



Newsletter

August 2020

Volume 41 Issue 3

**See page 3
for an intro to
Eastern North
Carolina
Greenways**

Photo Alice McCormick

President's Message



In March I took over as the President of CVR at the time the COVID-19 stay home stay safe executive orders came out from the Governor and we have not returned to normal since. It is not easy to be a President during the time of a pandemic! There is a new norm in the world now and that includes the running world as well. The first order of business for me was to form a race committee to discuss our direction for the first half of the racing season. At first we thought all we needed to do was to postpone the Paul Mailman 10 Miler and 5K and the Adamant Half Marathon. After that however, the RRCA issued guidance for races and virtual races and since we follow RRCA and our

insurance policy is through them we needed to adhere to those guidelines as well as the guidelines issued by the CDC and State of Vermont Health Agency. We had no choice but to further postpone races through the end of June.

Alternatively, the race committee came up with the **Social Distancing Virtual Run Series** that lasted for eight weeks until the end of May. We had great success in the first week with over 70 runners participating. From then there was a core group of about 30 members who participated in the series weekly.

The events for the Social Distancing Virtual Run were 5K, Doggie 5K, 10K, 10 Miles, Half Marathon and Marathon. There were 295 events logged in the 8 weeks with the 5K distance being the most popular with 149. The leaders on the number of events were Joy Kogut and Darrel Lasell at 11 events.

During the series, we came up with a CVR hat fundraising campaign with donations going to the Vermont Food Bank. In this effort we sold 29 hats and through the generous donations of the members we collected \$720 to donate to the Vermont Food Bank. **Congratulations CVR members on a successful series!**

At the conclusion of the Social Distancing Virtual Run Series, there was no improvement in the COVID world and all race events through the end of August had already been postponed or canceled by other running clubs and race directors. It was at that time the race committee decided to follow in line and cancel our events. Those included the Paul Mailman 10 Miler and 5K, the Adamant Half Marathon, the Barre Town Spring Run, the Capital City Stampede, Bear Swamp 5.7 Miler, Barre Heritage 5K Trail Run, and the Berlin Pond 5 Miler. The Montpelier Mile was canceled by Onion River Outdoors and the Northfield Savings Bank canceled their 5K race. Members should note the difficulties we were going through to obtain building permits, road permits, as well as city or town permits while adhering to all the regulations. Alternatively, the race committee came up with the idea for a **Participation Virtual Race Series** that would include all the canceled races, 10 in total. This series started at the end of June and will conclude at the end of the Labor Day weekend.

At the writing of this article, we have 55 members registered and from them 129 events have been logged. In the series, you are able to receive a ticket for each event you run, up to 10 tickets that qualify for a raffle at the end of the season. In addition to that, from August, there are weekly random prizes (3) to be given out by our sponsors. What better motivation is there to run and register your results!

The race committee is meeting in mid-August again to discuss what we will do with our remaining events for this year. At the time of this writing there have been live events that have occurred with staggered start times or time trials and more to come. The race committee reviewed all the details of how the races were conducted including logistics and dealing with all the guidance. The committee decided the efforts to comply with the guidelines and the risk to our members and their families was too high and therefore the committee decided to cancel the remainder of the 2020 race series which includes Leaf Peepers, Sodom Pond and the Fallen Leaves series. Alternatively, we will introduce a New Fall Virtual Race Series. Stay tuned!

Safe Running!

Manny



Events

Participation Race Series

June 21 - September 6

Run any or all of the series races between June 21, 2020 and September 6, 2020.

You can run the races in any order. Enter your time in the system to be eligible for prizes.

Prizes are awarded randomly; the more races you've run the greater your chance of winning a prize.

Fall Virtual Race Series

Stay tuned!

CVR in the news!

"Runners Find Virtual Motivation" published in *The Bridge* newspaper. Manny is interviewed about the Virtual Race Series

"Central Vermont Runners celebrate one of its founders" aired on *WCAX Sunday Morning News*. A story about Darragh Ellerson's 90th birthday celebration



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



Running Rail Trails and Greenways in Eastern North Carolina

By Andy Shuford

I have been spending the summer down in Greenville, North Carolina with Jeff Prescott. He is from Greenville and is down here helping his parents. I am originally from North Carolina too, but Charlotte, where I am from, is four hours to the west. I have rarely been in this part of the state, so for my education we have been out exploring. Many eastern North Carolina cities and some small towns have a rail trail or greenway. “Greenway” isn’t a term used much in Vermont; instead it would be called a rec path or bike path.



Greenville Greenways

<http://froggs.org/>

We are fortunate to have this system of greenways close by. We are only a few miles away but unfortunately there is no good way to run to the trail (busy roads with no sidewalks). So, we drive... The system consists of two greenways connected by short road sections: the South Tar River Greenway and the Green Mill Run Greenway. Both mostly follow their eponymous

bodies of water. The official length is about 6.5 miles, that is if you tack on about a half mile road section at one end of the trail. This way it finishes in a park but the road section to get there isn’t special. But most of the greenway is off the road on a paved trail, and mostly shady. Shade is a requirement for summer running in NC. We have learned though that if you run at noon, there is no amount of tree cover that will provide shade!

