

# Central Vermont Runners



**Fall 2010  
Volume 31  
Issue 3**

## A Note from the President:

Once again CVR has had a very successful race season . . . but don't forget about the Falling Leaves on Saturday November 6<sup>th</sup>, 13<sup>th</sup> and 20<sup>th</sup> at 9:00. I am happy to say that the Northfield Race went smoothly and Donna Smyers and John Hackney did an outstanding job with the timing! Tim Noonan was the Finish Line Director and Rowly Brucken was the official Race Director for the second year in a row. Thanks to all of you for keeping this race in the club and working together and getting the job done well.

As November rolls in with the rain, snow and bare trees, I am preparing for our next CVR

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### ***Next Meeting***

***November 18th  
@ Sandy Colvin's  
Pot luck @ 6:00 pm  
Meeting to follow  
directions >>>>***

meeting. It may be news to many of you but Betty Rose has just retired – **Congratulations!** Seems to be a common theme for CVR Officers, with Nancy Rice retiring last year. It would be nice to think that there is a direct correlation between being a CVR Officer for a couple of years and retirement. Betty has put many hours into the club and will be missed. This leaves us with a void to be filled. Betty has been the Race Director of the Paul Mailman which takes place at the end of June. If you are interested, send me an e-mail or come to the November 18<sup>th</sup> meeting. Betty was also the Vice President, whom usually takes over the Presidency position. I am willing to give up this position come March, but I won't be able to retire any time soon!

I have a few more items to discuss at the upcoming meeting such as where will Fun Runs take place due to construction on the Bike Path, rerouting a few races if needed, and allowing GMAA Running Club to purchase a set amount of entries into Leaf Peepers before opening it up to the public. If you have any other items to discuss please e-mail me at [ajvtskier@msn.com](mailto:ajvtskier@msn.com).

See you on November 18<sup>th</sup> at Sandy Colvin's home: 121 Spring Hollow Lane, Montpelier. From Downtown, head North on Main Street. Continue through the rotary, staying on Main Street. Turn Right onto Town Hill Road. Turn Right onto Grandview. Turn Right onto Spring Hollow Lane. The house is on the right, a green ranch.... Warm Running — Andrea

### **Contact Information for CVR Officers**

Andrea McLaughlin	President	476-4417	Dave Kissner, John Hackney	Webmasters	229-4523, 223-2162
Betty Rose	Vice-President	229-2311	Bob Howe	Newsletter	476-8946
Priscilla Carr	Treasurer	223-7764	Publicity	Greg Gerdel	224-6960
Sandy Colvin	Secretary	272-9795	Membership	Donna Smyers	229-4393

### **CVR Meeting Minutes — August 12<sup>th</sup>, 2010**

Meeting minutes from last meeting accepted.

Treasurers Report – Filed tax return. Nothing else new to report.

Old News? Do any race directors have left over or extra bib numbers? If so, send to Andrea and let's make sure to keep any left over bib numbers in the storage with other equipment.

Newsletter – The editor wants to know if results from races should all be printed and put in the newsletter or is it too much info and too many pages. Discussed that the format could be worked with to help lessen the pages. The results can be printed in a manner that will take up less space, but everyone feels that it is nice to have all the results in the newsletters.

Montpelier Bike Path Work – The city is going to be working on the bike path for 2-4 months of next summer. The club needs to consider this when planning races and fun runs next summer. Race directors take note to start thinking about alternative courses. Discussed starting and finishing the fun runs at the National Life Annex, or the Montpelier High School Track, or U32 Track. Bob Murphy offered to call Montpelier Public Works, Todd Law, and get the exact details and dates. Suggested making announcements at the next few fun runs to let everyone know that next year the fun runs will be in a different location.

Central Vermont Physical Activity Coalition – Looking for reps from CVR to attend meetings to help come up with a strategic plan for awareness and increasing physical activity in VT to combat obesity in children.

Chi Running – Seminar on September 11<sup>th</sup> in Stowe.

Equator Race Adventure – March 27<sup>th</sup> – April 3<sup>rd</sup>

### **Race Updates**

Bear Swamp – Went well, 50 runners, weather was good. Good Race.

Barre Heritage – Lori LaCroix reported it went well. 54 runners. Made donation with proceeds to Spaulding High School Cross Country team.

Berlin Pond – 81 runners. Hot weather, three age group records were set. Did awards differently, gave out a king of hill award. Race went well.

Northfield – Rowly Brucken is race director. Still needs volunteers. Need CVR volunteers especially for the finish line. Please contact Andrea or Rowly if you are available.

Chase Race – all set

Sodom Pond – Will do spaghetti dinner after the race, can bring something if you would like.

Leaf Peepers – Half Marathon is full and closed. The 5k isn't full yet. Using disposable chip this year. Need volunteers, 2 or 3 to help pick up the cones after the race. Let Roger Cranse know if you are available.

1<sup>st</sup> Night – Sandy Colvin and Ann Bushey are co-race directors. Please contact them if you would like to volunteer

## CVR Meeting Minutes — August 12<sup>th</sup>, 2010 (continued)

Motion made and accepted for Donna to order additional technology which would allow for wireless timing. The times go from the timers to the computer via wireless device.

Bob Murphy shared the status of a bike path project in the works for Barre. Bob described the path courses which would be about 2 ½ to 3 miles of paths.

The club would like more members to learn, **understand and use the timing system.** We will schedule a separate meeting for everyone to learn the timing system. Tentative date is **Wednesday November 3<sup>rd</sup> at Tim Noonans house. 6:00 pm.** Pizza. If you are interested in attending contact Andrea.

**Next meeting November 18<sup>th</sup> at Sandy Colvin's house.** 121 Spring Hollow Lane, Montpelier. From Downtown, head North on Main Street. Continue through the rotary, staying on Main Street. Turn Right onto Town Hill Road. Turn Right onto Grandview. Turn Right onto Spring Hollow Lane. The house is on the right, a green ranch.

Meeting adjourned at 8 pm

# FIRST NIGHT 5K

December 31, 2010

**3:00 p.m. start in front of the Pavilion Building, Montpelier**

**1:45 registration opens**

prizes for age-group winners, three deep and overall man and woman

raffle at awards ceremony

entry fee: \$10.00 or \$15.00 with a button ( race day or pre-registration, same price)

***Inundated with fattening foods for the holidays, or just love to bake for others?***

***The post-race treat table is pot luck! So, save all those extra or just too-tempting holiday cookies, breads and fruitcakes, freeze them, and bring them to the First Night Run to share with hungry runners.***

**We need volunteers: Volunteers receive a free First Night Button. Contact**

**Ann Bushey, 229-6288 or [busheya@wssu.org](mailto:busheya@wssu.org).**

Questions or for more information, contact Sandy Colvin [buckman43@comcast.net](mailto:buckman43@comcast.net) or  
Ann Bushey

## Long Run Vs. Time on Feet

you know you need a change to your running routine when you decide to climb Mt. Washington in October in the middle of a Northeaster instead of doing a long run for an upcoming half-marathon. That is just what I did recently. You might remember that Northeaster that come through earlier this month. Well right when I was getting ready to do one of my last long runs for the Kingdom Challenge, and trying to still check off those things I wanted to do before the end of summer a friend and I decided to go for a long hike. In advance we planned that October 16<sup>th</sup> was the day we were going to hike Mt. Washington and do our long run later in the week. As it turned out we had to change the date from the 16<sup>th</sup> to the 17<sup>th</sup> because Gary Sadowsky warned us to . . . A Northeaster was in the North Country. . . Sunday was to be a better day.

AT 6:00 a.m., we headed over to the White Mountains, the sun was shining, the sky was blue and a bit windy but nothing to be worried about. As we approached the Whites the mountain tops glistened against the blue sky. I was thinking that this was going to be a perfect day to climb the highest peak on the East Coast. In hind sight, maybe I should have paid more attention to the white clouds moving swiftly across the peak of the mountains. We drove into the parking lot and were greeted by a full parking lot, but not many people were roaming around. I figured many of them had probably already headed out on a trail. The trail seemed extremely dry for having rained so hard the previous day, but as we climbed we came across traces of snow and melt off from the previous night's snow fall. Once we turned onto the Lions Head trail, the air cooled and the trees dripped. When we were able to catch a view of Wildcat Ski Area I noticed some darker clouds above the mountain, but still not enough to worry about. The first sign of life since really beginning climbing was a couple coming down the Lion Head Trail. They said once you hit the peak of Lions Head, the wind was wild so they turned around. We plugged on. Right before cresting Lions Head we ran into two friends heading up to the top too. One seemed very familiar with the mountain and the other was just trying to keep up with his buddy. As one rested and the other sat patiently, we climbed on.

LIONS Head was windy but not impassable. We got to the Alpine Meadow Trail and beyond. We had some tree cover which was nice. Then we hit some real snowfall! I was starting to believe the Observatory report that said there was up to 5 feet of snow in some places. Along with the snow came the clouds, maybe better described as thick, white, fog. As we climbed we could easily follow some foot-

prints and the cairns. Then came the voices. I was thinking, great, we are close to the top and the rest of the climb will be pretty easy. Little did I know that the voices that I heard were coming from two different groups that had lost the trail and decided to turn around. Still not convinced that we were not going to make it to the top, we continued on. I was questioning if we were even still on the right trail, because I really couldn't see much more than ten feet in front of me, and the wind was beginning to pick up quite a bit now. I think the only reason we could see anything was because we had on our trusty ski goggles.

WE came to the point where there were no more cairns in sight and several different footprints went off in different directions. Not willing to give up yet, we decided to try a few more new directions. The wind was whipping, I was starting to get cold from not moving enough and thinking this might be the right time to turn around. Just as we were talking about what to do next, our buddy who we passed earlier came into view. We discussed the situation. He went about five feet up, took a sharp turn to the left, wedged himself between two snow covered rocks and stepped out of sight. A moment later over the gust of the wind I heard him say, "I can see the next cairn." With time, all four of us were slowly moving from cairn to cairn – the first person and the last person keeping the cairns visible. We made it to the top, but without our new friend, I don't think we would have ever found the open warm building at the top! The crest of Mt. Washington was nothing but a windy whiteout, but we know we had made it to the top.

