



Newsletter

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President's Message



Welcome to 2021! We made it through a difficult 2020, but considering the circumstances, we had a nice year in member participation. We finished the year, including the New Year's Eve 5K, having completed 24 events with 163 members having competed in at least one event for a total of 727 participants. We are now into the new year. Covid is still hanging over our heads, but, there is light at the end of

the tunnel and the Central Vermont Runners are prepared for this year.

The race committee, working with the race directors, came up with our tentative race plan for 2021. We did not call it a race series since there are so many uncertainties and we needed to do things differently if we were going to succeed in 2021 with live racing. For that reason, a timing committee was formed at our club meeting in December (Sandy Colvin, Donna Smyers, Bob Murphy and Jackie Jancaitis) to study alternative timing possibilities and procedures that would allow us to satisfy the existing Covid guidances. The committee created a proposal and presented to the race directors last week and it was accepted. With this new plan, the race directors believe we will be able to complete most, if not all our planned races, live this year. The risk of course is if Covid becomes worse and guidances become more strict or cities or municipalities do not issue road or building permits. The race directors, however, will do their best.

So far things are looking bright this year. We are having our first ever virtual **Social Gathering Event** by Zoom, and we're having our first ever **Snowshoe Race**, virtual for this time. Also, we brought back the Saturday **Winter Long Runs**! The first one was last weekend. We're having 2 time slots for now, 7 am and 9:30 am. In frigid cold temperatures there were 6 participants! The next **CVR Annual Meeting** will be held virtually by Zoom in March. Hopefully these activities will keep you engaged until our racing season begins in April with the Paul Mailman 10 Miler/5K!

Safe Running,

President, Manny Sainz

UPCOMING RACES*

Virtual Snowshoe Race

February 6 - 14

Paul Mailman 10 miler / 5K

April 24

Adamant Half Marathon

May 8

Barre Town Spring Run 5K

May 15

Capital City Stampede 10K

June 12

Bear Swamp 5.7 Miler

June 26

Montpelier Mile

July 3

Barre Heritage 5K Trail

July 31

Berlin Pond 5 Miles

August 12

Northfield Savings 5K

September 4

Groton State Forest 10K

September 11

Sodom Pond 4 miles

September 22

Leaf Peepers Half

Marathon / 5K *October 3*

Fallen Leaves 5K #1 - *Nov 6*

Fallen Leaves 5K #2 - *Nov 13*

Fallen Leaves 5K #3 - *Nov 20*

*Contingent upon public health orders



Central Vermont Runners

Spirit of the Club Award



Our 2021 Spirit of the Club recipient came onto the CVR scene on December 31, 2008. In the New Year's Eve Race that day, he finished ninth of 18 athletes in the men's 40-49 age

group. Being at the center of the CVR pack is a fitting metaphor to describe Andy Shuford. This friendly, unassuming, gentle person has occupied a place close to the heart of our running club for more than a decade.

Andy moved to Vermont from North Carolina in 2009. By 2010 he had joined the club and started volunteering at races. He placed first in the men's 40-49 age group in the CVR/Onion River Sports Race Series that same year. He has since competed in dozens of CVR races.

A dedicated CVR volunteer, Andy has served as coordinator of the annual Paul Mailman Race since 2011. He is always on the lookout for ways to improve participation at the iconic event. Under Andy's leadership, a 5k option was added in 2017. He was also successful in certifying the Paul Mailman race as the RRCA Vermont 10-mile state championship.

Andy is a regular participant in the annual CVR Race Series, Winter Long Runs, and Fun Runs. He enjoys traveling and writing reports for the CVR newsletter on races in far-flung places. For several years, he and Jeff Prescott took on the task of getting up extremely early to mark the

Leaf Peeper's course.

In late 2017, Andy agreed to be nominated for the CVR Presidency. Due to a vacancy, he was elected without the traditional VP apprenticeship. As he assumed the President's role in March 2018, his plate was heaped high with efforts to reinvigorate the Leaf Peepers races.

During Andy's presidency, the Leaf Peepers Rejuvenation Committee put forth a number of ideas to improve the race, including the idea of hiring a professional race director on an incentive contract. It fell to Andy to do the leg work and interview director candidates. Andy ultimately made the recommendation of Will Robens to the CVR membership.

