



Newsletter
January 2013
Volume 34
Issue 1

In this Issue:	
Meeting Notes.	2
Volunteer list	3
News Articles	4
Marathon Stats	6
Thank you / photos	8
Race Info	9
Race Results	11
Race Schedule	14
CVR Application	15

Notes from the President... Happy New Year, everyone!

I hope you have enjoyed the holiday season and this wonderland of snow. I was planning to write something about setting new year's resolutions. But, frankly, I am only interested in one momentous decision you need to make: Are you running the Adamant 20-miler this year or are you not? Ah, yes, now you remember...the Adamant 20-miler. If you are already getting those long runs in, good work. If you haven't started yet, there is still time to get rolling. On the off-chance that you are not planning to run in Adamant, this is the time to start compiling your litany of excuses. You never know. It might take two or three tries for you to come up with a really good one. And there may be a contest for best excuse. Stay tuned.

This is a fairly quiet time of the year as far as club activities are concerned. The fun runs are in hiatus and our race events are few and far between. Even so, there is at least one club event per month coming up:

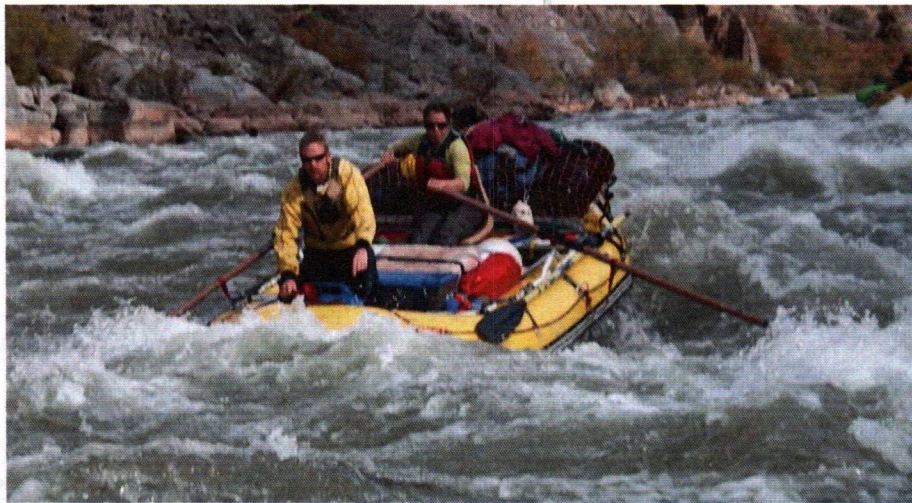
- Our volunteer and awards banquet on Thursday, January 24
- Our new winter 5k on Saturday, February 2
- Our annual meeting on Sunday, March 10

In addition, we are having a more-or-less weekly series of informal group long runs on Saturday mornings this winter. Pay attention to the weekly e-mail announcements if you are interested in participating in any of these. And, yes, that is correct! These Saturday morning runs would indeed be a great way to prepare for the Adamant 20 miler.

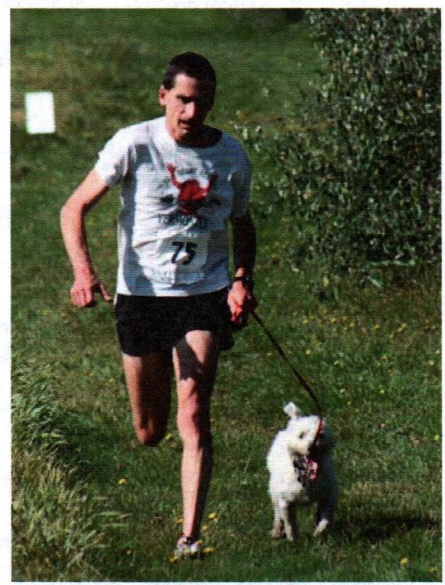
Your subtle President, Jeff

P.S. I am not completely uninterested in your various new year's resolutions. (I exaggerated for dramatic effect.) Come out for a Saturday morning run and tell me all about your resolutions. I will be happy to listen for a couple of hours.

More on the CVR New Year's Eve 5K Results page 13 Pictures page 8 (photo by Jean Stetter)



More on Greg Wight vs. the Grand Canyon and Eric Morse racing with Murdock on page 4 (photos courtesy of Greg Wight & Eric Morse)



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

Draft Minutes of the November 5, 2012 meeting subject to approval at the March meeting

Meeting called to order 6:36 pm / 19 People in attendance

Motion to approve minutes from last meeting – approved

Treasurers Report

Current balance: \$16,638.05 balance in all accounts

Less profit from Leaf Peepers this year than previous years...est. balance to club will be \$2500, last year was \$4200....Can discuss this further at annual meeting, once all the expenses/revenue have been completed.

Linda is moving to Hawaii this month. CVR is looking for a new treasurer. Linda reviewed with the group, what would be needed to complete her term. If anyone is interested, contact Jeff Prescott. CVR will need someone to fill in for the remainder of the year and that person can continue on next year, or we can find someone new next year.

Motion to approve reimbursing Linda for her expenses YTD, which are minimal - approved.

CVR Grants and Scholarships

Jeff discussed this program and recently a request came from the Montpelier Middle School. The Exec Committee approved a grant for the middle school cross country team of up to \$200.00. However, it turns out they may not have needed it. Jeff asked that the club add Montpelier Middle School to the list of recipients for next year. Will discuss further at the annual meeting.

Membership Recruitment Committee

Jeff discussed the progress this committee has made in effort to increase CVR membership. The committee met last week. Had a lot of good ideas, but decided to implement an effort to recruit runners of our races who aren't currently members. We capture their information on race applications and can send out e-mails as well as letters encouraging them to join CVR. At a later date start looking to other groups to recruit. Discussed an effort to consider allowing the ability to join online and pay annual dues online.

Shirts

Brought both shirts to meeting. Can purchase tonight or at later date from Jeff Prescott.

Northfield Savings Bank One Mile Kids Run and 5K

Everything went well. Discussed some timing challenges....but overall went well.

Sodom Pond

Went well – Tim would like the club to consider adding it to the race series... Discussion and agreement among the group. Can finalize at annual meeting.

Leaf Peepers

The race committee hasn't yet met to discuss, but Roger sent note, since he couldn't be at the meeting. He liked the new staging area...discussed the new course, and challenges it presented. Roger is attending the Duxbury Select Meeting on November 6th and others from the club will join him. They will discuss the race and Roger will seek their approval to continue having the race in Duxbury. The club will continue discussion about other details on the race at the annual meeting. *(additional information from Roger regarding Leaf peepers on page 9)*

Fallen Leaves Series

#1 , 74 in attendance...#2 Tim is looking for help...a director....race starts at 9:00 am... #3 is all set, Tim will be there. All money is donated to Montpelier Food Pantry.

First Night

Sandy reported that she and Ann Bushey are currently in planning stages for the race. Although downtown Montpelier is not going to have a first night celebration, Sandy, Ann and CVR will still like to host the race as part of a new years eve tradition that has been going on for many years. Feel runners like this race and will still attend despite the lack of first night festivities downtown. *(draft minutes continued on page 3)*

**CVR Annual Awards/
Volunteer Recognition Banquet**

Thursday, January 24, 2013

**The Steak House, Barre-Montpelier Road, Berlin, VT
Social at 6:15 pm and Dinner at 6:45 pm**

The CVR Awards and Volunteer Recognition dinner will be held on Thursday, January 24, 2013, at the Steak House Restaurant on Route 302 in Berlin, Vermont. Social time will start at 6:15pm with dinner at 6:45pm. The menu will please everyone. Salmon, roast beef, chicken, a wide variety of veggies, rolls, coffee and desert will be served.

CVR members in good standing in 2012, who volunteered for at least one event or performed some other club task, will dine for FREE. I like that price! All others are welcome but bring \$24 with you for each adult and \$10 for children under 10 years.

See page 3 or check the CVR website (bottom left) for a list of recorded volunteers. If you did volunteer and your name does not appear on the list follow the instructions there. So far so good? If you are going to attend the dinner e-mail me at vtiron55@yahoo.com, call and leave a message at 479-5333 or write me a nice RSVP, John Martin P.O. Box 1131 Montpelier, VT.05601

YOUR RSVP MUST BE RECEIVED BEFORE TUES.JAN 22nd.

