

Central Vermont Runners



May 2011
Volume 32
Issue 2

Around Central Vermont:

*Volunteers still needed for the Corporate Cup race in Montpelier
Thursday, May 19th, 5:30—7:30 pm
Contact Norm Robinson at 223-7351 or normrobinson@comcast.net*

1st ANNUAL "Main Street Mile", SUNDAY, MAY 22 at 12:15

FREE FOR ALL PARTICIPANTS

Register on Saturday from 8 - 12 and on Sunday from 8:00 - 11:30 at the Magic Wheel Community Bike Shop.

Inviting all ages and fitness levels to the challenge of a one-mile timed event on a closed loop course through the city of Barre. Elite runners, elementary students, recreational runners, grandparents, and anyone who can walk for 20 minutes will want to join this celebration of the healthiest physical activity we have - putting one foot in front of the other! Fun for the whole family. All participants will be given an official time and a prize for finishing.

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Alongside the runners and walkers, competitors from the "Beast of Barre" Cross-Fit competition will run carrying sandbags (40lbs for men and 25lbs for women) the length of the mile. Come see this spectacle hosted by The Confluence Community Fitness Center (www.theconfluencevt.org) for yourself!

At the end of the run or walk, stick around for the Bike Parade on North Main Street at 12:30 to admire kids and adults on decorated bikes, unicycles, and much more!

For festival information, go to: <http://www.barrebikeandfitnessfestival.com/>

Message from Norm in regards to the Northfield Savings Bank 5K

Please read the information from Rowly below. He is unable to be race director for the Northfield Savings Bank ON RACE DAY. Please contact me if you have interest in being involved in this race. We need to fill this position very quickly or decide if we will move forward with this race. Thanks, Norm

I can do all of the pre-race work and work alongside the race director to get him or her acquainted with the job; in fact, I have put all responsibilities in a notebook binder. The race itself is very easy to direct, as volunteer recruitment, prizes, registration, and t-shirts is all done by the Northfield Savings Bank. Dr. Rowly Brucken, Associate Professor of History, Norwich University, (802) 485-2362

Next CVR Meeting
MAY 23rd
Directions to the Meeting >>>>

Contact Information for CVR Officers

Norm Robinson	President	223-7351	Dave Kissner, John Hackney	Webmasters	229-4523, 223-2162
Jeff Prescott	Vice-President	272-3203	Bob Howe	Newsletter	476-8946
Linda Hallinger	Treasurer	883-5415	Publicity	Greg Gerdel	224-6960
Sandy Colvin	Secretary	272-9795	Membership	Donna Smyers	229-4393

Central Vermont Runners Meeting Minutes — March 20, 2011

Meeting called to order 4:45 pm

Meeting minutes from November accepted.

No old business

New Business

A request from Dave Kissner to purchase a new laptop for the club to use in maintenance of the CVR website. The current computer is 5 years old and not working well. Club has two computers, one for the races and one for the website. A motion to buy a new laptop, with a limit of \$1200.00 to spend, was approved. Dave will purchase and put software on it, etc.

Norm Robinson has a new race, June 19th, Fathers Day 5k trail race. It begins and ends at the Vermont Mountaineers home plate. Race will go through VINS trails. The race starts at 5 pm and the race fee includes admission to the baseball game, T-Shirt and other amenities. Lenny's Shoes is donating a pair of shoes to the top male and female runners. Morse Farm is also involved with food via vendors. This race is outside of the CVR/ORS series, but will be organized by CVR. The course is very flat. There is a need for volunteers, especially someone to help with registration and use of the computer. The race will take place no matter if game is rained out. There is a \$20.00 entry fee and \$10.00 for 19 and under. Everyone agreed that we will support this race.

The club discussed another race that would like CVR Support. The bike and fitness festival in Barre, May 21st and 22nd (ORS is co- sponsor) and Magic Wheel is in charge of it. Magic Wheel is an organization that creates bikes from old bike parts. This festival is in support of this race as a way to raise awareness of bikes and fitness. For the one mile race they need CVR support....want to include the CVR Barre Spring Run which is on the 21st....want to use our equipment and need us for timing and help. Andrea will negotiate with the organizers to get more specifics before the club decides on this. We fully support being involved, just need to clarify the involvement and how much, if any, money we want to charge for them to use our equipment.

There was a long discussion on whether or not CVR should charge for others to use equipment....then discussed if we should allow people to use it at all. There was a motion to allow the club to have a policy in which we take all outside requests to the executive committee, or to entire club if there is an upcoming meeting. The motion was approved.

