

# Central Vermont Runners



January 2012  
Volume 33  
Issue 1

## Norm's Notes...

Hello to Everyone! I hope that the holiday season was cheery and bright for each of you. CVR's year ended on a high note with a great afternoon of running at the First Night 5K on New Year's Eve. Sandy and Ann did a fine job as race directors for that event this year from all accounts. Thanks to all race directors and volunteers in 2011. It was a sometimes challenging, but very rewarding race season for the club. Speaking of volunteers, I hope all of you will be attending the banquet on Jan. 26<sup>th</sup>. John Martin has put together another tasty menu (no, he isn't cooking it himself!). *(continued on page 9)*

### ***In this Issue:***

<i>CVR officers</i>	2
<i>Meeting Notes</i>	2
<i>Treasurer's Report</i>	3
<i>Volunteers</i>	4
<i>ORS Standings</i>	5
<i>Press Release</i>	7
<i>News Articles</i>	8
<i>Race Results</i>	11
<i>Race Schedule</i>	12
<i>CVR Application</i>	13

### ***Next CVR Meeting***

***March 11, 2012***

## **CVR Annual Awards/ Volunteer Recognition Banquet**

Thursday January 26, 2012

Social at 6:00 pm and Dinner at 6:45 pm

The Steak House, Rt.302 Barre-Montpelier Road Berlin, VT

Menu: Roast beef, chicken in gravy, salmon, salad, rice pilaf, variety of veggies, pickles, olives, coffee and dessert served buffet style

Cost: zero, 0, nada, nothing for all PAID 2011 CVR members who volunteered at a CVR race or function. All others, \$24 with a check made payable to CVR and mailed to the address below on or before Friday January 20, 2012.

Important Part: You MUST, no fooling around, must RSVP on or before Fri. 1/20/2012.

Make RSVP to: John Martin 479-5333

P.O.Box 1131

Montpelier, VT 05601

[vtiron55@yahoo.com](mailto:vtiron55@yahoo.com)

New Tradition- Those attending the Volunteer/Awards dinner are asked to wear one, some or all the race medals you may have earned in the past year OR an ugly sweater... Or for the overachievers, medals and an ugly sweater.

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

Norm Robinson	President	223-7151	Dave Kissner	John Hackney	Webmasters	229-4323-224-2162
Jeff Prescott	Vice-President	272-3203	Bob Howe		Newsletter	476-8946
Linda Hallinger	Treasurer	888-5415			Publicity	224-6960
Sandy Colvin	Secretary	272-9795			Membership	Dolma Smyers 229-4393

### **Central Vermont Runners Meeting Minutes November 8, 2011**

Meeting called to order 6:30 pm, 14 members in attendance.

**Treasurers Report:** Approximately \$12,000 in Checking and approximately \$10,000 in CD's. Reviewed the leaf peepers income and expenses. Report is not final yet. Reviewed recent donations to charity. It was noted that CVR put out a bucket at the recent leaf peepers race with a sign for donations to flood victims. \$500 was raised. Motion to allow Norm to find the appropriate fund accepting donations for relief for Waterbury and Duxbury. Motion, 2nd and approved. (Details of the treasurer's report for April - November are on page 3)

**Flood Relief:** A motion was made by a CVR member asking the club to consider making a large donation of club funds to flood relief, specifically for Waterbury and Northfield since the club has held events in these towns for 20+/- years and both towns were devastated by the floods. This was discussed in length. Motion to create a committee to research an organization in which the funds would go towards flood relief and are consistent with the mission of the club. The committee then has permission to donate \$2,000 to Waterbury/Duxbury and \$1,000 to Northfield. In addition the committee needs to work on publicity of the donations in an ongoing effort to raise awareness of the club activities and continue to promote running and fitness in our communities. Motion second and approved. Discussed some ideas for the money, perhaps efforts to rebuild trails, clothing for schools, or other school related funds. The CVR members who volunteered for the committee are Sandy Colvin, Andrea McLaughlin, Greg Wight and Bob Murphy (tentative). (See press release on page 7)

**Leaf Peepers** Committee hasn't met since the race. Once they meet and discuss they will have a report for the club at the next meeting. (See report of meeting on page 10)

**CVR Clothing:** Discussed ordering long sleeve shirts in addition to more short sleeve shirts. Motion to let Norm order more shirts, both long sleeve and short sleeve. Motion second and approved. (Shirts will be available at the awards/volunteer recognition banquet)

### **Tentative Race Calendar for 2012**

December 31st - 1st Night  
 April 28th - Adamant 20 Miler  
 May 6th - Mutt Strutt  
 May 9th - Barre Town Spring Run  
 June 2nd - Kids Track Meet  
 June 9th - Capital City Stampede  
 TBD - Home Run Race  
 June 24th - Paul Mailman 10 Miler  
 July 7th - Bear Swamp  
 July 28th - Barre Heritage  
 August 9th - Berlin Pond  
 September 1st - Northfield  
 September 19th - Sodom Pond  
 October 7th - Leaf Peepers  
 November 3rd, 10th and 17th - Fallen Leaves

### **CVR/Onion River Race Series:**

Discussed a handout that showed the attendance of all CVR races to date, did some comparisons to previous years, as well as to some GMAA races. Question was asked to the group, should we consider making changes to the race series? Motion made to remove the Barre Heritage Race and replace with the Barre Town Spring run, remove the Green Mountain Marathon and replace with Kaynors Sap run. Motion second and approved.

