



Newsletter
August 2013
Volume 34
Issue 4

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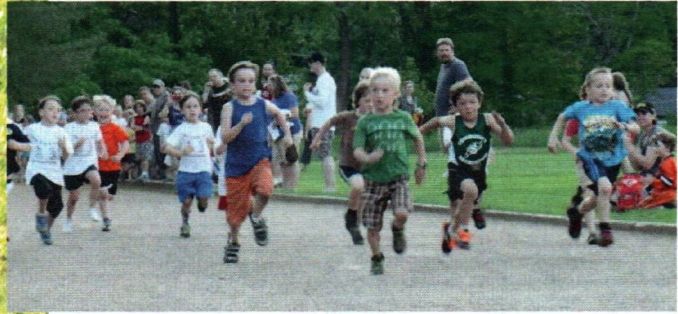
Notes from the President... **Greetings, everyone!**

It's hard to believe it's August already. It all went by so fast...what with the 60 (or whatever) days in a row of rain and then the week-long heat wave. Despite the crazy weather, all of our races and fun runs have proceeded as scheduled.

We've had good participation at Tuesday night Fun Runs so far this year. I happen to be writing this on a Tuesday night. Tonight we had 28 runners including a number of young people who are obviously thinking ahead about cross country season. (I think that's one of the great lessons of running--figuring out that you can set seemingly distant goals and then achieve them step by step.) If you are not a Tuesday night regular, you are welcome to show up any Tuesday night at 5:30 pm at the Montpelier Bike Path behind the Department of Labor Building. The Fun Runs will continue through October or until Darragh tells us to stop...whichever happens first.

We've also had good participation in the CVR/ORS Race Series. To date, we have 76 members who have earned points and many of them have already fulfilled the volunteer commitment as well. Several of the age groups are being hotly contested with the outcome uncertain. There are still several chances to earn points between now and the Leaf Peeper's races. And just showing up counts for a lot. *continued on page 3*

CVR Kid's Track Meet - Courtesy of Sandy Colvin



Barre Town Spring Run 5K - Courtesy of Andrea McLaughlin



Worcester 4 mile/2 mile - Courtesy of Judy Knapp, Roy Belcher

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 May 20, 2013 meeting
subject to approval at the August meeting**

Jeff called the meeting to order at 6:55PM. 21 Members were in attendance. First order of business was to approve last meeting minutes. Bob Murphy moved to approve minutes, seconded and passed by voice majority.

Treasurer's report: In John Valentine's absence, Jeff reported that the club has money. CVR has given several donations since the annual meeting including grants to Barre Town girls running program, several Girls on the Run programs, Northfield Spring Track & Field & Special Olympics. Next meeting will have more thorough financial report. Michael Chernick asked if we are remembering to file tax return since we had lapsed many years ago? Jeff answered yes, we are.

Membership Committee Report: Jeff reported that one goal is to make it easier to join & stay a member. Dave Kissner is working on what would it take to join club and renew online. He is hoping to work with GMAA to figure out how they do it. He has contacted Bob Sayers and Jessica Boulduc but has not gotten much info back from them yet. If he is unsuccessful with GMAA, he will develop something from the tools he is familiar with.

The committee is also investigating how to improve email distribution using software system such as *Constant Contact* to communicate to membership and the mailing list. A system would avoid limitations in numbers of recipients and would allow people to manage their own accounts to unsubscribe, update email ID, etc. The cost of subscribing to a system could be offset by avoiding some mailing expenses in the future.

The membership drive included extending free trial memberships to 10 households chosen based on these criteria: they live in central VT, did more than 4 CVR races in the last 1-2 years, have never been a member before. It is hoped these are people who did not know about the club and the membership benefits and will become active members.

Also the drive included Jeff contacting individually 2012 members who did not renew. Only a few members from last year have not renewed. Donna sent out letters to people who were previous members (pre 2012) and did get some response. Donna reported that currently we have 113 families/250 total members for 2013. This is a very good number for membership, especially for this time of year.

Jeff noted that we try to let people know that if they join before July 1, they are eligible for the CVR/ORS race series and any races they have done already this year count toward their total points.

Races

Adamant 20 Miler: record showing, raised \$1000 for Adamant Music School with \$100 remaining to CVR. The race received positive feedback.

Mutt Strutt: 44 runners, 35 dogs. Final donation to Humane Society was \$394. Next year's entry fee anticipated to be \$10-15 since \$1 per paw or foot was too complicated for many and would raise more money for CVHS (which participants would like).

Barre Town Spring Run: 102 runners, 43 girls 10 and under including the Barre Running program and 8 from Williamstown Girls on the Run and 7 boys 10 and under.

Kid's Track Meet: Volunteers so far: Dot Helling, Tim, Richarda, Norm, Darragh. Need more volunteers and it is fun. Entry fee is free. Tim asked where to best post? Notices sent to 25 schools, handed out notices to attendees to be posted.

Capital City Stampede: Berlin permits were approved by Select board. John got the approval from Montpelier. John requested closing Langdon St but not sure of the status of that.

Worcester 4m race: looking for volunteers.

Paul Mailman: a OK, 20 pre-registered already.

Bear Swamp: Same weekend as Stowe 8 miler. Michael Chernick submitted interest to volunteer. If you are running Stowe, you should consider volunteering at Bear Swamp.

Barre Heritage Trail Race: no report, but stay tuned since Millstone sometimes throws in a curveball to work around.

Berlin Pond: all set nothing notable to report

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Next CVR Meeting

Monday, August 19, 6:00 p.m.

Darragh and David Ellerson's Home

North Street, Montpelier

Potluck at 6:00 p.m. with meeting to follow

Directions: contact Darragh at

223-2080 or dmmellerson@yahoo.com

Draft Minutes of the May 20, 2013 meeting (continued from page 2)

Leaf Peepers: We presented a new course to Waterbury; unanimously approved by Select Board. A question was raised as to whether donations should flow more to Waterbury than Harwood. The question will be tabled for a future agenda. The 2013 race has enough new issues to deal with already and will not change the donation this year.

Registration will open in early June. Committee is meeting this week to set fees. Sponsorships continue with Pilgrim Partners, GMCR, etc.

Donna & John V. will measure course accurately by basic standards, but will not certify until next year. Andy presented high level maps of the course. Course is challenging: 500-600 hill climb by 2.5 miles for the Half; 1 mile community path portion near the end. Will use a lot of PR about the course change, for example there may be King & Queen of the hill designation. 5K only includes small portion of the incline on Perry Hill.

Next meeting is Monday, August 19, 2013 at the Darragh Ellerson's.

Suggestion to form a History Committee: nominations for candidate members include Bob Murphy, Tim Noonan, Darragh Ellerson, Norm Robinson, Bob Howe. Objective is to gather club information to post online and have accessible. Jeff envisions some oral history as well as newsletters, race results and photos from the past.

June made a suggestion to improve/increase photographs on the website. It was agreed it would be a good idea for race directors to work on getting photos from their races and get them up on the website +/- the Facebook page.

Kaitlin O'Shea volunteered to improve/administer CVR Facebook & Twitter

CVR Race Apparel Order: want to order within the next few weeks. Singlets and tech short sleeve shirts to try on are here tonight. You may order a size and pay when you receive it. You will not be required to buy it if you don't like it or it doesn't fit when it arrives, but there will not be shirts purchased that have not been preordered. Men's prices: singlet \$25, long sleeve \$25, short sleeve \$15. Women's prices: Asics singlet \$25, Nike singlet \$35, short sleeve \$25, long sleeve \$50.

The meeting was Adjourned at 7:54 PM ... June Burr

"Let's Run Forever"

autograph from Bill Rodgers to Bob Howe

Notes from the President... continued from page 1

Speaking of Leaf Peepers, Roger Cranse and your Leaf Peepers committee have been hard at work planning this year's event. The design and implementation of the new course has required an unusual amount of work and effort. Many volunteers have worked above and beyond to ensure the success of the 30th running of the race this year. As you may or may not know, this event is a big deal for the club. The proceeds from this event allow us to present races with ridiculously low registration fees throughout the year and provide funds for grants to youth running programs and to cross country teams. I encourage every club member to participate in some capacity...by running one of the Leaf Peepers races or by volunteering on race day.