Andy guided CVR as president for two terms, from spring 2018 to spring 2020. His steady leadership emphasized community building. The Groton Forest Run became a successful new CVR sponsored event during Andy's presidency. The CVR race series was reorganized during Andy's tenure with a best of six races format, which encouraged greater participation.

A team player who prefers to give credit to others, Andy Shuford truly embodies the mission of the Central Vermont Runners. We are proud to honor his decade of service to the running community with the 2021 Spirit of the Club Award!

Article written by Jim Flint



Robin Runs 2020

By Kelly Hadiaris



When I was a pup, my human, Kelly, said she would take me on running adventures when I grew up. My humans trained me to walk on a leash and “socialized” me in the meantime. Eventually, Kelly built a training

plan to safely increase my mileage.

Unfortunately, this plan did not include chasing squirrels, or pulling the leash hard enough to knock her down. I mostly went along with her plan though. I like to be a good dog. On some days she would get out her “hydration vest” and leave me home, even though I would tilt my head and make my eyes look warm and big. The hydration vest runs were too many miles for me. When the stretchy grey leash came out though, I would know. She was taking me with her. We would run.

In 2019, I had a blast at the Mutt Strutt, my first race. Kelly assured me we could race again in 2020. However, she soon took a new job that kept her busy. The hydration vest and grey leash stayed in the closet even as we moved into 2020. We were just going to “wing it” on race day.

In March, she told me all people were in “quarantine” for 15 days because of “Corona.” I had to help her “social distance.” Those 15 days turned into many months. My trip to Maine, therapy dog test, and the 5K were cancelled. My yard, ball, and treats kept me content, but I wanted my people to feel better. I helped them “work remote” by

barking loudly and frequently when I heard a video call. They still seemed tense.

One snowy spring morning, before going to her desk, Kelly found my grey leash. She said she “had to run.” We jogged up a long, quiet hill. She was out of breath quickly and let me stop a lot. I happily enjoyed together time, even if it was slow paced. At the top, Kelly sat down, exhausted and stared out at the mountains. She let me smell everything around which was pleasant. Then, I noticed she was leaking from her eyes. Something called “COVID-19” had her worried, or lonely, and facing tough decisions. I licked her face and tackled her down in the snow until she was laughing. Then, we ran down the hill side by side. She started that work day more relaxed. Also, I napped through her morning video call.



After that run, nearly every morning, she took out the grey leash. Kelly talked to me on our running adventures as if I were another human. Other times she was quiet and focused on her footfalls. I was often splashing through mud puddles, embracing the glee of moving forward. Looking at my floppy ears and carefree movement reminded her that running keeps her present,



grounded and appreciating simple moments. On each run, we intentionally found at least one thing that brought us joy before heading home. For her, it was often a nice view. I would find a giant branch to carry or drag home. Running is a means of taking stressful energy and converting it to calm. She needed the running. I motivated her daily to get out there.



For Kelly, running also used to also be for racing, which was challenging, fun and brought people together. She decided we would do the Mutt Strutt as a virtual race. What is a virtual race? I had no idea at the time but I love everything that comes after, “Robin, do you want to...” so my ears perked up and my tail wagged in anticipation.

Now I know that a virtual race is a run that starts as a ridiculous long morning of preparation. Kelly changes outfits multiple times. Then, my human will take out her phone and make me stay very still and look at it. Boring, but I am a good dog so I do it. Once the virtual race moves to the actual run, she won’t let me stop to smell things. However, she lets me go as fast as I want so that part is fun.

She looks at her wrist every 5 minutes and before she’s breathing too hard, she says, “Come on, let’s go,” frequently. After the run, I get treats. That is a virtual race and I love it.

In April, the virtual Mutt Strutt was a special day for me, so we got my other human, Nick to provide SAG. What is SAG? Nick had Kelly and me stand still for his phone at our start line.

