

Central Vermont Runners



August 2011
Volume 32
Issue 3

Norm's Notes...

Excuses..... We all have them, but those who minimize them, work around them, or ignore them are successful. Those who don't, turn them into regrets, and missed opportunities. I seem to continually fall into the second group. There is little I enjoy more than being in shape to run a reasonable marathon, yet for many months now I seem to have found plenty of excuses to not get into marathon shape. Now understand, it is not about actually RUNNING a marathon, because those don't tend to be fun, but the act of training for, and getting in good enough shape to run one is the joy. I miss it.

So, at 55 years of age, the road back to previous levels of competence is proving to be interesting. The problem continues to be more excuses, and older muscles. Fortunately, I have a reason to find a reason to get back in shape. My near future incentive is that cross country season is fast approaching. It is easily one of the most enjoyable things I have been involved in. My more long term incentive is the wedding of my daughter Bridget in April. Nothing like wanting to lose a little weight to help get you running regularly again!

Moving on to a different topic, I want to thank every race director and volunteer that has stepped up during a VERY busy race schedule so far this year.

In this Issue:

<i>CVR officers</i>	2
<i>Meeting Notes</i>	2
<i>News Articles</i>	3
<i>Time Lines</i>	4
<i>Race Results</i>	5
<i>Race Schedule</i>	11
<i>CVR Application</i>	13

Next CVR Meeting

***August 8th -
Directions to the
meeting***

>>>>>

The club had 6 weeks straight of events and it took a lot of folks to make everything the success it was. Everything we do depends on each of us jumping in and helping out at various races. We still have a lot of races left, so if you have not volunteered at one yet you still have a chance.

Have you seen the new club shirts yet? We have had good reviews so far, and from a personal note, they are very comfortable! Currently we have short sleeve tee shirts, and short sleeve tech shirts in both men's and women's styles. To get yours come to the club meeting on August 8th, or the Berlin Pond 5 mile race. We will be putting in a new order in the coming months, and you will get more information about fall/winter styles, and singlets .

I hope to see you at the meeting on the 8th! The meeting and potluck will begin promptly at 6:00 pm at my house located at 66 Terrace Street in Montpelier. See you there!

Norm

Follow Bailey Avenue from Montpelier High School across the bridge and cross State Street (Route 2), then turn left onto Terrace Street (Norm's house is approximately 3/4 mile from State Street)

Contact Information for CVR Officers

Norm Robinson	President	223-7351	Dave Kissner	John Harkley	Webmasters	229-4533, 225-2162
Jeff Prescott	Vice-President	272-3203	Bob Howe		Newsletter	476-8946
Linda Hallinger	Treasurer	883-5415			Greg Gerdel	224-6960
Sandy Colvin	Secretary	272-9795		Membership	Donna Smyers	229-4393

Central Vermont Runners Meeting Minutes — May 23, 2011

1. President Norm Robinson called the meeting to order @ 1833hrs. at the home of Michael Cherick located on City Side Drive in Montpelier, VT.
2. After a count of those present it was determined that a quorum was present and club business could be conducted.
3. Minutes of the last meeting were read and accepted.
4. CVR Treasurer Linda Hallinger gave the Treasurer's Report which was also accepted.
Linda reported the club has \$20,780 in funds available and made more than \$10,000 in charitable donations so far this year.
Linda explained that during her tenure as club treasurer she will break down income and expenses a little more precisely and will request race directors make bank deposits and send documentation reports.
Linda also reported she purchase QuickBooks software as previously directed.
5. Norm Robinson reported that he had no information regarding the computer purchase status.
6. Donna Smyers reported the purchase of a double sided digital timing clock with case and tripod. The new clock has been used three times thus far and is well liked. The clock does not like rain and a clear cover is being sought.
7. National Life is selling the National Life Annex on the Junction Road. CVR has been asked to remove club property by September 2011, as the building has been or will be sold. There was a discussion about renting a storage unit in the area. Jeff Prescott volunteered to research the rental scene and secure a storage unit for club use.
8. Montpelier DPW Director Todd Law has advised that sewer line construction on the bike path from Liquor Control to Dog River Road will probably not take place until the end of June or July. Members will be kept abreast of this situation.
9. Race Reports:
Reports on the Mutt Strut and the Adamant 20 Miler were given by Donna Smyers.
Mutt Strut had bad weather but a good turn out on a modified course. (due to snow)
Adamant had great weather but did not attract the number of anticipated runners. It was suggested that next year there may be a shorter distance race included.
Andrea McLaughlin reported 77 runners at the Barre Town 5K and that the proceeds will be donated to the Barre Town Bike Path.
10. Discussion of CVR's recent role in the Barre Fitness Festival.
11. Norm Robinson reported the CVR schedule is very full for the next 6 weeks with the Kids Track Meet, Capital City Stampede, Home Run Trail Run, 10 Miler and help with the Onion River/Montpelier Mile on July 3rd.
12. Roger Cranse gave a brief Leaf Peepers report advising that registration is open and that 40+ have already registered for the popular event. Ben and Jerry's sponsorship will not be made available in 2011.
13. Rebecca Copans has volunteered to be the race director/manager for the Labor Day NSB 5K in Northfield, VT.
14. A unanimous vote ushered in the much awaited new CVR club logo. Norm Robinson has been working with Bevin's and Sons Printing on River St. in Montpelier. Norm formed a committee and was authorized by motion (D. Smyers) to spend up to \$2,500 to purchase various running clothing with the new logo for sale to members. Michael Chernick moved that the new logo be used for club clothing and otherwise be phased in for other purposes. All motions were discussed and rec'd unanimous approval.
15. At 1959:12 hours the meeting was adjourned.

John Martin

Dot and John's Most Excellent Vacation...

After months of planning we left Williamstown on June 9th headed for the June 26th start of Ironman Coeur d'Alene (Idaho) with a few stops along the way. Driving the Ford IronVan across the huge country with your best friend is priceless.

First stop, central NY Erie Canal towpath for an hour stretch your legs run in 90 degree heat. Second stop, a long swim in the waves in Lake Erie. Third "rest" is an early morning run in Indiana along the sand dunes of Lake Michigan.

First race is the Trinona in Winona, MN. a 1.5K swim, 40K bike and 10K triathlon in the Bluff Country along the Mississippi River. This was a really nice race with a most challenging bike course. The vacationing pair from Vermont raced well with Dot winning the W50-54 Age Group while I managed 2nd in the M60-64 AG. Trophies were sculpted from the limestone bluffs so we could bring a little of MN. back home.

