



Newsletter

May 2012

**Volume 33
Issue 3**

Notes from the President...

By the time you read this greeting, it will be spring. Or maybe a preview of summer. Or perhaps another episode of winter. What a crazy weather year so far. But that's one of my favorite things about running. I can run outside in (almost) any weather. It's all good.

Before you dive into the rest of the newsletter, I would like to share three brief (and unrelated) thoughts with you:

(1) I would like to give a big tip of the hat to our immediate past president Norm Robinson. A year ago, I was a relative newcomer to the club and was not quite ready to serve as president. Norm cheerfully agreed to step up to serve a one-year term while I figured out the lay of the land. I believe Norm has served as president in three (maybe four) different decades. Next time you see Norm, thank him for his many years of service to the club...and tell him that you cannot wait to vote for him again in 2021.

(2) In case you missed the twenty debates leading up to our last club elections, I would like to briefly highlight my goals for the year:

(a) I hope to improve communications within the club. Everyone in the club is busy. My goal is to make sure you know what is going on with respect to running opportunities, racing opportunities, volunteer opportunities and so forth.

(b) I hope to lead a concerted effort to recruit new members to the club. It is not unusual for me to meet runners in Montpelier (and not necessarily newcomers) who do not know that our club even exists. I find this hard to believe but it keeps happening.

(c) I hope to identify and groom new race directors. Some of our races are closing in on their fortieth year! I would like to see them continue another forty.

(3) Although I am something of a joker, I would like to be serious for a moment and leave you with a little homily. (Homily. Not hominy. That's something else entirely.) I read recently some brief observations by Gretchen Rubin about "Lost Wallet Syndrome." I am too lazy to find the article again so I am going to paraphrase her remarks from memory. She discussed the experience of losing your wallet and the bother associated with that. "Oh, how happy I would be if only I could find my wallet," you think. Then, you do find your wallet. And you are overjoyed. For approximately two minutes. After that, you realize that you are just back to where you were before...just back to normal. I found this little thought experiment to be very helpful. Perhaps it is a truism that you don't appreciate what you have until it's gone. But think about how much low-hanging happiness is available if you just stop and remind yourself of the self-evident truth. "How fortunate I am--I get to run in Vermont today!" That's my story and I'm sticking to it. --Jeff Prescott

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Next CVR Meeting

May 21, 2012

Info on page 2



Dave Erickson & Greg Gerdel, Adamant 20 miler

Minutes of the CVR Annual Meeting

CVR Annual Meeting — March 11, 2012

18 in attendance. Meeting called to order at 6:00 pm

Norm shared with the group some thank you notes from all the organizations to whom the club made a flood relief donation.

Treasurers Report

The club has donated \$16,000 +/- to various organizations over the year. The club has a \$5,000.00 CD maturing in March. Checking account is \$5300 +/- . With another \$5,000 +/- in another CD. Discussed not rolling the CD over, but moving the cash to the club checking account for expenses throughout the year.

Motion to let \$5,000 CD mature, and not roll it over, rather put it in the CVR checking account. Second and approved.

Club Donation Requests

Norm discussed the various organizations, such as girls on the run that have asked for donations from CVR. We also discussed making donations available to area cross country programs.

Motion to allow the club president to make available a donation up to \$400 to the same 10 cross country programs to whom we made available a donation last year. Additionally, up to \$400 to 5 different girls running programs, \$400 for special Olympics. Any other requests get discussed at regular club meetings throughout the year. Second and Approved.

Spring Mailing/Race Promotion

Donna to continue doing the post card mailing of all of the upcoming CVR races. Donna asks that every race director remember to use a race application that contains a section asking for the applicants e-mail address. This allows the club to maintain a good list of runners to whom the club can promote races and send other various mailings or communication via electronic as well as via mail.

Membership

Discussed Membership Drive – Talked about promoting CVR membership. Ideas: Putting a paragraph at top of race applications that explains membership and has a membership application attached? Norm suggested creating a committee of people who are responsible for developing ideas to increase membership? Donna, Jeff, Roger, Richarda, Greg G, and Sandy all agreed to be on the committee. Jeff agreed to be the chair of the committee. Motion for up to \$500.00 to be spent on membership drives... The committee will decide how that is spent. Second and Approved.

Race Updates

Donna shared that the Adamant 20 miler is going to be both a relay and individual race. There is no bike ride as part of the race this year. April 28th is the race date.

Norm shared e-mail from Vermont City Marathon looking for volunteers as well as people to lead and direct various aspects of the race planning and race day activities. If interested let Norm know and he will get you the information.

Election of Officers:

President – Jeff Prescott

Vice President – Greg Wight

Secretary – Sandy Colvin

Treasurer – Linda Hallinger

Executive Committee Past President - Norm Robinson,

Executive Committee, At Large - Darragh Ellerson

Executive Committee, At Large - Donna Smyers

Motion to nominate officers. Second and Approved.

Bob Howe will continue in his appointed position as Newsletter Editor. Donna Smyers will continue in her appointed position as Membership Coordinator. Dave Kissner and John Hackney will continue in their appointed positions as webmasters.

Fun Runs

Fun Runs start on Tuesday March 13th...unofficially...no timing. CVR won't start timing until May, but feel free to go and run on Tuesday nights for unofficial fun runs at 5:15

2012 Meeting Dates

Monday, May 21, details below

Monday, August 13, location TBD

Monday, November 5, location TBD

CVR Meeting, May 21st

What: Potluck dinner and club meeting

When: 6:00 pm, Monday, May 21, 2012

Where: The home of Richarda & Jay Ericson
3 Liberty St, Montpelier

Directions: From intersection of State and Main in downtown Montpelier, head north on Main St. At traffic circle, bear right to stay on Main St. Just before you get to Main St School, turn right onto Liberty St.
Second house on right.

Membership Renewal Time

Have you renewed your CVR membership for 2012? **If you have not paid for 2012, your club membership expired at the end of March.** Can't remember whether you have paid for 2012? Look at the label on your last newsletter to see the year you are paid thru.

