

**Newsletter**  
**January 2014**

**Volume 35**  
**Issue 1**



**In this Issue:**

Awards/Volunteer  
Dinner... 2  
Race Participation... 3  
News... 7  
Race Results... 10  
Race Schedule... 13  
CVR Application... 15

**Notes from the President...**

Happy new year, everyone!

I hope you are staying warm. I find that running helps!

I suppose it is the time of year for setting goals, no? My goal is to break 1:40:00 in the half marathon during 2014. My fastest half marathon time in 2013 was 1:49:50 so I've clearly got some work to do. The last time I broke 1:40:00 was in 2011. That wasn't so long ago, right?

I encourage you all to set some sort of measurable running goal for 2014. Note that your goal does not have to be time or speed related. Just something that you can measure progress towards. Examples:

- Run a certain number of miles during the year
- Run at least 5 events in the 2014 CVR/ORS Race Series
- Run some specific events that you have never run before but always wanted to do
- Run in all 251 towns in Vermont

E-mail me your goal at [jeffp\\_cvr@myfairpoint.net](mailto:jeffp_cvr@myfairpoint.net) and I'll check in with you later in the year to see how you're doing. If I find your goal to be especially delightful, there may be a prize involved.

This is a fairly quiet time of the year as far as club activities are concerned. The fun runs are in hiatus and our race events are few and far between. Even so, there are a few club activities on the docket:

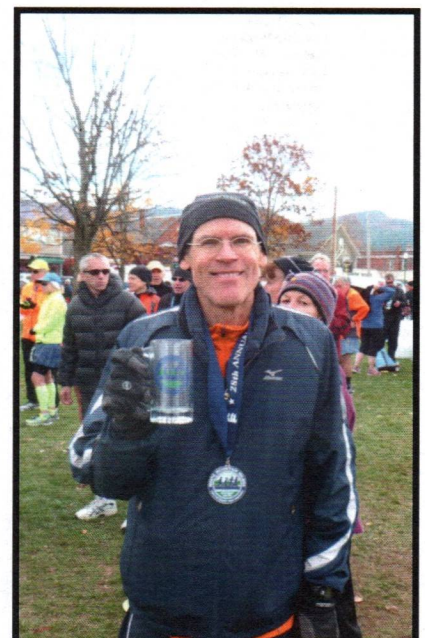
- Our volunteer and awards banquet on Thursday, January 23
- The 2nd Annual Frostival 5k on Saturday, January 25
- Our annual meeting on Sunday, March 9

Again this winter, we are having an informal series of group long runs on Saturday mornings. Pay attention to the weekly e-mail announcements if you are interested in participating in any of these. These runs are a great way to keep up (literally and figuratively) with fellow CVR members during the off-season. These runs are also great preparation for spring marathons, half marathons and...dare I say it...the Adamant 20-Miler.

Yes, the Adamant 20-Miler returns in all its glory on Saturday, April 26 in bustling downtown Adamant. Be there or be square.

Your optimistic President,  
Jeff

*Note - Regarding the Saturday long runs, Jeff also indicates: runs usually start at 9:00am, most runs are 10-14 miles but you can run shorter, or longer, generally the group starts together and then splits into smaller groups based on how far and how fast people want to go, different routes each weekend around central Vermont, all are welcome.*



Jim Flint 17th overall at White Mountain Milers Half Marathon (story page 8 )



January 23rd

## CVR Awards and Volunteer Recognition Dinner

Steak House, Route 302, Berlin

Social time at 6:15 with dinner at 6:45

**Menu:** Something for everyone, including salmon, roast beef, chicken, vegetables, salads, bread and dessert.

**Cost:** CVR members for 2013 who volunteered at least one event will dine for FREE. For others, cost is \$24 per person (or \$10 for each child under 10). Note that all are welcome regardless of membership status and/or volunteer status.

**Entry Deadline:** Please make your reservation **BEFORE Tuesday, January 21.**

E-mail **John Martin** at [vtiron55@yahoo.com](mailto:vtiron55@yahoo.com) to make a **reservation**. Upon receipt of your e-mail, John will reply with confirmation. John will be travelling between Jan 8th and Jan 15th, but will respond as soon he is back.

Volunteers are listed below. If your name is not on the list and you think it should be, contact Jeff Prescott and he will investigate. Also, contact Jeff immediately if there are any challenges, complaints or queries in regards to the final race series standings. ( posted on line at [http://www.cvrrunners.org/results/cvrrs\\_2013.pdf](http://www.cvrrunners.org/results/cvrrs_2013.pdf) ) The best five results in series events count towards the standings in addition to being on the volunteer list.

### Central Vermont Runners 2013 Volunteer List

12/04/2013

Geordy Aitken  
Cindy Allen  
Chris Andresen  
Phyllis Arseneault-Berry  
Jill Aspinall  
Devin Baker  
Diane Baker  
Newton Baker  
Marsha Bancroft  
Roy Belcher  
Bill Berry  
Gavin Boyles  
Caroline Brucken  
Katherine Brucken  
Lisa Brucken  
Rowdy Brucken  
June Burr  
Ann Bushey  
Brian Bushey  
Brynn Bushey  
Dick Bushey  
Gerry Carlson  
Maureen Carr  
Michael Chernick  
Richard Cleveland  
Craig Colvin  
Sandy Colvin  
Zoe Colvin  
Jon Copans  
Roger Cranse  
Julie Curtin  
Beth Daut  
Becky Diedrich  
Darragh Ellerson  
Bob Emmons  
Sue Emmons  
Dave Erickson  
Pam Erickson  
Jay Ericson  
Richarda Ericson  
Jim Flint  
Patty Foltz  
Tim Foltz  
Wendy Fuller  
Beth Gambler  
Cindy Gardner-Morse  
Mack Gardner-Morse  
Greg Gerdel  
Maryke Gillis  
Mike Gillis  
Holly Gordon  
John Hackney  
Sue Hackney  
Dot Helling  
Tim Herney

Bob Howe  
Brian Joslin  
Tracy Joslin  
Toni Kaeding  
Daniel Keeney  
Dave Kissner  
Olga Kissner  
Lori Lacroix  
Sarah London  
Dot Martin  
John Martin  
Rob McDougall  
Andrea McLaughlin  
Laura Medalie  
Bob Mercier  
Dan Miller-Arsenault  
Jacob Miller-Arsenault  
Jane Miller-Arsenault  
Jen Miller-Arsenault  
Rick Molz  
Amy Murphy  
Bob Murphy  
Sean Murphy  
Tim Noonan  
Kaitlin O'Shea  
Gail Pelkey  
Nick Persmapieri  
Jeff Prescott  
Aaliya Preston  
Erin Preston  
Denise Ricker  
Martha Hicks Robinson  
Norm Robinson  
Eric Ryea  
Laury Saligman  
Sigh Searles  
Jamie Shanley  
Tim Shea  
Andy Shuford  
Mary Skinner  
Scott Skinner  
Donna Smyers  
Jane Valentine  
John Valentine  
Megan Valentine  
David Vanderlinde-Abernathy  
Betsy Vanderlip  
Lowell Vanderlip  
Greg Wight  
Charlie Windisch  
Allie Yanikoski

*Jeff Prescott indicates that the awesome prizes may go to the swift but there may also be some awesome presidential awards as well. Sometimes it pays to show up. Even if you never got around to volunteering, you are still very welcome to come to the dinner. It's a fun night and this one is **guaranteed** to be the best one ever, including the "Spirit of the Club Award". Last year's recipient was **Eric Ryea**.*



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	

According to the Barre Town web site, **Bob Murphy** was recently recognized by the Barre Town Selectboard for 21 years of Service on the Town Bike Path Committee. For most of that time Bob was the chairman of the committee. The selectboard "...expresses its very deepest appreciation to Robert Murphy for playing the key role in planning and constructing bike paths that enhance the quality of life for Barre Town residents." Bob not only attended meetings but also trimmed brush and cut trees along bike paths, walked possible routes for bike paths, met with neighbors and landowners along the bike paths and co-authored requests for proposals and evaluated those proposals. Bob retired from the bike path committee January 1, 2014.

## VERMONT RACE PARTICIPATION: 2010-2013

by Jeff Prescott

This article provides a quick comparison of race participation statistics for 2013 compared to 2012. Additional statistics are also shown for 2011 and 2010. Results are analyzed for CVR events, GMAA events and selected other events. In addition, participation in the CVR/ORS Race Series is also analyzed.