Onward and westward. Next morning is a swim in a glacial pond. By afternoon we warmed enough from the swim to bike with the prairie dogs and bison in the Teddy Roosevelt National Park in S. Dakota. Great day in central Montana to run 10 miles along some forgotten flood control lake. Montana's sky is truly bigger. Stopped to see an old workmate in Conrad, MT., before heading to Glacier Nat'l Park. Glacier = cold, 40 degrees, winds at 40 MPH and 40 feet of snow in the road. We did all the hiking trails not blocked by snow and came within an arm's length of a cow moose and her calf. Goats and sheep spotted clinging to the cliffs and of course we saw black bears.

Race #2, a sprint triathlon in Kalispell, MT. Again, the vacationing Vermonters came home with hardware. Dot again won her AG (W41-50) and I placed 3rd in the M51-60 AG.

Libby, MT. is the City of Eagles and makes this claim as there are more eagles than pigeons. Couple of days at Lake Kooocanusa soaring with the eagles and some excellent bike rides before heading in to Coeur d'Alene (CDA).

Lake CDA is a big body of water fed by the snowmelt. There is still lots of snow melting in the Rockies. Water temp is somewhere between 56-58 degrees. Wetsuit or no, 58 degrees is cold for a dip much less a 2.4 miles swim with 2,500 other people swimming toward the same spot at the same time. The swim took the starch out of me. I finished the race in 14 hours but had planned/trained for a finish 2 hours faster. Dot finished in 12 hours and she felt she was an hour slow. This is great race and we earned our finishers medals.

Adventure not over! Heading back now with an unplanned stop at the Lewis and Clark State Park in MT. and my first cave exploration. A mile down, spectacular. Yellowstone is a remarkable place, mountains, lakes, geo-thermals, canyons and grasslands all within the same park. And talk about animals, bison, deer, elk, coyotes, black and grizzly bear all spotted. We'll have to come back to see the wolves. Great hiking here. The spring flowers were magnificent. Fact, the lowest elevation in Yellowstone is over 5,200 feet.

Heading back now but not before taking in a rodeo in Sundance, WY. or a stop to run an hour in the Bad Lands of South Dakota. An amazing place.

OK, time to go back home. 5,775 miles, lots of good pics and a lifetime of memories. This is truly a great country. She is still my best friend.

John Martin



TIME LINES

Ten Years Ago--Summer 2001

- A number of CVR runners joined with members of GMAA to celebrate the 25th anniversary of the Green Mountain Athletic Association. Events included a relay and party.
- Race director Michael Chernick oversaw the redesign of the Berlin Pond race from a couples race to an individual race.
- The Central Vermont Race Series sponsored by Onion River Sports expanded from five races to seven races with the addition of the Northfield Savings Bank 5 K and the Leaf Peepers 5 K / half-marathon. However the guidelines for the series explained that if a runner participated in more than five races only the top five finishes would be counted.

Twenty Years Ago--Summer 1991

- The "Adventure in Friendship Relay" was an official event for the Vermont bicentennial. Greg Gerdel reported that the core group of twelve runners plus the six running only the first leg began the relay in Washington D.C. with a torch-lighting send off from Willard Scott, live on the "Today Show". The relay organized by Myles Caskie of Brandon passed through ten of the original thirteen states. In each state the team had a ceremonial meeting with state officials and gathered Bicentennial proclamations which were delivered to Governor Snelling at the Statehouse on July 1st. Greg went on to report that usually the kids ran in pairs, a mile at a time. On that cycle even the younger runners could easily put in six or eight miles a day. On the longest running day, a stretch from New Haven, Ct to Newport, RI, some of the older, stronger kids did nearly 20 miles. Most of the team ran the full 6.7 miles from Barre's City Park to downtown Montpelier with police escort and perfect running weather.
- Tim Noonan, race director for the Montpelier Ten Mile Road race, reported that the team from the Greater Lowell Road Runners took first place for the male 0-39 teams. For male teams 40+, the North Country Runners team took first place over the CVR team (Chaplin, Murphy, Baker) with the GMAA team in 3rd.

Thirty Years Ago--Summer 1981

- The Corporate Cup 5K held in Montpelier in May of each year began as a 10K challenge race between state agencies. The team from the Agency of Environmental Conservation won the inaugural event. The race was organized by Bob Murphy who ran the finish line with watch, clipboard and pen.
- CVR organized three teams for the Lake Placid Marathon Relay, held in Westport, N.Y. The 24 hour relay ran from noon to noon. Most runners ran between 22 and 25 miles during the 24 hour period, rotating one mile runs before handing the baton to the next runner. Dick Millar ran 26 miles with the fastest mile at 5:04. The CVR woman's team smashed the woman's record for the event running 206 miles and 3814 feet during the 24 hour period. The woman's team included Lea Hayer, Mary Labate, Debbie Martin, Janice Rucker, Elaine Hoiska, Cindy Martin, Elizabeth Meiklejohn, Sue Christiansen, Darragh Ellerson and Ellen Anders.

Barre Town Spring Run, 05/21/2011 (race director Andrea McLaughlin)

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

1 Grace Brigham 17 Montpelier 19:40

FEMALE AGE GROUP 1 - 12

1 21 Cellan Hogan 10 Barre 26:27
 2 28 Rebekah Shatney 10 Barre 29:40
 3 33 Marley Ostrout 9 Barre 30:50
 4 34 Ashley Martell 9 Barre 32:39
 5 36 Aaliyah Preston 8 Graniteville 34:00
 6 38 Kiana Stevens 8 Barre 34:19
 7 40 Grace Paterson 9 Barre 34:21
 8 41 Lauren Allen 9 Barre 34:28
 9 42 Jillian Moser 9 Barre 34:29
 10 44 Madelyn Joshlin 9 E. Barre 35:34
 11 46 Riley McFaun 9 Barre 36:07
 12 47 Lacey Lavallee 9 Barre 36:42
 13 48 Jenna Hallstorm 9 Barre 36:59
 14 49 Camryn Fewer 9 Barre 37:00
 15 50 Chyenne Rielly 9 Barre 37:00
 16 52 Emily Cetin 9 Barre 37:51
 17 53 Makenna Taylor 9 Barre 37:52
 18 55 Danielle Trottier 9 Barre 39:14
 19 58 Grace Hardaker 9 Barre 39:15
 20 59 Bree-Anna Day 8 Barre 39:40
 21 60 Samantha Ducey 10 Barre 39:56
 22 61 Brittany Mattott 8 Barre 40:09
 23 63 Jaylynn Emmons 8 Barre 40:10
 24 64 Cheyenne Hathaway 10 Websterville 40:11
 25 65 Madison Cooley 10 Barre 41:05
 26 67 Emily Baily 9 Barre 42:40
 27 68 Abigail Stacy 9 E. Barre 42:41
 28 69 Stefani Hannon 9 E. Barre 44:04
 29 72 Lillian St. Jean 9 South Barre 45:36
 30 74 Ashley Raycraft 10 Barre 45:53
 31 76 Brianna Bouffard 9 E. Barre 49:25
 32 77 Montana Pelletier 9 Barre 49:29