Or e-mail Donna with questions: dosmyers@gmail.com The membership form is inside the last page of this newsletter. Annual dues are \$10 for an individual OR family and only \$2 for students (without family)... Membership benefits... Priceless..... Jeff Prescott

President:..... Jeff Prescott
 Vice-President:..... Greg Wight
 Treasurer:..... Linda Hallinger
 Secretary:..... Sandy Colvin
 Past President... Norm Robinson
 Executive:.... Darragh Ellerson
 Committee Donna Smyers
 Webmasters:..... Dave Kissner
 John Hackney
 Newsletter:..... Bob Howe
 Membership:..... Donna Smyers

CVR Gear

Do you have a **new CVR shirt**? These high quality shirts with the updated CVR logo endure as a lasting legacy to the Norm Robinson administration. You know you want one. We have:

- long sleeve technical shirts (unisex cut) for \$15
- short sleeve technical shirts (both men's and women's cuts) for \$10
- old-school cotton t-shirts (unisex cut) for \$5

This is **special introductory pricing** that includes a subsidy from the club. No telling how long this deal will last. Shirts will be available for sale at the May club meeting and at some (but not all) CVR races. Or just e-mail me and I'll provide expedited delivery..... Jeff Prescott

Barre Author Speaks on Running

On Tuesday April 24th the new Barre book store, "Next Chapter Bookstore", hosted Ray Charbooneau the author of *Chasing the Runner's High* and *R is for Running*. The soft spoken author addressed many issues that the average runner faces . . . lots of training but never being first across the finish line, not because of effort but natural ability. However, he spoke of all the smaller races that go on within the larger race . . . the race between friends, the person who you have been following and want to finish in front of, and your own personal race. Ray shared some of the more scenic races he has run and many of his favorite Vermont races. He spoke fondly of Central Vermont Runners very own Adamant race which he participated in last year. He also donated his book *Chasing the Runner's High* as a prize at that race.

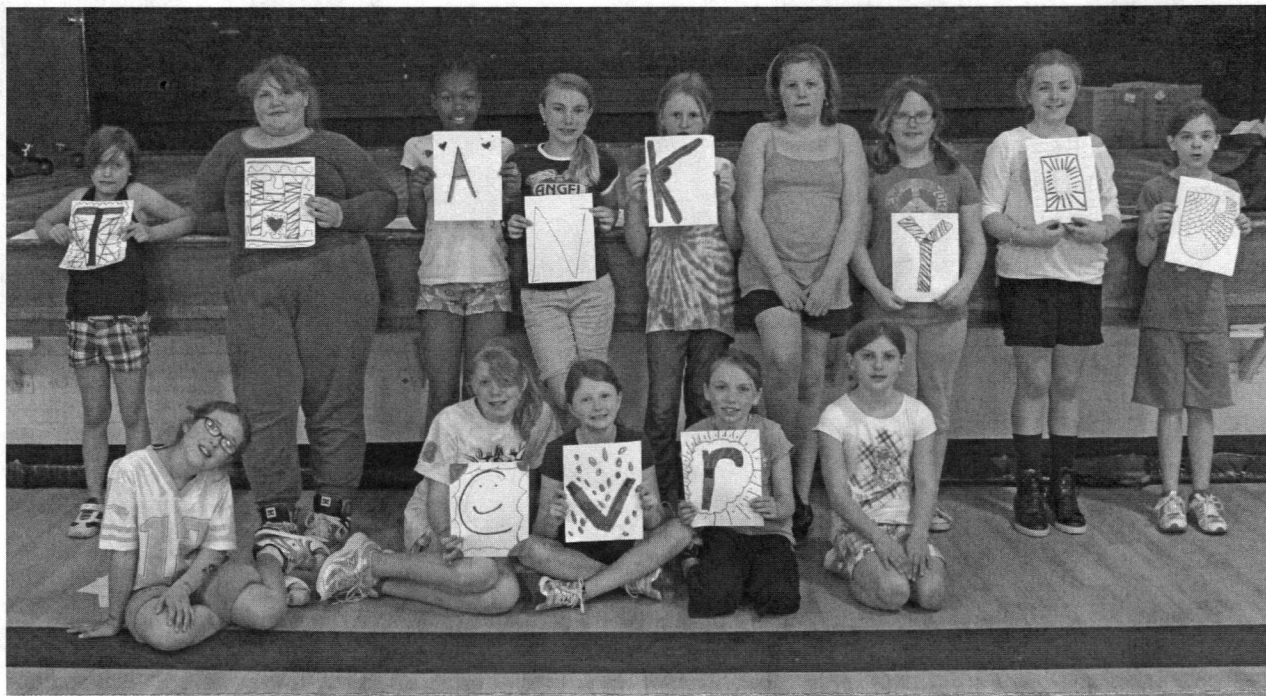
Since I have had the book less than 24 hours, I can not speak to the whole book but have read about his years as a student at Spaulding High School and how his life began running around with the neighborhood kids playing games, to sitting on his butt in an office job and gaining weight. You can see where this is going . . . how his pot belly on his 5'8" frame made him feel a bit ridiculous, to becoming an addict of running. I put the book down to share the book with all Central Vermont Runners members, knowing this is a book all runners will take pleasure in. His book can be found in Barre at the "Next Chapter Bookstore", which you can still get to easily in spite of the "Big Dig", or you can attend the Barre Town Spring run on May 19th where Ray's book will be presented as a prize thanks to his generosity.

By Andrea McLaughlin

Shoe Czar? Shoe Diva? Shoe Poobah?

There have been several conversations floating around recently about collecting **gently worn running shoes** to contribute to running programs at local schools. There seems to be interest from the programs and there also seems to be folks with shoes to donate. What we lack is a **volunteer to coordinate** a shoe drive...you know...to do the actual work. The coordinator role would include talking to programs to define the need, setting some guidelines re shoes, collecting the shoes and distributing the shoes. If you are interested in coordinating a shoe drive on behalf of the club, let me know. If you volunteer, you can pick your own title.... Jeff Prescott

Central Vermont Runners supports Girls on the Run



Please pass along to all of CVR a big "Thank You" from the Thatcher Brook School Girls on the Run. We are having a blast together!

