



Newsletter

May 2013

Volume 34 Issue 3

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Notes from the President... Greetings, everyone!
 When you read this, it will be May. May! May! The lusty month of May!
 Like winter in Vermont, our long run series extended through April. On our last run of the series on April 20, we encountered snow at the top of the Stowe Recreation Path. So there. *continued on page 3*



It was a great day for the Mutt Strutt, hot for the pooches but sunny and beautiful. The race brought in \$300 for the Central Vermont Humane Society.- Roy (race results and more pictures beginning on page 8)



Adamant 20 Miler pictures by Eric Ryea.
 Mutt Strutt pictures by Roy Belcher

It was a great day in Adamant. Bluebird sky. No wind. Big hills. Good soup. Smiling faces. Thanks to race director Eric Ryea and Donna Smyers for presenting another awesomely laid-back event.- Jeff (race results, articles and more pictures beginning on page 9)



President:..... Jeff Prescott	Executive Committee:Darragh Ellerson, Kaitlen O'Shea
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 March 10, 2013 meeting subject to approval at the May meeting

Meeting called to order at 6:00 pm

A very good turnout of about 36 people in attendance.

Meeting Minutes

Motion to approve minutes from the last CVR meeting. Approved

Treasurers Report

John handed out the balance sheet for club funds. He discussed briefly the expenses versus the proceeds to the club for recent races and other events. He summarized the club has a balance today less than this time last year. Jeff then began discussion with the club members about this. Members spent about an hour discussing the idea of raising revenue to provide scholarships and grants to local schools, charities and other organizations. Members shared ideas on how to continue to do so, while maintaining enough of a balance in our CVR account to pay for the expenses of our races, our equipment, etc. There was an expressed sensitivity to keeping our race fees as low as possible as that is what we hear runners appreciate about our races. After a long discussion, the decision was made to give the Leaf Peepers Committee a target of \$5,000 to \$6,000 as net proceeds to ensure adequate funds for grants and for club activities.

Race updates

Leaf Peepers Update, Roger Cranse. Roger is concerned about runner safety on the existing course. The Leaf Peepers committee has decided to consider holding the race at a different location in order to provide a safer experience for the runners. Discussed this and shared ideas for a course. There was a long discussion about the race and how important this race is for our club. Jeff asked everyone to consider this race and if you have any ideas for a new course or other ways to keep this event the great event we all appreciate, to share your ideas with Roger. If you would like to get involved in the planning of the race or volunteer for the race, please contact Roger. *(additional information on page 6)*

New Years Eve Race (aka First Night)

Sandy reported the race went really well. She and Ann provided T-Shirts to the first 100 registered runners, and that seemed to be a success as runners commented on liking them. No issues to report, the race went well.

Frostival 5k

Sandy reported the race went well, we had around 60 runners which was good for a first time race in the cold.

Updates on Future Races

Berlin Pond – New date! Race will be August 15th

Bear Swamp – Note that this is the same weekend as Stowe 8 Miler, but really the only weekend we could hold the race.

Kids Track Meet –

Spring Mailing

Discussed the process of the spring mailing we have done in the past, which is a postcard of all of our races. Members discussed if we think this mailing is helpful in generating attention of our races. Agreed it is helpful and the mailing should go out as it has in the past. Donna agreed to work on this. She will send out a draft to all race directors and asks that everyone review carefully to make sure she has the information correct. Donna also asks that all race directors make sure you use registration forms for your races that include a section for the runner to put their e-mail address. This will help to build an electronic database that may someday be used to send out communications about CVR and our events.

Next CVR Meeting

When: Monday, May 20, 2013

Time: Potluck @ 6:00; meeting to follow

Where: Barney Hall, Adamant Music School, Adamant

Currently, the agenda is very short...update on Leaf Peeper's planning and other upcoming races. Short agenda = more socializing.

For directions, contact Eric Ryea: eryea@aol.com

(draft minutes of March 10, 2013 continued from page 2)

Grants

Norm Robinson shared with the other members the process he uses to notify local schools of the opportunity to get a grant for their cross country programs. He noted that he sends out up to 10 letters or e-mails and has only received 4 requests. The members discussed and agreed we should continue to send the letters to 10 schools, even if they haven't requested a grant in the past. Members then discussed the overall budget for grants, scholarships and donations.

A motion was made to provide:

- up to 10; \$400.00 grants for Cross Country programs
- up to 5; \$400 grants for Girls on the run programs
- 1; \$400.00 donation to Special Olympics
- 1; \$400.00 grant to Northfield Spring Track and Field Program.

Motion was second and approved.

Onion River Sports Gift Certificates and allocation to CVR Races

Jeff reviewed with the group the amount that ORS provides for gift certificates to CVR and how we have allocated this in the past. Sandy asked for additional \$\$ for the first night race. Members discussed and motion was made to decrease Capital City Stampede by \$50.00 and decrease Paul Mailman by \$50.00 and increase first night by \$100.00. This motion was second and approved.

Club Shirts

Jeff asked members if he did the research and found singlets for club members would they purchase? Even if the singlets were \$25.00. Members agreed they would like a quality singlet versus a cheaper option that may not be as nice. Jeff agreed to continue to work on this and order some singlets for the members.

Dues

Remain the same - \$10.00 per year for annual dues to Central Vermont Runners

Executive Committee

Motion was made to continue current entire slate of executive committee members another year. 2nd and approved. Discussed the at large members and the idea of getting involved and getting some new members involved via the at large position. Kaitlen O'Shea volunteered for the At Large position Donna currently holds. Donna will step down from this position.

Next Meeting

May 20th at the Adamant Music School

CVR Fun Runs

Start on Tuesday March 12th

Reminders

Jeff reminded the group, that although we are asked to do so, the club does not provide timing services, nor do we rent out our timing equipment. We will sometimes help other organizations or let a responsible club member use our equipment for another organization or race, but as a general rule, we don't provide timing services.

Donna also reminded the group that CVR members do get a 15% discount at Ski Rack on running shoes and clothes.