Dates to remember:

- Thursday, August 15: Berlin Pond 5-miler. It's a sweet event and a great chance to scarf up some CVR/ORS Race Series points on a weeknight.
- Monday, August 19: Our August club meeting at Darragh Ellerson's.
- Saturday, August 31: NSB Races in Northfield--part of the CVR/ORS Race Series. This year proceeds will benefit Girls on the Run Vermont.
- Wednesday, September 18: Sodom Pond Run in Adamant--a long-standing CVR event but part of the CVR/ORS Races Series for the first time. Come enjoy a rave run followed by a free spaghetti dinner.
- Sunday, October 6: Leaf Peepers Half Marathon and 5k in Waterbury--last events in the 2013 CVR/ORS Race Series. If you plan to run and have not registered, please do so immediately. These popular events are expected to sell out in advance of the published registration deadlines.

Gotta run,
Jeff

Stay Connected

As a CVR member, you should be receiving the CVR **Newsletter** five times a year and weekly-ish **e-mails** with news and announcements. To update your mailing address or e-mail address please contact Membership Coordinator Donna Smyers at dosmyers@gmail.com. You can also change your e-mail preference in case you would rather receive messages at home vs. work, or add e-mail addresses for other CVR members in your household.

The CVR **website** is loaded with great information and statistics. The possibility of on-line membership renewal is being researched by Dave Kissner.

And...

CVR is also on **facebook** at

www.facebook.com/CentralVermontRunners

Kaitlin O'Shea has volunteered to improve/administer the CVR facebook page.

Central Vermont Runners Membership — 2013

CVR has 124 current family memberships including 235 total members. This compares with 95 families at this time in 2012, 100 at this time in 2011, and 91 in 2010. I'm fairly sure it is a record for membership in the decade (or so?) that I've been in charge of the data. In past years, I've printed up this list with emails and phone #'s, but decided not to share without permission this year. I've always thought it's a good resource and if only on paper, not electronic, slightly more difficult to get into spam lists. I'd be interested in hearing what members think about sharing a printed list of current members' contact information. Feel free to email me with your thoughts. Donna... dosmyers@gmail.com

First	Last Name	Family	Town	Gretchen	Elias		Montpelier
Ally	Allen		Chelsea	Darragh	Ellerson	& David	Montpelier
Cindy	Allen	& Ron	Chelsea	Deirdre	Ellerson	& Marie	Sharon
Christian	Andresen	& Colby	Montpelier			Comtois	
Kristina	Applegate		Montpelier	Mai-Lis	Ellerson	& Family	Montpelier
Ella	Armstrong		Northfield	Sue	Emmons	& Bob	S. Duxbury
Phyllis	Arsenault-Berry	& Bill	Duxbury	David	Erickson	& Family	Barre
Jill	Aspinall	& Rick	Montpelier	Richarda	Ericson	& Jay	Montpelier
		Molz		Rick	Evans	& Family	Bradford
Tom	Bachman	& Molly	Montpelier	April	Farnham	& Kaitlyn	Plainfield
Newton	Baker	& Family	Montpelier	Michael	Fiorillo		Brookfield
Marsha	Bancroft		Worcester	Jim	Flint		Craftsbury
Roy	Belcher		Worcester	Tom	Foltz	& Patty	Stowe
David	Birse		Hancock	Tim	Francis		Rockport
Celine	Blais		Montpelier	Justine	Franco		Montpelier
Gavin	Boyles		Montpelier	Wendy	Fuller	& Alex	Montpelier
Rick	Brigham	& Family	Montpelier			Geller	
Rowly	Brucken	& Family	Northfield	Jennifer	Galfetti		Montpelier
Shawn	Bryan	& Helen	Berlin	Beth	Gambler		Montpelier
Pamela	Buck		Montpelier	Mack	Gardner-Morse	& Family	Calais
June	Burr	& Family	Fayston	Gregory	Gerdel	& Tristan	Montpelier
Ann	Bushey	& Family	Montpelier	Mike	Gillis	& Maryke	Middlesex
Eliza	Cain		Moretown	Jen	Gordon	& Family	Montpelier
Gerow	Carlson		Montpelier	Dylan	Grald		Randolph Ctr
Priscilla	Carr	& Jay	E. Montpelier				
Nina	Changelian	& Geordy	Waterbury Ctr	John	Grosvenor	& Family	Cabot
				Susan	Hackney	& John	Montpelier
Michael	Chernick		Montpelier	Linda	Hallinger		Kailua-Kona
Richard	Cleveland		Northfield	Dot	Helling		Montpelier
Kelly	Collar		Moretown	Tim	Heney	& Donna	Montpelier
Sandy	Colvin	& Family	Montpelier	Jessica	Hill	& Family	Middlesex
Jon	Copans	Rebecca	Montpelier	Donna	Holbrook		Stowe
Roger	Cranse		Montpelier	Bob	Howe	& Carolyn	Barre
Cyndy	Cross	& Ryan	Barre	Tracy	Joslin	& Brian	Waitsfield
Julie	Curtin	& Family	Montpelier	John	Kaeding	& Family	Worcester
Beth	Daut		Berlin			& Adrian	N Montpelier
Rick	DeAngelis		Montpelier	Daniel	Keeney	Wade	
Paschal	DeBlasio	& Jo-Ann	Williston	Gary	Kessler	& Family	Waitsfield
		Beaudin		Dave	Kissner	& Family	Montpelier
Rose	Dedam		Bethel	Lori	LaCroix		Barre
Paul	Deluca		Barre	Sarah	London		Montpelier
Rebecca	Diedrich		Berlin	Scott	Lovelette		Montpelier
Pat	Driscoll	& Keith	Stowe	Gordon	MacFarland		Arlington
		Woodward		Nick	Managan		Waterbury
Pam	Eaton	& Chris	Waterbury	Henry	Marcy		Reading
				John	Martin	& Dot	Montpelier

Central Vermont Runners Membership 2013... *continued from page 4*

Rob	McDougall		S. Burling- ton	Robert	Searles	& Sally	Wolcott
Andrea	McLaughlin		Barre	Jamie	Shanley	& Family	Montpelier
Robert	Mercier		Montpelier	Kristen	Sharrow	& Kate	Jericho
Jennifer	Miller- Arsenault	& Family	Middlesex	Jim	Shea	& Harriott	E. Montpelier
Eric	Morse		Berlin	Timothy	Shea		Montpelier
Robert	Murphy		Barre	Scott	Skinner	& Family	Montpelier
Sean	Murphy	& Amy	Websterville	Donna	Smyers	& Eric	Adamant
Tim	Noonan	Maureen	Montpelier	Roger	Thompson	Ryea	Barre
Kaitlin	O'Shea		Montpelier	Dara	Torre	& Family	Moretown
Fabienne	Pattison		Montpelier	Andrew	Tripp	& Family	Montpelier
Gail	Pelkey		Waterbury	John	Valentine	& Jane	Roxbury
Nick	Persampieri		Montpelier	Megan	Valentine		Jericho
Jeff	Prescott	& Andy Shuford	Montpelier	David	Vanderlinde- Abernathy		Barre
Erin	Preston		Graniteville	Lowell	VanDerlip	& Betsy	Montpelier
Melissa	Prindiville		Berlin	Daniel	Voisin	& Family	Montpelier
Denise	Ricker	& Tyler	Montpelier	Clayton	Wetzel	& Sandra	Montpelier
Ron	Ridlon	Candace	Morrisville	Greg	Wight		Brookfield
Norm	Robinson	& Martha	Montpelier	Jon	Williamson		Montpelier
Shannon	Salembier		Montpelier	Charles	Windisch	& Mark	Essex Jct.
Laury	Saligman	& Family	Montpelier	Allie	Yanikoski		Montpelier
Loren	Searles		Lowell				

One America 500 Festival Mini Marathon

...Andy Shuford

The first Saturday in May is the race date for the One America 500 Festival Mini Marathon in Indianapolis. It is the largest half marathon in the U.S. at about 35,000 participants. The 2014 version will be the 38th. It is a "Mini Marathon" because it was first established before there was the concept of a "half-marathon" (A half marathon? Why, didn't you run the whole thing?)

It has gone through many different courses and iterations over the years, starting out as a Friday afternoon race on the weekend of the Indy 500. Since that date was late in May and in the afternoon it was too hot, so the race was moved to Saturday morning. Back in the day, winners of the race included Bill Rogers and Frank Shorter.

This year I traveled to Indianapolis to run my 9th Mini Marathon (one year I ran the 5K and would rather avoid that memory). It is an amazingly well organized event given the numbers of participants. At one time there was a dual start (sort of like the NYC Marathon) with a merge at mile 2 but the last few years they just have had one big LONG start line, with corrals going back a half mile or so. They offer seedings based on a recent race time which helps if you want a faster start. If not, you could be in the back with a 20 minute wait to get to the start line. The seeded corrals move out fast and I have never had more than a minute getting to the start line.