(draft minutes of Nov. 5th meeting continued from page 2)

2013 Race Calendar

Jeff handed out a printed list of races and tentative dates. This is tentative until the race directors confirm the dates.

Two new races on the calendar. The first is in February. Part of Montpelier Alive Winter Festival. A new event for Montpelier and is replacing the first night events. Rebecca Copans is volunteer coordinator for the event and asked CVR Exec Committee to consider hosting a race. The committee approved being involved. Sean Murphy and Sandy Colvin will be co-race directors. Donna and Jeff will help design a course.

The second race is in Worcester. Roy discussed this request for CVR to help support a race which would raise funds for their July 4th event. He discussed a couple ideas for the course, staging area etc. The club will be involved and will help Roy with this race. Further details to follow, in the early stages of planning.

Once Jeff has all the final CVR race dates he will post list to the CVR website.

Other business

John Martin has agreed to coordinate the volunteer dinner.

Spirit of the club award:

Appointed a committee of Jeff, John M, and Darragh to determine this years recipient. Send them your nominations.

Nominating committee for Club officers:

Donna, Tim, John V. all volunteered to be on the committee to nominate positions should those who hold current positions be unable to continue for another year.

Flood Relief Donation Bucket

Jeff discussed this was put out at Leaf Peepers again this year. Jeff suggested and those in attendance agreed we will donate to the same organization(s) as last year.

Annual Meeting:

Sunday March 10th

Sandy Colvin's House,

121 Spring Hollow Lane, Montpelier, VT 05602

272-9795 for directions or e-mail SColvin@nationallifegroup.com

Meeting adjourned 7:45... Sandy Colvin

CVR 2012 VOLUNTEER LIST

Chris Andresen	Donna Holbrook
Phyllis Arsenault-Berry	Toni Kaeding
Jill Aspinall	Rose Kent
Diane Baker	Dave Kissner
Newton Baker	Lori Lacroix
Roy Belcher	Sarah London
Celine Blais	Dot Martin
Stacy Bocskor	John Martin
Lisa Brucken	Rob McDougal
Rowly Brucken	Andrea McLaughlin
Helen Bryan	Bob Mercier
Shawn Bryan	Dan Miller-Arsenault
Ann Bushey	Jen Miller-Arsenault
Brian Bushey	Rick Moltz
Brynn Bushey	Bob Murphy
Dick Bushey	Sean Murphy
Gerry Carlson	Theresa Noonan
Maureen Carr	Tim Noonan
Michael Chemick	Nick Persampieri
Richard Cleveland	Jeff Prescott
Kelly Collar	Denise Ricker
Sandy Colvin	Norm Robinson
Jon Copans	Eric Ryea
Chandra Cranse	Sigh Searles
Roger Cranse	Jamie Shanley
Darragh Ellerson	Andy Shuford
Bob Emmons	Scott Skinner
Sue Emmons	Donna Smyers
David Erickson	Dara Torre
Pam Erickson	Jane Valentine
Sarah Erickson	John Valentine
Richarda Ericson	Megan Valentine
Beth Gambler	Greg Wight
Mack Gardner-Morse	Charlie Windisch
Greg Gerdel	
Wade Hackerson	
John Hackney	
Sue Hackney	
Linda Hallinger	
Dot Helling	

Contact John Hackney (jhackney67@gmail.com) with questions.

Winter Long Runs

It looks like we have a good core of CVR members who are interested in group long runs during the winter. The first run will be on Saturday, **January 5** at 10:00 am at the town clerk's office in Berlin. The planned distance is 10 miles (although you are permitted to run shorter or longer as you wish). The run will be hosted by **John and Dot Martin**. E-mail John vtiron55@yahoo.com if you plan to attend and he will keep you in the loop regarding the details (e.g., route, weather monitoring, etc.).

Again...the vision is that this is a laid-back offering for folks who want to get in some base mileage during the winter. (If you are completely anti-social, you probably don't want to participate.) Anyone can volunteer to host a run and we anticipate that the location will move around from week to week. The emphasis will be on runs of 10 miles or longer...but anyone is free to come out and do whatever they want. You are welcome to participate frequently or sporadically. And there may not be an organized run every single weekend...depends on what else is going on.

Anyway...I will give advance warning in the weekly announcements regarding the upcoming long run or two. If you are interested, you can e-mail the run host to be "in the loop" for that week. ... Jeff Prescott



(photo courtesy of Greg Wight)

Greg Wight and Co. – The Grand Canyon Adventure

What does rowing an 18' inflatable raft for 280 miles through the Grand Canyon over 22 days have to do with running? Well, nothing, but it was a heck of an adventure, and Jeff promised me a better price for the story from the CVR Newsletter than Outside Magazine offered. (But Jeff, I haven't seen the check yet).

The story begins over 10 years ago when, one quirky morning, I put my name on the Wait List for a non-commercial (self guided) rafting permit on the Colorado through the Grand Canyon. My son Michael is a rafter; he was my enabler. The permit backlog led to the NPS River Permits office in Grand Canyon NP estimate that my number would come up in 2024. Three years ago, though, they converted to a Lottery System and gave folks with long standing on the wait list extra chances. Long story short, 16 of us met at Lees Ferry on 11/9/2012 and rigged 6 rafts and 2 kayaks – with support from our outfitter/food provider, Moenkopi Riverworks. Rafters don't travel light: picture food for 16 for 22 days (40 dozen eggs!) Next picture a stack of cases of canned beverages for 16 people, some of whom are pretty good at drinking beer. After Lees Ferry, there is only one road access to the river for the next 280 miles. Our objective was Pearce's Ferry, on the upper reaches of Lake Mead.

After equipment check and safety briefing from Ranger Dan ("Wash your hands before you handle food! Always wear your pfd!") the next morning, we climbed aboard and headed off.

It was an incredible adventure! Many folks have seen the canyon from the rims, a lucky few have hiked down in; we got to see 280 miles of the most gorgeous rocks and big water in the world. We went through rapids that would scare the pants off any sane person, side canyons so beautiful my eyes hurt...every day.

Of 22 days on the river, we travelled 18, so averaged 15 miles a day, but some were long and on many we took opportunities to go side canyoneering. We had three flips – just part of the adventure; everything is securely tied on each day.

Highlights for me – a day when 9 of us hiked up to the top of a side canyon and enjoyed 7 separate repels down the steep slot canyon back to camp; hiking up the azure blue Little Colorado River; a November swim in and five mile hike up the Havasu River; being flipped "black side up" in Horn Rapid and swimming the rest of the way down through it; another hike from camp up and over the ridge to Shimonu Canyon, followed by an warm afternoon dunk in the Shimonu Creek and an arduous climb up and down back to camp; setting up camp every night; sharing the cooking and boat management chores; campfires every night; piloting the raft through a class 5 rapid; the six women on the trip showing up one evening with paste-on mustaches to match those the guys grew in honor of John Wesley Powell; Travertine Canyon; the raft flotilla night float on our last day.

Hundreds of photos were taken even though my camera did not survive the Horn Rapid wet adventure;

I will enjoy them for years to come. Anybody want to see several hundred photos?

My nephew said this, "Rowing 280 miles was awesome. We saw sights most don't get to see. I really don't like the motorized commercial trips down through the Canyon, but if that's the only way that works for you, go." ... Greg Wight

Eric Morse and Murdock

I don't race much anymore on my own, but do a lot with my dog. My dog Murdock, a 2 year old West Highland terrier, is the 2 time defending champion of the CVR Mutt Strutt. We ran 16 races in 2012 that were for dog/runner teams and ended our season in late Oct. and early Nov. with 5 races over 4 weekends.

We finished first dog/runner team in races in Worcester MA 17:34 5k, Newburyport MA 4:59 mile, Warren RI 17:17 5k, Portland ME 17:24 5k. We finished off the year on Nov. 10 in Boston at the Doggy5k where Murdock beat 214 other dogs in a PR of 16:45. Good luck with your running in 2013.... Eric Morse

(ed note... If you look through the CVR race results over the years you will often see Eric's name as the overall or age group winner. And he has had a lot of success beyond our regional races as well.)



(photo courtesy of Eric Morse)

"The Amby Connection"

Under the link for "columns" at www.runnersworld.com you can find "Footloose" by Amby Burfoot, who is described as "A former Boston Marathon champion (1968), *Runner's World's* editor-at-large Amby Burfoot still runs 30 miles a week for health, fun, and occasional races. Footloose is where Burfoot, now 65, shares a wide variety of running-related thoughts and opinions... Amby Burfoot has a marathon PR of 2:14:29 and has been a *Runner's World* editor since 1978. He runs the Boston Marathon on every 5th anniversary of his 1968 win, and has finished the Manchester (CT) Thanksgiving Day 5-Miler 49 years in a row."