Lindsay Simpson

Girls Running Club

For the second year in a row, Barre Town Elementary School has a Girls Running Club. The club consists of 31 third and fourth graders. The girls meet once a week to learn about team building, self-esteem, and one's own enjoyment of exercise. The girls have expressed their enjoyment in belonging to a club and their attendance represents their dedication to the club! We have had almost perfect attendance!

Thanks to Central Vermont Runners support, the coaches, Laura Thygeson and Andrea McLaughlin, can provide the girls with a team t-shirt that will be worn at the culminating event on May 19th, the Barre Town Spring Run. The girls and the coaches appreciate the support that CVR has given us over the past two years and hope that you will come out for the race to personally see the enthusiasm your support has created. By Andrea McLaughlin



A Month of Running in New Mexico

On the first of March I headed to the airport in Burlington to begin my biennial trip to the southwest in an attempt to escape mud season. As a suspected terrorist, I had once again to be subjected to the demeaning ritual of partial strip, x-ray and pat-down, before the security experts decided that they didn't yet have enough evidence to support my incarceration, and I was allowed to board the airplane. (Dodged that bullet once again...)

Our condo was located near downtown Albuquerque and adjacent to historic Old Town. More significantly, it was located just a little over a mile away from the Central Ave. trailhead for the Paseo del Bosque Trail, a multi-use path. Albuquerque is a great place for runners and bicyclists, as there is a wonderful network of trails (both paved and unpaved) running along the Rio Grande, the foothills of the Sandia Mountains, and a vast network in between, throughout the city. For the month we were in Albuquerque, I used those trails extensively. The one thing that I can say is that, compared to Vermont, and despite the excellent condition of most of the paths, they can be pretty boring – mostly flat, mostly straight.

The day after we arrived, I had signed up for the first running of the Engineers Without Borders 5k River Run. Sponsored by the Engineering Dept. of the Univ. of New Mexico, the race proceeds go to support a clean drinking water project in tribal villages of Bolivia. Still suffering from jet-lag and the experience of my terrorist perp-walk, I showed up at the race early to do a short warm-up run. There was a paved path available, so I used it, thinking that would be where the race would be. Unfortunately (for me), the race directors decided that runners would prefer an unpaved course, so we ran on a gravel embankment paralleling the paved path. It was tough running, as the first part of the course was pretty loose, and it was like running in marbles at times. Still, the remainder of the course was ok, and my finishing time (26:00, 23rd of 67 overall) was good enough to take first place in my age category. Of course, I was the only one in my age category, so it was not much of an achievement! At my advanced age, I was enough of a rarity that in the awards ceremony, my age group was skipped. It got corrected, however, and I proudly took home my award, a shot glass engraved with the UNM logo, a lobo pawprint.

My next big event was the Rio Rancho annual Shamrock Shuffle on the 18th of March. There were three distances to choose from: a 5k, a 10k and a 10 mile. I had signed up for the ten-miler, and as the day approached, I looked forward to a prediction of wonderful temperatures. I had run this race twice in the past, and on each of the prior occasions, temperatures at the start of the race were in the 20s. This year, however, the prediction was for the 40s! The temperature turned out even better than predicted, in the low 50s, just about perfect for running the hilly, challenging course. Unfortunately, there were very strong winds which I estimate were 30 mph or stronger. After an exhausting 1 mile warm-up (last half mile directly into the wind), I was not looking forward to ten miles in those conditions. Still, all competitors have to run under the same conditions, right? So the race began, with winds increasing as the race wore on (newspaper accounts said gusts during the day were as high as 45-65 mph!). At the four mile point (during the second loop of a three-loop course, I began to ask myself silly questions, like, "Am I going to be able to finish this thing?" Of course, with loops, the wind eventually gets to your back, so it was not always dreadful, and the miles ticked by, with the finish line eventually in sight. I was very glad to see it, and was pleasantly surprised to find that my finish time was only about a minute slower than it had been two years ago. Once again, my time of 1:27:36, 46th of 127 overall, was good enough to take first in my age category. In this case, there was one other runner in my category, but 77-year old Jim Schnitzler was five years my elder, so once again my victory was nothing to crow about. The drive back to the condo was an experience, with blowing dust obscuring the road completely at times (think brown white-out).

Much of the month, of course, consisted not of races, but those daily runs. It was a joy running in a generally warmer climate (although there was a week when the reported temperatures in Burlington were 10 degrees higher than where I was). The paths on which I did my daily runs were quite heavily used – many bicycle commuters, runners and walkers. And when not running, the attractions of Albuquerque were many – live theater, musical events (including flamenco), museums, great restaurants, etc. All good things must come to an end, however, so after another stint as a suspected terrorist, I was once again allowed to get on an airplane and return home. And now that the weather is warming up a bit, this place is like heaven-on-earth to me!

Bob Murphy

Seen and heard at Kaynor's Sap Run

CVR was ably represented March 25th at Kaynor's Sap Run. I saw Dave Erickson, Sara Erickson, John Hackney, Sue Hackney, Dot Helling, Donna Smyers, Megan Valentine, Charles Windisch and there may have been others that I missed. **Megan and Sue were first and second female, respectively.** (The CVR men also ran.) Jugs of maple syrup from Snow Hill Farm were distributed via random drawing. Donna and John both won their weight in syrup. The weather was cool and windy and damp...in other words, perhaps the best weather this race has ever had! Full results are here: <http://www.gmaa.net/results.php?raceid=SAP2012> ... Jeff Prescott

Unplugged Half Marathon

A number of CVR members were spotted Saturday at the Unplugged Half Marathon including **Newton Baker, John Martin, Dan Miller-Arsenault** and **Tim Shea**. I may have missed some others in the crowd. I believe Tim was the top CVR finisher with a very peppy early-season 1:21:45. Newton was first in his new age-group (70-98). If the race had been 87 miles longer, I am sure that Newton would have reeled in a bunch of younger folks. And **Dot Martin**, working at the finish line, was a sight for sore eyes. I mean that literally. I forgot my sunglasses and the glare off the lake was intense.