Treasurers Report

The fiscal year ends March 30th.....donations shown will go up. For two years we have taken in more than what we have spent. Current assets are CD and checking account, totaling around \$25,000. Priscilla would like the club to approve purchase of accounting software....quickbooks or equivalent. This was approved. We also had a discussion about how race directors report expenses or profits, do we have a policy or format? It was decided that race directors continue as they have, but get all reporting to the treasurer as soon as possible after a race.

The club will make it a standard to donate \$400.00 to local girls on the run or other school programs. Norm will be sending out information to the local schools for the any requests they would like to make for a donation from CVR in late summer. Andrea is starting a running club in April for 3rd and 4th grade girls. They meet once a week, and will do trail running and focus on fitness. It is done through the school. Motion to support this program for up to \$400.00 if needed was approved.

Special Olympics – John Martin requested donation of \$400.00 and this was also approved.

The club discussed getting a new clock and a motion to approve \$3000.00 budget for the clock committee to find a new one was approved. Donna, Tim and Norm are the committee.

CVR Meeting Minutes—March 20, 2011 (continued)

Race Updates

Leaf Peepers – Roger gave update and all is on track for October 2nd race....GMCR is going to participate.....question to Roger is will he approve increasing the amount by 200 that we will take applications for? He will bring to the committee to consider....he will meet with them, ask them and get back to the club with an answer. We also discussed what to do if we do increase the number of runners.....lots of ideas will go to the leaf peepers committee for recommendations.

We have new race directors for the Paul Mailman Montpelier Ten-Miler – Andy and Andrea will take over the race and Sandy will help.

No one is quite clear about the bike path construction status. There will be an update as soon as possible. Sandy will ask Tim Shea if we can use National Life Annex for our fun runs.....they have started unofficially, but officially start first Tuesday in May. Sandy will get back to the President.

CVR/ORS Series Race Amounts

- 1st night \$300.00
- Capital City Stampede \$550
- Paul Mailman 10 Miler \$550
- Bear Swamp \$200
- Berlin Pond \$280
- Barre Homecoming \$120

Officers for 2011:

- President – Norm Robinson will do it for one year, if Jeff will do it second year of the term.
- Vice President – Jeff Prescott
- Secretary – Sandy Colvin
- Treasurer – Linda Hallinger
- Membership – Donna Smyers
- At Large: Andrea McLaughlin, Darragh Ellerson and Donna Smyers

Everyone applauded the job Andrea and Priscilla did for the club during their tenure as officers.

Next meeting date is tentative Monday May 23rd at Michael Chernick’s – Potluck at 6 and meeting starting shortly after.

Sandy Colvin



***Directions to the May 23rd Meeting at
Michael Chernick's***

In Montpelier... Drive up Main Street from the round-about past the intersection with Town Hill Road. Then continue approx 1/4 mile to the entrance into Murray Hill on your left. Then proceed to the top of the hill and veer left on to Cityside Drive. Continue on Cityside Drive until the bottom of the hill passing the round-about on your left. Then still continue on Cityside Drive (not turning to one of the lower levels) until the first building actually on Cityside. Park by the recycling area on your right just before the building as I have limited spaces in front of the building (330). My unit (75) is on the second floor (right hand side) of the second entrance.

Michael

Agenda for the May 23rd meeting!

- Approval of last meeting minutes
- Treasurers Report
- Update on purchase of CVR computer
- Update on purchase of new race clock
- Purchase proposal for CVR clothing line
- Past and future race updates

**POTLUCK
AT
6:00
Meeting
To
follow**



Race Schedule for 2011 for CVR Races—detail beginning on page 9

- Mutt Strutt – April 17th
- Adamant 20 Miler – May 7th
- Barre Town Spring Run – May 21st
- Kids Track Meet – June 4th
- Capital City Stampede – June 11th
- Mountaineers Trail Race—June 19th
- Paul Mailman – June 26th
- Bear Swamp – July 9th
- Barre Heritage – July 30th
- Berlin Pond – August 11th
- Chase Race – August 25th
- Northfield – September 3rd
- Sodom Pond – September 21st
- Leaf Peepers – October 2nd
- Fallen Leaves – November 5th, 12th, 19th
- First Night – December 31st

2011 Race Series put on by CVR member David Birse
 Box 371, Hancock, N.H. (mistermarathon@juno.com)

15th Annual Summer Sizzler World Tour - New Hampshire's Oldest & Finest Foot Race Series
 Sponsored By Sizzler Nation (Est.1997)

