



**Newsletter**

**August 2012**

**Volume 33**

**Issue 4**

## Notes from the President...

-- I am writing this from the beautiful Blue Ridge Mountains of North Carolina. I would like to quickly share a few thoughts that were rattling in my head earlier this morning before/during/after the 33rd running of the Bele Chere 5k in downtown Asheville.

-- The race had a field of 1,400 runners. The race course has a rollercoaster profile with 19 turns! The race course is held in conjunction with one of the largest music/art/food festivals in the southeast. The streets are artificially narrow due to all the tents and booths for performance venues, artists, food vendors, etc. Between the crowd and the course, it's a tough little race.

-- Performing a mental inventory of my t-shirts, I have decided that this is at least the 5th time I have run this event. The course changes from year to year but it's always the same hills...just in a different order. ... (continued on page 3)

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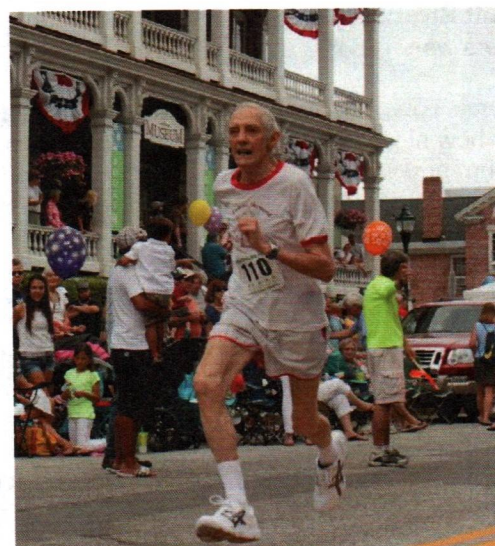


For those who missed the Paletteers Art Show (26-28 July), here is an image of a painting I have entered. Do you recognize the runner? The title of the artwork is "Nearing the Finish"...  
Bob Murphy

### Next CVR Meeting

**August 13, 2012**

**Info on page 2**



**Gerry Carlson sprints to the finish at the Montpelier Mile**  
Photo by Onion River Sports

## Minutes of the May CVR Meeting

**In attendance:** Roy, Linda, Bob Murphy, Andy, Greg, Darragh, Phyllis, Donna, Andrea, Jeff, Richarda, Edisa, Norm.

Approved minutes from the last meeting.

**Linda reported on the budget:** Expenses more than income this year so far. Donations made to Adamant music school, humane society, Girls on the Run, etc. \$1,822 in donations so far.

**One more donation request:** Elizabeth from Norwich re: Northfield Track and Field. Runners who desperately need running shoes. Now they don't need shoes but need some end of season things (sneakers, running gear, etc.). Donna made a motion that we get a proposal from her, Bob seconded it.

**Update on membership committee:** trying to figure out when we can meet. By the next meeting we'll have something to report.

**Inventory on t-shirts:** Jeff recommends we get more technical shirts, and suggests we put in orders for them so we don't get too much more than what we can sell. We have more XL short sleeve technical shirts. Jeff is taking suggestions for shirt brands, and if there is a brand you like you can get the logo printed on it.

**Race updates:** Adamant went well, the school appreciated the donations. Seemed like the date change was a good thing, more people attended.

**Mutt Strut:** Roy said it went well. 63 people ran. Volunteers were great.

**Barre Town:** 84 runners. Went well. Andrea commented on how nicely organized the shed was. Results sent to John, and volunteer list. Andrea commented it's hard to get volunteers for races.

Donna has the list of people who said they would volunteer at specific races.

**Upcoming: Kid's Track Meet** has been changed to Friday, June 1<sup>st</sup> at 6:00pm. Seem to be all set for volunteers.

**Home Run 5k:** brochure/applications for race are out. June 16<sup>th</sup>. Seems to be set for that.

**Capital City Stampede:** John is prepared for that.

**Paul Mailman:** Getting prepared for that. Need to get prizes, gift cards, volunteers.

Bear Swamp:

Barre Heritage:

Berlin Pond:

**Leaf Peepers:** slight course change this year. Question is whether to certify the course change. Seems like should run it this year and see how it goes. Registration will open on June 1<sup>st</sup>. Cross RR tracks twice, and will have to cross Route 2 twice. When registration opens up, Jeff will remind members that they need to sign up.

**Request for race assistance:** Cycling tour needs equipment. Tim Shea will get it from Norm, because it's the day after the Home Run race.

Katherine Bramhall is looking for help with a race to raise money for Bumi Sehat, a midwifery clinic in Indonesia. Richarda will see if she can help as a CVR member.

Katherine is looking for help Sat. Oct. 6<sup>th</sup>. Morrisville race.

Roy is involved with a group who wants to put on a race next year (2013) in Worcester. The event would be July 4<sup>th</sup>, in conjunction with other activities in Worcester. Gould Hill or Minister Brook. Less inclined to have it be a CVR event, but may just use equipment. But if it's a CVR event, then it will fall under CVR insurance and you don't have to get extra insurance.

Next meeting: August 13<sup>th</sup>,

### CVR Meeting, August 13

**What:** Potluck dinner and club meeting

**When:** 6:00 pm, Monday, August 13, 2012

**Where:** The home of Bob & Sue Emmons  
676 Turner Hill Road, South Duxbury

**Directions:** Take exit 9 heading 5 miles towards Waterbury. At the intersection of route 2 & route 100 at the Snowfire car dealership, left turn onto Rt 100 south for approximately 5 miles. Turner Hill Rd will be on the right (west). Our house is .6 miles off of Rt 100. Phone is 244-5048

## 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 some (but not all) CVR races. Or just e-mail me and I'll provide expedited delivery.....

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

**Annual RUN@WORK DAY...** Save the date: September 21, 2012, for the 7th annual RUN@WORK DAY presented by the RRCA. Company based wellness programs, human resources departments, running clubs, running events, running shoe stores and individuals nationwide are encouraged (by RRCA) to plan fun runs and walks... to encourage adults to get 30 minutes of exercise each day. Additional information, including a planning kit with basic ideas and guidelines, is available on line at [www.rrca.org](http://www.rrca.org).

## Notes from the President (continued from page 1)

- Looking around, it was interesting to see the number of younger adults in the race. The race field was definitely younger than a typical Vermont race. I wore my CVR technical short-sleeve shirt. It was my way of saying "I may be old but I'm from Vermont and you'd better look out."
- I saw someone wearing a t-shirt for the Prescott Senior Olympic Games. I wonder how I could score one of those? Arizona?
- I had my finger on my watch ready to go. Then I heard the national anthem being played. I felt sheepish but I have not raced in NC in a couple of years. You don't hear many anthems at Vermont road races.
- During the race, I noted the number of course monitors (19 turns!) and the number of police officers earning double-time pay. Although it is certainly fun to run in big events, I am glad that CVR can produce quality low-key events.
- The race started at 7:30 am. That is typical for a NC summer event. The early start is an attempt to beat the heat and to minimize impact on local traffic. In Vermont, I enjoying being able to sleep in and still run a morning race. -- My race strategy was to fly on the brief downhills. On the brief uphills, I was resolved to either maintain or gain position in the field. Most importantly, I had a rule to run away from anyone with noisy breathing, slappy feet or music spilling out of their ears or other orifices.
- The best thing about an out of town race? I love standing around at the start line in a crowd of people I do not know. And the gun sounds. As we start to run, I realize I am not running with a bunch of strangers. I am running with "my people." Happens to me every time.
- If you see someone with a VT shirt around here, it probably stands for Virginia Tech. -- North Carolina is a large state with three very different geographical regions. Asheville is probably the most Vermont-like place in the state, culture-wise. You would not feel too out-of-place here.
- Anyway...this is not intended to be a race report. Just an occasion for me to share how proud I am of the quantity and quality of races produced by CVR. Huge thanks to all the race directors and volunteers who make this happen--not to mention the folks who actually show up to run! Our summer race season is starting to wind down. The Berlin Pond 5-Miler is coming up quickly. Then we turn the corner into fall with the NSB 5k, the Sodom Pond Race and Leaf Peeper's Half Marathon and 5k. If you have not yet volunteered at a 2012 CVR event, please consider helping out at one of these fine events. And don't forget to run...

