



Newsletter

March 2013

Volume 34

Issue 2

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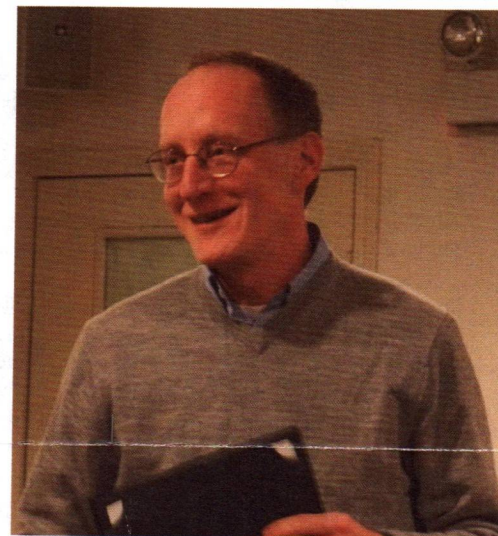
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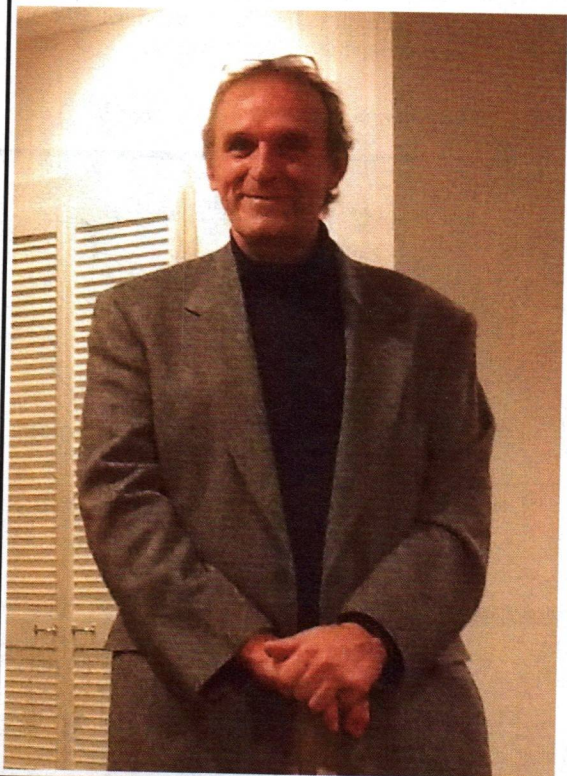
Eric Ryea Spirit of the Club Award

Eric Ryea was recognized with the Spirit of the Club Award at our recent Volunteer Appreciation and Awards Banquet. This award is presented each year to someone who has served the club in exemplary fashion. Although Eric describes himself as someone who "used to be a runner," we recognize him as someone who is still a runner at heart.

Before his retirement from running, Eric raced 36 marathons with a personal best of 3:12 at Vermont City Marathon in 1995, qualifying him to run in the 100th Boston Marathon. One year, Eric completed the Boston Marathon in April after having a pacemaker installed in February. [According to John Martin, Eric did not miss a beat.]



Tim Noonan
"Most Likely to be Race Director" Award



Although Eric overcame his heart troubles, his cranky hip ultimately ended his running career.

In his running retirement, Eric has continued to serve the club. Eric serves as founding race director for the Adamant 20-miler. He arranges the use of the Adamant Music School facilities not only for the 20-miler but also for the Sodom Pond 4-miler with its famous free spaghetti dinner and also for the occasional club meeting. He serves as a volunteer at numerous other events in a very quiet and calm manner. And if you ever need help, Eric will be there with a van or a truck or a plow or a shovel or some chairs or some food or his camera.

This year's award committee was Sandy Colvin, Darragh Ellerson and John Martin.

Past honorees include: Donna Smyers, Bob Murphy, Darragh Ellerson, Tim Noonan, Norm Robinson, Dave Kissner, Priscilla Carr, Nancy Rice, John Hackney and Roger Cranse.

... Jeff Prescott

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	

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.

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)

**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.

CVR Annual Meeting

Sunday March 10th

Sandy & Craig Colvin's

121 Spring Hollow Lane, Montpelier

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

Jeff Prescott indicates there will be food from both major food groups ("pizza" and "not pizza") and there will be a contest with a prize. Feel free to bring salad, dessert, beverages or pizza alternatives to share.

(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

Notes from the President...

Greetings, everyone!

Our winter long run series has been a huge success. Who knew? I wish I could take credit. But John Martin put the idea in my head. And there have been plenty of folks who have stepped up to host the individual runs. A few statistics:

- Number of winter long runs to date: 8
- Number of different run hosts to date: 6
- Number of towns visited: 10
- Number of folks who have participated at least once: 28
- Average number of runners per week: 9
- Most winter long runs by a single runner: 7 (3-way tie)
- Number of muffins yielded by Mack Gardner-Morse's recipe: 12 (but they are really big)
- Number of runners getting lost to date: 0

If you haven't jumped on the band wagon yet, I'd like to invite you to come out and join us on Saturday mornings. Watch your e-mail inbox for information each week about upcoming winter long runs. And I realize that winter ends soon according to the calendar but we will keep going through the Adamant 20-miler. Or maybe through Vermont City Marathon.