### **Volunteer Banquet:**

January 26th is the date. John Martin volunteered to coordinate the event.

### **Spirit of the club (award):**

Chose Darragh Ellerson, Sandy Colvin and Norm Robinson as the nominating committee for the award.

### **Next meeting:**

March 11th, location to be determined

## Treasurer's report from Linda Hallinger

9:31 AM  
11/8/211  
Cash Basis

Central Vermont Runners  
Profit & Loss  
April 1 through November 2, 2011

	Apr 1 - Nov 2, 11
<b>Income</b>	
CVR clothing income	465.00
Donations (In)	
Barre Town PTO	50.00
Leaf Peepers	625.91
McCarthy	25.00
Swimming Hole	100.00
<b>Total Donations (In)</b>	<b>700.91</b>
Interest income	107.72
Membership Dues	460.00
Miscellaneous Income	
Race clock sale	600.00
<b>Total Miscellaneous Income</b>	<b>600.00</b>
<b>Race Income</b>	
Adirondack 20 miler	1,060.00
Barre Heritage SK Trail Race	470.00
Barre Town Spring SK	342.00
Beer Swamp run	80.00
Burlin Pond	410.00
Capital City 10K	1,489.15
Chase Race	5.00
Leaf Peepers	41,666.00
Multi Strail	394.00
Paul Mallman Ten Miler	1,545.00
<b>Total Race Income</b>	<b>47,461.15</b>
<b>Total Income</b>	<b>49,794.76</b>
<b>Gross Profit</b>	<b>49,794.76</b>
<b>Expense</b>	
Bank charges	25.00
CVR clothing expenses	1,126.55
Donations (out)	
Adirondack 20 miler	350.00
Barre Heritage SK Trail Run	470.00
Barre Town GOTR	306.25
Barre Town Spring SK	342.00
Leaf Peepers	6,326.00
Montpelier cross-country team	400.00
Multi Strail	327.00
Northfield cross-country team	400.00
Northfield GOTR	320.00
Special Olympics Vermont	400.00
Stowe High School Beeslers	400.00
US2 cross-country team	400.00
<b>Total Donations (out)</b>	<b>10,441.25</b>
Equipment and supplies	
Computer	954.56
Race clock	3,036.02
Software	59.95
Storage unit	51.24
<b>Total Equipment and supplies</b>	<b>4,103.76</b>
Internet/Web site	71.95
Miscellaneous Expenses	
Postage	137.31
<b>Total Miscellaneous Expenses</b>	<b>137.31</b>

9:31 AM  
11/8/211  
Cash Basis

Central Vermont Runners  
Profit & Loss  
April 1 through November 2, 2011

	Apr 1 - Nov 2, 11
<b>Newsletter expenses</b>	
Postage	198.96
Printing costs	572.70
<b>Total Newsletter expenses</b>	<b>771.66</b>
<b>Race Expenses</b>	
Adirondack 20 Miler	710.00
Burlin Pond	52.79
Capital City 10K	472.00
First Night	150.00
Kids track meet	420.00
Leaf Peepers	31,666.45
Multi Strail	67.00
Paul Mallman Ten Miler	253.65
<b>Total Race Expense</b>	<b>33,791.89</b>
<b>Spring mailing</b>	
Postage	445.00
Printing	365.43
<b>Total Spring mailing</b>	<b>810.43</b>
Storage and rental	593.90
<b>Total Expense</b>	<b>51,873.70</b>
<b>Net Income</b>	<b>-2,078.92</b>