Meeting adjourned 7:45 pm

Sandy Colvin

Notes from the President... continued from page 1

By any measure, our winter long run series was a great success:

- Number of winter long runs: 15
- Number of different run hosts: 11
- Number of different towns explored: 15 (Berlin, Bolton, Brookfield, Calais, Duxbury, East Montpelier, Middlesex, Montpelier, Moretown, Northfield, Randolph, Roxbury, Stowe, Waitsfield, Waterbury)
- Number of different folks who participated: 31
- Average number of runners per week: 8.27
- Highest participation in a single week: 18
- Number of winter long runners who ran or volunteered at Adamant 20-Miler: 12
- Best attendance: Me (12), June Burr (11), Sue Emmons (10), John Martin (10)

We'll definitely bring the series back next winter. Perhaps we'll even offer some group long runs in September for those "cramming" for Leaf Peeper's. In the meantime, there are plenty of Fun Runs, races and social events on the horizon:

- Fun Runs officially resume on Tuesday, May 7
- CVR/ORS Race Series resumes with Barre Town Spring Run on Saturday, May 18
- Next club meeting on Monday, May 20 at Barney Hall, Adamant Music School
- Kid's Track meet on Friday, May 31

Be there or be square.
Your vernal president, Jeff

Boston Marathon Moments - April 15, 2013

Editor note: The following comments are taken from the series of emails sent out from Jeff Prescott to keep CVR members updated and connected on the status of CVR members running the Boston Marathon. This newsletter ends up providing a history of the Central Vermont Runners. A chapter in the history of CVR would be missing without these.

- O The weatherman is calling for partly cloudy skies and temperatures in the low 50's for the Boston Marathon tomorrow morning. Good luck to all the CVR members running.
- O As you may or may not know, there were a couple of explosions this afternoon at the finish of the Boston Marathon. This is obviously a developing news situation...
- O **If you are there, please let me know that you are ok and I will share with the club.** I will share confirmed information when it is available.
- O Phyllis Arsenault-Berry and Donna Smyers did not run.
- O I have heard from Sarah London and she is ok.
- O Jane Valentine reports that John and Megan are safe. They were about ½ mile from the finish when they were stopped. This is consistent with what Runners' World reported about Amby.
- O Norm Robinson reports that Tim Noonan is safe. He finished about 15 minutes before the bombing and has gotten out of town and on his way home. From Tim Noonan himself: I finished about 20 minutes before the explosions. I heard them and saw the smoke from about a quarter mile away but had no idea what occurred until minutes later. This is just a horrible and senseless tragedy. My heart goes out to all the victims.
- O Stef Pinard reports that Tim Shea is safe too. From Tim Shea himself: I am fine. I finished an hour before, but felt the explosion from a nearby hotel.
- O From Phyllis Arsenault-Berry: I just talked to George Diedrich and Sandy Colvin is safe. From Sandy Colvin: I am o.k. and finished 3:34 and immediately got out of town, as I left town on the bus headed back to the start, the explosions happened. I am lucky to be alive and grateful I didn't have any family or friends at the finish watching. Very sad....thanks for the note, please let everyone know i am o.k.
- O From Rick Evans himself: I finished about an hour before the explosion and left the finish area about 10 minutes prior. Back at our hotel now safe and sound. It's awful that an otherwise great day was ruined by such a terrible act.
- O From Greg Gerdel: Sean is fine. We had a message from the airport. From Sean Murphy himself: I am safe in DC, sorry would have emailed sooner but the phone died .
- O This will be the last update. You've now heard directly from everyone except John V and Megan. And you know they are ok from Jane's updates, Amby Burfoot's posts at Runners World and mention in the Free Press.
- O To all: Please remember all those who were not lucky yesterday. I think Tim N's word "senseless" is the most apt word I have seen to describe what happened
- O Information about an event tonight at U-32's track... Runners & Running Clubs Unite... to run 1 mile to honor those lost and affected by Monday's tragedies...
- O From Alissa Robertson: Below are some details on a walk/run of whatever distance you wish to do – this Saturday at 4pm – to benefit Massachusetts General Hospital's Emergency Fund. It would be a great way to support the people of Boston and all those injured in the bombing that occurred Monday.

From RRCA: ... we express our sincerest sympathies to the families affected by the tragic events at the Boston Marathon on Monday. We applaud the efforts of race organizers, first responders, runners, and everyone that took action to assist the injured. ... we encourage our members and all runners to keep running and racing in the days, weeks, months, and years to come.

News from Hawaii

Island life is evidently agreeing with **Linda Hallinger**. She ran three events in March and finished 2nd in her age group twice. Evidently, Hawaii is even more laid-back than Vermont. Linda did an event that was an ocean swim followed by a run. At this event, you don't even bother to register until after you have completed the event. Linda reports that post-race macadamia nut pancakes are tasty but she is not impressed by the Log Cabin syrup. She is threatening to come back in June to race up **Mount Washington**.
Jeff

OFFICE CLOSING AND DANCE PARTY NOTICE

My law practice will close as of April 30, 2013. My new email address is dothelling@gmail.com Please start using it. The new address may continue to come through the existing ultradot address for awhile but I will cancel it as soon as I fully close the business.

I am joining the Peace Corps and will leave on July 5 to work with kids in the Philippines.

To celebrate and say farewells, I'm throwing a **Dance Party at Mad River Glen on Saturday, June 29**. This is a summer celebration for all. There will be live music by Rusty Romance from 7-11pm. Bring your dancing shoes, dancing partners and some finger food to share. Cash bar. Hope to see you all at the party!!!!
Dot Helling

Fun Runs Proclaimed "Official"

The final unofficial **Fun Run** was April 30th. The official Fun Runs start May 7th at 5:30 pm on the **Montpelier Bike Path** behind the Department of Labor building. Distances of 2, 4 and 6 miles will be available. Same time, same place, same deal. Just official.
Jeff

Corporate Cup

Norm Robinson is looking for volunteers to help out at the **Corporate Cup**. (This is NOT a CVR event. But Norm has no qualms whatsoever about letting you help out!) The race is May 16th and he is looking for help at the start/finish line and the water stop. No experience needed! Volunteers would need to arrive by 5:30 p.m. and should be done no later than 7:30 p.m. E-mail Norm normrobinson@comcast.net

Get Connected

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

CVR is on **Facebook!** We are up to 86 likes! It is a great place to find a running partner, share running related news stories, post race pictures, and more. I hope you'll consider "liking" us and sharing with friends! And, since we all know how much Jeff Prescott likes a good contest, why not have a contest of our own: If you can convince Jeff to open a Facebook account, I will offer you a certificate for ice cream at Chill in Montpelier! Email me your success story: ricruffle@yahoo.com.