And although it is still winter, we will be starting up Tuesday night Fun Runs after the March 10 time change. Note that these will be rogue Fun Runs because everyone knows that you cannot have an official Tuesday night Fun Run until May. Again, expect information to magically appear in your e-mail inbox.

It has been a pleasure serving as your president this past year. I hope to see you at our upcoming annual meeting on Sunday, March 10. (See page 2 of the newsletter for all the details.) Remember that we have no qualms about electing and/or appointing people in absentia. Showing up at the meeting may be your best strategy of defense.

Your long-running president,
Jeff

E-Connection

As a CVR member, you should be receiving weekly-ish e-mails from the club with news and announcements. If you received this newsletter and are NOT receiving regular e-mails from us, we may not have your current e-mail address in our database. Please contact Membership Coordinator Donna Smyers at dosmyers@gmail.com if you need to:

- Add or update your e-mail address
- Change your e-mail preference (in case you would rather receive messages at home vs. work, or vice versa)
- Add e-mail addresses for other CVR members in your household

Jeff

The **CVR Annual Awards/Volunteer Recognition Dinner** was held January 24, 2013, at the Steak House on the Barre-Montpelier road. Around 60 members and guests attended the dinner that was followed by recognition of the CVR officers and the presentation of awards. Many thanks to John Martin who organized the dinner and took care of all the details, including accepting awards for some recipients not able to attend. Eric Ryea volunteered to take pictures during the awards. President Jeff Prescott presented the awards along with the story behind each of the appropriately named awards. A special commendation from Governor Peter Shumlin was also presented to Newton Baker by Sarah London. The awards and winners are listed below with additional details and pictures on page 1 and page 5.

Race Series Awards	President's Awards	Winner
Race Series Female Overall	Perfect 500 Award	Megan Valentine
Race Series Male Overall	Auditor's Red Flag Award	John Hackney
Race Series Female 0-19	Four-peat Award	Brynn Bushey
Race Series Male 0-19	3 out of 4 Ain't Bad Award	Brian Bushey
Race Series Female 20-29	Efficiency Award	Sara Erickson
Race Series Male 20-29		Wade Hackerson
Race Series Female 30-39	Impressive Comeback Award	Richarda Ericson
	Fastest Female Marathoner Award	Sarah London
Race Series Male 30-39		Jon Copans
	Best New Race Director	Roy Belcher
Race Series Female 40-49		Jennifer Miller-Arsenault
Race Series Male 40-49	This is So Wrong Award	Jeff Prescott
	Fastest Male Marathoner Award	Tim Shea
Race Series Female 50-59	Excessive Participation Award	Donna Smyers
	Perfect 400 Award	Sue Hackney
	Perfect 200 Award	Dot Martin
	Best Berlin Pond Race	
	Co-Director Award	Sue Emmons
Race Series Male 50-59	People's Choice Award	Andy Shuford
	Most Likely to Be Race Director Award	Tim Noonan
Race Series Female 60-69	Most Likely to Car Pool Award	Dot Helling
	Most Likely to Take All the Club's Money and Move to Hawaii Award	John Valentine
Race Series Male 60-69		Sigh Searles
	Social Butterfly Award	John Martin
	Most Likely to Volunteer Award	Richard Cleveland
	Most Likely to Time Award	Darragh Ellerson
	Extreme Patience Award	Dr David Ellerson
Race Series Male 70+	Fountain of Youth Award	Gerry Carlson
	Close Only Counts in Horseshoes and Hand Grenades Award	Roger Cranse
	Consistent Persistency Award	Newton Baker



Roger Cranse, Newton Baker & Gerry Carlson



Donna Smyers, Sue Hackney & Dot Martin

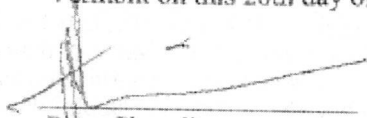
**State of Vermont
Executive Department
A Commendation**

- WHEREAS,** Newton Baker, lifelong Vermonter and resident of Montpelier, has completed countless marathons and ultra marathons, and
- WHEREAS,** he has participated in every KeyBank Vermont City Marathon since the race began in 1989, and is a member of RunVermont's Hall of Fame, and
- WHEREAS,** he will soon represent the great state of Vermont at the 2013 Kalamazoo Marathon in Michigan, and
- WHEREAS,** he was a beloved fourth grade teacher at Union Elementary School for decades and inspired countless children in Montpelier to log miles, often in the form of multiple loops around the school, and
- WHEREAS,** he is well known for his quick wit, and his love of writing and poems, and
- WHEREAS,** he has overcome challenges great and small, from cancer to Vermont's hilly terrain, with the same grace, wit, and profound sense of self, and
- WHEREAS,** he is an inspiration to runners everywhere and all Vermonters for his love of sport, good company, and life itself, and
- WHEREAS,** the state of Vermont is richer thanks to people as inspiring as Newton Baker,
- NOW, THEREFORE,** I, Peter Shumlin, Governor, do hereby commend

NEWTON B. BAKER

Given under my hand and the Great Seal of the State of Vermont on this 28th day of January, A.D. 2013




Peter Shumlin
Governor

Reaching a Milestone

A couple of years ago, I made the claim that I had run over 50,000 miles, but had to retract that statement after I had gone back and added up my yearly totals. I am happy to report that as of today (10 Jan 2013), my total lifetime running miles have now passed 50,000! I realize that another 50,000 are well beyond my grasp, so must celebrate those I have achieved.

