



NEWSLETTER

Celebrating 40 years!

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President's Message



CVR President Andy Shuford

You should have heard by now that the Annual Meeting set for Sunday, March 22 has been postponed. With the coronavirus threat, it just didn't make sense for even a relatively small group to meet for a couple of hours. And we would have excluded those who didn't feel comfortable doing that.

The club bylaws still require annual elections and we are working on an electronic means of accomplishing that. The bylaws say the Executive Committee

manages club business in between meetings and that is what will happen until we meet again. Normally we have a May meeting; maybe that will be our annual meeting. But we have no reschedule date in mind yet and will just see when it makes sense to have the meeting. You will be contacted by e-mail about the virtual club election, which will elect the president, VP, secretary, treasurer and two at-large Executive Committee members.

This is an odd ending to my CVR presidency. I am disappointed not to have the annual meeting to hand over the reins to the new president. And we have to postpone the CVR 40th birthday celebration. Otherwise, it has been a great two years. I really appreciate all the volunteers and race directors who have made the club run smoothly the past two years. The president doesn't do much anything other than come up meeting agendas and sends News & Notes. The club members and volunteers are where the real work is done. Thank you! Please support incoming president Manny Sainz with the same enthusiasm.

And another farewell: after two years of producing awesome newsletters, Maryke Gillis has decided to step down. I believe she has some retirement and travel plans ahead. Her first newsletter was August 2018 and this one, March 2020 will be the last. Thank you, Maryke for two years of awesome newsletters!

And that means, we are looking for a new newsletter editor, anyone who is interested can contact me at andy.cvr@myfairpoint.net.

~ Andy

CVR Annual Meeting POSTPONED!

24th Annual Meeting Strut
is April 19th Sunday, April
19th at 10:00 a.m. Little River
State Park, Westford, VT

46th Annual Paul Mailman 10-Miler & 5K

CVR/ORO Race Series
Saturday, April 25th at 8:45 a.m.
Montpelier High School,
Montpelier, 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.



Membership Notes - It's Renewal Time!

By Graham Sherriff

Since the last newsletter, we have welcomed 3 new members to CVR:

Will Robens, Ashley Beach, Olliver Whitehouse

This brings our current membership to 303 of us – very close to the year-end totals in March 2019 (317) and March 2018 (306).

Many of us (but not all) have memberships that are due to expire at the end of March. Do you need to renew? You can do so any time at <https://cvrunners.org/join-cvr> (“JOIN CVR”), where you can renew online or download a printable form that you can mail in.

When you renew, please...

- Consider a multi-year membership. This means fewer year-end renewals for you and less administration for the club.
- Volunteer for at least one club race. This is highly encouraged, though not required. Every race needs volunteers and your support will be greatly appreciated!

Not sure when your membership is due to expire? You can email me at cvrunners.membership@gmail.com and I will check for you. Also, coming soon, you will be able to check the status of your membership on the CVR website. Look out for more information about this in the near future.

Happy trails!



CVR Newsletter Editor Wanted!

Editor-in-Chief Maryke Gillis is retiring and this is the last newsletter she will produce.

This volunteer position edits, designs and publishes the CVRunners Newsletter five times a year from articles and photos submitted by CVR members and race directors. If you're creative and would like to support the Club, please contact Andy Shuford: andy.cvr@myfairpoint.net.

2020 Volunteer Appreciation and Awards Dinner

The January 2020 Volunteer Appreciation and Awards Dinner was (again) well attended! This year the Club honored **Sandy Ferno with the 2020 David Ellerson Volunteer Award**. Thank you for all you do for CV Runners!

This year's recipient of the **2020 Spirit of the Club Award** was presented to **Jim Flint**! Jim continues to be a wonderful Central Vermont Runners ambassador! Check out the story he submitted on page 4.



CVRunners Partners with VSGA (Again)!

Article and Photos submitted by Jim Flint

The Vermont Senior Games Association (VSGA) is partnering with CVR this year to host the state championship road races, for athletes age 50 and up. Since 2017, the Northfield Savings Bank 5k has served as the VSGA 5k road race. Starting this year, the Capital City Stampede will be the VSGA 10k road race.