Amby wrote a feature article for the November 2012 edition of "Runner's World", beginning on page 86, entitled "The Life of a Runner". Look carefully on page 86 and there is long time supportive member of CVR, John Valentine, pictured with Amby. So what is the connection??? John supplied the answers for CVR newsletter editor Bob Howe.

+++++

CVR ed... I saw your picture in the November edition of *Runner's World* along with Amby Burfoot. My first reaction was that you haven't changed much since then... My next reaction as newsletter editor was, "there should be an article in the newsletter about this...". Would you be interested in doing an article for the newsletter about how you came to know Amby?

John... Regarding Amby, we've been friends for nearly 50 years. I saw him at Thanksgiving and we're running Boston together in 2013. Starting in 1988, we have run every 5 years except I missed 1998. Megan joined us starting in 2003. .

CVR ed... Did you meet Amby through running or were you friends first who later started running together?

John... In 7th grade I started running with Gary Burfoot and I got to know his 3-year older brother Amby. I liked running longer distances so Amby and I ran thousands of miles together, mostly in the summers, when I was home from college and medical school. On weekends we would frequently travel to regional road races. After I moved away we have still managed to get together for a race or a run several times a year.

CVR ed... You have run Boston and the Manchester 5-Miler with Amby, what other interesting races have you run with him?

John... When I was 16 Amby took me to the Holyoke Marathon where I ran 3:20 on a hot day, hilly course. The next weekend we drove to the Mount Washington race with John Kelly, his wife, and screaming kids. After running up the mountain I was looking for a ride down and John was incredulous. He insisted that we all run back down. The next day John and Jim Keefe led a brutal trail run which finished downhill under the chair lift. What an experience; two olympic runners, Amby, and me.

CVR ed... Amby writes somewhat philosophical in his article "The Life of a Runner", with subtitles including "Start, Don't Stop", "Train your Brain", "Enjoy the Good, Endure the Bad", "Sample Alternative Exercises", etc. What have you learned from running with Amby?

John... Amby and I frequently talk about how fortunate we have been to be able to continue running and to have that constant in our lives. We both learned from John Kelly to appreciate the simplicity, pure joy, and freedom that accompanies this basic human activity. It was Amby's idea to establish the Boston run as a celebration and it's even better when we are joined by family and friends.

CVR ed... With all your knowledge and experience I'm sure Amby has learned from running with you as well. What do you think Amby would say he has learned from running with you?

John... I'm not sure what he has learned from me but when we were running on Thanksgiving he did say that he admires my persistence. For someone who was never very fast to begin with, I've maintained pretty well through the years.

+++++

Runner's World indicates that Amby has won the Manchester Thanksgiving Day 5-Miler nine times. The race that started out with around 200 runners has now grown to around 15,000 runners.

CVR Bolsters Montpelier Cross Country

Lean sports budgets for cross country running in Montpelier schools have been bolstered the last several years by CVR grants. This year, the \$400 grant was spread across the high school and middle school cross country programs. There was no money budgeted for the fledgling middle school program this year, resulting in some of the CVR grant being used to partially subsidize uniforms for team members. The budget for the high school team is limited to coaching salaries, transportation to meets, uniforms and meet entry fees. The CVR grant was used to supplement the budget by partially subsidizing team jackets, long-sleeve warm-up shirts, sweatshirts, and warm-up pants. It also helped defray the cost of fun team events like an ice cream social, predict a time run awards, and our closing banquet.

This was the fourth year Norm Robinson and I have coached the team. We have been pleased to see the program grow and have greatly enjoyed working with high school student athletes. There has been much individual and team success. Sometimes the success comes from race results - this year we had the leading girl and leading boy in Central Vermont, and for the second year in a row both the boys and girls teams finished in the top one-third in the state championship meet. However, our greatest satisfaction comes from seeing our athletes come together as a team, develop strong friendships, and significantly improve during the season and from one year to the next. Many thanks to CVR for contributing to the development of our program. ... Tim Noonan

Public Safety Announcement ...I've been meaning for awhile to talk about running in the dark. I am a big believer in winter running and for me, during the week, that means running in the dark. But while encouraging you to run in the winter darkness, I also want to encourage you to be safe. You need to be able to see and you need to be seen by others. I recommend a combination of **reflective gear** and a **good headlamp** Jeff Prescott

Fallen Leaves Series Strong Fundraiser for Food Pantry

When the CVR Fallen Leaves Race Series started nine years ago, it was expected to draw about 20-25 runners a week for three Saturdays in November. Given the shortage of November races in Vermont, it has exceeded expectations. A total of 200 runners raced in the 2012 races, the same number as 2011. Even though the race entry fee is a low \$5, it has turned into a solid fundraiser for the Montpelier Food Pantry. This year, \$871 was raised, exceeding last year's total by over \$100. Race expenses have been kept minimal due to inexpensive prizes. Thanks to racers for supporting the spirit of the race since I have not heard a single complaint the last two years about the low-cost awards.

Tim Noonan, Race Series Director

CVR Marathon Performances: 2012 by Jeff Prescott

This article provides a quick recap and analysis of marathon performances by CVR members during 2012.

Fine Print Disclaimers

The data source for this analysis is the results database at www.marathonguide.com as of January 2, 2013. It is possible that some CVR results are missing from the data I compiled. For example, I noted that results for the 2012 Honolulu Marathon are not (yet) in the database. (Sorry, Rick Evans.) Also, if you spell your name multiple different ways, I may not have found all of your results. Finally, some names are very common. (Do you have any idea how many folks are named John Martin or Sean Murphy? Seriously?) Also note that these results do not include marathon splits of Ironman competitions or ultramarathon results.

Enough with these tiresome disclaimers...although the data are not perfect, I have deemed these results substantially complete and fun to analyze.

Marathon Results

Table A lists marathon results for CVR members during 2012. The list is sorted by member and date.

Twenty-one club members recorded marathon finishes in 2012. These 21 club members produced a combined total of 40 marathon finishes...roughly two races per marathoner.

Observations

The top three CVR male marathon times for the year:

Last Name	First Name	Sex	Age	Date	Race	Gun Time
Shea	Tim	M	42	10/14/2012	Green Mountain Marathon	2:59:13
McDougall	Rob	M	37	5/27/2012	Vermont City Marathon	3:12:45
Birse	David	M	53	3/18/2012	Georgia Marathon	3:25:40

The top three CVR female marathon times for the year:

Last Name	First Name	Sex	Age	Date	Race	Gun Time
London	Sarah	F	33	11/18/12	Philadelphia Marathon	3:08:42
Valentine	Megan	F	33	5/27/12	Vermont City Marathon	3:11:39
London	Sarah	F	32	4/16/12	Boston Marathon	3:18:16

There were ten CVR performances with gun times of 3:30 or below:

Last Name	First Name	Sex	Age	Date	Race	Gun Time
Shea	Tim	M	42	10/14/2012	Green Mountain Marathon	2:59:13
London	Sarah	F	33	11/18/2012	Philadelphia Marathon	3:08:42
Valentine	Megan	F	33	5/27/2012	Vermont City Marathon	3:11:39
McDougall	Rob	M	37	5/27/2012	Vermont City Marathon	3:12:45
London	Sarah	F	32	4/16/2012	Boston Marathon	3:18:16
Birse	David	M	53	3/18/2012	Georgia Marathon	3:25:40
Martin	Dot	F	52	10/28/2012	Cape Cod Marathon	3:26:28
Brucken	Rowly	M	44	9/23/2012	Adirondack Marathon	3:29:37
Brucken	Rowly	M	43	5/27/2012	Vermont City Marathon	3:29:41
Francis	Tim	M	51	4/16/2012	Boston Marathon	3:29:56

There were six CVR performances with age-graded times of 3:00:00 or below:

Last Name	First Name	Sex	Age	Date	Race	Gun Time	AG Time
Martin	Dot	F	52	10/28/2012	Cape Cod Marathon	3:26:28	2:50:12
Shea	Tim	M	42	10/14/2012	Green Mountain Marathon	2:59:13	2:52:01
Martin	Dot	F	51	1/8/2012	Disney World Marathon	3:31:15	2:55:41
Helling	Dot	F	62	10/14/2012	Green Mountain Marathon	4:08:55	2:58:00
Birse	David	M	53	3/18/2012	Georgia Marathon	3:25:40	2:58:30
Helling	Dot	F	62	4/29/2012	Big Sur International Marathon	4:14:40	2:59:23

Note: Age-graded times attempt to provide a comparison of the "quality" of a performance by taking into account the age and sex of the runner. For example, Dot Martin's 3:26:28 at the Cape Cod marathon is viewed as "equivalent" to a time of 2:50:12 by a young male marathoner.