ONCE inside, we ate, drank and knew we needed to move on. The weather was turning for the worst. However, we took time to notice that the winds were gusting up to sixty miles per hour with a temperature of 26 degrees, without considering the wind chill. On our way down we stayed close together keeping the cairns visible at all times. I think it was even snowing pretty hard but it was hard to tell, the wind continued to pick up. Once we reached the Alpine Meadow Trail the wind was really turbulent! I was glad to have poles to keep me upright. It was so strong that laughter took over, you couldn't even think about falling into the wind, it held you upright like a fan blowing curtains in the summertime. Soon we were back over Lions Head and back to typical mountain conditions.

THIS sure took more time than a long run. We put more time on our feet and the adventure was unforgettable.

BY *Andrea McLaughlin*

## A Paradoxical Explanation of Ultrarunning by Dr. Rowly Brucken

All ultrarunners struggle, with both runners and non-runners like, to explain what motivates them to undertake seemingly impossible and self-destructive quests. Over the eleven years that I have run ultras, I have slowly discovered a system of values and perceptions that enables me to train for endurance events. It is this world-view based on four paradoxes that allows me to enter the world of ultrarunning, to relate to many who compete alongside of me, and to keep myself motivated while running for hours at a time.

### 1. *The fullness of silence and simplicity*

Many ultrarunners are running loners. We are often very social people at work and in informal settings. Some of us are extreme extroverts and revel being in the company of others. But many of us either prefer to or have to run alone. And it is during long runs that we discover ourselves in our surroundings. Running for hours is rarely boring and dull, a common and understandable belief of non-ultra folk because we all live in a culture of noise and of short attention spans. At work or at home, we must accomplish a lot of discrete tasks quickly. Our lives are governed by the complexities of work and family life. But doing something as simple as running allows us to NOT think about running, to escape for awhile the other demands on our lives, and to draw us into a world dominated by only natural sounds and our own thoughts. We move slowly and deliberately to a very personal rhythm, not according to our watches.

### 2. *The certainty of uncertainty and the resulting calmness in anxiety*

We live in a world dominated by the fear of natural or human-made disasters, of personal failure, or of the unknown. Yet the caution and conservative decision-making process that understandably come from these threats constricts our view of the possible. We're often afraid to venture outside of what we conceive to be safe boundaries, whether they are physical borders or mental barriers in our career, personal lives, or hobbies.

In contrast, ultrarunners, no matter their level of training, expect and try to plan for the worst to happen: we will feel pain, fatigue, boredom, depression. We may have to drop out of a race. We will feel terrible when we finish and sore for days afterward. We worry about old training injuries that might surface, surgeries that make joints weak, and past races that we did not complete. We have the confidence, though, that we have prepared ourselves for these obstacles and can continue despite many of them. We feel fear and reverence: we are about to begin a largely unknown journey that will last for hours, and we will be at the mercy of things beyond our control: blisters, joint pain, sudden hormone alterations, dead flashlight batteries, and the weather. We are confident that things will go wrong, and yet the fear of the unknown calms us so that we are mentally and physically prepared for what might come.

### 3. *The pursuit of real but invisible rewards*

One of my favorite questions from friends involves explaining the rewards one gets for finishing and for placing among the top overall runners. A feeling of stupidity comes fleetingly over me, since our society defines rewards as tangible: a promotion, more money, publicity; something that demands respect from others due to its prominent visibility. "Well," I reply, "with usually little if any press coverage, many ultras give out trophies to the top finishers and belt buckles for all who finish under 24 hours. When I placed ninth at the Vermont 100 in 2004, I won a Montrail hat!" This reply usually ends the conversation. Why do something so demanding if there isn't fame, money, or at least valuable prizes waiting at the finish line?

We don't do ultras to get prizes or recognition. We do them because we seek adventure, challenge, and the unknown. We want to find unexplored areas of physical and mental consciousness, to probe the limits of muscular endurance, and to chart new voyages of accomplishment. And ultras, we know, never let us down in this quest. But we do hang on tightly to those hats and belt buckles!

### 4. *The arrogance and the humility*

Ultrarunners generally have a unique personality: on one level, as anyone who tries to do exceptional feats, we have to possess an inner core of arrogance. We think we are supermen and superwomen, we are mentally and physically tougher than most, and, despite the difficulties we will encounter, we have the resources to triumph in the end. And yet ultrarunners are some of the most humble, friendly, approachable people I know. We know intimately our bodies and minds and how vulnerable and frail they can be. We know of failure, of injuries that take long to heal, of having to drop out of a race. We know of the necessity of teamwork with pacers, supporters, race volunteers, and in communion with complete strangers on the course that will get us through the dark miles. Everyone who finishes can give thanks for the love, patience, and support of others. We each know this, and we are proud of ourselves and grateful for others, knowing that the non-completion of an ultra could be only the next race away.

So we are, in general, a breed apart: an anthropologist might classify our tribe as one that lives in groups yet can thrive in solitude, possesses a spirit of calm and detached durability, and revels quietly in adventurous challenges. Is that so hard to understand?

*This is a condensed version of an essay published in Ultrarunning Magazine a few years ago. Rowley edited it down for size when he was getting ready to embark on a 100-mile trail run that was 10 days away..*

# RESULTS OF AREA TEAMS AND RUNNERS FOR THE 2010 VERMONT STATE CROSS COUNTRY CHAMPIONSHIPS

Thetford Vt. - October 30, 2010 ... From the Vermont Principals Association Web Site

## BOYS

**Division 1 - 13. 368 Spaulding High School (21:07 1:45:34)**

1	56	Matt White	19:53	4	82	Jordan Davis	21:53
2	71	Matthew Avery	20:37	5	86	Daniel Benson	22:28
3	73	Kevin Avery	20:43				

**Division 2 - 3. 109 U-32 High School (19:32 1:37:39)**

1	3	Charlie Hoffert	18:19	5	48	Kevin Keene	20:46
2	14	Will Johnson	19:12	6	( 53)	Karl Schmeckpeper	21:10
3	15	Ben Merrylees	19:16	7	( 67)	Lucas Daut	21:52
4	29	Sam Merriman	20:06				

**Division 2 - 5. 114 Harwood Union High School (19:44 1:38:37)**

1	11	Geordy Aitken	19:02	5	35	Dylan Thompson	20:24
2	17	Nathan Cutler	19:32	6	( 42)	Cameron Hancock	20:39
3	25	Patrick Meany	19:45	7	( 51)	Zak Munro	21:04
4	26	Goeffrey Kazlow	19:54				

**Division 2 - 7. 193 Montpelier High School (20:30 1:42:26)**

1	9	Liam McSweeney	18:54	5	56	Ethan Herz	21:20
2	37	Ben Rose	20:31	6	( 75)	Forest Hanson	22:04
3	39	Chris Keller	20:35	7	( 89)	Caleb Basa	22:38
4	52	Norio Costantino	21:06				

**Division 2 - 12. 314 Lamoille Union High School (21:35 1:47:53)**

1	27	Nathan Senghas	19:55	5	82	Bennet Anderson	22:23
2	65	Nathan Babcock	21:42	6	( 86)	Nathaniel Lague	22:34
3	66	Giulio Salerno	21:49	7	(102)	Matthew Sheltra	23:46
4	74	Will Reber	22:04				

**Division 3 - 4. 75 Stowe High School (20:18 1:21:10)**

1	5	Tegan Garon	19:13	5	( 30)	Sam Reed	21:23
2	15	Julian Sharat	19:59	6	( 48)	Miles McGuriman McGuriman	23:07
3	26	Briggs Pierce	20:50				
4	29	Sam Puddicombe	21:08				

**Division 3 - 6. 90 Northfield Middle High School (20:44 1:22:55)**

1	11	Zach Ward	19:48	5	( 42)	Asa Connor	22:32
2	21	Peter Hagenlocher	20:16	6	( 55)	Cole Barney	24:41
3	23	Ryan Gage	20:44	7	( 57)	James Kelley	25:19
4	35	Neal Bussiere	22:07				

**Division 3 - 9. 145 Peoples Academy (22:24 1:29:35)**

1	18	Collin Craig	20:08	4	53	Dylan Zuckswert	24:35
2	22	Gavin Southworth	20:40	5	( 59)	Dan Safford	26:22
3	52	Konnor Newton	24:12				

# RESULTS OF AREA TEAMS AND RUNNERS FOR THE 2010 VERMONT STATE CROSS COUNTRY CHAMPIONSHIPS

Thetford Vt. - October 30, 2010 ... From the Vermont Principals Association Web Site

## GIRLS

**Division 2 - 1.** 33 Harwood Union High School ( 22:17 1:51:23)

1	1	Jaime Thomas	21:00	5	12	Olivia Nishi	23:11
2	3	Laurel Whitney	21:25	6	( 13)	Yana Lotspeich	23:17
3	7	Kate Stevens	22:44	7	( 19)	Haley Robinson	23:41
4	10	Hannah Woodruff	23:03				

**Division 2 - 3.** 85 U-32 High School ( 23:31 1:57:33)

1	2	Larissa Kehne	21:07	5	29	Theresa Kehne	24:58
2	8	Chelsea Evans	22:51	6	( 44)	Nell Davis	26:15
3	18	Esther Nemethy	23:41	7	( 46)	Rosa Miller	26:25
4	28	Bonnie Currie	24:56				

**Division 2 - 7.** 226 Montpelier High School ( 26:11 2:10:51)

1	5	Ali Dunn	22:08	5	71	Grace Baker-Whitcomb	28:34
2	39	Julia Gilbert	25:45	6	( 72)	Sandra Markowitz	28:37
3	49	Lydia Herrick	26:46	7	( 75)	Rhea Costantino	28:55
4	62	Lucy Basa	27:38				