Caution should be used in forming conclusions based on the limited data. For example, participation at a given race in a given year may be significantly influenced by weather (good or bad). In particular, Tropical Storm Irene had a noticeable impact on several events in the fall of 2011. Finally, note that some events have a history of selling out; for such events, one would expect to see a stable number of finishers from year to year due to the cap.

Overall, race participation appears to have increased by a healthy amount for CVR events, GMAA events and other events around the state. This increase in participation is occurring at the same time that new events seem to be proliferating. Participation of CVR members in the CVR/ORS Race Series has soared.

### CVR Events

Table A compares participation in CVR Events for 2013 to 2012 and previous years. Note the following:

- For the 15 events that were held in all four years, participation is up 10% from 1,860 finishers in 2012 to 2,044 finishers in 2013.
- Considering all CVR events, participation is up 11% from 1,915 finishers in 2012 to 2,132 finishers in 2013.
- The races with the largest decreases were:
  - Capital City Stampede with 31 fewer finishers, a decrease of 32%. This was actually the second successive year with 31 fewer finishers. My analysis is that this event is attracting fewer and fewer Chittenden County runners, possibly due to competition with other events. Of course, this means more prizes for Central Vermont folks!
  - Mutt Strutt with 19 fewer finishers, a decrease of 30%. Note that the number of finishers in 2012 was historically high and the 2013 results are in line with the historical number of finishers.
  - New Year's Eve 5k with 11 fewer finishers, a decrease of 9%. It was cold out there, for what that's worth.
- The events with the largest increase in finishers were:
  - Berlin Pond with 49 additional finishers, an increase of 117%. Note that the 2012 turnout for this event was depressed due to electrical storms in the area. That being said, the 2013 turnout was strong compared to historical figures.
  - Fallen Leaves #3 with 43 more finishers, an increase of 60%. (Much to the chagrin of low-key race director Tim Noonan.) Note that Fallen Leaves #2 and Fallen Leaves #1 also posted strong gains.
  - Leaf Peeper's 5k with 29 more finishers, an increase of 7%.
  - Adamant 20 Miler with 27 more finishers, an increase of 63%.
  - Sodom Pond with 26 more finishers, an increase of 113%. This long-time event was included in the CVR/ORS Race Series for the first time in 2013. Perhaps some club members were looking for some late-season points? Or maybe just looking for free spaghetti?
- 2013 saw the retirement of the Vermont Mountaineer's Home Run and the introduction of two new CVR events: the Frostival 5k with race directors Sean Murphy and Sandy Colvin and the Worcester 4-Mile Fun Run with race director Roy Belcher.



## VERMONT RACE PARTICIPATION: 2010-2013 continued

### CVR/ORS Race Series

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

- For the 9 events that were held in all four years, participation is up a remarkable 47% (!) from 118 finishers in 2012 to 173 in 2013.
- Comparing totals for all events in all years, the total number of finishers is up 71% from 148 finishers in 2012 to 253 finishers in 2013. Note that 2013 contains one more event than 2012 but this is still a robust increase.
- Sodom Pond was added to the series for 2013 and attracted a strong contingent of point and/or spaghetti gobblers.

### GMAA Events

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

- For the 13 events that were held in all four years, participation is up 6% from 1,661 finishers in 2012 to 1,764 finishers in 2013.
- For all events, participation is up 13% from 1,974 finishers in 2012 to 2,238 finishers in 2013.
- The races with the largest decreases were:
  - Clarence DeMar 5k with 38 fewer finishers, a decrease of 12% and continuing a multi-year decreasing trend.
  - Archie Post 5-Miler with 19 fewer finishers, a decrease of 17%.
- The races with the largest increases were:
  - Green Mountain Half Marathon with 72 more finishers, an increase of 23%. (The field for the relatively new half marathon is significantly larger than the field for the traditional marathon.)
  - Scholarship 5k with 33 more finishers, an increase of 39%.
  - Round Barn 10k (a women's only event) with 29 more finishers, an increase of 25%
  - Equinox Trail Run 5k with 28 more finishers, an increase of 80%
  - Art Trudhope 10k with 27 more finishers, an increase of 31%
- The Labor Day 15k was a new event in 2013. (For some reason, the Labor Day 15k was not held on Labor Day. Stuff like that really bothers me.)

### Other Events

**Table D** compares participation in other Vermont events (i.e., not CVR nor GMAA) for years 2010 through 2013. These events were selected somewhat arbitrarily by me to represent popular events around the state plus some additional races of local interest. Note the following:

- For the 16 events that were held in all four years, participation is up 11% from 10,780 finishers in 2012 to 11,998 finishers in 2013.
- For all events, participation is up 12% from 11,871 finishers in 2012 to 13,287 finishers in 2013.
- The races with significant increases include:
  - Corporate Cup with 424 more finishers in 2013, an increase of 25%.
  - Vermont City Marathon with 197 more finishers in 2013, an increase of 8%.
  - Covered Bridges Half Marathon with 160 more finishers in 2013, an increase of 9%.
  - Middlebury Maple Run, a half marathon, with 143 more finishers in 2013, an increase of 28%.
- The races with the largest decreases were:
  - Gobble Wobble Turkey Trot with 79 fewer finishers, a decrease of 34%. You will call that the weather was especially frigid on Thanksgiving this year and the event reported numerous no-shows from preregistered runners.
  - Kingdom Challenge Half Marathon with 56 fewer finishers, a decrease of 30%. I don't know the story on this one. I have heard that the course is difficult but so what?
- Participation in the Mad Marathon and Half Marathon was down significantly for the "sophomore year" in 2012. Participation rebounded somewhat in 2013 although numbers were still below the inaugural edition in 2011. It is my impression is that these races cater more to out-of-state "destination" runners than to local runners.



TABLE A

CVR Events						
Race	2010 Count	2011 Count	2012 Count	2013 Count	Change	% Change
Mutt Strutt	51	43	63	44	(19)	-30%
Adamant 20 Miler	41	32	43	70	27	63%
Barre Town Spring Run	49	77	80	102	22	28%
Capital City Stampede	104	127	96	65	(31)	-32%
Paul Mailman 10-Miler	145	102	90	92	2	2%
Bear Swamp Run	51	63	49	54	5	10%
Barre Heritage	54	41	35	27	(8)	-23%
Berlin Pond	81	82	42	91	49	117%
Sodom Pond	24	30	23	49	26	113%
Leaf Peeper's HM	639	593	634	643	9	1%
Leaf Peeper's 5k	414	377	388	417	29	7%
Fallen Leaves #1	78	85	74	89	15	20%
Fallen Leaves #2	40	44	55	81	26	47%
Fallen Leaves #3	35	46	72	115	43	60%
First Night/NYE	142	128	116	105	(11)	-9%
<b>Total</b>	<b>1,948</b>	<b>1,870</b>	<b>1,860</b>	<b>2,044</b>	<b>184</b>	<b>10%</b>
Frostival 5k	n/a	n/a	n/a	57	57	
Worcester 4 Mile	n/a	n/a	n/a	31	31	
VT Mountaineers Home Run	n/a	57	55	n/a	(55)	
East Montpelier Chase	26	19	n/a	n/a	-	
<b>Grand Total</b>	<b>1,974</b>	<b>1,946</b>	<b>1,915</b>	<b>2,132</b>	<b>217</b>	<b>11%</b>

TABLE B

CVR/ORS Race Series						
Race	2010 Count	2011 Count	2012 Count	2013 Count	Change	% Change
First Night/NYE (prior year)	16	20	18	23	5	28%
Capital City	18	16	17	22	5	29%
Paul Mailman	12	16	17	20	3	18%
Montpelier Mile	11	12	11	21	10	91%
Bear Swamp	15	15	12	22	10	83%
Berlin Pond	16	21	12	29	17	142%
Common to Common	5	10	9	7	(2)	-22%
Leaf Peeper's HM	13	17	14	13	(1)	-7%
Leaf Peeper's 5k	5	9	8	16	8	100%
<b>Total</b>	<b>111</b>	<b>136</b>	<b>118</b>	<b>173</b>	<b>55</b>	<b>47%</b>
Northfield 5k	18	n/a	8	27	19	238%
Northfield 1 mile	3	n/a	1	6	5	500%
Kaynor's Sap Run	n/a	n/a	10	6	(4)	-40%
Barre Town Spring Run	n/a	n/a	1	3	2	18%
Barre Heritage	12	10	n/a	n/a	n/a	
Green Mountain Marathon	2	7	n/a	n/a	n/a	
Sodom Pond	n/a	n/a	n/a	28	28	
<b>Grand Total</b>	<b>146</b>	<b>153</b>	<b>148</b>	<b>253</b>	<b>105</b>	<b>71%</b>



