



# NEWSLETTER

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## President's Message



CVR President Andy Shuford

Happy November!?

This year marked the return to the old Leaf Peepers course last run in 2010 (before Tropical Storm Irene). With a much earlier start time (9am), we avoided the traffic woes that caused us to move the race in 2013. We ran the Perry Hill course six times but time for a change. Most runners seemed happy to be on the Duxbury River Road course, with just a few rolling hills. The finish through the cemetery and onto the Cross Vermont Trail for nearly a mile is

a peaceful way to finish the run compared to the old finish going down Stowe Street in Waterbury. The state office complex grounds are a nice start/finish area with lots of space and plenty of parking. Hopefully we can continue with the course many more years. The number of runners improved over last year: 308 half finishers vs. 241 last year and 176 5K finishers vs. 167 last year. This is a far cry from 2010 which had 639 half finishers and 414 5K finishers, but it is a step in the right direction. Thanks to race director Will Robens (Ironwood Adventureworks) and all the volunteers for making the race a success.

September was a very busy race month as there were two CVR races (Sodom Pond and Groton Forest Trail Run) and two non-CVR events that are in the race series (Genny Tenny and NSB 5K). NSB was actually August 31 but close enough. Groton Forest Trail Run had a great second running this year with 116 total finishers vs. 92 last year. This was the first year we placed the Genny Tenny in the race series and CVR responded by bringing 15 runners. Feedback about the race was very positive despite the hills on the course. And Sodom Pond this year brought back the post-race pasta feed thanks to Donna Smyers and Eric Ryea.

Now things wind down with the Fallen Leaves 5Ks on three Saturdays: November 2, 9 and 16. Still only \$5! The race series is final now with Leaf Peepers being the last race. **Final except for a few folks who need to volunteer so that their results will count!** Fallen Leaves is the last volunteer opportunity.

At the meeting on November 4, we will vote on the slate of **CVR races for 2020 and the 2020 race series**. Please be there to participate in the discussion!

~ Andy

**Next CVR Meeting is Monday, November 4**  
**Potluck is at 6:00 p.m. and the meeting starts at 6:30 p.m.** at Denise Ricker's home in Montpelier (399 Murray Hill Drive). Murray Hill is located off of Upper Main St. Parking is on street. **Pre-Meeting Run:** Meet at 4:30 p.m. at Hunger Mt. Co-op for a **tour of the new section of the Montpelier bike path**. No RSVP needed, just be ready to run by 4:30. You may want a headlamp. Please do not park in the Co-op's lot. Park on the road or in adjacent lots.

### Fallen Leaves Race Series - November 2,9,16 only \$5!

Volunteers for this race series should contact **Tim Noonan**.

### In This Issue

Membership Notes	2
CVR Help Wanted	2
Some Tough Couples	3
I Do Not Choose to Run	3
Race Results	4
Upcoming Races/Events	5
Stand with Erick	6
August Meeting Minutes	7

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

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



## Membership Notes

By Graham Sherriff



There are 8 new members who have joined since the last newsletter. Welcome to CVR!

**Colin Pope, Jennifer Dickinson, Michael LeVangie, John Ritter, Nicol Boisseau, Jason Boisseau, Merrill Creagh, and Michelle Collins.**

As we come to the end of the year, club membership stands at a healthy 282 members!

Do you have a friend that you think would like to join? Send them this link! **JOIN CVR**, here they can sign up online or download a printable form they can mail in.

~Graham

## CVR Help Wanted!

Are you under 70 years of age? Are you unafraid of computers? Would you like to support your running club? If you answered yes to all of these questions, your assistance is needed!

CVR race results are often tabulated using a computer program called **RunScore**. It is a very robust program and has served us well for many years. The club has a subscription to the software and keeps it up to date.

So what is the problem? The problem is too many races and too few volunteers to do the computer stuff. Those doing the data entry and results like to run occasionally, too. Right now, there are three people doing the duty: **John Hackney, Donna Smyers** and yours truly (**Bob Murphy**). Two of us are over 70; the other over 60. We would like a few (younger) others to step forward, become familiar with the software, and help out. The software is relatively easy to use, and the learning curve is not steep. Those of us aging-computer folks are eager and willing to help younger members learn the ropes.

If you are interested, please click on anyone of our names (above), and we would be happy to induct you into this small cadre of "results guys". Thanks for listening.

~ Bob Murphy

Have you had a race experience you would like to share with the CVR Club? How about a "Rave Run"?

If so, let **Maryke Gillis** (Editor-in-Chief) know! Just click on my name and send me an email.



## Some Tough Couples!

Submitted by John Martin

Team Lasell and Team Martin pose with their awards at the Ripton Ridge Run on Sunday, October 13th, Dot was second woman overall on the brutally hilly 6.7 mile course while Cheryl won the W50-59 Age Group in the 5K.

Darrel and John placed 2nd and 3rd respectively in the M60-69 Age Group. GO CVR!!