**Division 2 - 9.** 244 Lamoille Union High School ( 26:38 2:13:09)

1	25	Lucy Rogers	24:26	5	78	Sarah Blatt	29:29
2	30	Clare Salerno	25:00	6	( 84)	Lauren Schramm	30:20
3	43	Chelsea Greene	26:02	7	( 87)	Jasmine Schwab	31:17
4	68	Alyssa Slaimen	28:12				

**Division 3 - 1.** 18 Randolph Union High School ( 22:29 1:29:56)

1	2	Nina Listro	21:46	5	( 8)	Annie Hutchinson	23:24
2	4	Haddie Lary	22:20	6	( 39)	Simone Arnold	28:28
3	5	Timnah Zimet	22:30				
4	7	Brooke Angell	23:20				

**Division 3 - 5.** 88 Stowe High School ( 26:57 1:47:46)

1	10	Colleen McGovern	23:25	4	49	Hannah Stearns	36:13
2	13	Maggie McGovern	23:55				
3	16	Lia Van Dyke	24:13				

## RACING NOTES:

**John Martin**— Team Martin and John Valentine traveled to Waterville Valley, NH, for the second running of the Black Fly Triathlon in July. John Valentine, Dot Martin and I all came home with Bronze (3rd Place Age Group) medals. Additional triathlon results for Dot include 3rd Female Amateur at 9-12-2010 Pumpkinman Half Iron Triathlon in Berwick, Me. She also placed 13/39 W 50-54AG at Ironman World Championships in Kona, Hawaii October 9, 2010.

**Phyllis Arsenault-Berry**— Ran the Niagara Falls International Marathon on 10/24/10. Very nice race - a quiet course with few spectators along the way, but extremely enthusiastic volunteers at the water stops and road crossings. Ending at the horseshoe falls made for a most impressive finish.

326 3:59:05.5 5:40 3:58:10.2 #38 ARSENAULT-BERRY, Phyllis Duxbury VT USA 71/453 Women 6/50 Women 50-54

**Berlin Pond Five Miler  
2010 CVR/ORS Race Series #7**

USATF #VT05001RF

Berlin, VT August 5, 2010

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

Place O'All Name Age City St Time

=====

**FEMALE AGE GROUP 1 - 19**

1 16 Grace Brigham 16 Montpelier VT 37:04  
2 24 Aleksey Jordick 15 Williston VT 39:32  
3 60 Olivia Wyatt 12 Groton VT 51:04  
4 70 Mai Nguyen 19 Manassas VA 54:51  
Record 33:33 by Heather McLaughlin in 2006

**FEMALE AGE GROUP 20 - 29**

1 22 Alicia Gant 29 Williamstown VT 39:08  
2 40 Emily Montgomery 24 So. Royalton VT 42:15  
3 49 Sara Erickson 26 Barre VT 46:45  
4 63 Erin Kilrain 25 Burlington VT 51:41  
5 76 Caitlyn Sikora 25 Montpelier VT 56:46  
6 79 Shelley Mahoney 28 Barre VT 1:15:00  
Record 32:16 by Megan Valentine in 2007

**FEMALE AGE GROUP 30 - 39**

1 11 Sarah London 31 Montpelier VT 34:39  
New record.  
Old record 35:47 by Lissa Knauss in 2009  
2 20 Carrie Cook 35 Montpelier VT 39:06  
3 26 Jen Galfetti 39 Montpelier VT 40:03  
4 27 Mares Chayer-Randall 38 Essex Jct. VT 40:14  
5 31 Thao Nguyen 34 Williston VT 40:44  
6 36 Lauren McTear 30 Waterbury VT 41:49  
7 37 Meg Allison 37 Moretown VT 42:05  
8 43 Stacey Bocskor 35 Northfield VT 42:32  
9 48 Tara Cohen 32 Fayston VT 46:35  
10 51 Lorien Wroten 31 Waitsfield VT 48:39  
11 56 Jaime Gadwah 33 Waterford VT 49:25  
12 59 Danielle Howes 37 Moretown VT 50:27  
13 61 Kathy Vasques 38 Barre VT 51:06  
14 69 Ariane Kissam 34 Burlington VT 54:14  
15 75 Rebecca Bonawitz 38 Schwendsville PA 56:40  
16 77 Huang Vu 30 Essex Jct. VT 57:08 11:26

**FEMALE AGE GROUP 40 - 49**

1 23 Carolyn Ritter 48 Waterbury VT 39:29  
2 54 Betty Sikora 43 Montpelier VT 48:47  
3 66 Cheryl Lease 48 Randolph VT 53:21  
4 74 Denise Ricker 44 Montpelier VT 56:18  
Record 33:49 by Dot Martin in 2007

**FEMALE AGE GROUP 50 - 59**

1 14 Donna Smyers 52 Adamant VT 36:19  
2 29 Ann Bushey 52 Montpelier VT 40:38  
3 62 Sheryl Teague 53 Barre VT 51:41  
4 78 Dawn Bissonnete 52 Colchester VT 57:30  
5 81 Wendy Gould 50 E. Montpelier VT 1:15:44  
Record 34:01 by Sue Hackney in 2008

**FEMALE AGE GROUP 60 - 69**

1 58 Bobbi Stapenhorst 65 Montpelier VT 49:56  
2 80 Betty Rose 62 Montpelier VT 1:15:10  
Record 46:56 by Bobbi Stapenhorst in 2006

**MALE AGE GROUP 1 - 19**

1 3 Christopher Keller 18 Montpelier VT 30:26  
2 4 Sam Brigham 18 Montpelier VT 32:06  
3 7 Ethan Ducharme 19 Marshfield VT 32:50  
Record 27:13 by Gabriel Proctor in 2009

**MALE AGE GROUP 20 - 29**

1 2 John Ostler 24 Montpelier VT 28:22  
2 15 Aaron Griggs 23 Montpelier VT 37:00  
3 28 Andrew McAvoy 26 Montpelier VT 40:26  
4 38 Jordan Wilson 21 Northfield VT 42:10  
5 52 Adam Longworth 28 Waitsfield VT 48:40  
Record 28:07 by Nathan Fields in 2006

**MALE AGE GROUP 30 - 39**

1 9 Eddie Habeck 33 Williamstown VT 33:30  
2 33 Geoffrey Farrell 34 Berlin VT 41:21  
3 44 Josh Reil 32 Marshfield VT 42:52  
4 46 Rija Ramahatra 32 Northfield VT 44:27  
5 53 Nathan Phillips 39 East Montpelier VT 9:45  
6 71 Ian Vankirk 30 Essex Jct. VT 55:10  
7 72 Chad Shepard 36 Williston VT 55:13  
Record 27:56 by Marc Gilbertson in 2006

**MALE AGE GROUP 40 - 49**

1 1 Eric Morse 45 Berlin VT 27:49  
New record.  
Old record 31:01 by Jim Shimberg in 2007  
2 6 Michael Jordick 42 Williston VT 32:36  
3 13 Scott Nichols 44 Essex VT 36:11  
4 34 Michael Travis 45 Worcester VT 41:23  
5 41 Scott Griggs 48 Orange VT 42:18  
6 65 Damon Lease 48 Randolph VT 52:45

**MALE AGE GROUP 50 - 59**

1 8 Bob Emmons 51 So. Duxbury VT 33:04  
2 10 Christian Andresen 54 Montpelier VT 34:10  
3 12 Tim Noonan 54 Montpelier VT 35:46  
4 18 Stanley Morse 51 Waterbury VT 38:54  
5 19 Andy Shuford 50 Montpelier VT 38:55  
6 21 Steven Burkholder 58 Montpelier VT 39:06  
7 25 Michael Gordon 53 Essex Jct. VT 39:55  
8 30 David Erickson 57 Barre VT 40:39  
9 32 Joe McCarthy 54 Middlesex VT 40:56  
10 35 Harvey Lavoy 55 E. Corinth VT 41:43  
11 39 Rick DeAngelis 55 Montpelier VT 42:14  
12 42 Norm Robinson 54 Montpelier VT 42:28  
13 47 Steve Peck 57 Wells River VT 46:27  
14 50 Dan Fontaine 56 Northfield VT 48:17  
15 55 Michael Chernick 56 Montpelier VT 48:47  
16 57 John Mahoney 56 Burlington VT 49:26  
Record 31:45 by Bob Emmons in 2009

**MALE AGE GROUP 60 - 69**

1 5 Ed McSweeney 60 Montpelier VT 32:30  
New record.  
Old record 33:34 by Chuck Arnold in 2009  
2 17 John Valentine 60 Roxbury VT 37:49  
3 45 Al Daniels 62 Fairfax VT 43:04  
4 64 Roger Cranse 69 Montpelier VT 52:16  
5 67 Buddy Longworth 60 Northfield Falls VT 53:34

**MALE AGE GROUP 70 - 99**

1 73 Gerry Carlson 78 Middlesex VT 56:17  
Record 49:12 by Gerry Carlson in 2006



**East Montpelier Center Chase Race  
( 5 Miles)  
August 26, 2010**

*Place Name Age Group & Actual Time Adjusted Time\**

1 Jon Copans 35-39M 30:25 29:35  
2 Joe Gingras 20-34M 29:38 29:38  
3 Donna Smyers 50-54F 36:18 30:28  
4 Harriet Shea 50-54F 36:43 30:53  
5 Bill Dysart 55-59M 35:52 31:42  
6 Mack Gardner-Morse 45-49M 34:30 32:00  
7 Carmen Lagala 20-34F 36:02 33:32  
8 David Erickson 55-59M 38:37 34:27  
9 Ann Bushey 50-54F 41:12 35:22  
10 Steve Burkholder 55-59M 40:30 36:20  
11 Dot Helling 60-64F 43:51 36:21  
12 Bill Holland 55-59M 43:23 39:13  
13 Jim Shea 50-54M 43:37 40:17  
14 Laura Medalie 45-49F 46:50 41:50  
15 Mark Bates 45-49M 44:37 42:07  
16 Sara Erickson 20-34F 44:51 42:21  
17 Asa Connor 15-19M 43:57 43:07  
18 Jen Galfetti 35-39F 46:38 43:18  
19 Nathan Phillips 35-39M 47:00 46:10  
20 Roger Cranse 65-69M 53:03 47:13  
21 Sheryl Teague 50-54F 54:07 48:17  
22 Gerry Carlson 75-79M 56:32 49:02  
23 Kate Clayton 20-34F 54:18 51:48  
24 Jack Zeilenga 20-34M 51:49 51:49  
25 Kay Kleinberg 45-49F 61:11 56:11  
26 Betty Rose 60-64F 66:39 59:09