Race #1: Monday May 9th , 6:35 pm
 Oak Park, Forest Rd., Greenfield, 4 miles
 "WORLD GEOGRAPHY/ FAMOUS LEADERS NIGHT"

Race #2 : Monday May 16th, 6:35 pm
 Bandstand, Jaimeson St., Antrim, 3.2 miles
 "RACE FOR THE BLACK FLY PIE"

Race #3: Monday May 23rd, 6:35 pm
 Nubanusitt Lake Boat Landing, Hancock, 5mi.
 " LISA RAMEY'S YANKEE SWAP NIGHT"

Race #4: Monday May 30th, 6:35 pm
 Norway Hill, Duncan Rd., Hancock, 3 mi
 "GRAVITY GALLOP" (start based on weight)

Race #5: Monday June 6th, 6:35 pm
 The Depot, Depot Rd. Hancock, 2.5 mi
 "MEDICAL PROFESSION NIGHT "

Race # 6: Monday June 13th, 6:35 pm
 Oak Park, Forest Rd, Greenfield, 4 miles
 "MYSTERY NIGHT"

"
 Race #7: Monday June 20th,6:35 pm
 Bandstand, Jaimeson Rd., Antrim,3.2 miles
 RACE FOR STRAWBERRIES & ICE CREAM"

Race # 8: Monday June 27th, 6:35 pm
 Nuby Lake Boat Landing, Hunt Rd., Hancock, 5 mi.
 " SUMMER SOLSTICE SPLASH & DASH "

Race #9: Monday July 4th, 6:35 pm
 Norway Hill, Duncan Rd., Hancock, 3 mi.
 " RUN FOR INDEPENDENCE"

Race # 10: Monday July 11th, 6:35 pm
 The Depot, Depot Rd., Hancock, 2.5 mi.
 " DEPOT DOGGY DASH"

Race # 11: Monday July 18th, 6:35 pm
 Oak Park, Forest Rd., Greenfield, 4mi.
 "THE BATTLE OF GREENFIELD"

Race #12: Monday July 25th, 6:35 pm
 Bandstand, Jaimeson St., Antrim
 "RACE FOR THE BLUEBERRIES"

Race # 13: Monday August 1st, 6:35 pm
 Nuby Boat Landing, Hunt Rd. Hancock, 5 mi.
 "XMAS IN JULY"/ "HANUKKAH IN AUGUST"

Race #14: Monday August 8th, 6:35 pm
 Norway Hill, Duncan Rd., Hancock, 3 X 1 mi.
 "BILL'S BIRTHDAY BABY BANANARAMA"

Race #15: Monday August 15th, 6:35 pm
 The Depot , Depot Rd., Hancock, 2.5 mi.
 "CUSTOMER APPRECIATION NIGHT"
 & "ECONOMIC STIMULUS NIGHT"

- * 5 challenging venues & distances
- * unique weekly themes
- * raffles

FEATURES:

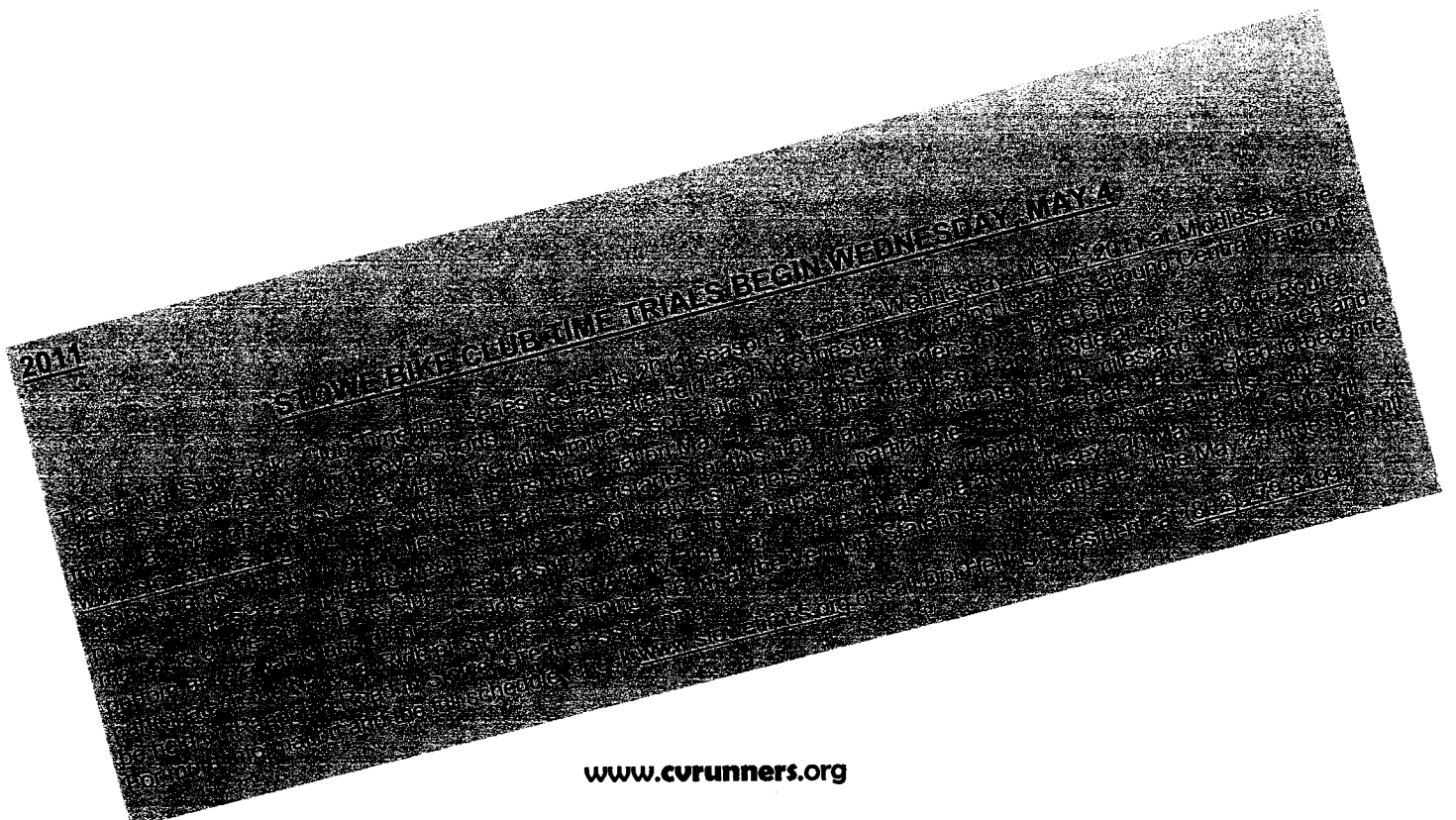
- * 15 races to match 15 years
- * only \$ 5.00 to participate(60.00 for a season ticket)
- * grand prix point scoring system

Paul Coats, Lebanon N.H. Recreation & Parks Reports:

The Upper Valley Running Club is alive and active. (web site: uppervalleyrunningclub.org)

The Western New Hampshire Trail Running Series is a unique opportunity to see such great collaboration among multiple communities in offering a very high caliber event series. All races start at 10am on their respective days. (web site: wnhtrs.com)

- # 1 Dirty 5K (non-points event) May 21, 2011 Hanover, NH
- # 2 Six in the Stix June 18, 2011 Newport, NH
- # 3 All Out Trail Run June 25, 2011 Claremont, NH
- # 4 Wicked Wildcat Wander July 16, 2011 Charlestown, NH
- # 5 XTERRA Stoaked Aug. 6, 2011 Hanover, NH
- # 6 Frenzy in the Forest Aug. 20, 2011 Sunapee, NH
- # 7 Farnum Five.5 Sept. 10, 2011 Lebanon, NH
- # 7 A Pleasant Climb Sept. 24, 2011 New London, NH



Racing Notes from John Martin:

April 2011

Amanosuc Amble 5 Miles, Bethlehem, NH

Megan Valentine 1st Female 11th overall

John Valentine 1st Male 60-69

Half Unplugged half marathon, Burlington, VT

Dot Martin 3rd Female 50-59

Chris Andresen 1st Male 50-59

Rolling Irish Half Marathon Essex Ctr, VT

Dot Martin 1st Female 50-59

Dot Helling 2nd Female 60-69

May 2011

Middlebury Maple Run Half Marathon Middlebury, VT

Dot Martin 1st Master (40+)

John Valentine 1st Male 60+AG

Donna Smyers and Dot Martin were both named to the USA Triathlon "All American" team in the Female 50-54 Age Group.