There were three CVR members who completed 3 or more marathons during 2012:

Last Name	First Name	# Races
Baker	Newton	7
Kaeding	John	4
Colvin	Sandy	3

CVR Marathon Performances: 2012 by Jeff Prescott (continued from page 6)

There were eighteen different marathons with CVR participants:

Race	Date	Total
Vermont City Marathon	5/27/2012	8
Boston Marathon	4/16/2012	7
Green Mountain Marathon	10/14/2012	5
Adirondack Marathon	9/23/2012	3
Disney World Marathon	1/8/2012	3
Lake Placid Marathon	6/10/2012	2
Big Sur International Marathon	4/29/2012	1
California International Marathon	12/2/2012	1
Cape Cod Marathon	10/28/2012	1
Empire State Marathon	10/21/2012	1
Georgia Marathon	3/18/2012	1
Mad Marathon	7/8/2012	1
Maine Marathon	9/30/2012	1
Marine Corps Marathon	10/28/2012	1
Philadelphia Marathon	11/18/2012	1
Quebec City Marathon/Marathon des Deux Rives	8/26/2012	1
Shires of Vermont Marathon	5/20/2012	1
Twin Cities Marathon	10/7/2012	1
Grand Total		40

A few random observations:

- Do you remember how hot it was for the 2012 Boston Marathon? Note that many of our CVR Boston finishers bounced back and ran significantly faster marathons later in the year.
- Rowly Brucken's marathon times ranged from 3:29:15 to 3:29:36. How is that for consistency? Sure, he was serving as a pace group leader and running well within his capabilities...but still...
- Newton Baker ran two marathons a week apart. Two different times. He ran seven marathons in a span of four months...and that doesn't even count the ultramarathons.

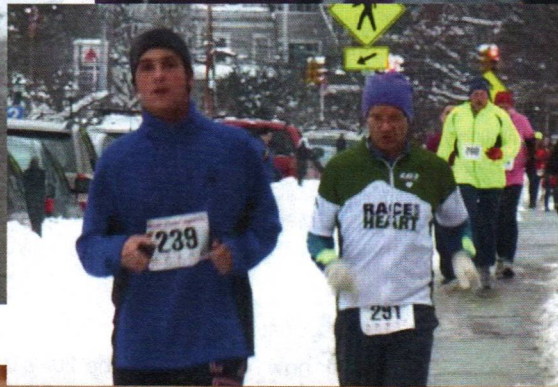
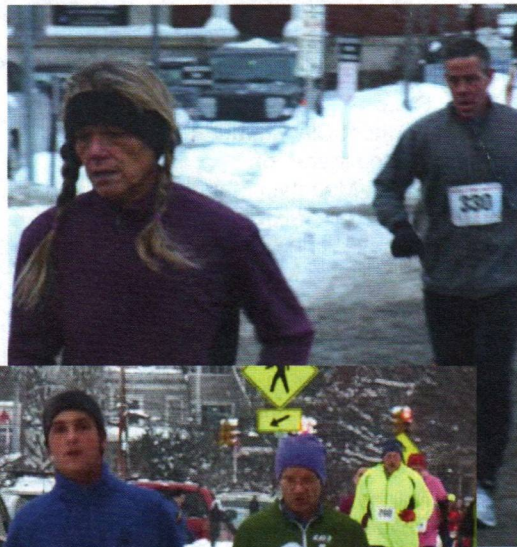
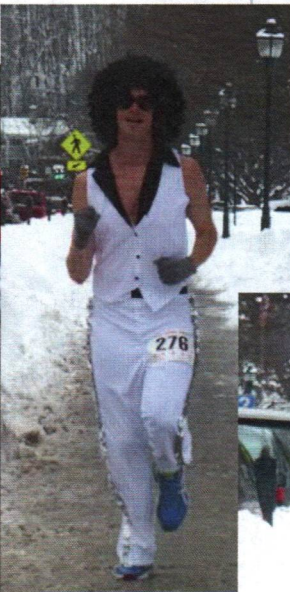
Corrections/Clarifications/Refutations - Did I miss any of your results? Did I overlook any notable accomplishments? Are you planning to run faster next year? Drop me a line at jeff_cvr@myfairpoint.net and straighten me out.

Table A: 2012 CVR Marathon Performances by Name & Date

Last Name	First Name	Sex	Age	Date	Race	Gun Time	Net Time	City	St	AG Time*
Andresen	Christian	M	56	4/16/2012	Boston Marathon	3:46:27		Montpelier	VT	3:11:56
Arsenault-Berry	Phyllis	F	55	4/16/2012	Boston Marathon	5:48:55		Duxbury	VT	4:36:28
Arsenault-Berry	Phyllis	F	55	10/28/2012	Marine Corps Maratho	4:06:35	4:02:27	Duxbury	VT	3:12:07
Baker	Newton	M	70	5/20/2012	Shires of Vermont Marathon	5:20:27		Montpelier	VT	3:55:37
Baker	Newton	M	70	5/27/2012	Vermont City Marathon	4:47:19	4:46:38	Montpelier	VT	3:30:45
Baker	Newton	M	70	6/10/2012	Lake Placid Marathon	4:55:57	4:55:41	Montpelier	VT	3:37:24
Baker	Newton	M	70	7/8/2012	Mad Marathon	5:42:03	5:41:40	Montpelier	VT	4:11:13
Baker	Newton	M	70	9/23/2012	Adirondack Marathon	4:45:11	4:45:01	Montpelier	VT	3:29:34
Baker	Newton	M	70	10/14/2012	Green Mountain Marathon	5:10:13	5:10:13	Montpelier	VT	3:48:06
Baker	Newton	M	70	10/21/2012	Empire State Marathon	4:47:06	4:47:02	Montpelier	VT	3:31:03
Birše	David	M	53	3/18/2012	Georgia Marathon	3:25:40	3:24:47	Hancock	NH	2:58:30
Blais	Celine	F	64	4/16/2012	Boston Marathon	5:49:33		Montpelier	VT	4:01:42
Blais	Celine	F	65	12/2/2012	California International Marathon	5:41:54	5:38:09	Montpelier	VT	3:49:44
Brucken	Rowly	M	43	5/27/2012	Vermont City Marathon	3:29:41	3:29:15	Northfield	VT	3:19:11
Brucken	Rowly	M	44	9/23/2012	Adirondack Marathon	3:29:37	3:29:36	Northfield	VT	3:17:50
Colvin	Sandy	F	43	4/16/2012	Boston Marathon	3:59:01		Montpelier	VT	3:40:39
Colvin	Sandy	F	43	5/27/2012	Vermont City Marathon	3:36:13	3:35:46	Montpelier	VT	3:19:11
Colvin	Sandy	F	44	10/14/2012	Green Mountain Marathon	3:33:18	3:33:18	Montpelier	VT	3:14:35
Francis	Tim	M	51	4/16/2012	Boston Marathon	3:29:56		Rock Port	MO	3:06:21
Gillis	Maryke	F	52	9/23/2012	Adirondack Marathon	5:26:22	5:26:08	Middlesex	VT	4:29:05
Helling	Dot	F	62	4/29/2012	Big Sur International Marathon	4:14:40	4:10:52	Montpelier	VT	2:59:23
Helling	Dot	F	62	10/14/2012	Green Mountain Marathon	4:08:55	4:08:55	Montpelier	VT	2:58:00
Kaeding	John	M	64	5/27/2012	Vermont City Marathon	4:21:20	4:20:15	Worcester	VT	3:23:54
Kaeding	John	M	64	6/10/2012	Lake Placid Marathon	4:30:27	4:29:10	Worcester	VT	3:30:53
Kaeding	John	M	64	8/26/2012	Quebec City Marathon	4:32:36	4:31:36	Worcester	VT	
Kaeding	John	M	64	10/7/2012	Twin Cities Marathon	4:18:41		Worcester	VT	3:22:40
London	Sarah	F	32	4/16/2012	Boston Marathon	3:18:16		Montpelier	VT	3:17:34
London	Sarah	F	33	11/18/2012	Philadelphia Marathon	3:08:42	3:08:23	Montpelier	VT	3:07:11
Martin	Dot	F	51	1/8/2012	Disney World Marathon	3:31:15	3:30:09	Montpelier	VT	2:55:41
Martin	Dot	F	52	10/28/2012	Cape Cod Marathon	3:26:28	3:26:17	Montpelier	VT	2:50:12
Martin	John	M	60	1/8/2012	Disney World Marathon	4:13:07	4:08:44	Montpelier	VT	3:22:50
McDougall	Rob	M	37	5/27/2012	Vermont City Marathon	3:12:45	3:12:39	S Burlingto	VT	3:11:52
Murphy	Sean	M	45	5/27/2012	Vermont City Marathon	3:39:19	3:38:51	Montpelier	VT	3:24:47
Noonan	Tim	M	55	4/16/2012	Boston Marathon	4:29:03		Montpelier	VT	3:50:11
Noonan	Tim	M	56	9/30/2012	Maine Marathon	3:38:13	3:38:03	Montpelier	VT	3:04:49
Rose	Betty	F	63	1/8/2012	Disney World Marathon	6:26:54	6:06:48	Fairburn	GA	4:18:00
Shea	Tim	M	42	10/14/2012	Green Mountain Marathon	2:59:13	2:59:13	Montpelier	VT	2:52:01
Valentine	Megan	F	33	5/27/2012	Vermont City Marathon	3:11:39	3:11:32	Jericho	VT	3:10:19
Windisch	Charles	M	58	5/27/2012	Vermont City Marathon	3:55:13	3:54:36	Essex Jct	VT	3:15:00
Windisch	Charles	M	59	10/14/2012	Green Mountain Marathon	3:58:01	3:58:01	Essex Jct	VT	3:16:01