The race is really a big deal in Indianapolis and many people just train for this race and nothing else. Pretty amazing since it is a half marathon and not just a 5K. Walking is allowed and they are very generous with cut off times. The vast majority of the runners are local. I doubt any race of this size can claim that. The major marathons are mostly not local. No big prize money, so not many big names at the front like back in the day.

The race has several features that make it so popular. First, this race was a pioneer in having bands on the course, which is now common everywhere. There is quite a variety of music. And not just music; there are cloggers and other dancers. It is always a challenge at the end of the race to remember what entertainment I saw on the way and what songs I heard.

The second item is the speedway. Two and one half miles of the race are run on the Indianapolis Motor Speedway. This can be a positive or a negative depending on your perspective. It can definitely be a negative on a hot day as asphalt and sun result in lots of heat. It also is just a vast place. It seems to take forever to get anywhere. There is plenty of room to run on the apron of the track so you don't have to run on the high-banked turns. All you have to do is keep turning left. The track is full of college and high school cheerleaders to keep you going and I usually forget that I saw them, just like the bands. The highlight of the track of course is the fabled "yard of bricks" which many runners kneel down to kiss (for the photo op). No photo op for me: at mile 7, I am not capable of doing that.

... *continued on page 6*

One America 500 Festival Mini Marathon ... continued from page 5

Another feature is the giant (often a race car shape) finisher medal, that is better than the medal at some of the big marathons. Now I am not a medal person (mine usually end up in a box somewhere never to be seen again) but this is a pretty slick medal, I must admit. And if you are fast enough to place in the top 500, you get an even better medal. If I ever got one of those, it would not be in a box. Top 500 is somewhere around 1:30 or under, depending on how hot it is that year.

The weather can be anything. One year they black flagged it (stopped timing and essentially discontinued the race) due to heat, but normally it starts out in the upper 50s and is in the high 60's after 2 hours or so.

This year that was pretty much the case, which was a pleasant surprise after 2012's 70 plus and humid weather.

I went to Indy in May with Jeff Prescott, who was doing his 15th straight Mini (he has never settled for the 5k). This year, my sister Carol and two of her friends were coming to the race, from the Washington D.C. area.. I guess she had heard enough about it from me and had to see for herself. Carol likes long distance events (including Ironman Triathlons) and lately has a thing about doing them in a bunny costume (or at least with bunny ears).

Everyone flew in to Indy with no difficulty. (One year Jeff and I had our flights cancelled, got a last minute flight to Columbus, OH and had to ride three and a half hours in a rental car we shared with a couple named Kevin and Patty who were going to the IU graduation and talked nonstop about Priceline, their GPS and their boat). Pre-race festivities include a giant expo just like the big marathons where they give away all sorts of things that you shouldn't try the night before a long race.

Race morning it was impossible to meet Carol and her friends before since there are 35,000 people and they were in some corral way down the street. The start and the finish are in different locations but only a few blocks apart. Jeff and I took our gear check to the Fed X trucks which are positioned between the start and finish. This year the race was a little somber and nervous as it was not long after the Boston tragedy, and they were being very particular about the gear check bags and no backpacks in the corrals. Before the start, they honored Boston by playing "Sweet Caroline" instead of the usual "My Indiana Home."

The race start is something else. It is just an enormous amount of people and they all are running pretty fast from the start. It seems like if one person trips, then 5,000 people go down. But it always works and you are off to hear the entertainment, be hypnotized by the speedway and be back before you know it. The course is almost completely flat, except for one hill (down and up) in a tunnel to get into the speedway.

All of us had fine races and my sister and her friends were suitably impressed with the race. A big race is no big deal for her given the big events they have in D.C. She did mention that they got quite a few stares with their rabbit ears. Apparently those practical Midwesterners don't get the running in costume thing. (One thing about Midwesterners though is that they are very nice. Everyone there is so polite).

2014's race will be on May 3rd. Registering early is a must as it closes out by December or so. And you save on the outrageously high fees (\$70 for early registration--yes Leaf Peepers is a bargain). The 5k doesn't close out as early but who wants to do that.

Elmore Practice Triathlons

This was the 7th year I organized the Elmore Practice Triathlon Series. Central Vermont Runners have been participants and volunteers each year. This year, all but one volunteer was a CVR member and I thank them for all their help. Some of the best accomplishments of the year were **Becky Diedrich** and **Sandy Colvin** doing their first triathlons ever. They improved each outing and I think they may be hooked! **Becky** even got her husband **George** to participate once. **Roy Belcher** said that the tri's were the highlight of his summer. He and **Sandy** were 2 of 5 who attended all 4 events. Rima and Brian Carlson who also attended and mostly won all 4 events are definitely future CVR members. They stated they just haven't gotten around to joining CVR—don't worry, we'll make that happen soon. **Ann Bushey** and family always make the tri fun. **Brynn** usually does the swim-run event (the aquathlon), **Brian** runs, while **Ann** does the whole thing and **Dick** bikes up from Montpelier for kid-watching/escorting-on-the-run duties. In prior years they have brought **Devin Baker** with them. **Andrea McLaughlin** just made it to one this year, but she has been a frequent competitor in the past as have **Pat Driscoll** and **Keith Woodward**. New CVR members **Erin** and **Aaliyah Preston** also participated this year. Other than the USA Triathlon insurance fee, anybody under 17 participates for free and can choose any 1, 2 or 3 of the events to participate in each time and can also do a relay with friends or parents.

In 7 years, I haven't had a worse year for weather on Thursday nights. Triathlons are a bit trickier with weather than running. Granted, Tim Noonan moved Bear Swamp to Saturday a.m. due to frequent thunderstorms in July on Thursday evenings, but otherwise, nobody wonders if the running race will be cancelled. Every week this year, that was the question. In 2012 I believe it rained every Tuesday Fun Run give or take a few. For proof that Thursdays replaced Tuesdays for 2013--Here are my comments when I sent out the results each week...

(Continued on page 7)

Elmore Practice Triathlons (continued from page 6)

6/13: Despite the rainy forecast, 20 hardy souls participated in the 1st 2013 Elmore Practice Triathlon. The water and air were chilly, but it never rained and at least 3 people completed their first triathlon. Thanks to Karyn Scherer, **John Martin** and **Eric Ryea** for volunteering. The next event is June 27, it should be summer by then!

6/27: Once again we escaped the rain and had a great event. The warmer water and air helped many people improve their times dramatically since last event. Jeff Alexander crossed the finish line first, but Brian Carlson's net time was lower allowing the husband wife duo of Rima and Brian to claim victories. Thank you to Brian for filling in as lifeguard and **Marsha Bancroft** for assisting with timing. The next event is in 3 weeks on July 18.

7/18: 16 Optimistic triathletes showed up on a potentially stormy evening to participate in the 3rd Elmore Triathlon of the season. Despite the forecasts, the rain stopped and the rumbles remained distant, so we were able to hold the swim, bike and run without modifications. Once again, Brian Carlson was first male and Rima Carlson first female. Thanks to **Dot** and **John Martin** for volunteering.

8/1: Once again the weather prediction was for rain on Thursday night. This time our luck ran out and the 60 something degrees alternated between a blustery rain and a moderate drizzle. Four hardy competitors completed the whole triathlon. Rima Carlson completed the four-peat as first female in 2013. Brian Carlson won for the 3rd consecutive time. Five competitors opted for the aquathlon due to concerns for safety (and fearing hypothermia) on the wet rough bike ride. Thanks to **Dot** and **John Martin**, **Marsha Bancroft** and **Eric Ryea** for volunteering. Here's hoping for at least one sunny Thursday on good pavement in 2014!

More information and full results of each Elmore Triathlon (all 7 years!) can be found on my website under the Elmore Triathlon tab www.donnasmyers.com

I hope to see more CVR members there next year!

...Donna Smyers

Summary of the CVR/ORS Race Series Standings through Bear Swamp (7 Races)

Age Group	1st place	2nd place	3rd place
Female 0 - 19	Holly Gordon	Brynn Preston	Aaliyah Preston
Female 20 - 29	Rose Dedam	Allie Yanikowski	Sara Erickson
Female 30 - 39	Sarah London	Richarda Ericson	Arianne Kissam
Female 40 - 49	Sandy Colvin	Gail Pelky	Jen Miller-Arsenault
Female 50 - 59	Sue Emmons	June Burr	Ann Bushey
Female 60 - 69	Patty Foltz	Dot Helling	Toni Kaeding
Female 70+	Marsha Bancroft		
Male 0 - 19	Brian Bushey	Jeremy Grosvenor	Jacob Miller-Arsneault
Male 20 - 29	David Keeney		
Male 30 - 39	Gavin Boyles	Jon Copans	Rob McDougall
Male 40 - 49	Jeff Prescott	Sean Murphy	Scott Lovelette
Male 50 - 59	Jim Flint	Mack Gardner-Morse	Charles Windisch
Male 60 - 69	Jamie Shanley	John Valentine	David Ericson
Male 70+	Gerry Carlson	Bob Murphy	Newton Baker

** there are close to 80 members included in the CVR/ORS Series Standings and over half have already volunteered*

Montpelier Mile

July 3rd

The **Montpelier Mile** presented by the **Montpelier Rotary** and **Onion River Sports**, continues to grow with 236 participants this year.