Then, he got in his truck and he was suddenly “going for a ride” without us. We ran very fast to try to catch him. Then, we saw the truck parked up ahead. Once we finally approached, Nick held up his phone but he did not make us sit and stay. He asked Kelly if she wanted water or a treat. Kelly threw her gloves for him to catch but she did not wait for him to “bring” or “drop” them. I tried to pull her backwards so we could play but we had to keep running our virtual race. Nick went for a ride again and we repeated this pattern until our virtual race was over. Having SAG is fun. I really enjoyed running towards Nick and seeing what other things Kelly would throw to him. Once the race was over, I got to eat and nap all day. She said she made a segment for me on Strava called the Covered Bridge 5K.

Since that first virtual race, I have built up to a virtual half marathon but 5K is my favorite distance. I am always full of hope and therefore am excited for our next running adventures in 2021. However, I mostly prefer to take each moment as it comes.

**Seeking cover photos or
artwork for newsletters**

**Nature, seasons, running, people, animals, or
other inspiring images!**

Please submit to alice.flanders@gmail.com



Vermont's Best Seasons for Running

by Mack Gardner-Morse (gardnermorse@gmail.com)

Almost no one will argue that Fall is Vermont's best season for running. It is hard to think of any downside to running in the Fall. The hours of daylight are getting shorter and the chilly Fall rains hint of the coming Winter. The cold Fall nights have killed off all the harassing insects while migrating birds are flocking together. The cool crisp air, the gentle rustling of leaves blowing up behind you and the glorious views of the beautiful Fall foliage are hard to beat.

Also, almost no one will argue that Spring is Vermont's worst season for running. The hours of daylight are getting longer, migrating birds are singing and the warm breezes hint of the coming Summer. For many, Spring includes Vermont's infamous Mud season. One of the worst ways to start a run is to step on what looks like flat road, only to find your sneaker breaking through thin morning ice and sinking ankle deep into ice cold water. Pulling your sneaker out of the puddle, you find that not only was the water cold, but your sneakers now weigh three times more. Being a runner and knowing the running is better than the chores waiting for you at home, you slog on for the rest of the five miles. You run with a lop-sided gait, one side a heavy squishing plod, thinking of the beautiful runs from last Fall.

So if the Fall is the best season for running and the Spring is the worst season for running, which season, Summer or Winter, is Vermont's second best season? Keep reading

to find out why Winter is Vermont's second best season for running.

Summer is Vermont's season for running freedom. You can finally shed all the extra clothes required for running in the cold and all the off road trails are finally dry enough to enjoy running through the woods. Running by Vermont's ponds and lakes, ducks, mergansers and even loons are calling. Running in warm summer rains is refreshing. As the Summer progresses, the leaves gradually change from the bright green of Spring to the dark green of late Summer. On the downside, Summer brings high humidity with wet clothes abrading against your skin. Summer brings deer flies and other insects swarming around you, buzzing in your ears and occasionally biting you. Runs are no longer counted in miles, but in the number of biting insects you were able to kill.

Winter does bring short hours of daylight and cold temperatures. Running into Winter wind chills your red cheeks, makes it hard to see and even difficult to make headway. Icy roads make for slippery conditions. I fall at least once every Winter. Fortunately I've had no broken bones yet, but some pretty nasty bruises. So what are the advantages of Winter?

Like the Fall, the cold temperatures keep all insects, except snow fleas, at bay. Like the Summer, there are new trails to explore. Trails through wet areas including ponds now frozen, and snow machine and snowshoe trails.



Running at night with a full moon in the Winter is something special. The moonlight is reflected by the white snow. Everything has a bluish glow.



Fresh fallen snow captures the passing animals not seen in the other seasons. The new snow records the passing mouse dragging its tail while scurrying between trees (see picture). Other tracks recorded in the snow include turkeys and deer. There are more than tracks, too. Being startled by a grouse flushed from the snow beside the trail. Seeing but not hearing a barred owl flying

through the trees. Seeing the brilliant red crest of a pileated woodpecker.

The best part of Winter is the ever-changing scenery. No other season sees such dramatic changes in scenery. Freezing rain coats everything with a glistening layer of ice. Tree branches sparkle like prisms. A snow storm will cover bare trees. The snow laden branches form tunnels for running through. The low humidity in Winter creates the brightest blue skies. Sunlight turns the lingering snowflakes from the passing snowstorm into brilliant crystals hanging in the air. Even the snowflakes in the fields sparkle reflected sunlight as you run past them. The loss of leaves opens up hidden longer vistas. The low angle of sunlight in the Winter highlights the branches and trunks of the tree in the woods.