The path officially begins at the Town Common park, but the historic old road bridge where the start is located has been under renovation all summer. Not being able to start on the bridge creates a short detour on the road at the beginning. The first two miles or so of the path follows the Tar River, which is prone to flooding. The river was very high in late May and June, and at times portions of the Tar River section of the trail was impassable. There are duplexes along the greenway facing the river that are built on stilts for that reason.

The greenway has varied scenery: swamp, woods, neighborhoods and part of the East Carolina University campus (including the massive football stadium). We often use the greenway for a weekend long run, and that is when it tends to be the busiest. Some parts of the path are more crowded than others, and there is usually room to pass others at a respectable distance. *(continued page 4...)*



Membership notes

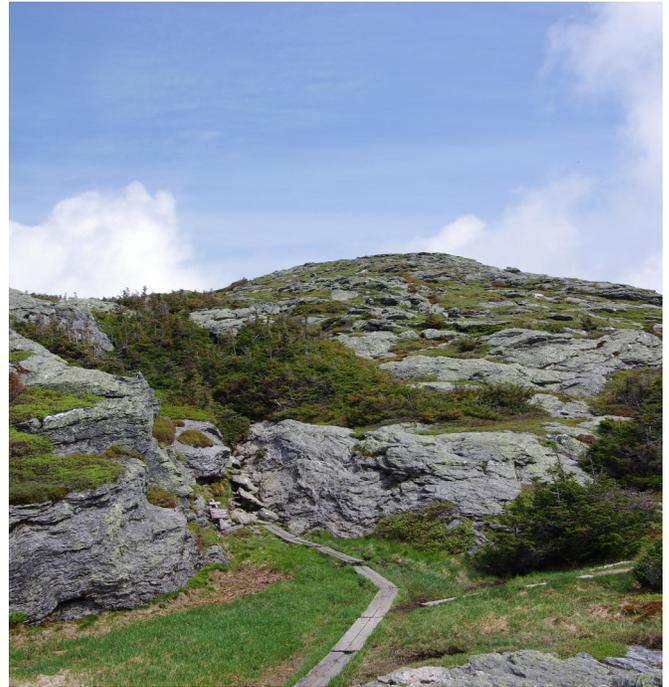
By Graham Sherriff

Welcome to the club's newest members!

Ruth Blauwiekel, Matthew Walker, Patricia Jeffries Zukowski, James Lehneman, Dana Gould, Alice McCormick, Bree Phillips, Natnicha Phillips, Gwenna Peters, Tim Macke, Kenyon Fatt, Tara Cariano, Gregg Gossens, Jessie Lynn

In this strange time when the club has had to cancel many races, it can be difficult to stay connected with each other and may feel difficult to feel connected with CVR. But the club's inability to stage in-person events means that our memberships and continued support are more important than ever. So thank you for the support of all club members, new and old.

Stay healthy and happy trails!



Mt. Mansfield, VT Photo: Alice McCormick

(...from page 3). The South Tar River Greenway is part of the East Coast Greenway.



South Tar River, Greenville, NC
Photo: Jeff Prescott

East Coast Greenway

www.greenway.org

This is an attempt to connect rail trails,

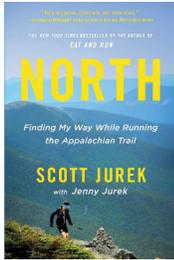
greenways, and other paths in east coast cities. A lot of it is on highways to get from city to city, but still you can go from Key West, Florida to Calais, Maine on a connected route. There is about 3,000 miles of the greenway, but about 2,000 of it is highway. It is generally coastal, so it doesn't get near Vermont (Portsmouth, NH might be the closest). In North Carolina, it splits into a coastal section and an inland section which goes through Fayetteville and Raleigh. These two sections merge back into one in southern Virginia. The Smithfield Buffalo Creek Greenway and the Cape Fear River Trail we ran on are part of the inland section. The Greenville South Tar River Greenway is part of the coastal section.

Stay tuned for more rail trails and greenways featured in upcoming issues



Corner

Book



Are you looking for a book to inspire you to train for a longer distance or to get out the door on your darkest day? Scott Jurek tells of his attempt to complete the fastest known time of the entire Appalachian trail. Both personal and professional, he welcomes the reader into the strange world of ultra endurance racing. The heart of the book rests in his ability to draw you into his mental and physical struggle to run into and through the ultimate challenge.

Your book could be featured next! Please email me short reviews on inspiring books about running or sport

Meet a Member

Greetings! I'm Alice McCormick, the newsletter editor. I have never been an editor before, but I'm excited for this new project! I welcome any feedback, suggestion for new content and features, pictures, articles, anecdotes and advice.

I live in Fletcher, VT with my husband, Andrew (also a CVR member), and spend most of my free time training for, competing in or reading about triathlons, running races and biking events.



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: Manny Sainz
 Vice-President: Sal Acosta
 Secretary: Sandy Colvin
 Treasurer: John Valentine

Executive Committee Members-at-Large: Jackie Jancaitis & Darragh Ellerson

Appointed positions

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