*\*This was a staggered start race in which starting times were adjusted based on age and gender for all runners except males 20-34. Many thanks to the following volunteers – Donna Smyers, Maureen Carr, Theresa Noonan, Newton Baker, Devin Baker, Dick Bushey, Brynn Bushey, Brian Bushey, Dave Kissner, Max Kissner, Olga Kissner.*

*Tim Noonan, Race Director*

**Sodom Pond Run Results  
September 22, 2010  
(4 mile race)**

Overall Female Winner: Donna Smyers, 29:51  
Overall Male Winner: Joe Gingras, 21:29

Overall Place	Place in Age Group	Name	Time
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Female 20-29  
12 1 Sara Erickson 33:46

Male 20-29  
4 1 Matt Curtis 28:19

Female 30-39  
18 1 Amy Gendron 35:56

Male 30-39  
1 1 Joe Gingras 21:29

Female 40-49  
14 1 Wendy Gilwee 34:15  
15 2 Kerry Chaffee 34:25  
17 3 Betty Sikora 35:28  
24 4 Maureen Carr 45:38

Male 40-49  
3 1 Mack Gardner-Morse 27:31  
7 2 Jeff Prescott 30:58

Female 50-59  
6 1 Donna Smyers 29:51  
13 2 Linda Hallinger 33:55  
21 3 Sheryl Teague 41:10

Male 50-59  
2 1 Gary Kessler 26:53  
5 2 Dave Erickson 29:31  
8 3 John Martin 31:16  
10 4 Eric Ryea 33:04

Female 60-69  
11 1 Dot Helling 33:06  
20 2 Nancy Pikaart 40:30

Male 60-69  
9 1 Tim Maker 32:42  
16 2 Sigh Searles 35:04  
19 3 Dave Pikaart 36:29  
22 4 Roger Cranse 41:52

Male 70+  
23 1 Gerry Carlson 45:34

*Many thanks to the following volunteers: Eric Ryea, Donna Smyers, Bob Murphy, Richard Cleveland, Rebecca Copans, Andrew McAvoy, and my daughter Theresa Noonan.*

*Tim Noonan, Race Director*

# Northfield Savings Bank Children's 1 Mile Sept. 4, 2010

Place O'All Name Age City St Time

## \*\*\*\*\* FEMALE OVERALL TOP 10 RESULTS \*\*\*\*\*

1 MOLLY EVANS 10 BARRE VT 6:34  
2 Courtney Amell 11 Northfield VT 7:16  
3 GRACE BELLO 10 BARRE VT 7:29  
4 Shea Fordham 8 Randolph VT 7:51  
5 Catherine Miles 10 Northfield VT 7:52  
6 JULIA PASSALACQUA 10 NORTHFIELD VT 7:52  
7 THERESA NOONAN 11 MONTPELIER VT 7:52  
8 Sophie Rosen 9 Warren VT 8:02  
9 Emily Corbett-Valade 11 Montpelier VT 8:10  
10 PHOEBE PARRISH 12 ROCHESTER VT 8:13

## \*\*\*\*\* MALE OVERALL TOP 10 RESULTS \*\*\*\*\*

1 BRAD WILSON 12 GRANITEVILLE VT 6:49  
2 Simon Hoffman 12 Northfield VT 7:10  
3 BENJAMIN EVANS 13 BARRE VT 7:11  
4 Caymon Reed 9 Pembroke NH 7:11  
5 Bobby Austin 12 Barre VT 7:17  
6 Andrew Ianni 8 Colchester VT 7:45  
7 Curtis Ianni 11 Colchester VT 7:55  
8 AUSTIN WHITE 7 RANDOLPH VT 8:01  
9 JACOB MILLER-ARSENAULT 7 MIDDLESEX VT 8:02  
10 MICHAEL HUTCHINSON 12 GRANITEVILLE VT 8:11

## \*\*\*\*\* AGE GROUP RESULTS \*\*\*\*\*

### FEMALE AGE GROUP 5 - 9

1 10 Shea Fordham 8 Randolph VT 7:51  
2 17 Sophie Rosen 9 Warren VT 8:02  
3 22 Lily Davis 8 Essex Jct. VT 8:15  
4 26 CHRISTINA THIVIERGE 8 EAST BARRE VT 8:25  
5 31 THESSALIE BUTLER 8 FAIRLEE VT 8:40  
6 32 ADA WHITE 9 RANDOLPH VT 8:41  
7 35 Katie Rush 7 Waitsfield VT 9:01  
8 36 Tea Miles 8 Northfield VT 9:02  
9 38 ALYSSA ATWOOD 9 NORTHFIELD VT 9:15  
10 39 Megan Krussman 7 Montpelier VT 9:17  
11 41 Jenna Krussman 8 Montpelier VT 9:23  
12 42 BETHANY ATWOOD 7 NORTHFIELD VT 9:26  
13 46 Amelia Davis 5 Essex Jct. VT 9:56  
14 47 Aaliyah Preston 7 Graniteville VT 10:01  
15 49 Olga Kissner 7 Montpelier VT 10:07  
16 50 KASSIDY SWIFT 9 BARRE VT 10:08  
17 55 JANE MILLER-ARSENAULT 5 MIDDLESEX VT 10:25  
18 56 MATEY THYGESEN 9 WILLIAMSTOWN VT 10:26  
19 58 SIERRA MACDONALD 9 ENFIELD NH 10:36  
20 60 CAMRYN HOFFMAN 5 MARSHFIELD VT 10:59  
21 61 Maia Murawski 8 Randolph VT 11:09  
22 65 Emma Cushman 7 Barre VT 11:27  
23 73 Morgan Fordham 8 Randolph VT 12:26  
24 74 Analie Choquette 8 Barre VT 12:27  
25 76 ANNELIESE CARNEY 6 DUNSTABLE MA 12:54  
26 80 SAMANTHA PAIGE 9 ROCHESTER VT 14:46  
27 81 PHANTHEA BOARDMAN 8 ROCHESTER VT 14:47  
28 85 Jillian Bijolle 6 Northfield Falls VT 19:57  
Record 6:35 by Ruth McGovern 1999

### FEMALE AGE GROUP 10 - 13

Place O'All Name Age City St Time

1 1 MOLLY EVANS 10 BARRE VT 6:34  
2 6 Courtney Amell 11 Northfield VT 7:16

3 8 GRACE BELLO 10 BARRE VT 7:29  
4 11 Catherine Miles 10 Northfield VT 7:52  
5 12 JULIA PASSALACQUA 10 NORTHFIELD VT 7:52  
6 13 THERESA NOONAN 11 MONTPELIER VT 7:52  
7 18 Emily Corbett-Valade 11 Montpelier VT 8:10  
8 21 PHOEBE PARRISH 12 ROCHESTER VT 8:13  
9 29 RACHEL GORDON 12 NORTHFIELD VT 8:33  
10 33 Alexis Warren 11 Northfield VT 8:59  
11 34 LYDIA REED 11 NORTHFIELD VT 8:59  
12 40 CALEN REED 13 NORTHFIELD VT 9:21  
13 44 CHLOE GRAHAM-FROCK 11 ROCHESTER VT 9:45  
14 48 SELMA ISAK 10 SOUTH BARRE VT 10:03  
15 52 SARA DOMAS 11 ROCHESTER VT 10:11  
16 53 SARAH CHASE 11 ROCHESTER VT 10:12  
17 54 JENNA DENTE 13 WILLIAMSTOWN VT 10:18  
18 57 ADA BOWMAN 12 ROCHESTER VT 10:36  
19 62 ALEXIS BIJOLLE 12 NORTHFIELD VT 11:13  
20 67 CASSANDRA BOARDMAN 10 ROCHESTER VT 11:54  
21 68 ELLA BEATTIE 10 GRANVILLE VT 11:57  
22 82 ELIZABETH HAGENLOCHER 13 NORTHFIELD VT 14:54  
Record 5:47 by Jessica Christian 1984

### MALE AGE GROUP 5 - 9

1 5 Caymon Reed 9 Pembroke NH 7:11  
2 9 Andrew Ianni 8 Colchester VT 7:45  
3 15 AUSTIN WHITE 7 RANDOLPH VT 8:01  
4 16 JACOB MILLER-ARSENAULT 7 MIDDLESEX VT 8:02  
5 20 BEN THYGESEN 7 WILLIAMSTOWN VT 8:12  
6 24 Max Kissner 9 Montpelier VT 8:20  
7 25 MATTHEW TACEY 8 BARRE VT 8:20  
8 27 GRADY CHASE 6 BARRE VT 8:25  
9 28 Nathan Murawski 7 Randolph VT 8:32  
10 30 JONATHAN HUTCHINSON 9 GRANITEVILLE VT 8:39  
11 43 HUNTER CHASE 8 BARRE VT 9:37  
12 51 BENJAMIN BAILEY 7 NORTHFIELD VT 10:08  
13 63 Leland Pellitier 7 Randolph VT 11:18  
14 64 JAIDEN PARTLOW 6 NORTHFIELD VT 11:24  
15 69 Reuben Kretz 5 Warren VT 11:58  
16 71 MATTHEW HAGENLOCHER 9 NORTHFIELD VT 12:07  
17 75 Colton Fordham 5 Randolph VT 12:29  
18 77 William Rush 5 Waitsfield VT 13:48  
19 79 Wyatt Tucker 5 Northfield VT 14:42  
20 83 WILLIAM HAGENLOCHER 7 NORTHFIELD VT 14:55  
Record 6:11 by Jeremy Lachtrupp 1999

