



Norm's Notes...

This is my last address to the club as your president. A year ago I took this position on knowing there are a LOT of great people in this club that want to see it flourish and continue to grow. It is easy to be the head of any organization when you have a cast of characters that pull their weight, and then some, to get the job done. I am confident the club will continue to organize great races, and do many great things to support running in Central Vermont.

I looked back at my message to the club a year ago, and the two areas I really wanted to stress we were able to accomplish. We DID get new shirts, and an updated logo. If you haven't purchased one yet, you should. Those of you that have, wear them proudly. Secondly, I urged the club to SPEND MORE MONEY. We did that too. We donated to Girls on the Run, Special Olympics, high school running teams, flood relief, and others.

As another year begins, I will once again be urging the club to spend, spend, spend. It makes us a better community member, and THAT is why we are here.

In this Issue:

CVR officers	2
Meeting Notes	2
News Articles	3
Correspondence	4
More News Articles	6
Race Results	9
Race Schedule	10
CVR Application	13

Annual CVR Meeting

March 11, 2012

Info on page 3

I will be introducing an idea at the annual meeting that I hope will continue to have CVR play a larger and larger role in promoting running and healthy living in our area.

Finally, I issue a challenge to each of you. Bring ONE person into the club in the coming year. Maybe they used to belong, and have strayed away. Maybe they have lived here for years, and never heard of CVR. Or maybe they are someone you just met that would make CVR a better organization. The club needs to continuously grow or we will eventually get stagnant in what we do. Just take a look at the Onion River Race Series results and see how few runners under the age of 40, and especially under 30 are involved. Bring ONE person to a meeting, a race, a fun run. We promise not to scare them away!

Norm

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
November 8, 2011**

Tentative Race Calendar for 2012

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

- December 31st - 1st Night
- April 28th - Adamant 20 Miler
- May 6th - Mutt Strutt
- May 9th (19th) - Barre Town Spring Run
- June 2nd - Kids Track Meet
- June 9th - Capital City Stampede
- TBD (June 16th) - 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

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)

CVR/Onion River Race Series:

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)

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

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)

Central Vermont Runners Annual Meeting - Sunday March 11th

The time line for the meeting is as follows - a group run for those interested at 4:00 pm, followed by the annual meeting at 5:00. The club provides pizza, and members bring pot luck salads, dessert, or drinks. The meeting is at Sandy Colvin's... her address is 121 Spring Hollow Lane, Montpelier.

Directions from downtown Montpelier... take Main Street towards the rotary, go through the rotary and continue up main street towards what was once the culinary institute. At the top of the hill turn right onto Town Hill. Continue on Town Hill for about 1/2 mile and turn right onto Grandview. Continue on Grandview and turn right onto Spring Hollow Lane. The house is the 4th house on the right, a Green Ranch with Blue Trim.

Agenda:

Election of Officers

Treasurer's Report

Donation Requests

Major Donation policy

School running programs

Montpelier Girl's on the Run

Special Olympics

Club purchases

Spring Mailing

Membership Drive

Vermont Senior Games

The Vermont Senior games will hold over 20 sports this year including road races and track and field. The events are open to anyone who is 50 years or older as of 12/31/12, with 5 year age groups for the events. Registration forms and information for the 2012 season will be posted shortly at www.vermontseniorgames.org. The web site also includes past newsletters, event and contact information. (check the Vermont Senior Games winter 2012 newsletter for a lot of information) Running related events include:

- June 9 - Road Races for 5K & 10K, Shelburne
- June 16 - Track & Field, South Burlington, includes 100, 200, 400, 800 and 1500 meter events plus 6 field events
- July 28 - Cycling, Ferrisburgh, includes 1 mile, 5K, 10K & 25K events
- August 25 - Triathlon, Shelburne

Information from VSGA president Don Kjelleren



PO Box 633 • Waterbury, VT 05676 • RebuildWaterbury@gmail.com
Revitalizing Waterbury is a non-profit 501(c)(3) organization

January 23, 2012

Norm Robinson
Central Vermont Runners
66 Terrace Street
Montpelier, VT 05602

Dear Norm,

Thank you so much for the very generous donation of \$2,000.00 to Revitalizing Waterbury to be used for our ReBuild Waterbury (RBW) program. Our entire community appreciates your support so that RBW can help individuals and families in our area who are in need of assistance to rebuild their homes from the disaster-caused effects of Tropical Storm Irene. More than 200 homes were damaged by flooding and approximately 80% of the affected families did not have flood insurance. Local real estate damage has been estimated at \$10 million.