Boston Marathon

The B.A.A. web site indicates around 100 Vermonters entered the 115th running of the Boston Marathon on April 18th, 2011. Runners identified as from the Central Vermont area are listed below:

Name	Town	Bib Number	Time
Phyllis Berry-Arsenault	Duxbury	20152	4:14:58
Roxanne Bellamy	Montpelier	14958	3:36:44
Maurice Brown	Essex Junction	5676	3:06:03
Danielle Cloutier-Simons	Montpelier	14591	3:29:03
George Cook	Montpelier	3061	3:33:12
Carrie Felice	East Calais	14529	3:33:48
Joseph Grant	Warren	12581	3:46:18
Johannah Ludington	Morrisville	3241	3:09:56
Tim Noonan	Montpelier	10902	3:38:56
David Polow	Morrisville	13553	3:49:50
Steven Robinson	Warren	10375	3:36:38
Rick Van Arnam	Northfield	26423	4:24:45
Rebecca Williams	Randolph	15167	3:46:47



**15th Annual CVR Mutt Strutt
To Benefit Central Vermont Humane Society
Little River State Park April 17, 2011**



The 15th Annual CVR Mutt Strutt to benefit the Central Vermont Humane Society was held on April 17, 2011. As in 2001, the course had to be modified, since a layer of snow and ice still covered the first half mile and campground sections of the usual route. Despite overnight sleet and morning rain, 43 human participants with 29 canines braved the weather to run on the modified course.

On the flat, out and back course, Eric Morse and his Westie, Murdock, ran 17:50, the 2nd fastest time in Mutt Strutt history. Rose Modry and Badger ran a quick 20:27, the fastest female time since Caitlin Compton set the record of 19:00 back in 1999.

We appreciate the support of our great sponsors: KC's Bagel Café, Onion River Animal Hospital, Julio's Cantina, Guy's Farm and Yard, and Onion River Sports. Thanks also to the volunteers who braved the weather with the participants: Dan Miller-Arsenault, Michael Chernick, Richard Cleveland, Dot Martin, John Martin, Carol Rittenhouse, Eric Ryea, Lindsay Simpson. With their help we raised \$327 for the Central Vermont Humane Society.

Place	Div	Name	Dog name	Age	Sex	Size	Town	Time
1	1	Eric Morse	Murdock	46	M	S	Berlin	17:50
2	1	Rose Modry	Badger	31	F	L	Wolcott	20:27
3	1	Matt Curtis	Asher&Anna	30	M	L	E Montpelier	21:06
4	1	Amber Van Zuilen	Kicks	27	F	L	Colchester	21:14
5	2	Hazel Kreider	Pogo	33	F	L	Burlington	21:31
6	1	John Howe	Bobby	52	M	S	Charlotte	22:25
7	3	Meredith Haff	Baxter	33	F	L	Stowe	22:47
8		Thomas Chenette	No Dog	28	M		Montpelier	22:54
9	2	Joe St. Marie	Clay	39	M	L	Jericho	23:04
10	4	Erin Preston	Lyllah	35	F	L	Graniteville	24:35
11		Roger Clapp	No Dog	57	M		Waterbury	25:12
12	5	Missy Goodwin	Ike	37	F	L	Barre	25:14
13	1	Carol Rittenhouse	Riley	50	F	L	Randolph Ctr	25:38
14	1	Kevin Reid	Stella	38	M	S	Milton	25:43
15		Brandy Alvanos	No Dog	33	F		Williston	26:17
16		Debbie Safran	No Dog	37	F		Starksboro	26:23
17	1	Erin Goodell	Makenna	29	F	S	Barre	26:28
18	3	Shannon Lewis	Sona	36	M	L	Barre	26:29
19	1	Janine Osterman	Parker	33	F	S	Northfield	27:20
20	2	Jessica Chenette	Kayden	30	F	S	Montpelier	27:25
21		Peter Auclair	No Dog	32	M		Barton	28:17
22	2	Beth Van Parys	Nike	27	F	S	Northfield	28:56
23		Amy Thompson	No Dog	26	F		Burlington	29:00
24	4	Jay Stewart	Annie	39	M	L	E Montpelier	29:11
25	1	Taylor Wolfe	Apollo	14	F	S	Burlington	29:18
26	3	Bethany Wolfe	Apollo	32	F	S	Burlington	29:37
27		Kevin Petrochko	No Dog	36	M		Barre	30:27
28	2	Sydney Nader	Apollo	11	F	S	Johnson	31:10
29	4	Francine Perkins	Molly	38	F	S	Barre	31:57
30		Adrian Clapp	No Dog	8	M		Waterbury	32:45
31	2	Armand Morell	Murrie	48	M	S	Jericho	34:19
32	5	Angie Jae Lee	Murrie	39	F	S	Jericho	34:22
33		Lucas Newell	No Dog	11	M		W Dummerston	34:35
34		Sheri Perkins	No Dog	45	F		W Dummerston	34:45
35		Lewis Clapp	No Dog	6	M		Waterbury	39:31
36		Pamela Clapp	No Dog	39	F		Waterbury	39:32
37	1	Deidre Lamberton	Cooper	44	F	L	E Montpelier	48:11
38	1	Sherry McCabe	Jester	44	F	S	Jericho	48:14
39	2	Kathleen Burroughs	Mansfield	51	F	L	Northfield	48:18
40	3	Zoe Colvin	Mac	5	F	S	Montpelier	48:21
41	2	Sandy Colvin	Gracie	42	F	S	Montpelier	48:23
42	3	Becky Diedrich	Bella	46	F	S	Berlin	48:25
43	6	Priscilla Carr	Basil	37	F	S	E Montpelier	52:47