### MALE AGE GROUP 10 - 13

Place O'All Name Age City St Time

1 2 BRAD WILSON 12 GRANITEVILLE VT 6:49  
2 3 Simon Hoffman 12 Northfield VT 7:10  
3 4 BENJAMIN EVANS 13 BARRE VT 7:11  
4 7 Bobby Austin 12 Barre VT 7:17  
5 14 Curtis Ianni 11 Colchester VT 7:55  
6 19 MICHAEL HUTCHINSON 12 GRANITEVILLE VT 8:11  
7 23 Ethan Hatch 11 Northfield VT 8:18  
8 37 RYAN TACEY 10 BARRE VT 9:07  
9 45 JARED DENTE 10 WILLIAMSTOWN VT 9:47  
10 59 Kevin Raper 11 Braintree VT 10:58  
11 70 Tyler Kennedy 11 Northfield VT 11:59  
12 72 MATTHEW O' CONNOR 12 BARRE VT 12:08  
Record 5:15 by Ryan Kerrigan 1997

## Northfield Savings Bank 5K

Sept. 4, 2010

Place O'All Name Age City St Time Pace

### \*\* TOP TEN FEMALE OVERALL RESULTS \*\*

- 1 Amy Kretz 39 Warren VT 19:52
- 2 GRACE BRIGHAM 16 MONTPELIER VT 20:30
- 3 JENNIFER MILLER-ARS 40 MIDDLESEX VT 20:52
- 4 Amy Stewart 27 Stowe VT 21:04
- 5 Nina Listro 15 Randolph VT 21:14
- 6 ROSE KENT 26 BETHEL VT 21:16
- 7 Patricia Addis-Huds 44 Clarksboro NJ 21:19
- 8 CHELSEA EVANS 18 NORTH MIDDLESEX VT 22:01
- 9 ALICIA GANT 29 WILLIAMSTOWN VT 22:15
- 10 Nina Changelian 55 Waterbury VT 23:12

### \*\* TOP TEN MALE OVERALL RESULTS \*\*

- 1 SHAWN GARDNER 47 DALLAS TX 16:52
- 2 Jim Paige 49 Morrisville VT 17:07
- 3 Jon Copans 36 Montpelier VT 17:50
- 4 Edward McSweeney 60 Montpelier VT 19:08
- 5 Sean Mitchell 42 Burlington VT 19:17
- 6 SCOTT MOREAU 48 CAMBRIDGE VT 19:28
- 7 JACK FAHEY 54 BELMONT MA 19:33
- 8 ROBERT ROSEN 53 WARREN VT 19:35
- 9 Brian Mitchell 48 Burlington VT 19:43
- 10 Donald Singer 48 Barre VT 19:45

### \*\* AGE GROUP RESULTS \*\*

#### FEMALE AGE GROUP 0 - 19

- 1 18 GRACE BRIGHAM 16 MONTPELIER VT 20:30 6:36
  - 2 24 Nina Listro 15 Randolph VT 21:14 6:50
  - 3 33 CHELSEA EVANS 18 MIDDLESEX VT 22:01 7:06
  - 4 47 ERIN MAGILL 10 MORETOWN VT 24:18 7:50
  - 5 54 Holly Gordon 11 Montpelier VT 24:45 7:58
  - 6 81 Elana Van Arnam 14 Northfield VT 27:05 8:43
  - 7 89 PEARL WEGGLER 16 NORTHFIELD VT 27:36 8:53
  - 8 103 Codie Salvador 17 Worcester VT 28:26 9:09
  - 9 164 BRYNN BUSHEY 10 MONTPELIER VT 37:18 12:01
  - 10 165 OLIVIA BUSSIÈRE 14 NORTHFLD VT 37:20 12:01
  - 11 166 SARA HARTSON 15 MONT VT 37:21 12:02
  - 12 170 MARKELLA DELUDE 14 NORTHFLD 39:01 12:34
  - 13 171 Emmalee Osborne 15 Northfield VT 39:32 12:44
  - 14 177 Maura Riley 11 Moretown VT 43:28 14:00
- Record 18:00 by Tara Chaplin in 1997

#### MALE AGE GROUP 0 - 19

- 1 13 Erik Hudson 17 Clarksboro NJ 19:59 6:26
  - 2 16 PETER HAGENLOCHER 15 NORTHFLD 20:11 6:30
  - 3 17 TROY CURRIER 18 NORTHFIELD VT 20:29 6:36
  - 4 32 NEAL BUSSIÈRE 17 NORTHFIELD VT 22:01 7:05
  - 5 43 LUKE FARLEY 15 NORTHFIELD VT 23:43 7:38
  - 6 78 COLBY ANDERSEN 13 MONT VT 26:38 8:35
  - 7 92 Ben Tucker 16 Northfield VT 27:45 8:56
  - 8 98 DANIEL FONTAINE 5 NORTHFIELD VT 28:14 9:06
  - 9 102 TALON WENDEL 15 ROXBURY VT 28:19 9:07
  - 10 111 GREGORY THIVIERGE 12 BARRE VT 28:55 9:19
  - 11 112 Adam Lybarger 16 Morrisville VT 28:57 9:19
  - 12 128 PATRICK AMELL 16 NORTHFIELD VT 29:53 9:37
  - 13 163 BRIAN BUSHEY 7 MONTPELIER VT 36:37 11:48
- Record 15:01 by Shawn Gardner in 1985

#### FEMALE AGE GROUP 20 - 29

- 1 23 Amy Stewart 27 Stowe VT 21:04 6:47
- 2 25 ROSE KENT 26 BETHEL VT 21:16 6:51
- 3 35 ALICIA GANT 29 WILLIAMSTOWN VT 22:15 7:10
- 4 40 AMY BOTTOMLEY 25 SACO ME 23:18 7:30
- 5 51 KATHERINE RAUNING 20 NEW LONDON CT 24:39
- 6 53 PAIGE ACKLAND 28 FAYSTON VT 24:42 7:57
- 7 65 MARCY MAKRIIS 25 NORTHFIELD VT 25:26 8:12
- 8 67 BECKI SPIERING 29 ARLINGTON VA 25:33 8:14
- 9 74 Adrienne Snider 27 Burlington VT 26:07 8:25
- 10 84 AMANDA MONTI 28 MONTPELIER VT 27:19 8:48
- 11 104 Jennie-Beth Kruger 28 Northfield VT 28:27 9:10
- 12 116 Ashli Wagner 23 Waitsfield VT 29:06 9:22
- 13 117 AMANDA IBEY 28 MONT VT 29:07 9:23
- 14 119 ALLIE THOMPSON 22 BARRE 29:18 9:26
- 15 127 HEIDI REDDING 28 WAITSFLD 29:52 9:37
- 16 134 STACY RIBOLINI 21 MONT VT 30:34 9:51
- 17 139 HEIDI CONSIDINE 27 BURL VT 31:03 10:00
- 18 140 Brynna Considine 25 Williston VT 31:05 10:01
- 19 149 MEGAN FOSTER 26 MONTVT 32:22 10:25

- 20 153 AMANDA THOMPSON BARRE 32:59 10:37
  - 21 155 JENNIFER CLARK NORTHFLD 33:15 10:43
  - 22 172 AMANDA DAYTON 29 BARRE 39:56 12:52
  - 23 173 SHELLEY MAHONEY BARRE 40:01 12:53
  - 24 178 Maggie Burke 25 Waterbury VT 43:29 14:00
- Record 18:00 by Bonnie McReynolds in 1993

#### MALE AGE GROUP 20 - 29

- 1 11 SCOTT BOTTOMLEY 24 SACO ME 19:47 6:23
  - 2 27 Jesse Quagliaroli 27 Willington CT 21:34 6:57
  - 3 45 JORDAN WILSON 21 NORTHFLD 24:00 7:44
  - 4 61 Ian Goyette 26 Burlington VT 25:14 8:08
  - 5 99 BILL DOENGES 29 WAITSFIELD 28:17 9:06
  - 6 110 ERIC WILLIAMS 21 BARRE VT 28:52 9:18
  - 7 115 DAN LIPTAK 23 MONTVT 29:06 9:22
  - 8 146 GARRET HARVEY 22 JERICHO 32:01 10:19
  - 9 174 RYAN BANCROFT NORTHFLD 41:05 13:14
  - 10 175 ANDREW MENKE 25 ESSEX 43:04 13:52
- Record 14:24 by Eric Morse in 1991

#### FEMALE AGE GROUP 30 - 39

- 1 12 Amy Kretz 39 Warren VT 19:52 6:24
  - 2 49 ROBYN STEWARD 37 NORTHFLD 24:30 7:53
  - 3 52 MARGO NUGENT 34 GRANVILLE 24:39 7:56
  - 4 55 Erin Preston 35 Graniteville VT 24:47 7:59
  - 5 58 Lauren McTear 30 Waterbury VT 24:59 8:03
  - 6 64 STACY BOCKOR 35 NORTHFLD 25:26 8:11
  - 7 77 LAURA SCHUTZ 31 BURL VT 26:36 8:34
  - 8 85 Erika Bruner 39 Berlin VT 27:25 8:50
  - 9 101 Prudence Krasofski 38 Barre VT 28:18 9:07
  - 10 107 Heather Boone 32 So. Burl VT 28:40 9:14
  - 11 113 TRICIA COTE 32 BARRE VT 28:57 9:20
  - 12 118 Amy Choquette 36 Barre VT 29:11 9:24
  - 13 124 Kathy Vasques 38 Barre VT 29:43 9:34
  - 14 125 AIMEE POPE 34 BARRE VT 29:44 9:35
  - 15 126 Gretchen Browe 34 Hancock VT 29:50 9:37
  - 16 133 Brooke White 31 Woodbury VT 30:29 9:49
  - 17 137 MARY HEINE 34 NORTHFLD VT 30:48 9:55
  - 18 142 MELANIE NEEDLE 30 BURL 31:13 10:03
  - 19 143 EMILY NOYES BROOKFIELD 31:27 10:08
  - 20 148 Alyssa Krebs 32 Northfield VT 32:13 10:22
  - 21 152 STEPHANIE KINGZETT BARRE 32:56 10:36
  - 22 159 Karen Tucker 39 Northfield VT 34:01 10:57
  - 23 168 CHRISTINE PETERSON BARRE 38:30 12:24
  - 24 180 CHANDLER HALL NORTHFLD 48:14 15:32
- Record 17:35 by Leatrice Sikora in 1989