Your wayward President, Jeff Prescott

### Adamant 20 Miler...

Great coverage of the Adamant 20 Miler in the recent CVR newsletter. On page 11 of the newsletter is a photo captioned "Jake Marren (Montpelier) and unidentified runner".... The unidentified runner is Tom Houghton, a Junior at Norwich University. He happens to be one of my top Civil Engineering students, and the president of the Engineering Honor society, Tau Beta Pi. He also happens to be very fast -- he eventually passed Jake Marren, finishing 3rd overall at an outstanding 6:35 pace. I can't, and never could, run that kind of pace, but it keeps me young just being around runners like Tom. Tom will be back --- at the front --- of races next fall -- watch for him! ...Greg Wight

**Stowe 8-Miler...** Let's get one indisputable fact out of the way right now. It is always hot at the Stowe 8-Miler. I saw a lot of CVR members at the race on Sunday. Off the top of my head, I remember seeing: **Nina Changelian, Roger Cranse, Pat Driscoll, Dave Erikson, John Hackney, Sean Murphy, Tim Noonan, Andy Shuford, Charles Windisch and Greg Wight.** I believe **Sean Murphy** was the top CVR member in a spiffy time of 56:34. (In extended family news, **Eric Ryea's son Justin** ran 48:40...good for 13<sup>th</sup> overall.) And...**Bob and Sue "Never-Met-A-Relay-They-Didn't-Like" Emmons** were the second relay team overall and were the first coed team.... Jeff Prescott

**Mad Marathon and Half Marathon...** I believe most of the field is comprised of visitors from out of state. I did note that sometimes-club-member **Steve Burkholder** won the Male 60-64 age group in a very respectable time of 3:43:58. (Do you think his tropical training regime is paying off?) In the half marathon, our own **Megan Valentine** was first female and 7<sup>th</sup> overall in a time of 1:35:49. Dad **John Valentine** was first in the male 60-64 age group in a time of 1:47:02.  
.... Jeff Prescott

### Mount Washington Road Race...

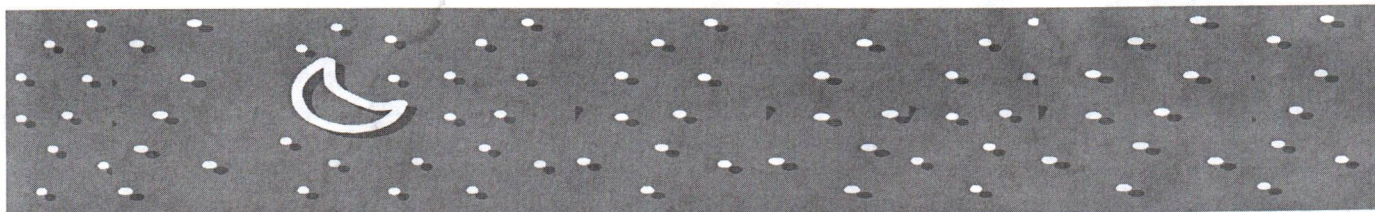
The team of CVR members **Susan Emmons, Dot Helling** and **Donna Smyers** placed 2nd in the Senior division and 3rd in the Master's division in the USATF national Mountain Running Championship team category. Donna also won the 50-54 division and Dot was 2nd in the 60+ division. Other CVR members notable CVR performances include **Keith Woodward** who won the 60+ division the day after being inaugurated into the Mt Washington Road Race Hall of Fame (see below) and **Rick Evans**, director of Race to the Top of Bradford, running well on his first attempt at the mountain and **Mike Gillis** continued his streak (is it 28 now?). ... Jeff Prescott

From the Mount Washington road race web site...

**Keith Woodward**, of Stowe, Vermont, won the Mt. Washington Road Race just once, but no one has run this race more often or more consistently. Woodward won in 1983 with a time of 1:06:38, and 28 years later (2011) he set a new age group record for men 60-64, with a time of 1:21:29. Between 1973 and last year, he has completed the race 36 times, the most finishes by anyone ever. He has finished under 1:10 on sixteen different occasions, the second most in that category in the history of the race, and fifteen times in the top ten overall. His personal best was a 1:03:06 in 1985, when he finished second. In 1977, when he placed third in 1:08:15, he led the North Country Athletic Club team to the first sub-6 hour team finish (five runners' combined times) at Mt. Washington.

The Northeast Delta Dental Mount Washington Road Race pits runners against one of the most challenging obstacles in road-racing anywhere in the world: the 7.6-mile Mt. Washington Auto Road, which rises at an average grade of 12 percent to the 6288-foot Mt. Washington summit. The race has attracted Olympic athletes, Boston marathon champions, and the best mountain running specialists in the world to compete in the White Mountains of New Hampshire along with numerous other runners from across the United States and from sixteen other countries.

The Mt. Washington Road Race Hall of Fame recognizes athletes whose exceptional accomplishments in the race have added greatly to the history and stature of the event. Inductees are chosen by a vote of the Hall of Fame committee from a longer list of nominees compiled by December 31 of the preceding year.



## The Vermont 100 Miler: Perspectives from a Wife and Crew member

By Lisa Brucken

By all accounts, there could be many reasons I'd find myself on a grassy field in Vermont at just past midnight on a Saturday night in July. Lying next to me two twelve year old girls wrapped in blankets talked softly and looked up at brilliant stars, the youngest daughter, at 5, sleeping undisturbed in the car. The quiet night was cool with the sweet smell of summer in the country.

A surreal sight spread before me, an archway with a neon light written in script that read "Finish Line" and a giant timing clock, its orange numbers marking time forward. When we arrived at the grassy knoll the hour read 20 and the minutes ticked on. As the clock turned to 20:29 I saw in the woods past the finish line a lone headlamp, bouncing in a way I recognized. Seconds later I heard my name being called and the quiet of the night was broken as I rushed forward to greet my husband as he crossed the finish line of the Vermont 100. Our older daughter followed, their sleep state broken with the excitement of congratulations.

For me and our daughters, the day had been a long series of "hurry up and wait." We navigated from aid station to aid station with the detailed instructions provided by the race organizers. We saw breathtaking Vermont scenery along the way. We watched other crew members and their methods of support, intrigued by the variety. I lugged Rowly's heavy bag longer distances than I expected due to parking arrangements and made mental notes to insist next time he invest in a bag with wheels. I thought next time we should make t-shirts and write on the car like others. On a rare longer time between aid stations, we enjoyed an excellent brunch in downtown Woodstock, which we thought longingly of at 8:30 pm when the only option I could find was a Cumberland Farms. I had to get creative with the meaning of 'time out' in a car and struggled with my own patience as the girls' own enthusiasm ebbed and flowed.

Yet in between the tediousness of snacks and potty breaks were the special moments when Rowly would come into sight at an aid station. I'd signal the girls and they'd jump up from their books or card game and run to greet him, escorting him back into the aid station. He always had a genuine smile for us, and thanked the aid station volunteers profusely while we refilled his Gatorade, found him what he wanted from his bag and watched with fascination as he stuffed his face with a variety of foods. I always made sure to have a "just us" moment where I asked him quietly if he was really ok, knowing that he would tell me the truth. When he left, he'd always call out "I love you all" before we watched him head down the road to next part of the journey.

My perspective on an event such as the Vermont 100 comes solely from a spectator. I'll never run like that, nor have any desire to. I am not sure I entirely understand why anyone *would* do it. I do know, however, after meeting Rowly in 2006 and watching him run countless races big and small, that it is an essential part of him. I know he has to do it. I know he is who he is and thus, the husband I love, because of his running. I know that 'tapering week' is one of my least favorite times because of how restless he gets. I know that wherever he sees me on a course, he'll stop and kiss me. I know that he runs from a place of deep gratitude for his ability to do so.

And while I'll never fully understand the why, I know I will continue to volunteer at water stops or crew him on long races. Because in the end, at the finish line, there is always that poignant moment of quiet emotion wrapped up in an embrace that's just as important to me as it is to him.