### 2011 CVR Volunteers

- Andresen, Chris
- Arsenault-Berry, Phyllis
- Aspenall, Jill
- Baker, Devin
- Baker, Newton
- Blais, Celine
- Boyd, Jason
- Brucken, Lisa
- Bryan, Helen
- Bryan, Shawn
- Bushey, Ann
- Bushey, Brian
- Bushey, Brynn
- Bushey, Dick
- Carr, Maureen
- Carr, Priscilla
- Chernick, Michael
- Cleveland, Richard
- Colvin, Sandy
- Cranse, Chandra
- Cranse, Kevin
- Cranse, Pratima
- Cranse, Roger
- DeBlasio, Paschal
- Diedrich, Becky
- Ellerson, Darragh
- Ellerson, David
- Ellerson, Deirdre
- Emmons, Bob
- Emmons, Sue
- Erickson, David
- Erickson, Pam
- Erickson, Richarda
- Erickson, Sara
- Gambler, Beth
- Gardner-Morse, Cindy
- Gardner-Morse, Mack
- Gerdel, Greg
- Hackney, John
- Hackney, Sue
- Hallinger, Linda
- Helling, Dot
- Kaeding, John
- Kaeding, Tomi
- Kent, Rose
- LeBlanc, Loralyn
- London, Sarah
- Martin, Dot
- Martin, John
- McDougal, Rob
- McLaughlin, Andrea
- Mercier, Bob
- Miller-Arsenault, Dan
- Miller-Arsenault, Jen
- Molz, Rick
- Murphy, Bob
- Murphy, Sean
- Noonan, Theresa
- Noonan, Tim
- Nuquist, Andrew
- Persmapieri, Nick
- Prescott, Jeff
- Robinson, Norm
- Ryea, Eric
- Shanley, Jamie
- Shuford, Andy
- Skinner, Scott
- Smyers, Donna
- Tripp, Andrew
- Valentine, Jane
- Valentine, John
- Valentine, Megan
- Wetzel, Clayton
- Wetzel, Sandra
- Wight, Greg
- Windisch, Charlie

12/18/2011 Contact John Hackney at [jhackney67@gmail.com](mailto:jhackney67@gmail.com) with questions.

12/18/2011

2011 CVR/ORS RACE SERIES FINAL STANDINGS

Runners remain in their original age group for the current series year.

If more than five races were run, the five best races count for the final standings.

Runners must volunteer at least once to qualify.	VOL	12/31/2011	6/11/2011	6/25/2011	7/9/2011	7/23/2011	7/30/2011	8/11/2011	8/17/2011	10/2/2011	10/2/2011	10/16/2011	Total
Dushey, Bryan	X	61.76			74.16			63.11		70.23			268.66
Osler, Dehn	X				87.85								87.85
Noonan, Theresa	X									70.23			70.23
Kramer, Olga	X				83.87								83.87
Cohn, Zoe	X				62.56								62.56
Kent, Susan	X	88.13			100.00		100.00	100.00		94.66			482.80
Encheon, Sara	X	73.79		69.21				85.84					228.84
London, Sarah	X		100.00	108.00				99.95	100.0000		86.50		486.45
Crane, Prabha	X						88.54						166.43
Erison, Richarda	X							78.87					78.87
Cohn, Sandy	X			94.49		100.00	100.00		85.86		94.10	93.28	461.80
Chedick, Becky	X	80.95	89.07			83.00	77.49		72.62				402.72
Miller-Arensault, Jennifer	X			88.99							96.06		185.05
McLaughlin, Andrea	X					90.70							90.70
Hadiney, Sue	X	99.88	100.00	108.00			100.00	100.00			97.71		498.59
Marin, Del	X	100.60				100.00		96.54	100.0000		108.00		496.54
Byers, Donna	X		97.10								93.67		190.77
Dushey, Ann	X		84.87		100.00								184.87
Arensault-Berry, Pivitis	X								86.04			86.65	172.64
Bryan, Helen	X			74.56			76.47						151.03
Erenons, Sue	X					94.10							94.10
Hallinger, Linda	X										78.06		78.06
Helling, Del	X	94.26						100.00	100.00		108.00	100.00	494.26
Bliss, Coline	X	87.86											87.86
N/A													

WWW.CVRUNNERS.ORG

Contact John Hadiney at jhadiney67@gmail.com with questions.

12/18/2011

### 2011 CVR/ORS RACE SERIES FINAL STANDINGS

Runners remain in their original age group for the current series year.

If more than five races were run, the five best times count for the final standings.