Richarda Ericson

Race to the Top of Bradford

CVR member **Rick Evans** wants you to know about the **Race to the Top of Bradford**. Rick is race director for this 4th annual event benefitting the Bradford Conservation Fund and would love for you to come out and run. Rick describes the event as "a sort of gateway course for people who are interested in mountain running, but maybe aren't quite ready for a run up Mount Mansfield or Mount Washington." He also notes that it is a great opportunity for you to discover a near-by but little known trail network. Rick takes pride in this being a fairly low-key event but he does admit that **Eric Morse** showed up last year and smoked the course.... Jeff

June 1, 2013 9:00 AM

Devils Den Trailhead, Chase Hollow Road, Bradford, VT

3.5 mile Trail Race to the top of Wrights Mountain (and back) 1.5 mile Kids Fun Run

\$15 for the main race (includes shirt)

\$5 kids fun run

www.bradfordconservation.org/race

Leaf Peepers Race Update !

The Leaf Peepers committee met with the Waterbury Select Board and the Waterbury Village Trustees on Monday evening, May 6. Darragh, Andy, Phyllis and I attended.

The Board and Trustees voted unanimously to approve the new race courses for the Leaf Peepers Half Marathon and 5K Races, leaving open certain details regarding turnaround, cones, et al. The Board and Trustees listened to us carefully, asked good questions, made good suggestions, said how important the Leaf Peepers race is to them, and thanked us for our contributions to the community.

The courses are entirely in Waterbury and do not cross Route 2 or other major highways. They start and end at Pilgrim Partnership, the staging area for last year's races. The new Half Marathon course is a loop with an out-and-back section in the middle. The courses offer runners variety, safety, and spectacular views. Maps of the new courses will be posted to cvrunners.org shortly.

The Race Committee hopes you enjoy these new courses! Thanks all to Committee members for your work on this important transition in the Leaf Peepers Race! Now we're full speed ahead! Roger

Out of State Races

John Martin is compiling information to see how many states and countries CVR members race in during 2013. So periodically, e-mail John (vtiron55@yahoo.com) and let him know where you have raced. If you race in a state multiple times, just tell him about it once. I'm counting on our out of state members to provide some serious help here. It has to be a race (i.e., a timed and scored running event). Training runs or nonscored events do not count. Multi-sport events (e.g., triathlon, duathlon, summer biathlon, etc) count if there is a scored run involved. ... Jeff

Many Mays Before... *from previous CVR Newsletters*

May 2003... At the Annual Meeting of the Central Vermont Runners the following officers were nominated and approved: Vice President- Michael Chernick, Secretary- Betty Rose, Treasurer- Laura Medalie. The outgoing President, Richard Cleveland, was ineligible to serve another consecutive term, but agreed to serve until a volunteer stepped forward. A discussion was held regarding dues with a motion to increase the dues to \$15 for a family, but the motion was withdrawn and the dues remained at \$10 for an individual or a family. CVR member results from recent races included Susan Hackney, Dot Martin, Steve Eustis and John Martin for the Kaynor Sap Run; John Valentine, Dot Helling, John Martin and Eric Ryea for the Boston Marathon and Dot Helling, Tina Sutton, Joe Loga, Dick Millar and Beth Eliason for the Rolling Irish Half Marathon.

May 1993... President Tom Kaiden suggested that CVR focus their efforts on Membership and Fun Runs. Norm Robinson, Sam Davis, Mark Gardner-Morse, Nancy Schultz, Hope Crifo and Tom Kaiden worked on updating the membership application, getting the application out to the public, mailing notices to radio stations and local newspapers, and attempting to do more advertising through radio, newspaper and sport's magazines. Bob Murphy measured the fun run due to a change in starting location, with the fun runs beginning on May 4th.

Discussion of developing a race series began at the March meeting. Bob Murphy developed a Grand Prix race series that was approved at the May meeting, with the deletion of the U-32 race.

May 1983... The Executive Committee included President- Darragh Ellerson, Vice President- Jeff Shutak, Treasurer- Roger Whitcomb, Secretary- Norm Robinson and Newsletter- Bob Murphy. At the April CVR meeting Ray Usle said that he had been approached by Mr. Lash of Lash Furniture about sponsoring a central Vermont marathon. A consensus was expressed that we should see whether he might instead sponsor an existing race. Ray Usle will ask Mr. Lash whether he would consider sponsoring a race of a different length, a location other than Barre, and what he would consider for viable dates. *(these discussions with Mr. Lash would lead to the development of a half marathon instead of a marathon, located in Waterbury, the Leaf Peepers half marathon).*

Tuesday fun runs began in May at the Liquor Control Warehouse with a 25 cent donation requested. The 4 mile Sodom Pond Run in Adamant was scheduled for July 30th with Richard Czaplinski as the race director. Race results for CVR members included Kim Maloney, Bob Murphy, Gerow Carlson and Peter Smith for the 30K Chopperthon, Wade Walker for the Emerald City Marathon, Fred Ross for the RCR Spring Warm-up Race, Debbie Martin and Daryl Agney for the Freihofer's Run for Women, Mark Chaplin, Bob Murphy and Bryan Liss for the Boston Marathon and Jean Marcy, Bob Howe and Gerow Carlson for the St. Johnsbury 2 mile and 10K.

Mainers' Don't Lie

If you are headed for a race in Maine, and the Maine Track Club warns you to dress appropriately because the course is windy, you best believe the course is windy.

The Race the Runways Half Marathon is held at the super flat, and wide open for miles, "Brunswick Executive Airport". The wind all through the race was steady at 15 to 20 mph with much stronger gusts, just about strong enough to bring you to a standstill when you were headed into the wind. Starting off wasn't too bad as the wind was coming from the side as the course wound through a golf course, but after turning around and heading back into the wind, things got worse. And then we hit the wide open runway!

Based on my extensive knowledge of bicycle racing, gained from watching a few hours of the Tour of France on TV, I drafted first one group of runners and then another. What a difference it made, but every time I moved to the front of a group I was beat back again by the wind and the group moved on without me. Strange how it seems that even though the start and finish were at the same location we were running into the wind much more than having the wind at our back.

During the "pre-flight briefing", as the pre-race information was called, they indicated that planes might be taking off and landing during the race, but not to worry... the control tower would advise the airplanes about those pesky little dots running along the runway. I never saw any airplanes attempting to land or take off. Maybe it was too windy for the planes as well.

