

Central Vermont Runners



Summer 2010
Volume 31
Issue 2

A Note from the President:

We are well into the summer now and CVR is having a successful year with its race series. This year I have seen many new faces step forward to carry out several of the CVR race events . . . this has been wonderful! We have even seen new faces at the CVR meetings. I would like to thank Jeff Prescott and Andy Shuford for joining CVR and becoming active members in the club. Jeff Prescott and Sue Emmons are the new race directors for Berlin Pond! Also Lori LeCroix has stepped forward and rejuvenated the Barre Homecoming/Heritage race. This race took on a whole new life this year by starting at 9:30 a.m., not noon, and moving the race to the Millstone Trails that have a scenic view of the old granite quarries. Ann Bushey and Sandy Colvin have shown an interest in keeping the First Night race going. I can't leave out Bob Howe, who has taken over the CVR newsletter! I am told that Bob had been the newsletter editor before I was even aware of CVR. Like Darragh and many others, your long time support of CVR is astounding. Thanks to all of you.

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Next Meeting

August 12th

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Andrea's

Info

As I thank these people I want to also thank all of you who continue to support CVR by the countless hours you dedicate to races, newsletters, book-keeping, and all other duties that go along with keeping CVR operating smoothly.

Our next meeting is August 12 at my house. If you have items that need to be added to the agenda please e-mail them to me. As always it will be a 6:00 pot luck, and 6:30 meeting. Directions: Rt. 302 through Barre (left of kneeling man). Go left onto Hill Street across from Stones Mobil. Go up hill past Trow Hill Grocery and then bare left at "Y". At the four corners go straight onto dirt road (Cutler Corner Rd.). Once you hit the dirt I am .8 of a mile on the right. Brown house with large detached garage.

Happy Running, Andrea

Contact Information for CVR Officers

Andrea McLaughlin	President	476-4417	Dave Kissner, John Hackney	Webmasters	229-4523, 224-2162
Betty Rose	Vice-President	229-2311	Bob Howe	Newsletter	476-8946
Priscilla Carr	Treasurer	224-7764	Publicity	Greg Gerdol	224-6960
Sandy Colvin	Secretary	272-9795	Membership	Donna Smyers	229-4393

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Girls on the Run Update by Andrea McLaughlin

Once again the Central Vermont Sites for *Girls on the Run* received support from Central Vermont Runners; an exceptionally generous dollar amount. Each site had a successful year and the culminating race in Essex Junction was a blast!! To see the girls' faces when they cross the finish line is amazing. There is a true sign of accomplishment gleaming from their eyes and seen in their smiles. It makes all the work volunteer coaches have put in worthwhile. I feel selfish because I seem to be the one who receives all the thank you notes, pictures, and credit, but everyone who is a CVR member deserves the credit. If it were not for the support of the club many Central Vermont Girls would not have the opportunity to participate in this program. From Vermont Girls on the Run—thank you for your support.

Racing Notes from John Martin:

CVR stalwarts Donna Smyers and Dot Martin, both racing in the W50-54 Division at the Vermont Sun sprint triathlon, held at Lake Dunmore on July 18th, showed the girls how it is done. Donna and Dot came in first and second overall for the women in 1:08:16 and 1:10:18 respectively. Donna had the fastest women's bike split while Dot had the fastest run time.

Team Martin and John Valentine traveled to Waterville Valley, NH, for the second running of the Black Fly Triathlon held on July 10th. The Saturday race is a .25 mile swim, a 21 mile bike and a 5 mile run. There were just short of 400 very wet finishers. Did I say it rained? It poured!

*** 8 miler * Stowe, Vt. Or Stow, Mass.**

Dot Helling reports: Sue Emmons, Phyllis Arsenault-Berry and myself pulled together a last minute Central Vermont Runners, Senior Women's team and came in 4th. That was amazing considering the high powered runners from Massachusetts. They had close to 1000 runners and it's really a fun event, bit different course, great party after. The race was held July 18th.

'A Memoir of Adamant's first 20 Miler'

Despite a wet dreary spring day the first ever Adamant 20 Miler was a success! When I first arrived at my assigned water station I was not in the best of moods . . . it was cold, wet, and I had a list of things that I wanted to get done at home. I was manning the last water station and watched the runners climb to the top of the last long, long hill. All of the runners that came by the station were in good spirits and chatty, so I had to re-adjust my thinking and enjoy the moment.

Amongst the runners came an old, soggy, dirty golden retriever. None of the runners knew the dog, but informed me that he had been running with them for the last 10 to 12 miles. I don't know who looked more tired the runners or the dog. As the last runner passed I cleaned up my station and proceeded to the finish that included a wonderful spread of soups, chili and fresh baked cookies. Standing outside of the Adamant Dining Hall was once again that old, wet, dirty dog.

As the event came to a close, that dog showed no signs of going home, and no one really knew where the dog came from or what to do with him. Being the animal sucker that I am, I offered to take the dog back around the course and try to find its home. Well, I had no idea what I had just gotten myself into as I lifted the dog into the back of my truck. I went back to the furthest water station and started to work my way back to Adamant, knocking on doors and asking the sparse person I saw along the way if they recognized the dog. Little did I know that in my journey I would find some Monks! A man was out in what I had presumed his yard, looking at some gardens. The gentleman was quite pleasant and invited me into his home, "Monk Retreat" as I was about to find out, to get the local animal control number. As I entered the home I was asked not to talk others were in the building . . . quietly I got the number, thank the people/Monks for their assistance and left. As I was driving down the road I saw Eric Ryea. He confirmed that I was a dog lover, and encouraged me to leave the dog on the side of the road assuring me he would find his way home. With hesitation I pulled my truck over, and tried to get the dog down from the bed of the truck. As I pulled on the dog's collar, the dog gave me a very, very sad look and began to shake. My heart sank.