My personal reflections are on the many ups and downs of a long running "career". As I look back at my roller coaster ride, I see the fluctuations in mileage from year to year as a period of relative good health giving way to bothersome injuries. My lowest miles for a year were 147 miles in 1997, ironically, the year after my retirement from the Agency of Transportation (a time when I thought I'd have more time for running). I was out of commission for about a full year, suffering from a bad case of plantar fasciitis.

On the positive side, the year I logged the most miles was in 1980, still a newcomer to the sport, and very much into marathoning. That year, I logged a total of 3371 miles, an average of nearly 65 miles per week. From my current vantage point, it seems impossible that I ever did that.

My "average" for the entire period is about 1378 miles per year. I got there a couple of years ago (1436 miles in 2010), but last year and this year I struggled to get just a bit over 1000. The higher miles correlate well with years when I am training for a marathon, and 2010 is the last year I have done that. I think I might have one more marathon in me, though...

There must be many others in the club who have significant miles under their belts, and no doubt a few who have logged more than I (Newton Baker? John Valentine? Others?). I would love to hear their take on having put their bodies through so many miles.

Bob Murphy

Hot Chocolate 5k

Yeah, you got it right. That was the name of the race on 27 Jan in Henniker, N.H. A long way from Barre, but my daughter Colleen was running it, and how much better does it get than running in races with your first-born?

A nippy day it was, but with bright sunshine. Roads bare and dry, so you might say it was a day made for running. (You might, but I'd prefer cloudy with a light mist and temps in the 70's!) At any rate, there was a good crowd of nearly 100 runners toeing the line, and a single wheelchair participant who drove up from Acton, Mass., specifically for the event – her first 5k ever.)

The course started out level, but at about ¼ mile we made a sharp right and began a series of challenging uphill. As I was beginning to struggle, the guy I just passed gasped "Almost done the hills, then it flattens out." Apparently, a local. He was right, and after cresting the hills, it took quite a bit to get my breathing back to normal and take advantage of some relatively steep downhill. From there on, it was mostly flat to gently rolling. It seemed a lot longer than 5k, to me, but then I haven't been racing much lately, and the mind does interesting things when you are in oxygen-debt.

The end did come, and I reached it in a time of 26:08, the best I've done in a while, good enough for 1st of two really old guys. Daughter Colleen finished 7th of 20 in her age group (I won't give away her age) in 28:49, faster than she had been expecting. So you may rightly conclude that we both were pleased with our efforts.

Now for the best part. Hot chocolate. Every participant got a mug at the conclusion of the race, and urns of delicious hot chocolate were there, along with marshmallows and whipped cream, if that was your preference. Bagels, gingerbread cookies and fruit were also available. Prizes consisted of (ugh!) medals for the top three in each age group, and (yeah!) a pint of locally-made honey for the age group winners. After prizes, there were a number of Runner ID tags drawn at random, and a chocolate cake baked especially for the occasion. I didn't get a runner ID or the cake, but had a great time anyway, and that hot chocolate was REALLY GOOD!

I recommend this race for those who have a reason to be in the Concord, N.H., area at the time (a long, long way to drive). Organization was very good, a nice warm school cafeteria to register in and relax in after the race, the race started on time, good course monitoring, good timing (I noted a Time Machine at the end), and timely results.

Bob Murphy

Yes, it's true. **I have joined the Peace Corps.** I'm scheduled to leave on July 7 to work with youth in the Peace Corps, akin to what I did before I went to law school. I'm closing my practice as of April 30 and have lots of stuff for sale including my Subaru. I also need someone to live in my house, pay the bills, and a home for my running companion Sophie. I'm throwing a farewell **DANCE PARTY** with a live band at Mad River Glen on June 29 from 7-11pm and CVR IS INVITED. Just bring a snack to share and your dancing shoes. We can meet for Saturday runs next year on a different one of the 7100 Philippine islands each week and never run out of new venues, although some of them would require gerbil-type running to get in any distance. Cheers! *Dot Helling*

Are you planning to run the **Vermont City Marathon** at the end of May? Greg Wight has put together a relay team and would like to know what other CVR members are planning to run the VCM, or be there as a volunteer. Send in your information for the May newsletter and find out who will be at the VCM to cheer on, or maybe meet at the expo... *Bob Howe*

New CVR member Cindy Allen writes that - We host a **Mother's Day 5k run walk** in Chelsea. All Mothers get a flower. We do not have a race application. The race starts at 11:00 a.m. from the school. The course crosses Route 113 and 110, goes above both commons then over the river and through the woods. To let us know how many flowers to purchase or for more information please contact Ron & Cindy Allen at 802-685-3884 or cindy@eustiscable.com. This will be the third year hosted by the Chelsea Recreation Committee with the wonderful support of Donny Wilcox.