TABLE C

GMAA Events						
Race	2010 Count	2011 Count	2012 Count	2013 Count	Change	% Change
Kaynor's Sap Run	93	108	114	113	(1)	-1%
Rollin Irish HM	96	151	136	146	10	7%
Partner's Race/Pump It Up	57	36	45	71	26	58%
Equinox Trail Race 10k	39	80	69	70	1	1%
Equinox Trail Race 5k	155	46	35	63	28	80%
Clarence DeMar	337	392	329	291	(38)	-12%
Round Church 10k	107	111	116	145	29	25%
Round Church 5k	155	178	210	202	(8)	-4%
Scholarship 5k	64	35	85	118	33	39%
Archie Post 5 Miler	121	114	113	94	(19)	-17%
Common to Common 30k	105	88	100	97	(3)	-3%
Art Trudhope 10k	106	134	88	115	27	31%
Green Mountain Marathon	416	260	221	239	18	8%
<b>Total</b>	<b>1,851</b>	<b>1,733</b>	<b>1,661</b>	<b>1,764</b>	<b>103</b>	<b>6%</b>
Labor Day 15k	n/a	n/a	n/a	89	89	
Green Mountain HM	n/a	95	313	385	72	23%
<b>Grand Total</b>	<b>1,851</b>	<b>1,828</b>	<b>1,974</b>	<b>2,238</b>	<b>264</b>	<b>13%</b>

TABLE D

Other Events						
Race	2010 Count	2011 Count	2012 Count	2013 Count	Change	% Change
Autumn Onion 5k	92	72	108	83	(25)	-23%
Corporate Cup	1,396	1,571	1,694	2,118	424	25%
Covered Bridges HM	1,778	1,849	1,823	1,983	160	9%
Downtown 10k	200	209	208	197	(11)	-5%
Harpoon Oktoberfest	845	1,127	1,101	1,168	67	6%
Kingdom Challenge HM	198	214	185	129	(56)	-30%
Mad River Dash 10k	57	63	77	90	13	17%
Mad River Dash 5k	149	83	103	202	99	96%
Middlebury Maple Run	354	485	504	647	143	28%
Montpelier Mile	115	162	203	236	33	16%
Mt Tom Road to the Pogue	326	325	361	350	(11)	-3%
Race to the Top of VT	296	266	385	462	77	20%
Stowe 8 Miler	886	923	639	628	(11)	-2%
Swanton-St Albans Sap Run	102	115	153	220	67	44%
Unplugged Half Marathon	453	512	811	863	52	6%
Vermont City Marathon	2,737	2,430	2,425	2,622	197	8%
<b>Total</b>	<b>9,984</b>	<b>10,406</b>	<b>10,780</b>	<b>11,998</b>	<b>1,218</b>	<b>11%</b>
Gobble Wobble Turkey	n/a	n/a	229	150	(79)	-34%
Mad Half Marathon	n/a	474	316	441	125	40%
Mad Marathon	n/a	462	271	337	66	24%
NSB 1 mile	85	n/a	60	106	46	77%
NSB 5k	181	n/a	158	234	76	48%
Onion River 8k Trail Race	n/a	n/a	57	21	(36)	-63%
<b>Grand Total</b>	<b>10,250</b>	<b>11,342</b>	<b>11,871</b>	<b>13,287</b>	<b>1,416</b>	<b>12%</b>

Donna has started an e-mail list for the **Monday Night Run**. Usually this run departs from the Town Clerk's office in Berlin at 4:30 pm for a loop around Berlin Pond. But sometimes the run is in Adamant and very occasionally the run is at a different time. So if you want to stay in the loop on this running option, ask Donna to add you to her list: [dosmyers@gmail.com](mailto:dosmyers@gmail.com)





2013 MEN'S WINNER ERIC MORSE AND MURDOCK (16:46)  
LEADING SCOTT MORAN AND ELI  
VICKI BENZ PHOTO

## Morse, Gangi Take Gold with Their Furry Friends at Hounds and Harriers Run

BY BARBARA RUSHMAN

SOUTH ORANGE, NJ--The 17th annual Hounds and Harriers Run was held in South Mountain Reservation on October 5. The weather forecast was for warm temperatures, but at race time it hovered around 70 degrees. The Crest Drive course is very spectator friendly. It is easy to watch the start, walk a few steps, and see the runners come by the one-mile point, then see everyone at the finish line a few feet away.

The overall winner was Eric Morse (Berlin, VT) and his partner Murdock, a West Highland terrier in 16:49. Second place went to Scott Moran (New Providence) and his hound mix Eli (17:44). The woman's division was won by Tara Gangi (Manalapan) and her rat terrier Jesse in 19:29. Runner-up was Holly McDonald (Lebanon) and lab/Dane mix Addie whose time was 20:50. This is the year of the small dog. Murdock was less than 1/2 the weight of any former winning dog. The dog with the lead woman was also the smallest dog ever to win the woman's award. And, to top that, a 10 lb. Chihuahua named Harry pulled his very fit owner, Pete Shebey, the whole run to an impressive finish. One hundred and thirty runner/dog teams completed the three-mile course.

A second shorter event called the "Paws from the Past" was held for dogs that are retired from running the longer course due to age or disability. Beagle Skippy Redling ran his first Hounds and Harriers Run in 1998 and has participated in the three-mile event 12 times. This is his first year in the Paws from the Past.

*Article and photo courtesy of Eric Morse*

## Jingle Bell, Jingle Bell

This year's running of the Jingle Bell 5k Run for Arthritis in Concord, N.H., was particularly chilly. Bone-chillingly chilly, if you want the unvarnished truth. The temperature was 8 degrees above as over 200 hardy (some might say foolhardy) runners toed the line outside Rundlett Middle School. Included among that throng were John Valentine (a regular), Donna Smyers (a first-timer) my daughter Colleen, grandson Adam and yours truly.

The course was in very good condition, despite a bit of slipperiness on the short gravel road on the course. The hills were there as usual, but their only function was to slow my competitors down so I could place better!

Race results were satisfying. Donna and I each won our age groups; John placed in his. Adam had some side stitch problems, so he and Colleen were kinda bringin' up the rear. The details:

John Valentine, 22:12, 3/13 M60-69

Donna Smyers, 22:23, 3<sup>rd</sup> female overall, 1/24, F50-59

Bob Murphy, 25:01, 1/2 M70-79

Colleen Cournoyer, 39:22, 41/50 F40-49

Adam Cournoyer, 39:23, 10/10 M10-14

However, the principal reason for driving such a distance for a late-season race is not the competition, the weather or the course. It is – tada! – Bread and Chocolate. That is a café/bakery on Main Street in Concord to which we traditionally repair after the run. It is great, and I am pleased to say that their sticky buns are about the best I have experienced in my short time on this earth. The house specialty, bread & chocolate, is a favorite of my daughter, but honestly, you can't go wrong there.

I encourage all CVRers to put Jingle Bell on their race calendar for next December. Join us for our next trip to the land of bread & chocolate! You will be glad you did!

...Bob Murphy



## White Mountain Milers Half Marathon – A fall tradition

By Jim Flint (*picture page 1*)

When the calendar turns to January, it's time to start mapping out a race schedule for the New Year. Along with CVR events and Craftsbury Outdoor Center trail runs, I also enjoy racing occasionally in neighboring states. After hill training and running Leaf Peepers, I looked for a half marathon in late October to shoot for a faster time. The White Mountain Milers Half Marathon on Sunday, October 27, fit perfectly into the schedule, allowing three weeks after Leaf Peepers for rest and speed work.

Organized by the White Mountain Milers Club for the past 28 years, the half marathon takes place in North Conway. The course is "New England flat" and makes a scenic loop starting and finishing at Schouler Park, home of the Conway Scenic Railroad. Like CVR races, the WMMC keeps their events affordable. The 2013 cost was \$45 to \$75 depending on registration date. This included a long sleeve tech shirt and a great post-race party.