The money donated to the ReBuild Waterbury program is being used to provide help to individuals and families so they can return to safe and decent housing. Our RBW program can bring construction and case management resources combined with volunteer labor to complete reconstruction projects that individuals and families may not be able to manage alone.

Your donation puts us on the road to rebuilding our community. Thanks to your generous donation our work has begun.

Warm wishes,

A handwritten signature in black ink that reads "Theresa A. M. Wood".

Theresa A. M. Wood, Chair
ReBuild Waterbury Steering Committee

Please retain this letter for your files as it will serve as your tax receipt. Revitalizing Waterbury is organized as a 501(c)(3) organization. In accordance with IRS requirements, this acknowledges that you have not received any goods or services in consideration of your gift. Please note that if PayPal was used to make your contribution their service fees are not tax deductible.

COMMUNITY ACTION SERVICE TEAM
dba Waterbury Area Food Shelf
dba The Good Neighbor Fund
57 South Main Street, Suite #3
Waterbury, Vermont 05676

Telephone (802) 244-1561

Norm Robinson
Central Vermont Runners
66 Terrace Street
Montpelier, VT 05602

January 12, 2012

Dear Mr. Robinson:

Thank you so much for The Central Vermont Runners contribution of \$1,000.00 to the Waterbury Area Food Shelf.

Your donation will help the Food Shelf provide food for the victims of Tropical Flood Irene as well as the families in need in the Waterbury Area for the coming winter.

Be assured, gifts such as yours will help sustain the Food Shelf through this crisis.

Sincerely,



Mildred Badger
Treasurer

We are a 501(c)(3) organization

"Spirit of the Club" award >>> The "Spirit of the Club" award was presented to Roger Cranse at the CVR annual awards/volunteer recognition banquet held January 26th at the Steak House. In presenting the award, club president Norm Robinson recognized Roger for his many years of service to CVR but particularly for the work as race director for the Leaf Peeper race that was impacted by "Irene". Roger and his race committee worked with numerous state and local officials to build great working relationships that resulted in a very successful race this year... while presenting CVR in a very positive manner.

Movin' on up at Bradford (MA.)... from Bob Murphy

The Flyin' Irish team of Bob Murphy and Colleen Cournoyer managed a second place finish among father-daughter teams at this year's Valentine Race at Bradford, Mass., 11 Feb. The placement was less due to outstanding performances than it was the absence of some of the more competitive teams of the past. Missing were such teams as John & Megan Valentine (frequent winners) and their nemeses, the Makos (also recent winners).

The race comprises a 5-mile distance for one team member and a 6k distance for the other. Bob took the 5-miles this year, and finished a respectable 40:46; Colleen ran 33:28 for the 6k. Bob was a bit disappointed in not being able to break 8-minute miles for the event (which is actually quite hilly), but looking back at past finishes found that the last time he achieved that feat was in 2006! So much for wishful thinking.

The race is a bit distant for many; about 3 hours travel time each way. Still, it has become a kind of tradition over the years for Murphys and Valentines. The race is well-attended (468 finishers this year); race conditions are usually quite pleasant that far south, and there aren't many better options for racing at this time of the year. A recommended event!

From Bradford MA. to Bradford VT...

As people are setting their summer race calendars, I just wanted CVR members to know about our 3rd annual "Race to the Top of Bradford" happening on Saturday June 9th in Bradford, VT. This is a great 3.5 mile long hill climb trail race that involves both the ascent and descent of Wrights Mountain. Our race website is www.bradfordconservation.org/race ... (which will be updated soon for 2012). All proceeds benefit the Bradford Conservation Fund.....from Rick Evans (rickevans111@yahoo.com)

In the last newsletter Donna Smyers indicated that after 15 years of directing the CVR Mutt Strutt, she had decided to step down and focus on the other races she works on. Jamie Shanley said he would continue as co-director if somebody stepped in for race director.... Now, Roy Belcher has volunteered as the new race director for the Mutt Strutt! The race benefits the Central Vermont Humane Society. More info - see race schedule page 10.