So what do I do next . . . I put the dog in the back seat of my truck, because he must be so cold, hungry and tired, and decided I was going to drive to where I could get cell service and call the animal control number. Finally I got cell service as I was coming into Montpelier. Feeling like this journey might be over, I got an answering machine. Now my truck was beginning stink of that wet, dirty, dog in the back and I knew if I was going to have to bring him home he would have to be washed. Off to Pet Deli we go.

After a long bath, for both this dog and I, a trimming of matted hair, and a warm blow dry this old boy was looking and smelling pretty good. At this point I called my husband to tell him expect another dog at home tonight . . . along with our two. As soon as this dog walked through the door of my house, he made himself at home. Life could not have gotten much better for him; he had gotten exercise, gone to the spa, was fed, surrounded by two lovely women,

and had his own dog bed. Meanwhile I continued to try to reach the animal control person. Then around 9:30 at night the phone woke me. It was Melvin's very concerned owner. She too had been calling the animal control person and had finally gotten my number. By this time, Melvin was fast asleep so we agreed to have him picked up in the morning.

The next morning Melvin's owners picked him up, profusely thanked and took Melvin home. Much to my surprise, a few days later a thank you note and a very generous gift card came in the mail. Acts of kindness are contagious.

Andrea McLaughlin

It's Your Newsletter

Thank you to the people who contributed to this newsletter. It's your newsletter. Send in your news, stories, events and information to:

Bob Howe, at lucycarol18@gmail.com

Northfield Cross Country Team

We need your shoes! Once again the Northfield Cross Country Running team is having a used running shoe drive to help our athletes. If you have shoes that still have a hundred miles or so in them, but you are finished with them, we would love them. Many of our runners can't afford good running shoes; in many cases, your used shoes are better than what they show up in for practice. We will be collecting shoes at the Berlin Pond race, the Chase Race and I can pick them up anywhere.

Thanks so much,
Ann Bushey and
Whitney Machnik, coaches
Northfield XC

CVR - Summer Fun Runs & Walks

Tuesdays, 5:30 PM - May to October

Open to All - Runners and Walkers

1-, 2-, 4- and 6-Mile Distances

Montpelier Recreation Path (Off Green Mtn. Drive)

Central Vermont Runners spring-summer-fall fun runs are held every Tuesday evening, from early May through late October. Distances are on an out-and-back course of 1, 2, 4 and 6 miles. Runners and walkers are welcome. Children are encouraged to do the 1-mile run, as long as they are accompanied on the run by a responsible adult.

Tuesday evening fun runs start at 5:30 pm sharp. The first official fun run for 2010 will be on May 4, and the last one will be on October 26. (Join us for dinner at Julio's Cantina to celebrate the end of the fun run season after the last October run!)

■ Fun Runs are generally timed by CVR volunteers, but we cannot guarantee that every Fun Run will be timed. Results of these timed fun runs are usually posted in The World, a free local newspaper.

CVR Capital City Stampede 10K

2010 CVR/ORS Race Series Race #2—USATF Certified. Registration No. USATF #VT09011RF
Montpelier, VT 06/12/2010

***** AGE GROUP RESULTS *****

Place in age group, Overall place, Name, Age, Town, Time

FEMALE AGE GROUP 20 - 29

1 56 Helen Smith 24 Winooski VT 50:50
2 67 Gina Page 28 Shrewsbury VT 54:27
3 68 Emily Wagner 23 Medford MA 54:32
4 69 Sara Erickson 26 Barre VT 54:34
5 93 Emily Cobb 24 So. Royalton VT 1:03:05
6 97 Nancy Warner 28 Bethel VT 1:04:57
Record 35:28 by Lea Hayer in 1983

FEMALE AGE GROUP 30 - 39

1 6 Tracy Joslin 36 Waitsfield VT 39:29
2 17 Courtney Kutler 34 So. Burlington VT 42:44
3 19 Sarah London 30 Montpelier VT 42:54
4 30 Pamela Clapp 38 Waterbury VT 46:02
5 50 Beth Boutin 35 Montpelier VT 49:39
6 57 Thao Nguyen 34 Williston VT 51:42
7 58 Stacy Bocskor 35 Northfield VT 52:26
8 64 Abby Fish 33 Waterbury VT 53:32
9 66 Chandra Nellis 30 Fort Bragg CA 53:48
10 72 Sarah Jarvis 39 Montpelier VT 56:06
11 76 Jaime Gadwah 33 Waterford VT 57:23
12 82 Christie Larson 32 Duxbury VT 58:58
13 84 Pratima Cranse 31 Ithaca NY 1:00:06
14 89 Hilary Sales 35 Montpelier VT 1:01:49
15 95 Michelle Berthiaume 34 Colchester VT 1:04:12
16 99 Patti Daniels 35 Grand Isle VT 1:05:11
Record 36:43 by Gina Sperry in 1991