From St. Johnsbury, it's a scenic 1-1/2 hour ride to North Conway on Interstate 93 and Route 302. My wife Barb and I made it a three day weekend, staying at the Colonial Motel, a family-owned establishment which was clean, comfortable, and just a half mile walk from the race start. Fresh baked chocolate chip cookies were in the lobby on arrival, along with complimentary tea and coffee. Affordable rates were available by calling in a reservation directly to the Colonial, rather than using an online booking company. North Conway has dozens of hotels!

We checked in Saturday afternoon and drove the course, which is all pavement and fast. Bib pickup on Sunday morning went smoothly, and following opening ceremonies the race began at 9 a.m. The race start is in a parking lot below the park, with runners organized into corrals based on pace time. Registration and post-race food are under a large tent with sides. Race day temperatures were in the high 30s, not bad for late October.

The first few miles are a straight shot past the Outlet Centers on Rt. 16. Intersections are well protected, and Sunday morning traffic is light. The course is deceptively fast with a gradual uphill at mile three, followed by a coasting downhill that takes you to the Saco River and over the historic 1890 Covered Bridge. Though I tried to keep at a 6:30 pace, it was a surprise to pass five miles in 32:15 and to hit 42:15 at the half way point. Breaking last year's PR of 1:25:37 was possible, though I knew to expect a net elevation gain over the last half of the race.

The gently rolling course continued on West Side Road past farms with splendid mountain views. I found myself giving up a few seconds per mile and not being able to stay with a younger runner who strode by comfortably at mile nine. At ten miles, I was still 45 seconds ahead of pace at 64:15. The rational and irrational sides of my brain began a dialogue about the wisdom of going out so quickly. I felt my body shifting over to fat burning as glycogen reserves ran low. I tried to stay mentally focused and hang on, thinking "You've got it; just 5k more!"

Crossing the bridge on River Road, the pavement started to take its toll, and my legs struggled to make it up the final hill at mile twelve. I heard another set of footsteps and the encouraging words of a fellow Masters runner as he passed by. Time didn't make a difference now, only that last half mile to go. The sun came out and spectators lined the sidewalk. Going around the park and onto the grass, one more runner blew by right before the finish line. Despite fading late, I was happy to end up in 17<sup>th</sup> place at 1:26:02, just 25 seconds off that elusive PR.

Food wise in North Conway, we had a hearty pre-race pasta dinner Saturday night at Via Roma's Restaurant. Sunday evening we celebrated at Mary Kelly's, an Irish restaurant and pub with awesome entrees and live local music. Breakfast Monday morning at Peach's Restaurant was also delicious. For more information on the White Mountain Milers Club and Half Marathon, please visit [www.whitemountainmilers.com](http://www.whitemountainmilers.com). Hope to see a few more Vermonters in North Conway on Oct. 26, 2014!



## ONLY ONE HILL!

The 54th Mount Washington Road Race will take place on June 21, 2014. The race climbs 7.6 miles from Pinkham Notch via the Mount Washington Auto Toll Rd, gaining 4500 feet to reach the 6288 foot summit of New England. The race started in 1936 and was held sporadically until 1966. Since then it has been an annual event drawing thousands of entries for the 1000 lottery spots each year to run up the mountain. The weather is variable. On hot years it can be 90F at the bottom and 60's at the top. One cold year, the race was run up only half way due to snow and ice on the top half of the course. Last year's finishers ranged from age 10 to 92.

Dave Dunham, the 1994 winner, has compiled records and written a book about the race. Relying on Dave's book and his current records website ([mtwashingtonrecords.blogspot.com](http://mtwashingtonrecords.blogspot.com)), I've found a few Central Vermont Runners are prominent in the history of the MWRR. The first record of a future CVR member running the race was John Valentine in 1966 running a 1:28:04 for 21<sup>st</sup> place, just about 20 minutes behind his high school coach, John Kelly (2<sup>nd</sup> place,) and 13 minutes behind his teammate, Amby Burfoot. MWRR Hall of Famer, Keith Woodward, first ran in 1973. Keith has amassed too many credentials to mention here, but he won in 1983 with a 1:06:38, has a personal best of 1:03:06 and has many records for top 10 finishes at various ages and some single age records. Keith is the current 60-64 AG record holder and has the current record of most finishes (38). However, Keith missed a few years, so his current streak of 27 in a row does not match Mike Gillis' current streak of 30, which places Mike in a 5 way tie for 10<sup>th</sup> place streak. Eric Morse set the Vermont state record of 1:01:09. His claim to fame (not sure he likes this one) is that he has more top five finishes than anyone without winning (10). My current record is that I am the female with the most sub 1:30 finishes—16 out of my 19 finishes. I was tied for number of top 10 finishes until last year when Suzy West of Putney placed 9<sup>th</sup> at the age of 50 and broke the tie. I'm going to try and squeak out another sub 1:30 or 2 before Suzy dusts me on that one too. Dot Helling, Linda Hallinger and I combined to set a 50+ women's team record in 2008 (demolished by CSU the last 3 years). Linda, Dot and I have competed together many times, Linda even returned from Kona for the event last year, and Sue Emmons and Andrea McLaughlin joined us to achieve a 2<sup>nd</sup> place team finish.

Many people are intimidated by the task of running up Mount Washington. It is my favorite race for many reasons. First, I've been able to run it many times when I've been slightly injured or coming back from injury. There is essentially zero impact running uphill and you get a ride down—perfect for most injuries (but not Achilles problems). I enjoy that runners who are faster than me in a usual race often have problems with The Hill. They just don't know how to run slowly enough. My best times are at about an 11 minute per mile pace. Where else can you win money running 11 minute miles? It's all about pacing, learning to shuffle (my specialty!) and mental fortitude. Pacing needs to be at about half marathon effort pace because that is about how long it takes to run the 7.6 miles. We have a great practice run locally, running up Mount Mansfield. Fabienne Pattison likes to arrange group runs up Mount Mansfield for training.

Running clubs have always been important at MWRR, with team awards, tents, and partying at the finish. Receiving any award, including a placing team, assures entry to the next year's event, by-passing the lottery. Non participating team members help with rides down the mountain and sometimes get in a good hike before the awards. Mike and Maryke Gilis run for Team Gloucester instead of CVR because of their history including many streakers, a fantastic party tent and some of the best team spirit I've seen. Dot and I have been happy to be invited to partake with Team Gloucester many years. I have occasionally seen CVR members other than those mentioned above at the MWRR. I know I've run near Dave Kissner, Jamie Shanley, John Hackney and Ed McSweeney. At a recent meeting, we talked about getting more CVR members to participate in team events and traveling together. I'll make sure Jeff announces when lottery registration opens (usually mid February) and maybe we can get a big group including a tent and banner and teams in more divisions than just the 50+F. Remember, it can't be too hard because there is only one hill in the race.

...Donna Smyers

*Note: The Mount Washington Road Race is on the same weekend this year as the Paul Mailman Montpelier 10 Mile. For people running the Mount Washington race on Saturday it will be a good opportunity to volunteer at the Paul Mailman race on Sunday and share your Mount Washington stories. Also a great chance for a challenging "double"...*

**Outer Banks Marathon and Half-Marathon** in North Carolina, 10 Nov 2013. Megan Valentine took first (of 107) in the F30-34 division in the Marathon. 3:20:00 chip time, 7:38 pace. There were 1,112 total marathoners. John took second (of 52) in the M60-64 division in the Half-Marathon. 1:40:10 chip time, 7:39 pace. There were 2,721 in the half marathon. ... Bob Murphy



## Leaves Falling for 10 Years in Montpelier

In light of the 10th year of the Fallen Leaves Race Series having been completed this November, Jeff Prescott encouraged me to write an article on the series since it has developed so differently from what I anticipated at its inception back in 2004. My idea was pretty simple. There were almost no races in Vermont in November before Thanksgiving at that time. I didn't really understand this since "real" winter weather generally did not settle in until around Thanksgiving. So I decided it made sense for CVR to put on low-key short races on Saturday mornings during a down time in Vermont.