Race Directors

*Donna Smyers and
Jamie Shanley,*

*Modified course:
3 Mile Run*

*Large Dog >50#,
Small Dog <=50#*

2nd Annual Adamant 20 Miler – May 7, 2011, Adamant, VT

Competing with Green Up Day on a busy Mother's Day weekend, participation was light at the 2nd Annual Adamant 20 Miler. Compared with last year's rain, the sunny weather with temperatures in the 60's was perfect for both runners and cyclists. Out of 47 total registered, 32 runners and 9 cyclists completed the course. Rowly Brucken was first to cross the finish in a time of 2:17:20 followed closely by Steve Rucker in 2:17:32. The women's race was also very close although not hotly contested as Alicia Groft and Carey Russ finished together in 2:50:09 with the finish line judges giving it to Alicia Groft as Carey did not quite make the turn to cross the line. Age groups were well represented as 21 year old Joseph Kill came in 3rd OA in 2:19:33, 67 year old Zeke Zucker finished in 10th in 2:53:57 and 69 year old Newton Baker broke 4 hours in 3:57.

***** FEMALE OVERALL RESULTS *****

1 Alicia Groft 35 W. Lebanon NH 2:50:09

***** MALE OVERALL RESULTS *****

1 Rowly Brucken 42 Northfield VT 2:17:20


Div	OA	Name	AGE	Town	ST	Time
MALE AGE GROUP 20 - 29						
1	3	Joseph Kill	21	Randolph	VT	2:19:33
2	16	Aaron Griggs	24	Montpelier	VT	3:05:31
FEMALE AGE GROUP 30 - 39						
1	8	Alicia Groft	35	W. Lebanon	NH	2:50:09
2	9	Carey Russ	35	Hanover	NH	2:50:09
3	22	Jill Smith	32	S Burlington	VT	3:18:05
4	27	Victoria Hill	37	E. Hardwick	VT	3:27:19
5	29	Amy O'Toole	38	Hyde Park	VT	3:29:29
MALE AGE GROUP 30 - 39						
1	4	Chris Fox	36	Henniker	NH	2:32:14
2	5	Justin Ryea	32	Burlington	VT	2:32:15
3	12	Justin McCabe	33	Montpelier	VT	2:57:50
4	13	David Kelley	39	Plainfield	VT	2:59:17
5	15	Joe Zelazny	35	Manchester	NH	3:02:11
6	28	Shaun Gean	34	Quincy	MA	3:27:20
FEMALE AGE GROUP 40 - 49						
1	14	Jenny Bedell	49	Underhill	VT	2:59:34
2	18	Joy Dubin Grossman	46	S Woodstock	VT	3:10:27
3	32	Karen Machia	48	Jeffersonville	VT	4:55:50
MALE AGE GROUP 40 - 49						
1	1	Rowly Brucken	42	Northfield	VT	2:17:20
2	2	Steve Rucker	43	Burlington	VT	2:17:32
3	7	Ray Charbonneau	49	Arlington	MA	2:45:56
4	20	Scott Griggs	49	Orange	VT	3:10:33
5	23	David McMath	48	E. Hardwick	VT	3:20:58
6	26	Mark Bates	49	Barre	VT	3:23:40
FEMALE AGE GROUP 50 - 59						
1	21	Linda Hallinger	58	Washington	VT	3:11:08
MALE AGE GROUP 50 - 59						
1	6	Chris Andresen	55	Montpelier	VT	2:35:25
2	11	John Duff	58	Newfane	VT	2:57:19
3	19	David Erickson	58	Barre	VT	3:10:28
4	24	Thomas Hogeboom	59	Hardwick	VT	3:20:58
5	25	Rick DeAngelis	55	Montpelier	VT	3:21:59
FEMALE AGE GROUP 60 - 99						
1	17	Dot Helling	61	Montpelier	VT	3:10:26
MALE AGE GROUP 60 - 99						
1	10	Zeke Zucker	67	Jeffersonville	VT	2:53:57
2	30	John Kaeding	63	Worcester	VT	3:42:56
3	31	Newton Baker	69	Montpelier	VT	3:57:13