There were actually two Unplugged races this year—the first at 9:00 am and a second wave at 11:00 am. I have not heard any reports from the second wave. I did notice that **Eric Ryea's son Justin** was second overall in the second wave (1:16:38) and only 25 seconds back from first place.... Jeff Prescott

Boston Marathon - CVR members and other runners from the central Vermont area listed as finishers on the BAA website

CVR	Sarah London	Montpelier	3:18:16	George Cook	Montpelier	4:00:23
	Johannah Ludington	Morrisville	3:23:22	David Polow	Morrisville	4:15:17
	Rachel Mueller	Montpelier	3:37:19	CVR Tim Noonan	Montpelier	4:29:03
	Danielle Cloutier-Simons	Montpelier	3:42:03	Roxanne Bellamy	Montpelier	4:58:52
CVR	Christian Anderson	Montpelier	3:46:27	CVR Phyllis Arsenault-Berry	Duxbury	5:48:55
	Chris Jernigan	Waitsfield	3:46:49	CVR Celine Blais	Montpelier	5:49:33
CVR	Sandy Colvin	Montpelier	3:59:01			

Boston Marathon

Marathon Monday was not a great day for me. I do not run well in hot weather. Started feeling nauseous and a bit dizzy around mile 2 and considered bailing at the first medical station. However, I just couldn't quite bring myself to quit so I started walking and ended up walking the remaining 24 miles. It was very long and very hot. You could feel the heat rising up from the pavement and there was no shade. Bank sign I passed said the temperature was 89. Medical tents were doing a booming business. Bless all those spectators who were passing out ice, oranges, watermelon....

Obviously not thrilled with my time (a personal worst), but considering how bad I felt so early on, that is the way it had to be. I could perhaps have pushed myself to run, but I know if I did I would have ended up in the medical tent.

Funny part about walking that distance - no soreness at all the next day. I ran 8 miles two days later and felt great. However, I was back in Vermont and the temperature was a mere 28 degrees - which I am sure had something to do with it.

Phyllis Arsenault-Berry
Caine von der Frolikind, Am/Can TD, CGC

CTA (Catamount Trail Association) Volunteer of the Year... Jill Aspinall

(Taken from the Catamount Trail Association News, Winter 2011-2012)

We are pleased to announce that Jill Aspinall is the 2011 recipient of the CTA Volunteer of the Year Award. Jill has dabbled in many things since leaving Montreal and a career in project and financial management ten years ago, and we are very fortunate the CTA is one of those things.

Jill has been a CTA member since about 1995, and a Trail Chief between Morrisville and Wolcott since 2005. In 2009, she became an End-to-End and also joined the CTA Board of Directors. Jill continues to be active on the CTA Board, and has played a leading role in the development of CTA's Multi-Day Tours. Jill works hard as a part of the "Tours Team" to coordinate the annual Tour and Events Calendar and the impact of her efforts is apparent in the continual growth of participation on CTA tours for the past 3 winters.

In recognition of her tireless volunteer efforts, Jill was presented with the "Golden Loppers," a new pair of Fiskars telescoping loppers, at the Annual Meeting in November.

A resident of Montpelier, Jill has ridden all the paved roads (that are legal riding) in Vermont. Her other interests include running, gardening, attending theatre & modern dance performances, and spending quality time with her husband Rick and their cats.



My Memoir on Boston..... from Sandy Colvin

How many times have you run the Boston Marathon? *5 Times over the past 15 years.*

Do you consider yourself a hot weather runner or a cool weather runner? *I am both and normally do fine in hot weather, however, only when I am prepared and have been training in it.*

How hot was it? *It was so hot I felt like I was trying to _____ Run a race inside of a sauna, with a dog panting his hot breath in my face, along side of me.*

Did you consider deferring to 2013? Why or why not? *No, I had been training, had hotel reservations and always look on the bright side....I didn't believe it was going to be as hot as predicted. (Those weathermen, what do they know? Dopplar Radar?)*

Given the weather forecast, did you modify your goal or strategy? *Not until I started running. How? Mentally adjusting and then trying to listen to myself. " Slow down and just run, pace and time don't matter, surviving and not making yourself sick matter." That became my Mantra.*

If you had to do it over again, what would you do differently? *Nothing. I couldn't have trained in the heat, and that is the only thing, I think, that would have helped.*

What is your most vivid memory from the race? *Towards the finish, seeing an elite runner (red numbered bib) limping to the finish. And really, just everyone with looks of determination on their faces. Different from other races, this was a look of shared determination, to not let the heat beat us!*

Vermont City Marathon

Our friends at Run Vermont want you to know that there is still space available in the **Vermont City Marathon** on May 27th. Registration is open through May 10 (unless the capacity of 3,600 is reached earlier). Note this only applies to the marathon...the relay field is full. Also note their call for volunteers...both for race weekend and for earlier. Information on registration and/or volunteering can be found here: <http://www.vermontcitymarathon.org>

..... Jeff Prescott

VERMONT RACE PARTICIPATION: 2011-2011

by Jeff Prescott

This article provides a quick comparison of race participation statistics for 2011 compared to 2010. Results are analyzed for CVR events, GMAA events and selected other events. In addition, participation in the CVR/ORS Race Series is also analyzed. Caution should be used in forming conclusions based on the limited data. For example, participation at a given race in a given year may be significantly influenced by weather (good or bad). In particular, Tropical Storm Irene had a noticeable impact on several fall events.

