

Newsletter

March 2014

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Notes from the President: Greetings, This is my schwanengesang as your president. When I wrote my first newsletter greeting almost two years ago, I listed three goals:

1. To improve communications within the club
2. To recruit new members to the club
3. To identify and groom new race directors

Looking back, I think we made progress on all those goals and had some fun in the process. Keep up the good work, folks.

On page 2 in this newsletter, you will find information on our upcoming Annual Meeting on Sunday, March 9. This will be a great chance to enjoy some good food and to catch up with folks during the "off season." I hope to see you there. If you can't make it to the Annual Meeting, I will see you at the Adamant 20-Miler. Right?

Later, ---Jeff Prescott

Spirit of the Club Award

The CVR Spirit of the club award started in 2005. Initially we had some catching up to do and there were a couple years with two awards, mostly for cumulative service. Since then it has been a mix of cumulative service, work load, exceptional accomplishment, and feeding people well that has contributed to who gets the award.

For the history buffs, so far the award winners have been: 2005: Tim Noonan and Darragh Ellerson, 2006: Donna Smyers and Bob Murphy, 2007: Norm Robinson, 2008: Dave Kissner, 2009: Priscilla Carr, 2010: Nancy Rice, 2011: John Hackney, 2012: Roger Cranse, 2013: Eric Ryea. A sitting president has never received the award in the past, but the current accomplishments of Jeff Prescott should not go unrecognized for another year.

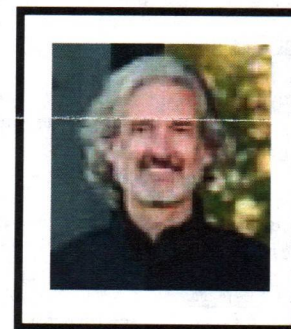


photo - cvrunners.org

Jeff joined CVR in late 2009 and immediately became involved in club activities. By 2011, we all recognized that he would be a great president of CVR, but in his methodical way, he insisted on apprenticing as VP for a year to learn the ropes (and make lists of how he would do it differently?). During Jeff's tenure the club's membership has increased from 109 families to the current 139 families, a 28% increase in membership (at least half of which are not free trial memberships). I have been membership coordinator for at least 10 years and have never seen membership rise above 110 before. Not only has the membership increased, but the cohesion and activity level of members has dramatically improved most likely due to his informative and witty weekly email "news we can use."

Jeff's attention to details, inclusion of members' race accomplishments and activities and his creative contests and prizes keep many of us enjoying the weekly news rather than skimming and hitting delete as we do with most of our email. He initiated the weekly winter long runs which have helped keep CVR active year round. And he is the most participatory president in recent memory, attending most of the winter runs, most of the Tuesday Fun Runs, 6 CVR/ORS race series races plus a few non series races, most importantly the Adamant 20 Miler which he selflessly promoted even more than Berlin Pond which he co-directed.

Any subsequent presidents will be hard pressed to measure up to the effort level and effectiveness of Jeff. So much so that we are making this award contingent on Jeff staying CVR Communication Czar as a lifelong appointment (just kidding). With that, I would like to award Jeff Prescott the 2014 CVR Spirit of the Club award.

(the spirit of the club committee consisted of Donna Smyers, John Valentine and Dot Martin with the presentation of the award by Donna Smyers)

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 CVR Meeting – November 4, 2013, subject to approval at the March meeting

Meeting called to order at 6:45 pm with about 20+ members in attendance.

Meeting Minutes

Approved the previous meeting minutes.

Financials

Discussed the treasurers report which was handed out to the group. Reviewed the clubs sources of revenue as well as expenses over one year time frame. Discussed and reiterated the club doesn't need to set race fees in a manner that brings in revenue for the club, but instead, Race Directors should be cognizant of expenses and make sure race fees are enough to offset expenses. Also discussed the many donations the club makes throughout the year and reflected on how well those are appreciated. We want to continue to do as much as we can in making donations to the community, especially community running organizations.

Race Recap:

Northfield Savings Bank

Roley Brucken the race director, was not in attendance, but reported the race went well. Others who were there discussed the race and gave a report.

Sodom Pond

Huge turnout of 49 runners this year versus last year only 23. Good report, all went well.