Runner's Enjoy the CVR New Year's Eve 5K

(race photos by Jean Stetter)



"Thank You" card created by the U-32 cross country teams who received a \$400 grant from CVR.
(photo and info by Jeff Prescott)

2012 Leaf Peepers

For the first time in many years we had a new staging area for the Leaf Peepers. Construction had been planned for the State Complex (although, in the event, it still hasn't started) so we moved across the road to Pilgrim Partnership LLC. Steve Van Esen and Ed Steele, the owners, were very cooperative and the new area turned out to be excellent. The weather was good and the race went well.

I have two main areas of concern. The first is the crossing at Main Street and Park Row coming back. We had two sheriffs there but the long line of runners backed up fifteen, twenty cars at a time. The sheriffs waved through one or two or three cars when a gap opened up. Cars and runners were very close; I didn't like the look of it.

My second concern is hostile behavior. Someone knocked over all 36 portolets the night they were delivered. I don't know if this was just random vandalism or the act of a person who opposes the race. Some cars and trucks on the course were driving dangerously close to runners. And firefighters reported other drivers going back and forth shouting at runners and firefighters.

The race committee will take up these and other aspects of the race early in the new year.

We had 34 firefighters on the course this year, 80 high schoolers, and 50 other volunteers. They, our great sponsors (Mark Bove donated 1,200 bottles of his sauce), the Waterbury and Duxbury Select Boards, Waterbury Emergency Services and Police, Green Mountain Bike Patrol, and the work of race committee members helped make the race work....
Roger Cranse, race director

4th Annual

Adamant 20 Miler or 2 Person Relay

Saturday, April 27, 2013 at 10 a.m.

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

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

*to benefit the
Adamant Music
School*

2 person Relay

- Relay legs 13 miles out and 7 miles back with portolet and parking at exchange
- Each participant must register individually
- Participants responsible for own transportation or carpooling to/from exchange point

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

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

Registration Race Day 8:30-9:45 a.m. Adamant Music School Barney Hall, 1216 Haggett Rd

Entry Fee: \$20 by 4/24 \$25 Race Day Payable to CVR c/o Eric Ryea, PO Box 60, Adamant VT 05640

For More information call Eric Ryea 802-223-2733 or eryea@aol.com

... Donna Smyers

Manchester Half Marathon

Linda Hallinger reports: **Lori Lacroix, Andrea McLaughlin**, and I did the Manchester NH half marathon yesterday [ed note: Sunday, November 4]. Lori finished 5th and Andrea was 10th in the 50-59 group, and I was 2nd in the 60-69 group for the half. Nice race, weather was good, course was a bit hilly, but not crazy. Easy free parking near the start, and wonderful free showers at the nearby YMCA after the race.

They also have a full marathon going at the same time. At the last minute they reopened the race for 500 folks from the NYC race. We met up with several folks that had been displaced from NY. One was a group of guys that had traveled from England to NYC for their first marathon, then got a flight to Boston and rented a car to arrive Saturday night in Manchester for the race. The race seemed to have done a good job trying to accommodate the last minute changes... J. Prescott

Adventures of a Race Results Techie

It seems that every race produces new wrinkles for the computer geeks to straighten out.

Remember the First Night Race in 2010? That was the year that duplicate numbers were inadvertently assigned. Trying to get the right time assigned to the right person was... well, trying! Then there was the Stampede a couple of years ago in which one participant donned a bib number that he had been carrying around in his pocket instead of the one he had been assigned for that race. That took several days and a flurry of emails before that person could be included in the official results.

Typical problems include too many recorded times (hitting that button on the Time Machine one time too many) or too few recorded times (missing one in that group of ten sprinting to the finish all at once – think Northfield 2012!)

Despite best efforts, duplicate or incorrect numbers recorded at the finish line can also be a problem. Sometimes it is easy to figure out where the recorder went wrong, and sometimes not – think the Montpelier Mile 2012!

At the recent First Night 5k, new problems arose, despite a finish line crew that did an outstanding job – no incorrect numbers recorded at the finish, and all finishers properly recorded by the timers (well, ok, there was ONE extra time on one of the machines, but that was pretty easy to figure out).

The problem this year was that as soon as results were posted, we began hearing, “Those times are wrong!” and “Those results are off by 30 to 45 seconds!” Scurrying back to the computer, the techies reviewed their work to see if a problem could be detected. The bib numbers had all been properly recorded (no one had complained about placement), and the times had all been properly downloaded from the Time Machine. Oops! Look at that tape! The times appearing on the Time Machine printout tape did not match the times in the computer.

The download procedure was repeated with the same erroneous results. Figuring there might be a problem with that Time Machine, the second one was called into play. SAME RESULTS – all erroneous! The problem was finally solved by manually entering all times from the printout tape.

Runners left feeling satisfied that their performances were duly recorded and (finally) reported. The question remains – what on earth caused the results transmitted electronically to be incorrect? (Not just once, but three times.) Suspicions are that something in the computer program itself is the cause. I’m not aware that this has ever happened in the past (if it had, runners would have pointed it out), but it is something to be aware of at future races. We will have to make sure that we ALWAYS compare the tape printout to the electronically-transmitted results.

Just one more think to keep in mind... At any rate, Happy New Year!

Techie Bob (Murphy) with invaluable help from Techie Donna (Smyers)

JINGLE BELL RUN, Somerville, MA – 12/16/12

As always, a very fun race. Lots of costumes to keep things interesting and most runners in high holiday spirits. Very fast course (15:53 men’s winner; 18:04 women’s winner). Worth the time if you are going to be in the area.

AgeGr	Overall	Gun	Chip	Pace	Name
2/171	579/5537	25:12	23:36	7:36	Phyllis Arsenault-Berry

MARINE CORPS MARATHON, Arlington, VA – 10/28/12

The Marines really can handle a logistical challenge. Despite the large number of entrants, everything went smoothly from start to finish. Something that really stuck out - there were no lines at the start line porta-potties. Do not know how they managed that. Course was interesting. There was not too much in the way of hills and lots to look at. The cheering crowd in Crystal City was near as loud as the one in Wellesley! Conditions were good although there was a wee bit of wind – to be expected as Hurricane Sandy hit the area that night.

Mid-way through the race, I realized I was actually having fun – and that is not something I usually think halfway through a marathon. Medals were awarded by an active duty Marine from Quantico.