Getting Goofy...from John Martin

Being the endurance junkies we are, Dot and I have talked about running the Disney World Marathon and Half Goofy Challenge for a number of years. These races are held at Disney World in Orlando, FL, on the first weekend of January and host over 20,000 runners in each the half and the marathon, with an ever growing number of runners opting for the Goofy, which means taking on both races.

The finisher medals for each race are outstanding. When you complete both races you are awarded the coveted Goofy medal to mark your accomplishment and show the world just how silly you can be. It is all about the medals.

Coming off a jammed packed April-November triathlon season we were both in good condition to begin the training. Our thought was nothing fast would be needed just steady performances each day would put us in good standing. Typically we ran 10 miles on Tuesdays, Thursdays and Saturdays with increasingly longer runs of 15-22 miles on Sundays. Generally we were on our bike trainers Mondays, Wednesdays and Fridays for 75-130 minutes.

The weather in December was mild and we were able to hook up with a young Colchester couple who are equally Goofy. We were accompanied by a tri team member for one run as he prepared for the Houston Marathon, a GMM member doing the Disney Marathon only and Sarah London. Why Sarah chose to join us remains a mystery as she is not training for a winter marathon but we figured she was just there to clear her head for her new duties as Gov. Shumlin's chief counsel.

Our training went well. We were both confident of solid performances. A Thursday direct flight from Manchester, NH to Orlando was uneventful. Because we were staying on Disney property, the Magic Bus scooped us up at the airport depositing us in our hotel. We did the expo/race packet pick up that afternoon. The Thursday night pasta dinner was very cool and we met other runners from all corners of the planet.

We spent Friday on our feet hitting the park's attractions. Walking 6 to 8 miles the day before a 39.3 mile weekend of racing is not a recommended protocol but hey, it's Disney. Lights out early for a 3am wake up, a 4am bus ride to the start staging area and then a 45 minute shoulder to shoulder crawl to one of the six start corrals. The gun/fireworks went off for the wheelchair division precisely on time (5:30am) followed by wave A-F every five minutes.

Despite there being 27,000 runners in the half and little light, there seemed to be plenty of room to run right from the get go and eyes seemed to adjust to the darkness. There were numerous bands and points of interest along the course including a trip through Magic Kingdom. It was still pretty dark and you needed to stay focused on your position and the folks around you. At mile 12 the sun started to peek out from the eastern sky and the first installment of the Goofy came to an end.

My pie in the sky race plan was to run a 9 minute pace for each day. The first day's test was easy. I cruised in at 1:57:09 or an 8:55 per mile pace placing 31st of 389 M60-64. My fleet partner in crime ran a 7:48 pace for the half placing 4th of 969 W50-54.

Jumped on the bus, back to the hotel for a late morning nap and an afternoon of stretching and fretting by the pool. We were not looking forward to another 3am wake up, bus ride, shuffle to the start and stand in the 40 degree air for 45 minutes but when you are Goofy, it might be fun.

(continued on page 8)

Getting Goofy...from John Martin *(continued from page 7)*

Sunday morning came way too early and the routine was all too familiar. Reality set in, this was a marathon, the real test. At the start the body was stiff for the first mile then, like a good work horse, I found my familiar groove and ticked off those 9 minute miles. At mile 20 my pace remained fairly good but soon the wheels started to fall off, one by one. The final 10K took 65 minutes but the Mickey Mouse Marathon medal followed by the prize, Goofy in 3D, made it all worthwhile. My 4:08 finish placed me 18th of 232 M60-64 marathon finishers and 12th in the Age Group for Goofy finishers with a 6:05 combined time.

Dot is relentless. Dot ran a 3:30 marathon and placed 1st of 444 in the W60-64AG. This amazes me and I live with her! She was 1st of 218 in the Goofy Challenge Age Group and 19th Goofy woman overall.

Our young Colchester training partners ran very well too. Kristen Courcelle ran a 1:48 half and a 3:27 marathon while husband Marty ran 1:48 and a new PR of 3:35. Running a PR the day after a half marathon indicates Marty will have many new PRs coming his way.

This race weekend festival is an experience. Big crowds, big production, lots of details, lots of buses and lots of run. This is not an inexpensive race vacation but the medals are fantastic. I'm in no hurry to repeat this race again but could easily get Goofy and do it again.