Road Runners Club of America

The following information is available at
<http://www.rrca.org/education-advocacy/>

Safety and access to the sport of running for individual runners has been a cornerstone of the RRCA since 1958. To help educate runners, the RRCA has developed a variety of guidelines and safety tips on various topics related to runners' safety including our Guidelines for Leading a Group Run and Guidelines for Safe Event Management. In addition, the RRCA has a training program that certifies individuals to be adult distance running coaches. Learn more about the RRCA Coaching Certification program.

RRCA members and the general media are encouraged to share the safety tips and guidelines contained in this section. You may reproduce these items for use in newsletters, emails, magazine, news reports and more. Please quote the RRCA as your source for this information as we have been the leading voice the promotion of runners' safety for over 50 years.

The RRCA partners with organizations and sponsors to develop and promote safety and grassroots advocacy campaigns that benefit the running community and promote a healthy lifestyle.

Links are available for more information regarding:

- Guidelines for Save Events
- Guidelines for Leading a Group Run
- RRCA General Running Safety Tips
- FUNdamentals of Youth Running
- Hot Weather Running Tips
- Cold Weather Running Tips
- Multi-use & Single-track Trail Running Tips
- Etiquette for Runners
- RRCA Advocacy Tool-Kit
- National Physical Activity Plan



VERMONT RACE PARTICIPATION: 2010-2012

by Jeff Prescott

This article provides a quick comparison of race participation statistics for 2012 compared to 2011 and 2010. Results are analyzed for CVR events, GMAA events and selected other events. In addition, participation in the CVR/ORS Race Series is also analyzed.

Caution should be used in forming conclusions based on the limited data. For example, participation at a given race in a given year may be significantly influenced by weather (good or bad). In particular, Tropical Storm Irene had a noticeable impact on several events in the fall of 2011.

CVR Events

Table A compares participation in CVR Events for 2012 to 2011 and 2010. Note the following:

For the 15 events that were held in all three years, participation is down 1% from 1,870 finishers in 2011 to 1,860 finishers in 2012.

The races with the largest decreases were:

Berlin Pond with 41 fewer finishers, a decrease of 49%. Perhaps you will recall that the weather was very stormy that day. The 42 folks who turned out were very sturdy individuals.

Capital City Stampede with 31 fewer finishers, a decrease of 24%. I don't know the story on this one.

GMAA's competitive team had a performance race in Newton, MA the same weekend. That might explain half of the decrease.

The events with the largest increase in finishers year over year were:

Leaf Peeper's Half Marathon with 41 more finishers, an increase of 7%. This was a rebound from the Irene-impacted 2011 event.

Fallen Leaves #3 with 26 more finishers, an increase of 57%. Race director Tim Noonan really wants these to be low-key events and is amazed at the ever-growing turnout.

Mutt Strutt with 20 more finishers, an increase of 47%. Thanks to new race director Roy Belcher for revitalizing this event.

2012 saw the retirement of the East Montpelier Race Chase to the great dismay of a few proud die-hards.

CVR/ORS Race Series

Table B compares participation in the CVR/ORS Race Series for the three years. These counts represent the number of club members (not total participants) completing each of the races in the series. These counts exclude club members who did not complete the volunteer requirement. Note the following:

For the 9 events that were held in all three years, participation is down 13% from 136 finishers in 2011 to 118 in 2012.

The bulk of the decrease is attributable to a very soggy Berlin Pond race.

Comparing totals for all events in all years, the total number of finishers is fairly stable.

The NSB 5k and 1 mile race returned in 2012 after cancellation in 2011 due to flooding associated with Tropical Storm Irene.

Also in 2012:

GMAA's Kaynor's Sap Run replaced the Green Mountain Marathon.

Barre Town Spring Run replaced the Barre Heritage trail race.

New for 2013: Sodom Pond 4-miler joins the race series. Spaghetti. Yay!!!

VERMONT RACE PARTICIPATION: 2010-2012 (continued)

GMAA Events

Table C compares participation in GMAA events for the three years. Note the following:

For the 13 events that were held in all three years, participation is down slightly (4%) from 1,851 finishers in 2011 to 1,661 finishers in 2012.

The races with the largest decreases were:

Clarence DeMar 5k with 63 fewer finishers, a decrease of 16%.

Art Trudhope 10k with 46 fewer finishers, a decrease of 34%.

Green Mountain Marathon with 39 fewer finishers, a decrease of 15%. (Note that this event in 2012 is now half the size it was in 2010.)

The races with the largest increases were:

the Scholarship 5k with 50 more finishers, an increase of 143%.

the Round Church 5k (a women's only event) with 32 more finishers, an increase of 18%

The Green Mountain Half Marathon, a new event in 2011, saw 218 more finishers in 2012 for an increase of 229%.

The half marathon field is now significantly larger than the marathon field.

I was unable to find a count for the 2012 Turkey Trot. This is a non-scored event anyway--more of a fun run rather than a race.

Other Events

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

For the 16 events that were held in all three years, participation is up 4% from 10,406 finishers in 2011 to 10,780 finishers in 2012.

The races with significant increases include:

Unplugged Half Marathon with 299 more finishers in 2012, an increase of 58%. Note that this event always sells out. In 2012, a second wave was added to meet the increased demand.