FEMALE AGE GROUP 40 - 49

1 16 Kathy Provencher 40 Waterbury Ctr. VT 42:35
2 20 Dot Martin 49 Montpelier VT 43:02
3 24 Jennifer Miller-Ars 40 Middlesex VT 44:43
4 33 Meg Laferriere-Horr 41 Rutland VT 46:24
5 45 Patti Walsten 48 So. Burlington VT 48:49
6 48 Meg Meyer 44 New Haven VT 49:01
7 54 Ellie Bouffard 49 Colchester VT 50:18
8 65 Kelly Collar 44 Moretown VT 53:33
9 74 Dawn Skorczewski 45 Waterford VT 57:13
10 77 Becky Diedrich 45 Berlin VT 57:45
11 78 Sandy Colvin 42 Montpelier VT 57:46
12 79 Whitney Machnik 47 Middlesex VT 57:50
13 87 Denise Ricker 44 Montpelier VT 1:01:01
14 90 Beth Martell 44 Essex Jct. VT 1:01:49
15 94 Ellie Brady 44 So. Burlington VT 1:03:57
16 96 Brenda Berardinelli 41 Essex Jct. VT 1:04:47
17 101 Laurie Ely 41 Jericho VT 1:08:02
Record 38:29 by Sue Barber in 1997

MALE AGE GROUP 19 & under

1 34 Evan Smith 16 Remsen NY 46:33
Record 32:37 by Brent Coon in 1985

MALE AGE GROUP 20 - 29

1 10 Joseph Kill 20 Randolph VT 41:06
2 21 Andrew Henderson 27 Montpelier VT 43:53
3 38 Andrew McAvoy 26 Montpelier VT 47:29
4 98 P. Riley Killoran 29 East Calais VT 1:05:02
Record 30:26 by Eric Morse in 1993

MALE AGE GROUP 30 - 39

1 2 Chadwick Shepard 35 Williston VT 37:15
2 3 Jon Copans 36 Montpelier VT 37:25
3 5 Jon Floyd 37 Waterbury Ctr. VT 38:07
4 15 Dustin Rand 35 Montpelier VT 42:20
5 26 Todd Page 32 Shrewsbury VT 45:10
6 42 Brooke Taber 35 So. Burlington VT 47:54
7 47 Josh Roil 32 Marshfield VT 48:59
8 53 David Cameron 39 Barre VT 50:04
9 63 Kevin Nadzen 36 East Montpelier VT 53:20
10 81 John Grenier 33 Waterbury Ctr. VT 58:50
11 85 Kevin Cranse 35 Philadelphia PA 1:00:08
12 86 Jason Boyd 37 Northfield Falls VT 1:00:35
Record 30:50 by Eric Morse in 1995

MALE AGE GROUP 40 - 49

1 1 Jim Paige 49 Morrisville VT 36:09
2 4 Tim Francis 49 Rockport MO 38:05
3 8 Brent Ehrlich 48 Montpelier VT 39:54
4 9 Andrew Tripp 40 Montpelier VT 40:20
5 11 Sean Mitchell 42 Burlington VT 41:23
6 12 Michael Wolfe 47 Newton MA 41:27
7 13 Mack Gardner-Morse 49 Calais VT 41:33
8 14 Thomas Rogers 43 Winooski VT 42:17
9 22 Scott Nichols 44 Essex VT 44:04
10 28 Morgan Ecklund 43 Calais VT 45:39
11 70 Tony Martinez 40 Marshfield VT 55:09
Record 34:00 by Randy Sightler in 2001

CVR Capital City Stampede 10K

2010 CVR/ORS Race Series Race #2—USATF Certified. Registration No. USATF #VT09011RF
Montpelier, VT 06/12/2010

***** AGE GROUP RESULTS *****

Place in age group, Overall place, Name, Age, Town, Time

FEMALE AGE GROUP 50 - 59

1 35 Susan Emmons 54 So. Duxbury VT 46:36
2 36 Nina Changelian 55 Waterbury Ctr. VT 47:00
3 44 Ruth Blauwickel 56 Colchester VT 48:08
4 49 Ann Bushey 52 Montpelier VT 49:32
5 52 Carlie Krolick 55 Charlotte VT 49:55
6 71 Andrea Halnon 56 Lincoln VT 55:27
7 75 Chris MacLean 55 Waterbury Ctr. VT 57:15
8 100 Lynda McDermott 52 Braintree VT 1:05:21
9 104 Stacey Smith 52 Remsen NY 1:10:35
Record 41:41 by Moira Durnin in 2001

FEMALE AGE GROUP 60 - 69

1 59 Dot Helling 60 Montpelier VT 53:02
Record 46:38 by Patty Foltz in 2008

FEMALE AGE GROUP 70 - 99

Many thanks to these volunteers:

Robert Murphy
Jane Valentine
Pam Erickson
Dave Erickson
Caroline Zelinga
Sandy Ferno
John Martin
Darragh Ellerson
Megan Valentine
Jess Cover