#### MALE AGE GROUP 30 - 39

- 1 3 Jon Copans 36 Montpelier VT 17:50 5:45
  - 2 31 JASON CARNEY 36 WILLISTON 22:00 7:05
  - 3 66 RIJA RAMAHATRA UNDERHILL 25:27 8:12
  - 4 72 Daniel White 34 Woodbury VT 25:52 8:20
  - 5 83 William Burke 31 Colchester VT 27:12 8:45
  - 6 90 GREGORY NEEDLE 36 BURL VT 27:39 8:54
  - 7 106 Randel Sands 39 So. Burlington VT 28:38 9:13
- Record 14:59 by Eric Morse in 2000

#### FEMALE AGE GROUP 40 - 49

- 1 20 JENNIFER MILLER-ARS Middlesex 20:52 6:43
  - 2 26 Patricia Addis-Huds 44 Clarksboro NJ 21:19 6:52
  - 3 91 APRIL FARNHAM 43 PLAINFIELD 27:43 8:56
  - 4 93 PHYLLIS JACKSON 48 BARRE VT 27:47 8:57
  - 5 94 BETTY SIKORA 43 MONTPELIER 27:55 9:00
  - 6 100 CHRIS AXTEN 48 ENFIELD NH 28:18 9:07
  - 7 105 WHITNEY MACHNIK Middlesex 28:35 9:12
  - 8 108 JULI LEE 42 SOMERVILLE MA 28:45 9:16
  - 9 120 DEANNA BAILEY 43 BARRE VT 29:26 9:29
  - 10 121 LAURA THYGESEN Williamstwn 29:30 9:30
  - 11 123 ANDREA WATKINS Perkinsville 29:36 9:32
  - 12 135 DENISE FULLER 41 BARRE VT 30:42 9:53
  - 13 144 ERIKA MITCHELL 45 Calais VT 31:29 10:08
  - 14 145 LORI LOCKWOOD 49 BERLIN 31:37 10:11
  - 15 150 SARAH PRIOR 41 NORTHFLD 32:24 10:26
  - 16 162 DANIELLE ZEDICK Northfield 35:34 11:27
  - 17 169 JUDY WRIGHT 47 Northfield VT 39:00 12:34
- Record 18:54 by Susan Barber in 2000

#### MALE AGE GROUP 40 - 49

- 1 1 SHAWN GARDNER 47 DALLAS TX 16:52 5:26
- 2 2 Jim Paige 49 Morrisville VT 17:07 5:31
- 3 5 Sean Mitchell 42 Burlington VT 19:17 6:13
- 4 6 SCOTT MOREAU 48 CAMBRIDGE 19:28 6:16

- 5 9 Brian Mitchell 48 Burlington VT 19:43 6:21
  - 6 10 Donald Singer 48 Barre VT 19:45 6:22
  - 7 14 MIKE BESSETTE 40 ST. ALBANS 20:03 6:28
  - 8 21 GREG JACKSON 49 BARRE VT 20:54 6:44
  - 9 34 SEAN CARNEY DUNSTABLE MA 22:04 7:06
  - 10 38 JEFF PRESCOTT 46 MONT VT 23:01 7:25
  - 11 42 RICK POPE 46 BARRE VT 23:35 7:36
  - 12 48 STEPHEN MAGILL MORETOWN 24:18 7:50
  - 13 76 TONY MARTINEZ Marshfield 26:16 8:28
  - 14 109 MARK HAGENLOCHER Northfld 28:46 9:16
  - 15 130 PETER DRESCHER 47 MONT VT 30:10 9:43
  - 16 132 PATRICK BREEN MORETOWN 30:26 9:48
  - 17 136 Jay Paterson 46 Barre VT 30:45 9:54
  - 18 147 RICH HARVEY 47 JERICHO VT 32:01 10:19
- Record 15:50 by Keith Woodward in 1994

#### FEMALE AGE GROUP 50 - 59

- 1 39 Nina Changelian 55 Waterbury VT 23:12 7:28
  - 2 44 ANN BUSHEY 52 MONT VT 23:53 7:42
  - 3 63 Ginny Richburg 51 Randolph VT 25:21 8:10
  - 4 73 Carol Vassar 58 Montpelier VT 25:54 8:21
  - 5 158 LIZ THURBER 57 NORTHFIELD 33:54 10:55
  - 6 179 Devereaux Simon 59 Northfield VT 47:38 15:20
- Record 18:53 by Diane Legare in 2004

#### MALE AGE GROUP 50 - 59

- 1 7 JACK FAHEY 54 BELMONT MA 19:33 6:18
  - 2 8 ROBERT ROSEN 53 WARREN VT 19:35 6:18
  - 3 19 TIM NOONAN 54 MONT VT 20:38 6:39
  - 4 28 DAVID HAMMOND Huntington 21:40 6:59
  - 5 29 ANDY SHUFORD 56 MONT VT 21:52 7:03
  - 6 36 DAVID ERICKSON 57 BARRE VT 22:26 7:14
  - 7 41 CHARLES EVANS 57 MIDDLESEX 23:27 7:33
  - 8 56 WAYNE BELL 53 NORTHFIELD 24:53 8:01
  - 9 59 BILL KEEFE GLASTONBURY CT 25:04 8:04
  - 10 62 STEVE BURKHOLDER 58 MONT 25:17 8:09
  - 11 69 Michael Ohler 50 Winooski VT 25:39 8:16
  - 12 70 Charles Levin 58 Shelburne VT 25:41 8:16
  - 13 75 PETER FERNANDEZ 57 Northfield 26:13 8:27
  - 14 79 CHRISTIAN ANDERSEN MONT 26:38 8:35
  - 15 82 MARTY O'CONNOR 51 BARRE VT 27:11 8:5
  - 17 97 MICHAEL CHERNICK 56 MONT 28:13 9:05
  - 18 114 Tim Lybarger 57 Morrisville VT 28:59 9:20
  - 19 122 Jean-Guy Poirier 59 Belmont MA 29:36 9:32
- Record 15:58 by Keith Woodward in 2001

#### FEMALE AGE GROUP 60 - 69

- 1 157 Margaret Lipscomb 67 Greensboro 33:52 10:54
  - 2 160 HARRIET HIRST 67 Northfield 35:18 11:22
- Record 20:59 by Patty Foltz in 2008

#### MALE AGE GROUP 60 - 69

- 1 4 Edward McSweeney 60 Montpelier VT 19:08 6:10
  - 2 15 CHUCK ARNOLD 63 BURL VT 20:09 6:30
  - 3 20 JOHN VALENTINE 60 ROXBURY 21:00 6:46
  - 4 30 TED MCKNIGHT 66 JERICHO VT 21:54 7:03
  - 5 37 GREG GERDEL 63 MONT VT 22:27 7:14
  - 6 46 PATRICK BURKE 62 GEORGIA VT 24:03 7:45
  - 7 57 TIM MAKER 64 CALAIS VT 24:57 8:02
  - 8 68 STEVE AIKENHEAD 69 Perkinsville 25:36 8:15
  - 9 71 MICHAEL SHOVER 61 Bradford 25:41 8:16
  - 10 87 BRENT BURGEE 60 RANDOLPH 27:32 8:52
  - 11 95 Bob Howe 63 Barre VT 28:01 9:01
  - 12 129 ANDY LEADER 68 MIDDLESEX 30:07 9:42
  - 13 131 Richard Ferno 67 Williamstown VT 30:14 9:44
  - 14 138 ROGER CRANSE 69 MONT VT 31:01 9:59
  - 15 141 MARTY SIMON 61 NORTHFLD 31:09 10:02
  - 16 167 Harland Howard 68 St Albans 37:25 12:03
  - 17 181 WILLIAM BARRETT 68 Warren 53:48 17:19
- Record 18:32 by Bill Springer in 1999

#### MALE AGE GROUP 70 - 99

- 1 50 HUGH WILSON 70 DORVAL QC 24:36 7:55
- 2 60 Charles Christianse 70 Berlin VT 25:09 8:06
- 3 80 Bob Murphy 70 Barre VT 26:48 8:38
- 4 86 PHILLIP HOWARD 72 BURL VT 27:28 8:51
- 5 96 JEAN BERNAQUEZ 78 Montreal 28:06 9:03
- 6 151 Harry Dagbavarian 74 Montreal QE 32:50 10:34
- 7 154 BOB MERCIK 74 MONT VT 33:04 10:39
- 8 156 David Hershberg 77 Burlington VT 33:17 10:43
- 9 161 GEROW CARLSON 78 Middlesex 35:34 11:27

## 7th Annual Common to Common 30K - part of the ORS Race Series

USATF Certified #VT04001RF... September 18, 2010... Essex, VT... Race Director: Steve Eustis

Summary: 106 racers (103 finishers) braved the cold fog to witness the unveiling of an awesome, sunny, running day. One gender statistic - this was only the 5th GMAA race to have more women than men finishers (not counting team or women-only races). The other 4 were the 2002, 2003, and 2007 Clarence DeMar 5K, and the 2007 Art Tudhope 10K. (From the GMAA web site)