Not surprisingly, CVR members at a club meeting were fine with another one of my warped race ideas if I wanted to direct the races. I thought "no problem", since we likely would only get about 20 runners each race. I wrestled with the idea of making them self-timed races since, of course, only the fun run diehards would show up and they would be fine with this low-key approach. Then, I would be able to run the races myself and get in forced speed-work before my annual Thanksgiving trek to Connecticut for the Manchester Road Race. This was not the only self-serving part of my plan. Given the facts that I had long directed CVR's most challenging race (Bear Swamp), and that I had been one of the main proponents (along with John Martin) of the current hilly First Night 5k race course, I was known as a bit of a masochist in road racing circles. So a flat, fast, 5k would show my detractors that I was balanced after all.

Thus, the race series was born starting and finishing on the Montpelier High School track and incorporating the accompanying pancake flat bike path. The first race saw the death of one of my assumptions. More than fun run regulars showed up, including some people I had never seen at a CVR race. I couldn't let them think we were some half-baked running club so the self-timed race fell by the wayside. Also, turnout was higher than 20 right off the bat. 35 was more like it in the early years. Oh well, so I couldn't race every week, but the race was small enough in the early years that I could race often enough if I could guilt-trip a few volunteers to freeze to death at the finish line waiting for me and the other racers.

Turnout was pretty steady during the first three years or so, getting just over 100 runners in total over the three weeks of the series. Then, we were discovered by two groups that kicked up our numbers a bit. High school coaches preparing their teams for the New England Cross Country Championship had a free Saturday to kill between the State Championship and New England. What better way to keep their runners tuned up than run the first Fallen Leaves race on the first Saturday in November? This has led to significantly bigger (and faster) race fields for the first race of the series. Also, Girls on the Run groups training in the fall have found this to be an ideal race - the right distance on a flat course that has no traffic.

The race series started growing significantly, first gradually then really taking off during the last couple of years - 153 total race series participants in 2010, 175 in 2011, 200 in 2012, 285 this year. High school runners boosted our numbers to 89 in Week 1 this year. Okay, so the next week would be way down - nope, 81 showed up. Gulp, who knows how many would show up for the third and final week since a Girls on the Run group was descending on us? The answer - a record turnout of 115 for the ten years and 30 races of the series. We even had to devise a chute system this year.

Although the evolution of the race series has shown that my assumptions were seriously flawed, I am pleased to have been proven wrong. Here's why. The race has maintained its low-key nature - the prizes are cheap but what do you expect for \$5? The races are filled with kids and their parents, often running together. 39% of the participants this year were in the 19 and younger age group, a great sign for the future of our sport and a far cry from the days when the only CVR race kids used to do was the Northfield Labor Day One Miler. Also, the race series has turned into a big fund-raiser for the Montpelier Food Pantry despite the paltry entry fee - \$859 last year and \$1,357 this year. This year, we even had a race sponsor - Central Vermont Medical Group.

It has been fun to see this race series develop. I look forward to what next year brings

...Tim Noonan

## Fallen Leaves 5K Results November 2, 2013

Overall Male Winner:  
Matt Hynes, 17:27  
Overall Female Winner:  
Megan Valentine, 19:45

(89 finishers)

### Female 0-19

Acadia DiNardo 19:50  
Flannery Abbey 21:38  
Clare Salerno 21:40  
Riley Carbone 21:46  
Amy Bruce 21:55  
Eleanor Devereux 22:03  
Sophie Homans 22:04  
Oonagh Cavanaugh 22:45  
Sarah Ludwin Perry 23:20  
Theresa Noonan 24:28  
Lily Devereux 25:34  
Ellie Searles 26:02  
Katie Koonz 26:03  
Jane Miller-Arsenault 27:33  
Eva Rossmessler 36:18

### Male 0-19

Matt Hynes 17:28  
Jackson Wright 17:41  
David Brown 17:53  
Anthony Perri 17:55  
Eliot McBride 18:28  
Jules Perkins 19:26  
Carl Crawford 19:29  
Jackson Root 19:37  
David Koonz 19:48  
Alex Warner 19:58  
Jacob Turo 19:58  
Mark Taylor 20:08  
Stephen Looke 20:10  
Julian Arnott 20:18  
Ben Kaplan 20:29  
Levi Beavin 20:51  
Ethan Burroughs 21:08  
Chris Aselin 21:14  
Brian Bushey 21:48  
Jacob Miller-Arsenault 21:53  
Trevor Patterson 23:19  
Keegan Heston 23:20  
Rennie Sartwell 24:03

### Female 20-29

Allie Yanikoski 20:20  
Ali Graham 22:26  
Kerry McCarthy 23:33

### Male 20-29

Joe Bekaert 19:50

### Female 30-39

Megan Valentine 19:45  
Rose Modry 20:26  
Rima Carlson 21:30  
Amy Stewart 22:20  
Sarah Manning 22:46

### Male 30-39

Adam French 18:29  
Eddie Habeck 19:26

### Female 40-49

Barb Patterson 22:36  
Jen Galfetti 23:02  
Frances Skerritt 25:04  
Jean Hess 26:17  
Jen Miller-Arsenault 27:34  
Wendy Moore 36:17

### Male 40-49

Bill Escholz 20:46  
Dan Miller-Arsenault 20:59  
Sean Murphy 21:21  
Ed DiNardo 21:46  
Jeff Prescott 22:42  
Steve Robinson 23:33  
Mark Taylor 26:15

(continued next page)



### November 2, 2013 Fallen Leaves 5K Results

#### Female 50-59

Dot Martin 21:16  
Donna Smyers 23:27  
June Burr 24:43  
Ann Bushey 25:26  
Maryke Gillis 30:31  
Kathy Black 34:59

#### Male 50-59

Mack Gardner-Morse 19:49  
Chris McBride 20:37  
Rob Monette 21:12  
Ken Bruce 21:28  
Mike Gillis 21:31  
Andy Shuford 22:24  
Rick Brigham 23:19  
Rick DeAngelis 24:07  
Joe Salerno 25:56  
Mark Carbone 26:39  
Chris Cole 29:33  
Tony Perri 29:46

#### Female 60-69

Judith Craig 34:07  
Anne Thrailkill 37:03

#### Male 60-69

John Valentine 21:10  
John Martin 24:16  
Greg Gerdel 24:34  
John Kaeding 28:09  
Sigh Searles 29:22  
Werner Zehetner 32:27

#### Male 80+

Gerry Carlson 37:14

MANY THANKS TO THE FOLLOWING  
VOLUNTEERS: Maureen Carr, Tim  
Shea, Becky Diedrich, John Martin,  
Donna Smyers, Mack Gardner-  
Morse... Tim Noonan, Race Director

\*\*\*\*\*

### Fallen Leaves 5K Results November 9, 2013

Overall Male Winner:

Seth Jackson, 16:48

Overall Female Winner:

Allie Yanikoski, 19:48  
(81 finishers)

#### Female 0-19

Myla Jacobs 20:23  
Ellie Churchill 20:40  
Kira Nolan 21:30  
Charlotte Khaminey 21:33  
Shyanne Roberge 22:00  
Camille Bolduc 22:26  
Holly Gordon 23:37  
Loren Searles 24:39  
Samantha Nolan 25:33  
Isabelle Boutin 25:35  
Ellie Searles 26:09  
Jane Miller-Arsenault 28:13  
Yvonne Roberge 29:51  
Caitlin Casavant 36:45  
Estherine Carlson 42:35  
Anyia Carlson 43:52  
Zoe Colvin 43:52

#### Male 0-19

Kai Richter 18:43  
Carl Crawford 19:13  
Morgan Baughman 20:02  
Walker Bean 20:17  
Evan Donovan 20:42  
Levi Beavin 21:31  
Jamie Shearer 22:09  
Jacob Miller-Arsenault 23:04  
Dane Lieberman 25:20  
Tom Shanley 25:25

#### Female 20-29

Allie Yanikoski 19:48  
Dylan Broderside 21:05

### November 9, 2013 Fallen Leaves 5K Results

#### Male 20-29

Will Manning 18:59  
Daniel Keeney 23:12

#### Female 30-39

Rima Carlson 21:20  
Erin Magoon 22:22  
Beth Boutin 24:01  
Wendy Letourneau 26:52  
Linda Setchell 28:11  
Tanya Searles 33:03

#### Male 30-39

Adam French 18:37  
Eddie Habeck 19:25  
Scott Magnan 20:33  
Brendan Eaton 23:13