MALE AGE GROUP 1 - 12

1 22 Hunter Hannon 12 East Barre 26:35

MALE AGE GROUP 13 - 19

1 2 Sam Brigham 19 Montpelier 17:03
 2 6 Alex Hardaker 15 Barre 18:49

FEMALE AGE GROUP 20 - 29

1 14 Ami Curtis 20 East Montpelier 22:32
 2 75 Ashley Durgin 22 Barre 46:10

MALE AGE GROUP 20 - 29

1 3 Kyle Baitz 24 Winooksi 17:08
 2 7 Ryan Ewald 20 Newport 18:51
 3 9 Joseph Kill 21 Randolph 19:35
 4 10 Michael Stridsberg 24 Berlin 19:39
 5 18 Jeremy Jones 27 Randolph 24:49
 6 25 Ben Lafond 21 Barre 28:08
 7 26 Loren Munger 22 South Burlington 28:31
 8 45 Josh Joshin 28 East Barre 35:35

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

1 Eric Morse 46 Berlin 15:48

FEMALE AGE GROUP 30 - 39

1 15 Missy Goodwin 37 Barre 23:33
 2 20 Jennifer Habeck 31 New York, NY 25:42
 3 24 Daniell Nitsche 35 St Johnsbury 27:00
 4 35 Vicki Rivers 35 Williamstown 33:34
 5 54 Tanya Taylor 36 Barre 37:53
 6 73 Heather St Jean 38 South Barre 45:38

MALE AGE GROUP 30 - 39

1 5 Eddie Habeck 33 Williamstown 18:39
 2 12 Matt Curtis 30 East Montpelier 20:11
 3 37 Jason Preston 34 Graniteville 34:00
 4 56 Dan Trottier 34 Barre 39:14
 5 57 DJ Hardaker 39 Barre 39:15
 6 62 Kevin Matutt 35 Barre 40:09
 7 66 Kevin Putney 31 Barre 41:06

FEMALE AGE GROUP 40 - 49

1 16 Beth McCabe 49 Barnet 23:53
 2 29 Cheryl A Lease 48 Randolph 30:13
 3 31 Lisa Wilkin 45 Barre 30:29
 4 43 Sheila Paterson 43 Barre 35:09
 5 51 Amy McFaun 41 Milton 37:26

MALE AGE GROUP 40 - 49

1 4 Scott Atkins 40 Stowe 17:37
 2 13 Jeff Prescott 47 Montpelier 20:26
 3 17 David Cameron 40 Barre 24:20
 4 19 Austin Gray 40 Barre 25:18
 5 23 Spencer Hudson 42 Concord 26:39
 6 27 Damon Lease 49 Randolph 28:45
 7 30 Jay Paterson 46 Barre 30:16
 8 39 Chickey Stevens 43 Barre 34:20
 9 70 Jim Ducey 49 Barre 45:04
 10 71 David Ducey 48 Graniteville 45:05

MALE AGE GROUP 50 - 59

1 8 Mack Gardner-Morse 50 Calais 19:01

MALE AGE GROUP 70 - 79

1 32 Roger Cranse 70 Montpelier 30:39

**Repeat Winner Burdett, and Bethel's
 Kent, Take Onion River Sports's
 Montpelier Mile on July 3rd !**

Past Montpelier Mile champion Francis Burdett ran a blistering 4:34 to win this year's Onion River Sport's Montpelier Mile. Bethel VT's Rose Kent took the women's crown in 6:08. Complete results are available at onionriver.com .

CVR Capital City Stampede 10K—Montpelier, VT—06/11/2011

2011 CVR/ORS Race Series Race #2

USATF Certified. Registration No. USATF #VT09011RF.. Race Director—John Valentine

FEMALE AGE GROUP 01 - 19

1 57 Althea Devereux 12 Jericho VT 47:52
2 58 Holly Gordon 11 Montpelier VT 48:07
Record 38:56 by Caitlin Compton in 1999

FEMALE AGE GROUP 20 - 29

1 11 Abbey Kaknes 27 Burlington VT 39:15
2 32 Natalie Ruppertsber 22 Plainfield NH 43:44
3 38 Sarah Van Dyke 24 Stowe VT 44:37
4 68 Tela Christiansen 28 Plainfield VT 49:32
5 78 Suzanne Whitaker 21 Northfield VT 51:24
6 88 Allie West 23 Burlington VT 53:15
7 89 Caitlin Dempsey 25 Burlington VT 53:15
8 90 Kellie Largay 26 St. Johnsbury VT 53:51
9 103 Molly Brockman 27 Reading VT 56:29
10 106 Alison Hogeboom 20 Hardwick VT 59:04
11 107 Nancy Rosenbloom 25 Brooklyn NY 59:05
12 115 Amanda Wenrich 28 Brandon VT 1:03:31
Record 35:28 by Lea Hayer in 1983

FEMALE AGE GROUP 30 - 39

1 27 Sarah London 31 Montpelier VT 42:38
2 44 Erin Randall-Mullin 34 Colchester VT 45:43
3 56 Cara Arancibia DiMa 31 Burlington VT 47:49
4 66 Hilary Sales 36 Montpelier VT 49:01
5 67 Melissa Prindiville 39 Berlin VT 49:02
6 70 Stacy Boeskor 36 Northfield VT 49:41
7 75 Missy Goodwin 37 Barre VT 50:34
8 77 Rebecca Brisswanger 31 Barre VT 51:22
9 79 Jamie Clarke 33 Essex Jct. VT 51:34
10 82 Thao Nguyen 35 Williston VT 52:03
11 97 Shaira Schwartz 30 Enfield NH 55:12
12 111 Jennifer Hall 36 Moretown VT 1:02:02
13 117 Francine R. Perkins 38 Barre VT 1:04:43
14 118 Kelly Bandy 38 Barre VT 1:04:50
15 123 Jordyn Bonds 30 N. Hyde Park VT 1:05:46
16 126 Patti Daniels 36 Grand Isle VT 1:07:07
17 127 Sera Bonds 34 Hyde Park VT 1:23:13
Record 36:43 by Gina Sperry in 1991