AgeGr	Gender	Overall	Chip	Name
7/341	1236/9994	4868/23519	4:02:27	Phyllis Arsenault-Berry

... by Phyllis Arsenault-Berry

VERMONT 50

Four choices are offered at the Vermont 50 which begins at the Ascutney Mountain Resort in Brownsville, Vermont. A 50 mile mountain bike, 50 mile run, 50 mile relay run, or a 50 K run. This event happens each year on the last Sunday in September, and is a Benefit for Vermont Adaptive Ski and Sports. (Note to readers: Due to an inability to locate a qualified journalist for this article, we are presenting this raw, uncut interview to give you a feel for the untamed nature of this event.)

Interview with Dave Erickson and new CVR Member, Nick Managan to follow;

CVR; Dave, How was it?

DAVE; Peanut Butter on Toast.

CVR; Does that mean you got hungry?

DAVE; No and Yes. That describes the footing at times, due to rain the evening before and during the event. Two Thirds of the course is trail, and at times, you had to watch your step. Yes I did get hungry. No problems though, as many aid stations were available with a good assortment of energy foods.

CVR; Were these truly aid stations?

DAVE; Yes, the volunteers who made it all possible were fun and friendly;

You really hated to leave. Sometimes there was good music too.

CVR; How long did it take you to run 50k ?

DAVE; Almost all day. The actual duration was 7:19:25. That's a 14:10 pace. But I like being out in the woods, running, like an animal.

CVR; Would you do this again?

DAVE;I think I would. It was truly a lot of fun. Even while sharing the, at times narrow, slippery trail with almost 700 mountain bikers, and close to 300 50 mile runners, and another nearly 180 50 K runners, everyone was very pleasant, encouraging and considerate of each other.

CVR; Nick, What made you take on this challenge when your previous longest distance had been 5K?

NICK; Having never competitively run a distance of more than 5k, you could say that I decided to run the VT50 because I am crazy. But I won't say that. It actually started as a bet (with a friend who came down with a mysterious hamstring injury).

Beyond concerns of money and honor, I've always loved trail running. I've also been intrigued by the challenge of a marathon, but resistant to running that distance on pavement. The VT50 was a perfect opportunity to set a substantial goal and to run it in a beautiful off-road setting. The course didn't disappoint, offering incredible mountain top and back woods views. Despite being a cold, rainy day the atmosphere was affable and festive.

Find out more about the Vermont 50 at;

<http://vermont50.com/>

<http://vermont50.blogspot.com/>

<http://vermont50.blogspot.com/p/race-description-and-race-times.html>

<http://vermont50.blogspot.com/p/50k-runner-info.html>

... by Dave Erickson

CVR speedster **Sarah London** ran the **Philadelphia Marathon** November 17th in a PR time of 3:08 and change. Sarah is on a mission and will soon see that sub 3 hour marathon ... John Martin

CVR Member **Tracy Joslin** was the first female at the 36th annual **Middlebury 10k Turkey Trot** on November 18. Tracy won a 20-pound Misty Knoll turkey to show for it. Full results here: http://www.coolrunning.com/results/12/vt/Nov18_Middle_set2.shtml ... Jeff Prescott

Gobble Wobble Turkey Trot Results

Results are available here for the **Gobble Wobble Turkey Trot**: http://barrecongregational.org/images/Gobble_Wobble_2012_Gobble_Wobble_2012.pdf I have not had a chance to chat with **David Vanderlinde-Abernathy** yet about how things went. But the turnout appears strong...229 timed finishers!

First overall was CVR member **Eric Morse**. It appears that **David Erickson** won his new age group. Other club members spotted in a quick skim of the results include **Nina Aitken** (and possibly some young relatives?), **Greg Gerdel**, **Lori Lacroix**, **Bob Murphy**, **Sara Erickson**, **Zoe Colvin** and **Sandy Colvin**. I'm sure I missed some folks.

Congratulations to **Barre Congregational Church** on the big upgrade to their event this year. If you have suggestions for improvement, I am sure David would like your feedback: aberlinde@myfairpoint.net ... Jeff Prescott

Fallen Leaves 5K Race Results, Montpelier High School

November 3, 2012 -

74 finishers

Overall Male Winner:

Eric Eley, 16:51

Overall Female Winner:

Laura Mears, 19:48

Female 0-19

Laura Mears 19:48
Andrea Duncan 19:57
Haddie Lary 20:19
Timnah Zimet 20:23
Acadia Duncan 20:50
Riley Carbone 21:05
Tiana Bibb 21:14
Althea Devereaux 21:26
Sophie Homans 22:13
Charlotte Boyden 22:14
Sam Elgin 22:30
Molly Shallow 22:31
Amy Bruce 22:53
Hannah Yindra 23:03
Emma Hartswick 23:04
Devon Brownlee 23:54
Jean Hess 25:12
Lily Devereaux 26:20

Male 0-19

Geoffrey Kazlow 16:54
Sam Nishi 17:10
Sam Merriman 17:11
Nathaniel Kazlow 17:20
Kevin Santamana 17:40
Caleb Kessler 18:15
Silas Baker 19:36
Nathan Palmerio 19:47
Cameron Bourbeau 20:14
Anthony Palmerio 20:22
Nathan Zimet 22:26
Elias Connolly 22:29
Rennie Sartwell 28:45

Female 20-29

Sara Waterman 19:57
Katherine Ramsey 21:33
Robyn Estabrook 27:01

Male 20-29

Jacob Mott 19:45
Eric Heiman 23:51

Female 30-39

Dillon Burns 22:08
Tara Cohen 23:41
Brooke Nadzam 34:05

Male 30-39

Eric Eley 16:51
Adam French 19:01
Brian Latourneau 20:55
Scott Magnon 22:02
Eric Ridlon 24:41
Kevin Nadzam 34:06

Female 40-49

Robyn Steward 23:59
Treva Southworth 24:41
Tina Palmerio 25:20
Melissa Roberts 25:49
Heidi Higgins-Cutler 26:04
Steffany Mosley 27:48

Male 40-49

Sean Murphy 20:45

Female 50-59

Donna Smyers 21:38
Sue Hackney 22:17
Ginny Richburg 24:36
Maryke Gillis 30:36
Male 50-59
Gary Kessler 20:27
Mack Gardner-Morse 21:06

Female 60-69

Mike Gillis 21:51
Bob Sayers 22:19
Ken Bruce 23:23
Chris Yates 23:32
David Ospina 26:50

Female 60-69

Dot Helling 25:50

Male 60-69

John Valentine 21:12
Russ Cooke 23:43
Greg Gerdel 24:03
Perry Bland 24:21
Sigh Searles 27:09

Male 70+

Gerry Carlson 36:07

MANY THANKS TO THE FOLLOWING VOLUNTEERS: John Martin, Jeff Prescott, Andy Shuford, Chris Andresen, Diane Baker...
Tim Noonan, Race Director

November 10, 2012 -

55 finishers

Overall Male Winner:

Brian Culmo, 17:30

Overall Female Winner:

Nancy Jeggle, 20:36

Female 0-19

Karla Jeggle 21:38
Alicia Tatone 24:16
Loren Searles 25:00
Cheyenne Sebold 31:16
Estherline Carlson 41:49
Anya Carlson 42:01

Male 0-19

Cameron Borbeau 19:34
Everett Ackerman 20:43
Zach Morrill 20:55
Elias Connolly 22:56
Josiah Phillips 41:50

Female 20-29

Katherine Ramsey 21:21
Dayna Comeau 24:10
Robyn Estabrook 27:29

Male 20-29

Brian Culmo 17:30
Jacob Mott 19:35
Eric Heiman 23:53

Female 30-39

Jessica Bolduc 20:47
Richarda Ericson 20:56
Rima Carlson 22:00
Annie Smith 23:36
Laura Kalp 24:57
Kelly Nolan 28:41

Male 30-39

Brian Carlson 17:33

Female 40-49

Nancy Jeggle 20:36
Tonia Horton 22:35
Teeva Southworth 25:33
Frances Skerrett 25:55
Steffani Mosley 28:01
Katrina Phillips 41:58

Male 40-49

Matt Dugan 20:12
Sean Murphy 20:26
Bob Monette 21:45

Female 50-59

Dot Martin 21:13
Donna Smyers 21:19
Lauren Stagnitti 26:13
Rachel Duffy 35:09

Male 50-59

Mack Gardner-Morse 20:46
Tim Heney 22:44
Chris Yates 23:01
Peter Dale 24:03
David Ospina 26:46