16th Annual CVR Mutt Strutt  
To Benefit Central Vermont Humane Society  
Little River State Park May 6, 2012

Place	Div	Name	Dogname	Age	Sex	Dogs	City	Time
1	1	Eric Morse	Murdock	47	M	S	Berlin	17:26
2	1	Alicia Gant	Bella	31	F	S	Williamstown	20:52
3	1	David Casey	Rocket	51	M	S	Burlington	20:57
4	1	Jason Bahner	Rider	32	M	L	Waterbury	22:09
5	1	Julianne Stemp	Soleil	27	F	S	Hyde Park	23:14
6	1	Meredith Haff	Baxter	34	F	L	Stowe	24:17
7	2	Sarah Blair	Sammy	34	F	L	Morrisville	25:17
8	1	Karin Courtney	Keen	40	F	L	Bolton Valle	25:56
9	2	Jennifer Silpe	Charlie	45	F	L	Underhill	26:19
10	1	Kevin Reid	Stella	39	M	S	Milton	26:43
11	1	Nate Cutitta	Brooks	11	M	L	Williston	27:36
12	2	Rob Donaldson	Otis	56	M	S	Cambridge	27:46
13	2	Bob Stahl	Penny	47	M	S	Hinesburg	28:06
14	1	Alex Geller	Lion	27	M	L	Waterbury	29:31
15	1	Wendy Fuller	Lion	28	F	L	Warren	29:31
16	2	Rebecca Chartrand	Addy	28	F	S	Montpelier	29:45
17	1	James Chartrand	Addy	28	M	S	Montpelier	29:45
18	2	Debbie Safran	Vishna/he	38	F	S	Starksboro	29:46
19	2	Tim Bianchi	Kila	35	M	S	Waterbury	30:04
20	1	Veronica Ferriss	Emma	53	F	L	Storrs	30:06
21	1	Joe Saint Marie	Thatcher	40	M	L	Jericho	30:08
22	3	Francine Perkins	Molly	39	F	S	Barre	30:15
23	2	John Wakefield	Gary Indi	36	M	L	Montpelier	30:34
24	1	Norm Nishioka	Bandit	60	M	S	Wayland	30:44
25	2	Jamie Wilkinson	Oscar	25	F	L	Middlesex	31:34
26	2	Adam Kent	Harley	27	M	L	Montpelier	31:35
27	2	Jack Passburg	Olive	26	M	S	Montpelier	31:55
28	3	Danielle Kent	Harley	24	F	L	Montpelier	31:58
29	3	Eric Williamson	Oscar	27	M	L	Middlesex	32:00
30	3	Karen Tardarico	Mason	46	F	L	West Danvill	32:00
31	3	Emily Ginnus	Addison	28	F	S	Colchester	33:40
32	1	Martha Brown	Eli	53	F	S	Cambridge	35:08
33	1	Dave Rawson	Mason	53	M	L	West Danvill	35:09
34	4	Emily Nicolai	Brewer	27	F	L	Worcester	35:26
35	3	Eleanor Riggs	Simon	30	F	L	Waterbury	35:26
36	4	Erin McKenney	Hudson	34	F	S	Montpelier	35:50
37	5	Stephanie Biczko	Dodge	38	F	S	Waterbury	37:31
38	4	Sarah Schoolcraft	Jack	30	F	L	Duxbury	37:38
39	2	Lisa Shiro	Madison	52	F	L	Ayer	39:08
40	1	Sherry McCabe	Jester	45	F	S	Jericho	40:23
41	2	Dennis Shivo	Madison	57	M	L	Ayer	45:26
42	5	Kelly Burrell	Daisy	28	F	L	Chelsea	45:44
43	2	Berkley McDermott	Clive	7	M	L	Chelsea	45:45
44	3	Carol Rittenhouse	Riley	52	F	L	Randolph Cen	45:46
45	4	Cathy Fetten	Rita	43	F	L	Waitsfield	45:54
46	2	Pam Passburg	Ruby	56	F	S	Montpelier	45:54
47	1	Camie Cutitta	Brooks	9	F	L	Williston	47:44
48	5	Katie Cutitta	Brooks	40	F	L	Williston	47:45
49	1	Iza Logan	Rocket	11	M	S	Essex Jct	48:29
50	2	Mary Lockwood	Rocket	49	F	S	Burlington	48:33
51		Hailey Chase	None	9	F		Williston	48:58
52		Ashley Davidson	None	10	F		Williston	48:58
53		Alyssa Chase	None	33	F		Williston	49:00
54	3	Wyatt Clark	Schweisty	6	M	L	Lyndonville	53:22
55	6	Michelle Clark	Schweisty	43	F	L	Lyndonville	53:23
56	3	Joel Ernstof	Jack	38	M	S	Waterbury	1:01:55
57	6	Jean Haverstick	Bentley	33	F	S	Waterbury	1:03:35
58	7	Kathryn Baccaglioni	Zoey	36	F	S	Essex	1:03:35
59	4	Tracy Lavallee	Orian	50	F	L	Jericho	1:04:09
60		Sasha Bianchi	Baby	33	F		Waterbury	1:04:09
61	2	Eben Legard	Princess	10	M	S	Waterbury Ct	1:11:11
62	1	Sophia Legard	Princess	8	F	S	Waterbury Ct	1:11:11
63	8	Jane Legard	Princess	38	F	S	Waterbury Ct	1:11:11

# Barre Town Spring Run - 05/19/2012

*race director—Andrea McLaughlin*

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

1 Brigham Grace 18 Montpelier 21:53

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

1 Eric Morse 47 Berlin 16:36

FEMALE AGE GROUP 1 - 12

1 30 Camden Kelly 9 Barre 29:35  
 2 33 Marley Ostrout 10 Barre 30:38  
 3 36 Matelyn Thygesen 11 Williamstown 31:19  
 4 38 Madeline Benoit 9 Barre 32:37  
 5 42 Brynn Bushey 12 Montpelier 33:09  
 6 44 Grace Paterson 10 Barre 34:01  
 7 46 Amelia Cameron 8 Barre 34:45  
 8 48 Jazlyn Locarno 9 East Barre 35:16  
 9 49 Emma Cushman 9 Barre 35:26  
 10 52 Isabelle Fischer 9 Barre 36:01  
 11 53 Katelyn MacIver 9 Barre 36:21  
 12 55 Christina Thivierge 10 East Barre 37:20  
 13 56 Madelyn Joslin 10 East Barre 37:24  
 14 57 Megan Hammarstrom 10 Barre 37:38  
 15 58 Danielle Trottier 10 Barre 37:49  
 16 60 Jaylynn Emmons 9 Barre 38:49  
 17 61 Beth Poirier 10 Barre 39:03  
 18 63 Shawntay Campbell 9 Websterville 39:58  
 19 64 Elizabeth Mahati 10 Graniteville 41:25  
 20 66 Addison Reil 9 East Barre 41:33  
 21 67 Maddie Mayfield 11 Barre 41:58  
 22 68 Victoria Anderson 9 Barre 43:26  
 23 69 Abigail Stacy 10 East Barre 45:47  
 24 70 Jillian Moser 10 Barre 45:51  
 25 71 Rebecca Isaac 9 Barre 47:48  
 26 74 Darian Partlow 9 South Barre 48:16  
 27 75 Savannah LaFlower 9 Barre 49:41  
 28 77 Madison Jarvis 9 East Barre 50:38  
 29 78 Catlin Emerson 9 Barre 50:50  
 30 79 Abrianna Gould 9 Graniteville 52:44  
 31 80 Isabelle Druzba 8 Barre 52:46  
 32 81 Bailey Cushing 8 East Barre 53:05

MALE AGEMALE AGE GROUP 1 - 12

1 13 Alistair Bushey 10 Barre 23:42  
 2 16 Benjamin Thygesen 9 Williamstown 24:03  
 3 24 Brian Bushey 9 Montpelier 26:14  
 4 31 Hayden Reil 9 East Baarre 30:03

FEMALE AGE GROUP 13 - 19

1 41 Emma Fischer 14 Barre 33:06

MALE AGE GROUP 13 - 19

1 4 Colby Fischer 17 Barre 21:04  
 2 23 Carson Fischer 14 Barre 26:11

FEMALE AGE GROUP 20 - 29

1 11 Kerry McCartney 27 Montpelier 23:15  
 2 50 Melissa Locarno 29 East Barre 35:31