Notable CVR performances include:

- **Allie Yanikoski**: 1st place female overall, 1st place female 20-29
- **Richarda Ericson**: 3rd place female overall, 1st place female 30-39
- **Brian Bushey**: 1st place male 9-12
- **Holly Gordon**: 2nd place female 13-19
- **Jeremy Hoyne-Grosvenor**: 2nd place male 13-19 (Note: Jeremy was our fastest club member with a 5:20. 8th place overall.)
- **Ann Bushey**: 2nd place female 50-59
- **Jim Flint**: 1st place male 50-59
- **Andy Shuford**: 2nd place male 50-59
- **Patty Foltz**: 1st place female 60-69 (Note: **New age group record**. Patty's time of 6:51 was well below existing record of 7:31 set by Carol Vassar in 2012.)
- **Dot Helling**: 3rd place female 60-69
- **David Vanderlinde-Abernathy**: 1st place male 60-69
- **Lowell Vanderlip**: 2nd place male 60-69
- **Marsha Bancroft**: 1st place female 70-79 (Note: **New age group record**. Marsha's time of 9:36 obliterated the old record of 14:06.)
- **Bob Murphy**: 1st place male 70-79
- **Gerry Carlson**: 1st place male 80-99 (Note: Gerry was only two seconds slower than the age group record he set in 2012. Next year!)

Complete results are available at: <http://www.onionriver.com/events-results/event-results/2013-montpelier-mile-results/>

Finally, a shout out from **Donna Smyers** for the great CVR volunteer turn-out:

*Timing went amazingly well with the help of lots of CVR members. **John Hackney** maintained his cool at the computer despite 160 race day entries, assisted by **Sue Hackney** and **Sandy Colvin**. Most race day entries were in the last half hour, many after registration had theoretically closed. **Chris Andresen, Newton Baker** and **Sue Hackney** came up with temporary pseudo 2nd chutes keeping people lined up when they backed up. **Brian and Tracy Joslin** came through with perfect bib number writing (unbelievably stressful but every number was legible and as far as we could tell correct). **Betsy Vanderlip** and **Gavin Boyles** and **Greg Wight** at timer duty. Somehow we ended up with the same number of times recorded as finishers--236 finishers in 10 minutes. There were 92 people between 7 minutes and 9 minutes across the finish line. That's as many as most of our races get. I haven't looked at it yet, but I had **Nick Persampieri** video the finish for back up if things got really screwed up. ... Jeff*

Worcester 4 mile/2 mile

June 16, 2013

A huge thank you goes to CVR member Roy Belcher of Worcester for organizing the Foot Race/Fun Run on Father's Day on Minister Brook Road, and to the Post Office Cafe for sponsoring the race to benefit the Worcester Historical Society.

There were 31 entrants in the four mile foot race up Minister Brook Road to George Richardson's and back to just below the intersection of West Hill and Hampshire Hill.

Winners were:

- 1st** — Sean Mitchell (Burlington and formerly of Worcester) with a time of 27 minutes, 41 seconds
- 2nd** — Mack Gardner-Morse (Calais), 28:11
- 3rd** — Beth Daut (Berlin), 31:13

Winners of the 2 mile Fun Run were the McLane family from Worcester:

- 1st** — Noah McLane (Doty Memorial student), 17 minutes, 39 seconds
- 2nd** — Rory McLane (Doty Memorial student), 18:04
- 3rd** — Megan McLane (Mom), 20:15

Honorable mention goes to Michael Travis of Worcester for pushing a stroller with his 2 daughters on the four mile race. Good job Michael!!

Thanks to all the participants and helpers with this event and to the Post Office Cafe for the delicious & healthy cookies at the end of the race.... Judy Knapp (*the Worcester Grapevine*)

Complete 2 Mile Fun Run Results Place Time Last First M/F Age Town

- 1 17:37 McLane Noah M 10 Worcester
- 2 18:04 McLane Rory M 7 Worcester
- 3 20:15 McLane Megan F 47 Worcester
- 4 25:33:00 Fitts Claire F 32 Montpelier
- 5 27:11:00 Sabo Greta F 9 Worcester
- 6 27:18:00 Lamb Nellie F 9 Worcester
- 7 27:22:00 Sabo Leslie F 44 Worcester

Complete 4 Mile Challenge Results Place Time Last First M/F Age Town

- 1 27:41:00 Mitchel Sean M 46 Burlington
- 2 28:16:00 Gardiner-MorsMeack M 52 Calais
- 3 31:13:00 Dant Beth F 56 Berlin
- 4 31:45:00 Erickson David M 60 Barre
- 5 32:32:00 Burns Dillan F 34 Calais
- 6 33:28:00 Hee Eileen F 41 Worcester
- 7 34:59:00 McLane Matt M 41 Worcester
- 8 35:15:00 Bookchin David M 48 Worcester
- 9 35:20:00 Schwartz Chuck M 52 Worcester
- 10 35:21:00 Pelkey Gail F 48 Waterbury
- 11 35:28:00 Burr June F 54 Fayston
- 12 38:21:00 Gaa Bill M 61 Matamoras, PA
- 13 39:07:00Weller Callie F 37 Plainfield
- 14 39:29:00 Kutin Colleen F 36 Worcester
- 15 40:31:00 Fulcher Amber F 34 East Montpelier
- 16 42:07:00 Erickson Sara F 29 Barre
- 17 43:41:00 Travis Michael M 47 Worcester
- 18 44:16:00White Kathleen F 42 Worcester
- 19 45:49:00 Clark Clayton M 40 Winooski
- 20 46:26:00 Rawson Johanna F 36 Barre
- 21 46:43:00 Bancroft Marsha F 75 Worcester
- 22 47:17:00 Jordan Helen F 33 Montpelier
- 23 47:17:00 Peterson Christine F 41 Barre
- 24 48:58:00 Cranse Roger M 72 Montpelier

Race director: Roy Belcher

Barre Town Spring Run 5K

Barre, VT 5/18/2013

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

Place . Overall . Name . Age . City . St . Time . Pace

FEMALE AGE GROUP 1 - 13

1 26 Aaliyah Preston 10 Graniteville VT 26:30 8:32
 2 30 Metlyn Thygesen 12 Williamstown VT 28:08 9:04
 3 39 Camden Kelley 10 Barre VT 29:14 9:25
 4 43 Delaney Partlow 9 South Barre VT 30:44 9:54
 5 44 Ciera Sweet 10 Williamstown 31:01 9:59
 6 45 Maddie Johnson 9 Randolph Ctr VT 31:07 10:01
 7 47 Erin Rivers 10 Williamstown VT 31:28 10:08
 8 48 Gaby Mathews 9 Graniteville VT 31:33 10:10
 9 50 Marcella Milone 8 Barre VT 31:36 10:11
 10 51 Sasha Bronstein 9 Barre VT 31:44 10:13
 11 52 Lexi Royce 9 Graniteville VT 31:54 10:17
 12 53 Amelia Cameron 9 Barre VT 31:56 10:17
 13 54 Elizabeth Bardley 10 Barre VT 31:57 10:17
 14 56 Brynn Bushey 13 Montpelier 32:06 10:20
 15 60 Emma Cushman 10 Barre VT 32:50 10:34
 16 62 Kayla Meacham 10 Braniteville VT 33:28 10:47
 17 63 Madeline Benoit 10 Barre 33:37 10:50
 18 64 Abby Burachowski 9 Barre VT 33:42 10:51
 19 65 Collen Flinn 9 Barre VT 33:44 10:52
 20 69 Addison Reil 10 East Barre VT 34:30 11:07
 21 73 Darian Partlow 10 Barre VT 37:15 12:00
 22 76 Anna Bailay 10 Barre VT 38:31 12:24
 23 77 Alycia Dickinson 9 Williamstown VT 38:36 12:26
 24 79 Hunter Grout 8 Graniteville VT 38:53 12:31
 25 80 Analie Chaquette 10 Barre VT 38:55 12:32
 26 81 Isabelle Fisher 10 Barre VT 39:00 12:33
 27 82 Molly Bombard 9 Barre VT 39:47 12:49
 28 83 Olivia Kuban 8 Barre VT 40:13 12:57
 29 84 Laren Preddy 9 Barre VT 40:15 12:58
 30 85 Samantha Oliver 10 Barre VT 42:29 13:41
 31 87 Victoria Anderson 10 Barre 44:15 14:15
 32 88 Hazel Sutton 9 S Barre 44:18 14:16
 33 89 Anna Sancibrian 10 Barre 44:20 14:16
 34 90 Emma-Lee Hallock 9 Williamstown VT 44:37 14:22
 35 91 Amanda Lasell 9 Williamstown 44:37 14:22
 36 92 Wiolette Maring 10 Williamstown VT 45:15 14:34
 37 94 Laci Cota 9 Barre 46:15 14:54
 38 95 Alexis Isham 9 Williamstown VT 46:20 14:55
 39 96 Takera Hall 10 Barre VT 46:56 15:07
 40 97 Brooke Cota 11 Barre 47:18 15:14
 41 98 Isabelle Druzba 9 Barre VT 51:14 16:30
 42 99 Madison Lantagne 8 Barre VT 52:22 16:52
 43 101 Megan Jones 10 Williamstown VT 53:41 17:17