Leaf Peepers

Roger Cranse the race director, wasn't at the meeting but gave a report. All went well, course was a success and well received by runners. Roger asked to be race director again next year, no one objected. Reminder: this new course requires a lot more volunteers, so we are going to have to be sure to get plenty of volunteers next year.

Fallen Leaves Race Series

First race was held on Saturday and 89 runners were there. This is a good start to the series which is seeing an increase in runners year over year. Tim reported he needs more volunteers, if anyone is interested contact Tim Noonan the race director. Proceeds for this race go to Montpelier Food Pantry

New Years Eve Race

Sandy Colvin was at the meeting and reported she and Ann have just begun this years race planning. Discussed the idea of having hats, headbands, or mittens for runners, instead of the customary T-Shirts. Everyone shared ideas, Sandy to continue to research. Need volunteers, if you are interested, contact Sandy Colvin or Ann Bushey.

2014 Race Calendar

Reviewed the 2014 race calendar which was handed out to the group. All agreed to the dates specified. Regarding the races in the race series. All agreed to keep as is, no changes for 2014 CVR Race Series.

Volunteer Banquet

John Martin agreed to plan this years event. Reviewed the calendar and decided January 23rd would be the scheduled date for the Annual Awards and Volunteer Banquet. John to forward more information as the planning continues.

Spirit of the Club Committee

Donna Smyers, John Valentine, and Dot Martin all agreed to be the nominating committee for the spirit of the year 2013 award.

Club Board Positions – Nominating Committee

Bob Murphy, Beth Daut and Greg Gerdel agreed to be on the committee to nominate members to serve in any open board positions.

CVR competing in team events – sponsoring team events

Discussed the idea of CVR competing in, sponsoring and being a part of various races and race events. Had a long discussion on this topic. Used Green Mountain Athletic Association as an example of how they participate. After a long discussion decided we wanted to keep the club as is and not sponsor i.e. pay for team events. We prefer to keep our race costs low, our membership fees low and use proceeds from races to go towards donations rather than towards expenses for us to compete in team events. With that being said, everyone agreed it would be fun for us to try and coordinate more in the future and enter team events, relay races etc.

Gobble Wobble Turkey Trot

This is an event which is held in Barre and CVR has helped out in the past with timing and other tasks. It isn't a CVR event. The Race Director reached out to CVR asking if we wanted, or would be o.k. with putting our logo on the shirt along side other 'sponsors' of the event. To avoid confusion the club would prefer not to have our logo on the shirt to avoid confusion with the public thinking it is our event.

Other Business

Discussed getting more people trained to do timing. Not enough club members know how to work the computer timing and as such those that do are unable to participate in all the races. Challenge is if you don't do it very often, you can easily forget how. Discussed ideas of having a training camp or clinic to teach others how to do it. Also, have members shadow at races, or practice at races with the timing equipment until they learn and are more comfortable. Donna Smyers offered to host a clinic and teach.

Annual Meeting

Annual Meeting will be held on March 9th. Location to be determined. Ideally we would like to hold the meeting at a large space rather than a members home, as this meeting tends to be very large. If you have any ideas on locations, contact Jeff Prescott.

Meeting adjourned at 8:00 pm

... Sandy Colvin

Sunday, March 9, 2014

CVR Annual Meeting

Montpelier Senior Activity Center

Community Room

58 Barre St. Montpelier

Potluck dinner at 5:00 pm with business to follow including a treasurer's report, Leaf Peeper's update, grant programs for 2014, election of new officers and other miscellaneous business.

CVR/ORS 2013 Race Series Awards and other Special Awards
 presented by CVR President Jeff Prescott at the
 CVR Awards and Volunteer Recognition Dinner on January 23rd.