CVR Events

Table A compares participation in CVR Events for 2010 and 2011. Note the following:

- For the 16 events that were held in both years, participation is down 4% from 1,974 finishers to 1,889.
- This decrease is almost entirely explained by:
 - A decrease at the Paul Mailman 10-Miler due to the mass retirement of the Hockomock Swamp Rats from Massachusetts.
 - A decrease at Leaf Peepers in the aftermath of Tropical Storm Irene
- The event with the largest increase in finishers year over year was the Barre Town Spring Run with 57% growth.
- 2011 also saw the introduction of a brand new event--the VT Mountaineers Home Run.

CVR/ORS Race Series

Table B compares participation in the CVR/ORS Race Series for 2010 and 2011. These counts represent the number of club members (not total participants) completing each of the races in the series. Note the following:

- For the 11 events that were held in both years, participation is up a robust 38% from 125 finishes to 173. Donna reports that CVR membership was stable over this time span. So the increase is attributable to increased participation rather than an increase in club members.
- Year over year increases were posted in almost every race.
- The NSB 5k and 1 mile race were cancelled in 2011 due to flooding associated with Tropical Storm Irene.
- Note that there are two changes in the CVR/ORS Race Series for 2012:
 - GMAA's Kaynor's Sap Run replaced the Green Mountain Marathon
 - Barre Town Spring Run replaced the Barre Heritage trail race

CVR Events

Race	2010 Count	2011 Count	Change	% Change
Mutt Strutt	51	43	(8)	-16%
Adamant 20 Miler	41	32	(9)	-22%
Barre Town Spring Run	49	77	28	57%
Capital City Stampede	104	127	23	22%
Paul Mailman 10-Miler	145	102	(43)	-30%
Bear Swamp Run	51	63	12	24%
Barre Heritage	54	41	(13)	-24%
Berlin Pond	81	82	1	1%
East Montpelier Chase	26	19	(7)	-27%
Sodom Pond	24	30	6	25%
Leaf Peeper's HM	639	593	(46)	-7%
Leaf Peeper's 5k	414	377	(37)	-9%
Fallen Leaves #1	78	85	7	9%
Fallen Leaves #2	40	44	4	10%
Fallen Leaves #3	35	46	11	31%
First Night	142	128	(14)	-10%

Total	1,974	1,889	(85)	-4%
VT Mountaineers Home Run		57		New event

CVR/ORS Race Series

Race	2010 Count	2011 Count	Change	% Change
First Night	16	24	8	50%
Capital City	18	20	2	11%
Paul Mailman	12	22	10	83%
Montpelier Mile	11	13	2	18%
Bear Swamp	15	18	3	20%
Barre Heritage	12	10	(2)	-17%
Berlin Pond	16	23	7	44%
Common to Common	5	10	5	100%
Leaf Peeper's HM	13	17	4	31%
Leaf Peeper's 5k	5	9	4	80%
Green Mountain Marathon	2	7	5	250%

Total	125	173	48	38%
Northfield 5k	18	-		Cancelled
Northfield 1 mile	3	-		Cancelled

GMAA Events

Table C compares participation in GMAA events for 2010 and 2011. Note the following:

- For the 14 events that were held in both years, participation is down slightly (6%) from 2,630 finishers to 2,461 finishers.
- The decrease is almost all attributable to a 38% decline at the Green Mountain Marathon. I don't know the story behind this one. The Equinox trail runs also appears to have declined.
- The event with the largest increase in finishers year over year was the Rollin Irish Half Marathon with 57% growth.
- 2011 also saw the introduction of the Green Mountain Half Marathon, a companion event to the Green Mountain Marathon.
- I believe the Turkey Trot is a non-scored event-- arguably a fun run rather than a race.

GMAA Events				
Race	2010 Count	2011 Count	Change	% Change
Kaynor's Sap Run	93	108	15	16%
Rollin Irish HM	96	151	55	57%
Partner's Race	57	36	(21)	-37%
Equinox Trail Race 10k	39	80	41	105%
Equinox Trail Race 5k	155	46	(109)	-70%
Clarence DeMar	337	392	55	16%
Round Church 10k	107	111	4	4%
Round Church 5k	155	178	23	15%
Scholarship 5k	64	35	(29)	-45%
Archie Post 5 Miler	121	114	(7)	-6%
Common to Common 30k	105	88	(17)	-16%
Art Trudhope 10k	106	134	28	26%
Green Mountain Marathon	416	260	(156)	-38%
Turkey Trot	779	728	(51)	-7%
Total	2,630	2,461	(169)	-6%
Green Mountain HM		95	New event	

Other Events

Table D compares participation in other Vermont events (i.e., not CVR nor GMAA) for 2010 and 2011. These events were selected somewhat arbitrarily by me to represent popular events around the state plus some additional races of local interest. Note the following:

- For the 15 events that were held in both years, participation is up 5% from 9,824 finishers to 10,286.
- The increase is driven by strong growth at Corporate Cup, Harpoon Oktoberfest and Middlebury Maple Run.
- Vermont City Marathon finishers were down 11% year over last year.
- Several races were affected by Tropical Storm Irene:
 - Race to the Top of Vermont was held a day earlier than scheduled due to the approaching storm.
 - The NSB races were cancelled due to flooding.
- 2011 saw the introduction of the Mad Marathon and Half Marathon.