So get out there and experience running in the second best season for running: Winter!

Here are my practical tips to help enjoy Winter running. Please feel free to email me with your favorite tips.

Dressing for the cold is a consideration. Running generates a lot of heat, so do not overdo the layers. Wind is one of the most important factors. Even if there is no wind, you will be making wind as you run. So, a nylon wind jacket and pants are important for blocking the wind and helping to create a warm layer next to your body.

Starting at the top, you can lose up to 80% of your heat through your head. On warm days (within 10° degrees of freezing), a head band will protect your ears and be sufficient to keep you warm. As the temperature drops, use a hat. For very cold days (negative Fahrenheit temperatures), a balaclava or the addition of a scarf can offer more protection from the cold. To protect your exposed facial skin, apply petroleum jelly, lanolin or other “grease” to your exposed skin. A thin layer helps to protect your skin from the wind and drying out. Don’t forget sunscreen, especially if your day includes one of Winter’s many other outdoor activities. On warm wind-free days, the sunscreen alone might be sufficient. Otherwise apply the sunscreen before the thin “grease” layer.

For most days, all your body needs is a thin cloth layer (I use just a T-shirt) and a nylon windbreaker. For colder days or cold-blooded people, a long sleeve polypropylene or wool undershirt with a wind breaker will help to keep you warm by wicking moisture away from



your skin. For your hands, polypropylene or wool mittens with a nylon shell or leather glove (to protect from the wind) work well.

For mild Winter days, running shorts covered with nylon wind pants will protect your legs. For very cold days (negative Fahrenheit temperatures), consider polypropylene or wool long underwear. For your feet, polypropylene or wool socks are a must. If you use thick socks or two pairs of socks, be sure to loosen the laces on your sneakers. Some people cover the mesh vents on their sneakers with duct tape to keep out snow and cold air and keep in the warm air. This also traps moisture in the sneakers. Since I do not do a lot of running through deep snow, I do not block the mesh vents on my sneakers. I have not used toe warmers. Does anyone have any experience using toe warmers while running?

While out running use the cold temperatures to help regulate your body temperature. Do not be afraid to open the wind breaker and/or remove your hat while running up hills. This lets moisture out and helps to minimize sweating. Occasionally removing your mittens for brief periods of time allows the moisture to get out and helps keep your hands dry and warm.

Another big problem in the Winter is traction. Though expensive, Icebug® sneakers provide great traction. People who have them love them. Lots of options are available for adding traction aids to your sneakers. These include Kahtoola® MICROspikes or Yaktrax® Run. To do it yourself, [add screws to your sneakers](#). As I mentioned, I do fall at least once every Winter. I still run in my sneakers, but as I get

older, I'm considering adding something for traction.

The last important consideration is hydration. The low humidity means every breath is bringing in dry air and expelling moist air. When exercising in the cold, one should drink water every 15-20 minutes. For my moderate runs (5-6 miles/8-10 km for one hour), I usually drink a full glass of water before I run (which sometimes necessitates a pit stop) and another when I return. If you hydrate on a Summer run, be sure at the very least to hydrate at the same rate on a Winter run.

Hopefully these tips will help you make the most of the second best season for running. Please let me know if you have any Winter running experiences or tips you would like to share.

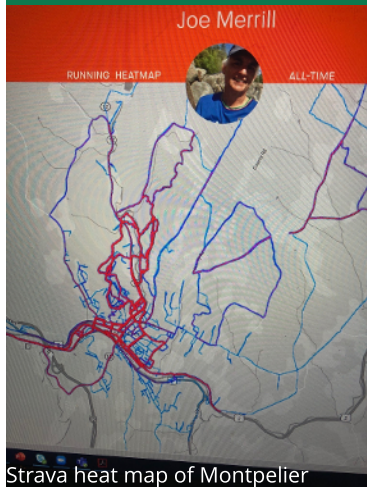
A blast from the past

Submitted by Bob Murphy



Montpelier Map Project

By Joe Merrill



During the quarantine summer of 2020 I was scrolling through CVR club activity on Strava, and I noticed that one club member had completed a project to run every road in Middlesex. This sparked in my imagination the idea that I could do

something similar in Montpelier. After all, I had already run a good chunk of them, or so I thought. Furthermore, what else is a boy to do during a pandemic?