	VOL										Total		
Gushey, Brian	X	57.45		62.42		63.66		65.58			249.11		
Shawley, Tom	X			57.14							57.14		
Kosner, Mike	X			56.57							56.57		
Crane, Kevin	X							68.46					
McDonald, Bob	X		81.45	81.34		91.64		84.82			337.24		
Gambier-Morse, Mack	X	84.46	80.79		83.21	85.46	82.93				438.85		
Murphy, Sean	X		87.83	78.83	77.82		82.51			77.85	404.25		
Priddy, Jeff	X		86.21	78.86		74.64			77.30		315.11		
Brubaker, Henry	X			83.15							83.15		
Miller-Arnsdorf, Dan	X								78.78		78.78		
Anderson, Chris	X	90.31	92.32	108.00		97.97		97.38		88.58	88.49	477.86	
Wendick, Charles	X	82.66	82.83	90.46				86.61	78.54		73.90	78.64	421.24
Noonan, Tim	X	90.86		93.37			85.78			80.63		360.33	
Ericson, David	X	80.23				86.91	86.66	87.76				341.50	
Marlin, John	X	78.82						82.30	77.81		71.78	308.91	
Shawley, Janis	X			88.25	61.37	88.33						237.95	
Chenick, Michael	X				88.11					64.77		123.88	
Erickson, Bob	X					100.00						100.00	
Persechini, Nick	X							100.00				100.00	
Shelton, Andy	X									100.00		100.00	
Hadney, John	X	84.42	87.53			87.87				97.80		367.72	
Genard, Greg	X		83.98			84.06		87.94			92.64	348.63	
Crane, Roger	X	61.76	80.78			84.62	78.13	66.82				326.81	
Waters, John	X	90.38						100.00				290.38	
Wright, Greg	X	63.15	66.49					71.09				200.73	
Osler-Nelson	X			75.61							81.65	155.26	
Kuehling, John	X									78.38		78.38	
Skinner, Scott	X	41.99										41.99	
Murphy, Bob	X			100.00		100.00					100.00	300.00	

www.cvrrunners.org

Contact John Hadney at jhadney67@gmail.com with questions.

**Press release**

**Central Vermont Runners Club Donates \$5000  
to Flood Relief**

The Central Vermont Runners Club (CVR) is pleased and excited to announce that they have donated \$5,000.00 to various Irene Flood Relief agencies. CVR has donated \$1000 to the Northfield Observances, \$1000 to Dave's Community Fitness, \$2000 to Revitalizing Waterbury, and \$1000 to the Waterbury Food Shelf, to aid residents in Duxbury.

CVR has been involved in Northfield, Waterbury and Duxbury for over 25 years sponsoring road races, and club members felt it was important to show their support in the continuing effort to aid those most in need in those communities hit so hard.

In Northfield the club has partnered with the Northfield Savings Bank to sponsor a 5K and 1 Mile race during the Labor Day Observances. CVR was saddened with the need to cancel such a popular event in 2011. Club President Norm Robinson stated, "Central Vermont Runners hopes in some small way that our donation will help the 2012 Observances to be bigger and better than ever, and we look forward to being part of the weekend festivities once again."

The 28<sup>th</sup> Annual Leaf Peepers Half Marathon and 5K Road Race was held in 2011 in spite of the devastation in Waterbury and Duxbury in large part due to the tremendous cooperation of state and local officials in both communities. "CVR has had a wonderful working relationship with the Harwood Boosters Club since our very first year and the club has donated approximately \$100,000 to the Boosters over that time. More recently the volunteer firemen have volunteered at the races and we have been pleased to make a donation to them as well," said Robinson.

Because of these working relationships the Central Vermont Runners has felt a strong bond with residents in all 3 communities and are happy to help anyway they can.

Central Vermont Runners is a non-profit corporation, founded in 1980 to serve the needs of all runners in the Central Vermont area. For many years, CVR provided scholarship grants to deserving students in the Central Vermont area, and since 1996 the club has organized a kids track meet for age 4 to middle school. In you want to find out more about CVR visit their website at [www.cvrrunners.org](http://www.cvrrunners.org).

Ovation Please \*\*\*\*\* Helen Bryan is a paid up CVR member for life. Many of you may not know Helen but she and husband Shawn live out on the "Fun Run" route in the gray house with horses. Helen and Shawn are regular race water stop volunteers lending water and support to the weary. Helen ran the Cape Cod Marathon on October 30th exceeding her "dream" time prediction. In her first marathon at age 50 something (I'm not tellin' Helen) she came in 14th out of 43 women in the 50-59 Age Group in a very respectable 4:28:40. Kudos to Helen.....from John Martin

Just returned from the Annual Jingle Bell (5k) Run in Concord, N.H. Surprisingly, I found only 8 Vermonters among the 600 participants! A great turnout, though, on a spectacular day. Sunshine, mild temperature, and roads in near-perfect condition made this year's running one we will look back on in the future, and say, "remember when...?". The course was changed (again) last year, and is now a loop course, mostly flat, but with about 1/4 to 1/3 miles of hills in the second mile (enough to take some of the starch out of old guys like me). This race has changed much over the years, but has always been a well-attended fund-raiser for the Arthritis Foundation. I strongly recommend it to all Central Vermonters - it's a two hour drive, but an easy one, and then there is always the local bakery, Bread and Chocolate, for a snack afterwards!