Other Events				
Race	2010 Count	2011 Count	Change	% Change
Autumn Onion 5k	92	72	(20)	-22%
Corporate Cup	1,396	1,571	175	13%
Covered Bridges HM	1,778	1,849	71	4%
Downtown 10k	200	209	9	4%
Harpoon Oktoberfest	845	1,127	282	33%
Kingdom Challenge HM	198	214	16	8%
Middlebury Maple Run	354	485	131	37%
Montpelier Mile	115	162	47	41%
Run to the Pogue	326	325	(1)	0%
Stark Mountain Hill Climb	46	26	(20)	-43%
Stowe 8 Miler	886	923	37	4%
Swanton-St Albans Sap Run	102	115	13	13%
Unplugged Half Marathon	453	512	59	13%
Vermont City Marathon	2,737	2,430	(307)	-11%
Race to the Top of VT	296	266	(30)	-10%
Total	9,824	10,286	462	5%
Mad Half Marathon		474	New event	
Mad Marathon		462	New event	
NSB 1 mile	85	-	Cancelled	
NSB 5k	181	-	Cancelled	

3rd Annual Adamant 20 Miler and Relay - April 28, 2012

NEW COURSE RECORD AT ADAMANT 20 MILER

Snow filled the air in the morning, but the sun came out to help take the bite out of the wind for the 3rd Annual Adamant 20 Miler. Dave Herr and Kyle Powers duelled for the first 17 miles, but Herr finally broke Powers on the tough climb and in the process, Herr broke his own record from 2010 by 5 minutes, posting a 2:04:58 time on the hilly dirt road course. Amber Van Zuilen cruised in for 1st Female at 2:57:55. For the first time the race included a 2 person relay division. The highlight of the relay was local Olympian, Liz Stephen, posting a 6:00 pace for the difficult final 9 miles, but her pace was not fast enough to reel in the first place team of Bob and Sue Emmons who finished in 2:29:21. Liz has a long history at CVR events, starting with the Northfield Kids Mile in the early 90's. While the hills were tough, participants praised the scenery and everyone agreed that the hot soup post race feed is one of the best they have had.

With 6 aid stations and a relay component, this race requires many hours from dedicated volunteers. Many thanks to Jeff Prescott, Greg Wight, Lisa Brucken, Lori Lacroix, Roger Cranse, Rose Kent, Grant Orenstein, Andy Shuford, Richard Cleveland, Newton Baker, John Valentine, and Jean Palmisano.

Donna Smyers and Eric Ryea

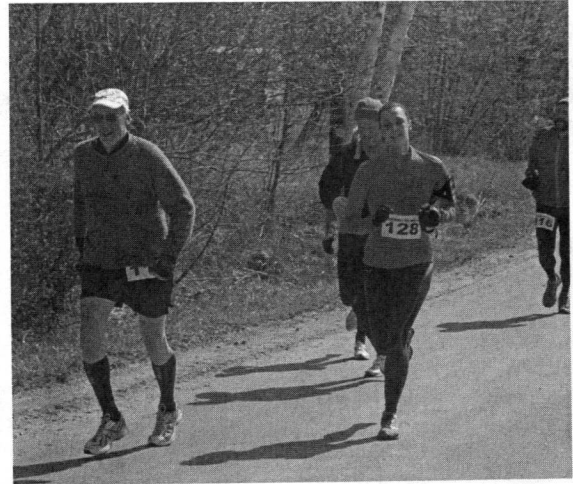
*****OVERALL RESULTS*****

Place	Div/Tot	Name	R	Age	S	City	St	Leg1	Time	Pace
1	1/6	David Herr	I	47	M	Canaan	VT	1:07:45	2:04:58	6:15
2	1/8	Kyle Powers	I	23	M	Waterford	VT	1:07:40	2:11:29	6:35
3	2/8	Thomas Houghton	I	21	M	Calverton	NY	1:13:24	2:11:33	6:35
4	1/8	Jake Marren	I	30	M	Montpelier	VT	1:13:25	2:11:45	6:36
5	2/6	Tim Shea	I	42	M	Montpelier	VT	1:15:58	2:16:12	6:49
6	3/8	David Ozahowski	I	28	M	Thetford	VT	1:15:40	2:17:48	6:54
7	2/8	Jon Copans	I	37	M	Montpelier	VT	1:17:31	2:18:25	6:56
8	4/8	Joseph Kill	I	22	M	Lyndonville	VT	1:11:29	2:18:28	6:56
9	3/6	Rowly Brucken	I	43	M	Northfield	VT	1:16:39	2:18:56	6:57
10	1/5	Craig Peirce	I	51	M	Newport	VT	1:17:07	2:20:59	7:03
11	3/8	Jason Wulff	I	33	M	Waterbury	VT	1:18:13	2:21:09	7:04
12	5/8	Matt Ozahowski	I	26	M	Thetford	VT	1:13:26	2:25:36	7:17
13	4/8	Justin Ryea	I	33	M	S Burlington	VT	1:24:39	2:28:50	7:27
14	4/6	Chris Royer	I	47	M	Coventry	VT	1:19:44	2:29:04	7:28
15		Sue & Bob Emmons	R			S Duxbury	VT	1:19:22	2:29:21	7:29
16		L Stephen/G Gerdel	R			E Montpelier	VT	1:38:47	2:32:45	7:39
17		John & Sue Hackney	R			Montpelier	VT	1:26:29	2:37:53	7:54
18	5/8	Chris Bernier	I	30	M	Waterbury Ctr	VT	1:28:26	2:41:33	8:05
19	2/5	Steven Snook	I	52	M	Newbury	VT	1:28:38	2:42:43	8:09
20	6/8	Michael Klass	I	35	M	Manchester	NH	1:30:47	2:45:32	8:17
21	3/5	Ron Osborn	I	52	M	Johnson	VT	1:38:45	2:55:51	8:48
22	1/3	Chuck Arnold	I	64	M	Burlington	VT	1:33:29	2:57:24	8:53
23	1/3	Amber Van Zuilen	I	28	F	Colchester	VT	1:34:35	2:57:55	8:54
24		J.Martin/D.Erickson	R			M Williamstown	VT	1:42:24	2:58:25	8:56
25	1/1	Jill Smith	I	33	F	S Burlington	VT	1:37:23	3:00:22	9:02
26	7/8	Skip Harris	I	38	M	Essex	VT	1:37:20	3:00:38	9:02
27	6/8	Andrew McAvoy	I	28	M	Montpelier	VT	1:38:50	3:01:30	9:05
28	7/8	Alan McGrath Jr	I	27	M	Lyndonville	VT	1:37:21	3:03:31	9:11
29	4/5	Dave Hammond	I	51	M	Huntington	VT	1:38:11	3:03:34	9:11
30	1/2	Christina Lang	I	40	F	Stoughton	MA	1:40:22	3:06:42	9:21
31	8/8	Rob Mitchell	I	34	M	Rutland	VT	1:31:07	3:09:42	9:30
32	5/5	Randall Gates	I	51	M	N Ferrisburgh	VT	1:37:46	3:10:37	9:32
33	2/3	Crystal Tetrault	I	28	F	Island Pond	VT	1:47:05	3:19:23	9:59
34	5/6	Morgan Ecklund	I	44	M	Calais	VT	1:42:24	3:22:34	10:08
35	8/8	Wade Hackerson	I	25	M	Montpelier	VT	1:49:29	3:29:15	10:28
36	2/3	Russ Cooke	I	60	M	Williston	VT	1:51:41	3:29:38	10:29
37	1/2	Ellie Bouffard	I	51	F	Colchester	VT	1:51:43	3:29:38	10:29
38		G.Pelkey/B.Diedrich	R			F Waterbury	VT	1:51:37	3:32:31	10:38
39	2/2	Sandy Colvin	I	43	F	Montpelier	VT	1:51:39	3:32:32	10:38
40	6/6	Tim Rothfuss	I	42	M	Lebanon	NH	1:55:02	3:35:06	10:46
41	3/3	John Kaeding	I	64	M	Worcester	VT	1:59:16	3:37:41	10:54
42	2/2	Kathy Bean	I	54	F	Boothbay Harbo	ME	2:18:32	4:18:41	12:57
43	3/3	Caitlin Weaver	I	29	F	Lyndhurst	NJ	2:08:13	4:41:20	14:04