MALE AGE GROUP 20 - 29

1 3 Sam Brigham 20 18:29  
 2 34 Ben Lafond 22 Barre 30:52

FEMALE AGE GROUP 30 - 39

1 19 Katy Farber 39 Middlesex 24:48  
 2 28 Jamie Gadwah 36 Waterford 27:57  
 3 40 Melissa Anderson 34 Barre 32:51  
 4 45 Brooke Nadzam 35 East Montpelier 34:04  
 5 47 Jamie Cushman 35 Barre 35:11  
 6 54 Mary Washburn 39 Barre 36:25  
 7 65 Carol Manahan 35 Montpelier 41:25  
 8 76 Andrea Fassett 34 East Barre 49:41

MALE AGE GROUP 30 - 39

1 2 Jon Copans 37 Montpelier 18:16  
 2 5 Brian Letourneau 32 Milton 21:20  
 3 18 Matt Calhoun 37 Montpelier 24:17  
 4 25 Josh Reil 32 Marshfield 27:41  
 5 59 Dan Trottier 35 Barre 37:50

FEMALE AGE GROUP 40 - 49

1 8 Jennifer Arsenault 42 Middlesex 22:17  
 2 20 Treva Southworth 40 Morrisville 25:19  
 3 22 Jennifer Skinder 43 Montpelier 25:38  
 4 37 Prudence Krasofski 40 Barre 31:26  
 5 62 Brenda Fischer 46 Barre 39:57

MALE AGE GROUP 40 - 49

1 10 Jeff Prescott 48 Montpelier 22:41  
 2 12 Rick Brigham 48 Montpelier 23:26  
 3 39 David Cameron 41 Barre 32:37  
 4 72 Rowly Brucken 43 Northfield 48:05

FEMALE AGE GROUP 50 - 59

1 9 Donna Smyers 54 Adamant 22:28  
 2 35 Joy Cary 55 Huntington 31:14

MALE AGE GROUP 50 - 59

1 7 Andy Shuford 51 Montpelier 21:55  
 2 26 Robert Cary 55 Huntington 27:45  
 3 32 Carl Rogers 56 East Barre 30:04  
 4 51 Jay Ransom 57 East Barre 35:31

FEMALE AGE GROUP 60 - 69

1 15 Patty Foltz 64 Stowe 23:57

MALE AGE GROUP 60 - 69

1 14 John Martin 60 Montpelier 23:50  
 2 17 David Cobb 66 Sudbury 24:06  
 3 21 Ted McKnight 67 Jericho 25:35  
 4 27 Bob Howe 65 Barre 27:56

MALE AGE GROUP 70 - 79

1 43 Roger Cranse 71 Montpelier 33:18  
 2 73 Robert Brucken 77 Cleveland OH 48:0

# CVR Capital City Stampede 10K, Montpelier, VT... 06/09/2012

*race director - John Valentine*

## FEMALE AGE GROUP 01 - 19

1 39 Althea Devereux 13 Jericho VT 46:48  
2 48 Annika Seifert 16 Milton VT 49:38  
3 54 Holly Gordon 12 Montpelier VT 52:06  
Record 38:56 by Caitlin Compton in 1999

## MALE AGE GROUP 01 - 19

1 6 Matthew Loignon 19 Plainfield VT 36:25  
Record 32:37 by Brent Coon in 1985

## FEMALE AGE GROUP 20 - 29

1 11 Robyn Anderson 24 Stowe VT 39:52  
2 21 Addison Kasmarek 24 Westford VT 43:15  
3 47 Kellie Largay 27 St. Johnsbury VT 48:59  
4 78 Sarah Waterman 28 Montpelier VT 59:47  
5 79 Suzanne Waterman 23 Montpelier VT 59:48  
6 82 Daniele Keu 24 Montpelier VT 1:01:56  
7 90 Wendy Fuller 28 Waterbury VT 1:06:11  
Record 35:28 by Lea Hayer in 1983

## MALE AGE GROUP 20 - 29

1 5 Ryan Kerrigan 27 Moretown VT 36:11  
2 7 Yossef Regev 22 Lyndonville VT 37:40  
3 37 Wade Hackerson 25 Montpelier VT 46:32  
4 91 Alex Geller 27 Montpelier VT 1:06:13  
Record 30:26 by Eric Morse in 1993

## FEMALE AGE GROUP 30 - 39

1 17 Sarah London 32 Montpelier VT 42:01  
2 35 Richarda Ericson 35 Montpelier VT 46:13  
3 38 Rima Carlson 37 Montpelier VT 46:46  
4 42 Stacy Bocskor 37 Northfield VT 47:07  
5 75 Megan Sheldon 38 Montpelier VT 59:13  
6 89 Gina Sherriff 33 Montpelier VT 1:06:11  
Record 36:43 by Gina Sperry in 1991

## MALE AGE GROUP 30 - 39

1 1 Daniel Gidumbanda 37 No. Montpelier VT 34:47  
2 2 Eric Eley 33 Duxbury VT 35:06  
3 4 Thomas Howard 35 Burlington VT 36:03  
4 8 Jon Floyd 39 Waterbury Ctr. VT 38:49  
5 9 Matthew Roth 34 Milton VT 39:37  
6 10 Rob McDougall 37 So. Burlington VT 39:44  
7 15 Craig Manning 37 Medford MA 41:36  
8 24 Brian Letourneau 32 Milton VT 43:32  
9 50 Cory van Gulden 31 Breckenridge CO 49:40  
10 83 Peter Mancauskas 38 Montpelier VT 1:04:11  
11 84 David Contrada 31 Montpelier VT 1:04:14  
12 94 Rafael Contreras 31 Salinas CA 1:11:10  
Record 30:50 by Eric Morse in 1995

## FEMALE AGE GROUP 40 - 49

1 25 Jessica Cover 42 Richmond VT 43:49  
2 33 Tania Horton 43 Colchester VT 46:08  
3 44 Sandy Colvin 44 Montpelier VT 47:54  
4 51 Melissa Prindiville 40 Berlin VT 50:14  
5 60 Jean Hess 45 Jericho VT 54:01  
6 61 Shari Oliver 48 Barre VT 54:20  
7 65 Becky Diedrich 47 Berlin VT 55:48  
8 66 Laura Bozarth 41 Montpelier VT 55:49  
9 69 Justine Franco 40 Montpelier VT 56:32  
10 70 Beth Martell 46 Essex Jct. VT 57:20  
11 71 Gail Pelkey 47 Waterbury VT 58:10  
12 73 Joy Stewart 42 Sunderland VT 59:01  
13 76 Jeanette Hosford 43 Middlesex VT 59:40  
14 80 Jane Burroughs 46 East Montpelier VT 1:01:25  
15 81 Eموke Mate 45 Montpelier VT 1:01:27

## FEMALE AGE GROUP 40 - 49 (continued)

16 85 Heather Valachovic 46 Plainfield VT 1:04:39  
Record 38:29 by Sue Barber in 1997

## MALE AGE GROUP 40 - 49

1 3 Tom Thurston 48 Waterbury VT 35:19  
2 12 Tim Ziter 40 Colchester VT 41:00  
3 13 Jim Farrington 42 Colchester VT 41:25  
4 14 Sean Murphy 45 Montpelier VT 41:27  
5 16 Christopher Cover 47 Richmond VT 41:55  
6 18 Michael Wolfe 49 Newton MA 42:23  
7 19 Kari Bradley 44 Montpelier VT 42:52  
8 23 Scott Nichols 46 Essex VT 43:28  
9 29 Leif Richardson 41 Montpelier VT 45:11  
10 32 Scott A. Lovelette 43 Montpelier VT 46:01  
11 40 Robert C. Monette 48 Jericho VT 46:53  
12 43 Jeff Prescott 48 Montpelier VT 47:29  
13 46 Thomas Rogers 45 Winooski VT 48:10  
14 52 Rick Brigham 48 Montpelier VT 50:48  
15 57 David Ospina 49 Williston VT 52:31  
16 59 Timothy Burdick 44 Waterbury Ctr. VT 53:59  
17 88 Bob Degree 48 Colchester VT 1:06:07  
Record 34:00 by Randy Sightler in 2001

## FEMALE AGE GROUP 50 - 59

1 20 Sue Hackney 55 Montpelier VT 42:54  
2 31 Donna Smyers 54 Adamant VT 45:22  
3 41 Nina Changelian 57 Waterbury Ctr. VT 47:04  
4 62 Ellie Bouffard 51 Colchester VT 54:27  
5 86 Maryke Gillis 51 Middlesex VT 1:05:18  
Record 41:41 by Moira Durmin in 2001