FEMALE AGE GROUP 40 - 49

1 74 Amy McDonough 43 Northampton MA 50:30
2 84 Dara Torre 44 Moretown VT 52:07
3 87 Catherine Ross 41 Burlington VT 53:12
4 91 Jean Hess 44 Jericho VT 53:53
5 92 Tanny Lawrey 46 Middlesex VT 54:05
6 93 Kelly Collar 45 Moretown VT 54:17
7 94 Beth Martell 45 Essex VT 54:50
8 100 Susan Koeplinger 43 Waitsfield VT 55:45
9 102 Margaret Brigham 48 Montpelier VT 56:24
10 105 Becky Diedrich 46 Berlin VT 56:42
11 113 Stacy Blanchard 40 Randolph VT 1:03:16
12 119 Kristin E. Scott 41 Milton MA 1:05:16
13 120 Laurene Ellis 47 Brockton MA 1:05:17
Record 38:29 by Sue Barber in 1997

MALE AGE GROUP 01 - 19

1 8 Logan Martell 16 Essex VT 38:06
2 26 Zachary Martell 16 Essex VT 42:28
Record 32:37 by Brent Coon in 1985

MALE AGE GROUP 20 - 29

1 1 John Ostler 25 Montpelier VT 35:10
2 3 Kyle Bartz 24 Winooski VT 35:59
3 12 Matt Ozahowski 25 Thetford VT 39:33
4 13 Jacob Wells 22 So. Burlington VT 39:44
5 14 Ryan Ewald 20 Newport VT 39:51
6 19 Dale Ozahowski 27 Thetford VT 40:51
7 24 Ross Lieb-Lapper 26 Cohasset MA 42:11
8 28 Justin Newland 21 West Burke VT 42:47
9 36 Michael R. Stridsbe 24 Berlin VT 44:31
10 71 David Jacobs 25 Montpelier VT 49:59
11 108 Zach Pollakoff 26 Brooklyn NY 1:00:49
12 114 Ben Lafond 21 Barre VT 1:03:23
Record 30:26 by Eric Morse in 1993

MALE AGE GROUP 30 - 39

1 2 Thomas Howard 34 Burlington VT 35:50
2 4 Chad Shepard 36 Williston VT 36:50
3 9 Matthew Roth 33 Milton VT 38:08
4 10 Jon Floyd 38 Waterbury Ctr. VT 39:13
5 15 Rob McDougall 36 So. Burlington VT 39:53
6 22 Adam French 32 Berlin VT 41:39
7 34 Bart Whearty 34 Winooski VT 43:59
8 40 Michael Sherwin 36 Essex Jct. VT 45:05
9 48 Chris Grantz 34 Barre VT 46:08
10 49 Rob Davidson 37 Enfield NH 46:09
11 50 Brendan Eaton 31 East Montpelier VT 46:13
12 60 David Metraux 32 Greensboro VT 48:32
13 65 David Watts 37 Windsor VT 49:00
Record 30:50 by Eric Morse in 1995

MALE AGE GROUP 40 - 49

1 5 Mike Early 47 Huntington VT 36:58
2 6 Scott Atkins 40 Stowe VT 37:12
3 16 Scott Moreau 49 Westford VT 40:27
4 20 Michael Wolfe 48 Newton MA 40:54
5 23 Mike Bessette 41 St. Albans VT 41:59
6 25 Sean Murphy 44 Montpelier VT 42:11
7 30 Jeff Prescott 47 Montpelier VT 43:23
8 33 Scott Nichols 45 Essex VT 43:55
9 37 Morgan Ecklund 44 Calais VT 44:32
10 41 Thomas Rogers 44 Winooski VT 45:22
11 42 Michael Kennedy 43 So. Burlington VT 45:28
12 72 Gary White 46 Derby VT 50:02
13 80 Rick Brigham 47 Montpelier VT 51:43
14 81 Randy Brown 43 Middlesex VT 51:49
15 85 David Cameron 40 Barre VT 52:17
16 86 Roderick Cooke 44 Montpelier VT 53:01
17 99 Scott Lovelette 42 Montpelier VT 55:26
Record 34:00 by Randy Sightler in 2001

CVR Capital City Stampede 10K—Montpelier, VT—06/11/2011
(continued from page 6)

FEMALE AGE GROUP 50 - 59

1 29 Sue Hackney 54 Montpelier VT 43:00
2 35 Donna Smyers 53 Adamant VT 44:17
3 53 Nina Changelian 56 Waterbury Ctr. VT 47:06
4 62 Ellie Bouffard 50 Colchester VT 48:41
5 63 Carlie Krolick 56 Charlotte VT 48:54
6 69 Ruth Blauwiel 57 Colchester VT 49:35
7 76 Ann Bushey 53 Montpelier VT 50:40
8 95 Chris MacLean 56 Waterbury Ctr. VT 55:10
9 112 Maryke Gillis 50 Middlesex VT 1:03:03
10 124 Laura Hall 50 Plainfield VT 1:06:21
Record 41:41 by Moira Durnin in 2001

FEMALE AGE GROUP 60 - 69

1 55 Moira Durnin 60 Stowe VT 47:32
Record 46:38 by Patty Foltz in 2008

MALE AGE GROUP 50 - 59

1 7 Sam Davis 50 Colchester VT 37:57
2 18 Mack Gardner-Morse 50 Calais VT 40:43
3 21 Chris Andresen 55 Montpelier VT 41:09
4 31 Bob Sayers 57 Huntington VT 43:36
5 39 Mike Gillis 54 Middlesex VT 45:00
6 43 John Howe 52 Charlotte VT 45:33
7 45 Charles Windisch 57 Essex Jct. VT 45:49
8 46 Greg Johnson 50 So. Royalton VT 45:50
9 51 Russ Cooke 59 Williston VT 46:25
10 52 Dave Fields 56 Lyme NH 46:48
11 54 Joe Robinson 51 Warren VT 47:28
12 61 Joe Kasper 51 Warren VT 48:35
13 73 Michael Gordon 54 Essex Jct. VT 50:12
14 83 Jim Shea 52 East Montpelier VT 52:06
15 101 Robert Hildebrand 50 Montpelier VT 56:17
16 122 Mark Daley 58 Canton CT 1:05:37
Record 34:44 by Doug MacGregor in 1990

MALE AGE GROUP 60 - 69

1 17 Ed McSweeney 60 Montpelier VT 40:33
"New record". Old record 40:50 by Chuck Arnold in 2009
2 47 John Hackney 65 Montpelier VT 46:07
3 59 Greg Gerdel 64 Montpelier VT 48:17
4 64 Thomas Hogeboom 60 Hardwick VT 48:57
5 96 Tom Ozahowski 60 Thetford VT 55:11
6 98 Sigh Searles 62 Wolcott VT 55:16
7 104 Michael Shover 62 Bradford VT 56:30
8 109 Greg Wight 65 Brookfield VT 1:00:59
9 116 Buddy Longworth 61 Northfield Falls VT 1:04:38
10 121 Dave Hall 66 Plainfield VT 1:05:35

MALE AGE GROUP 70 - 99

1 110 Phillip Howard 73 Burlington VT 1:01:02
2 125 Roger Cranse 70 Montpelier VT 1:06:43
Record 49:37 by Jean Bernaquez in 2006



- Schedule workouts and practices earlier or later in the day when the temperature is cooler.
- Pace activity. Start activities slow and pick up the pace gradually.
- Drink more water than usual and don't wait until you're thirsty to drink more. Muscle cramping may be an early sign of heat-related illness.
- Monitor a teammate's condition, and have someone do the same for you.
- Wear loose, lightweight, light-colored clothing.
- Know when it's hot! Sign up to receive free weather alerts to your phone or e-mail (<http://www.weather.com/mobile/>)
- Seek medical care immediately if you or a teammate has symptoms of heat-related illness.