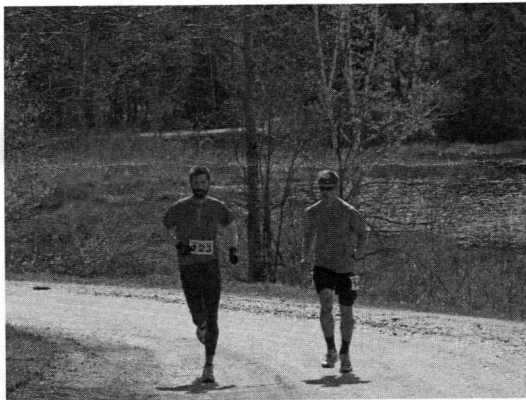
Adamant 20 Miler



CVR members Tim Shea, Rowly Brucken, Bob Emmons & Jon Copans and three other runners formed a large chase pack



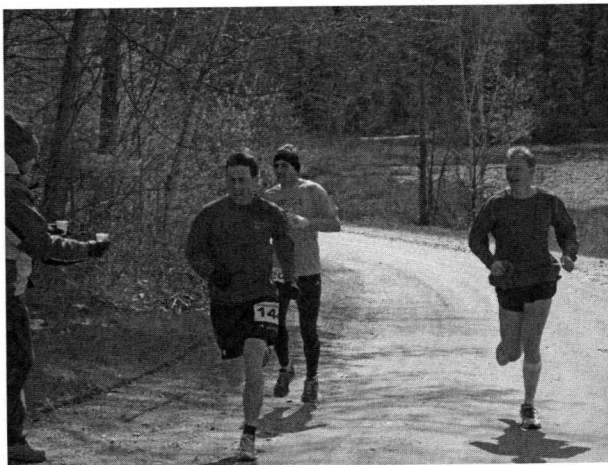
Chuck Arnold (GMAA) with Amber Van Zuilen (1st female)



Jake Marren (Montpelier) & unidentified runner

If you overlook the blustery wind, Saturday was a perfect day for running. At my station at the 11-mile turn-around, the race participants were raving about the scenic beauty of the course. At Barney Hall after the race, it must have been the happiest collection of soup eaters I have ever seen. (Turkey barley, corn chowder and carrot ginger...if you must know.) A course record was set. A US Olympian ran quasi-incognito. Only one runner got lost. I am completely psyched to run this race myself next year. Hats off to **Eric Ryea** and **Donna Smyers** and their many cheerful volunteers for a great kick-off to CVR's spring race season. ... Jeff Prescott

(pictures from Eric & Donna)



Dave Herr with the lead pack at the beginning



Dave Herr setting a new course record

34th Annual Rolling Irish Half Marathon 4/21/12

To repeat, Unplugged is to flat what Rolling Irish is to hilly. The weather for this long running GMAA half marathon was just great, overcast and 60 degrees. Good crowd for this low key low budget event. A GMAA member can run this race, have a couple of water stops, accurate timing and post race food all for \$11. What a deal! Donna was the youngest member representing CVR..... John Martin

Results:

Sue Hackney	1:36:57	1st W50-59
Donna Smyers	1:42:23	2nd W50-59
Dot Helling	1:57:59	1st W60-69

John Hackney	1:46:44	3rd M60-69
Charles Windisch	1:49:18	M50-59
John Martin	1:52:29	M60-69
John Kaeding	2:08:32	M60-69

... Jeff Prescott added "Anyone who has run that insane course will attest to the strength of this performance."

Keith Woodward — Duathlon Champion

Congrats are certainly in order for new CVR member Keith Woodward. Keith is anything but new. If you have been around the Vermont racing scene (nordic skiing, running, duathlon or triathlon) for a number of years you know the name well. Keith is a real talent no matter where he goes. Keith was recently named the USA Triathlon Men's Grand Master Duathlete of the year. His 2011 duathlon race highlights included a 2nd place finish in the M60-64 AG at Duathlon Nationals in Arizona last April and a 6th place finish at Duathlon Worlds in Scotland. Additionally, Keith placed 3rd at the USA Triathlon Nationals in Burlington last August.

More recently Keith was 5th at the 2012 USA National Duathlon Championships in Arizona on 4/28/12. Keith's partner and CVR member Patty Driscoll was 6th in the W55-59AG. Congrats to both.

