's never too late! You can renew any time at **JOIN CVR**, where you can renew online or download a printable form that you can mail in.

Thanks to everyone for supporting CVR with your membership!

-- Graham

Would you like to submit an article for a future newsletter? Have an idea that you'd like to see included here? If so, let **Maryke Gillis** (Editor-in-Chief) know! Just click on my name and send me an email.



Arizona Sun Brightens the Day!

The adventures of John & Dot Martin

A 6:00 a.m. flight out of Burlington gets you to Las Vegas by noon and hiking in Nevada's Valley of Fire State Park by 1:30 p.m. Scenery Shock!

Running and hiking in Zion the next morning, then an afternoon drive to our first destination in Page, Arizona. Page is the stage for the Antelope Canyon Ultra Trail Races that include distances of 100 miles, 50 miles, 55k and a long half marathon (13.8 miles). VacationRaces.com directs this and many other Road/Trail running races centered near National Parks or other scenic locations.



Valley of Fire State Park

Dot and I both ran the half marathon. That course includes four miles of deep fine sand with the remainder being on slickrock and hard packed single track. Maneuvering on the course was really not an issue except the narrow track on the edge of 100-foot cliff. Everyone held their position here. Neither Dot or I are "trail runners" but this race may have encouraged a trail race in the future.



Slot Canyon

We both placed surprisingly well. Dot was 22/455 woman over all and 2nd in her age group. I placed in the top 3rd of the entire field and won my age group.

While in Page we were treated to a Navaho grass and hoop dance. A Navaho-guided tour of an amazing slot canyon carved by flooding in the red sandstone desert was a real treat.

Next, off to the Grand Canyon on our way to Lake Havasu City for an Olympic distance Triathlon. The Grand Canyon was just that; Grand. The north rim of the canyon is closed during winter months, thus concentrating tourists on the South Rim. Canyon trails into the canyon were iced over and required crampons so we 'hiked' the paved rim trail. Glorious.

Westward ho to Lake Havasu City, home to the London Bridge. The designed city of Lake Havasu was the brainchild of Robert McCullough (think chainsaws). City construction began in 1965 and the London Bridge was purchased in 1967, relocated and reassembled on dry land. A channel from the Colorado River was dug out under the bridge from the main city to the peninsula that is now an island. The London Bridge sports bullet wounds from WWII German fighter planes. The lampposts on the bridge were made from the recycled metal of Napoleon Bonaparte's cannons used in the battle of Waterloo. We know how that turned out! *Fact: London bridge is the largest antique ever sold.*



The London Bridge
All Photos: John Martin

Arizona Sunshine continued on Page 4

Arizona Sunshine continued from Page 3

The Lake Havasu triathlon was advertised as a 1500-meter swim, 40k bike and 10k run. The water temperature in Lake Havasu was 54 degrees on race day, and the wind was relentless causing considerable chop. The swim was ditched and replaced with a one-mile run to get things started. Both runs were flat except the 10k where you climbed up and down 54 stairs of the London bridge to do the island out and back. The bike course was hilly and windy, but the roads were closed which was quite a treat.

Dot was hot, placing second woman overall. I clinched the M65-69 title.

Next (last) morning we headed north to Las Vegas and hiked Red Rock Canyon State Park before a mandatory walk up and down the Vegas strip. The plane left at 11:30 p.m. to bring us back to Vermont. It was a great trip!

TUESDAY FUN RUNS ARE BACK!

The first Fun Run of the season was Tuesday, May 7 at 5:30 p.m. The location is the VT Dept. of Labor at 5 Green Mountain Dr., in Montpelier. Here is a refresher in case you have forgotten:

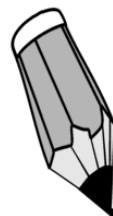
- The run leaves at 5:30pm. Sharp! If you show up at 5:32pm, you will be seriously behind.
- Distances are 2, 4 and 6 miles. Since they are out and back runs, you can run any distance you want but to get an “official” time, it has to be one of the even-numbered distances.
- There is timing and you should give your name and age to the timer, in case she doesn’t know already.
- Fun Runs are for everyone. You can run hard if you want or run easy. And you can walk if you want.
- They happen rain or shine but could be cancelled in thunderstorms. Show up anyway and we will decide then.