In spite of the wind, the Maine Track Club, MidCoast Triathlon Club and the Midcoast Regional Redevelopment Authority put on a great race... many enthusiastic volunteers, great race organization, fast results (results were sent to my email before I was back to the car), a super finisher medal, good food, and even heat sheets at the finish line... and some fast runners. Robert Ashby was the first place winner with a time of 1:18:03 (being from Brunswick maybe he was used to the wind) and Meredith Anderson (from Portland) was the first female finisher, and 6th overall, with a time of 1:27:39. Even with the wind my 2:14:37 was my fastest half-marathon in the last few years, but it only gained me 10th out of 12 in the 60-69 age group that was won by Doug Blasius (from Belfast) with a time of 1:36:33. Seven Vermonters were included in the 453 runners in the half marathon with 617 runners in the 5K.

When the wind wasn't blurring your vision there were some interesting things to see. As indicated on the race website, the "Brunswick Executive Airport" was previously the Naval Air Station Brunswick, also known as NAS Brunswick, that was a military airport located 2 miles (3.2 km) northeast of Brunswick, Maine. The base was home to a number of Navy-operated Maritime patrol aircraft – P3 Orions. The base was closed in 2011, as per the 2005 Base Realignment and Closure committee decision. As of November 28, 2009, the last aircraft (P-3 Orions) took off, never to return. After closing, the base is now known as Brunswick Landing. Base redevelopment officials have reopened the Navy airfield as the "Brunswick Executive Airport" and a "Green Energy Park".

Even though the Naval Air Station is closed (the N.C.I.S. office still had it's sign out, but no one around) there are still signs of the previous operations including two military aircraft on display and some very impressive buildings. Part way through the race I looked across a field and paved apron to a huge aircraft hanger. An SUV was parked in front of one of the hanger doors. From my perspective, the SUV looked the same as what a 6" high remote control car might look like, that was left in front of the door to your garage at home.

The race was only part of a nice long weekend. Brunswick is a great place to visit for a destination race with the cultural attractions of Bowdoin College, the Maine Coastline to explore and a multitude of diverse restaurants to refuel at. The only question for me is, will the memory of running into the wind subside to only a breeze by next April.... Bob Howe

Thanks to a Running Friend (submitted by Phyllis Arsenault-Berry)

Most of us who run long distances spend a lot of road time alone – often by choice. Not everyone wants to go for a 20-mile training run when it is cold and still dark – just because you are training for a marathon. Not everyone wants to run in the winter – just because you think it is very cool to run when it is snowing. Not everyone wants to run hills – just because you are training for Mount Washington.

Yet you regularly find sets of the same two people running together - Sandy and Becky, Tim and Norm, Jeff and Andy, to name a few. Most of us are lucky enough to have at least one good friend who will say "OK, I will run with you." Paces are often different. Motivation is often different. Conversations can be very heated (hint: skip politics in the morning) or very light and funny – and usually make the miles fly by. The morale support from these friends is priceless.

With that in mind I want to thank Denise Ricker, my early morning running friend. Denise and I try to get together at least once a week – regardless of the season or the weather. Not only does Denise plan interesting routes (there are streets in Montpelier that I never knew existed before I ran with her!), but she often arrives with freshly baked chocolate chip cookies at 5am. Doesn't get any better than that!



Crumplebones

17th Annual CVR Mutt Strutt

To Benefit

Central Vermont Humane Society

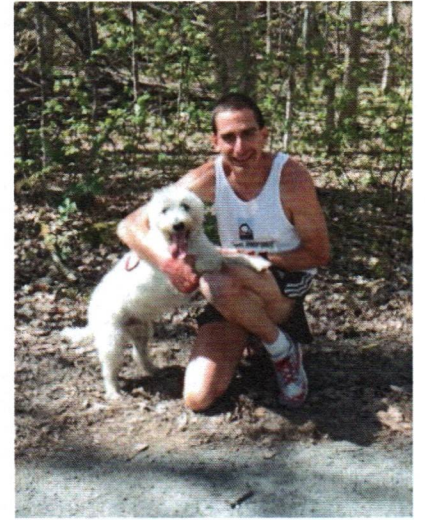
Little River State Park

May 5, 2013

Place	Div	Name	Dogname	Age	Sex	Dogs	City	Time
1	1	Eric Morse	Murdock	48	M	S	Berlin	17:36
2		Geordy Atkin	None	19	M		Waterbury	19:18
3	1	Alicia Gant	Bella	32	F	L	Williamstown	20:01
4	1	Jake Marren	Crumplebo	31	M	L	Montpelier	21:19
5		Thomas O'Keefe	None	30	M		Randolph	22:21
6	1	Jon Landry	Ellie	28	M	S	Burlington	23:29
7	1	David Humphreys	Moses	53	M	S	Hyannisport	23:29
8	1	David Speed	Piper	35	M	S	Barre	23:58
9	1	Emily Grimes	Addison	29	F	L	Colchester	25:40
10	2	Missy Goodwin	Ike	39	F	L	Washington	25:45
11	3	Jenny Schwartz	Ruby	33	F	L	Cambridge	25:53
12		Kara Klingman	None	28	F		Burlington	26:13
13	1	Jenn Callahan	Baxter	40	F	L	Chelsea	26:19
14	1	Tom Shanley	Sam	11	M	L	Montpelier	26:51
15		Ray Charbonneau	None	51	M		Arlington	26:58
16	1	Dot Helling	Sophie	62	F	S	Montpelier	27:21
17	1	Jamie Wilkinson	Oscar	26	F	S	Montpelier	27:32
18	1	Aaliyah Preston	Lyllah	10	F	S	Graniteville	27:44
19		Erin Preston	None	38	F		Graniteville	27:45
20	2	Wendy Fuller	Lion	29	F	L	Warren	27:51
21	2	Kevin Reid	Stella	40	M	S	Milton	27:52
22	4	Alisa Taylor-Paris	Heineken	30	F	L	Starksboro	27:59
23		Ruth Sespaniak	None	51	F		Arlington	28:03
24	1	Ken Vandermark	Porter	65	M	L	Randolph	28:07
25	2	Joshua Byrne	Eli	31	M	S	Starksboro	28:23
26	2	Brittany Tullar	Stanley	23	F	S	Williamstown	28:56
27	3	Bob Stahl	Penny	48	M	S	Hinesburg	29:08
28	1	Helen Riess		57	F	S	Wayland	29:11
29	1	Norm Nishioka	Bandit	61	M	S	Wayland	29:25
30	1	Jessiemae Belcher	Juice New	33	F	S	Barre Town	30:21
31	2	John Wakefield	Gary Indi	37	M	L	Montpelier	32:03
32	1	Marsha Bancroft	Kuro	75	F	L	Worcester	33:52
33	3	Jessica Smith	Shelby	25	F	S	Hinesburg	34:00
34	2	Erin McKenney	Hudson	35	F	S	Montpelier	35:23
35		Larry Bodden	None	30	M		Essex Juncti	37:56
36	5	Sarah Bodden	Mabel	33	F	L	Essex Juncti	37:56
37	2	Mark Bates	Abby	51	M	S	Barre	39:05
38		Zoe Colvin	None	7	F		Montpelier	46:33
39		Sandy Colvin	None	44	F		Montpelier	46:40
40	1	Becky Diedrich	Bella	48	F	S	Berlin	46:57
41	2	Gail Pelkey	Shadow	48	F	S	Waterbury	47:41
42	3	Anna Strong	Bandit	40	F	S	Washington	1:01:20
43	3	Kristen Bernarsky	Modi	30	F	S	Waterbury	1:01:24
44	1	Henry Managan	Lovie	6	M	S	Waterbury	1:01:25