**Vermont Life recently interviewed Central Vermont Runners club members
Tim Noonan and Andrea McLaughlin for an article titled
"Melting Worries Away, undaunted by winter, hardy runners say icy treks clear the mind"
by James Askew.**

Tim was quoted in the article as saying "The crisp air, a clear day without wind ... it is invigorating to run in the winter, I love to run. I like to be out there. And if you dress for it, you can protect against anything."

He went on to say "Most people think you're a little crazy, I think it is crucial to be outside in the winter, in Vermont, for mental health issues,"

He added "Those are some of the most beautiful sights I have ever seen in Montpelier, because you get these incredible colors as the sun rises over the mountains."

Andrea was quoted in the article as saying "Running is a great stress releaser, It is a whole attitude adjustment for me. It is an adrenaline rush. And it is just about the only time I get to see my friends. And you know what? If I didn't know somebody was out there waiting for me, I probably wouldn't get up."

She also went on to say "The snowmobile trails open up a whole new world, we get to go to places we've never seen."

A link to the complete article is available on the CVR web site home page.

CVR First Night Montpelier 5K—Montpelier, VT 12/31/2011

Place Div/Tot Name Age S City St Time Pace

1 1/17 Jason Dunklee 37 M Watertown MA 17:42 5:42
 2 2/17 Joe Gingras 36 M Berlin VT 18:18 5:54
 3 3/17 Mark Churchill 36 M Greenbrae CA 18:44 6:02
 4 4/17 Chad Shepard 37 M Burlington VT 18:53 6:05
 5 5/17 Jon Copans 37 M Montpelier VT 19:10 6:10
 6 1/14 Allen Mead 45 M Wineburg VT 19:36 6:19
 7 6/17 Jon Floyd 39 M VT 19:44 6:22
 8 1/6 Bryce Murdick 15 M Falmouth MA 19:46 6:22
 9 2/14 Brian Kirkpatrick 47 M West Danville VT 19:50 6:23
 10 3/14 Mike Bessette 41 M St. Albans VT 19:52 6:24
 11 7/17 Per Tonn 31 M Montpelier VT 19:57 6:26
 12 8/17 Netdahe Stoddard 34 M Cabot VT 20:06 6:28
 13 2/6 Kirby Gordon 14 M Montpelier VT 20:11 6:30
 14 1/13 Mack Gardner-Morse 50 M Calais VT 20:22 6:34
 15 9/17 Jamie Good 37 M Waterbury VT 20:44 6:41
 16 1/7 Ben O'Hara 23 M Barre VT 20:45 6:41
 17 2/7 Matt Burton-Kelly 28 M Grand Forks ND 21:02 6:46
 18 3/6 Erik Hudson 18 M Clarksboro NJ 21:12 6:50
 19 3/7 Brian Warton 26 M Barre VT 21:14 6:51
 20 1/20 Dee Barbic 44 F Hindsburg VT 21:22 6:53
 21 4/6 Thomas David-Bashor 15 M Plainfield VT 21:31 6:56
 22 4/7 Tom Malinowski 22 M Jericho VT 21:36 6:58
 23 1/7 Richard Wright 65 M Lyndon VT 21:38 6:58