MALE AGE GROUP 1 - 13

1 5 Benjamin Thygesen 10 Williamstown VT 21:14 6:51
 2 11 Brian Bushey 10 Montpelier 22:36 7:17
 3 13 Hayden Reil 10 East Barre VT 23:09 7:27
 4 33 Wilder Brown 8 Middlesex 28:34 9:12
 5 35 Willard Ishum 7 Williamstown VT 28:47 9:16
 6 93 Taylor Pecor 9 Williamstown VT 45:17 14:35
 7 100 Izaac Maring 8 Williamstown VT 53:40 17:17

FEMALE AGE GROUP 14 - 19

MALE AGE GROUP 14 - 19

1 15 Daniel Benson 19 Barre 23:10 7:28
 2 31 Justin Jones 16 Williamstown 28:24 9:09

FEMALE AGE GROUP 20 - 29

1 10 Rose Dedam 29 Bethel 22:08 7:08
 2 18 jamie Williamsom 26 Montpelier 24:01 7:44
 3 37 Jess Cotnoir 24 Williamstown 29:06 9:22

MALE AGE GROUP 20 - 29

1 2 Alex Rogers 21 Stockbridge 18:38 6:00

Race Director: Andrea McLaughlin

FEMALE AGE GROUP 30 - 39

1 27 Erin Preston 38 Barre VT 26:32 8:33
 2 36 Anane Kissam 37 Montpelier 29:03 9:21
 3 49 Kelly Wilkins 35 Barre VT 31:35 10:10
 4 59 Melissa Anderson 35 Barre 32:36 10:30
 5 67 Amy Scalabrini 31 Websterville 34:00 10:57
 6 70 Jennifer Valade 32 Barre 34:31 11:07
 7 74 Wendy Dente 39 Dente 38:06 12:16
 8 102 Sarah Kunkle 33 Williamstown 53:42 17:18

MALE AGE GROUP 30 - 39

1 1 Adam French 33 Berlin 18:27 5:57
 2 17 Steve Comolli 37 Montpelier 24:00 7:44

FEMALE AGE GROUP 40 - 49

1 20 Jennifer Skinder 44 Montpelier 24:37 7:56
 2 21 Kerry Chaffee 43 Barre 25:29 8:12
 3 25 Joanne Mugford 45 Barre 26:11 8:26
 4 34 Stacy Blanchard 42 Randolph 28:35 9:12
 5 38 Fern Rogers 43 Stockbridge 29:09 9:23
 6 40 Windy Kelley 40 Barre VT 29:14 9:25
 7 46 Emily LeVan 40 Randolph Ctr VT 31:08 10:02
 8 55 Cindy Barr 44 Berlin 32:05 10:20
 9 61 Diane Mathews 43 Graniteville VT 33:07 10:40
 10 66 Anita Moore 48 Websterville 33:53 10:55
 11 75 Karen George 41 Barre 38:07 12:16
 12 78 Sheila Bailay 46 Barre VT 38:45 12:29
 13 86 Shari Oliver 49 Barre VT 42:30 13:41

MALE AGE GROUP 40 - 49

1 3 Leif Richardson 42 Montpelier 19:32 6:18
 2 9 Jeff Prescott 49 Montpelier VT 21:49 7:02
 3 22 David Cameron 42 Barre 25:30 8:13
 4 23 Joe Preddy 49 Barre VT 25:35 8:14
 5 32 Randy Brown 45 Middlesex 28:33 9:12
 6 41 Sean Flinn 43 Barre VT 29:51 9:37

FEMALE AGE GROUP 50 - 59

1 6 Sue Emmons 57 S. Duxbury VT 21:22 6:53
 2 57 Ann Bushey 55 Montpelier 32:06 10:20

MALE AGE GROUP 50 - 59

1 4 Mack Gardner-Morse 52 Calais VT 19:50 6:23
 2 14 Carl Rogers 57 East Barre VT 23:09 7:28
 3 16 Trevor Whipple 50 Berlin 23:16 7:30
 4 19 Rick DeAngelis 58 Montpelier 24:02 7:44
 5 28 Arthur Ward 51 Bethel 26:34 8:33

FEMALE AGE GROUP 60 - 69

1 12 Patty Foltz 65 Stowe VT 22:56 7:23
 2 24 Dot Helling 63 Montpelier 25:59 8:22
 3 42 Tess Zimmerman 65 Barre VT 30:20 9:46

MALE AGE GROUP 60 - 69

1 7 Bill Dysart 60 Charlotte VT 21:27 6:54
 2 8 Jamie Shanley 60 Montpelier 21:42 6:59
 3 29 Bob Howe 66 Barre VT 27:13 8:46

FEMALE AGE GROUP 70 - 79

1 71 Peggy Lipscomb 70 Greensboro Bend 34:32 11:07

MALE AGE GROUP 70 - 79

1 58 Mike Zimmerman 70 Barre VT 32:08 10:21
 2 68 Jim Marchino 71 Evansville IN 34:08 11:00

MALE AGE GROUP 80 - 99

1 72 Gerry Carlson 81 Montpelier 35:51 11:33



Provided by Andrea McLaughlin

CVR Capital City Stampede 10K Montpelier, VT 06/08/2013

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

Place . Overall . Name . Age . City . St . Time

FEMALE AGE GROUP 01 - 19

1 30 Althea Devereux 14 Jericho VT 48:16
2 39 Holly Gordon 13 Montpelier VT 51:14
3 43 Eleanor Devereux 13 Jericho VT 53:10
Record 38:56 by Caitlin Compton in 1999

MALE AGE GROUP 01 - 19

Record 32:37 by Brent Coon in 1985

FEMALE AGE GROUP 20 - 29

1 3 Alicia Freese 29 Montpelier VT 38:52
2 13 Amy Stewart 29 Stowe VT 43:22
3 28 Rose Dedam 29 Bethel VT 47:44
4 35 Lindsey Desrochers 29 Waterbury VT 49:30
5 51 Amy Triono 24 Northfield VT 57:39
6 53 Sara Erickson 29 Barre VT 59:47
7 59 Megan Foster 29 Montpelier VT 1:07:07
Record 35:28 by Lea Hayer in 1983

MALE AGE GROUP 20 - 29

1 36 Daniel Keeney 29 No. Montpelier VT 49:51
2 57 Oliver Hackerson 26 Burlington VT 1:06:05
Record 30:26 by Eric Morse in 1993

FEMALE AGE GROUP 30 - 39

1 14 Catherine Reed 36 Plainfield VT 43:54
2 16 Sarah London 33 Montpelier VT 44:27
3 19 Richarda Ericson 37 Montpelier VT 45:27
4 55 Laura Woodard 39 Montpelier VT 1:00:31
5 61 Dana McKeen 30 Burlington VT 1:08:06
6 63 Elizabeth Erickson 34 Wolcott VT 1:16:06
7 64 Jennifer Valade 32 Barre VT 1:16:10
Record 36:43 by Gina Sperry in 1991

MALE AGE GROUP 30 - 39

1 1 Steve Wallace 37 Hinesburg VT 36:55
2 2 Gavin Boyles 37 Montpelier VT 38:06
3 9 Tom Hirschfeld 32 Montpelier VT 42:08
4 25 Jeff Johnson 35 Barre VT 47:00
5 29 David Metraux 34 Greensboro VT 47:53
Record 30:50 by Eric Morse in 1995