Female 60-69

Dot Helling 25:27
Judith Craig 34:58

Male 60-69

John Valentine 21:10
Greg Gerdel 24:25
Perry Bland 24:31
Mike Desanto 25:29
Sigh Searles 26:48
Werner Zehetner 32:42

Male 80+

Gerry Carlson 35:44

MANY THANKS TO THE FOLLOWING VOLUNTEERS: Race Director Maureen Carr, Sue Emmons, Dave Kissner, Darah Torre, Michael Chernick, John Martin, Mack Gardner-Morse

November 17, 2012

72 finishers

Overall Male Winner:

Dan Ramsey, 15:46 *course record*

Overall Female Winner:

Taylor Spillane, 18:39

Female 0-19

Taylor Spillane 18:39
Autumn Eastman 19:00
Stacey Spillane 19:00
Julienne Devita 21:24
Loren Searles 24:10
Lily Margolis 24:53
Marie Bouffard 25:55

Male 0-19

Zach Marshall 17:58
Sean Delaney 18:36
Sam Longenbach 19:39
Cameron Bourbeau 19:43
Dane Lieberman 26:07
Tom Shanley 27:20

Female 20-29

Katherine Ramsey 21:20
Dayna Comeau 23:42

Female 30-39

Kristen Kortz 21:25
Lindsay Simpson 21:34
Rima Carlson 21:38
Rose Modry 21:44
Dillon Burns 21:58
Heather Voisin 23:14
Kelly Nolan 28:41
Brooke Nolan 34:07

Male 30-39

Tom Howard 17:41
Jon Copans 17:56
Brian Burns 18:48
Matt Gillette 23:40
Kevin Nadzam 34:07

Female 40-49

Dee Barbic 22:39
Treva Southworth 24:02
Laury Saligman 26:11
Frances Skerritt 26:41
Kate Toland 28:09
Steffany Mosley 28:40
Robyn Young 29:54

Male 40-49

Brian Carlson 16:59
Allen Mead 18:38
Neyah Margolis 20:42
Bob Monette 21:07
Kevin Spillane 22:05
Scott Lovelette 22:21
Jeff Prescott 22:37
JJ Toland 24:09
Bill Paine 26:53

Female 50-59

Dot Martin 21:17
Ruth Blauwiekel 25:13
Lauren Stagnitti 25:26
Ellie Bouffard 25:54
June Burr 26:11
Susan Ludington 28:09
Rachel Duffy 34:11

Male 50-59

Greg Jackson 20:54
Mack Gardner-Morse 21:00
Andy Shuford 21:34
Matt Mitchell 21:50
Bob Sayers 21:54
Jamie Shanley 22:20
Peter Dale 23:42
David Ospina 26:24
Chris Yates 28:46
John Hemmelgarn 29:54

Female 60-69

Dot Helling 25:25
Judith Craig 34:25
Male 60-69
Russ Cooke 23:00
Greg Gerdel 24:16
Sigh Searles 26:48
Bob Howe 27:47

Male 70+

Newton Baker 29:07

Male 80+

Gerry Carlson 35:03

MANY THANKS TO THE FOLLOWING VOLUNTEERS: John Martin, Donna Smyers, Darragh

CVR New Year's Eve 5K

2013 CVR/ORS Race Series / Montpelier, VT 12/31/2012

***** AGE GROUP RESULTS *****

Place Div/Tot Name Age City St Time Pace

FEMALE AGE GROUP 1 - 19

1 16 Quinn Bornstein 16 Barre VT 22:31 7:15
 2 36 Meredith Stetter 12 Montpelier VT 26:25 8:31
 3 87 Josie Gingold 12 Montpelier VT 33:44 10:52
 4 88 Brynn Bushey 13 Montpelier VT 33:46 10:53
 5 105 Anna Chamberlin 12 Calais VT 39:09 12:37
 6 107 Camber Pecor 14 Sarasota FL 40:23 13:00
 7 110 Jane Miller-Arsenau 7 Middlesex VT 40:43 13:07

Record 18:58 by Tara Chaplin in 1997

MALE AGE GROUP 1 - 19

1 8 Scott Hitchcox 18 Fairfax VT 21:10 6:49
 2 11 Thomas David-Bashor 16 Montpelier VT 21:23 6:53
 3 15 Nick Preiss 18 Milton VT 22:18 7:11
 4 19 Alan Barlow 17 Merrimac MA 23:01 7:25
 5 41 Jonas Dorsett 18 Barre VT 27:05 8:44
 6 45 Brian Bushey 10 Montpelier VT 27:29 8:51
 7 61 Jacob Miller-Arsena 10 Middlesex VT 29:50 9:37
 8 80 Bailey Pecor 18 Sarasota FL 32:24 10:26
 9 103 Garrett Chamberlin 12 Calais VT 39:07 12:36
 10 104 Kaleb Chamberlin 8 Calais VT 39:08 12:36

Record 16:56 by Justin Schied in 2004

FEMALE AGE GROUP 20 - 29

1 21 Elisa Otter 26 Montpelier VT 23:23 7:32
 2 50 Kelly Anderson 29 Fair Haven VT 28:19 9:07
 3 57 Sarah Swanson 29 Woodstock VT 28:43 9:15
 4 58 Cindy Barry 26 Montpelier VT 29:01 9:21
 5 64 Ally Allen 26 Chelsea VT 29:58 9:39
 6 68 Megan Bullard 26 Williamstown VT 30:06 9:42
 7 89 Ainsley Burroughs 24 Montpelier VT 33:49 10:54
 8 101 Brittany Tullar 23 Williamstown VT 39:06 12:36

Record 18:25 by Abi Watras in 2001

MALE AGE GROUP 20 - 29

1 4 Joseph Kill 23 Lyndonville VT 19:48 6:23
 2 6 Thomas Hitchcox 21 Fairfax VT 20:31 6:37
 3 28 Zachary Johnston 24 Montpelier VT 24:45 7:58
 4 32 Ben Swanson 29 Woodstock VT 25:51 8:20

Record 16:39 by Nicholas Wheeler in 2006

FEMALE AGE GROUP 30 - 39

1 5 Christina Perry 30 Salt Lake City UT 20:19 6:33
 2 9 Megan Valentine 34 Jericho VT 21:18 6:52
 3 20 Richarda Ericson 37 Montpelier VT 23:22 7:32
 4 37 Natalia Lyubimova 33 Montpelier VT 26:40 8:35
 5 49 Danielle Howes 39 Moretown VT 28:11 9:05
 6 51 Karen Hart 32 Williamstown VT 28:20 9:08
 7 52 Kimberly Buswell-Br 32 Lake Elmore VT 28:21 9:08
 8 53 Nora Duane 33 East Montpelier VT 28:23 9:09
 9 69 Kelly Littlefield 33 Barre VT 30:21 9:47
 10 72 Jessiemae Belcher 32 Barre VT 30:47 9:55
 11 83 Kate Hendrickson 30 Chittenden VT 32:45 10:33
 12 95 Edisa Muller 34 Montpelier VT 35:57 11:35
 13 97 Jess Tomkiins 38 Waitsfield VT 36:33 11:46
 14 100 Raegan Pembroke 38 Williamstown VT 38:56 12:32
 15 108 Jennifer Marx 31 Bethel VT 40:30 13:03
 16 116 Lois Anne Crooks 31 Woodstock VT 57:36 18:33

Record 19:21 by Christa Doneski in 2006

MALE AGE GROUP 30 - 39

1 1 Peter Maksimow 34 East Montpelier VT 18:37 6:00
 2 2 Netdahe Stoddard 35 Cabot VT 19:15 6:12
 3 3 Jon Copans 38 Montpelier VT 19:17 6:13
 4 7 Jeff Alexander 33 Shelburne VT 20:44 6:41
 5 10 Craig Manning 37 Medford MA 21:19 6:52
 6 18 Joe Fox 34 St. Johnsbury VT 22:43 7:19
 7 25 Jon Budreski 36 Montpelier VT 24:35 7:55
 8 31 Curtis Perry 35 Salt Lake City UT 25:32 8:14
 9 33 Roy Belcher 30 Worcester VT 26:02 8:23