#### Female 40-49

Katrina Phillips 22:40  
Amy O'Toole 23:02  
Whitney Kaulbach 25:32  
Jen Miller-Arsenault 29:53  
Becky Diedrich 36:45  
Sandy Colvin 43:56

#### Male 40-49

Marc Gilbertson 18:14  
Michael Kennedy 19:54  
Frances Churchill 20:31  
Sean Murphy 21:12  
Scott Lovelette 21:56  
Chris Khamnei 22:34  
Dan Miller-Arsenault 22:41  
Jeff Prescott 22:49  
Thomas Shearer 24:35  
Craig Lyford 28:11

#### Female 50-59

Dot Martin 20:59  
Donna Smyers 22:45  
Nina Aitken 23:54  
June Burr 24:29  
Ann Bushey 24:56

#### Male 50-59

Chris Bean 18:39  
Mack Gardner-Morse 20:00  
Greg Jackson 20:36  
Mike Gillis 21:49  
Andy Shuford 22:13  
Scott Gould 22:58  
Gary Richter 23:15  
Rick DeAngelis 23:44  
Chris Cole 30:57

#### Male 60-69

Jamie Shanley 21:14  
Perry Bland 24:16  
John Martin 24:47  
Greg Gerdel 24:47  
Sigh Searles 28:56

#### Female 70-79

Marsha Bancroft 31:57

#### Male 80+

Gerry Carlson 37:20

MANY THANKS AS ALWAYS TO THE

FOLLOWING VOLUNTEERS: Tim

Shea, Laury Saligman, Bob

Murphy, Jon Copans, Maryke Gillis,

John Martin.

Particular thanks to Tim Shea for  
taking over for me as race-day  
director in my absence due to  
coaching responsibilities  
at the New England High School  
Cross Country Championship.

Tim Noonan

### Fallen Leaves 5K Results November 16, 2013

Overall Male Winner:

Thorin Markison, 17:13

Overall Female Winner:

Autumn Eastman, 17:57

(115 finishers)

#### Female 0-19

Autumn Eastman 17:57  
Sophia Gorman 19:22  
Abigail Kerrin 19:51  
Krestel Grevatt 20:30  
Haley Harder 20:37  
Carly Neeld 20:46  
Clare Salerno 22:47  
Leah Berger 23:06  
Loren Searles 24:51  
Ellie Searles 26:37  
Laura Shands 27:42  
Lucy Krokenberger 27:54  
Jane Miller-Arsenault 28:09  
Tess Ayres 29:51  
Isabel Humbert 30:53  
Caitlin Casavant 32:28  
Abigail Hebert 34:07  
Catherine Smith 35:19  
Mikayla Holmberg 36:17  
Maya Humbert 36:18  
Eliza Gilbert 38:30  
Maggie Duprey 38:50  
Zoe Colvin 42:04  
Zoe Jacobs 43:57  
Piper Mattson 43:58  
Isabella Wawrzyniak 44:00  
Dylan Cetrangolo 44:07  
Sienna French 46:06  
Danielle Sylvester 46:17  
Emma Herring 48:59  
Samantha Sicely 49:09  
Jillian Bijolie 53:39  
Grace Lane 53:49  
Savannah Brooks 63:00

#### Male 0-19

Zach Marshall 17:34  
Tyler Marshall 17:53  
Harken Spillane 18:08  
Devon Cantor 18:51  
Levi Beavin 21:37  
Jacob Miller-Arsenault 22:03  
Brian Bushey 22:06  
Trevor Patterson 24:18  
Brecken Shea 26:58  
Hans Krokenberger 28:08  
Joshia Phillips 31:56  
Hughes Gilbert 38:30

#### Female 20-29

Allie Yanikoski 19:59  
Dylan Broderick 20:55  
Kerry McCarthy 22:56  
Ashley Leamon 29:16  
Saybra Verisano 29:39  
Jamie Abbiticchio 46:17  
Christina Lovell 63:00

#### Male 20-29

Stephen Jochem 17:51  
Allen Smith 19:36  
Ty MacWalthers 23:57  
Eugene Richards 24:39

#### Female 30-39

Jaime Gadwah 30:07  
Priscilla Gilbert 38:31  
Holly Cetrangolo 44:07  
Samantha Duprey 49:27

#### Male 30-39

Thorin Markison 17:13  
Damian Bolduc 17:40  
Eddie Habeck 19:12  
Tyler Magnan 19:21

### November 16, 2013 Fallen Leaves 5K Results

#### Female 40-49

Stacey Spillane 18:56  
Barbara Patterson 22:57  
Jen Galfetti 23:20  
Heidi Dugan 23:28  
Frances Skerritt 24:38  
Gail Pelkey 24:41  
Betsy Shands 27:47  
Carol Krokenberger 28:01  
Jen Miller-Arsenault 28:10  
Denise Maurice 31:17  
Katrina Phillips 31:57  
Becky Diedrich 32:28  
Lea Williams 34:08  
Julie Richards 35:01  
Mary Ellen Copping 39:13  
Sandy Colvin 42:04  
Cara Herring 49:02  
Alicia Humbert 53:50

#### Male 40-49

Sean Murphy 20:45  
Jeff LaBombard 21:36  
Scott Lovellette 21:39  
Kevin Spillane 22:33  
Jeff Prescott 23:02  
Craig Lyford 28:44  
Jacob Humbert 30:54  
Sean Smith 35:19  
Andre Gilbert 38:32  
Chad Wawrzyniak 44:00

#### Female 50-59

Dot Martin 20:56  
Donna Smyers 22:22  
Nina Aitken 23:46  
June Burr 24:36  
Mary McAlear 28:01  
Joy Cary 31:58

#### Male 50-59

Jim Flint 19:24  
Mack Gardner-Morse 19:53  
Matthew Dugan 20:19  
Rob Monette 21:16  
Jonathan Rodd 21:24  
Andy Shuford 22:09  
Bob Cary 29:21  
Chris Cole 30:24

#### Female 60-69

Judith Craig 32:51

#### Male 60-69

David Vanderlande-  
Abernathy 21:48  
Perry Bland 23:40  
Greg Gerdel 24:24  
Sigh Searles 30:21  
Werner Zehetner 32:03