In addition to the regular 10-year age group awards at each race, senior runners compete for VSGA gold, silver, and bronze medals. The VSGA awards are based on five-year age groups. The top four senior men and women in each five-year age group, at either Capital City or Northfield, also become eligible to compete in the 2021 National Senior Games. Qualifying at the 10k Capital City Stampede or the NSB 5k allows a senior athlete to compete in either road race or both races at the national games.

The National Senior Games is an Olympic-style competition held every two years in a different U.S. city. Last year's national games were held in Albuquerque, New Mexico, June 14-25. More than 14,000 athletes participated, representing all 50 states plus a few territories and countries. The next national games will be held in Fort Lauderdale, Florida, on November 5-18, 2021.

At the 2019 National Senior Games, Vermont's 69 athletes brought home 37 medals for earning first, second, and third-place finishes in their events. Thirty-four Vermont athletes reached the podium by placing among the top eight athletes in their age groups. Ribbons are awarded for fourth-place through eighth-place finishes at the national games.

Albuquerque was my fourth time qualifying and competing for Vermont at the National Senior Games. The previous venues in Cleveland (2013), Minneapolis-St. Paul (2015), and Birmingham (2017) cemented some wonderful friendships with fellow athletes. In each city, I was able to use public transportation to get to the venues and explore around.

The 5k road race was held on June 21 at Balloon Fiesta Park, north of Albuquerque. The 10k road race followed two days later at the National Hispanic Cultural Center, closer to downtown. The 10k course followed the Paseo del Bosque Trail, which goes along the Rio Grande River. Men and women age 50 and up competed together in both the 5k and 10k races. Both races had a 7:30 a.m. start time to avoid the desert heat.



Jim Flint heads for the finish in the 5k race at the 2019 National Senior Games in Albuquerque. Fellow Vermonter Matt Guild caught up to Jim at the line to finish together. Matt placed ninth in the M55-59 age group. Jim placed seventh in the M60-64 age group. Lee Piccirillo from Tennessee (trailing behind Matt) placed eighth in the M60-64 age group.

Smoke from regional forest fires made for hazy conditions on the morning of the 5k road race. Combined with the altitude of 5,300 feet, the diminished oxygen levels created a noticeable impact. Temperatures approached 70 degrees at the race start. A whopping field of 246 men and 179 women lined up. My 60-64 age group was the largest in size, with 49 men and 39 women. The 90-94 age group was the smallest, represented by two men and one woman.

The 5k race began with a mile-long flat loop around the balloon take-off field. This stretch felt like we were in a horse race. Holding back was challenging. After the first mile, the course went up a modest hill followed by a lollypop loop around a neighborhood. I was able to move up two places in my age group on the hill.

Coming back down the hill, we made a wide sweeping loop overlooking the park. The finish was in the distance at the end of a long straightaway. Another runner in my age group, Lee Piccirillo, was hot on my tail. Lungs craned for air as we came off the hill and hit the flat.

Nearing the finish, I heard footsteps falling fast behind me. A fellow Vermonter, Matt Guild, crossed the line with me, in 21:33. Matt placed ninth in the M55-59 age group. I finished seventh for the M60-64 age group. Lee picked up the eighth-place M60-64 ribbon.

The 10k course was a flat out-and-back on the paved multi-use Paseo del Bosque Trail. Air quality was better than for the 5k. The starting temperature was in the low 60s. I had run 42:55 two weeks earlier at the Capital City Stampede 10k. The morning appeared to be perfect. At altitude, however, things are not always what they seem to be.

Though I tried to hold back at the start, the first mile clicked by in 6:45. I still felt strong at the 5k turnaround, clocking a 21:30. In the fourth mile, my pace slipped. I needed to stop and walk a few steps at the last two water stations to catch my breath. Lee Piccirillo and I played a game of leapfrog. As he eased ahead at the water stations, I worked to catch back up.