To celebrate the opening of Fun Run season, we will plan to go to Julio’s afterwards. We will take a headcount before the run and call in a reservation.

Hello,
Manny (Sainz) has helped me get setup to borrow the CVR time clock and hand-held timers for our school fundraiser 5K at the Millstone Trails on June 1st. **Everyone at Central Vermont Runners has been fantastic and as a thank you, we would like to offer \$5 off to all CVR members.** If this is something you can advertise in your newsletter, please do so. We are very grateful to be able to use this equipment for the day. Below are some links with information about the event and an online registration, which includes the discounted price for CVR members.

Event website: [Event Information](#)

Online Registration: [Register Here!](#)



Thank you,
Rebecca Somaini
School Board Chair
St. Monica-St. Michael School

Did you know...
Over 1 billion pairs of running shoes are sold worldwide every year.



Hello,

My name is Moe Brown and I am writing to let you know about a project I recently completed which you and your fellow CVR officers and runners may be interested in. **I recently finished production of a documentary film titled *Running the 802*, which followed the journeys of four runners preparing to run in last year's 30th anniversary running of the VT City Marathon. The history of the race and course are also spotlighted. The film is going to be shown in Montpelier on May 20th.**

You can find info here: **Event Information!** Here is a direct link to the trailer: **Running the 802**

I've had some great initial responses to the film with viewers stating that it's entertaining and inspiring. I am hopeful that by showing the film the week leading up to VCM it will get folks even more excited about the race and running as a whole.

Thanks for your time. Happy running!

Welcome to the 2019 Elmore Practice Triathlon Series!

It has been a long snowy winter, but it is finally melting and cycling season has begun. The Elmore Triathlon Series is the best way to get started on your season. This year we have a one time deviation from the usual Elmore schedule. To accommodate July 4 falling on a Thursday, the 2nd triathlon of the season will be on Monday July 1. So that makes the schedule Thursday June 20, Monday July 1 and Thursday July 18.

You can find all the info at **Elmore Triathlon Series**.



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**

2018-2019 Winter Long Runs...By the Numbers

By Jeff Prescott

We recently completed our 7th season of CVR Winter Long Runs. This year, our season began on December 1 and ended on April 20. Bucking tradition, we did not take any weekends off for the Christmas/New Year holidays. We had one weather-related cancellation on January 26 (icy conditions) and we skipped March 23 to rest up for Kaynor's Sap Run. We ended up with 19 runs for the season. This was 4 more runs than last season but one short of our record 20 runs in 2015-2016.

Here are some interesting (?) facts and figures:

- 235: The total number of person-runs for the season. A new record.
- 53: The number of people who participated at least once.
- 22: The largest turnout at a single run. A new record.
- 19: The total number of Saturdays with winter long runs.
- 16: The number of towns we ran through.
- 15: The most winter long runs attended by one person (Tie: Bob Emmons and Andy Shuford)
- 14: The number of unique winter long run hosts. A new record.
- 12.4: The average number of runners per run.
- 10: The number of winter long runs you needed to attend to earn a gold star.
- 9: The number of runners who earned gold stars.
- 4: The number of times we visited Red Hen Baking Company.
- 1: The number of times that Andy Shuford wore his cosmic kitten tights.



Finally, a quick wave of recognition to our gold star runners (in alphabetical order): Sal Acosta, Chris Andresen, Bob Emmons, Mike Harris, yours truly, Manny Sainz, Andy Shuford, John Valentine and Greg Wight.

I hope you all enjoy the “off-season.” We will resume our winter long runs in December 2019. Get psyched!



Photo Courtesy Jeff Prescott

Race to the Top of Bradford Saturday, June 1st

CVR Member Richard Evans wants the Club to know about the Race to the Top of Bradford!

Join us for our 10th edition! The Race to the Top of Bradford is coming up on Saturday June 1st. This is a National Trails Day event and fundraiser for the "Friends of Wrights Mountain Fund".

Races begin and end at the Devil's Den Trailhead on Chase Hollow Road in Bradford, and the course follows beautiful single-track trails within the Wrights Mountain Forest. The main 3.5 mile race includes a challenging ascent and descent of Wrights Mountain. The 1.5 mile fun run follows a less challenging wooded course and is open to kids 13 and under. Walkers are welcome in both races.