#### Female 70-79

Marsha Bancroft 32:14

#### Male 80+

Gerry Carlson 38:48

MANY THANKS TO THE

FOLLOWING VOLUNTEERS FOR

HELPING OUT AT THE LARGEST

FALLEN LEAVES RACE IN THE 10

YEARS AND 30 RACES OF THIS

RACE SERIES : John Martin, Tim

Shea, Sue Emmons, Beth Daut,

Bob Murphy, Daniel Keeney, Holly

Gordon, Toni Kaeding,

Darragh Ellerson and Brittany

Lafirira

Tim Noonan - Race Director



# CVR New Year's Eve 5K - 12/31/2013

2014 CVR/ORS Race Series - Montpelier

Race Directors - Sandy Colvin and Ann Bushey

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

Place Div/Tot Name Age City St Time Pace

## FEMALE AGE GROUP 1 - 13

1 80 Anna Chamberlin 13 Calais VT 32:25 10:27

2 81 Josie Gingold 13 Montpelier VT 32:39 10:31

## MALE AGE GROUP 1 - 13

1 47 Brian Bushey 11 Montpelier VT 24:50 8:00

2 101 Logan Drury 6 Middlesex VT 40:12 12:57

## FEMALE AGE GROUP 14 - 19

1 40 Sadie Broderick 19 Jericho VT 23:58 7:43

2 82 Brynn Bushey 14 Montpelier VT 32:40 10:31

3 85 Karen Avila 15 Barre VT 33:11 10:41

Record 18:58 by Tara Chaplin in 1997

## MALE AGE GROUP 14 - 19

1 8 Matt Hynes 15 Montpelier VT 19:24 6:15

2 13 Lance Parker 19 Craftsbury Common VT 20:38 6:39

3 20 Alan Barlow 18 Merrimac MA 21:51 7:02

4 25 Jules Perkins 14 Calais VT 22:17 7:11

5 92 George Barlow 18 Merrimac MA 35:05 11:18

Record 16:56 by Justin Schied in 2004

## FEMALE AGE GROUP 20 - 29

1 7 Alicia Freese 25 Montpelier VT 19:09 6:10

2 18 Allie Yanikoski 29 Montpelier VT 21:42 7:00

3 22 Elisa Otter 27 Waterbury VT 21:54 7:03

4 24 Dylan Broderick 23 Jericho VT 22:15 7:10

5 52 Pam Eaton 28 Waterbury VT 25:46 8:18

6 65 Nina Otter 26 Asheville NC 27:52 8:59

7 83 Brittany Tullar 24 Williamstown VT 32:54 10:36

8 84 Morgan Mackie 26 Montpelier VT 32:55 10:36

9 86 Megan Foster 29 Montpelier VT 33:21 10:45

10 94 Ally Allen 27 Chelsea VT 36:28 11:45

11 98 Abigail Boisvert 23 Barre VT 38:00 12:14

Record 18:25 by Abi Watras in 2001

## MALE AGE GROUP 20 - 29

1 12 Sam Merriman 28 Middlesex VT 20:13 6:31

2 15 Brad Allen 29 Oakland CA 21:07 6:48

3 19 Hendrik Reinold 27 Barre VT 21:47 7:01

4 32 Griffin Labbance 24 North Adams MA 22:54 7:23

5 64 Matt Williams 26 Asheville NC 27:51 8:58

6 99 Cory Boisvert 28 Barre VT 38:01 12:15

Record 16:39 by Nicholas Wheeler in 2006

## FEMALE AGE GROUP 30 - 39

1 26 Kimberly Buswell-Br 33 Lake Elmore VT 22:20 7:12

2 30 Julie Curtin 39 Montpelier VT 22:48 7:21

3 35 Rima Carlson 39 Montpelier VT 23:29 7:34

4 38 Dillon Burns 34 Calais VT 23:47 7:40

5 49 Leslie Welts 33 Montpelier VT 25:32 8:14

6 51 Stacy Bocskor 38 Northfield VT 25:39 8:16

7 54 Nora Duane 34 East Montpelier VT 26:20 8:29

8 74 JessieMae Belcher 33 Barre VT 29:48 9:36

9 79 Amy Holibaugh 39 Hyde Park VT 31:57 10:18

10 91 Laura Woodard 39 Montpelier VT 34:07 10:59

11 97 Elizabeth Erickson 34 Wolcott VT 37:46 12:10

12 103 Ashley Gildersleeve 30 Montpelier VT 40:48 13:08

Record 19:21 by Christa Doneski in 2006

## MALE AGE GROUP 30 - 39

1 1 Peter Maksimow 35 East Montpelier VT 17:50 5:45

2 2 Gavin Boyles 38 Montpelier VT 18:03 5:49

3 4 Thorin Markison 30 Montpelier VT 18:31 5:58

4 9 John Spinney 38 Waterbury VT 19:30 6:17

5 11 Jon Copans 39 Montpelier VT 20:02 6:27

6 14 Kevin Robinson 33 Montpelier VT 20:50 6:43

7 28 David Brodsky 34 Montreal QC 22:44 7:20

8 33 Jon Budreski 37 Montpelier VT 22:56 7:23

9 45 Roy Belcher 31 Worcester VT 24:44 7:58

10 56 Charles Wilkinson 36 Montpelier VT 26:24 8:30

11 75 Tay Yilmaz 31 Providence RI 30:00 9:40

Record 16:01 by Eric Morse in 1998

## FEMALE AGE GROUP 40 - 49

1 39 Barbara Patterson 47 Calais VT 23:56 7:43

2 42 Katrina Phillips 43 Montpelier VT 24:23 7:51

3 44 Carla Landry 48 Meriden NH 24:41 7:57

4 68 Danielle Howes 40 Fayston VT 28:20 9:08

5 71 Heather Driscoll 41 Montpelier VT 29:10 9:24

6 78 Robin Reed 49 Plainfield NH 31:13 10:03

7 87 Sarah Prior 45 Northfield VT 33:22 10:45

8 90 Nancy Chamberlin 45 Calais VT 33:56 10:56

9 100 Betsy Drury 44 Middlesex VT 40:11 12:57

10 104 Victoria Wilkinson 40 Montpelier VT 40:54 13:10

Record 19:15 by Cindy New in 1998

## MALE AGE GROUP 40 - 49

1 3 Joe Noonan 45 Burlington VT 18:12 5:52

2 6 Brian Carlson 41 Montpelier VT 18:54 6:05

3 10 Jon Floyd 41 Waterbury Ctr. VT 19:48 6:23

4 21 Mike Bessette 43 St. Albans VT 21:53 7:03

5 23 Ben Ellingson 42 Montpelier VT 22:12 7:09

6 36 Dave Kissner 48 Montpelier VT 23:37 7:37

7 41 Scott Lovelette 45 Montpelier VT 24:01 7:44

8 63 Jon Alexander 41 Burlington VT 27:36 8:54

9 70 Bob Stahl 48 Hinesburg VT 28:48 9:17

10 88 Matt Howes 42 Fayston VT 33:33 10:48

Record 16:49 by Shawn Gardner in 2002

## FEMALE AGE GROUP 50 - 59

1 27 Sue Hackney 56 Montpelier VT 22:22 7:12

2 48 Judy Rubin 55 White Plains NY 25:27 8:12

3 53 June Burr 55 Fayston VT 26:08 8:25

4 66 Diana McTeague Scot 52 Berlin VT 28:02 9:02

5 93 Dorothy Poulin 56 West Hartford VT 35:19 11:23

6 95 Cindy Allen 55 Chelsea VT 36:29 11:45

7 102 Jennifer Barlow 51 Merrimac MA 40:20 12:59

Record 21:44 by Patty Foltz in 1998

## MALE AGE GROUP 50 - 59

1 5 Norm Larson 57 Burlington VT 18:40 6:01

**New record. Old record 19:20 by John Hackney in 1999**

2 16 Mack Gardner-Morse 52 Calais VT 21:18 6:52

3 17 Larry Allard 55 Barton VT 21:27 6:55

4 29 Chuck Landry 57 Meriden NH 22:45 7:20

5 31 Chris Andresen 57 Montpelier VT 22:52 7:22

6 34 Tim Noonan 57 Montpelier VT 23:18 7:30

7 37 Andy Shuford 53 Montpelier VT 23:43 7:39

8 43 Fred Gillen 50 Duxbury VT 24:34 7:55

9 46 Tim Heney 54 Montpelier VT 24:49 8:00

10 50 Joe Hayes 51 Middlesex VT 25:37 8:15

11 55 Rick DeAngelis 58 Montpelier VT 26:23 8:30

12 61 Dennis Casey 55 Waterford VT 27:07 8:44

13 62 Tony Mathis 52 Montpelier VT 27:18 8:48

14 69 Gregg Gossens 57 Montpelier VT 28:33 9:12

15 72 Guy Page 56 Barre VT 29:17 9:26

16 77 Mike Stahl 59 Moriah NY 30:43 9:54

## FEMALE AGE GROUP 60 - 69

1 60 Dot Helling 63 Montpelier VT 26:54 8:40

Record 24:12 by Patty Foltz in 2011

## MALE AGE GROUP 60 - 69

1 57 Charles Windisch 60 Essex Jct. VT 26:28 8:32

2 58 Wayne Rubin 63 White Plains NY 26:43 8:36

3 59 Greg Gerdel 66 Montpelier VT 26:45 8:37

4 67 Neal McBain 66 Lebanon NH 28:08 9:04

5 73 Bill Everett 62 Essex Jct. VT 29:30 9:30

6 76 Greg Wight 68 Brookfield VT 30:34 9:51

Record 20:03 by Ed McSweeney in 2010

## FEMALE AGE GROUP 70 - 79

1 89 Joani Yankee 71 So. Royalton VT 33:46 10:53

**New record. No previous record in this age group.**

2 96 Marsha Bancroft 75 Worcester VT 36:52 11:52

## MALE AGE GROUP 70 - 79

1 105 Scott Skinner 71 Montpelier VT 59:28 19:09

Record 31:41 by Gerow Carlson in 2006



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

see [www.cvrrunners.org](http://www.cvrrunners.org) for additional details

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

**January 25, "CVR" Frostival 5K**, 9:00am, Montpelier City Hall, *Contact:* Sandy Colvin at buckman43@comcast.net or Sean Murphy at motomurphy@gmail.com

**January 26, 19th Boston Prep 16 Mile**, 10:00am, Derry, NH, *Contact:* Dave Breeden at (603) 432-6865 or weluv2run@comcast.net (snow date February 2)

**February 23, Half at the Hamptons**, 10:00am, Hampton Beach, NH, *Contact:* [www.locorunning.com](http://www.locorunning.com)

**March 15, Shamrock Shuffle 5K**, Lebanon (NH) Recreation and Parks Dept., *Contact:* [www.shamrock5k.com](http://www.shamrock5k.com) or (603) 448-5121

**March 16, St. Paddy's 5 Mile**, 10:30am, Portsmouth (NH) *Contact:* [www.paddysfivemiler.com](http://www.paddysfivemiler.com)

**March 22, Race Vermont Spring Fling 5k/10k**, 9:00am, Shelburne Health and Fitness at the Field House, 166 Athletic Drive. *Contact:* Rayne Herzog at 316-7142 or [rayne@racevermont.com](mailto:rayne@racevermont.com).