FEMALE AGE GROUP 40 - 49

1 21 Sandy Colvin 45 Montpelier VT 46:25
2 40 Amy Arnold 40 Indianapolis IN 51:56
3 42 Gail Pelkey 48 Waterbury VT 52:17
4 46 Jean Hess 46 Jericho VT 55:28
5 50 Becky Diedrich 48 Berlin VT 57:00
6 54 Jeanette Hosford 44 Middlesex VT 59:58
7 56 Tanya Morehouse 42 Montpelier VT 1:01:20
8 58 Sarah Prior 44 Northfield VT 1:06:18
9 62 Denise Ricker 47 Montpelier VT 1:09:09
Record 38:29 by Sue Barber in 1997

MALE AGE GROUP 40 - 49

1 4 Jon Floyd 40 Waterbury Ctr. VT 40:08
2 5 George Cook 40 Montpelier VT 40:10
3 8 Ben Ellingson 42 Montpelier VT 41:47
4 10 Daniel Miller-Arsen 44 Middlesex VT 42:23
5 11 Sean Murphy 46 Websterville VT 42:31
6 17 Scott A. Lovelette 44 Montpelier VT 44:42
7 32 Blaise Schroeder 48 Burlington VT 48:34
8 33 Jeff Prescott 49 Montpelier VT 48:42
9 34 Jeremy Mullins 42 So. Duxbury VT 48:59
10 38 Randy Brown 45 Middlesex VT 51:13
Record 34:00 by Randy Sightler in 2001

FEMALE AGE GROUP 50 - 59

Record 41:41 by Moira Durnin in 2001

MALE AGE GROUP 50 - 59

1 6 Jim Flint 54 Craftsbury VT 40:44
2 7 Michael Wolfe 50 Newton MA 41:19
3 12 Mack Gardner-Morse 52 Calais VT 42:57
4 15 Tim Heney 54 Montpelier VT 44:16
5 18 Paul Keating 57 Montpelier VT 45:07
6 20 Tim Noonan 57 Montpelier VT 45:50
7 24 Andy Shuford 53 Montpelier VT 46:59
8 26 Charlie Windisch 59 Essex Jct. VT 47:16
9 27 Jeff Morin 50 Essex VT 47:42
10 49 Tony Mathis 51 Montpelier VT 56:03
Record 34:44 by Doug MacGregor in 1990

FEMALE AGE GROUP 60 - 69

1 31 Patty Foltz 65 Stowe VT 48:31
2 44 Dot Helling 63 Montpelier VT 53:17
3 60 Edie Novicki 61 Stowe VT 1:07:32
Record 46:38 by Patty Foltz in 2008

MALE AGE GROUP 60 - 69

1 22 Steve Burkholder 61 Montpelier VT 46:25
2 23 Chuck Arnold 66 Burlington VT 46:56
3 37 Russ Cooke 61 Williston VT 49:58
4 41 Greg Gerdel 66 Montpelier VT 52:16
5 47 Michael Shover 64 Bradford VT 55:30
6 52 Harold Garabedian 65 Montpelier VT 57:47
Record 40:33 by Ed McSweeney in 2011

MALE AGE GROUP 70 - 79

1 48 Hugh Wilson 73 Dorval PQ 55:46
Record 49:37 by Jean Bernaquez in 2006

MALE AGE GROUP 80 - 99

1 45 Jean Bernaquez 81 Montreal PQ 55:27
New record.
2 65 Gerow Carlson 81 Montpelier VT 1:18:09

Race Director: John Valentine

Corporate Cup Challenge & State Agency Race

There were 2,118 scored finishers in the run and another 1,157 timed walkers. That's a lot of people moving in tiny little downtown Montpelier. I wasn't there but was pleased to see great participation from CVR members.

A few specific shout-outs:

Gavin Boyles was 10th overall in 17:19 (5:35 pace).

CVR ladies NEVER fail to impress. They swept away four out the top ten places for females: **Kaitlin O'Shea** (2nd), **Sarah London** (6th), **Sue Hackney** (7th) and **Jen Miller-Arsenault** (10th)

I also noticed **Alicia Gant** of Williamstown in there in 8th place female. You may recall that she was the female winner of **Adamant 20-Miler** and **Mutt Strutt** already this year

But this event is not really an individual race...it's a team event. CVR folks powered teams to high finishes in several divisions:

Female State Government Teams: **Sarah London** led the Agency of Administration's Shumrunners to a first place finish

Female State Government Teams: **Kaitlin O'Shea** and **June Burr** led the VTrans Fast Lane Runners to a close second place finish

Mixed State Government Teams: **Gavin Boyles** and **Rob McDougall** led the Attorney General Office's Exempt and Unkempt team to a first place

Mixed Non-Profit Teams: **Dan Miller-Arsenault** led the Speedy Solons of Montpelier High School to first place