-- Race Director John Valentine

MALE AGE GROUP 50 - 59

1 7 Bob Emmons 51 So. Duxbury VT 39:35
2 18 Tim Noonan 54 Montpelier VT 42:45
3 23 Charles Windisch 56 Essex Jct. VT 44:16
4 25 Andy Shuford 50 Montpelier VT 44:46
5 27 Russ Cooke 58 Williston VT 45:11
6 29 Dave Hammond 50 Huntington VT 45:49
7 32 Bill Holland 59 Montpelier VT 46:18
8 37 Steve Burkholder 58 Montpelier VT 47:04
9 40 Russell K. Statman 50 Plattsburgh NY 47:49
10 41 Forrest Lemoine 55 Shelburne VT 47:50
11 43 Michael Gordon 53 Essex Jct. VT 48:01
12 46 Tom McLinden 58 Stowe VT 48:57
13 51 Thomas Hogeboom 59 Hardwick VT 49:54
14 55 Steve Smith 52 Remsen NY 50:31
15 73 Jim Shea 51 East Montpelier VT 56:47
16 88 Michael Chernick 56 Montpelier VT 1:01:26
Record 34:44 by Doug MacGregor in 1990

MALE AGE GROUP 60 - 69

1 31 Richard Boisseau 63 St. Johnsbury Ctr. VT 46:14
2 39 Greg Gerdel 63 Montpelier VT 47:32
3 60 John Kaeding 62 Worcester VT 53:04
4 62 Mike Shover 61 Bradford VT 53:12
5 91 Dick Ferno 66 Williamstown VT 1:02:22
6 92 Roger Cranse 69 Montpelier VT 1:02:55
7 102 Geoff Miller 63 Hinesburg VT 1:08:03
Record 40:50 by Chuck Arnold in 2009

MALE AGE GROUP 70 - 99

1 61 Hugh Wilson 70 Dorval QC 53:09
2 80 Jean Bernaquez 78 Montreal QC 58:00
3 83 Lewis Kirshner 70 Waterford VT 59:04
4 103 Gerry Carlson 78 Middlesex VT 1:08:56
Record 49:37 by Jean Bernaquez in 2006

Central Vermont Runners is a member of the Road Runners Club of America (RRCA), the oldest and largest long distance running organization in the country. www.rrca.org

***Onion River Sports , 20 Langdon Street, Montpelier, is the sponsor
for the CVR / ORS Race series for 2010***

36th Annual Paul Mailman Montpelier 10 Miler

Montpelier, VT June 27, 2010

***** AGE GROUP RESULTS *****

Place in age group, Overall place, Name, Age, Town, Time

TOP TEN FEMALE OVERALL RESULTS

- 1 TRACY JOSLIN 36 WAITSFIELD VT 1:05:35
- 2 KARIN GEORGE 45 FLORENCE MA 1:10:31
- 3 SARAH LONDON 31 MONTPELIER VT 1:11:54
- 4 JEN MILLER-ARSENAULT 40 MIDDLESEX VT 1:13:38
- 5 NANCY MORRISON 51 KANATA ON 1:13:57
- 6 SHANA KRYBERG 34 TALLAHASSEE FL 1:14:15
- 7 ANA BARRIA 37 COLCHESTER VT 1:14:38
- 8 JANET LABUC 59 VAUDREUIL-DORIO QE 1:15:48
- 9 DEBBIE WEINER 49 MONTREAL QE 1:17:28
- 10 KATE BASCOM 17 SO. ROYALTON VT 1:17:44

Record 55:58 by Leatrice Sikora Hayer in 1988

FEMALE AGE GROUP 0 - 19

- 1 53 KATE BASCOM 17 SO. ROYALTON VT 1:17:44

Record 57:53 by Tara Chaplin in 1998

FEMALE AGE GROUP 20 - 29

- 1 57 MOLLY BARTLETT 23 JERICHO VT 1:18:44

Record 1:00:03 by Ann Peisch in 1982

FEMALE AGE GROUP 30 - 39

- 1 16 TRACY JOSLIN 36 WAITSFIELD VT 1:05:35
- 2 34 SARAH LONDON 31 MONTPELIER VT 1:11:54
- 3 45 SHANA KRYBERG 34 TALLAHASSEE FL 1:14:15
- 4 46 ANA BARRIA 37 COLCHESTER VT 1:14:38
- 5 62 ERIN RAMSAY 30 ESSEX JCT. VT 1:19:14
- 6 67 KATRINA PHILLIPS 39 MONTPELIER VT 1:20:08
- 7 75 THAO NGUYEN 34 WILLISTON VT 1:23:46
- 8 77 LISA PARFITT 35 ST. THOMAS VI 1:24:24
- 9 81 SANDY ALEXANDER 36 CAMBRIDGE VT 1:24:51
- 10 82 LIZ STAPLES 34 FAIRFAX VT 1:24:52
- 11 109 KIMBERLY WILSON 36 SO. BURL VT 1:36:00
- 12 135 PATTI DANIELS 35 GRAND ISLE VT 1:54:14

Record 55:58 by Leatrice Sikora Hayer in 1988

FEMALE AGE GROUP 40 - 49

- 1 28 KARIN GEORGE 45 FLORENCE MA 1:10:31
- 2 41 JEN MILLER-ARSENAULT 40 MIDDLESEX VT 1:13:38
- 3 51 DEBBIE WEINER 49 MONTREAL QE 1:17:28
- 4 61 BORJANA MIKIC 40 NORTHAMPTON MA 1:19:13
- 5 65 KATHY PROVENCHER 40 WATERBURY VT 1:19:58
- 6 66 HEIDI SMITH 42 SO. BURLINGTON VT 1:20:05
- 7 68 JESSICA COVER 40 RICHMOND VT 1:20:09
- 8 73 GAIL MARTIN 44 SHARON MA 1:23:19
- 9 83 JUNE GOLATO 48 GRAND ISLE VT 1:25:22
- 10 84 ELLIE BOUFFARD 49 COLCHESTER VT 1:25:40
- 11 90 NANCY MACDONALD 45 WEYMOUTH MA 1:27:34
- 12 91 DARA TORRE 43 MORETOWN VT 1:27:51
- 13 97 KAREN GRONDINE 49 DRACUT MA 1:31:16
- 14 99 RACHEL DIGIAMMAARINO 41 HUNTINGTON VT 1:31:51