## MALE AGE GROUP 50 - 59

1 22 Scott Moreau 50 Westford VT 43:15  
2 28 Andy Shuford 52 Montpelier VT 44:48  
3 30 Charles Windisch 58 Essex Jct. VT 45:18  
4 36 Bob Corey 56 Colchester VT 46:22  
5 53 Michael Gordon 55 Essex Junction VT 51:51  
6 55 Jim Shea 53 East Montpelier VT 52:07  
7 56 Scott Griggs 50 Orange VT 52:15  
8 58 Wilson Ring 55 Waterbury Ctr. VT 53:28  
9 72 Randy Schmidt 51 Sunderland VT 58:44  
10 77 John Mahoney 58 Burlington VT 59:46  
11 87 Tim Wingate 54 Montpelier VT 1:05:32  
12 95 Tony Mathis 50 Montpelier VT 1:11:29  
Record 34:44 by Doug MacGregor in 1990

## FEMALE AGE GROUP 60 - 69

1 96 Edie D. Novicki 60 Stowe VT 1:13:04  
Record 46:38 by Patty Foltz in 2008

## MALE AGE GROUP 60 - 69

1 26 Steve Burkholder 60 Montpelier VT 44:33  
2 27 John Hackney 66 Montpelier VT 44:43  
3 34 Russ Cooke 60 Williston VT 46:09  
4 45 Greg Gerdel 65 Montpelier VT 47:55  
5 49 John Martin 60 Montpelier VT 49:39  
6 63 Frank Short 65 St. Albans VT 55:00  
7 64 Robert Searles 63 Wolcott VT 55:31  
8 67 Michael Shover 63 Bradford VT 56:01  
9 74 Bob Howe 65 Barre VT 59:08  
10 93 Dick Ferno 68 Williamstown VT 1:10:02  
Record 40:33 by Ed McSweeney in 2011

## MALE AGE GROUP 70 - 99

1 68 Phillip Howard 74 Burlington VT 56:19  
2 92 Roger Cranse 71 Montpelier VT 1:07:31



## 2nd Annual Homerun Trail 5K - June 16, 2012

### Recreation Field, Montpelier, VT

race director - Norm Robinson

#### TOP TEN FEMALE OVERALL RESULTS

- 1 ANNE BLISS 44 BURLINGTON VT 21:03
- New record. Old record 22:40 by Sue Hackney in 2011**
- 2 SUE HACKNEY 55 MONTPELIER VT 22:32
- 3 DOT MARTIN 51 MONTPELIER VT 22:44
- 4 KERRY MCCARTHY 27 MONTPELIER VT 23:36
- 5 BETSY DRURY 42 MIDDLESEX VT 25:18
- 6 HOLLY GORDON 12 MONTPELIER VT 26:22
- 7 SHARI OLIVER 48 BARRE VT 26:33
- 8 ERIN O'NEIL 33 MONTPELIER VT 26:37
- 9 TAMARA WHITE 40 MIDDLESEX VT 28:45
- 10 NICOLE BROCK 29 WOLCOTT VT 30:24

#### TOP TEN MALE OVERALL RESULTS

- 1 ERIC MORSE 47 BERLIN VT 17:24
  - 2 BRIAN CARLSON 39 MONTPELIER VT 17:37
  - 3 GAVIN BOYLES 36 MONTPELIER VT 18:42
  - 4 DAN MILLER-ARSENAUL 43 MIDDLESEX VT 20:58
  - 5 KIRBY GORDON 14 MONTPELIER VT 21:47
  - 6 ROGER THOMPSON 31 BARRE VT 22:15
  - 7 ANDY SHUFORD 52 MONTPELIER VT 22:45
  - 8 MIKE TRAVIS 47 WORCESTER VT 22:59
  - 9 SAM BUCKLEY 41 MONTPELIER VT 23:29
  - 10 DAVE KISSNER 46 MONTPELIER VT 23:33
- Record 17:11 by Peter Maksimow in 2011

#### \*\*\*\*\* AGE GROUP RESULTS \*\*\*\*\*

Place O'All Name Age City St Time Pace

#### FEMALE AGE GROUP 0 - 19

- 1 20 HOLLY GORDON 12 MONTPELIER VT 26:22 8:30
  - 2 35 LUCCA ABELE 12 MONTPELIER VT 33:28 10:47
  - 3 37 BRYNN BUSHEY 12 MONTPELIER VT 34:38 11:09
  - 4 40 LUCY KROKENBERGER 9 MIDDLESEX VT 37:22 12:02
  - 5 43 ESTHERLINE CARLSON 6 MONTPELIER VT 38:05 12:16
  - 6 45 JANE MILLER-ARSENAU 7 MIDDLESEX VT 39:16 12:39
  - 7 47 PILAR ABELE 6 MONTPELIER VT 39:43 12:48
  - 8 48 KATHERINE BRUCKEN 12 NORTHFIELD VT 40:13 12:57
  - 9 50 MAEVE BYRNE 7 MONTPELIER VT 40:38 13:05
  - 10 52 ANYA CARLSON 5 MONTPELIER VT 40:42 13:06
  - 11 54 LUCILLE WOOD 11 MIDDLESEX VT 40:48 13:08
- Record 23:35 by Holly Gordon in 2011

#### MALE AGE GROUP 0 - 19

- 1 6 KIRBY GORDON 14 MONTPELIER VT 21:47 7:01
  - 2 18 JACOB MILLER-ARSENAU 9 MIDDLESEX VT 26:01 8:23
  - 3 26 BRIAN BUSHEY 9 MONTPELIER VT 26:55 8:40
  - 4 29 AIDAN WHITE 8 MIDDLESEX VT 28:35 9:12
  - 5 33 SILAS BAKER 17 MONTPELIER VT 32:06 10:20
  - 6 39 HANS KROKENBERGER 9 MIDDLESEX VT 37:21 12:02
  - 7 42 NOAH SAMUELSEN 7 MONTPELIER VT 37:24 12:03
- Record 20:04 by Cecil Freeman in 2011

#### FEMALE AGE GROUP 20 - 29

- 1 14 KERRY MCCARTHY 27 MONTPELIER VT 23:36 7:36
  - 2 32 NICOLE BROCK 29 WOLCOTT VT 30:24 9:48
- Record 23:22 by Rose Kent in 2011

#### MALE AGE GROUP 20 - 29

- Record 42:52 by John Hogeboom in 2011

#### FEMALE AGE GROUP 30 - 39

- 1 24 ERIN O'NEIL 33 MONTPELIER VT 26:37 8:35
  - 2 51 EMILY BYRNE 36 MONTPELIER VT 40:39 13:06
  - 3 53 RIMA CARLSON 38 MONTPELIER VT 40:43 13:07
- Record 24:10 by Melissa Prindiville in 2011

#### MALE AGE GROUP 30 - 39

- 1 2 BRIAN CARLSON 39 MONTPELIER VT 17:37 5:41
- New record. Old record 18:56 by Jon Copans in 2011**
- 2 3 GAVIN BOYLES 36 MONTPELIER VT 18:42 6:02
- 3 7 ROGER THOMPSON 31 BARRE VT 22:15 7:10
- 4 23 MATT CALHOUN 37 MONTPELIER VT 26:34 8:34
- 5 25 JUSTIN BROCK 33 WOLCOTT VT 26:47 8:38
- 6 30 MIKE WHITE 33 DORSTE VT 28:40 9:14
- 7 55 BEN SKOLNIK 37 MIDDLESEX VT 40:49 13:09

#### FEMALE AGE GROUP 40 - 49

- 1 17 BETSY DRURY 42 MIDDLESEX VT 25:18 8:09
- New record. Old record 29:01 by Jennifer Tripp Mead in 2011**
- 2 22 SHARI OLIVER 48 BARRE VT 26:33 8:33
- 3 31 TAMARA WHITE 40 MIDDLESEX VT 28:45 9:16
- 4 44 JENN GORDON 42 MONTPELIER VT 38:06 12:16
- 5 46 JEN MILLER-ARSENAUL 42 MIDDLESEX VT 39:17 12:39