Musical entertainment this year will be provided by Patrick Ross. We will have prizes for each child in the fun-run, as well prizes for the age-group winners in



the main race. And special this year for our 10th edition, we are offering a \$100 cash prize to the first overall male and female runners in the 3.5 mile race!

Pre-register online to save \$5 and guarantee a t-shirt.

PRE-REGISTRATION ENTRY FEES:

3.5 Mile: \$20 Includes Race T-Shirt

3.5 Mile: \$15 (NO Giveaway T-Shirt)

1.5 Mile: \$15 Includes Race T-Shirt

1.5 Mile: \$5 (NO Giveaway T-Shirt)

(Race day registration rates increase by \$5)

For more info or to register go to:

bradfordconservation.org/race

Upcoming Races and Events

Check your email weekly for location details

- **May 11, **Adamant Half Marathon (+ relay)**, NEW CVR RACE!, 10am in Adamant
- >May 11, **Road to the Pogue**, 6 mile trail race, Woodstock, 8:30am
- >May 16, **Vermont Corporate Cup and State Agency Race 5k**, 6pm.
- **May 18, **Barre Town Spring Run 5K**, Barre Town Rec Area, 9am
- >May 26, **Vermont City Marathon and Relay**, Burlington
- >June 1, **Colchester Causeway Race**, 15k/10k/5k, 8:30am Airport Park, Colchest

-->June 1, **Craftsbury Beer Run**, Half marathon

from Craftsbury to Hill Farmstead, 9:30am

--**June 8, **Capital City Stampede 10K**, 9am,

Onion River Outdoors on Langdon St.

-->June 15, **NH-VT Covered Bridge Half Marathon**, + 5K and relay, Colebrook, NH, 8:30am

-->June 16, **GMAA Equinox Trail 10K and 5K**, Charlotte, 9:30am

* = **2019 CVR/ORO Race Series** (includes full list of races that qualify)

It's a good idea to check the race information on the race website as dates and times can change!

Results: 40th GMAA Kaynor's Sap Run

2019 CVR/Onion River Outdoors Race Series
Westford, VT 3/24/2019



Full Results Here!

Overall Female Winner:

Kasie Enman 39:12

Overall Male Winner:

Mark Brown 37:15

There were 113 racers for this event. A snow storm on Saturday left Westford with 10 to 12 inches of heavy, wet snow but the skies cleared for race morning with bright sunshine and snow covered trees. The roads, rutted in spots but not too muddy, were better than anticipated.

Results: 23rd Annual Mutt Strut

Little River State Park
Waterbury, VT 4/28/2019



Complete results of all two and four-legged runners!

Overall Female Winner

Kelly Hidaris & Robin 23:05

Overall Male Winner

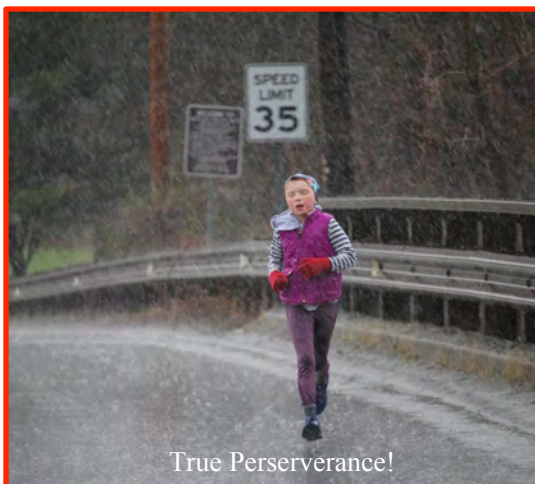
Jonnie Dunne & Khoda 17:54

Crossing the Finish Line!

Photo: Manny Sainz

Results: Paul Mailman 10-Miler & 5K

2019 CVR/Onion River Outdoors Race Series
Montpelier, VT 4/27/2019



True Perserverance!

Photo Credit: Sal Acosta

Overall 10-Mile Female Winner:

Meghan Valentine 1:09:10

Overall 10-Mile Male Winner:

Alexander Jinks 56:35

Complete results of all 50 10-Mile finishers.