... Jeff

39th Annual Paul Mailman 10 Miler

Montpelier, VT June 23, 2013

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

Place . Overall . Name . Age . City . St . Time . Pace

=====

FEMALE AGE GROUP 0 - 19

1 57 HOLLY GORDON 13 MONTPELIER VT 1:34:04 9:25

Record 57:53 by Tara Chaplin in 1998

MALE AGE GROUP 0 - 19

1 3 BENJAMIN MARTELL 16 LEXINGTON MA 1:05:02 6:31

2 4 JOHN CLARK 19 NORTHFIELD VT 1:08:12 6:50

Record 55:18 by Francis Burdett in 1982

FEMALE AGE GROUP 20 - 29

1 10 ALLIE YANIKOSKI 28 MONTPELIER VT 1:14:44 7:29

2 26 KAITLIN O'SHEA 28 MONTPELIER VT 1:21:09 8:07

3 42 MEGAN BULLARD 27 WILLIAMSTOWN VT 1:28:40 8:52

4 69 WENDY FULLER 29 MONTPELIER VT 1:39:19 9:56

5 83 MARY MYERS 27 WASHINGTON CT. HSE OH 1:57:51 11:48

6 87 SARA ERICKSON 29 BARRE VT 2:04:30 12:27

Record 1:00:03 by Ann Peisch in 1982

MALE AGE GROUP 20 - 29

1 75 OLIVER WADE HACKERS 26 BURLINGTON VT 1:45:01

10:31

Record 50:09 by Jim Miller in 1982

FEMALE AGE GROUP 30 - 39

1 11 SARAH LONDON 34 MONTPELIER VT 1:15:21 7:33

2 14 JULIE CURTIN 38 MONTPELIER VT 1:15:53 7:36

3 22 RIMA CARLSON 39 MONTPELIER VT 1:18:15 7:50

4 36 VICTORIA HILL 39 E. HARDWICK VT 1:25:44 8:35

5 51 LESLIE WELTS 32 MONTPELIER VT 1:31:08 9:07

6 53 JOHANNA STRAAVALDSE 30 MONTPELIER VT 1:32:56 9:18

7 80 ARIANE KISSAM 37 MONTPELIER VT 1:51:10 11:07

8 81 SHEILA LENO 37 E. CALAIS VT 1:52:51 11:18

9 82 MONICA BOYD 37 NORTHFIELD FALLS VT 1:52:53 11:18

Record 55:58 by Leatrice Sikora Hayer in 1988

MALE AGE GROUP 30 - 39

1 1 THOMAS HOWARD 36 BURLINGTON VT 1:04:12 6:26

2 2 GAVIN BOYLES 37 MONTPELIER VT 1:04:30 6:27

3 5 JON COPANS 39 MONTPELIER VT 1:08:27 6:51

4 9 TOM GEISLER 39 RUTLAND VT 1:11:26 7:09

5 18 BRIAN BURNS 37 CALAIS VT 1:16:26 7:39

6 20 ROB MCDUGALL 38 SO. BURLINGTON VT 1:16:49 7:41

7 23 JOSH ARNESON 37 BOLTON VT 1:18:21 7:51

8 28 KURT NELSON 37 SOMERVILLE MA 1:21:39 8:10

9 29 ADAM WARRINGTON 34 ESSEX JCT. VT 1:21:40 8:10

10 30 BRAD BATTIN 32 BOLTON VALLEY VT 1:22:46 8:17

11 32 JEFF JOHNSON 35 BARRE VT 1:24:11 8:26

12 38 MARC BLANDIN 33 BROCKTON MA 1:26:08 8:37

13 49 BJ ALLAIRE 36 BARRE VT 1:31:00 9:06

14 63 JEREMY SPENCER 30 FAYSTON VT 1:36:02 9:37

Record 51:00 by Keith Woodward in 1982

FEMALE AGE GROUP 40 - 49

1 13 CARRIE FELICE 41 EAST CALAIS VT 1:15:34 7:34

2 17 SANDY COLVIN 45 MONTPELIER VT 1:16:23 7:39

3 19 JEN MILLER-ARSENAUL 43 MIDDLESEX VT 1:16:37 7:40

4 40 GAIL MARTIN 47 SHARON MA 1:27:48 8:47

5 50 GAIL PELKEY 48 WATERBURY VT 1:31:03 9:07

6 72 LORI MARTELL 49 LEXINGTON MA 1:42:40 10:16

7 73 LINDA MCCARTHY 49 DRACUT MA 1:43:10 10:19

8 86 JESSICA COSTA 44 CHELMSFORD MA 2:02:34 12:16

Record 1:03:09 by Moira Durnin in 1991

MALE AGE GROUP 40 - 49

1 7 GEORGE COOK 40 MONTPELIER VT 1:10:09 7:01

2 8 ERIC MARSH 40 RUTLAND VT 1:11:26 7:09

3 12 ROWLY BRUCKEN 44 NORTHFIELD VT 1:15:26 7:33

4 16 SEAN MURPHY 46 WEBSTERVILLE VT 1:16:07 7:37

5 25 NOEL CLARKE 49 SOMERVILLE MA 1:20:08 8:01

6 41 RICK COTA 44 WAKEFIELD RI 1:28:12 8:50

7 43 MIKE BESSETTE 43 ST. ALBANS VT 1:29:48 8:59

8 48 JASON BOYD 40 NORTHFIELD FALLS VT 1:30:47 9:05

Record 55:29 by Jim Miller in 1999

FEMALE AGE GROUP 50 - 59

1 39 CARYN ETHERINGTON 56 MIDDLEBURY VT 1:26:38 8:40

2 46 ELLIE BOUFFARD 52 COLCHESTER VT 1:30:33 9:04

3 55 CATHY MARTELL 55 GEORGIA VT 1:33:41 9:23

4 66 DEBBIE WEINER 52 MONTREAL QE 1:36:55 9:42

5 71 LISA DANE 51 ESSEX JCT. VT 1:40:32 10:04

6 77 ANITA HADLOCK 58 SHARON MA 1:45:46 10:35

7 78 DEBORAH KNIGHT 56 WORCESTER MA 1:46:54 10:42

8 84 TRESA CASALETTI 52 MEDFORD MA 1:58:45 11:53

Record 1:12:24 by Phyllis Heaton in 1983

MALE AGE GROUP 50 - 59

1 6 BOB MARTELL 50 LEXINGTON MA 1:08:49 6:53

2 15 JOHN GROSVENOR 52 CABOT VT 1:16:01 7:37

3 24 CHARLIE WINDISCH 59 ESSEX JCT. VT 1:19:25 7:57

4 27 RUSSELL STATMAN 53 PLATTSBURG NY 1:21:20 8:08

5 33 DAVID MARTIN 53 SHARON MA 1:24:22 8:27

6 44 GORDON MILLS 58 LYNDONVILLE VT 1:30:01 9:01

7 45 RICK DEANGELIS 57 MONTPELIER VT 1:30:23 9:03

8 52 RICK WEINSTEIN 57 KNOXVILLE TN 1:32:02 9:13

9 58 TONY KLINE 53 BEVERLY MA 1:34:14 9:26

10 62 DAVID MCMATH 50 E. HARDWICK VT 1:35:36 9:34

11 64 BOB MCCOLGAN 56 DEDHAM MA 1:36:24 9:39

12 65 DENNIS CASEY 54 WATERFORD VT 1:36:46 9:41

13 68 DAVE TYLER 54 LOWELL MA 1:38:29 9:51

14 70 STEVE O'DONNELL 50 WALTHAM MA 1:40:28 10:03

15 85 JONATHAN KNIGHT 56 WORCESTER MA 1:58:53 11:54

16 89 DAN FITZPATRICK 57 HOPKINTON MA 2:09:06 12:55

Record 56:53 by Doug MacGregor in 1991

FEMALE AGE GROUP 60 - 69

1 34 JANET LABUC 62 VAUDREUIL-DORION QE 1:24:27 8:27

2 35 PATTY FOLTZ 65 STOWE VT 1:24:36 8:28

3 54 DOT HELLING 63 MONTPELIER VT 1:33:01 9:19

4 74 BARBARA GRANDBERG 62 SOMERVILLE MA 1:44:04 10:25

5 88 EDIE NOVICKI 61 STOWE VT 2:08:05 12:49

Record 1:18:32 by Moira Durnin in 2011

MALE AGE GROUP 60 - 69

1 21 JAMIE SHANLEY 60 MONTPELIER VT 1:17:39 7:46

2 31 JOHN MARTINO 64 SHARON MA 1:23:22 8:21

3 37 QUENTIN DOMBRO 61 BURLINGTON VT 1:25:57 8:36

4 47 RUSS COOKE 61 WILLISTON VT 1:30:35 9:04

5 59 JOHN KAEDING 65 WORCESTER VT 1:34:30 9:27

6 60 THOMAS HOGEBOOM 62 HARDWICK VT 1:35:36 9:34

7 61 DAVID ERICKSON 60 BARRE VT 1:35:36 9:34

8 79 FRANK SHORT 66 ST. ALBANS VT 1:48:34 10:52

9 91 RAYMOND BUTOTTE 67 PEPPERELL MA 2:22:21 14:15

10 92 MARK LEONARD 62 WALTHAM MA 2:24:27 14:27

Record 1:04:40 by Gordon MacFarland in 2010

MALE AGE GROUP 70 - 79

1 56 BOB MURPHY 73 BARRE VT 1:33:56 9:24

2 67 PETER ORNI 70 ASHBURNHAM MA 1:38:03 9:49

3 76 PHILLIP HOWARD 75 BURLINGTON VT 1:45:22 10:33

4 90 PETER WALLAN 70 SHARON MA 2:10:07 13:01

Record 1:23:57 by Bob Murphy in 2011

Race Directors: Andy Shuford and Andrea McLaughlin

The hot, humid weather took its toll on finish times at the Paul Mailman 10 Miler. I did some analysis of this. There were 28 people who ran the race in both 2012 and 2013. Only two people were faster this year than last. The remaining 26 people were slower in 2013 than 2012. For the 28 people who ran both years, the 2013 times were 8% longer than their 2012 times. If you throw out the outliers (the smallest and biggest differences), the 2013 times were 7% longer than their 2012 times. How big is that? A pace of 6:00 min/mile would become 6:25. A pace of 8:00 min/mile would become 8:34. A pace of 10:00 min/mile would become 10:42. ... Jeff



Provided by Andrea McLaughlin

Many thanks for the generous donation towards our "Girls Running Club" t-shirts. We love them! We have also enjoyed our "healthy snacks" at every practice. Sincerely, The 2013 Barre Town Girls Running Club Team!



Provided by Liz Wuorinen

Thank Central Vermont Runners Club again for your grant this spring. Our track and field teams, both middle and high school, benefitted from this. These trackletes all love their shirts and wear them with pride....Elizabeth C. Wuorinen