1st Annual Homerun Trail 5K - Recreation Field, Montpelier, VT - June 19, 2011

Mountaineers 1st Annual Home Run 5k Trail Race a Success!

The 1st Annual Home Run race took place on Father's Day, June 19th and was a great success. Fifty-seven runners took off from home plate just prior to game time and circled the field before leaving to run on trails surrounding the ball park. They then returned back to the park and finished up at home plate. Runners were treated to free pizza and cremees from Angelino's and Dairy Creme after the race.

Those fortunate to finish in the top two spots in their age division received prizes that were generously donated by Morse Farm. Lenny's Shoe and Apparel also donated \$100.00 gift cards to the top overall male and female runners. The top male finisher was Peter Maksimow, who was visiting from Colorado, in a time of 17:11. Sue Hackney of Montpelier won the woman's division in a time of 22:40.

Norm Robinson, Race Director

Place O'All Name Age City St Time Pace

FEMALE AGE GROUP 0 - 19

1 13 HOLLY GORDON 11 MONTPELIER VT 23:35 7:36
 2 24 AENEA MEAD 13 MORETOWN VT 27:36 8:54
 3 33 SARAH RICHARDSON 19 MONTPELIER VT 30:47 9:55
 4 34 CLARA MEAD 10 MORETOWN VT 31:06 10:01
 5 35 ALEX REILLY 11 MIDDLESEX VT 31:24 10:07
 6 48 REBECCA VANDENBERGH 11 MONT. VT 35:18 11:22
 7 49 BRYNN BUSHEY 11 MONTPELIER VT 35:19 11:23
 8 53 ANNA SCHMELTZER 10 MONTPELIER VT 38:48 12:30

FEMALE AGE GROUP 20 - 29

1 12 ROSE KENT 27 BETHEL VT 23:22 7:32
 2 18 MARY HEVER 28 LYNDONVILLE VT 25:02 8:04
 3 30 ALISON HOGEBROOM 20 HARDWICK VT 29:10 9:24
 4 55 IRIS GISERKIM 20 HARDWICK VT 42:51 13:48

FEMALE AGE GROUP 30 - 39

1 16 MELISSA PRINDIVILLE 39 BERLIN VT 24:10 7:47
 2 19 NORA DUANE 32 EAST MONTPELIER VT 26:26 8:31
 3 22 KATIE BUDRESKIE 30 MONTPELIER VT 27:02 8:43
 4 28 COLLEEN KUTIN 34 WORCESTER VT 28:09 9:04
 5 41 KELLY BANDY 38 BARRE VT 32:33 10:29
 6 50 CLAIR FITTS 30 MONTPELIER VT 36:26 11:44
 7 52 CHRISTINE PETERSON 39 BARRE VT 37:28 12:04

FEMALE AGE GROUP 40 - 49

1 29 JENNIFER TRIPP MEAD 47 MORETOWN VT 29:01 9:21
 2 37 KATE VANDENBERGH 48 MONTPELIER VT 31:28 10:08
 3 40 STACY BLANCHRD 40 RANDOLPH VT 32:32 10:29
 4 54 LYNN METCALF 44 MONTPELIER VT 38:49 12:30

FEMALE AGE GROUP 50 - 59

1 10 SUE HACKNEY 54 MONTPELIER VT 22:40 7:18
 2 38 ANN BUSHEY 53 MONTPELIER VT 31:29 10:09
 3 51 ELIZABETH M MCCARTH 58 HARDWICK VT 36:57 11:54

FEMALE AGE GROUP 60 - 69

1 21 DOT HELLING 61 MONTPELIER VT 26:57 8:41
 2 57 JANE VALENTINE 64 ROXBURY VT 50:32 16:16

Place O'All Name Age City St Time Pace

MALE AGE GROUP 0 - 19

1 4 CECIL FREEMAN 14 BERLIN VT 20:04 6:28
 2 6 KIRBY GORDON 13 MONTPELIER VT 20:58 6:45
 3 7 PETER HAGENLOCHER 15 NORTHFIELD VT 21:19 6:52
 4 11 SILAS BAKER 16 MONTPELIER VT 23:18 7:30
 5 36 BRIAN BUSHEY 8 MONTPELIER VT 31:28 10:08
 6 43 NATHANIEL NICHOLS-F 16 WEST BERLIN VT 32:49 10:34
 7 46 JACOB MILLER-ARSENA 8 MIDDLESEX VT 34:26 11:05

MALE AGE GROUP 20 - 29

1 56 JOHN HOGEBROOM 22 HARDWICK VT 42:52 13:48

MALE AGE GROUP 30 - 39

1 1 PETER MAKSIMOW 32 EAST MONTPELIER VT 17:11 5:32
 2 3 JON COPANS 37 MONTPELIER VT 18:56 6:06
 3 9 JON BUDRESKI 35 MONTPELIER VT 22:25 7:13
 4 14 DAVID METRAUX 32 GREENSBORO VT 23:43 7:39
 5 27 MATT CALHOUN 36 EAST BARRE VT 27:57 9:00

MALE AGE GROUP 40 - 49

1 2 ERIC MORSE 46 BERLIN VT 17:40 5:42
 2 5 ANDREW TRIPP 41 MONTPELIER VT 20:51 6:43
 3 23 PAUL RICHARDSON 48 MONTPELIER VT 27:03 8:43
 4 44 CHRIS REILLY 48 MIDDLESEX VT 32:55 10:36
 5 47 DANIEL MILLER-ARSEN 42 MIDDLESEX VT 34:32 11:07

MALE AGE GROUP 50 - 59

1 20 LES SNOW 54 MARSHFIELD VT 26:32 8:33
 2 31 TOM KELLY 57 BARRE VT 29:24 9:28

MALE AGE GROUP 60 - 69

1 8 JOHN VALENTINE 61 ROXBURY VT 21:57 7:04
 2 15 STEVE CAUM 60 VERGENNES VT 23:48 7:40
 3 17 THOMAS HOGEBROOM 60 HARDWICK VT 24:48 7:59
 4 32 SIGH SEARLES 62 WOLCOTT VT 29:52 9:37
 5 39 NEWTON BAKER 69 MONTPELIER VT 31:40 10:12
 6 42 BOB BARRETT 64 MONTPELIER VT 32:38 10:31