John Martin

Plattsburgh (NY) Half Marathon (Sunday April 22, 2012)

Dad Dave is not yet ready to be put out to pasture. Dave Erickson bested his two daughters in the 3rd annual half marathon on the west side of the pond. Dave ran a solid 1:49:40, daughter Lisa came in 2 seconds shy of the two hour mark and Sara ran 2:07:59 which was about 3 minutes faster than the average female finish time. Yeah Ericksons!!

John Martin

34th Annual Sap Run (April 29, 2012)

Bob Murphy, Andy Shuford and Jeff Prescott ran the Sap Run from Swanton to St. Albans. This is an 8.5 mile point-to-point race, ending at the Vermont Maple Festival in Downtown St. Albans. Bob Murphy won a quart of maple syrup. Jeff Prescott

thank you

to the many people who contributed to this newsletter

CVR & GMAA Race Schedule,
including other area races not in conflict with CVR races...
see www.cvrrunners.org for additional races and details

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

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, *CVR* Mutt Strutt 3-Miler (16th) (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, *GMAA* Partners Race 5.0 miles (34th) 9:00am, Jericho Elementary School. Partners' times are combined. Bring a partner or get one at the start. *Contact:* Megan Valentine (802) 598-0261 or partners@gmaa.net \$5.

May 12, St. Francis Xavier Stampede 2.5K and 5K (10th) 9:00am, St. Francis Xavier School, Winooski, also 0.2 mile children's run around the school and playground. *Contact:* Steve Eustis (802) 878-4385 or eustis1970@comcast.net

May 19, *CVR* 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, *CVR* 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.

June 3, *GMAA* Equinox Trail Run 5K & 10K, 9:30am, *Contact:* Martha Keenan (802) 425-2384 or equinox@gmaa.net

June 9, *CVR* Capital City Stampede 10K, (35th) 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 10, Remembrance Run 5K and Ludington Mile, 9:30am, Morrisville, Peoples Academy High School. Also children's run. *Contact:* Mark Churchill, 760-9210 or m_churchhill@cais.org

June 16, *CVR* 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, *CVR* 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 3, Montpelier Mile, 6:00 pm, Starts and finishes near the Vermont Statehouse. *Contact:* Onion River Sports (802) 229-9409 or www.onionriver.com

July 4, *GMAA* Clarence DeMar 5K, (30th) 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, *CVR* 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 15, Stowe 8 Miler, Stowe, Town events field on Weeks Hill Road. Relay option with 3 mile and 5 mile legs. *Contact:* Michael St. Laurent, LOCO Sports Inc. (603) 659-2824 or www.locorunning.com

Race Schedule ... (continued)

July 29, *CVR* 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 blaix4@yahoo.com.

August 9, *CVR* 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, *GMAA* Scholarship 5K Cross Country Run 5K, (20th) 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 18, 100 on 100 Heart of Vermont Relay, 6:00am, Stowe, 6 person (or less) relay run on Vt rte 100. *Contact:* Robert O'Neil, Heart of Vermont Productions, (802) 825-1535 or Robert_oneil@100on100.org

August 25, *GMAA* Round Church Women's Run, (33rd) 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, *CVR* 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.

September 8, Maple Leaf Half Marathon & 5K, 9:00am, Manchester Center. *Contact:* Len Kotler (802) 362-3526 or www.manchestervtmapleleaf.com

September 9, *GMAA* Archie Post 5 Miler (44th) 8:30 Gutterson Field House, UVM. Oldest race in the Vermont! Point to point course entirely on bike paths and cinder trails. Run to the start (3.5m from registration) or take bus (leaves Gutterson at 8:00). Free 1/4 mile kids' race at 9:30am. *Contact:* Russ Cooke (802-846-5635) archiepost@gmaa.net \$8 pre-registration/\$12 race day (optional shirt \$9).

September 15, *GMAA* Common to Common 30K (9th) - 8:30 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 15, Three Stallion Inn 5K, 9:00am, Randolph, Montague Golf Course, *Contact:* Robert Dunkle (802) 728-1771 or RDunkle@vtc.vsc.edu.

September 19, *CVR* Sodom Pond Run 4 miles, 6:00 pm, Adamant, Rolling dirt road course around Sodom Pond in Adamant. Race day registration only (5:00 – 5:45pm) across from the Adamant Co-Op. *Contact:* Tim Noonan (802) 223-6216.

October 6, *GMAA* Art Tudhope 10K (39th) 9:00am, Shelburne Beach, 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 or tudhope@gmaa.net

October 7, *CVR* Leaf Peepers Half-Marathon and 5K, 11:00am, Waterbury, Paved and dirt roads, rolling, out and back. Part of the CVR / ORS race series. USATF and RRCA sanctioned. Chip timing. CVR's largest event and fundraiser for the Harwood Union High School Boosters Club. *Contact:* Roger Cranse (802) 223-6997 or rcc59@comcast.net

October 14, *GMAA* Green Mountain Marathon and Half Marathon (42nd) 8:30am, Folsom School, South Hero. Run on the colorful shores of Lake Champlain. *Contact:* Jess Cover and June Golato (email only) gmm@gmaa.net . \$50 Marathon/\$30 Half Marathon pre-register only. Registration closes Sep 24 or when maximum capacity reached.

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/Union 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:
o Union River Sports / Shoe Horn - 10% off running shoes and running apparel.
o Lenny's Shoes & Apparel - 10% off running shoes.
o 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.

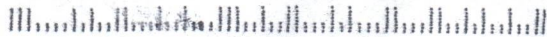
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NEWSLETTER

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)



May 2012

Volume 33
Issue 3

Fun Runs

Fun Runs each Tuesday starting promptly at 5:30 pm. Meet up at the Montpelier bike path behind the Department of Labor parking lot. The Official Fun Runs resumed on May 1 with the return of timekeeper extraordinaire Darragh Ellerson

www.cvrrunners.org