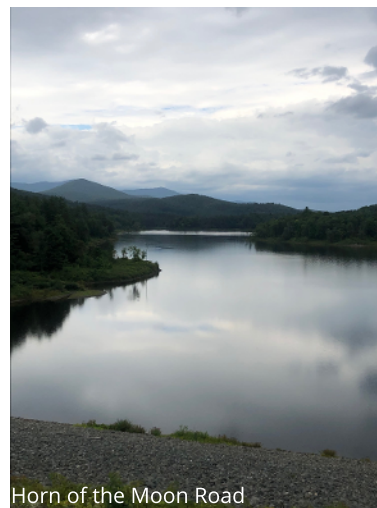
I made the decision to take on this project before I actually made the decision, if you know what I mean. I changed routes a little bit to run new streets “just in case” I decided to go through with it. But my subconscious mind had already committed, and soon my conscious mind would follow.



on my normal routes, it wasn't long before I had to do runs that were intentionally planned to cover new territory. And as I soon learned, planning was very important to both make sure nothing would be left out and to be somewhat efficient with the

miles. Well into the project one of my co-workers informed me that there are 62 miles of streets in Montpelier. It would take a lot more miles of running to complete the project, however.

One thing I quickly learned is that I live in a bit of a running bubble. My home is on Elm Street, and when I first started running somewhat seriously in 2018 I discovered that I could complete a run a few miles downtown and back without taking on much elevation. Of course I know there are lots of hills in the city, because I have eyes, but I didn't realize quite what I was in for until I went downtown and started running all the side streets near the Capitol. Everything was on the side of Hubbard Park, and everything was very steep. This was going to be a lot of hill training.



I made one rule for this project, that everything had to be part of a legitimate run. So, for example, there is one little quarter-mile stretch of Horn of the Moon Road (where it crosses the dam) that is within Montpelier city limits. I couldn't simply

drive to the dam, run that little stretch, and drive away. So instead I incorporated it into a 12-mile run that allowed me to loop around and pick off Gidney Road, a little two-house street (one of which is possibly haunted) that is off North Street on the East Montpelier border. Gidney Road, in case you're wondering, at nearly 1,100 feet represents the



highest on-street elevation within Montpelier city limits. There are seven “thousand footers” in town, all on the East Montpelier side with the exception of the top of Hill Street at the Berlin town line.



I hit most of those 1,000 footers in a single afternoon in mid-September, as I embarked on a 15.7-mile run up to the East Montpelier line on Main Street, across Towne Hill Road and all its tributaries, and back down Gallison Hill Road. This represents the longest run I have completed to date, and was a measure of perseverance for me by the end. But it was also a gorgeous fall afternoon, and a delightful way to discover the nooks and crannies that I otherwise would never explore.

Selfie at Shamrock Lane



Completing the remaining big circuits, including Terrace Street, Hill Street, and Berlin Street, took me into mid-October. At that point, only one street remained: Shamrock Lane. I had purposefully left this road to the end, because it would be the easiest to complete. I can literally see the entrance to it from my

front porch. On October 22, I changed my clothes, laced up my shoes, and prepped for my run. I left my driveway at 5:45 p.m. I returned at 5:47 p.m., having completed the quarter-mile out-and-back in two minutes and 17 seconds (an 8:47 pace).

Though this was the shortest run for the project, I would be remiss if I didn't give a shout out to Veo

Road: the shortest, most pointless street in Montpelier. This is a little blip off outer Elm Street that you'd be forgiven if you always thought it was a driveway, because the average driveway in Montpelier is bigger than Veo Road. My apologies if you live in one of the two homes on Veo Road, but it took me less than 30 seconds to run it “out and back,” and I don't understand why it's on the map.