MALE AGE GROUP 70 - 99

1 25 HUGH WILSON 71 DORVAL QC 27:38 8:54
 2 26 JEAN BERNAQUEZ 79 MONTREAL QC 27:47 8:57
 3 45 ROGER CRANSE 70 MONTPELIER VT 33:43 10:52

37th Annual Paul Mailman 10 Miler - Montpelier, VT - June 26, 2011

Race Directors, Andy, Andrea and Sandy

Place O'All Name Age City St Time Pace

FEMALE AGE GROUP 0 - 19

1 57 KATE BASCOM 18 ROYALTON VT 1:24:15 8:26
Record 57:53 by Tara Chaplin in 1998

FEMALE AGE GROUP 20 - 29

1 11 ABBY KAKNES 27 BURLINGTON VT 1:07:15 6:44
2 15 SARAH WATERMAN 27 WINOOSKI VT 1:08:53 6:54
3 41 LIZ LONGWORTH 27 NORTHFIELD VT 1:19:14 7:56
4 65 ANGIE THOMAS 22 WILLISTON VT 1:27:30 8:45
5 78 KIM TANTLINGER 26 RICHMOND VT 1:32:46 9:17
6 85 SARA ERICKSON 27 BARRE VT 1:37:10 9:43
Record 1:00:03 by Ann Peisch in 1982

MALE AGE GROUP 20 - 29

1 2 RYAN KERRIGAN 26 MORETOWN VT 59:10 5:55
2 7 WILL GOCHBERG 26 WINOOSKI VT 1:03:25 6:21
3 95 ROBERT PETTERSEN 25 BURL. VT 1:40:25 10:03
Record 50:09 by Jim Miller in 1982

FEMALE AGE GROUP 30 - 39

1 19 SARAH LONDON 32 MONTPELIER VT 1:11:24 7:09
2 52 STACY BOCSKOE 36 NORTHFIELD VT 1:23:13 8:20
3 54 HILARY SALLS 36 MONTPELIER VT 1:23:19 8:20
4 58 DILLON BURNS 32 CALAIS VT 1:24:48 8:29
5 59 MELISSA PRINDIVILLE 39 BERLIN 1:25:18 8:32
6 60 EILEEN HEE 39 WORCESTER VT 1:25:30 8:33
7 61 THAO NGUYEN 35 WILLISTON VT 1:26:18 8:38
8 62 KRISTIN COOK 30 WILLISTON VT 1:26:52 8:42
9 71 HEATHER JAROCHYM 32 STOWE VT 1:30:36 9:04
10 75 KARA PAWLUSIAK 32 BURL. VT 1:31:36 9:10
11 86 AMY GIULIANI 39 ESSEX VT 1:38:21 9:51
12 87 ROSE DUPREY 31 MONTPELIER VT 1:38:22 9:51
13 99 ARIANE KISSAM 35 BURL. VT 1:50:42 11:05
14 101 KELLY BANDY 38 BARRE VT 1:54:23 11:27
Record 55:58 by Leatrice Sikora Hayer in 1988

MALE AGE GROUP 30 - 39

1 3 JASON BUI 30 TEWKSBURY MA 1:01:14 6:08
2 4 CHAD SHEPARD 36 WILLISTON VT 1:01:28 6:09
3 5 THOMAS HOWARD 34 BURL. VT 1:01:34 6:10
4 10 JON FLOYD 38 WATERBURY CTR VT 1:06:25 6:39
5 12 ROB MCDUGALL 36 SO. BURL. VT 1:07:20 6:44
6 13 PETER HIRSCHFELD 33 WORCESTER 1:08:25 6:51
7 14 MATTHEW DALL 32 COLCHESTER VT 1:08:43 6:53
8 18 DANIEL SCHEIDT 39 BURL. VT 1:10:45 7:05
9 22 STEVEN THRESHER 34 MONT. VT 1:13:01 7:19
10 30 BART WHEARTY 34 WINOOSKI VT 1:14:42 7:29
11 32 GRAUAM SHERRIFF 35 MONT. VT 1:14:48 7:29
12 39 DAN UKOLOWICZ 34 BURL. VT 1:18:37 7:52
Record 51:00 by Keith Woodward in 1982

FEMALE AGE GROUP 40 - 49

1 33 DEE BARBIL 44 COLCHESTER VT 1:14:57 7:30
2 37 KATRINA PHILLIPS 40 MONT. VT 1:18:18 7:50
3 42 HEIDI SMITH 43 SO. BURL. VT 1:19:17 7:56
4 43 SANDY COLVIN 43 MONTPELIER VT 1:19:19 7:56
5 47 CAROLYN RITTER 49 WATERBURY VT 1:20:37 8:04
6 50 JUNE GOLATO 49 GRAND ISLE VT 1:21:35 8:10

FEMALE AGE GROUP 40 - 49 (continued)

7 53 JEN MILLER-ARSENAUL 41 MIDDLESEX VT 1:23:17
8:20
8 73 LORI MARTELL 47 LEXINGTON MA 1:31:06 9:07
9 83 TAMMY LAWREY 46 MIDDLESEX VT 1:35:48 9:35
10 84 JESSICA COSTA 42 CHELMSFORD MA 1:36:07
9:37
11 92 STACEY SADOWSKY 48 ESSEX VT 1:40:19 10:02
12 100 STACY BLANCHARD 40 RANDOLPH 1:51:20 11:08
Record 1:03:09 by Moira Durnin in 1991

MALE AGE GROUP 40 - 49

1 1 JOE NOONAN 43 BURLINGTON VT 58:09 5:49
2 6 TIM SHEA 41 MONTPELIER VT 1:02:54 6:18
3 8 ALLEN MEAD 44 HINESBURG VT 1:04:48 6:29
4 9 JON WILLIAMSON 45 MONTPELIER VT 1:05:13 6:32
5 17 ROWLY BRUCKEN 42 NORTHFIELD VT 1:09:56 7:00
6 28 SEAN MURPHY 44 MONTPELIER VT 1:13:57 7:24
7 29 JEFF PRESCOTT 47 MONTPELIER VT 1:14:30 7:27
8 34 THOMAS ROGERS 44 WINOOSKI VT 1:16:37 7:40
9 36 MIKE BESETTE 41 ST. ALBANS VT 1:17:31 7:46
10 69 PAUL RICHARDSON 48 MONT. VT 1:29:22 8:57
11 72 KEN WILSON 40 WAITSFIELD VT 1:30:47 9:05
12 93 JOHN LOMBARDO 40 ESSEX JCT. 1:40:22 10:03
13 96 AUSTIN GRAY 40 NORTHFIELD VT 1:45:15 10:32
Record 55:29 by Jim Miller in 1999