Now for results. John Valentine and I managed to place in our respective age groups. John was 43rd overall, third M60-69 (of 25), finishing in a more-than-respectable time of 21:21. He was outpaced by Stanley Dutton in 20:34 and Tom Walton in 20:56. I finished 90th overall in 24:17, first (of 7) among the extremely old guys, M70-79. My nemesis, Doug MacGregor, was not on the scene; otherwise I might have been running for second. My daughter Colleen, recreational runner, managed a 213th place finish (32nd of 121 in the F40-49 age group). She joined John and me at Bread and Chocolate after the race for a great little snack. I think Bread and Chocolate is really the draw that keeps me and John coming back year after year! ..... from Bob Murphy

Dot and John Martin completed their 2011 triathlon nation tour on November 13th in sunny Miami at the Miamiman Half Iron Distance Triathlon. Dot had her customary stellar race placing 7th overall in a field of 350 women and was the 2nd Master. John is still smiling winning the M60-64 Age Group by a healthy margin. When interviewed after the race Martin said, "Miami has been berry berry good to me." ... from John Martin

CVR member John Copans burned thru the five burroughs at the New York City Marathon in November in an awesome time of 2:56:57 and was the 3rd Vermont finisher. Congrats Jon! .....from John Martin

To the Dog Loving CVR Members:  
After 15 years of directing the CVR Mutt Strutt, I have decided to step down and focus on the other races I work on. Jamie Shanley said he will continue as co-director if somebody steps in in my role. I have everything organized and will help you get permits, etc this year. It is a fun low key race. We have decided to move the race to 1 week later than usual: Sunday May 6 in 2012. Please let me know if you would consider stepping up. .... from Donna Smyers





## *Norm's Notes... (continued from page 1)*

There are a number of separate articles about various club functions, so I won't waste your time here rehashing it all, but I did want to note in particular about the significant contribution that the club made recently. At our November meeting members voted to donate \$5,000 to flood relief in Central Vermont. I want to thank the committee members that volunteered to determine where that money has been sent. They are; Sandy Colvin, Andrea McLaughlin, Greg Wight and Bob Murphy. See the press release on page 7 for details.

Lastly, I want to remind people about CVR shirts that are available. We have new long sleeve tech shirts just in, and they will be available for purchase at the banquet. Bring \$15 if you want one. I will also bring what short sleeve ones we still have available. Some sizes are currently sold out, but we will be taking orders that evening for another shipment in the next few weeks. If you would like the CVR logo on some other kind of apparel, please ask me about details of how that can be done.

Remember that the Annual Meeting will be held on March 11<sup>th</sup>! We need a location so if anyone is interested in hosting that event let me know. More on that will follow.

Thanks, Norm

### **Hangover Half Attracts Hundreds**

Picture this. New Years Day in the Northeast, just miles from the Vermont border. Roads bare and dry. Temperature at 50 degrees. Unlikely, you say? Perhaps, but those were the conditions this January 1<sup>st</sup> in Albany, N.Y., as over 400 participants toed the starting line at the 36th running of the HMRRRC Hangover Half Marathon. T-shirts and shorts were the order of the day for much of the field.

A CVR contingent was there to take on the best that the Capitol region had to offer. Megan Valentine, just 4 months from her "confinement" was hoping to qualify for the NYC Marathon (needed 1:37:00 or better). John Valentine and Bob Murphy were there mainly to offer moral support, but also to see what condition they were in.

The venue: the State University of N.Y. (SUNY) campus, just off the interstate; real easy to get to. The course: could be described as a bit boring, including three loops along circulation roads feeding the campus, minimal traffic, well-managed. No hills to speak of. Road conditions excellent for the most part.

We all arrived well before the scheduled start. Lots of convenient parking was available. Registration was a surprise. "Just sign your name and age there, thank you. That'll be five dollars, please." (No waiver to sign! – Albanyites are such trusting people!) Now when was the last time you registered for a certified half marathon at such a price? Un-be-lieve-able! Results were the old-fashioned way – every finisher received a place card, and was required to sweat over and sign it to be included in the results. They expected also for each person to enter his/her own time!

As warm as the air temperature was, there was one minor drawback, and that was the wind, which increased in intensity throughout the duration of the race. Lots of good runners – winning time for men was 1:14:00 and for women 1:21:08. Megan succeeded in her quest for a NYC Marathon qualifying time by finishing fourth woman overall, 1<sup>st</sup> in her age group (30-39), in a time of 1:31:50. John ran a 1:40:45 to finish 6<sup>th</sup> among the 60-69 males (first place in that age group went to Paul Forbes, who finished two places behind Megan in 1:32:05. Bob Murphy ran a 1:57:35, good for 2<sup>nd</sup> in the male 70-79 age group. He was bested by 70-year old Ed Brown, who finished 5 minutes faster. So it was a pretty successful and satisfying day for the three CVR entrants.