Overall 5K Female Winner:

Ava Thurston 19:31

Overall 5K Male Winner:

Hale Boyden 18:00

Complete results of all 12 5K finishers.

The Paul Mailman 10-Miler is the Road Runners Club of America Vermont 10-Mile Championship!

Race Report by Andy Shuford



Due to a scheduling conflict with Montpelier High School, we had to move the race next door to the Vermont Department of Labor. This required getting some tents and porta-lets for the race site. It also required a remeasurement of the course since the start and finish would be different. (No track loop this time). John Valentine and Donna Smyers got up early one cold day in April and measured the new course. This is a time consuming, sometimes tedious job and I greatly appreciate the work they did.

Thanks to Race Series sponsor Onion River Outdoors, we had three tents on site. These were essential since it was raining from the moment we first got there to set up and through the final clean up of the site. But the tents kept the registration and timing folks dry, and we even had a “warming” tent for the runners.

The rain and 40-degree temps made it a little challenging for the volunteers but no one complained (at least not to me). I have run races where it is cold and raining and thought, “well at least I’m not a volunteer”. But this time I found out what that was like! It isn’t so bad if you are busy! I would like to recognize the race volunteers who endured a few hours outdoors in the rain:

Audrey Acosta	John Martin	Bob Murphy
John Valentine	Casarah Acosta	Maricela Acosta
Dick Ferno	Nina Aitken	Donna Smyers
Phil Krajewski	Dot Martin	Roger Cranse
Dylan Simms	Sal Acosta	Greg Gerdel
Sandy Ferno	Jeff Prescott	Sigh Searles
John Hackney	Sue Emmons	

Turnout at the race was down but not as much as you would think on a messy day. A lot of race day sign ups

in the rain!

The race course started on Green Mountain Dr. and ran through the liquor warehouse parking lot to the bike path and then continued on the traditional out and back course. The finish was on the bike path at the Department of Labor. Thanks to mud season and the rain, the course was rutted and slick in a number of places. So not ideal conditions. It didn’t stop Alex Jinks from running away with the Men’s race (56:35) and Megan Valentine (1:09:10) with the Women’s race.

The race was not only a CVR/ORO Race Series race but also the Vermont RRCA State Championship Ten Mile Race. Here are the state champions:

Women’s Open: Meg Valentine

Women’s Masters 40+: Melodie LaPorte

Women’s Grand Masters 50+: Donna Smyers

Women’s Senior Grand Masters 60+: Sue Zekas

Men’s Open: Alexander Jinks

Men’s Masters 40+: Eric Eley

Men’s Grand Masters 50+: Tom Thurston

Men’s Senior Grand Masters 60+: Jim Flint

The 5K is flat and a fast course. Only 12 runners took advantage but we had fast winning times from high school students: Hale Boyden as the Men’s winner (18:00) and Ava Thurston as the Women’s winner (19:31).

The DOL parking lot worked fine as a race venue, but we will try to schedule with the school again for next year’s race. That will guarantee it won’t rain!



Meghan Valentine

Photo Credits: Sal Acosta

Alexander Jinks

Minutes of 3/17/2019 CVRunners Annual Club Meeting

By Sandy Colvin

In attendance: 25+/- in attendance

Meeting began 4:45pm

Approved meeting minutes from previous meeting in November.

Treasurers Report

John Valentine handed out detailed spreadsheet. John reviewed the handout, discussed Expenses, Donations and Race Income. He summarized the club is in good standing from treasury perspective, we have spent about the same we took in and year over year has been similar. Treasury is in good standing. Attendees approved the treasurers report.

Race Updates

The only race since our last meeting was New Years Eve. Manny gave a report on the details. The race went well, great attendance, great weather. 144 Runners.

Upcoming Races:

- **Mutt Strut** April 28th. Cindy reported planning is going well. She has decided to change from the race benefitting Central VT Humane Society to now benefitting VT-CAN. The race fee is \$10.00. Planning is going well.
- **Paul Mailman** – April 27th the start and finish will likely be different from previous years. The high school isn't available. Andy is considering Department of Labor parking lot and will continue to research ideas. It isn't likely the date will change, only the course.
- **Adamant** – May 11th This is a new race distance: 13 miles/Half Marathon. Still can be done as relay or individual. Donna reported planning is going well, she has had some pre-registered already. She discussed the course and answered questions.
- **Barre Town Spring Run** – May 18th. New Race Director – Phil Krajewski. No other updates.