In all, it took about three months for me to complete the project, though I had banked many of the streets before I officially started. Things really took off in September when temperatures cooled and long street runs became more appealing. The biggest challenge I discovered was figuring out where a street ends and a driveway begins. On a couple of occasions I failed to turn a corner and, as a result, missed a significant part of the road and had to return. (The other rule I made was that I had to run substantially all of a street for it to count.) I was wary of running into aggressive guard dogs on some of the dead ends, but that wasn't really the case. The one who gave me the hardest time was a yellow lab on Dyer Avenue named Butter, whose owner had them pretty much under control. In the end the Map Project was a fun way to keep motivated and discover more of this fascinating little city.



On Running and Aging

By Bob Murphy



Photo: Carl Willberg

One of the first road races I ever ran was in Northfield, N.H. It was the Carl Willberg Cup Race, a hilly 7.1 mile jaunt through the hills of the Granite State on 22 October 1977. It was a tough course, but Carl Willberg, after whom the race was named, was tough, too. At 80 years of age, he finished in 79:02. I recall that it was a rather cloudy and dreary day, but as Carl came up over that last hill and headed toward the finish line, the sun came out and it almost seemed as though all of nature was rooting for him. It was an inspiring moment.

I was 37 years old at the time, just into my second year of running. I had joined the NCAC (North Country Athletic Club), based in New Hampshire. There was no CVR back in those days, and many of the runners from this area were also NCAC members. The club included members throughout Vermont and New Hampshire, and included in its membership Carl Willberg himself.

A couple of words about Carl. He died in 1987, just two weeks shy of his 90th birthday. An article in the Boston Globe noted that he “died on Aug 7 while running on a road near his Gilford home, training for the fifteenth running of an October road race which bears his name.” Carl was a local running legend, and the Globe article noted that he had “run the 1925 Boston Marathon, had several times bested Clarence DeMar on the roads,

and knew Paavo Nurmi well.” Quite a coup for NCAC to have the likes of Willberg among their ranks. The photo on the right shows Carl, age 81, finishing a 10k race in Boscawen, N.H., in 1978 (wearing an NCAC singlet).

As a relatively young runner, I had a few years of pretty rapid improvement in my running times. Also as a relatively young runner, I was a bit naive about the long, gradual descent that would follow those glorious times. I was aware, of course, that the body ages, and times slow, but the experience of the last 43 years has been humbling. Each year, it seems, I would think that with enough training and effort, I could duplicate times run in the previous year. Those moments did occur from time to time, but they were rarities.

A significant feature of my running since the 1970s and 1980s has been a long string of injuries. Nothing dramatic, understand, but it seemed as though it was always something. Pulled muscles, plantar fasciitis, and other injuries have kept me out of action for periods ranging from a couple of weeks to over a year. Each time I came back from an injury the story was the same; I had lost something that I couldn't get back. Times were inevitably slower. Although none of us likes to get older I began to welcome the advent of a new age group, as it seemed to help in a way.

OK, now I am the age that Carl Willberg was way back in 1977 (where did the time go?). I have reached the point where simply finishing a race is an accomplishment in which I can take pleasure. Do I still yearn for faster times? You bet I do. However, I think I am a bit more realistic now, and can see that, despite my best efforts, my times will only get slower. I will eventually be the guy who, after everyone else has finished, comes up over that last hill and heads for the finish line. If I am lucky the sun will be shining.



Membership notes

By Graham Sherriff

We have five new members since the last newsletter. Welcome to CVR!

Deborah Connolly, Heather Tomlins, Craig Manning, Patrick Cullinan, Kate Paine

Many of us have memberships that are due for renewal at the end of March. Do you need to renew? You can do so any time at

<https://cvrunners.org/join-cvr>

(or click "JOIN CVR" button to the right), 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.

Also, please consider volunteering for at least one club race. There will be races again, some day! And every race depends on the support of volunteers.

If you want to check when your membership is due to expire, you can check on the CVR website. Look in the right-side column for the link "Log in to cvrunners.org". Or email me at cvrunners.membership@gmail.com and I will check for you.

Happy trails!

Join CVR



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

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 Record Keeping: Dot Helling

Webmaster: John Hackney