TOP TEN MALE OVERALL RESULTS

- 1 RICK ROUNTREE 32 WILLISTON VT 56:40
- 2 RYAN ROBITAILLE 26 SO. BURLINGTON VT 58:08
- 3 LANE THORNTON 21 RICHMOND VT 58:16
- 4 JESSE DUNKLEE 25 DUMMERSTON VT 1:00:20
- 5 GERRY MATHIEW 35 MONTREAL QE 1:00:47
- 6 MATTHEW DALL 31 COLCHESTER VT 1:01:21
- 7 STEVEN ANDREWS 51 ETNA NH 1:01:43
- 8 JON COPANS 36 MONTPELIER VT 1:02:06
- 9 JACK PILLA 52 CHARLOTTE VT 1:02:14
- 10 SCOTT STERNTHAL 35 MONTREAL QE 1:02:43

Record 50:09 by Jim Miller in 1982

MALE AGE GROUP 20 - 29

- 1 2 RYAN ROBITAILLE 26 SO. BURLINGTON VT 58:08
- 2 3 LANE THORNTON 21 RICHMOND VT 58:16
- 3 4 JESSE DUNKLEE 25 DUMMERSTON VT 1:00:20
- 4 29 JOHN SHUSTER 27 BRAINTREE MA 1:10:58
- 5 85 SCOTT MATTESON 26 OLD TOWN ME 1:26:01
- 6 119 ROBERT PETTERSEN 24 MONTPELIER VT 1:40:03

Record 50:09 by Jim Miller in 1982

MALE AGE GROUP 30 - 39

- 1 1 RICK ROUNTREE 32 WILLISTON VT 56:40
- 2 5 GERRY MATHIEW 35 MONTREAL QE 1:00:47
- 3 6 MATTHEW DALL 31 COLCHESTER VT 1:01:21
- 4 8 JON COPANS 36 MONTPELIER VT 1:02:06
- 5 10 SCOTT STERNTHAL 35 MONTREAL QE 1:02:43
- 6 12 ANDREW SCHNEIDER 34 CAMBRIDGE MA 1:04:23
- 7 13 JON FLOYD 37 WATERBURY CENTER VT 1:04:27
- 8 15 KEVIN GUARNOTTA 37 JAMAICA PLAIN MA 1:05:02
- 9 20 TOM GEISLER 36 RUTLAND VT 1:07:36
- 10 22 DANIEL SCHEIDT 38 BURLINGTON VT 1:08:49
- 11 38 JOSH ROLLINS 34 BARRE VT 1:13:30
- 12 44 BART WHEARTY 33 WINOOSKI VT 1:14:11
- 13 49 JOHN PIERCE 32 KEENE NH 1:16:41
- 14 50 THOMAS STRACQUALURSI STOUGHTON MA 1:17:23
- 15 74 DAVE CAMERON 39 BARRE VT 1:23:25

Record 51:00 by Keith Woodward in 1982

MALE AGE GROUP 40 - 49

- 1 11 SAM DAVIS 49 COLCHESTER VT 1:03:38
- 2 19 KEITH PURRIER 47 MANSFIELD MA 1:07:13
- 3 23 MICHAEL WOLFE 47 NEWTON MA 1:09:02
- 4 33 THOMAS ROGERS 43 WINOOSKI VT 1:11:54
- 5 36 KEVIN HERN 41 SHELburne VT 1:13:16
- 6 39 MICHAEL FERRARI 46 MANSFIELD MA 1:13:33
- 7 43 MICHAEL QUINN 46 ARLINGTON MA 1:14:03
- 8 52 MORGAN ECKLUND 43 CALAIS VT 1:17:29
- 9 56 STEPHEN O'DONNELL 47 WALTHAM MA 1:18:15
- 10 115 BILLY GAGNON 43 BURLINGTON VT 1:37:17
- 11 125 MIKE FARLEY 44 LOWELL MA 1:46:03

Record 55:29 by Jim Miller in 1999

36th Annual Paul Mailman Montpelier 10 Miler
Montpelier, VT June 27, 2010

FEMALE AGE GROUP 40 - 49 (continued)

15 100 KELLY COLLAR 44 MORETOWN VT 1:32:08
16 102 ELIZABETH GOLDROSEN 44 WHITMAN MA 1:32:23
17 110 LINDA MCCARTHY 46 DRACUT MA 1:36:03
18 112 MARYELLEN DORAN 48 DEDHAM MA 1:36:14
19 113 JESSICA COSTA 41 CHELMSFORD MA 1:36:20
20 114 JULIE DIMMOCK 40 BURLINGTON VT 1:37:16
21 122 SARAH WINKLEY 43 CAMBRIDGE MA 1:41:56
22 123 TRESA CASALETTO 49 MEDFORD MA 1:41:58
23 126 DENISE RICKER 44 MONTPELIER VT 1:46:37
Record 1:03:09 by Moira Durnin in 1991