 24 10/17 Sean Sheehan 37 M Montpelier VT 21:39 6:58
 25 1/8 Chelsea Katzenberg 25 F Middlesex VT 21:45 7:00
 26 1/8 Catherine Morrell 36 F St. Johnsbury VT 21:50 7:02
 27 2/13 Tim Noonan 55 M Montpelier VT 21:55 7:04
 28 3/13 John Grosvenor 51 M Cabot VT 21:59 7:05
 29 2/20 Patricia Addis-Huds 45 F Clarksboro NJ 22:07 7:08
 30 4/13 Dick Millar 50 M Shelburne VT 22:08 7:08
 31 11/17 Anthony Mennona 35 M Montpelier VT 22:14 7:10
 32 5/13 Stanley Morse 53 M South Burlingto VT 22:27 7:14
 33 2/8 Alicia Gant 31 F Williamstown VT 22:32 7:16
 34 5/7 Roy Beletter 29 M Worcester VT 22:44 7:19
 35 4/14 Jeff Prescott 48 M Montpelier VT 22:56 7:23
 36 1/11 Donna Smyers 54 F Adamant VT 22:57 7:24
 37 12/17 Jon Budreski 35 M Montpelier VT 22:58 7:24
 38 1/7 Holly Gordon 12 F Montpelier VT 23:00 7:24
 39 5/6 Zachary Woonen 19 M East Montpelier VT 23:04 7:26
 40 3/20 Kathleen Ruffle 40 F San Francisco CA 23:08 7:27
 41 6/6 Ben Davies 18 M LaGrange IL 23:19 7:31
 42 6/13 Andy Shuford 51 M Montpelier VT 23:26 7:33
 43 2/7 Bruce Gould 60 M Lyndon Center VT 23:35 7:36
 44 5/14 Rob Lynch 40 M Honesdale PA 23:38 7:37
 45 13/17 Karson Clark 36 M East Burke VT 23:47 7:40
 46 6/7 Seth Brown 22 M Barre VT 23:50 7:40
 47 4/20 Betsy Drury 42 F Middlesex VT 23:50 7:41
 48 3/8 Ricarda Ericson 36 F Montpelier VT 23:52 7:41
 49 6/14 Randy Bauer 47 M Southbury CT 24:00 7:44
 50 1/5 Patty Foltz 63 F Stowe VT 24:12 7:48
 51 7/14 Scott Lovelette 43 M Montpelier VT 24:19 7:50
 52 8/14 Randy Braun 44 M Middlesex VT 24:24 7:51
 53 4/8 Beth Bontin 37 F Montpelier VT 24:25 7:52
 54 2/11 Beth McCabe 50 F Barnett VT 24:26 7:52
 55 5/20 Debbie Dunklee 46 F Watertown MA 24:27 7:52
 56 6/20 Erin Gordon 41 F Honesdale PA 24:38 7:56
 57 9/14 Kevin Stephani 40 M Middlesex VT 24:40 7:57
 58 10/14 Greg Bower 44 M Stowe VT 24:41 7:57
 59 3/11 Nina Aitken 57 F Waterbury Ctr VT 24:46 7:59
 60 2/8 Alison Kelly 28 F Grand Forks ND 25:04 8:04
 61 7/13 Dennis Casey 53 M Waterford VT 25:21 8:10
 62 3/7 Tom Foltz 63 M Stowe VT 25:34 8:14
 63 4/7 Neal McBain 64 M Lebanon NH 25:39 8:16
 64 14/17 Josh Pombar 37 M Montpelier VT 25:40 8:16
 65 8/13 Charles Windisch 58 M Essex Jet VT 25:43 8:17
 66 9/13 Jim Shea 52 M East Montpelier VT 25:49 8:19
 67 7/20 April Farnham 44 F Plainfield VT 25:57 8:21
 68 8/20 Jeannie Ellis 31 F Montpelier VT 26:00 8:22
 69 5/8 Katie Budreski 31 F Montpelier VT 26:14 8:27
 70 10/13 Bob Stuck 55 M Montpelier VT 26:21 8:29
 71 2/5 Dot Helling 61 F Montpelier VT 26:29 8:32
 72 1/1 Rose Woonen 18 F East Montpelier VT 26:31 8:32