#### MALE AGE GROUP 40 - 49

- 1 4 DAN MILLER-ARSENAUL 43 MIDDLESEX VT 20:58 6:45
  - 2 11 MIKE TRAVIS 47 WORCESTER VT 22:59 7:24
  - 3 12 SAM BUCKLEY 41 MONTPELIER VT 23:29 7:34
  - 4 13 DAVE KISSNER 46 MONTPELIER VT 23:33 7:35
  - 5 15 JEFF PRESCOTT 48 MONTPELIER VT 23:48 7:40
  - 6 49 ROWLY BRUCKEN 43 NORTHFIELD VT 40:14 12:57
- Record 17:40 by Eric Morse in 2011

#### FEMALE AGE GROUP 50 - 59

- 1 8 SUE HACKNEY 55 MONTPELIER VT 22:32 7:16
- New record. Old record 31:29 by Ann Bushey in 2011**
- 2 9 DOT MARTIN 51 MONTPELIER VT 22:44 7:20
- 3 38 DANA MCCARTHY 54 MONTPELIER VT 34:49 11:13

#### MALE AGE GROUP 50 - 59

- 1 10 ANDY SHUFORD 52 MONTPELIER VT 22:45 7:20
- New record. Old record 26:32 by Les Snow in 2011**
- 2 16 DAVID HAJDASZ 50 CHESHIRE CT 24:09 7:47
- 3 21 JIM SHEA 53 EAST MONTPELIER VT 26:24 8:30
- 4 41 DEXTER LEFAVOUR 55 MIDDLESEX VT 37:23 12:02

#### FEMALE AGE GROUP 60 - 69

- Record 26:57 by Dot Helling in 2011

#### MALE AGE GROUP 60 - 69

- 1 19 JOHN MARTIN 60 MONTPELIER VT 26:06 8:25
- Record 21:57 by John Valentine in 2011

#### FEMALE AGE GROUP 70 - 99

- 1 34 SUSAN STUKEY 70 MONTPELIER VT 32:40 10:31

#### MALE AGE GROUP 70 - 99

- 1 27 HUGH WILSON 72 DORVAL QC 26:59 8:42
- New record. Old record 27:38 by Hugh Wilson in 2011**
- 2 28 JEAN BERNAQUEZ 80 MONTREAL QC 27:50 8:58
- 3 36 NEWTON BAKER 70 MONTPELIER VT 33:29 10:47

## 38th Annual Paul Mailman 10 Miler - June 24, 2012 Montpelier, Vt.

*Race directors-Andy Shuford & Andrea McLaughlin*

### \*\*\*\*\* AGE GROUP RESULTS \*\*\*\*\*

Place O'All Name Age City St Time Pace

#### FEMALE AGE GROUP 0 - 19

1 51 India Harvey 16 Waterbury VT 1:24:12 8:26  
2 58 Elena Bragg 19 Abingdon VA 1:25:44 8:35  
3 65 Holly Gordon 12 Montpelier VT 1:28:16 8:50  
4 70 Kate Bascom 19 Royalton VT 1:31:20 9:08  
Record 57:53 by Tara Chaplin in 1998

#### MALE AGE GROUP 0 - 19

1 5 Benjamin Martell 15 Lexington MA 1:04:08 6:25  
Record 55:18 by Francis Burdett in 1982

#### FEMALE AGE GROUP 20 - 29

1 77 Sarah Drapp 25 Litchfield CT 1:34:13 9:26  
2 88 Wendy Fuller 28 Waterbury VT 1:44:32 10:28  
Record 1:00:03 by Ann Peisch in 1982

#### MALE AGE GROUP 20 - 29

1 15 Michael Tegart 28 White River Jct. VT 1:12:46 7:17  
2 48 Daniel Keeney 28 No. Montpelier VT 1:23:50 8:23  
3 86 Michael Beaulieu 28 Montpelier VT 1:38:17 9:50  
Record 50:09 by Jim Miller in 1982

#### FEMALE AGE GROUP 30 - 39

1 9 Meg Valentine 33 Jericho VT 1:09:07 6:55  
2 10 Sarah London 33 Montpelier VT 1:09:41 6:59  
3 35 Richarda Ericson 36 Montpelier VT 1:18:39 7:52  
4 45 Stacy Bocsker 37 Northfield VT 1:22:18 8:14  
5 46 Michelle Bullock 32 Shelburne VT 1:22:50 8:17  
6 62 Kelvey Wilson 38 Waitsfield VT 1:26:37 8:40  
7 80 Dana J. Paull 38 Montpelier VT 1:35:08 9:31  
8 81 Megan Cannella 34 W. Berlin VT 1:35:11 9:32  
9 90 Elena Gatto 34 Beilla, Italy 2:01:19 12:08  
Record 55:58 by Leatrice Sikora Hayer in 1988

#### MALE AGE GROUP 30 - 39

1 2 Ben Schersten 33 Somerville MA 59:17 5:56  
2 3 Scott Sternthal 37 Montreal QC 1:02:31 6:16  
3 4 Jon Copans 38 Montpelier VT 1:03:29 6:21  
4 6 Ethan Townsend 36 Canton NY 1:04:52 6:30  
5 11 Dan Voisin 36 Montpelier VT 1:10:56 7:06  
6 29 Tony Folsom 32 Barre VT 1:17:19 7:44  
7 33 Kurt Nelson 36 Somerville MA 1:18:21 7:51  
8 38 Roger Thompson 31 Barre VT 1:19:21 7:57  
9 50 BJ Allaire 35 Barre VT 1:24:06 8:25  
10 57 Cory van Gulden 31 Breckenridge CO 1:25:26 8:33  
11 67 Jules Fishelman 38 Burlington VT 1:28:53 8:54  
Record 51:00 by Keith Woodward in 1982

#### FEMALE AGE GROUP 40 - 49

1 21 Jen Miller-Arsenaul 42 Middlesex VT 1:14:58 7:30  
2 28 Polly Halpern-Reiss 43 Waterbury Center VT 1:17:19 7:44  
3 31 Katrina Phillips 41 Montpelier VT 1:17:52 7:48  
4 49 Melissa Prindiville 40 Berlin VT 1:23:52 8:24  
5 52 Gail Martin 46 Sharon MA 1:24:16 8:26  
6 56 Maureen Davis 46 Barre VT 1:24:57 8:30  
7 59 Jen Gordon 40 Montpelier VT 1:25:49 8:35  
8 64 Shari Oliver 48 Barre VT 1:27:31 8:46  
9 66 Dara Torre 45 Moretown VT 1:28:26 8:51  
10 73 Lori Martell 48 Lexington MA 1:32:02 9:13  
11 83 Justine Franco 40 Montpelier VT 1:36:57 9:42  
Record 1:03:09 by Moira Durnin in 1991

### MALE AGE GROUP 40 - 49

1 1 Scott Loomis 40 Colchester VT 58:42 5:53  
2 7 Bob Martell 49 Groton VT 1:06:32 6:40  
3 8 Tim Ziter 40 Colchester VT 1:07:36 6:46  
4 12 Mike Besette 42 St. Albans VT 1:11:38 7:10  
5 16 Thomas Rogers 45 Winooski VT 1:14:08 7:25  
6 30 Javad Mashkuri 47 Middlesex VT 1:17:33 7:46  
7 36 Steve O'Donnell 49 Waltham MA 1:18:42 7:53  
8 40 Tim Rothfuss 42 Lebanon NH 1:19:43 7:59  
9 43 Rowly Brucken 43 Northfield VT 1:21:13 8:08  
10 44 Dino Bonelli 45 Coneo, Italy 1:21:14 8:08  
11 55 Ken Wilson 41 Waitsfield VT 1:24:43 8:29  
12 87 John C. Williams 48 Fayston VT 1:42:49 10:17  
Record 55:29 by Jim Miller in 1999