Race to the Top of Vermont with 199 more finishers in 2012, an increase of 45%. This event was hastily rescheduled to a day earlier in 2011 due to impending Irene. But the 2012 field was still significantly larger than the 2010 field as well. (Note that this event is a benefit for the Catamount Trail Association--an organization worthy of support in my opinion.)

The Corporate Cup with 123 more finishers in 2012, an increase of 8%.

The races with the largest decrease was the Stowe 8-Miler with 284 fewer finishers, a decrease of 31%. This event was previously a USATF--New England Grand Prix event. As a result, there were fewer out-of-state runners in 2012.

The NSB 5k and 1-mile races returned in 2012 after an Irene-related cancellation in 2011.

Participation in the Mad Marathon and Half Marathon was down significantly from 2011 to 2012. 2012 was the second edition of these events. My impression is that these races attract out-of-state "destination" runners more so than local runners. It will be interesting to see how things settle out for these events.

In 2012, the Gobble Wobble Turkey Trot upgraded from a Fun Run to a full-fledged race. Participation was huge at 299 runners on the new Barre Town course.

Table A.....CVR Events

Race	2010 Count	2011 Count	2012 Count	Change	% Change
Mutt Strutt	51	43	63	20	47%
Adamant 20 Miler	41	32	43	11	34%
Barre Town Spring Run	49	77	80	3	4%
Capital City Stampede	104	127	96	(31)	-24%
Paul Mailman 10-Miler	145	102	90	(12)	-12%
Bear Swamp Run	51	63	49	(14)	-22%
Barre Heritage	54	41	35	(6)	-15%
Berlin Pond	81	82	42	(40)	-49%
Sodom Pond	24	30	23	(7)	-23%
Leaf Peeper's HM	639	593	634	41	7%
Leaf Peeper's 5k	414	377	388	11	3%
Fallen Leaves #1	78	85	74	(11)	-13%
Fallen Leaves #2	40	44	55	11	25%
Fallen Leaves #3	35	46	72	26	57%
First Night	142	128	116	(12)	-9%
Total	1,948	1,870	1,860	(10)	-1%
VT Mountaineers Home Run	n/a	57	55	(2)	-4%
East Montpelier Chase	26	19	n/a	Retired	

Table B.....CVR/ORS Race Series

Race	2010 Count	2011 Count	2012 Count	Change	% Change
First Night	16	20	18	(2)	-10%
Capital City	18	16	17	1	6%
Paul Mailman	12	16	17	1	6%
Montpelier Mile	11	12	11	(1)	-8%
Bear Swamp	15	15	12	(3)	-20%
Berlin Pond	16	21	12	(9)	-43%
Common to Common	5	10	9	(1)	-10%
Leaf Peeper's HM	13	17	14	(3)	-18%
Leaf Peeper's 5k	5	9	8	(1)	-11%
Total	111	136	118	(18)	-13%
Northfield 5k	18	n/a	8	Cancelled in 2011	
Northfield 1 mile	3	n/a	1	Cancelled in 2011	
Kaynor's Sap Run	n/a	n/a	10	Added for 2012 Series	
Barre Town Spring Run	n/a	n/a	11	Added for 2012 Series	
Barre Heritage	12	10	n/a	Removed from 2012 Series	
Green Mountain Marathon	2	7	n/a	Removed from 2012 Series	
Grand Total	146	153	148	(5)	-3%

Table C.....GMAA Events

Race	2010 Count	2011 Count	2012 Count	Change	% Change
Kaynor's Sap Run	93	108	114	6	6%
Rollin Irish HM	96	151	136	(15)	-10%
Partner's Race	57	36	45	9	25%
Equinox Trail Race 10k	39	80	69	(11)	-14%
Equinox Trail Race 5k	155	46	35	(11)	-24%
Clarence DeMar	337	392	329	(63)	-16%
Round Church 10k	107	111	116	5	5%
Round Church 5k	155	178	210	32	18%
Scholarship 5k	64	35	85	50	143%
Archie Post 5 Miler	121	114	113	(1)	-1%
Common to Common 30k	105	88	100	12	14%
Art Trudhope 10k	106	134	88	(46)	-34%
Green Mountain Marathon	416	260	221	(39)	-15%

Total	1,851	1,733	1,661	(72)	-4%
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Green Mountain HM	n/a	95	313	218	229%
Turkey Trot	779	728	n/a	Nonscored event	

Table D.....Other Events

Race	2010 Count	2011 Count	2012 Count	Change	% Change
Autumn Onion 5k	92	72	108	36	50%
Corporate Cup	1,396	1,571	1,694	123	8%
Covered Bridges HM	1,778	1,849	1,823	(26)	-1%
Downtown 10k	200	209	208	(1)	0%
Harpoon Oktoberfest	845	1,127	1,101	(26)	-2%
Kingdom Challenge HM	198	214	185	(29)	-14%
Mad River Dash 10k	57	63	77	14	22%
Mad River Dash 5k	149	83	103	20	24%
Middlebury Maple Run	354	485	504	19	4%
Montpelier Mile	115	162	203	41	25%
Mt Tom Road to the Pogue	326	325	361	36	11%
Race to the Top of VT	296	266	385	119	45%
Stowe 8 Miler	886	923	639	(284)	-31%
Swanton-St Albans Sap Run	102	115	153	38	33%
Unplugged Half Marathon	453	512	811	299	58%
Vermont City Marathon	2,737	2,430	2,425	(5)	0%