FEMALE AGE GROUP 50 - 59

1 42 NANCY MORRISON 51 KANATA ON 1:13:57
2 48 JANET LABUC 59 VAUDREUIL-DORION QE 1:15:48
3 55 NINA CHANGELION 55 WATERBURY VT 1:18:13
4 59 SUE EMMONS 54 SO. DUXBURY VT 1:19:10
5 60 RUTH BLAUWIEKEL 56 COLCHESTER VT 1:19:12
6 78 ANN BUSHEY 52 MONTPELIER VT 1:24:30
7 79 HOLLY RAINVILLE 51 W. BOLTON VT 1:24:30
8 94 MARIANNE WITHINGTON 55 PLYMOUTH MA 1:29:39
9 103 ANITA HADLOCK 55 SHARON MA 1:32:27
10 116 SHARON YU 57 HAVERHILL MA 1:37:35
11 121 JUDY ROMVOS 59 CARLISLE MA 1:41:40
Record 1:12:24 by Phyllis Heaton in 1983

FEMALE AGE GROUP 60 - 69

1 136 CAROLYN HEUSER 68 FREEHOLD NJ 1:55:15
Record 1:29:38 by Sylvia Weiner in 1997

MALE AGE GROUP 60 - 69

1 14 GORDON MACFARLAND 62 ARLINGTON MA 1:04:40
New record. Old record 1:07:38 by Hugh Short in 1982
2 27 RICK BAYKO 62 NEWBURYPORT MA 1:10:28
3 30 CHUCK ARNOLD 63 BURLINGTON VT 1:11:08
4 31 JAMES IMPRESCIA 61 LEOMINSTER MA 1:11:41
5 32 JOHN MARTINO 61 SHARON MA 1:11:46
6 70 CHARLIE FARRINGTON 65 METHUEN MA 1:20:12
7 72 BOB BRADY 61 WORCESTER MA 1:21:12
8 80 RICHARD PAULSEN 66 WOBURN MA 1:24:38
9 88 BOB SULLIVAN 68 BROOKLINE MA 1:26:46
10 89 GEOFF MILLER 63 HINESBURG VT 1:27:11
11 92 PHIL PIERCE 68 FALMOUTH ME 1:27:58
12 93 JOHN KAEDING 62 WORCESTER VT 1:28:52
13 95 MIKE SHOVER 61 BRADFORD VT 1:29:40
14 96 TOM ABBOTT 67 NATICK MA 1:29:58
15 105 CLEMENT CHOY 62 BURLINGTON VT 1:33:47
16 111 NEWTON BAKER 68 MONTPELIER VT 1:36:11
17 120 DICK DORAN 61 DEDHAM MA 1:40:10
18 127 PETER WALLAN 67 SHARON MA 1:47:05
19 129 RAYMOND BOUTOTTE 64 PEPPERELL MA 1:48:10
20 130 BUDDY LONGWORTH 60 NORTHFIELD VT 1:50:50

MALE AGE GROUP 50 - 59

1 7 STEVEN ANDREWS 51 ETNA NH 1:01:43
2 9 JACK PILLA 52 CHARLOTTE VT 1:02:14
3 17 DONALD BURKE 53 MANSFIELD MA 1:06:11
4 18 BOB EMMONS 51 SO. DUXBURY VT 1:06:54
5 21 DAVID WESSMAN 55 SCITUATE MA 1:07:53
6 24 CHRIS ANDRESEN 54 MONTPELIER VT 1:09:32
7 25 RICHARD CLARK 56 FEEDING HILLS MA 1:09:51
8 26 STEPHEN PECKICONIS 51 ROSLINDALE MA 1:10:12
9 35 TIM NOONAN 54 MONTPELIER VT 1:12:12
10 37 HAROLD JARVIS 54 HOPEDALE MA 1:13:22
11 40 MIKE GILLIS 53 MIDDLESEX VT 1:13:35
12 47 CHARLES WINDISCH 56 ESSEX JCT. VT 1:14:42
13 54 DAVE PALMER 54 KANATA ON 1:17:49
14 58 RUSS COOKE 58 WILLISTON VT 1:19:04
15 63 RUSSELL STATMAN 50 PLATTSBURGH NY 1:19:29
16 64 STEVEN BURKHOLDER 58 MONTPELIER VT 1:19:50
17 69 DAVE MARTIN 50 SHARON MA 1:20:10
18 71 NICK RENZULLI 51 NEEDHAM MA 1:21:04
19 76 BOB MCCOLGAN 53 DEDHAM MA 1:23:52
20 86 DAVE TYLER 51 LOWELL MA 1:26:14
21 87 PETER KUCHINSKI 57 NEWTON NJ 1:26:43
22 98 DAVID GOODMAN 50 WATERBURY VT 1:31:36
23 101 JACK O'CONNOR 54 DEDHAM MA 1:32:15
24 104 DAVID MALLIAROS 54 MILTON MA 1:33:01
25 106 EDWARD DOWLING 54 PLYMOUTH MA 1:34:27
26 107 MICHAEL ROSENTHAL 51 SO. BURL VT 1:35:16
27 117 DAN CASEY 51 MONTPELIER VT 1:39:01
28 118 JIM HARTSON 55 MONTPELIER VT 1:39:03
29 124 MICHAEL CHERNICK 56 MONTPELIER VT 1:43:04
30 128 JOHN MCGOURTY 50 DEDHAM MA 1:47:52
31 134 STEVE PEPE 53 BEDFORD MA 1:53:49
32 141 MARK LEONARD 59 WALTHAM MA 2:06:15
Record 56:53 by Doug MacGregor in 1991