FEMALE AGE GROUP 40 - 49

1 38 Jen Galfetti 42 Montpelier VT 26:47 8:38
 2 59 Betsy Pecor 46 Sarasota FL 29:46 9:35
 3 76 Charlene Farmer 48 Granville VT 31:56 10:17
 4 78 Anya Wallack 46 Montpelier VT 32:15 10:23
 5 85 Maria Klein 46 Cambridge MA 33:25 10:46
 6 91 Phyllis Tillinghast 48 Middlesex VT 34:10 11:00
 7 93 Janet Wallace 46 Thetford Ctr. VT 34:31 11:07
 8 96 Paula Clark 41 Williamstown VT 36:16 11:41
 9 99 Michelle Lesnek 48 Montpelier VT 38:10 12:18
 10 106 Nancy Chamberlin 44 Calais VT 40:22 13:00
 11 109 Alison VanArsdel 41 Chelsea VT 40:32 13:03
 12 111 Jen Miller-Arsenau 42 Middlesex VT 40:46 13:08
 13 112 Julie Best 49 Hardwick VT 41:00 13:12

Record 19:15 by Cindy New in 1998

MALE AGE GROUP 40 - 49

1 12 Mike Bessette 42 St. Albans VT 21:33 6:57
 2 24 Scott Lovelette 44 Montpelier VT 24:23 7:51
 3 26 Fred Gillien 49 Duxbury VT 24:36 7:56
 4 29 J.P. Gagnon 41 Winooski VT 24:46 7:59
 5 34 Robert Monette 49 Jericho VT 26:23 8:30
 6 62 Joe Loga 49 Middlesex VT 29:55 9:38
 7 63 Daniel Miller-Arsen 44 Middlesex VT 29:56 9:39
 8 84 Matt Howes 40 Moretown VT 33:07 10:40
 9 92 Chris Pecor 46 Sarasota FL 34:16 11:02
 10 102 Jim Chamberlin 46 Calais VT 39:06 12:36

Record 16:49 by Shawn Gardner in 2002

FEMALE AGE GROUP 50 - 59

1 30 Beth McCabe 51 Barnet VT 25:31 8:13
 2 47 June Burr 54 Fayston VT 27:45 8:56
 3 48 Fabienne Pattison 52 Montpelier VT 28:05 9:03
 4 70 Tracy Mauck 53 Cabot VT 30:26 9:48
 5 71 Cathi Koehler 55 Manchester CT 30:32 9:50
 6 73 Nancy Hutchinson 55 Randolph Ctr VT 31:00 9:59
 7 75 Candace Dane 56 East Burke VT 31:45 10:14
 8 94 Colette Page 52 Barre VT 34:39 11:10
 9 98 Ellie Ferguson 52 No. Haverhill NH 37:01 11:55
 10 114 Jennifer Barlow 50 Merrimac MA 43:33 14:02

Record 21:44 by Patty Foltz in 1998

MALE AGE GROUP 50 - 59

1 13 Jim Flint 53 Craftsbury VT 21:42 7:00
 2 14 Mike McHugh 53 Cambridge MA 22:04 7:07
 3 17 Mack Gardner-Morse 51 Calais VT 22:41 7:19
 4 23 Tim Noonan 56 Montpelier VT 24:13 7:48
 5 27 Tim Heney 53 Montpelier VT 24:42 7:57
 6 39 Dennis Casey 54 Waterford VT 26:48 8:38
 7 40 David McMath 50 East Hardwick VT 26:54 8:40
 8 43 Joe McCarthy 57 Montpelier VT 27:21 8:49
 9 44 Charles Windisch 59 Essex Jct. VT 27:22 8:49
 10 46 Norm Robinson 57 Montpelier VT 27:41 8:55
 11 55 Eric Herminghaven 59 East Burke VT 28:28 9:10
 12 60 Chuck Schwartz 51 Worcester VT 29:47 9:36
 13 74 Tony Mathis 51 Montpelier VT 31:39 10:12
 14 81 Guy Page 55 Barre VT 32:41 10:32
 15 90 Johannes Otter 57 Montpelier VT 34:05 10:59
 16 113 Bob Love 55 Hardwick VT 41:01 13:13

Record 19:20 by John Hackney in 1999

FEMALE AGE GROUP 60 - 69

1 42 Patty Foltz 64 Stowe VT 27:09 8:45
 2 54 Dot Helling 62 Montpelier VT 28:27 9:10
 3 86 Toni Kaeding 61 Worcester VT 33:35 10:49

Record 24:12 by Patty Foltz in 2011

MALE AGE GROUP 60 - 69

1 22 John Valentine 63 Roxbury VT 23:31 7:35
 2 35 Russ Cooke 60 Williston VT 26:24 8:30
 3 65 Bill Everett 61 Essex Jct. VT 30:01 9:40
 4 66 John Kaeding 64 Worcester VT 30:02 9:40
 5 82 Greg Wight 67 Brookfield VT 32:42 10:32

Record 20:03 by Ed McSweeney in 2010

FEMALE AGE GROUP 70 - 99**MALE AGE GROUP 70 - 99**

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

February 2, "CVR" Frostival 5K, 9:00am, Montpelier City Hall. Contact: Sean Murphy at motomurphy@gmail.com or Sandy Colvin at buckman43@comcast.net

March 16, 5K Shamrock Shuffle, Lebanon (NH) Recreation and Parks Dept., information at www.shamrock5k.com or (603) 448-5121

March 24, 34rd "GMAA" Kaynor's Sap Run 10K, 12:00, Westford School on Brookside Road, Westford. Open the season with muddy country roads, cider, and doughnuts. Contact: Steve Eustis, Tom Kelly, Meredith White (802) 324-0919, saprun@gmaa.net \$10 Pre-registration/\$15 Race Day (part of the 2013 CVR/ORS race series)

April 13, Half Marathon Unplugged, Colchester, Two wave start, Registration opens January 14th
Contact: www.runvermont.org

April 20, 35th "GMAA" Rollin Irish Half Marathon, 9:00, Memorial Hall, Essex Center. Explore the scenic back roads of Essex - mostly dirt and "rolling". Jim Farrington, rollinirish@gmaa.net \$15 pre-registration/\$20 race day.

April 27, 4th "CVR" Adamant 20 Miler or 2 Person Relay, 10:00am, Adamant Music School, Contact: Eric Ryea (802) 223-2733 or eryea@aol.com (details on page 9)

May 5, "CVR" Mutt Strutt 3-Miler, 10:00am, Little River State Park, Waterbury, 3 mile run for people with dogs on leashes. Contact: Roy Belcher (802) 735-5110 or roybelcher@hotmail.com

May 5, Middlebury Maple Run, 9:00, Porter Hospital, South Street, half marathon and two person relay, (802)388-7951, www.middleburymaplerun.com

May 18, "CVR" Barre Town Spring Run 5K, 9:00am, Barre Town Recreation Field, Contact: Andrea McLaughlin (802) 476-4417 or ajvtskier@msn.com (part of the 2013 CVR/ORS race series)

May 26, KeyBank Vermont City Marathon, Registration for the marathon is now open. Relay lottery open January 1-31. Information at www.runvcm.org

Race Calendar for CVR races for 2013 (* indicates part of the 2013 CVR/ORS race series)

December 31st (2012) - New Years Eve 5K *
February 2 - Frostival 5K
April 27th - Adamant 20 Miler
May 5th - Mutt Strutt 3 Miler
May 18th - Barre Town Spring Run 5K *
May 31 - Kids Track Meet
June 8th - Capital City Stampede 10K *
June 23th - Paul Mailman 10 Miler *
July 13th - Bear Swamp (5.7 miles) *
TBD - Barre Heritage 5K Trail Race
August 8th - Berlin Pond 5 Miler *
August 31 - Northfield 5K *
September 18th - Sodom Pond (4 miles) *
October 6th - Leaf Peepers Half-marathon & 5K *
November 2, 9 and 16 - Fallen Leaves 5K

thank you

to the many people who contributed information for this newsletter

**Become a Member of
Central Vermont Runners**



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)

2013 2014 2015 2016 2017

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 13

Robert Murphy
35 Birchwood Park
Barre, VT 05641

0564138853 P003



NEWSLETTER

CVR dinner:

January 24

***Information
on page 2***



January 2013

**Volume 34
Issue 1**

Put these CVR races and events on your calendar!

- volunteer and awards banquet on Thursday, January 24
- new winter 5k on Saturday, February 2
- annual meeting on Sunday, March 10
- Adamant 20 Miler and 2 person relay, April 27

(additional details on these and other races on page 22)

www.cvrrunners.org