### WOMEN:

#### 20 - 29

1. 621 Lara Zoeller Burlington 26 2:39:51
2. 591 Candice Lamar Winooski 29 2:43:44
3. 597 Catherine Maguire Burlington 25 2:47:46
4. 566 Rachel Charbonneau Saint Albans 25 2:55:50
5. 650 Susan Criscuolo Colchester 28 3:02:52
6. 604 Justine Modica Colchester 23 3:02:54
7. 571 Malaika Dosremedios Winooski 26 3:04:10
8. 568 Kat Courmoyer Saint Albans 22 3:12:13
9. 656 Emily Eros West Lebanon NH 22 3:18:23
10. 548 Jenna Allard Williston 29 3:29:27

#### 30 - 39

1. 593 Sarah London Montpelier 31 2:11:17
2. 653 Serena Wilcox Cambridge 31 2:20:20
3. 581 Clare Guterl Jay 31 2:23:44
4. 592 Mariana Lara Stowe 35 2:24:14
5. 635 Ana Bove Colchester 37 2:26:54
6. 549 Danielle Amyot Riviere Du Loup, QC 38 2:32:49
7. 643 Rose Modry Wolcott 31 2:33:11
8. 554 Cara Arancibia Burlington 30 2:35:04
9. 576 Jennifer Galfetti Montpelier 39 2:52:48
10. 587 Christine Krebs South Hero 30 2:55:21
11. 584 Chrystal Hutchins Saint Albans 32 2:55:48
12. 648 Bonnie Shappy Woodstock 33 2:59:36
13. 636 Tracy Zeppi Westford 37 3:00:14
14. 579 Sarah Greene Saint Albans 31 3:11:44
15. 574 Alice French Jackman ME 39 3:12:59
16. 632 Nicole Patterson St. Albans 35 3:16:56
17. 660 Vicki McLaughlin Charlotte 33 3:22:25

#### 40 - 49

1. 560 Anne Bliss Burlington 42 2:12:35 \*
2. 603 Jennifer Miller-Arsenault Middlesex 40 2:25:35
3. 558 Dee Barbic Colchester 43 2:29:45
4. 646 Shari Bashaw St. Albans 49 2:33:25 \*
5. 599 Dot Martin Montpelier 49 2:34:36 \*
6. 619 Patti Walsten South Burlington 48 2:34:43 \*
7. 630 Lauren Cady Fairfax 41 2:35:49
8. 613 Jennifer Sorrell Essex Junction 47 2:36:02
9. 645 Chandra Walsh Georgia 44 2:38:17
10. 569 Karen Crawford Milton 47 2:40:58
11. 561 Ellie Bouffard Colchester 49 2:43:12
12. 595 Kristin Lundy Colchester 40 2:43:18
13. 631 Jenny Bedell Underhill 49 2:43:30
14. 551 Suzanne Amyot Rimouski QC 47 2:48:55
15. 550 Francine Amyot Saint Romuald QC 46 2:48:55
16. 651 Lori Hennessey Hinesburg 46 2:54:40
17. 572 Beth Eliason Ripton 44 3:00:22
18. 559 Wendy Blackman Starksboro 43 3:03:19
19. 605 Maureen Neumann Burlington 40 3:28:35
20. 583 Dana Hard South Hero 48 3:31:49
21. 606 Michelle Noble Westford 43 3:54:20

#### 50 - 59

1. 588 Carlie Krolick Charlotte 55 2:39:18 \*
2. 611 Raeann Rose Lachine QC 51 2:40:52 \*
3. 557 Phyllis Arsenault-Berry Duxbury 53 2:45:18
4. 625 Caroline Orben Shelburne 50 2:55:32
5. 629 Carol Blattspieler South Burlington 56 2:59:32 \*
6. 622 Sylvie Frisbie Williston 53 3:28:50

#### 60 - 69

1. 614 Bobbi Stapenhorst Montpelier 65 3:24:32 \*

### MEN:

#### 20 - 29

1. 564 Aaron Caum Vergennes 22 2:16:01
2. 553 Kasey Andrist Winooski 29 2:23:42
3. 617 Curtis Taylor Burlington 25 2:40:05
4. 601 Christopher McGinty South Hero 25 2:55:22

#### 30 - 39

1. 555 Todd Archambault Essex Junction 36 2:05:21
2. 567 George Cook Montpelier 37 2:06:48
3. 639 Tyler Sperry Jericho 37 2:10:34
4. 577 Emmanuel Georgantakis Laval QC 31 2:16:26
5. 575 Yuki Fujita Winooski 31 2:20:26
6. 585 David Javaheri Needham MA 39 2:22:12
7. 634 Christopher Towle Johnson 39 2:26:29
8. 582 Joe Guterl Jay 35 2:35:04
9. 655 Taylor Thompson West Lebanon NH 34 3:14:27
10. 563 Sebastian Brown Newport 31 3:31:23
11. 590 Sean Lajeunesse St. Jean Sur Richelieu QC 32 DNF

#### 40 - 49

1. 637 Binney Mitchell Burlington 41 1:51:00
2. 589 Thomas Lacroix Milton 44 2:14:24
3. 658 Jeff Buzas Burlington 48 2:15:37
4. 610 Thomas Rogers Winooski 44 2:21:37
5. 642 Scott Nichols Essex 45 2:23:42
6. 580 Errol Groves Swanton 48 2:35:31
7. 647 Wayne Warnken Burlington 43 2:42:58
8. 562 John Brennan South Hero 44 2:43:31
9. 624 John Lacroix Williston 49 2:44:14
10. 552 Gregory Anderson North Kingstown RI 45 3:12:16
11. 623 Mark Gregoire Fairfax 42 DNF

#### 50 - 59

1. 626 Jack Pilla Charlotte 52 2:00:28
2. 578 Bruce Glasspoole Pointe-Claire QC 58 2:16:09
3. 594 Bill Ludlow Lachine QC 54 2:27:19
4. 633 Bruce Patterson Fairfield 59 2:31:27
5. 612 Stan Shatenstein Montreal QC 56 2:34:31
6. 628 David Hammond Huntington 50 2:36:01
7. 598 Raouf Mallouh Cote Saint Luc QC 57 2:36:38
8. 600 John Martin Montpelier 58 2:38:11
9. 596 Tim Lybarger Morrisville 57 2:39:02
10. 620 Charles Windisch Essex Junction 57 2:39:55
11. 641 Martin Desbois Beaconsfield QC 51 2:40:32
12. 652 Russell Statman Plattsburgh NY 50 2:43:23
13. 627 Bruce Uvanni Shelburne 52 2:44:41
14. 659 Michael Gordon Essex Junction 53 2:45:08
15. 657 David Erickson Barre 57 2:48:20
16. 607 Scott Perrapato South Burlington 54 2:54:41
17. 565 Steve Caum Vergennes 59 2:55:04
18. 654 David Goodman Waterbury Center 50 2:55:53
19. 618 Christopher Visconti Burlington 50 2:56:10
20. 644 Dave Fields Underhill 55 2:59:41
21. 573 Bill Everett Essex Junction 59 3:10:22

#### 60 - 69

1. 556 Chuck Arnold Burlington 63 2:21:04 \*
2. 649 Toshiharu Furukawa Essex Junction 62 2:36:32
3. 638 Ron Rudin Montreal QC 60 3:00:57

2010 CVR/ORS RACE SERIES STANDINGS

			Paul Mailman					Berlin			Northfield			Green		Total
		First Night 5k	Capital City Stampede 10k	Montpelier 10 Miler	3rd of July 1 Mile Race	Bear Swamp	Barre Heritage 5k	Pond 5 mile	5 Northfield Savings 5k	Savings 1 mile	Common to Common 30k	Leafpeepers 5k	Leafpeepers Half-marathon	Mountain Marathon	5 best races	
	Vol.	12/31/09	06/12/10	06/27/10	07/03/10	07/10/10	07/24/10	08/05/10	09/04/10	09/04/10	09/18/10	10/03/10	10/03/10	10/17/10		
Female 0 - 19																
Bushey, Brynn	X				82.08				54.96						137.04	
Noonan, Theresa	X									83.47					83.47	
Kissner, Olga	X									64.91					64.91	
Miller-Arsenault, Jane										63.04					63.04	
Colvin, Zoe					57.62										57.62	
Female 20 - 29																
Erickson, Sara			93.16			83.30		83.71							260.17	
Female 30 - 39																
Valentine, Megan	X	100.00											100.00		200.00	
Hall, Jennifer	X						100.00								100.00	
Erickson, Richarda	X	84.60													84.60	
Hock, Dana												73.75			73.75	
Boyd, Monica												72.88			72.88	
Cranse, Pratima			65.70												65.70	
Female 40 - 49																
Miller-Arsenault, Jennifer	X		95.23	95.77					100.00		91.07				382.07	
Ricker, Denise	X		69.79	66.14		96.51		70.13				68.14			370.71	
Colvin, Sandy	X		73.72		49.60								89.08		212.40	
Gillis, Maryke	X					99.80	87.24								187.04	
Martin, Dot	X		98.95								85.76				184.71	
Mai, Kathy													74.89		74.89	
Female 50 - 59																
Bushey, Ann	X		94.08	87.51	93.03	94.30	100.00	89.38	97.14				86.68		478.55	
Smyers, Donna	X	100.00						100.00					96.54		296.54	
Emmons, Sue	X		100.00	93.41											193.41	
Arsenault-Berry, Phyllis	X										96.37				96.37	
Krolick, Carlie			93.36												93.36	
Hallinger, Linda	X												81.65		81.65	
Dane, Candace		75.04													75.04	
Kaeding, Toni		72.74													72.74	
Female 60 - 69																
Rose, Betty	X	80.63				91.68		66.43							238.74	
Stapenhorst, Bobbi								100.00			100.00				200.00	
Blais, Celine	X	100.00													100.00	