MALE AGE GROUP 60 - 69 (continued)

21 131 STEPHEN DOWLING 60 KEARSARGE NH 1:51:20
22 132 JOHN GOLDROSEN 60 WHITMAN MA 1:51:58
23 133 DANIEL DODSON 65 METHUEN MA 1:53:46
24 137 TOM COOK 62 MISSOULA MT 1:57:04
25 138 DICK HEUSER 69 FREEHOLD NJ 2:03:48
26 139 STEPHEN LOMBARDO 61 MAYNARD MA 2:05:05
27 142 GEORGE RUSSO 61 WALTHAM MA 2:10:18
28 143 LARRY MORRIS 63 LEOMINSTER MA 2:39:19
29 145 PETER BUHL 69 NORTH EASTON MA 2:48:45
Page 1

MALE AGE GROUP 70 - 99

1 108 PHILLIP HOWARD 72 BURLINGTON VT 1:35:34
2 140 DICK FEDION 76 NO. CONWAY NH 2:05:05
3 144 PAUL MCDERMOTT 75 FITCHBURG MA 2:39:38

Bear Swamp Run

July 10, 2010

Overall Male Winner: Eric Morse – 33:32

Overall Female Winner: Victoria Comer – 41:42

Total Finishers: 51

RESULTS

Overall Place, Place in Age Group, Name, Time

Female 20 – 29

10 1 Metzi Anderson 42:14

11 2 Molly Bartlett 44:07

25 3 Sara Erickson 50:42

Female 30-39

9 1 Victoria Comer 41:42

17 2 Joan Marie Misek 45:51

21 3 Thao Nguyen 48:39

29 4 Nicole Cobline 51:54

36 5 Kimberly Wilson 55:27

47 6 Arianne Kissan 65:43

Female 40 – 49

40 1 Carla Halpern 59:26

41 2 Maryke Gillis 59:33

43 3 Denise Ricker 61:35

Female 50 – 59

18 1 Moira Durnin 46:05

19 2 Ruth Blauwiekel 46:55

22 3 Ann Bushey 48:52

38 4 Rose Bergeron 56:52

Female 60-69

48 1 Judith Craig 67:23

49 2 Betty Rose 73:30

Female 70+

50 1 Betty Lacharite 76:17

Male 20-29

7 1 Brian Kelly 41:15

33 2 Benjamin Laford 52:37

Male 30-39

5 1 Daniel Scheidt 39:01

Male 40-49

1 1 Eric Morse 33:32

3 2 Mack Gardner-Morse 38:40

12 3 Theo Kennedy 44:53

23 4 Paul Richardson 48:59

26 5 Dave McMath 51:12

31 6 Jeff Prescott 52:16

32 7 Tony Martinez 52:26

Male 50 –59

2 1 Bob Emmons 37:31

6 2 Chris Andresen 39:56

8 3 Mike Gillis 41:24

13 4 Bill Holland 45:03

14 5 Paul Keating 45:18

15 6 David Erickson 45:44

16 7 Steve Burkholder 45:47

24 8 Rick DeAngelis 49:21

27 9 Dennis Nealon 51:28

28 10 Michael Rosenthal 51:51

37 11 John Mahoney 56:36

42 12 Bob Provost 61:30

44 13 Paul DeLuca 62:26

Male 60-69

4 1 Ed McSweeney 38:59

30 2 John Kaeding 52:02

34 3 Newton Baker 54:47

39 4 Roger Cranse 59:19

45 5 Werner Zehntener 62:53

Male 70+

20 1 Bob Murphy 47:19

35 2 Philip Howard 54:56

46 3 Gerry Carlson 63:57

51 4 Don Lacharite 76:20

Many thanks to the following volunteers:

***Maureen Carr, Richard Cleveland, Sue Emmons,
Anya Kennedy, Theresa Noonan, Clayton and Sandy
Wetzel, Pam Erickson, Betty Rose, Loralyn LeBlanc
and Andy Shuford..***

Tim Noonan, Race Director

CVR & Area Races & Events... from www.cvrrunners.org

All races are in Vermont. Please check with contacts to confirm race times and other details. (Page last updated: **7/21/10**) **Note:** CVR Races are noted by *. For additional races in Northwestern Vermont, please see the GMAA website at www.gmaa.net.

August 14, 20K, 10K, 5K Kingdom Run, 8:30AM, Irasburg Common, Park Avenue, Irasburg, (out & back, run & walk on scenic dirt road, little traffic, refreshments, prizes), *Contact:* Rebecca Boulanger, 802-766-5310 | kingdomrun@surfglobal.net.

August 21 GMAA Women's Round Church 5k/10k, 8:30AM, Round Church, Richmond, Fast and flat out and back on Cochran Road *Contact:* Kasie Enman, 802-238-0820 | roundchurch@gmaa.net.

August 21, 5K Run to End Child Abuse, 10:00AM, State House, Montpelier. Coincides with the Walk to End Child Abuse. Course includes the Montpelier Bike Path and Montpelier High School Track. | *Contact:* PCAVT, 800-244-5373 | www.pcavt.org.