For a first-day-of-the-year half marathon, it would be hard to beat this event. A bit of a trip for many, perhaps, but well worth the time and effort. Don't expect temperatures like this years' though! For those intrigued by this venue, but feeling the half marathon to be a bit far to run after an evening of partying, the organizers do offer a shorter 3.5 mile race that starts simultaneously with the half. This year, 287 finished at that distance.

Bob Murphy

**Minutes, Leaf Peepers Race Committee, 12/7/11 ... Roger Cranse, race director**

1. Course. We will stick with the out-and-back course used this year. For one, the area behind the State Complex that we've used in the past from the Winooski Street Bridge to the finish may well not be available to us again. And even if it were available, it is still vulnerable to flooding and soggy conditions. And not having to close the Bridge is better for community relations. With Waterbury's permission (already granted) will we **cone** the street parking slots on the finishing leg along Main Street/Rt. 2 so that runners have the sidewalk and the parking area for running. We may also have to put up temporary "No Parking" signs on the parking lane. Roger will clear with Waterbury Police Department. We will need to get the new course **re-certified**. Norm, can you coordinate this?
2. Although we had 4 runners who finished in over 3 hours we will **not** set a limit beyond which race services are withdrawn and timing stopped. Roger will tell Green Mountain Bike Patrol to **sweep last runner**.
3. Upon review of the 2011 budget, the Committee decided **not** to increase fees for 2012.
4. Committee members discussed building a Leaf Peepers website to replace the lousy website ACTIVE has for us. The Leaf Peepers website would have information, rules, maps, and would link to ACTIVE for registration. The Covered Bridges Half Marathon website – [cbhm.com](http://cbhm.com) – might serve as a rough model. Roger will discuss with Dave Kissner.
5. Roger will advise the m-c to be sure to count down to both races – We're fifteen minutes away from the start of the Half Marathon... ten minutes... five minutes, line up behind start banners now.... The object is: no surprises!
6. We'll increase portolets from 28 to 36.
7. We'll continue to use the U-Haul for tees and the tent for packet pick-up. We'll continue with the announcer pad.
8. We'll use ACTIVE's broadcast e-mail for race updates to runners. Greg informs us that we can also add the e-mails of mail-in registrants to the ACTIVE system.
9. Website and printed materials need to be clearer that there are NO switches, transfers, etcetera so Roger is not tormented with phone calls.
10. Instruct runners to pick up B-tag before tee shirt.

Other adjustments are noted on "Lessons Learned 2011"

**Important Deadline!**

**CVR Annual Awards/Volunteer Recognition Banquet**

Thursday January 26, 2012

**Important Part: You MUST, no fooling around, must RSVP on or before Fri. 1/20/2012.**

**Make RSVP to: John Martin. 479-5333**

P.O.Box 1131

Montpelier, VT 05601

[vtiron55@yahoo.com](mailto:vtiron55@yahoo.com)

## Fallen Leaves 5K Race Results, Montpelier High School

**November 5, 2011** (85 finishers)

**Overall Male Winner:**

Daniel Grosvenor, 16:20

**Overall Female Winner:**

Sara Waterman, 19:30

**Female 0-19**

Mary Kate Cirelli 19:33  
Andrea Duncan 19:33  
Laurel Cole 19:51  
Acadia DiNardo 20:15  
Riley Carbone 20:31  
Emma Hartwick 20:32  
Ellie Pitman 20:53  
Laura Mears 20:57  
Grace Brigham 21:16  
Tiana Bibb 21:25  
India Harley 21:37  
Grace Butler 21:40  
Holly Gordon 23:25  
Loren Searles 26:22  
Isabelle Boutin 27:50  
Meghan O'Day 34:51  
Zoe Colvin 42:15

**Male 0-19**

Daniel Grosvenor 16:20  
Geoffrey Kazlow 17:03  
Nathaniel Kazlow 17:08  
Nick Shallow 17:21  
Brian Culmo 17:54  
Sam Nishi 18:10  
Henry Harmeyer 18:42  
Caleb Kessler 18:54  
Hans Halvorsen 19:11  
Kirby Gordon 20:25  
Alva Swing 20:46  
Devlin Shea 20:46  
Jeremy Grosvenor 21:29  
Josiah Phillips 41:51

**Female 20-29**

Sara Waterman 19:30  
Rose Kent 22:06  
Dayna Comeau 24:13

**Male 20-29**

Will Gochberg 16:59  
Evan Dethier 17:18  
Wade Hackerson 20:50  
Darin Boulet 23:21  
Bret Dewhurst 24:18

**Female 30-39**

Megan Valentine 20:23  
Rose Modry 20:59  
Jen Frantz 22:57  
Gina Urbani 25:39  
Beth Boutin 27:50

**Male 30-39**

Damian Bolduc 17:58  
Eddie Habeck 19:23  
Justin Savage 21:00  
Travis Hart 21:11  
David Castro 22:45  
Kevin Shaughnessy 25:38