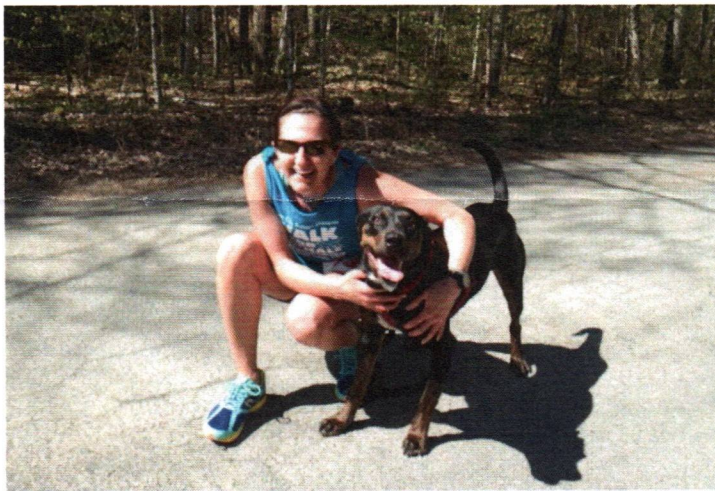
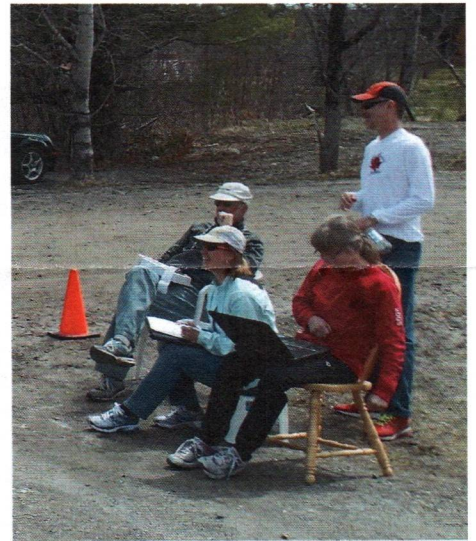


Running Strong at Adamant
Charles Windisch, Andrew McAvoy, Jeff Prescott, Norm Robinson, Tim Noonan



Overall Men's Winner at the Mutt Strutt:
Eric Morse & Murdoch

Fun at the Adamant Finish Line
Sigh Searles, Sue & Bob Emmons, Donna Smyers



Overall Woman's
Winner at the
Mutt Strutt:
Alicia Grant & Bella

We sincerely appreciate the donation of \$380.00 to support our Girls on the Run group at Thatcher Brook Primary School in Waterbury. This past week we did a lesson on gratitude. The girls made the attached thank you for CVR. Happy running!

Lindsay Simpson, Sonja Burbank, Carol Baitz & Cara Medved... Coach team



OVERALL RESULTS **4th Annual Adamant 20 Miler and Relay** *April 27, 2013, Adamant, VT*