FEMALE AGE GROUP 50 - 59

1 24 SUE HACKNEY 54 MONTPELIER VT 1:13:22 7:21
2 45 CATHY MARTELL 53 GEORGIA VT 1:19:53 8:00
3 46 ELLIE BOUFFARD 50 COLCHESTER 1:20:10 8:01
4 48 RUTH BLAUWICKEL 57 COLCHESTER 1:20:43 8:05
5 49 CARLIE KROLICK 56 CHARLOTTE VT 1:20:46 8:05
6 76 SHEVONNE TIAVUS 55 GRAND ISLE 1:32:16 9:14
7 82 LINDA CLEVELAND 50 BARRE VT 1:35:47 9:35
8 88 HELEN BRYAN 56 BERLIN VT 1:38:24 9:51
9 89 PIXIE HARRINGTON 50 GLOUCESTER MA 1:38:46
9:53
10 97 MARYKE GILLIS 50 MIDDLESEX 1:47:57 10:48
Record 1:12:24 by Phyllis Heaton in 1983

MALE AGE GROUP 50 - 59

1 16 CHRIS ANDRESEN 55 MONT. VT 1:09:44 6:59
2 20 BOB GILLIS 56 GLOUCESTER VT 1:12:22 7:15
3 21 STEVE MESSIER 51 JEFFERSONVILLE VT 1:12:57
7:18
4 25 GARY KESSLER 51 FAYSTON VT 1:13:38 7:22
5 26 MIKE GILLIS 54 MIDDLESEX VT 1:13:44 7:23
6 27 BOB SAYERS 57 HUNTINGTON VT 1:13:53 7:24
7 31 TIM NOONAN 55 MONTPELIER VT 1:14:46 7:29
8 35 CHARLES WINDISCH 57 ESSEX JCT. 1:17:04 7:43
9 40 JAMIE SHANLEY 58 MONTPELIER VT 1:19:01 7:55
10 44 RUSS COOKE 59 WILLISTON VT 1:19:28 7:57
11 55 JOHN RITTER 55 WATERBURY VT 1:23:45 8:23
12 64 DAVE TYLER 52 LOWELL MA 1:27:19 8:44
13 66 RICK DEANGELIS 55 MONT. VT 1:27:53 8:48
14 67 DENNIS NEALON 58 MIDDLESEX VT 1:28:23 8:51
15 68 MIKE LACHARITE 53 WINOOSKI VT 1:28:55 8:54
16 70 MICHAEL ROSENTHAL 52 WILLISTON 1:30:29
9:03

37th Annual Paul Mailman 10 Miler (continued)

MALE AGE GROUP 50 - 59 (continued)

17 74 ED KEEFER 58 WAYNESBORO VA 1:31:12 9:08
 18 77 DAVID GOODMAN 51 WATERBURY 1:32:35 9:16
 19 90 JIM SHEA 52 EAST MONT. VT 1:38:51 9:54
 Record 56:53 by Doug MacGregor in 1991

FEMALE AGE GROUP 60 - 69

1 38 MOIRA DURNIN 60 STOWE VT 1:18:32 7:52
 "New record". Old record 1:29:38 by Sylvia
 Weiner in 1997

MALE AGE GROUP 60 - 69

1 23 CHUCK ARNOLD 64 BURLINGTON VT 1:13:19 7:20
 2 51 THOMAS HOGEBOOM 60 HARDWICK VT 1:22:14 8:14

MALE AGE GROUP 60 - 69 (continued)

3 63 RICK BAYKO 63 NEWBURYPORT MA 1:26:54 8:42
 4 80 FRANK SHORT 64 ST. ALBANS VT 1:34:03 9:25
 5 81 PETER WALLAN 69 SHARON VT 1:34:33 9:28
 6 91 NEWTON BAKER 69 MONTPELIER VT 1:39:36 9:58
 7 94 GEOFF MILLER 64 HINESBURG VT 1:40:23 10:03
 8 98 BUDDY LONGWORTH 61 NORTHFIELD 1:49:25 10:57
 Record 1:04:40 by Gordon MacFarland in 2010

MALE AGE GROUP 70 - 99

1 56 BOB MURPHY 71 BARRE VT 1:23:57 8:24
 "New record". Old record 1:35:34 by Phillip
 Howard in 2010
 2 79 PHILLIP HOWARD 73 BURL. VT 1:34:01 9:25

Bear Swamp Run - July 9, 2011... Total Finishers: 63

Overall Male Winner: Eric Morse - 32:18 - Overall Female Winner: Dot Martin - 41:12

Many thanks to the following volunteers: Maureen Carr, Richard Cleveland, Pam Erickson, John Martin, Andrew and Zoe Tripp, Lauren Heyl, and Larissa James... Tim Noonan, Race Director

Overall Place Place in Age Group Name Time

Female 0-19

17 1 Joanna Bean 43:53
 25 2 Charlotte Firestone 46:39
 26 3 Holly Gordon 46:47

Male 0-19

9 1 Caleb Kessler 40:14
 13 2 Kirby Gordon 42:36

Female 20 - 29

33 1 Kellie Largay 48:34
 47 2 Emily White 56:03
 48 3 Alicia Rubalcaba 56:04

Male 20-29

34 1 David Jacobs 48:40
 49 2 Benjamin Laford 56:31

Female 30-39

27 1 Ali Silcox 46:53
 31 2 Jen Gordon 48:10
 32 3 Brenda Phillips 48:33
 38 4 Thao Nguyen 49:27
 43 5 Kimberly Wilson 54:11
 46 6 Leslie Badger 55:23
 53 7 Danielle Howes 59:30

Male 30-39

2 1 Ben Schersten 35:04
 11 2 Michael Meredith 41:11
 29 3 George Phillips 47:46
 35 4 Justin Silcox 48:45
 55 5 Matt Howes 59:46

Female 40 - 49

19 1 Katrina Phillips 44:31
 20 2 Sandy Colvin 44:31
 36 3 Andrea McLaughlin 49:05
 37 4 Frances Skerritt 49:06
 40 5 Kathy Mai 51:48
 42 6 Becky Diedrich 53:38
 44 7 Trisha Fong 54:28
 45 8 Jan Gorham 54:28

Male 40-49

1 1 Eric Morse 32:18
 3T 2T Tim Shea 36:33
 3T 2T Jon Williamson 36:33
 14 4 Jeff Prescott 43:20
 22 5 Tim Rothfuss 45:27
 51 6 Nathan Phillips 57:22