With a half-mile to go, I tried to shake Lee with a surge. It didn't last. Lee sped by in the last quarter-mile to take sixth-place in the M60-64 age group. His time was 44:16. My time of 44:20 was good for seventh in my age group, just two seconds ahead of the next M60-64 runner. Compared to Capital City, my pace at the higher altitude was 15 seconds slower per mile.

On my way home after the national games, I ran into Lee at the airport. We relived our close 5k and 10k finishes and shared hopes to run together again in 2021. He emailed me after returning to Tennessee.

"It was wonderful to spend time with the athletes at the games, especially the runners," Lee wrote. "I like how runners would like to be the best they can be and compete, but also have mutual respect for each other."

Competing for Vermont at nationals is an unforgettable experience. If you are a senior CVR member, you can do this too! For more information on the national and state senior games, check out www.nsga.com and www.vermontseniorgames.org.



Lee Piccirillo (left) and Jim Flint paced together for most of the 10k race at the 2019 National Senior Games in Albuquerque. With a half-mile to go, Jim started to pull ahead. Lee stayed with him and took the lead in the last quarter-mile. Lee and Jim placed sixth and seventh respectively in the M60-64 age group.

CVRunners Race Series!

CVR/ORO 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 and additional overall points leaders at the annual CVR banquet.

Links to the races included in the series for 2020 are below:

New Year's Eve 5K 2019, Kaynor's Sap Run (GMAA) (Note: This race has been cancelled).
Paul Mailman 10-Miler, Adamant Half Marathon, Capital City Stampede Equinox Trail 10K (GMAA), Montpelier Mile, Bear Swamp Run, Barre Heritage Trail 5K, Berlin Pond 5-Mile, Northfield Savings Bank 5K Genny Tenny 10-Miler, 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.
- Awards: Points total leaders in each male and female age group receive awards. New for 2020: Awards will also be presented to the members with the six highest point totals that did not receive age group awards.
- 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.
- Changes to the series rules and the lineup of races for the coming year will be determined at the November CVR meeting.

CVR All Terrain Race Series

The All Terrain Race Series is a group of five races that are all run on dirt roads and trails. Members that run all five races will receive a specially designed t-shirt as a prize. Take on the challenge of running off-road as an alternative to road racing.

The races:

- Equinox Trail 10K (GMAA)** – 6/21/2020 – Run on trails through fields, single track, and woods roads.
- Bear Swamp Run** – 7/11/2020 – Hilly dirt and fourth class roads in Middlesex.
- Barre Heritage Trail 5K** – 7/25/2020 – Course is entirely on the Millstone Hill trails in Websterville.
- Groton Forest Trail 10K** – 9/12/2020 – 75% technical single track and 25% dirt road in Groton Forest.
- Genny Tenny 10-Miler** – 9/27/2020 – Dirt and fourth class roads from Craftsbury to Albany.



Upcoming Races and Events

PLEASE NOTE THAT ALL OF THE
RACE DATES BELOW ARE SUBJECT TO
POSTPONEMENT OR CANCELATION DUE
TO COVID-19.

Check your email weekly for location details:

->April 11 **Unplugged Half Marathon**, 9am,
Burlington Waterfront Park

->April 18 **Rollin Irish Half Marathon**, 9am, Essex
Center

->April 19 **Mutt Strut**, 3 mile for dogs and humans,
Little River State Park

>April 25, **Paul Mailman 10 Mile and 5K, 8:45am,
Montpelier High School

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

** Part of the CVR/ORO Race Series 2020



photo: Jeff Prescott

YUP! It's that time of year again. In Central Vermont the early bird gets the firm, which means getting out the door while the roads are still frozen!

Group Runs you might want to join:

Winter Long Runs contact **Jeff Prescott** if you're interested!

Monday at 4:15pm: Berlin Pond, meet at Berlin Town Office, once per month run is in Adamant, info dosmyers@gmail.com

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**



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CVR Newsletter

January 2020

Volume 41 Issue 1

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