* **August 26, East Montpelier Chase Race**, 5 miles, Old Meeting House, E. Montpelier. Staggered start race based on age and gender. Loop course on rolling dirt roads. Race day registration only (5:00 - 5:45pm) *Contact:* Tim Noonan 802-223-6216.

August 28, 100on100 Heart of Vermont Relay, 6AM, Trapp Family Lodge, 700 Trapp Hill Road, Stowe, (100 mile 6 person [or less] relay run through the heart of VT on scenic RT 100), *Contact:* Robert O'Neil, 802-735-1389 | robert_oneil@100on100.org.

August 28, 24 Hours of Waterbury, 9:00AM, Waterbury, VT. Perry Hill Trails - Waterbury Ice Rink, 546 River Rd., 24 hour, 12 hour, or 8 mile trail running race consisting of 8 mile loops. | *Contact:* Chris Bernier, 413-822-7116 | crbernier@gmail.com.

August 29, FJG Race to the Top of Vermont, Toll Road, Stowe. Run, mountain bike, or non-competitively hike up the highest mountain in Vermont on the famous Mt. Mansfield Toll Road. *Contact:* Jim Fredericks, 802-864-5794 | jf Fredericks@catamounttrail.org.

—September—

* **September 4, Northfield Savings Bank 5K and Children's 1 Mile Race**, Start and finish in front of Northfield Savings Bank at the Green in downtown Northfield, Vermont. *Contact:* Timothy Barre, 802-485-5223 | timothyb@nsbvt.com

September 11, Maple Leaf Half Marathon, 5K Run and Fun Walk, 9:00AM, Manchester Center, VT., Manchester Recreational Park | *Contact:* Len Kotler, 802-362-3526 | beclen@comcast.net.

September 12, GMAA 42nd Archie Post 5 Miler, 8:30AM, Gutterson Field House, UVM. Oldest race in Vermont. Point to point course entirely on bike paths and cinder trails. Run to the start or take bus (leaves Gutterson at 8:00). \$8 pre-registration/\$12 race day. Free 1/4 mile kids' race at 9:30AM | *Contact:* Russ Cooke, 802-846-5635 | archiepost@gmaa.net.

September 18, 7th GMAA Common to Common 30K, 8:30AM, Memorial Hall, Essex Ctr. Great marathon or half-marathon tune-up. Scenic run through the farm country of Essex and Westford. Essex Common to the Westford Common and back. | *Contact:* Steve or Cathy Eustis, 802-878-4385 | common2common@gmaa.net.

* **September 22, Sodom Pond Run**, 6:00pm, 4 miles, Rolling dirt road course around Sodom Pond in Adamant. Race day registration only (5:00 - 5:45), across from the Adamant Co-op. *Contact:* Tim Noonan 802-223-6216.



Become a Member of Central Vermont Runners Club

When you join Central Vermont Runners you'll...

Meet, run with, and socialize with other area runners of all abilities.

- Keep up-to-date on area running races and events.
- Receive a regular newsletter with race results and club news.
- Be eligible for the Central Vermont Runners/Onion River Sports Race Series
- Join a club that's part of the Road Runners Club of America organization.
 - Which insures CVR races.
- Become eligible for discounts at area sporting goods stores:
 - Onion River Sports / Shoe Horn - 10% off running shoes and running apparel.
 - Lenny's Shoes & Apparel - 10% off running shoes.
 - Ski Rack—10% off running shoes

Name (Please Print) _____

Street _____

City _____ State _____ Zip _____

Sex: M F Age _____ Birth Date _____

Email Address _____ Phone _____

Names, birth dates and email of additional household members of CVR:

1 _____

2 _____

3 _____

As a responsibility of club membership, I agree to be available to work on at least one club race during the year. My preferred race is indicated below.

*April - Mutt Strutt _____	*May-Oct - Tuesday Fun Runs _____
*June - Kids Track Meet _____	*June - Capital City Stampede _____
*June - Montpelier 10 Miler _____	*July - Bear Swamp Run _____
*Aug - Berlin Pond 5 Miles _____	*Aug/Sept - Northfield 5K _____
*Oct - Leaf Peepers _____	*Dec - First Night 5K _____
*Other Weekday evening races _____	*Nov.-Fallen Leaves 5K's _____
*May-Adamant 20 Miler _____	*July/Aug- Barre Downtown 5K _____

Annual dues are \$10 for individual or family, \$2 for students. Enclosed are dues for the following years - (2009 dues covers 3/2009-3/2010).

2010 2011 2012 2013 2014

Please make checks payable to **Central Vermont Runners** and mail to:
CVR, c/o: Donna Smyers PO Box 102, Adamant VT 05640.

www.cvrrunners.org

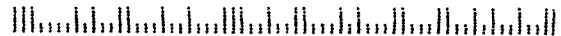
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CVR PD 2010

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0564138653 R003



NEWSLETTER

Summer 2010



Volume 31
Issue 2

Upcoming CVR Races:

August 5, Berlin Pond 5 Miler—Berlin Town Clerk's Office
[Race day registration only, 4:30—5:45]

August 26, East Montpelier Chase Race
[Race day registration only, 5:00-5:45]

September 4, Northfield Savings Bank 5K and children's 1 Mile Race,
at the green in downtown Northfield
details inside—volunteers always appreciated

Next CVR Meeting:

August 12, 2010, 6:00 PM
Potluck with Meeting to Follow—Details inside on Page 1