**March 23, 35th "GMAA" Kaynor's Sap Run 10K**, 12:00, Westford School on Brookside Road, Westford. Open the season with muddy country roads, cider, and doughnuts. *Contact:* Steve Eustis, Tom Kelly, Meredith White at 324-0919, [saprun@gmaa.net](mailto:saprun@gmaa.net) ( part of the 2014 CVR/ORS race series )

**April 5, 35th April Fool's 5K and 10K**, 10:00am-10k, 11:00am-5k, Salem, NY, run one or both for one entry fee, *Contact:* [www.aprilfoolsrace.com](http://www.aprilfoolsrace.com) or (518) 791-1419

**April 12, Half Marathon Unplugged**, Colchester, Two wave start, Registration opens January 13th, *Contact:* [www.runvermont.org](http://www.runvermont.org)

**April 26, 36th "GMAA" Rollin Irish Half Marathon**, 9:00am, Memorial Hall, Essex Center. Explore the scenic back roads of Essex - mostly dirt and "rolling". Jim Farrington, [rollinirish@gmaa.net](mailto:rollinirish@gmaa.net) .

**April 26, 5th "CVR" Adamant 20 Miler or 2 Person Relay**, 10:00am, Adamant Music School, *Contact:* Eric Ryea at 223-2733 or [eryea@aol.com](mailto:eryea@aol.com)

**April 27, Plattsburgh Half Marathon**, 8:00am, *Contact:* [www.plattsburghhalfmarathon.com](http://www.plattsburghhalfmarathon.com)

**April 27, 34th Vermont Maple Festival Sap run, 8.5 miles & relay**, 9:00am, Swanton - Saint Albans, *Contact:* [www.vtmaplefestival.org](http://www.vtmaplefestival.org) or 524-1500

**May 3, 36th "GMAA" Pump It Up 5 Miler**, 9:00am, Jericho Elementary School. Partners' times are combined. Bring a partner or get one at the start. *Contact:* Megan Valentine at [pumpitup5miler@gmaa.net](mailto:pumpitup5miler@gmaa.net)

**May 4, 17th "CVR" Mutt Strutt 3-Miler**, 10:00am, Little River State Park, Waterbury, 3 mile run for people with dogs on leashes. *Contact:* to be announced

**May 4, Dam Run - 4 Mile**, 9:00am, Springfield, *Contact:* [www.springfielddamrun.com](http://www.springfielddamrun.com)

**May 4, Champlain Classic 5K and 15K**, 9:00am, Shelburne, *Contact:* [www.champlainclassic.com](http://www.champlainclassic.com) or 985-9551

**May 4, Middlebury Maple Run half marathon and two person relay**, 9:00, Porter Hospital, South Street, *Contact:* 388-7951 or [www.middleburymaplerun.com](http://www.middleburymaplerun.com)

**May 10, JMMY Run 5K, 10K and half-marathon**, 9:00am, Milton, *Contact:* [www.jmmy-run.org](http://www.jmmy-run.org) or 309-3864



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

**May 10, Race Vermont Half-Marathon**, 8:00am, Shelburne Health and Fitness at the Field House, 166 Athletic Drive. *Contact:* Rayne Herzog at 316-7142 or [rayne@racevermont.com](mailto:rayne@racevermont.com)

**May 10, Road to the Pogue 10K**, 8:30am, Woodstock, Marsh-Billings-Rockefeller National Historic Park  
*Contact:* [www.roadtothepogue.com](http://www.roadtothepogue.com)

**May 17, 6th "CVR" Barre Town Spring Run 5K**, 9:00am, Barre Town Recreation Field, *Contact:* Andrea McLaughlin at 476-4417 or [ajvtskier@msn.com](mailto:ajvtskier@msn.com) ( part of the 2014 CVR/ORS race series )

**May 18, Shires of Vermont Marathon**, 8:00am, Bennington to Manchester, *Contact:* [www.shiresofvermontmarathon.com](http://www.shiresofvermontmarathon.com)

**May 25, KeyBank Vermont City Marathon**, Registration for the marathon is now open. Relay lottery open February 1, Information at [www.vermontcitymarathon.org](http://www.vermontcitymarathon.org)

**May 30, 18th "CVR" Kids Track Meet**, 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 223-6216 or Norm Robinson at 223-7351.

**June 7, "CVR" Capital City Stampede 10K**, 9:00, Montpelier, *Contact:* John Valentine at [jvalentine@tds.net](mailto:jvalentine@tds.net) or 485-3777 ( part of the 2014 CVR/ORS race series )

**June 15, "CVR" Worcester Four Mile**, 10:00am, *Contact:* Roy Belcher at [roybelcher@hotmail.com](mailto:roybelcher@hotmail.com) or 735-5110

**June 22, "CVR" Paul Mailman Montpelier 10 Mile**, 8:45, *Contact:* Andy Shuford at 272-3218 or [andy.cvr@myfairpoint.net](mailto:andy.cvr@myfairpoint.net) ( part of the 2014 CVR/ORS race series )

**July 12, "CVR" Bear Swamp Run (5.7 miles)**, 9:00, Middlesex, *Contact:* Tim Noonan at 223-6216 ( part of the 2014 CVR/ORS race series )

**July 27, "CVR" Barre Heritage Festival 5K Trail Run**, 9:00, *Contact:* Lori LaCroix at 479-2938

**August 14, "CVR" Berlin Pond 5 Mile**, 6:00pm, *Contact:* Jeff Prescott at [jeffp\\_cvr@myfairpoint.net](mailto:jeffp_cvr@myfairpoint.net) or Sue Emmons at [sue.emmonds@comcast.net](mailto:sue.emmonds@comcast.net) ( part of the 2014 CVR/ORS race series )

**August 30, "CVR" Northfield Savings Bank 5K & 1 Mile**, 10:30/9:30am, *Contact:* Northfield Savings Bank at 485-5223 ( part of the 2014 CVR/ORS race series )

**September 17, "CVR" Sodom Pond 4 Mile**, 6:00pm, Adamant, *Contact:* Tim Noonan at 223-6216 ( part of the 2014 CVR/ORS race series )

**October 5, "CVR" Leaf Peepers Half-Marathon and 5K**, 11:00am, Waterbury, *Contact:* Roger Cranse at 223-6997 or [rcc59@comcast.net](mailto:rcc59@comcast.net) ( part of the 2014 CVR/ORS race series )

**November 1, 8, 15, "CVR" Fallen Leaves 5K Series**, 9:00am, Montpelier, *Contact:* Tim Noonan at 223-6216

***\*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](http://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)

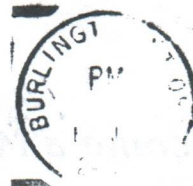
2014      2015      2016      2017      2018

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

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



Newsletter Editor  
Bob Howe  
P.O. Box 632  
Barre, VT 05641



CVR PD 13

Robert Murphy  
35 Birchwood Park  
Barre, VT 05641

0564136653 PD05



## NEWSLETTER - January 2014



Volume 35  
Issue 1



### Put these CVR races and events on your calendar!

- Thursday, January 23, Awards and Volunteer Recognition Dinner (details page 2)
- Saturday, Winter "Long Runs" (details page 1)
- Monday, "Berlin Pond Runs" (details 6)
- Saturday, January 25, Frostival 5K, Montpelier (details page 13)
- Sunday, March 9, Annual Meeting
- Saturday, April 26, Adamant 20 Miler or 2 Person Relay (details page 13)

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