Thank you very much to the dedicated volunteers who provided food and water and helped with timing, registration and course set up: John and Toni Kaeding, Becky Diedrich, Lori Lacroix, Roger Cranse, Rose Kent, Grant Ornstein, Chris Andreson, Phyllis Arsenault Berry, Andrea McLaughlin, and Ruth Charbonneau.


Eric Ryea, Race Director & Donna Smyers Co-RD

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

Please check with contacts to confirm race times and other details.

Notes:  = CVR races and

 = Green Mountain Athletic Association (GMAA) races (additional info @ www.gmaa.net)


 **May 21, Barre Town Spring Run 5K**, 9:00am, Barre Town Recreation Field. 5K race on the Barre Town rec path out to the Rock of Ages Visitor's Center. | *Contact:* Andrea McLaughlin | 802-476-4417 or ajvtskier@msn.com


May 21, 3rd Annual Dandelion Run, 9:00am, Derby Beach House, Derby. *Contact:* Julie Gunn, run@orleansrecreation.org | 802 334-8511

May 21, Climb the Bennington Monument, 10:00am, 417 stairs up Bennington Battle Monument, Bennington. *Contact:* Brynn Wikgren, bwikgren@lungne.org | 802 876-6861 | www.lungusa.org

May 22, Barre Main Street Mile, 12:15 pm, Magic Wheel Community Bike Shop, part of Bike and Fitness Festival. See additional information on page 1

—JUNE—


 **June 4, Kids Track Meet**, 4:30 pm, Montpelier High School Track, FREE. For kids pre-school through 6th grade. Registration begins at 3:45 pm. Events include softball throw and long jump (all ages), quarter mile and 100 yard dash (all ages), half mile (1st and 2nd grade) and mile (3rd through 6th grade). *Contacts:* Tim Noonan at 802 223-6216 or Norm Robinson at 802 223-7351.

 **June 11, Capital City Stampede 10K**, 9:00 am, Montpelier, Vermont's fastest 10km course. Certified course, part of the [CVR ORS Race Series](#). Registration begins at 7:45 am at the Onion River Sports parking lot off Langdon Street. *Contact:* John Valentine, jvalentine@tds.net or 802 485-3777.

June 12, Remembrance Run 5K, 9:30 am, People's Academy, Morrisville, race day registration 7:30-9:00, *Contact:* www.remembrancerun.net

 **June 19, Vermont Mountaineers HOME RUN** 1st Annual 5K Trail Race, 5:00pm, Recreation Field, Montpelier. *Contact:* Norm Robinson, normrobinson@comcast.net | 802 522-6771

June 25, 9th annual Milton Freedom 5K, 6:00 pm, Milton Recreation Park, Children's Mile Fun Run @ 5:15. *Contact:* www.miltonfreedom5k.weebly.com

 **June 26, Paul Mailman Montpelier Ten-Miler**, 8:45 am, Starts at/finishes near Montpelier High School, part of the [CVR ORS Race Series](#). Longest continuously held road race in Central Vermont. Flat to rolling out and back; 27% paved, 73% gravel roads. *Contact:* andy.cvr@myfairpoint.net

July 3, 6th annual Montpelier Mile, 6:00 pm, State House lawn. Run in front of thousands of spectators, then enjoy the parade and fireworks. *Contact:* Onion River Sports, the-folks@onionriver.com or 802-229-9409

CVR & Area Races & Events... (continued)

🌲 **July 4, 29th annual Clarence DeMar 5K**, 8:30 am, Folsom School, South Hero, flat out and back course. *Contact:* Jessica Bolduc 802-658-1753 or demar@gmaa.net

🌲 **July 4, 32nd annual John Langhans 7 Mile Run**, 8:30 am, Woodstock, start and finish at the Middle Bridge, an historic covered bridge in the village, challenging course. *Contact:* Ottauquechee Athletic Club: oacweb.org