### FEMALE AGE GROUP 50 - 59

1 14 Sue Hackney 55 Montpelier VT 1:12:29 7:15  
2 24 Donna Smyers 54 Adamant VT 1:16:03 7:37  
3 32 Sue Emmons 56 So. Duxbury VT 1:18:01 7:49  
4 39 Nina Changelian 57 Waterbury Ctr. VT 1:19:31 7:58  
5 47 Ruth Blauwiel 58 Colchester VT 1:23:03 8:19  
6 53 Ellie Bouffard 51 Colchester VT 1:24:19 8:26  
7 61 Nina Fisher 55 Annapolis MD 1:26:37 8:40  
8 76 Nancy Chickering 52 Montpelier VT 1:32:47 9:17  
9 82 Anita Hadlock 57 Sharon MA 1:35:25 9:33  
10 89 Cyndy Cross 55 Barre VT 1:53:19 11:20  
Record 1:12:24 by Phyllis Heaton in 1983

### MALE AGE GROUP 50 - 59

1 13 Tom DeKornfeld 59 Annapolis MD 1:12:12 7:14  
2 17 Tim Noonan 56 Montpelier VT 1:14:09 7:25  
3 18 Charles Windisch 58 Essex Jct. VT 1:14:19 7:26  
4 20 Tim Heney 53 Montpelier VT 1:14:43 7:29  
5 22 Mike Gillis 55 Middlesex VT 1:15:22 7:33  
6 23 John Grosvenor 51 Cabot VT 1:15:37 7:34  
7 37 Russell Statman 52 Plattsburgh NY 1:18:54 7:54  
8 41 Bob Saxers 58 Huntington VT 1:20:15 8:02  
9 42 David Martin 52 Sharon MA 1:20:58 8:06  
10 60 David Erickson 59 Barre VT 1:26:26 8:39  
11 63 David McMath 50 E. Hardwick VT 1:26:48 8:41  
12 68 Rick DeAngelis 56 Montpelier VT 1:29:07 8:55  
13 69 Michael Gordon 55 Essex Jct. VT 1:29:55 9:00  
14 71 Dennis Nealon 59 Middlesex VT 1:31:39 9:10  
15 72 Jim Shea 53 East Montpelier VT 1:31:57 9:12  
16 78 Cliff Marlar 50 Kingwood TX 1:34:47 9:29  
Record 56:53 by Doug MacGregor in 1991

### MALE AGE GROUP 60 - 69

1 19 Steve Burkholder 60 Montpelier VT 1:14:23 7:27  
2 25 John Hackney 67 Montpelier VT 1:16:16 7:38  
3 26 John Valentine 62 Roxbury VT 1:16:33 7:40  
4 27 John Martino 63 Sharon MA 1:16:36 7:40  
5 34 Russ Cooke 60 Williston VT 1:18:29 7:51  
6 54 Russell Petelle 64 Derby Line VT 1:24:39 8:28  
7 74 King Milne 68 Charlotte VT 1:32:04 9:13  
8 75 Thomas Hogeboom 61 Hardwick VT 1:32:43 9:17  
9 79 Robert Searles 63 Wolcott VT 1:35:01 9:31  
10 85 Peter Wallan 69 Sharon MA 1:37:30 9:45  
Record 1:04:40 by Gordon MacFarland in 2010

### MALE AGE GROUP 70 - 79

1 84 Phillip Howard 74 Burlington VT 1:37:07 9:43  
Record 1:23:57 by Bob Murphy in 2011

## ***Bear Swamp Run***

July 7, 2012

Overall Male Winner: Eric Morse – 31:50  
 Overall Female Winner: Donna Smyers – 43:20  
 Total Finishers: 49

### RESULTS

Overall Place Place in Age Group Name Time

#### **Female 0-19**

25 1 Holly Gordon 51:58

#### **Male 0-19**

5 1 John Rahill 38:04

#### **Female 20 – 29**

16 1 Kellie Largay 46:02

37 2 Tracy Swartz 55:41

#### **Female 30-39**

24 1 Meg Allison 51:47

38 2 Megan Sheldon 57:07

44 3 Ariane Kissam 63:49

#### **Male 30-39**

4 1 Todd Archambault 36:31

7 2 Dan Voigin 40:38

17 3 BJ Allaire 46:29

#### **Female 40 – 49**

12 1 Katrina Phillips 43:54

13 2 Sandy Colvin 43:58

20 3 Jen Gordon 49:10

22 4 Pam Billings 49:53

23 5 Whitney Kaulbach 51:32

26 6 Dara Torre 52:00

27 7 Wendy Blackman 52:52

28 8 Becky Diedrich 53:10

31 9 Lisa Stoudt 53:42

32 10 Beth Eliason 54:20

36 11 Jennifer Andth 55:30

39 12 Kelly Collar 57:51

41 13 Laura Hubbell 59:26

43 14 Allison Rimmer 60:31

#### **Male 40-49**

1 1 Eric Morse 31:50

3 2 Marc Gilbertson 34:43

6 3 Dan Miller-Arsenault 39:13

14 4 John Delgado 45:01

15 5 Jeff Prescott 45:22

42 6 Jeffrey Hubbell 59:26

#### **Female 50 – 59**

11 1 Donna Smyers 43:20

33 2 Rebecca Ryan 54:21

46 3 Sandy Singer 65:42

#### **Male 50 –59**

2 1 Jim Paige 33:21

8 2 Gary Kessler 41:50

9 3 Andy Shuford 42:18

10 4 John Grosvenor 42:30

21 5 Rick DeAngelis 49:49

29 6 Dennis Nealon 53:26

35 7 Terry Ryan 54:59

#### **Male 60-69**

18 1 Bill Holland 47:42

30 2 King Milne 53:39

34 3 Sigh Searles 54:43

40 4 Greg Wight 58:48

#### **Female 70-79**

48 1 Betty Lacharite 88:49

#### **Male 70-79**

19 1 Bob Murphy 48:21

45 2 Roger Cranse 64:15

#### **Male 80+**

47 1 Gerry Carlson 73:25

49 2 Don Lacharite 88:50

*Many thanks to the following volunteers: Maureen Carr, Richard Cleveland, Stan Carlson, Jen Gordon, Holly Gordon, Sigh Searles*

**Tim Noonan, Race Director**



Volunteer Status not Final

2012 CVR/ORS Race Series Standings

Best 5 races count.

CVR Members	VOL	First Night 5K 12/31/2011	Kaynor's Sap Run 10K 3/25/2012	Barr Town Spring Run 5K 5/19/2012	Capital City Stampede 10K 6/9/2012	Paul Maitman 10 Mile 6/24/2012	3 <sup>rd</sup> of July Mile Race 7/3/2012	Bear Swamp 7/7/2012	Berlin Pond 5 Miles 8/9/2012	Northfield Savings 5K 9/1/2012	Northfield Savings 1 Mile 9/1/2012	Common to Common 30K 9/15/2012	Leafpeepers 5K 10/7/2012	Leafpeepers Half Marathon 10/7/2012	Total
<b>Female 0 - 18</b>															
Bushey,Brynn	X	73.60		66.01			64.13								203.74
Miller-Arsenault,Jane		64.82													64.82
<b>Female 20 - 29</b>															
Fuller,Wendy					60.24	90.13									150.37
Erickson,Sara	X		84.56												84.56
<b>Female 30 - 39</b>															
Erickson,Richarda		91.48			90.91	87.88	100.00								370.27
Bockor,Stacy	X		82.02		89.18	83.98									255.17
Valentine,Megani	X		100.00			100.00									200.00
London,Sarah	X				100.00	99.19									199.19
<b>Female 40 - 49</b>															
Miller-Arsenault,Jennifer	X	60.22		100.00		100.00									260.22
Colvin,Sandy	X				91.48		99.86								191.32
Torre,Dana						84.77	84.42								169.20
Collar,Kelly	X	74.88					75.89								150.77
<b>Female 50 - 59</b>															
Smyers,Donna	X	100.00	94.65	100.00	94.56	95.31	100.00								489.96
Hedney,Sue	X		100.00		100.00	100.00	100.00								400.00
Emmons,Sue						92.91									92.91
Hallinger,Linda	X	86.06													86.06
Gillis,Mayke					65.70										65.70
Cross,Cyndy						63.97									63.97
<b>Female 60 - 69</b>															
Foltz,Patty		100.00		100.00											200.00
Helling,Dot	X	91.38	93.47												184.85
Keeding,Toni	X	76.50													76.50
<b>Female 70 +</b>															

Volunteer Status not Final

2012 CVR/ORS Race Series Standings

Best 5 races count.