Clothing – There was a long discussion about the CVR clothing. Richarda is looking for more direction from the club on what we should do about the clothing. Members shared ideas that ranged from changing the logo, to increasing the items available to include hats, sweatshirts. After a long discussion a few members volunteered to join Richarda and work on clothing as a committee and bring ideas to the club at the next meeting.

Summer Picnic/party – any Interest? – Andy asked members in attendance if anyone would be interested in planning a summer event for the club. He explained it is nice for us to get together but does involve a commitment from some of us to do the planning. No one really volunteered but everyone shared ideas of events we may want to do. Donna shared an idea of getting together with other clubs in Vermont and having not only a party but maybe we host some sort of competitive event?

Membership – Graham reported we have 302 members right now. This is up from 287 in November. However, 115 of these are due to expire this month. He has been sending out reminders via e-mail, mail and in newsletters.

He is also promoting the club and doing variety of things to get new members to join, such as reaching out to race participants who aren't members but run our races. We discussed continuing to promote the discounts CVR members get at Lennys and Ski Rack. Cindy suggested we thank them and Andy agreed to send a Thank You Letter.

Leaf Peepers – Will Robens is the new race director. He reported he has been meeting with Roger to learn all he can about how the race was organized in the past and ideally, he doesn't want to change too much in the first year if he can help it. He confirmed Duxbury has agreed to letting the club run the course on River Road (old course). So, the race is back on the old course. He also mentioned Harwood Boosters is no longer going to provide volunteers or be the beneficiary of the donation given with race proceeds. Will has reached out to the Nurses Association to see if they would like to work with us and coordinate volunteers for the race. He also

Minutes continued from Page 10

mentioned registration will be out soon. He would like to get it out as soon as possible but needs to finalize some details before he can go live with registration. Stay tuned...

Fun Runs – Unofficial fun runs have started, but 1st Tuesday in May is the official start. If you want to join the unofficial, meet at DOL at 5:30 on Tuesdays.

Winter Long Runs – Jeff reported they have had 15 long runs already and 4 more to go. Average attendance has been about 13 people each week. He discussed the future locations and hosts. If you are interested in joining any long runs, e-mail Jeff and he will add you to his e-mail distribution list and you will be sent information each week.

Budgets / Grants – Ann started by sharing how important it is that our club provide grants and donations to running organizations and schools. She feels it is one of the most important and impactful things the club does to help promote running in our community and for our children to have opportunities to run and stay healthy etc. She then discussed the status of grants for the spring. She went over all the requests and then asked the members in attendance about one request in particular which was the Girls on the Run Central Office. Ann has been corresponding with them and they are asking for a donation that would be used specifically towards scholarships for kids who can't afford the program, to enroll. There was a lot of discussion about the total of all the grant requests and resulted in a vote by the members in attendance to set the budget for spring grants at \$2,250, which is more than previous years. Donna also asked

that we set the budget for High School programs at \$1,200 this year and this was also approved contingent upon the club having the funds available in the fall.

Proposed Club Future Meeting Dates - The next few meetings are:

Monday May 13th

Monday August 19th

Monday November 4th

Mark Your Calendars! Save the Date!

Election of Officers - The Nominating Committee announced nominations as follows:

President : Andy Shuford

Vice President: Manny Sainz

Secretary: Sandy Colvin

Treasurer: John Valentine

At-Large Executive Committee:

Sal Acosta, Darragh Ellerson

There were no nominations from the floor and the members in attendance cast one vote for all the nominations at one time, and it was passed.

Other Business: Donna just wanted to give everyone a heads up that she may be planning a new race for 2020 only. It would be part of the Montpelier events surrounding the celebration and recognition of the 100th anniversary of a Woman's Right to Vote. She just wanted to get it on everyone's radar, even though it isn't until next year. She will be asking for help and for use of the club equipment etc. There were no objections, but rather a lot of enthusiastic offers to help.

Meeting adjourned at 6:15





Newsletter Editor
Maryke Gillis
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Middlesex, VT 05602

CVR Newsletter

May 2019

Volume 40 Issue 3

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:

Sal Acosta & Darragh Ellerson

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