Total	9,984	10,406	10,780	374	4%
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Gobble Wobble Turkey Trot	n/a	n/a	229	Upgraded from fun run to race	
Mad Half Marathon	n/a	474	316	(158)	-33%
Mad Marathon	n/a	462	271	(191)	-41%
NSB 1 mile	85	n/a	60	Irene cancellation in 2011	
NSB 5k	181	n/a	158	Irene cancellation in 2011	
Onion River 8k Trail Race	n/a	n/a	57	New event	

1st Montpolar Frostival 5K

by Central Vermont Runners and Montpelier Alive
Montpelier, VT 2/2/2013

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

1 Megan Valentine 34 Jericho VT 19:27

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

1 Eric Morse 47 Berlin VT 17:09

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

Place Div/Total Name Age City State Time Pace

FEMALE AGE GROUP 1 - 19

1 18 Colette Kelly 18 Montpelier VT 22:42 7:19
2 26 Holly Gordon 13 Montpelier VT 24:41 7:57
3 53 Zoe Colvin 7 Montpelier VT 56:50 18:18
4 55 Beatrice Curtin 5 Montpelier VT 56:57 18:20
5 57 Charlotte Curtin 3 Montpelier VT 1:00:15 19:24

MALE AGE GROUP 1 - 19

1 8 Thomas David-Bashor 16 Montpelier VT 20:43 6:41
2 36 Adrian Clapp 10 Waterbury VT 27:46 8:57
3 44 Lewis Clapp 8 Waterbury VT 32:26 10:27
4 51 Noah Samuelsen 8 Montpelier VT 38:22 12:21

FEMALE AGE GROUP 20 - 29

1 7 Kaitlin O'Shea 27 Montpelier VT 20:12 6:31

MALE AGE GROUP 20 - 29

1 40 Connor Williams 27 Montpelier VT 29:27 9:29

FEMALE AGE GROUP 30 - 39

1 23 Renee Fair 39 E Calais VT 23:58 7:43
2 24 Katy Chabot 34 Middlesex VT 24:24 7:52
3 31 Peymei Wu 31 Boston MA 25:43 8:17
4 38 Catherine Moller 32 Hinesburg VT 27:57 9:00
5 42 Jen Butson 32 Montpelier VT 31:32 10:09
6 47 Lauri Arsenault 35 Websterville VT 34:25 11:05
7 54 Julie Curtin 38 Montpelier VT 56:55 18:20

MALE AGE GROUP 30 - 39

1 2 John Spinney 37 Waterbury Ctr VT 17:41 5:42
2 3 Jason Frank 30 Burlington VT 17:51 5:45
3 4 Jon Copans 38 Montpelier VT 17:57 5:47
4 5 Brian Burns 36 Calais VT 18:48 6:04
5 15 David Metraux 34 Greensboro VT 22:06 7:07
6 32 Kevin Cranse 37 Boston MA 25:44 8:17
7 56 Paul Curtin 37 Montpelier VT 1:00:14 19:24

FEMALE AGE GROUP 40 - 49

1 10 Carrie Felice 41 E Calais VT 20:55 6:44
2 16 Pamela Clapp 41 Waterbury VT 22:35 7:17
3 21 Amy Thornton-Kelly 49 Montpelier VT 23:44 7:39
4 25 Melissa Prindiville 40 Berlin VT 24:30 7:54
5 33 Gail Pelkey 47 Waterbury VT 26:05 8:24
6 35 Kerry Chaffee 43 Barre VT 26:46 8:37
7 41 Betsy Vanderlip 48 Montpelier VT 30:27 9:49
8 48 Denise Ricker 47 Montpelier VT 34:41 11:10
9 50 Anita Moore 48 Websterville VT 37:29 12:04
10 52 Jenn Gordon 42 Montpelier VT 38:23 12:22

MALE AGE GROUP 40 - 49

1 11 Ben Ellingson 41 Montpelier VT 21:15 6:51
2 14 Scott Lovelette 44 Montpelier VT 21:35 6:57
3 20 Sam Buckley 42 Montpelier VT 23:13 7:29
4 22 Bill Bates 48 E Calais VT 23:57 7:43
5 34 Mike Chaffee 45 Barre VT 26:17 8:28

FEMALE AGE GROUP 50 - 59

1 17 Sue Hackney 56 Montpelier VT 22:36 7:17
2 43 Maryke Gillis 52 Middlesex VT 31:42 10:13
3 45 Joy Cary 56 Huntington VT 33:31 10:48

MALE AGE GROUP 50 - 59

1 9 Mack Gardner-Morse 51 Calais VT 20:46 6:42
2 13 Mike Gillis 56 Middlesex VT 21:34 6:57
3 28 Mark Howard 50 Marshfield VT 25:21 8:10
4 30 Arthur Hamlin 50 Braintree VT 25:40 8:16
5 37 Greg Gossens 56 Montpelier VT 27:54 8:59