## 2010 CVR/ORS RACE SERIES STANDINGS

		<div> <div>Paul Mailman</div> <div>Berlin</div> <div>Northfield</div> <div>Green</div> </div>													Total Points
		First Night 5k	Capital City Stampede 10k	Montpelier 10 Miller	3rd of July 1 Mile Race	Bear Swamp	Barre Heritage 5k	Pond 5 mile	Northfield Savings 5k	Northfield Savings 1 mile	Common to Common 30k	Leafpeepers 5k	Leafpeepers Half-marathon	Mountain Marathon	5 best races
	Vol.	12/31/09	06/12/10	06/27/10	07/03/10	07/10/10	07/24/10	08/05/10	09/04/10	09/04/10	09/18/10	10/03/10	10/03/10	10/17/10	
Helling, Dot	X		100.00												100.00
Female 70 +															
Male 0 - 19															
Keller, Chris	X				100.00			100.00							200.00
Bushey, Brian	X				59.08				54.57						113.66
Miller-Arsenault, Jacob										84.85					84.85
Kissner, Max	X									81.80					81.80
Andresen, Colby									75.03						75.03
Male 20 - 29															
McAvoy, Andrew	X		86.56					70.16							156.71
Male 30 - 39															
Copans, Jon	X	100.00	99.55	91.25					100.00						390.81
Cameron, David	X	69.19	74.40	67.93			85.61								297.14
Archambault, Todd		91.17			89.35						100.00				280.52
Cranse, Kevin			61.95												61.95
Boyd, Jason			61.49												61.49
Male 40 - 49															
Shuford, Andy	X	87.70	80.75				60.67	71.48	77.13						377.74
Gardner-Morse, Mack	X	100.00	87.00			86.72	86.54								360.26
Prescott, Jeff	X	77.96			67.39	64.16			73.28				71.32		354.11
Tripp, Andrew			89.63		84.04										173.66
Richardson, Paul	X					68.46	65.46								133.92
Francis, Tim			94.92												94.92
Williamson, Jon													92.00		92.00
Brucken, Rowly	X													81.38	81.38
Male 50 - 59															
Andresen, Chris	X	99.47		88.76		93.95		96.78	73.40				99.63		478.59
Noonan, Tim	X	98.07	92.59	85.48				92.45	94.75				96.49		474.36
Windisch, Charles			89.42	82.62							75.33		86.10	72.87	406.35
Emmons, Bob	X		100.00	92.25		100.00		100.00							392.25
Chernick, Michael	X		64.43	59.88	78.56			67.78	69.29			70.03			350.09
Erickson, Dave	X					82.03		81.34	87.15		71.56				322.09
Gillis, Mike	X			83.87		90.62									174.49
Martin, John	X										76.16		83.43		159.58
Shanley, Jamie	X				100.00										100.00
Robinson, Norm	X							77.86							77.86

# 2010 CVR/ORS RACE SERIES STANDINGS

Five best races count.  
Members must volunteer at a CVR race to qualify.

		First Night 5k 12/31/09	Capital City Stampede 10k 06/12/10	Paul Mailman Montpelier 10 Miler 06/27/10	3rd of July 1 Mile Race 07/03/10	Bear Swamp 07/10/10	Barre Heritage 5k 07/24/10	Berlin Pond 5 mile 08/05/10	Northfield Savings 5k 09/04/10	Northfield Savings 1 mile 09/04/10	Common to Common 30k 09/18/10	Leafpeepers 5k 10/03/10	Leafpeepers Half-marathon 10/03/10	Green Mountain Marathon 10/17/10	Total Points 5 best races
DeLuca, Paul						60.09									60.09
<b>Male 60 - 69</b>															
Valentine, John	X	100.00						85.94	91.11				93.35		370.40
Cranse, Roger	X	71.14	73.48		89.02	65.72	70.49	62.18	61.69						369.85
Kaeding, John		70.12	87.12	72.77		74.92									304.93
McSweeney, Ed						100.00		100.00	100.00						300.00
Gerdel, Greg	X		97.27						85.23				88.89		271.38
Baker, Newton	X			67.23		71.16								70.00	208.40
Wight, Greg	X	76.75			100.00										176.75
Ferno, Dick			74.13						63.29						137.42
Howe, Bob	X								68.29				65.31		133.60
Hackney, John	X						100.00								100.00
MacFarland, Gordon				100.00											100.00
Skinner, Scott	X											48.35			48.35
<b>Male 70 +</b>															
Carlson, Gerow	X	100.00	77.10		76.01	73.99	75.49	100.00	69.17			69.83			428.61
Murphy, Bob	X					100.00	100.00		91.79				100.00		391.79
Mercier, Bob	X						71.09		74.40			76.23			221.72

## 27TH ANNUAL LEAF PEEPERS

### HALF MARATHON & 5K

OCTOBER 3, 2010


In the Half Marathon, Joe Gingras of Berlin, VT, led 639 runners to the finish line with a time of 1:13:13. Ryan Robitaille of S. Burlington was 2nd with George Deane of Winooski finishing third. Abbey Kanes - of Burlington (1:25:57) led Megan Valentine by less than a minute in the women's race with Sarah London of Montpelier finishing out the top three women.

For the 5K, Corey White of Milford NH led all runners with a time of 18:29 while Kurt Reichelt of Stowe and Steven Wallace of Hinesburg finishing second and third. Grace Brigham from Montpelier led the women with a time of 20:28 with Kathy Provencher of Waterbury finishing second. Chelsea Evans of Middlesex finished third for the women.


The complete results of both races are available through the CVR website at [www.cvrrunners.org](http://www.cvrrunners.org).

## CVR & Area Races & Events... from [www.cvrrunners.org](http://www.cvrrunners.org)

Please check with contacts to confirm race times and other details. (Page last updated: 10/24/10)


**Notes:**  = CVR races and

 = Green Mountain Athletic Association (GMAA) races (additional info @ [www.gmaa.net](http://www.gmaa.net))

 **November 6, 13, 20 (Saturdays), Fallen Leaves 5K Series**, 9AM, Montpelier High School Track. This low-key, three-race series is on a flat and fast 5K race course that begins and finishes on the Montpelier High School Track and incorporates the Montpelier Bike Path | *Contact:* Tim Noonan, 802-223-6216.

**November 7, 3rd Annual Manchester City Marathon, Half Marathon & Relay**, 8:50am, Elm St., Veteran Park, Manchester, NH | *Contact:* Sarah Normand (Manchester Marathon Association), PO Box 933, Manchester, NH 03105 | [manchestermarathon@yahoo.com](mailto:manchestermarathon@yahoo.com).

**November 21, 18th Annual Hanover Turkey Trot 10K**, Hanover, NH 1:00pm Dartmouth Green, 48 Lebanon St. Prizes awarded by division and raffle donated by local vendors. | *Contact:* Liz Burdette (Hanover Parks and Rec.) 48 Lebanon St., Hanover, NH 03755. 603-643-5315 x3303  
[liz.burdette@hanovernh.org](mailto:liz.burdette@hanovernh.org)


 **November 25, Turkey Trot 5K**, 11AM, Gutterson Field House, UVM. Run for fun and charity and make room for your Thanksgiving dinner! Free 1/4 mile kid's race at 10:45am. \$5 (or \$10 per family) or food donation for the Chittenden Emergency Food Shelf. (\$1 of every entry will be used to pay the UVM facility fee and the race insurance cost.) | Anne Bliss (802) 865-7999 | [turkeytrot@gmaa.net](mailto:turkeytrot@gmaa.net).

**November 25, 4th Annual Zacks Place Turkey Trot Road Race 5K Run and Walk**, Woodstock, VT 10:00am Woodstock Elementary School, 15 South St., Woodstock | *Contact:* Dail Frates (Zacks Place), 73 Central St., Woodstock, VT 05091 | 802-457-5868 [zacksplace1@gmail.com](mailto:zacksplace1@gmail.com)

**November 25, Barton's 9th Annual 5K Thanksgiving Day Turkey Trot**, Barton, VT 9:00am Barton Memorial Building, Church St. Run/Walk through Barton, includes 2 heartbreaker hills. | *Contact:* Robin Robitaille, 146 Willoughby Lake Rd., Barton, VT 05822 | 802-525-3689 [runnek@myfairpoint.net](mailto:runnek@myfairpoint.net)

**November 28, 13th Turkey Lane Turkey Trot and Louise Roomet Memorial Walk**, Hinesburg, VT 1:00pm Junction of Turkey Lane and Lewis Creek Road, Hinesburg, VT | Fund raiser for Hinesburg Land Trust | *Contact:* Colin McNaull (Hinesburg Land Trust), 48 Southwind Rd., Hinesburg, VT 05461 | 802-482-3347 [saratogalives@yahoo.com](mailto:saratogalives@yahoo.com)

### —December—

 **December 31, First Night 5K**, 3:00pm, Pavilion Building, Montpelier. Registration opens 1:45pm Entry fee: \$15.00 with a Montpelier First Night button, \$10.00 without a button. Prizes for age-group winners, 3 deep, and first overall man and woman. Bring holiday cookies & treats for post-race pot-luck. | *Contact:* Sandy Colvin [buckman43@comcast.net](mailto:buckman43@comcast.net) or Ann Bushey 802-229-6288 [bush-eya@wssu.org](mailto:bush-eya@wssu.org)





## 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](http://www.cvrrunners.org)

Newsletter Editor  
Bob Howe  
Box 632  
Barre, VT 05641



CVR PD 2010

Robert Murphy  
35 Birchwood Park  
Barre, VT 05641

0564138653 R003



## NEWSLETTER

Fall 2010

**Central  
Vermont  
Runners**



**Volume 31  
Issue 3**

### Upcoming CVR Races

**November 6, 13, 20 (Saturdays), Fallen Leaves 5K Series**, 9AM, Montpelier High School Track. This low-key, three-race series is on a flat and fast 5K race course that begins and finishes on the Montpelier High School Track and incorporates the Montpelier Bike Path | *Contact:* Tim Noonan, 802-223-6216.

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**Next CVR Meeting**  
**November 18, 2010, 6:00 pm**  
**Potluck Meal with Meeting to Follow—Details inside on Page 1**

[www.cvrrunners.org](http://www.cvrrunners.org)