Place	Div/Tot	Name	R	Age	S	City	St	Leg1	Leg2	Finish	Pace
1	1/12	Ray Webster	I	38	M	Hinesburg	VT	1:25:47	43:55	2:09:42	6:30
2	2/12	Gavin Boyles	I	37	M	Montpelier	VT	1:26:32	45:45	2:12:17	6:37
3	1/1	Dan Grosvenor	I	18	M	Cabot	VT	1:26:32	48:48	2:15:20	6:46
4	3/12	Jon Copans	I	38	M	Montpelier	VT	1:28:08	51:13	2:19:21	6:59
5	1/5	Rowly Brucken	I	44	M	Northfield	VT	1:33:05	50:22	2:23:27	7:11
6	4/12	Justin McCabe	I	35	M	Montpelier	VT	1:32:26	55:08	2:27:34	7:23
7	5/12	Justin Ryea	I	34	M S	Burlington	VT	1:36:00	52:31	2:28:31	7:26
8	6/12	Kevin Robinson	I	32	M	Montpelier	VT	1:38:51	53:03	2:31:54	7:36
9	7/12	Randy Lewey	I	38	M	Granville	VT	1:38:10	56:51	2:35:01	7:46
10	2/5	Jay Nickerson	I	44	M	Underhill	VT	1:38:25	56:45	2:35:10	7:46
11	1/1	Ainsworth/Meixell	R	M/M		Burlington	VT	1:31:34	1:04:00	2:35:34	
12	1/4	K O'Shea/B Daut	R	F/F		Montpelier	VT	1:41:59	55:08	2:37:07	
13	8/12	Brett Kiser	I	30	M	Hanover	NH	1:40:29	57:52	2:38:21	
14	1/11	Andrew Gilbert	I	51	M	Marshfield	VT	1:41:31	59:30	2:41:01	4
15	1/4	Ash Parker	I	27	M	Hinesburg	VT	1:48:07	53:23	2:41:30	8:05
16	1/5	Cornell/Preston	R	M/F		Graniteville	VT	1:42:01	59:47	2:41:48	8:06
17	9/12	Dan Voisin	I	37	M	Montpelier	VT	1:42:18	1:00:34	2:42:52	8:09
18	2/11	Michael Wolfe	I	50	M	Newton	MA	1:40:25	1:03:14	2:43:39	8:11
19	1/7	Alicia Gant	I	32	F	Williamstown	VT	1:44:12	59:28	2:43:40	8:11
20	3/11	John Grosvenor	I	52	M	Cabot	VT	1:46:52	58:06	2:44:58	8:15
21	1/6	John Valentine	I	63	M	Roxbury	VT	1:47:53	57:49	2:45:42	8:18
22	1/6	Camille Prevost	I	28	F	St Johnsbury	VT	1:47:07	1:01:07	2:48:14	8:25
23	10/12	Nick Managan	I	30	M	Waterbury	VT	1:49:10	59:14	2:48:24	8:26
24	2/4	Brad Miller	I	27	M	Burlington	VT	1:48:41	59:49	2:48:30	8:26
25	11/12	Benjamin Swanson	I	30	M	Woodstock	VT	1:48:22	1:00:14	2:48:36	8:26
26	2/6	Chuck Arnold	I	65	M	Burlington	VT	1:46:41	1:03:35	2:50:16	8:31
27	3/5	Kenneth Hepburn	I	40	M	Northfield	VT	1:46:46	1:04:37	2:51:23	8:35
28	2/6	Kellie Largay	I	28	F	St Johnsbury	VT	1:50:12	1:01:28	2:51:40	8:35
29	3/6	Tina-Marie Freeman	I	24	F	Burlington	VT	1:49:33	1:02:41	2:52:14	8:37
30	2/7	Alex Low	I	33	F	Worcester	VT	1:51:45	1:02:33	2:54:18	8:43
31	3/7	Dillon Burns	I	34	F	Calais	VT	1:51:44	1:02:34	2:54:18	8:43
32	1/6	Katrina Phillips	I	42	F	Montpelier	VT	1:48:32	1:05:50	2:54:22	8:44
33	3/4	Erik Nielsen	I	27	M	S Burlington	VT	1:55:43	1:01:41	2:57:24	8:53
34	4/7	Courtney Butler	I	30	F	S Burlington	VT	1:55:35	1:01:49	2:57:24	8:53
35	4/11	Tim Noonan	I	56	M	Montpelier	VT	1:57:41	1:00:44	2:58:25	8:56
36	3/6	Steve Burkholder	I	61	M	Montpelier	VT	1:55:59	1:04:01	3:00:00	9:00
37	2/6	Jen Miller-Arsenau	I	42	F	Middlesex	VT	1:58:58	1:03:11	3:02:09	9:07
38	4/6	Colleen Kiley	I	25	F	Vergennes	VT	1:56:05	1:06:28	3:02:33	9:08
39	2/4	J Burr/F Pattison	R	F/F		Fayston	VT	2:01:53	1:01:31	3:03:24	9:11
40	5/11	Norm Robinson	I	57	M	Montpelier	VT	1:59:17	1:04:19	3:03:36	9:11
41	6/11	Bob Sayers	I	59	M	Huntington	VT	1:59:08	1:04:40	3:03:48	9:12
42	5/7	Erin Randall-Mulli	I	37	F	Colchester	VT	2:00:20	1:03:50	3:04:10	9:13
43	6/7	Jill Smith	I	33	F	S Burlington	VT	2:00:28	1:03:43	3:04:11	9:13
44	4/6	John Duff	I	60	M	Newfane	VT	1:55:31	1:08:51	3:04:22	9:14
45	7/11	Dave Hammond	I	52	M	Huntington	VT	1:57:19	1:07:27	3:04:46	9:15
46	5/6	David Erickson	I	60	M	Barre	VT	1:55:33	1:10:58	3:06:31	9:20
47	12/12	Matt Becker	I	37	M	Chelsea	VT	2:01:06	1:05:57	3:07:03	9:22
48	8/11	Steve Snook	I	53	M	Newbury	VT	2:00:27	1:06:36	3:07:03	9:22
49	9/11	Charles Windisch	I	58	M	Essex Jct	VT	2:01:52	1:07:57	3:09:49	9:30
50	4/5	Jeff Prescott	I	49	M	Montpelier	VT	1:58:55	1:10:58	3:09:53	9:30
51	1/2	Ellie Bouffard	I	52	F	Colchester	VT	2:05:06	1:07:43	3:12:49	9:39
52	3/4	Frost/McCormick	R	F/F		Burlington	VT	2:07:08	1:07:01	3:14:09	9:43
53	2/5	McCarthy/Barry	R	M/F		Montpelier	VT	2:04:10	1:10:02	3:14:12	9:43
54	3/5	A Baumer/M Lebeau	R	M/F		Winooski	VT	2:15:05	1:00:15	3:15:20	9:46
55	4/4	Anderson/Hendricks	R	F/F		Fairhaven	VT	2:00:32	1:15:36	3:16:08	9:49
56	1/1	Dot Helling	I	63	F	Montpelier	VT	2:05:58	1:10:21	3:16:19	9:49
57	5/5	James Steele	I	45	M	Lower Waterf	VT	1:55:40	1:21:50	3:17:30	9:53
58	5/6	Kacie Desmond Meix	I	24	F	S Burlington	VT	2:02:30	1:18:29	3:20:59	10:03
59	4/5	Deringer/Lawson	R	M/F		Manchester	NH	1:55:47	1:26:56	3:22:43	10:09
60	6/6	Sarah Swanson	I	29	F	Woodstock	VT	2:10:50	1:12:37	3:23:27	10:11
61	5/5	Tolman/Boscarino	R	M/F		Richmond	NH	2:18:58	1:06:56	3:25:54	10:18
62	10/11	Gunnar Steates	I	55	M	North Hero	VT	2:11:04	1:16:16	3:27:20	10:22
63	6/6	John Kaeding	I	65	M	Worcester	VT	2:15:10	1:14:24	3:29:34	10:29
64	3/6	Ava Whitcomb	I	42	F	Marshfield	VT	2:20:02	1:23:17	3:43:19	11:10
65	11/11	Mark Howard	I	50	M	Marshfield	VT	2:18:08	1:26:17	3:44:25	11:14
66	4/6	Kristin Fletcher	I	42	F	Marshfield	VT	2:18:04	1:26:21	3:44:25	11:14
67	5/6	April Farnham	I	46	F	Plainfield	VT	2:18:06	1:26:20	3:44:26	11:14
68	6/6	Susan Steele	I	45	F	Lower Waterf	VT	2:25:06	1:28:30	3:53:36	11:41
69	2/2	Karen Machia	I	50	F	Jeffersonvil	VT	2:24:54	2:05:49	4:30:43	13:33
70	4/4	Andrew McAvoy	I	29	M	Montpelier	VT	2:01:12			

Fond Memories of Adamant

Jeff Prescott

A few of you have noticed that I was enthusiastic about the Adamant 20-Miler this year. This article provides some explanatory background information along with a bloviating race report.