FEMALE AGE GROUP 60 - 69

MALE AGE GROUP 60 - 69

1 12 John Valentine 63 Roxbury VT 21:24 6:54
2 19 John Hackney 67 Montpelier VT 22:55 7:23
3 27 Lowell Vanderlip 66 Montpelier VT 24:57 8:02
4 39 Greg Wight 67 Brookfield VT 29:13 9:25

FEMALE AGE GROUP 70 - 99

MALE AGE GROUP 70 - 99

1 29 Hugh Wilson 73 Dorval QC 25:33 8:14
2 46 Roger Cranse 71 Montpelier VT 33:56 10:56
3 49 Gerow Carlson 81 Middlesex VT 37:12 11:59

C o r r e c t i o n

Due to a printing error in the January newsletter, some of the results for the Fallen Leaves Race Series and the New Year's Eve 5k did not print out in total. The correct results for those age groups are listed below.

Fallen leaves Race Series

New Year's eve 5K

Nov 3rd

Male 40-49
Sean Murphy 20:45
Bob Monette 21:36
Scott Lovellette 22:10
Kevin Kelly 25:22
Al Sartwell 28:46

MALE 30 - 39

Peter Maksimow 18:37
Netahe Stoddard 19:15
Jon Copans 19:17
Jeff Alexander 20:44
Craig Manning 21:19
Joe Fox 22:43
Jon Budreski 24:35
Curtis Perry 25:32
Roy Belcher 26:02
Justin Hart 28:30
Eric Chaloux 30:03
Randy Lewey 31:57

Nov 10th

Male 30-39
Brian Carlson 17:33
Damian Bolduc 18:04
Adam French 18:57
Scott Magnon 22:21
Eric Ridlon 25:03

MALE AGE GROUP 70 - 99

Newton Baker 32:23
Russell Agne 46:44

Nov 17th

Male 20-29
Dan Ramsey 15:46
Brian Culmo 17:21
Jacob Mott 19:40

Ann Bushey & Sandy Colvin,
Race Directors

MANY THANKS TO THE FOLLOWING VOLUNTEERS:

John Martin, Donna Smyers,
Darragh Ellerson, John
Valentine, and Jon Copans.
Tim Noonan, Race Director

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

March 16, 12th Shamrock Shuffle 5K, Lebanon (NH) Recreation and Parks Dept., *Contact:* www.shamrock5k.com or (603) 448-5121

March 23, Race Vermont Spring Fling 5k/10k, 9:00am, Shelburne Health and Fitness at the Field House, 166 Athletic Drive. *Contact:* Rayne Herzog 802-316-7142 rayne@racevermont.com.

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 .

April 21, Plattsburgh Half Marathon, 8:00am, *Contact:* www.plattsburghhalfmarathon.com

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

April 28, 34th Vermont Maple Festival Sap run, 8.5 miles & relay, 9:00am, Swanton - Saint Albans, *Contact:* www.vtmaplefestival.org or (802) 524-1500

May 4, 35th "GMAA" Pump It Up 5 Miler, 9:00am, Jericho Elementary School. Partners' times are combined. Bring a partner or get one at the start. *Contact:* Megan Valentine (802) 598-0261 or pumpitup5miler@gmaa.net

May 5, 17th "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 half marathon and two person relay, 9:00, Porter Hospital, South Street, (802)388-7951, www.middleburymaplerun.com

May 11, Race Vermont Half-Marathon, 8:00am, Shelburne Health and Fitness at the Field House, 166 Athletic Drive. *Contact:* Rayne Herzog 802-316-7142 rayne@racevermont.com

May 11, Road to the Pogue 10K, 8:30am, Woodstock, Marsh-Billings-Rockefeller National Historic Park
Contact: www.roadtothepogue.com

May 12, Mother's Day 5K Run / Walk, 11:00am, Chelsea, Begins at the school, then above both Commons and over the river and through the woods. Hosted by the Chelsea Recreation Committee. All mothers get a flower. *Contact:* Ron & Cindy Allen for more information and to let them know how many flowers to order (802) 685-3884 or cindy@eustiscable.com

May 18, 5th "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

May 31, 17th "CVR" Kids Track Meet, 4:30pm, Montpelier High School Track... FREE... For kids pre-school through 6th grade. Registration begins at 3:45 pm. Events include softball throw and long jump (all ages), quarter mile and 100 yard dash (all ages), half mile (1st and 2nd grade) and mile (3rd through 6th grade). *Contacts:* Tim Noonan at 802 223-6216 or Norm Robinson at 802 223-7351.

CVR, GMAA & Area Race Schedule (continued)

June 8, 37th "CVR" Capital City Stampede 10K, 9:00am, Montpelier, Vermont's fastest 10km course. Certified course, Registration begins at 7:45 am at the Onion River Sports parking lot off Langdon Street. *Contact:* John Valentine, jvalentine@tds.net or 802 485-3777. (part of the 2013 CVR/ORS Race Series)

June 9, "GMAA" Equinox Trail Race 5KM and 10KM, 9:30am. Charlotte, *Contact:* Martha Keenan (802) 425-2384 or equinox@gmaa.net .