**Female 40-49**

Jen Miller-Arsenault 21:54  
Frances Skerritt 25:07  
Patricia Reilly 25:39  
Beth Martell 26:53  
Katrina Phillips 41:51  
Sandy Colvin 42:17

**Male 40-49**

Andrew Tripp 19:14  
Al Sartwell 21:07  
Jeff Prescott 21:30  
Rick Brigham 23:42  
Arthur Hamlin 26:02

**Female 50-59**

Donna Smyers 22:23  
Nina Atkin 22:34  
Cathy Martell 23:02  
Sue Burgos 25:26  
Lauren Stagnitti 26:29  
Susan Ludington 26:56  
Ann O'Day 28:38  
Leah Bronner 34:21

**Male 50-59**

Mack Gardner-Morse 20:03  
Gary Kessler 20:28  
Tom Strasser 21:22  
John Grosvenor 21:29  
Andy Shuford 21:34  
Jamie Shanley 21:39  
Chris Cole 29:11  
Paul DeLuca 30:52

**Female 60-69**

Judith Craig 33:21

**Male 60-69**

John Valentine 21:01  
Perry Bland 22:36  
Greg Gerdel 24:06  
Sigh Searles 26:23  
Greg Wight 28:20  
Werner Zehetner 31:01

**Male 70+**

Bob Murphy 24:41

**MANY THANKS TO THE FOLLOWING VOLUNTEERS:**

Maureen Carr, Chris Andresen, Tim Shea, Newton Baker, Mack Gardner-Morse, Donna Smyers, Tim Noonan, Race Director

**November 12, 2011** (44 finishers)

**Overall Male Winner:**

Thomas Howard, 17:34

**Overall Female Winner:**

Mary Kate Cirelli, 19:37

**Female 0-19**

Mary Kate Cirelli 19:37  
Heidi Halvorsen 21:35  
Kaitlyn Fitzgerald 22:59  
Holly Gordon 23:28  
Loren Searles 26:12  
Isabelle Boutin 27:57  
Josie Gingold 28:06  
Zoe Colvin 40:58

**Male 0-19**

Devlin Shea 19:21  
Josiah Phillips 40:56

**Female 20-29**

Rose Kent 22:11

**Male 20-29**

Wade Hackerson 21:08

**Female 30-39**

Megan Valentine 20:01  
Rose Modry 21:14  
Hannah Barden 24:03  
Renee Affolter 29:12  
Beth Boutin 30:05  
Gina Sherritt 34:46

**Male 30-39**

Thomas Howard 17:34  
Damian Bolduc 17:54  
Brendan Barden 18:54  
Justin Beckwith 20:18  
Matt Murawski 20:51  
Scott Magnan 21:35  
Chris Ladue 23:17  
Peter Auclair 28:14

**Female 40-49**

Beth Martell 27:21  
Sandy Colvin 40:59  
Katrina Phillips 40:59

**Male 40-49**

Jeff Prescott 21:55

**Female 50-59**

Lauren Stagnitti 25:43  
Susan Ludington 26:11  
Leah Bronner 33:30

**Male 50-59**

Mack Gardner-Morse 19:29  
Gary Kessler 20:27  
Ross Cooke 21:43  
Dave Fields 22:25

**Male 60-69**

John Valentine 20:59  
Perry Bland 22:30  
Greg Gerdel 23:53  
Tim Maker 24:30  
Sigh Searles 26:23  
Greg Wight 28:26

**Male 70+**

Bob Murphy 24:11

**THANKS TO THE FOLLOWING**

**VOLUNTEERS:** Race Director Maureen Carr, Assistant Race Director Theresa Noonan, Norm Robinson, Chris Andresen, Jen Gordon.

**November 19, 2011** (46 finishers)

**Overall Male Winner:**

Michael Nobles, 18:03

**Overall Female Winner:**

Taylor Spillane, 18:21

**Female 0-19**

Taylor Spillane 18:21  
Jullian Devita 19:35  
Adrian Devita 19:54  
Autumn Eastman 20:05  
Alexsy Jordick 20:11  
Kate Conrad 23:52  
Holly Gordon 24:25  
Marie Bouffard 28:10  
Zoe Colvin 42:40

**Male 0-19**

Caleb Kessler 18:29  
Nathan Cutler 18:36  
Kirby Gordon 20:33  
Nathan Murawski 33:20

**Female 20-29**

Kayla Angier 21:00  
Heather Cutler 23:04

**Male 20-29**

Clayton Barnes 18:57  
Wade Hackerson 21:05

**Female 30-39**

Priscilla Carr 28:44

**Male 30-39**

Brian Letourneau 21:31  
Matthew Murawski 33:20

**Female 40-49**

Stacey Spillman 18:44  
Jen Miller-Arsenault 21:53  
Frances Skerritt 24:52  
Heidi Higgins-Cutler 26:29  
Sandy Colvin 42:40