73 6/8 Danielle Howes 38 F Moretown VT 26:33 8:33
 74 4/11 Margrethe Mentes 52 F Sutton VT 26:36 8:34
 75 5/11 Linda Hallinger 59 F Washington VT 26:40 8:35
 76 9/20 Robin Reed 47 F Plainfield NH 26:52 8:39
 77 10/20 Cathy duPont 47 F Marshfield VT 27:09 8:45
 78 3/8 Robyn Estabrook 23 F Montpelier VT 27:25 8:50
 79 7/8 Justine Franco 39 F Montpelier VT 27:32 8:52
 80 15/17 Peter Auclair 32 M Barton VT 27:37 8:54
 81 1/3 Brian Bushey 8 M Montpelier VT 27:44 8:56
 82 6/11 Linda King 56 F Moretown VT 27:56 9:00
 83 4/8 Camille Campanile 28 F Jeffersonville VT 28:00 9:01
 84 16/17 Raymond Campanile 37 M Jeffersonville VT 28:00 9:01
 85 11/20 Laury Saligman 43 F Montpelier VT 28:16 9:06
 86 2/7 Loren Searles 11 F Lowell VT 28:17 9:06
 87 5/7 Stuart Farina 64 M St. Johnsbury VT 28:17 9:07
 88 6/7 Robert Searles 62 M Wolcott VT 28:30 9:11
 89 12/20 Kelly Collar 46 F Moretown VT 28:32 9:11
 90 13/20 Therese Wunnen 48 F East Montpelier VT 28:32 9:11
 91 17/17 Ben Skolnik 37 M Middlesex VT 28:45 9:16
 92 14/20 Phyllis Jackson 49 F Barre VT 28:46 9:16
 93 5/8 Mari Zagarins 28 F Montpelier VT 28:47 9:16
 94 6/8 Prairie Hady 26 F Montpelier VT 28:48 9:16
 95 11/14 Matthew Howes 40 M Fayston VT 28:49 9:17
 96 15/20 Kerry Madden 43 F Groten MA 28:55 9:19
 97 12/14 Bob Stahl 46 M Hinesburg VT 28:58 9:20
 98 7/11 Kathi Koehler 54 F Manchester CT 29:08 9:23
 99 7/7 Bob Howe 64 M Barre VT 29:17 9:26
 100 3/7 Meredith Stetter 11 F Montpelier VT 29:31 9:30
 101 16/20 Jodi Lee 41 F Lebanon NH 29:47 9:36
 102 13/14 Ken Bunce 49 M Barre VT 29:48 9:36
 103 7/8 Monica Okarmus 26 F Norwalk CT 29:49 9:36
 104 7/7 Brian Huribal 22 M Stratford CT 29:50 9:36
 105 4/7 Isabelle Bontin 10 F Montpelier VT 29:56 9:38
 106 8/8 Renee Ress 39 F VT 30:00 9:40
 107 5/7 Brynn Bushey 12 F Montpelier VT 31:15 10:04
 108 3/5 Toni Kaeding 60 F Worcester VT 31:38 10:11
 109 17/20 Janet Wallace 45 F Thetford Center VT 31:43 10:13
 110 11/13 Ron Allen 56 M Chelsea VT 31:44 10:13
 111 8/8 Amanda Brown 27 F Barre VT 31:50 10:15
 112 18/20 Jane Burroughs 46 F East Montpelier VT 31:51 10:15
 113 8/11 Cindy Allen 53 F Chelsea VT 31:54 10:16
 114 2/3 Jacob Miller-Arsena 9 M Middlesex VT 31:56 10:17
 115 14/14 Daniel Miller-Arsen 43 M Middlesex VT 32:03 10:19
 116 9/11 Janet Wells 58 F Tunbridge VT 33:18 10:43
 117 19/20 Tricia Senzel 48 F South Burlingto VT 33:19 10:44
 118 4/5 Mary Savidge 64 F Washington VT 33:34 10:49
 119 5/5 Patricia Rennall 62 F North Fayston VT 34:25 11:05
 120 10/11 Deb Rathburn 50 F Plainfield VT 34:33 11:08
 121 3/3 Noah Witke 12 M Montpelier VT 34:40 11:10
 122 12/13 Kevin Woonen 55 M East Montpelier VT 35:25 11:24
 123 6/7 Jane Miller-Arsenau 6 F Middlesex VT 35:29 11:26
 124 20/20 Jennifer Miller-Ars 41 F Middlesex VT 35:29 11:26
 125 13/13 Joseph Phillips 59 M Norwich VT 37:14 11:59
 126 1/1 Russell Agne 71 M South Burlingto VT 41:55 13:30
 127 7/7 Lucille Wood 10 F Middlesex VT 42:57 13:50
 128 11/11 Judy Phillips 59 F Norwich VT 1:00:59 19:38

Thank you to the fifteen amazing volunteers who made the First Night 5k race a success. We had a whopping 135 runners, and the race went off without a hitch. Thanks to Donna Smyers, Tim Noonan and several other CVR members, the timing was fast and flawless. Todd Law with Montpelier Transportation did a miraculous job of salting and sanding the potentially icy course, and the Police Dept. handled the course change with ease. We added a new age group: 1-13 and had nine young runners complete the course, to the delight of the crowd. We have a lot of fun organizing this race and our reward is to watch all the smiling faces, ranging in ages from 6-70, cross the finish line to the enthusiastic cheers of the crowd and the cacophony of the noise makers.