Bear Swamp Run - July 13, 2013 - 5.6 Miles



RESULTS... Total Finishers: 54

Overall Male Winner: Marc Gilbertson – 33:58

Overall Female Winner: Carrie Felice – 40:31

Overall Place . Place in Age Group . Name . Time

Female 0-19

33 1 Holly Gordon 49:30

Female 20 – 29

21 1 Megan Bullard 44:13

24 2 Kellie Largay 45:35

25 3 Rose Dedam 46:19

Male 20-29

4 1 Peter Dysart 38:25

Female 30-39

10 1 Julie Curtin 40:35

11 2 Sarah London 41:29

15 3 Rima Carlson 43:05

39 4 Kimberly Wilson 52:34

47 5 Ariane Kissam 64:32

Male 30-39

2 1 Gavin Boyles 34:34

8 2 Justin Kolber 40:28

19 3 Dale Christie 43:39

26 4 B.J. Alaire 46:42

Female 40 – 49

9 1 Carrie Felice 40:31

18 2 Sandy Colvin 43:33

27 3 Jen Gordon 46:51

30 4 Gail Pelkey 48:39

32 5 Jenn Gordon 49:30

34 6 Whitney Kaulbach 50:08

37 7 Wendy Blackman 51:45

38 8 Becky Diedrich 52:31

43 9 Beth Eliason 55:54

50 10 Denise Ricker 70:30

Male 40-49

1 1 Marc Gilbertson 33:58

5 2 Matthew Dugan 39:42

28 3 Jeff Prescott 47:05

Female 50 – 59

17 1 Sue Emmons 43:29

31 2 Kathy Barrows 49:02

35 3 Cindy Murray 50:41

42 4 Rebecca Ryan 55:54

46 5 Maryke Gillis 62:30

Male 50 –59

3 1 Jim Flint 37:42

6 2 Bob Emmons 39:44

7 3 Mack Gardner-Morse 40:12

13 4 Mike Gillis 41:51

14 5 Tim Noonan 42:13

22 6 Andy Shuford 44:24

29 7 Rick DeAngelis 48:01

36 8 David Garland 51:12

44 9 Name withheld by request 59:01

49 10 Paul DeLuca 68:52

Female 60-69

52 1 Rochelle Boomhower 99:51

Male 60-69

12 1 Jamie Shanley 41:33

16 2 John Valentine 43:27

20 3 Bill Dysart 44:08

23 4 Steve Burkholder 45:29

40 5 Bill Everett 53:36

41 6 Dennis Nealon 54:46

Female 70-79

53 1 Betty Lacharite 99:52

Male 70-79

45 1 Newton Baker 61:12

48 2 Roger Cranse 67:39

Male 80+

51 3 Gerry Carlson 71:05

54 4 Don Lacharite 100:26

*Many thanks to the following volunteers. They did a great job and they allowed me to run in the race:
Michael Chernick, Richard Cleveland, Bob Murphy, Marsha Bancroft, June Barr, Toni Kaeding and Sean Murphy.
...Tim Noonan, Race Director*

Barre Heritage Festival 5k at Millstone 7/27/2013

Race director **Lori Lacroix** reports that there was a great turnout of 42 runners. Unfortunately, there were only 27 finishers with 15 runners going on an extended off-course tour of the Millstone trails. Eventually, everyone found his/her way back and reported that it was a truly beautiful place to run.

Barre Heritage Festival 5k Results

Place	Number	Name	Gender	Age	Time
1	232	Morse, Eric	M	48	21:33.0
2	238	Kenney, Justin	M	32	21:36.0
3	221	Barber, Owen	M	16	22:46.0
4	255	Griggs, Tyler	M	20	29:36.0
5	256	Burkholder, Steve	M	61	29:48.0
6	241	McCarthy, Kerry	F	29	30:28.0
7	253	Welts, Leslie	F	32	30:32.0
8	228	Rogers, Carl	M	57	31:16.0
9	240	Bland, Perry	M	69	31:40.0
10	249	Miller-Arsenault, Jacob	M	10	31:51.0
11	251	Miller-Arsenault, Daniel	M	44	31:52.0
12	223	Davidson, Paula	F	43	31:59.0
13	236	Reil, Hayden	M	10	35:06.0
14	262	Liebermenn, Dane	M	11	36:27.0
15	261	Shanley, Tom	M	11	36:28.0
16	257	Solomer, Diane	F	47	36:35.0
17	231	Ward, Arthur	M	52	36:38.0
18	258	Ferland, Stacy	F	43	36:56.0
19	239	Hammarstrom, Megan	F	11	37:59.0
20	242	Hutchins, Sam	M	54	38:07.0
21	246	Morin, Pamela	F	42	38:35.0
22	230	Blanchard, Stacy	F	42	38:39.0
23	234	Chamberlin, Kaleb	M	9	38:53.0
24	243	Hutchins, Nicole	F	14	40:49.0
25	248	Miller-Arsenault, Jane	F	8	40:51.0
26	250	Miller-Arsenault, Jen	F	43	40:52.0
27	252	Schiavone, Abby	F	32	40:59.0

On the weekend of June 29 and 30, Eric Morse and his dog Murdock represented CVR in two dog/person races in Massachusetts.

On Saturday at the Doggy5k in Medford, they finished 1st overall, beating over 300 other runners.

Then on Sunday in Falmouth at the K95K Trail Run, they won for the third straight year ahead of 150 other teams.

In the first half of 2013 they raced 10 dog/person races and finished the first team in each of them, including a 16:53 5k in Saratoga, NY in April.

Picture of Eric and Murdock is from the Doggy5k in Medford, MA.



Provided by Eric Morse

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

CVR & GMAA Race Schedule, including other area races...

see www.cvrrunners.org for additional details

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

August 10, Kingdom Run Half Marathon, 5K and 10K run and walk, 8:30am, On the Common, Irasburg, Registration opens at 7:15am. Munchies buffet featuring blueberry sundaes. *Contact:* Becky (802) 766-5310 or kingdomrun@surfglobal.net

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. *Contact:* Ken Schatz (802) 598-5959 or scholarshipxc@gmaa.net

August 11, Pirate 5K, 9:00am, Burlington waterfront *Contact:* www.lcmfestival.com

August 11, Get Your Rear in Gear 5K, 11:00am, Bayside Park, Mallets Bay, Colchester, *Contact:* www.getyourrearingear.com

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 17, Last Mile 5K, Gifford Medical center, Randolph, In conjunction with the Last Mile motorcycle and bicycle ride. *Contact:* www.giffordmed.org

August 18, St. Albans Raid Half-Marathon, 9:00am, St. Albans, *Contact:* Jay Cummings, Franklin County Regional Chamber of Commerce (802) 524-2444

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 24, Little City 5K and 10K, 9:00am, Vergennes, *Contact:* www.runvermont.org

August 24, Under the Tree 5K and 10K, 9:00am, Hartland Recreation Center, Route 12, *Contact:* Jeanne Fraser (802) 356-4789 or luige1@comcast.net

August 24, Run to the Fair 5K, 9:00am, Essex, Entry fee includes shirt, fair entry, parking and voucher for fair food. *Contact:* www.runvermont.org

August 25, Race to the Top of Vermont, Mt. Mansfield Toll Road, Stowe, Run, bike or hike to the top of Mt. Mansfield. 4.3 miles and 2564 ft. in elevation. *Contact:* Greg Maino (802) 864-5794 or info@rtttovt.com

August 31, 36th "CVR" Northfield Savings Bank 5K and Children's 1 Mile Race, 10:30am / 9:30am 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 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 7, Maple Leaf Half Marathon and 5K, 8:00am, Manchester, *Contact:* www.manchestervtmapleleaf.com

September 7, Vermont Remembers 11K and 5K, 8:30am, Vermont National Guard — Camp Johnson, Colchester, Run/Walk/RuchMarch, 1 mile kid's run *Contact:* www.runvermont.org

CVR & GMAA Race Schedule including other area races... (continued)

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)

September 21, Vermont State Police Community Run 5K, 8:30, Essex Shoppes and Cinema, *Contact:* www.vsprun.com

September 22, Downtown 10K, 8:30am, Church Street, Burlington, *Contact:* Susan Foerster (802) 861-6700 or susan@greenmtrehab.com

October 5, "GMAA" Art Tudhope 10K, 9:00, Shelburne Beach, Fast, scenic run through Charlotte apple orchards along Lake Champlain. *Contact:* Jessica Bolduc (802) 658-1753 or www.gmaa.net

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 .

October 13, Mad Dash 5K and 10K, 10:00, Waitsfield, Youth fun run, *Contact:* www.runvermont.org

October 13, Ripton Ridge Run 5K and 10K, Ripton *Contact:* www.runvermont.org

October 13, Chase Away 5K, 10:00, Dorset Park, So. Burlington, pet and family friendly fun run. *Contact:* Debbie Safran (802) 989-2410 or vthounds@aol.com

October 26, Kingdom Challenge Half-marathon and 5K, 8:30-half marathon start in Lyndonville, 9:30-5K start in St. Johnsbury, both races finish at St. Johnsbury School, Western Avenue, St. Johnsbury. *Contact:* www.thekingdomchallenge.com

November 2, "CVR" Fallen Leaves 5K, 9:00am, Montpelier High School Track, flat and fast course that incorporates the Montpelier bike path. *Contact:* Tim Noonan (802) 223-6216

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

November 16, "CVR" Fallen Leaves 5K, 9:00am, Montpelier High School Track, flat and fast course that incorporates the Montpelier bike path. *Contact:* Tim Noonan (802) 223-6216

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—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:

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NEWSLETTER - August 2013



Volume 34
Issue 4



Put these CVR races and events on your calendar!

- Thursday, August 15: Berlin Pond 5-miler
- Monday, August 19: CVR Summer Meeting (details page 2)
- Saturday, August 31: NSB 5K and 1 mile races in Northfield
- Wednesday, September 18: Sodom Pond Run in Adamant
- Sunday, October 6: Leaf Peepers Half Marathon and 5k in Waterbury

(additional details on these and other races on page 15)

www.cvrrunners.org