It should be noted that not only did Team Lasell run Ripton, which was their second race of the day but Darrel (3rd place age group winner) and Cheryl also ran the Mad Dash in Waitsfield at 10:00 a.m. that morning. Seriously Bad Hombres!



Left to Right: John Martin, Cheryl Lasell, Dot Martin and Darrel Lasell

Photo courtesy of John Martin

## "I Do Not Choose to Run"

Article and Photos submitted by Bob Howe



There was beautiful fall foliage from the start to the finish area at the Coolidge 5K and 1-Mile walk, held on October 12th at the Plymouth Notch historic district. The "I Do Not Choose to Run" 1-mile walk is named for President Calvin Coolidge's typical brief and concise statement about his intention to not seek re-election in 1928.

Both the 5K run and the 1-Mile walk wind through the historic district of farms, barns, Coolidge's home, the general store where he was sworn into office and his final resting place at the nearby cemetery.

Runners and walkers were welcomed by an actor posing as President Coolidge and were surrounded by bright fall colors and Vermonterisms (like rocking chairs on every porch, sheep watching the runners run up the hill past the cheese factory, passing a team of draft horses pulling a wagon load of tourists, a working tractor driving real slow on the road to avoid impaling runners or walkers, the little white church with open doors...).

More information at [Coolidge 5K](#).





**Results: NSB 5K & Kid's 1-Miler**

2019 CVR/Onion River Outdoors Race Series  
Northfield, VT 8/31/2019

Overall 5K Female Winner: *Alicia Freese 18:35*

Overall 5K Male Winner: *Neal Graves 16:45*

**Complete results of all 5K and Kid's 1-Mile finishers.**

**Results: Genny Tenny 10-Miler**

2019 CVR/Onion River Outdoors Race Series  
Craftsbury, VT 9/15/2019

**Results: Sodom Pond 4-Miler**

2019 CVR/Onion River Outdoors Race Series  
Adamant, VT 9/18/2019

**Check out the results here!**

Overall Female Winner  
*Sara Graves 1:16:25.5*

Overall Male Winner  
*Neal Graves 59:50.4*

**Results for the 42 finishers here!**

Overall Female Winner  
*Christina Clark 26:49*

Overall Male Winner  
*George Aitken 22:57*

**Results: Leaf Peepers 1/2 Marathon & 5K**

2019 CVR/Onion River Outdoors Race Series  
Waterbury, VT 10/6/2019

5K Overall Female Winner  
*Richarda Ericson 20:22*

5K Overall Male Winner  
*Colin Clifford 19:09*

1/2 Overall Female Winner  
*Katie White 1:28:31*

1/2 Overall Male Winner  
*Neal Graves 1:15:48*



**Complete Results for the 1/2 Marathon and 5K are here!**

Photos: [irestslive.com](http://irestslive.com)

## Fun Runs Officially Over

**Fun Runs** are Done! Too dark to continue, now that it is dark at 6:15 p.m. Special thanks to Darragh Ellerson for her dedication in timing the runs and keeping us in line. We'll see you again in May! But we do have **Winter Long Runs** to look forward to in December!

## Speedwork Hiatus

Matt Rutherford has proposed that Wednesday speedwork take a break for the winter. Attendance has been low lately and would likely be worse in the winter. So no speedwork until further notice.

## Group Runs you might want to join:

Tuesdays and Thursdays at 5 a.m. Plainfield/EMES/Adamant. Contact **Mark Howard**.

Wednesdays at 5:30 p.m. The **Runderachievers** run from Good Measure Brewing in Northfield

Fridays at 6:30 p.m.: **Susannah Gravel** hosts a trail run from her house in Randolph on the Green Mountain Stock Farms trails. FB info: **802 Trail Running**

## Upcoming Races and Events

Check your email weekly for location details

-->November 2, 9, 16 **Fallen Leaves 5K Series**

Montpelier High School 9:00am

-->November 17, **Stand with Erick Turkey Trot**, 5K, Norwich Univ, 10am (See Page 6)

-->November 23, **Westford Turkey Trot**, 10K, Westford, 10am

-->November 28, **Gobble Wobble Turkey Trot**, 5K, Barre Town, 9:30am



-->November 28, **GMAA Turkey Trot**, 5K, Burlington (UVM), 10AM

-->November 30, **Jingle Jog 5K**, 10am, Shelburne

\*\*December 31, 2019, New Year's Eve 5K, Montpelier, 2pm

\* = **2020 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!



Photo: runsignup.com Jingle Jog 5K

## CVR/ORO Race Series Final Standings! (Almost)

The almost final standings after Leaf Peepers are **here**. If you don't see a "Y" by your name for volunteering, then you will be scrubbed from the final results. You have three chances to volunteer at the Fallen Leaves races, which are November 2, 9, and 16. After that the standings will be absolutely final. Some of you have won your division but not volunteered yet. Don't blow a 6 race series by not volunteering!