Many thanks again, Happy New Year, we wish you all miles of joy, Ann Bushey and Sandy Colvin, Race directors


CVR & Area Races... see www.cvrrunners.org for additional details

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)

March 17, 5K Shamrock Shuffle, Lebanon (NH) Recreation and Parks Dept.,
Contact: www.shamrock5k.com or (603) 448-5121


March 24, Race Vermont Spring Fling 5k/10k, 9:00am, Shelburne Health and Fitness at the Field House, 166 Athletic Drive. *Contact:* Rayne Herzog 802-985-3141 rayne@racevermont.com.

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


April 14, Half Marathon Unplugged, 9:00am, Colchester, Airport Park, Airport Road, scenic and very flat half marathon with 599 of your running friends. *Contact:* Laurel Ganem 802-863-8412.


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


April 22, Plattsburgh Half Marathon, 8:00am, *Contact:* www.plattsburghhalfmarathon.com


 **April 28, 3rd Annual Adamant 20 Mile Run and Relay**, 10:00am, Adamant Music School, Barney Hall, Hagett Rd. (across from the waterfall). Run scenic out and back course on dirt roads with ponds and hills through Calais and Woodbury, or share the run with a partner in the 11/9 mile, 2 person relay. Registration form page 12. *Contact:* Eric Ryea 802 223-2733 | eryea@aol.com

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











 **May 6, 16th CVR Mutt Strutt** 3-Miler (21 doggie miles) 10:00am, Little River State Park, Waterbury, 3 mile run for you and your favorite four-legged running buddy to benefit the Central Vermont Humane Society. All dogs must be leashed. Entry \$6 (\$1 per paw or foot). Pre-register or post register prior to race start. *Contact:* Roy Belcher, 802 735-5110 or roybelcher@hotmail.com.

 **May 12, 34th Partners Race 5.0 miles**, 9:00am, Jericho Elementary School. Partners' times are combined. Bring a partner or get one at the start. *Contact:* Megan Valentine (802) 598-0261 partners@gmaa.net \$5.

 **May 19, Barre Town Spring Run 5K**, 9:00am, Barre Town Recreation Field, 5K race on the Barre Town recreation path out to the Rock of Ages Visitor's Center. *Contact:* Andrea McLaughlin, ajvtskier@msn.com or 476-4417

 **June 2, Kids Track Meet**, 4:30pm, 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.

CVR & Area Races ... (continued)

-  **June 9, Capital City Stampede 10K**, 9:00am, 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 16, Vermont Mountaineers HOME RUN 2nd Annual 5K Trail Race**, 5:00pm, Montpelier, Begins and ends at Home Plate at historic Recreation Field. Runners will finish just prior to the Mountaineers vs. Danbury game. *Contact:* Norm Robinson, normrobinson@comcast.net or 802 522-6771.
-  **June 24, 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. *Contacts:* Andy Shuford, (802) 272-3218, andy.cvr@myfairpoint.net or Andrea McLaughlin, ajvtskier@msn.com, (802) 476-4417.
-  **July 4, 30th Clarence DeMar 5K**, 8:30am Folsom School, South Hero. 5k is out and back, flat and fast. *Contact:* Jessica Bolduc (802) 338-7247 demar@gmaa.net \$10 pre-registration/\$15 race day
-  **July 7, Bear Swamp Run**, 9:00am, 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.
- July 8, Mad Marathon and Mad Half**, Waitsfield, *Contact:* Don Ingalls (802)496-5393
www.madmarathon.com
-  **July 28, Barre Heritage Festival 5K Trail Race**, 9:00am, 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 8:30AM. Proceeds to benefit Spaulding H.S. Cross Country Team. *Contact:* Lori LaCroix, 802 479-2938 or blajx4@yahoo.com.
-  **August 9, Berlin Pond Five Miler**, 6:00pm, 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 and Sue Emmons, sue.emmons@comcast.net.
-  **August 11, 20th Scholarship 5K Cross Country Run 5K**, 9:00am Red Rocks Park, South Burlington. Cross Country race on the dirt trails in the park. Benefits the GMAA scholarship. *Contact:* Ken Schatz (802-598-5959) scholarshipxc@gmaa.net \$8 pre-registration/\$12 race day.
-  **August 25, 33rd Round Church Women's Run**, 5K or 10K, 8:30am, Round Church, Richmond. Fast and flat out and back on Cochran Road. *Contact:* Martha Keenan and Kasie Enman (802-238-0820) roundchurch@gmaa.net **\$8 pre-registration only. No race day registration.** (optional women's tech shirt \$13).
-  **September 1, Northfield Savings Bank 5K and Children's 1-Mile Race**, 9:30am / 10:30am, 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. *Contact:* Northfield Savings Bank, P.O. Box 347, Northfield, VT 05663-0247, 802 485-5223.