Background

This year's event was the fourth edition of the Adamant 20-Miler. The first two years, the event was in May and I was out of state the weekend of the event. Last year, the event was moved to April. I elected not to run it for two reasons. First, the race was the day before the Sap Run (Swanton to St Albans)...a race that I had something of a tradition of running. Second, the race was a week before the half marathon which was my goal race of the season. Running a 20-mile race just did not fit into my calendar.

I volunteered instead. I worked at the "far turnaround" on Cranberry Meadow Road in Woodbury with Greg Wight. This was a busy outpost. We had an aid station there. It was mile 11 and we were tasked with recording everyone's split times. And it was the relay exchange zone that year.

[Digression: I have fond memories of observing XC Olympian and East Montpelier native Liz Stephens warm up in six different outfits before finally deciding what to wear. Finally, her relay partner Greg Gerdel arrived and Liz smoked the course. Liz covered her 9-mile leg (including the 2.5 mile hill up Singleton Road) averaging 6:00 minute miles. Her record is likely to stand forever...especially since the relay legs have been changed from 11/10 to 13/7. Bob Emmons ran well in the first leg, giving Sue Emmons a head-start over Liz. Bob waited in abject terror until Greg arrived 19 minutes later. (I do not have a lot of experience with abject terror but I know it when I see it.) It was enough of a cushion and Sue ran well to hold off Liz for the win.]

[Digression, continued: Where are they now? Liz had a great season this past winter. Among other things, she placed 5th in the individual skate at the World Championships. Given her successful season, Liz was unable to fit Adamant in her schedule this year. Bob & Sue Emmons worked at the finish line for this year's event. And Greg Gerdel? He was not seen in Adamant this year. I saw him a few days later at the Fun Run. He mentioned that he had gone for a bike ride on Saturday. He didn't say where so I'm guessing he rode to the creemee stand.] Where was I? Oh, yeah. At the turnaround. Anyway, I got to observe all the runners come through the turnaround. And, yes, runners ALWAYS love to see the turnaround person. But there was more than that. Everyone seemed so happy to be out there running and seemed so swept away by the scenic course. I publicly declared that I was going to run the following year.

My Race

Me and my big mouth.

My preparations for the Adamant 20-Miler generally went well. I had a lot of fun with folks on the CVR winter long runs. I certainly got the miles in. But it was hard to gage what kind of shape I was in based on hilly long runs in winter weather. My first test came at the Eastern States 20 Mile Race in March. Remember that? That's the race where I ran the first 10 miles in 1:24:48 and the second 10 miles in 2:07:40. That was not a great sign.

The Tuesday night before Adamant, a bunch of us were standing around talking after the unofficial Fun Run. (If you do not come out to Fun Runs, now you know the deal. We run and then we stand around and talk. It's not complicated.) Someone asked me about my goal for the Adamant 20-Miler. I responded that my original thought had been that 3:00:00 would be a good result. But now, I didn't know. I felt ok about the distance but didn't feel like I had any speed. And I blew up at Eastern States which is the easiest course in the world. Dave Erickson mentioned that, a couple of years ago, he had hoped to run 3:00:00 at Adamant and ran 3:10:00. John Martin declared that 3:10:00 was reasonable. And there you go. I had a goal. Sure, I could have checked out some pace calculators and built a model but crowd-sourcing is easier and faster.)

Race day was beautiful. My intent was to go out easy and enjoy a nice quality run. In other words, it was not a race...just another Saturday. I ran the first part of the race with Tim Noonan and Norm Robinson. Norm had to stop to see a man about a horse so I ended ahead of them for awhile. After the turnaround, Tim picked up the pace, as he had planned, and ran off. Jen Miller-Arsenault caught up to me and we ran together for awhile. Jen had told me before the race that she was not trained for the distance so she was planning to adhere to a pattern of running 8 minutes and walking 1 minute. You can tell that Jen is getting older because she completely forgot her plan once the race began. But she was doing fine and we talked about the usual stuff: lice, gall bladders, not doing triathlons.

[Digression #3: In 2011, I ran into Jen during the first mile of VCM. We were both running leg 1 of the 2-person relay and had the same time goal. I suggested that we work together and Jen agreed. Then, immediately (IMMEDIATELY!), I ran off and left her. Jen passed me in one of the later miles. I was starting to fade a little and she was going strong. I don't recall that Jen said anything. I am somewhat telepathic though and I could hear her thinking "what the hell was THAT all about?"] Norm caught up with us after awhile and we ran together. At mile 16, Norm announced "only a Fun Run left." Early in mile 17, Jen and Norm both pulled ahead. I was ok with that. I had planned to be very conservative going up Singleton Road but it was not as bad as I thought it would be. I was passed by 4 or 5 folks during this section but they were all folks I had run around at different points in the race.

Fabienne Pattison came scampering up the hill as if she needed weights to hold her to the ground. I knew she was running the relay so I didn't mind. Besides, I could never be annoyed by someone as perky as Fabienne. Charlie Windisch passed in mile 19 as we were still ascending. Finally, I reached the top of Lightening Ridge [sic--that's how they spell in Calais] and dared to look at my watch. I should be able to make it in under 3:10:00 but I had no time to spare. This was a bit of an awkward situation. I needed to get rolling down the mile long hill back into Adamant. But I didn't want to start something with Charlie that I couldn't finish. I cruised down the hill, made Charlie work on the last stretch and finished in 3:09:53.

Continued on page 12

Fond Memories of Adamant *continued from page 11*

Evaluation

I met my goal so I have to be happy with that. And I felt good doing it. And it is a 20-Mile personal record...owing to the fact that is my second 20-mile race ever and I blew up in the first one. The PR designation also conveniently ignores that I have run 20-mile training runs faster. And it ignores the fact that I have run marathons at a much faster pace. But a PR is a PR and I'll take it.

Leading in to the race, I was thinking that I would get the 20-Miler out of my system this year and maybe run the relay next year. Now I'm thinking about breaking 3:00:00 next year. We'll see.

Thanks to Eric Ryea and Donna Smyers for putting on such an awesome event. Congratulations to all the club members who accepted my Adamant challenge. Thanks to everyone who accompanied me on winter long runs. Special thanks to Bob Emmons who ran 15 miles with me in Adamant in February on a day that was really NOT fit for running and to John Martin who ran 17 miles with me on a route that started in downtown Montpelier and went up every single hill in East Montpelier. And finally a shout out to Richard Cleveland and Greg Wight for presenting the operatic aid station near #10 Pond. Best. Waterstop. Ever.