June 9, 37th Crowley Brothers 10K plus 5K, Half Marathon, and 1 mile kid's race, 8:00am, Races start at different locations in Proctor and Rutland with all finishes on Merchants Row in Rutland. Bill Rodgers and Kathrine Switzer. *Contact:* www.crowleyroadrace.com

June 9, Lake Placid Marathon and Half Marathon, 8:00am, Start and finish at Main Street Olympic Oval, *Contact:* www.lakeplacidmarathon.com

June 16, "CVR" Worcester Four Miler Fun Run, 10:00am, Race starts at Minister Brook Road at the intersection of West Hill, Hampshire Hill and Minister Brook Roads. Benefits the Worcester Historical Society. *Contact:* Roy Belcher, roybelcher@hotmail.com or (802) 735-5110

June 23, 39th "CVR" Paul Mailman Montpelier Ten-Miler, 8:45 am, Starts at/finishes near Montpelier High School, Longest continuously held road race in Central Vermont. Flat to rolling out and back; 27% paved, 73% gravel roads. *Contacts:* Andy Shuford, (802) 272-3218, andy.cvr@myfairpoint.net or Andrea McLaughlin, ajvtskier@msn.com, (802) 476-4417.(part of the CVR/ORS Race Series)

July 3, 7th Montpelier Mile, 6:00pm, Starts and finishes near the Vermont State House. *Contact:* Onion River Sports (802) 229-9409 or www.onionriver.com (part of the CVR/ORS Race Series)

July 6, 31st "GMAA" Clarence DeMar 5K, 8:30am Folsom School, South Hero. 5k is out and back, flat and fast. *Contact:* Jessica Bolduc (802) 338-7247 demar@gmaa.net \$10 pre-registration/\$15 race day

July 7, Mad Marathon and Mad Half, Waitsfield, *Contact:* www.madmarathon.com

July 13, 35th "CVR" Bear Swamp Run 5.7 miles, 9:00am, Middlesex, Hilly dirt roads, Race day registration only (8:00-8:45 am), Rumney School, Middlesex. *Contact:* Tim Noonan 223-6216. (CVR/ORS Series)

July 14, 32nd Stowe 8 Miler and relay, 9:00am, Stowe Town Fields, *Contact:* locorunning.com

July 28, "CVR" Barre Heritage Festival 5K Trail Race, 9:00am, at Millstone, Barre Town, Run past Barre's historic quarries on beautiful trails at Millstone Hill Touring Center. Registration at Millstone Store on Church Hill Road in Barre Town at 8:30AM. Proceeds to benefit Spaulding H.S. Cross Country Team. *Contact:* Lori LaCroix, 802 479-2938 or lori.lacroix21@gmail.com.

July 28, Essex Half Marathon, 8:15am, Essex High School *Contact:* www.ejrp.org

August 11, 21st "GMAA" Scholarship Trail Race 5K, 9:00am, Red Rocks Park, South Burlington. Cross Country race on the dirt trails in the park. Benefits the GMAA scholarship. Ken Schatz (802-598-5959) scholarshipxc@gmaa.net \$10 pre-registration/\$15 race day.

August 15, 34th "CVR" Berlin Pond Five Miler, 6:00pm, Berlin Town Clerk's office, 5 mile loop counter-clockwise around Berlin Pond, mix of flat and hilly dirt roads, Race day registration only (4:45-5:45 pm), Berlin Town Clerk's office. *Contact:* Jeff Prescott, jeffp_cvr@myfairpoint.net and Sue Emmons, sue.emmons@comcast.net. (part of the CVR/ORS Race Series)

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

thank you

to the many people who contributed information for this newsletter

www.cvrrunners.org

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.

- *Feb- Frostival 5K _____ *April - Adamant 20 Miler _____ *May - Mutt Strutt _____ *May - Barre Spring Run _____
 *June - Kids Track Meet _____ *June - Capital City Stampede _____ *June - Worcester Four Miler _____
 *June - Paul Mailman 10 Miler _____ *July - Bear Swamp Run _____ *July - Barre Heritage 5K _____
 *August - Berlin Pond 5 Miles _____ *Aug/Sept - Northfield 5K _____ *September - Sodom Pond Run _____
 *October - Leaf Peepers _____ *Nov.- Fallen Leaves 5K's _____ *Dec - New Year's Eve 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 - (2013 dues covers 3/2013-3/2014)

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
P.O. Box 632
Barre, VT 05641



CVR PD 13

Robert Murphy
35 Birchwood Park
Barre, VT 05641

056418853 PD03



NEWSLETTER

**please check
the mailing label
on this
newsletter to
see if your
membership has
been paid for
2013**

*(2013 dues covers
March 2013—March 2014)*



March 2013

**Volume 34
Issue 2**

Put these CVR races and events on your calendar!

- CVR membership dues for 2013 are due March 1
- Annual CVR Meeting March 10, details on page 2
- Kaynor's Sap Run, March 24 (part of the 2013 CVR/ORS race series)
- Adamant 20 Miler and 2 person relay, April 27

(additional details on these and other races on page 13)

www.cvrrunners.org