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





3rd Annual Adamant 20 Miler or 2 Person Relay

Saturday, April 28, 2012 at 10 a.m.



To benefit Adamant Music School

Run scenic out and back course on dirt roads with ponds and hills through Calais and Woodbury.

- Great training race for Vermont City Marathon!
- Aid Stations every 2 miles
- Hearty, warm post race soups and bread
- Post race showers available

NEW for 2012: 2 person Relay Option

- Relay legs 11 miles out and 9 miles back with exchange at the turnaround point
- Each participant must register individually
- Participants responsible for own transportation or carpooling to/from exchange point

Adamant Music School is recognized as New England's premier center for piano study. The school attracts faculty and students from all over the world bringing classical music to central Vermont each summer. The beautiful gardens, sculptures and landscaping of the Adamant Music School are a local attraction year round. For more information, go to www.adamant.org.

Directions to Adamant: From Montpelier, follow Main St. through the roundabout and up the hill. Main St. becomes County Rd. At 6 miles from the roundabout turn right on Haggett Rd. proceeding 1.2 miles to Adamant. Park at the Adamant Methodist Church or across the street at the Concert Hall parking

Registration Race Day 8:30-9:45 a.m. Adamant Music School Barney Hall , 1216 Haggett Rd
For More information call Eric Ryea 802-223-2733 eryea@aol.com

Please Print Clearly

OFFICIAL ENTRY FORM – APRIL 28, 2012 ADAMANT 20 MILER

Name: _____ **Sex:** M ___ F ___ **Age on Race Date:** _____

Event: 20 Mile Run ___ 2 Person Relay ___ **Relay: Partner's Name** _____

Email: _____ **Address:** _____

City _____ **State:** _____ **Zip:** _____

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the event. I assume all risks associated with participating in this event including, but not limited to, falls, contact with other participants, the effects of the weather, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Central Vermont Runners, Adamant Cultural Foundation, Behre Piano Assoc., and all sponsors, their representatives and successors from all claims and liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature: _____ **Date:** _____

Signature of parent or guardian if participant under 18 years of age.

See more information online at:

www.cvrrunners.org

Entry Fee: \$20 by 4/26 \$25 Race Day Payable to CVR c/o Eric Ryea, PO Box 60, Adamant VT 05640



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 that 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.

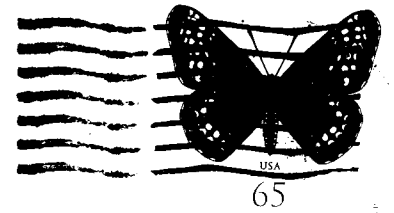
- *April - Adamant 20 Miler _____ *May - Mutt Strutt _____ *May - Barre Town Spring Run _____
 *June - Kids Track Meet _____ *June - Capital City Stampede _____ *June - Home Run Race _____
 *June - Paul Mailman 10 Miler _____ *July - Bear Swamp Run _____ *July - Barre Heritage _____
 *August - Berlin Pond _____ *Aug - Berlin Pond 5 Miles _____ *Aug/Sept - Northfield 5K _____
 *September - Sodom Pond Run _____ *October - Leaf Peepers _____ *Nov.- Fallen Leaves 5K's _____
 *Dec - First Night 5K _____ *May thru Oct - Tuesday Fun Runs _____ *other- _____

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.

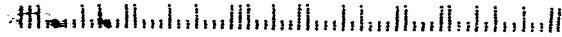
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Barre, VT 05641

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NEWSLETTER

March 2012

**Central
Vermont
Runners**



Volume 33
Issue 2

***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.

***Annual CVR Meeting
March 11, 2012
Information inside on page 3***