## New Fundraiser! Turkey Trot in Northfield

CVR member Rowly Brucken has provided the following details about a 5K at Norwich:

### STAND WITH ERICK is officially on!

What the Stand with Erick movement is about is to support and raise money for our fellow community member, Norwich student, and friend, **Erick Nyambuoro, who is battling stage four cornea cancer while trying to complete his Masters degree in architecture here at Norwich University.**

The American Institute of Architecture Students (AIAS) is putting this event on for the entire central Vermont community. Our goal is to not only raise money for Erick and his family, but to also connect with our community that we are so happy to be apart of.

To participate in STANDING WITH ERICK there is a seasonal themed "turkey Trot" on November 17th (start is Norwich University football field at 10am) where participants are encouraged to come in costume and compete for prizes. (sign up link below). Participation can also be in the form of buying one of our limited edition T shirts or putting a donation on the STAND WITH ERICK goFundme page. (links below). All the t shirt, goFundme, and race sales will all go to him and his family for chemotherapy costs. If you have questions direct them to Aran Hird. **Contact Aran Hird here..**

Here are the links for more information:

Entrance Fee: If they buy a T-shirt there's no extra cost. If they don't, then it's a \$10 fee for a race entry.

### Sign-up information T-shirt

For the race they can either show up in T-shirt or costume. We'll know from the form if they signed up or not. Also if they bought a T-shirt they can get it the day of the event.

**Rowly needs help for this event: he will not be there race day but the students would like to borrow the CVR clock. We need a CVR member willing to be responsible for the clock, pick it up from Fallen Leaves on Saturday the 16th, take it to the race on Sunday and then return it to the CVR storage unit. Anyone willing to help, please contact Rowly.**



## Minutes of 8/12/2019 CVRunners August Meeting

By Dot Helling (Acting Secretary).

Meeting called to order at 7:00 p.m. by President Andy Shuford after a well-attended run and BBQ at the beautiful home and gardens of Barb and Jim Flint in Craftsbury. Quorum present.

Annual meeting minutes approved unanimously.

Andy reported that current CVR membership totals 274 units meaning 14 members are required for a quorum.

**Treasurer's Report:** Andy gave the Treasurer's report. Treasurer John Valentine has reported that sufficient funds are on account although this month includes funds associated with Groton Forest Trail Run and Leafpeepers, all deferred income. Still we appear to be in good financial shape.

**Newsletter:** The newsletter will be out this week according to Andy who explained that today's meeting was originally to be held a week later to coincide with that publication.

**Club Donations:** Andy reported that Ann Bushey is about to send out request letters for the \$1200 in Cross Country donations approved at the annual meeting. Ann has disclosed that she will temporarily be filling in for the Northfield running program coach. Northfield is one of the fund applicants/recipients.

**Other:** Donna Smyers requested that the Suffrage Scramble 5K, a one-time event currently scheduled for August 15, 2020, be added to the CVR calendar as a CVR event covered by our insurance. The event celebrates 100 years of women having the right to vote. Motion and second were made and the proposal passed unanimously. Donna will check on the possibility of a conflict with the 100 on 100.

### Race Updates:

**Completed Races:** Andy reported that the Capitol Stampede went well, that it was a nice day with a decent turnout.

Andy reported that the Montpelier Mile had a good turnout and CVR expects to get a donation from Onion

River Outdoors for our volunteer assistance and management.

Andy reported that Bear Swamp had a decent turnout. R.D. Jackie Jancaitis reported that Barre Heritage had a record turnout, from 33 last year to 74 this year, helped by moving the race to Saturday and putting it on RunReg. There was a discussion as to whether or not to consider it as a point series event and/or perhaps to consider a trail series with this event and the Groton State Forest trail runs included.

**Upcoming Races:** Race Directors Jeff Prescott and Sue Emmons need volunteers for the Berlin Pond Five Miler to be held on Thursday, August 15.

No report on the NSB 5K and 1 Mile to be held Saturday, August 31 was available.

Groton State Forest Trail Run scheduled for September 7 has not sold out yet but entries are doing well.

The Genny Tenny is not a CVR race but is in the series: Heidi Caldwell from the Craftsbury Sports Center spoke about and promoted this 10-mile event at the start of the meeting. The date is Sunday, September 15. The event is point to point from Craftsbury to Albany with shuttle service and pizza post-race.

According to Donna Smyers, Sodom Pond Four Miler on Wednesday, September 18 expects to see a return of the after race meal to be held at the Adamant Community Club.

Andy reported that Leaf Peepers Half Marathon and 5K scheduled for Sunday, October 6, still needs a title sponsor and he took suggestions. He and June Burr are starting to gather volunteers and registrations are coming in.

**Further Out Races:** Donna Smyers wants to get the Adamant races on the Adamant community calendar which is going to press soon. It was agreed that the Adamant Half Marathon would take place May 2, 2020 and Sodom Pond on the third Wednesday in September, the date to be confirmed with Race Director Tim Noonan.

The next CVR meeting will take place Monday, November 4, 2019, location and time to be announced. Meeting adjourned at 7:49 pm.





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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:

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