CVR Members	VOL	First Night 5K 12/31/2011	Kaynor's Sap Run 10K 3/25/2012	Barr Town Spring Run 5K 5/19/2012	Capital City Stampede 10K 6/9/2012	Paul Maitman 10 Mile 6/24/2012	3 <sup>rd</sup> of July Mile Race 7/3/2012	Bear Swamp 7/7/2012	Berlin Pond 5 Miles 8/9/2012	Northfield Savings 5K 9/1/2012	Northfield Savings 1 Mile 9/1/2012	Common to Common 30K 9/15/2012	Leafpeepers 5K 10/7/2012	Leafpeepers Half Marathon 10/7/2012	Total
<b>Male 0 - 18</b>															
Bushey,Brian	X	71.27		80.30			66.67								218.25
Miller-Arsenault,Jacob		61.90					65.38								127.28
<b>Male 20 - 29</b>															
Hederson,Wade	X				77.76										77.76
Geller,Nez					54.64										54.64
<b>Male 30 - 39</b>															
Copans,Jon		92.35		100.00		93.38									285.73
Modougal,Rob	X				87.54										87.54
Calhoun,Matt				75.22											75.22
<b>Male 40 - 49</b>															
Prescott,Jeff	X	85.47	69.84	73.18	74.38		74.42	70.17							377.61
Morse,Eric				100.00				100.00							200.00
Miller-Arsenault,Dan	X	61.15						81.17							142.33
Brucken,Rowly	X		34.52			72.28									106.80
Murphy,Sean					85.20										85.20
<b>Male 50 - 59</b>															
Shulford,Andy	X	86.91		100.00	96.54		100.00	78.84							462.30
Windsch,Charles		79.20	75.14		95.47	97.15									346.97
Noonan,Tim	X	92.93				100.00									192.93
Erickson,David	X		72.86			83.53									196.39
Gardner-Morse,Mack		100.00													100.00
Gillis,Mike					96.80										96.80
Chemick,Michael	X					71.11									71.11
<b>Male 60 - 69</b>															
Hackney,John	X		99.54		99.63	97.53	95.06								391.77
Searles,Robert	X	75.91			80.25	78.28		87.18							321.61
Howe,Bob		73.88		85.32	75.34										234.54
Valentine,John	X					97.17	100.00								197.17
Martin,John				100.00	89.73										189.73
Gerdel,Greg	X				92.97										92.97
Foltz,Tom		84.62													84.62
Wright,Greg	X						81.12								81.12
<b>Male 70 +</b>															
Grasse,Roger	X			100.00	83.41			75.25							258.66
Carlson,Gerry	X					64.22		66.96							130.08
Murphy,Bob	X							100.00							100.00
Baker,Newton	X						83.17								83.17

**CVR & GMAA Race Schedule,**  
**including other area races not in conflict with CVR races...**  
**see [www.cvrrunners.org](http://www.cvrrunners.org) for additional races and details**

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

**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](mailto:jeffp_cvr@myfairpoint.net) and Sue Emmons, [sue.emmons@comcast.net](mailto: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](mailto:scholarshipxc@gmaa.net) \$8 pre-registration/\$12 race day.

**August 11, Kingdom Run Half Marathon / 5K / 10K**, 8:30am, Irasburg Common. *Contact:* [www.kingdomrun.org](http://www.kingdomrun.org) or (802) 766-5310.

**August 11, Pirate 5K**, 9:00am, Burlington waterfront. *Contact:* [www.lcmfestival.com](http://www.lcmfestival.com) or Lisa Andrew at [lisa@redsapphireconsulting.com](mailto:lisa@redsapphireconsulting.com)

**August 12, Get Your Rear In Gear 5K**, 11:00am, Colchester Bayside Park. *Contact:* [www.getyourrearingear.com](http://www.getyourrearingear.com)

**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](mailto: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](mailto:roundchurch@gmaa.net) \$8 pre-registration only. No race day registration. (optional women's tech shirt \$13).

**August 25, Little City 5K and 10K**, 9:00am, Vergennes, corner of Main St. and North Green Street. *Contact:* [www.runvermont.org](http://www.runvermont.org) or (802) 863-8412.

**September 1, \*CVR\* Northfield Savings Bank 5K and Children's 1-Mile Race**, 10:30am / 9:30am, 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, Vermont Remembers 10K, 5K and 1 mile youth run**, 8:30am, Camp Johnson, Colchester. *Contact:* [www.runvermont.org](http://www.runvermont.org) or Maj John Guyette at (802) 899-7226.

**September 8, Maple Leaf Half Marathon & 5K**, 9:00am, Manchester Center. *Contact:* Len Kotler (802) 362-3526 or [www.manchestervtmapleleaf.com](http://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](mailto:archiepost@gmaa.net) \$8 pre-registration/\$12 race day (optional shirt \$9).

## **Race Schedule ... (continued)**

**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. Part of the CVR ORS race series. *Contact:* Steve and Cathy Eustis (802-878-4385) [common2common@gmaa.net](mailto: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](mailto:RDunkle@vtc.vsc.edu).

**September 15, Vermont State Police Community Run 5K**, 8:30am, Essex, Essex Shoppes and Cinema complex. *Contact:* [www.vsprun.com](http://www.vsprun.com) or Vt State Police Community Run, 5 Woodlawn Drive, Essex Junction, VT 05452.

**September 19, \*CVR\* Sodom Pond Run 4 miles**, 6:00pm, 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.

**September 23, Downtown 10K**, Burlington. *Contact:* [www.greenmtrehab.com](http://www.greenmtrehab.com) or (802) 861-6700.

**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](mailto: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](mailto: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](mailto:gmm@gmaa.net) . \$50 Marathon/\$30 Half Marathon pre-register only. Registration closes Sep 24 or when maximum capacity reached.

**October 21, CHAD Half Marathon and Ripcord 5K**, 12:00pm, Hanover, NH. *Contact:* [www.chadhalf.org](http://www.chadhalf.org) or (603) 650-3431

**October 27, Halloween Hustle 5K**, 9:00am, Essex Junction Recreation and Parks, Maple Street. *Contact:* [www.ejrp.org](http://www.ejrp.org) or (802) 878-1375.

**October 27, Kingdom Challenge Half Marathon and 5K**, 8:30/9:30, Lyndonville/Saint Johnsbury, the half marathon starts at 8:30 in Lyndonville while the 5K starts at 9:30 in Saint Johnsbury. Both races finish at the Saint Johnsbury School. *Contact:* [www.thekingdomchallenge.com](http://www.thekingdomchallenge.com) or Good Shepard Catholic School, 121 Maple Street, Saint Johnsbury, 05819

**November 3, "CVR" Fallen Leaves 5K**, 9:00am, Montpelier High School Track, flat and fast course that incorporates the Montpelier bike path. *Contact:* Tim Noonan at (802) 223-6216.

**November 10, "CVR" Fallen Leaves 5K**, 9:00am, Montpelier High School Track, flat and fast course that incorporates the Montpelier bike path. *Contact:* Tim Noonan at (802) 223-6216.

**November 17, "CVR" Fallen Leaves 5K**, 9:00am, Montpelier High School Track, flat and fast course that incorporates the Montpelier bike path. *Contact:* Tim Noonan at (802) 223-6216.

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

thank you

to the many people who contributed to this newsletter

**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.

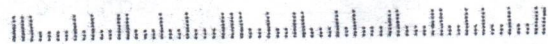
Newsletter Editor  
Bob Howe  
Box 632  
Barre, VT 05641



CVR PD 12

Robert Murphy  
35 Birchwood Park  
Barre, VT 05641

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## NEWSLETTER

**Fun Runs...**  
each Tuesday  
starting promptly at  
5:30 pm. Meet up at  
the Montpelier bike  
path behind the  
Department of  
Labor parking lot.



**August 2012**

**Volume 33  
Issue 4**

**Put these CVR races on your calendar!**

**August 9, \*CVR\* Berlin Pond Five Miler, Berlin Town Clerk's office**

**September 1, \*CVR\* Northfield Savings Bank 5K and Children's 1-Mile Race, Start and finish in front of the Northfield Savings Bank at the Green in downtown Northfield**

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**October 7, \*CVR\* Leaf Peepers Half-Marathon and 5K, Waterbury**

*(additional details on these and other races on pages 13 and 14)*

[www.cvrrunners.org](http://www.cvrrunners.org)