Now that Adamant is over, we can talk about something else for a change. Have I mentioned lately how much I love the Bear Swamp course?

Fast Finishes in Adamant

Jeff Prescott

The results for the 4th Annual Adamant 20-Miler are available on the CVR website and on page 10. Thanks to Donna Smyers' RunScore wizardry and Roger Cranse's diligent monitoring at mile 13 there are split times available not only for the relay teams but for all the individual runners as well.

The Adamant 20-Miler course is famous for the 2.5-mile hill from mile 16.5 to 19. I would have gladly wagered that every runner would slow down on the last few miles of this course. It turns out that I would have lost. There were 11 runners who ran the 7 miles at a faster pace than they raced the first 13 miles. Please bow down before the following fast finishers:

Name	Age	Sex	City	First 13 Miles			Last 7 Miles			Total		
				Time	Pace	Place	Time	Pace	Place	Time	Pace	Place
Ray Webster	38	M	Hinesburg	1:25:47	06:36	1	0:43:55	06:16	1	2:09:42	06:29	1
Gavin Boyles	37	M	Montpelier	1:26:32	06:39	2	0:45:45	06:32	2	2:12:17	06:37	2
Kevin Robinson	32	M	Montpelier	1:38:51	07:36	11	0:53:03	07:35	7	2:31:54	07:36	8
Ash Parker	27	M	Hinesburg	1:48:07	08:19	24	0:53:23	07:38	8	2:41:30	08:04	15
John Valentine	63	M	Roxbury	1:47:53	08:18	23	0:57:49	08:16	13	2:45:42	08:17	21
Erik Nielsen	27	M	S Burlington	1:55:43	08:54	37	1:01:41	08:49	28	2:57:24	08:52	33
Courtney Butler	30	F	S Burlington	1:55:35	08:53	35	1:01:49	08:50	29	2:57:24	08:52	34
Tim Noonan	56	M	Montpelier	1:57:41	09:03	42	1:00:44	08:41	24	2:58:25	08:55	35
Jen Miller-Arsenault	42	F	Middlesex	1:58:58	09:09	44	1:03:11	09:02	33	3:02:09	09:06	37
Erin Randall-Mullins	37	F	Colchester	2:00:20	09:15	47	1:03:50	09:07	37	3:04:10	09:13	42
Jill Smith	33	F	S Burlington	2:00:28	09:16	49	1:03:43	09:06	36	3:04:11	09:13	43

Road Runners Club of America

The following publications and program materials are available at <http://www.rrca.org/publications/>

- [Club Running](#)
- [Inside Track](#)
- [RRCA Runners Etiquette Brochures](#)
- [Kids Run the Nation Program Materials](#)
- [Run@Work Posters](#)
- [We Run the Nation static window decal](#)



CVR & GMAA Race Schedule,

**including other area races not in conflict with CVR races...
see www.cvrrunners.org for additional races and details**

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

May 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, 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.

June 1, 3.5 Mile Trail Race to the Top of Bradford, 9:00am, Chase Hollow Road, Bradford, Also 1.5 mile Kids Fun Run. *Contact:* www.bradfordconservation.org/race

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

CVR, GMAA & Area Race Schedule (continued)

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 counterclockwise 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)

August 24, 34th "GMAA" Round Church 5K or 10K Women's Run, 9:00am, Richmond, Fast and flat out and back on Cochran Road. \$10 pre-registration only, no race day registration. *Contact:* Martha Keenan or Kasie Enman (802-238-0820) or roundchurch@gmaa.net

August 31, 36th "CVR" Northfield Savings Bank 5K and Children's 1 Mile Race, 9:30am / 10:30am Northfield, *Contact:* Northfield Savings Bank (802) 485-5223 (part of the CVR/ORS Race Series)

September 8, "GMAA" 45th Archie Post 5 Miler, 8:30am Gutterson Field House, UVM. Oldest race in the Vermont! Point to point course entirely on bike paths and cinder trails. Free 1/4 mile kids' race at 9:30am. Russ Cooke (802-846-5635) archiepost@gmaa.net

September 8, Maple Leaf Half Marathon and 5K, 8:00am, Manchester, *Contact:* www.manchestervtmapleleaf.com

September 18, 10th "CVR" Sodom Pond Run, 4 Miles, 6:00pm, Adamant, Rolling dirt road around Sodom Pond. Race day registration only beginning at 5:00pm. *Contact:* Tim Noonan (802) 223-6216 (part of the CVR/ORS Race Series)

September 21, "GMAA" Common to Common 30K, 8:30am Memorial Hall, Essex Center. Essex common to the Westford common and back. *Contact:* Steve and Cathy Eustis (802-878-4385) or common2common@gmaa.net (part of the CVR/ORS Race Series)

October 6, 30th "CVR" Leaf Peepers Half Marathon and 5K, 11:00am, Waterbury, *Contact:* Roger Cranse (802) 223-6997 or rcc59@comcast.net (part of the CVR/ORS Race Series)

October 13, 43rd "GMAA" Green Mountain Marathon and Half Marathon 8:30 Folsom School, South Hero. *Contact:* Jess Cover gmm@gmaa.net .

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

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- 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—15% off running shoes and clothing

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)

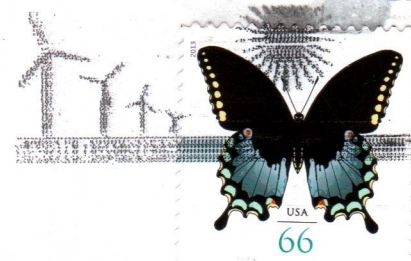
2013 2014 2015 2016 2017

Please make checks payable to **Central Vermont Runners** and mail to:

CVR, c/o: Donna Smyers PO Box 102, Adamant VT 05640.

WHITE BIRCH CT VT 053

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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)**



May 2013

**Volume 34
Issue 3**

Put these CVR races and events on your calendar!

- Fun Runs officially resume on Tuesday, May 7
- CVR/ORS Race Series resumes with Barre Town Spring Run on Saturday, May 18
- Next club meeting on Monday, May 20 at Barney Hall, Adamant Music School
- Kid's Track meet on Friday, May 31

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

www.cvrrunners.org