Female 50 - 59

12 1 Dot Martin 41:12
 16 2 Sue Emmons 43:47
 24 3 Caryn Etherington 46:22
 50 4 Rose Bergeron 57:10
 56 5 Jane Provost 60:02

Male 50 - 59

5 1 Bob Emmons 38:37
 6 2 Mack Gardner-Morse 38:49
 7 3 Chris Andresen 39:25
 10 4 Gary Kessler 40:36
 15 5 Jamie Shanley 43:43
 18 6 David Erickson 44:26
 23 7 Theo Kennedy 46:13
 30 8 Dennis Nealon 48:07
 39 9 Tad Dippel 50:43
 52 10 John Mahoney 58:04
 54 11 Bob Provost 59:41
 58 12 Paul DeLuca 63:54

Female 60-69

61 1 Judith Craig 69:04

Male 60-69

8 1 Ed McSweeney 39:28
 21 2 John Hackney 45:04
 28 3 Greg Gerdel 46:57
 59 4 Brian Connolly 64:45
 60 5 Werner Zehetner 68:11

Female 70+

62 1 Betty Lacharite 77:36


Male 70+


41 1 Bob Murphy 52:00
 57 2 Roger Cranse 61:10
 63 3 Don Lacharite 77:36


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)

 **August 6, 12th annual Egg Run, 5K & 10K** 9:00 am, , 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.

August 27, 29th annual Little City 5K & 10K, 9:00 am, Main Street, Vergennes. *Contact:* www.runvermont.org

 **August 28, 19th Scholarship 5K Cross Country Run**, 9:00am, Red Rocks Park | *Contact:* Ken Schatz | scholarshipxc@gmaa.net | 802 598-5959

August 28, CHaD Hero Half Marathon, 10:00am, 13.1m/1m/5K walk | *Contact:* Email: chad.half@hitchcock.org | Web: www.chadhalf.org

August 28, Race to the Top of Vermont, 4.3M, 9:00am, Mansfield Toll Road, Stowe | *Contact:* Jim Fredericks, 802-864-5794 | Email: jfredericks@catamounttrail.org | Web: www.catamounttrail.org

 **September 3, 34th Annual Northfield Savings Bank 5K and 1 Mile Kids Race** 10:30/9:30am, Northfield. Part of the CVR ORS Race Series. | *Contact:* Conor Schober 800-NSB-CASH | Email: conors@nsbvt.com | Web: www.nsbvt.com

 **September 10, 44th Archie Post Memorial Run**, 5M, 8:30am, Gutterson Field House, UVM | *Contact:* Russ Cooke 802-846-5635 | Web: www.gmaa.net | Email: archiepost@gmaa.net

September 10, Maple Leaf Half Marathon and 5K, 9:00 am, Manchester, VT. *Contact:* www.manchestervtmapleleaf.com

September TBD, Vermont Remembers 10K Run/Ruck March/Walk and 1 Mile Youth Fun Run, 8:30 am, The races begin and end at Camp Johnson in Colchester and are open to the public. Hosted by the National Guard Association of Vermont. *Contact:* www.runvermont.org

September 17, Vermont State Police Community Run 5K, 8:30 am, start and finish at the Essex Shoppes and Cinema, to benefit local law enforcement families in need. Contact: www.vsprun.com

September 17, Common to Common 30K - 8:30 am, Memorial Hall, Essex Center. Great marathon or half marathon tune-up or race long without hitting the wall. Scenic run through the farm country of Essex and Westford. Essex common to the Westford common and back. Contact: Steve and Cathy Eustis (802-878-4385) common2common@gmaa.net \$12 pre-registration/\$16 race day.

September TBD, IDIC: 5K and 15K, 10:00 am, Killington, Contact: www.runvermont.org

September 21, Sodom Pond Run 4 miles, 6 pm, Rolling 4 mile dirt road course around Sodom Pond in Adamant. Race day registration only (5:00-5:45 pm), across from the Adamant Co-op. Contact: Tim Noonan, 802 223-6216.

October 2, Leaf Peepers Half-Marathon and 5K, 11 am, State Office Complex, Waterbury
Paved and dirt roads, rolling, out and back. Part of the CVR ORS Race Series, USATF certified and RRCA sanctioned. Chip timing! CVR's largest event and fundraiser for the Harwood Union Boosters Club, a co-organizer. Number pickup 9-10:30 am at Vermont State Office complex, Waterbury. Contact: Roger Cranse, 802 223-6997 or rcc59@comcast.net. **Sorry, registration is already CLOSED for the Half-Marathon. BUT... registration for the 5K remains open!**

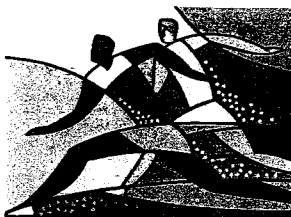
October 8, 38th Art Tudhope 10K, 9:00, Shelburne Beach. Fast, scenic run through Charlotte apple orchards along Lake Champlain. Free 1/4 mile kid's race at 8:45am. Contact: Jessica Bolduc (802-658-1753) tudhope@gmaa.net \$8 pre-registration/\$12 race day.

October 16, 41st Green Mountain Marathon, 8:30, Folsom School, South Hero. Run on the colorful shores of Lake Champlain. Contact: Jess Cover and June Golato (email only) gmm@gmaa.net . \$30 pre-register only. Registration closes Sep 26

October 29, the Kingdom Challenge Half Marathon and 5K, Lyndonville / Saint Johnsbury. The Half Marathon starts in Lyndonville at 8:30 am at the Lyndon Town Offices and finishes with the 5K at the Saint Johnsbury School. The 5K starts (at 9:30) and finishes at the Saint Johnsbury School. Contact: www.thekingdomchallenge.com

November 5, 12, 19 (Saturdays) Fallen Leaves 5K Series, 9 am, 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.

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

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

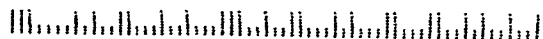
www.cvrrunners.org

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Robert Murphy
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Barre, VT 05641

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NEWSLETTER

AUGUST 2011

**Central
Vermont
Runners**



Volume 32
Issue 3

Upcoming CVR Races... Details inside on page 11 & 12

August 11, Berlin Pond Five Miler, 6:00 pm, Berlin Town Clerk's office

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September 21, Sodom Pond Run 4 miles, 6 pm, Rolling 4 mile dirt road course around Sodom Pond in Adamant

October 2, Leaf Peepers Half-Marathon and 5K, 11 am, State Office Complex, Waterbury

November 5, 12, 19 (Saturdays) Fallen Leaves 5K Series, 9 am, Montpelier High School

August 8, 2011—Potluck and meeting begin at 6:00
-Details inside on Page 1-