**Male 40-49**

Michael Nobles 18:03  
Mike Jordick 18:42  
Jeff Prescott 21:46  
Rick Brigham 22:21

**Female 50-59**

Ellie Bouffard 23:45  
Sue Vargas 25:29  
Lauren Stagnitti 26:13  
Susan Ludington 26:35  
Kathleen Burroughs 42:41

**Male 50-59**

Mack Gardner-Morse 19:42  
Gary Kessler 20:13  
Greg Jackson 20:35  
John Grosvenor 21:20  
Jamie Shanley 21:37  
Russ Cooke 21:38  
Paul DeLuca 31:25

**Female 60-69**

Judith Craig 33:55

**Male 60-69**

Greg Gerdel 23:26  
Tim Maker 24:26  
Werner Zehetner 31:56

**Male 70+**

Roger Cranse 31:31

**MANY THANKS TO THE FOLLOWING VOLUNTEERS:**

Maureen Carr, John Martin, Jon Copans, Cindy Gardner-Morse, and the parents of the Champlain Valley Union High School runners.

*Also, I am pleased to report that the record turnout for the Fallen Leaves Race Series this year resulted in more than \$700 raised for the Montpelier Food Pantry. Tim Noonan, Race Director*

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

**March 17, 5K Shamrock Shuffle**, Lebanon (NH) Recreation and Parks Dept., information at [www.shamrock5k.com](http://www.shamrock5k.com) or (603) 448-5121

🍀 **March 25, 33rd Kaynor's Sap Run 10K**, 12:00, Westford School on Brookside Road, Westford. Open the season with muddy country roads, cider, and doughnuts. Steve Eustis (802) 878-4385, [saprun@gmaa.net](mailto:saprun@gmaa.net) \$8 Pre-registration/\$12 Race Day

🍀 **April 21, 34th Rollin Irish Half Marathon**, 9:00, Memorial Hall, Essex Center. Explore the scenic back roads of Essex - mostly dirt and "rolling". Randi Brevik (802) 598-5624, [rollinirish@gmaa.net](mailto:rollinirish@gmaa.net) \$12 pre-registration/\$16 race day.

**May 6, Middlebury Maple Run**, 9:00, Porter Hospital, South Street, half marathon and two person relay, Sue Hoxie (802)388-7951, [www.middleburymaplerun.com](http://www.middleburymaplerun.com)

**May 27, KeyBank Vermont City Marathon**, Registration for the marathon is now open. Registration fee increase January 23, 2012. Relay lottery open January 1—31. Information at [www.RunVCM.org](http://www.RunVCM.org)

**July 8, Mad Marathon and Mad Half**, Waitsfield, Don Ingalls (802)496-5393 [www.madmarathon.com](http://www.madmarathon.com)

### Tentative Race Calendar for CVR races for 2012

December 31st - 1st Night  
 April 28th - Adamant 20 Miler  
 May 6th - Mutt Strutt  
 May 9th - Barre Town Spring Run  
 June 2nd - Kids Track Meet  
 June 9th - Capital City Stampede  
 TBD - Home Run Race  
 June 24th - Paul Mailman 10 Miler  
 July 7th - Bear Swamp  
 July 28th - Barre Heritage  
 August 9th - Berlin Pond  
 September 1st - Northfield  
 September 19th - Sodom Pond  
 October 7th - Leaf Peepers  
 November 3rd, 10th and 17th - Fallen Leaves

*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 \_\_\_\_\_

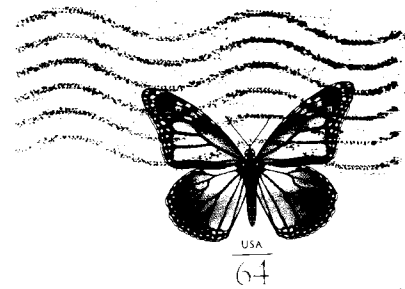
Annual dues are \$10 for individual or family, \$2 for students. Enclosed are dues for the following years - (2012 dues covers 3/2012-3/2013).

2012    2013    2014    2015    2016

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

BURLINGTON VT 054

10 JAN 2012 PM 3 7



Newsletter Editor  
Bob Howe  
Box 632  
Barre, VT 05641

CVR PD 11

Robert Murphy  
35 Birchwood Park  
Barre, VT 05641

05641+8653



**NEWSLETTER**

January 2012



Volume 33  
Issue 1

***CVR members — please check the mailing label on this newsletter  
to see if your membership has been paid for 2012.***

**(2012 dues covers March 2012 — March 2013).**

**Renew your membership to support CVR and running programs in Central Vermont.**

**CVR Annual Awards/  
Volunteer Recognition Banquet**