🌲 **July 9, 30th annual Bear Swamp Run**, 9:00 am, 5.7 miles, Middlesex, Hilly dirt roads, scenic, part of the CVR ORS Race Series. Race day registration only (8:00-8:45 am), Rumney School, Middlesex. *Contact:* Tim Noonan 802 223-6216 or carrnoonan@comcast.net

🌲 **July 17, 30th annual Stowe 8 Miler**, 9:00 am, Stowe Town Events Field on Weeks Hill Road. *Contact:* www.locorunning.com

🌲 **July 30, Barre Heritage Festival 5K Trail Race**, 9:30 am, at Millstone, Barre Town, Run past Barre's historic quarries on beautiful trails at Millstone Hill Touring Center. Registration at Millstone Store on Church Hill Road in Barre Town at 9AM, race at 9:30. Proceeds to benefit Spaulding H.S. Cross Country Team. *Contact:* Lori LaCroix, 802 479-2938 or blajx4@yahoo.com

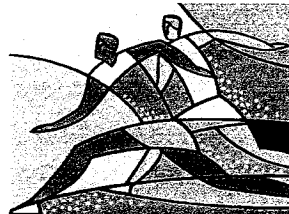
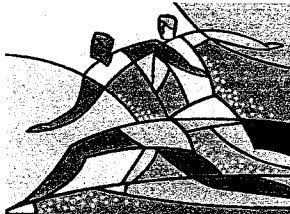
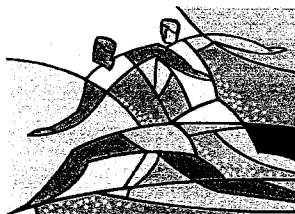
🌲 **August 6, 12th annual Egg Run**, 9:00 am, 5K & 10K, Parking & restrooms at Fairfax School with the race start near the Fairfax United Church, 5K is mostly flat, out and back, 10K continues past the 5K turn around including shady wooded hills before rejoining the 5K course, "awesome omelets" after the race. *Contact:* Fairfax Parks & Recreation 802-849-2641 or www.fairfaxrecreation.com

🌲 **August 11, Berlin Pond Five Miler**, 6:00 pm, Berlin Town Clerk's office, 5 mile loop counterclockwise around Berlin Pond, mix of flat and hilly dirt roads, part of the CVR ORS Race Series. Race day registration only (4:45-5:45 pm), Berlin Town Clerk's office. *Contact:* Jeff Prescott, jeffp_cvr@myfairpoint.net 802-272-3203 and Sue Emmons, sue.emmons@comcast.net

🌲 **August 25, East Montpelier Center Chase Race**, 6:00 pm, 5 miles, Old Meeting House, East Montpelier, Staggered start race based on age and gender. Loop course on rolling dirt roads. Race day registration only (5:00-5:45 pm), Old Meeting House, E. Montpelier. *Contact:* Tim Noonan 802 223-6216.

🌲 **September 3, Northfield Savings Bank 5K and Children's 1-Mile Race**, 9:30 am (1-mile) / 10:30 am (5K), 5K course certified, part of the CVR ORS Race Series. Start and finish in front of the Northfield Savings Bank at the Green in downtown Northfield, Vermont. *Contact:* Timothy Barre, timothyb@nsbvt.com or 802 485-5223.

Please check with contacts to confirm race times and other details.





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 _____

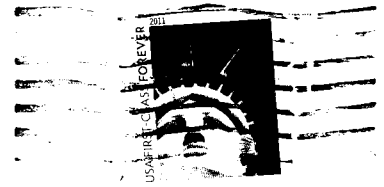
Annual dues are \$10 for individual or family, \$2 for students. Enclosed are dues for the following years - (2009 dues covers 3/2009-3/2010).

2010	2011	2012	2013	2014
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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

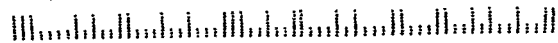
Newsletter Editor
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CVR PD 2011

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NEWSLETTER

MAY 2011

**Central
Vermont
Runners**



**Volume 32
Issue 2**

Please check the mailing label on your newsletter. If your mailing label indicates "PD 2010", this will be your last newsletter until your membership is renewed. Please renew your membership and support the Central Vermont Runners. A membership form and contact information for Donna Smyers is located on the inside of this page. Thank You!

**Next CVR Meeting
May 23rd—Potluck at 6:00 pm with meeting starting shortly after.
-Details inside on Page 3-**

www.cvrrunners.org