RACE SERIES AWARD	RECIPIENT	SPECIAL AWARD	RECIPIENT
Female 0-19	Holly Gordon	Perfect 500 Award	Jim Flint, Patty Foltz, Bob Murphy and Allie Yanikoski
Female 20-29	Allie Yanikoski	Fastest Female Marathoner Award	Megan Valentine
Female 30-39	Sarah London	Fastest Male Marathoner Award	Gavin Boyles
Female 40-49	Sandy Colvin	Most Likely to Stop and Talk to Cows during a Race Award	Brynn Bushey
Female 50-59	Sue Emmons	Efficiency Award	Kaitlin O'Shea
Female 60-69	Patty Foltz	Fearless Competitor Award	Richarda Ericson
Female 70+	Marsha Bancroft	What Were We Thinking? Award	Sarah London & Rob McDougall
Male 0-19	Brian Bushey	Best New Race Director Award	Sean Murphy
Male 20-29	Daniel Keeney	Carpe Diem Award	Sue Emmons
Male 30-39	Gavin Boyles	How the Mighty Have Fallen Award	Donna Smyers
Male 40-49	Sean Murphy	Perfect 300 Award	Marsha Bancroft, Sue Hackney & Dot Martin
Male 50-59	Jim Flint	Most Improved Award	Jamie Shanley
Male 60-69	Jamie Shanley	No Room for Improvement Award	John Valentine
Male 70+	Bob Murphy	Social Butterfly Award	John Martin
		Nicest Guy in the Club Award	Dave Erickson
		Nicest Gal in the Club Award	Pam Erickson
		Best Streak Award	Mike Gillis
		Where in the World is She? Award	Dot Helling
		Persistent Consistency Award	Newton Baker & John Kaeding
		People's Choice Award	Donna Smyers

I am just starting a morning **Masters swim group** at First in Fitness on Tuesdays Feb 18 - May 27, 2014. These swim workouts are fairly low key and designed for fitness or for getting people in shape for triathlon season. Workouts are modified to fit your current fitness and your distance goals. (I could even give you a water running workout). Some time each week will be on improving technique. You don't need to commit to come regularly, just whenever it works in your schedule you can show up. For info on cost, etc., email me dosmyers@gmail.com or check the First in Fitness website: <http://www.firstinfitness.com/masters-swim-program>. ... Donna Smyers

please check the mailing label on this newsletter to see if your membership has been paid for 2014

**keep up to date on area races and events,
 and support running and fitness in Central Vermont by renewing your membership today
 (additional information on page 13)**

Donna has also 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

CVR Marathon Performances: 2013 ...by Jeff Prescott

This article provides a quick recap and analysis of marathon performances by CVR members during 2013.

Fine Print Disclaimers The data source for this analysis is the results database at www.marathonguide.com. It is possible that some CVR results are missing from the data I compiled. If you spell your name multiple different ways, I may not have found all of your results. Some names are very common. (There were three Sean Murphys in the Dublin Marathon!) Finally, note that these results do not include marathon splits of Ironman competitions or ultramarathon results. Enough with tiresome disclaimers...although the data is not perfect, I have deemed these results substantially complete and fun to analyze.

Marathon Results Table A lists marathon results for CVR members during 2013. The list is sorted by member and date. Thirty-six club members recorded marathon finishes in 2013, up from 21 in 2012. These 36 club members produced a combined total of 68 marathon finishes...slightly less than two races per marathoner.

Observations

The top three CVR male marathon times for the year: *(Note that all three of these times are faster than Tim Shea's club leading 2:59:13 of 2012.)*

Name	Div	Date	Race	Gun Time
Boyles, Gavin	M35-39	5/26/2013	Vermont City Marathon	2:50:19
Evans, Rick	M0-39	4/15/2013	Boston Marathon	2:57:32
Evans, Rick	M35-39	11/17/2013	Philadelphia Marathon	2:58:06

The top three CVR female marathon times for the year: *(Note that Megan's VCM time is faster than Sarah London's club leading 3:08:42 of 2012.)*

Name	Div	Date	Race	Gun Time
Valentine, Megan	F30-34	5/26/2013	Vermont City Marathon	3:03:55
London, Sarah	F0-39	4/15/2013	Boston Marathon	3:16:20
London, Sarah	F30-34	5/26/2013	Vermont City Marathon	3:17:58

There were 18 CVR performances with gun times of 3:30:00 or below, up from 10 in 2012:

Name	Div	Date	Race	Gun Time
Boyles, Gavin	M35-39	5/26/2013	Vermont City Marathon	2:50:19
Evans, Rick	M0-39	4/15/2013	Boston Marathon	2:57:32
Evans, Rick	M35-39	11/17/2013	Philadelphia Marathon	2:58:06
Valentine, Megan	F30-34	5/26/2013	Vermont City Marathon	3:03:55
Shea, Timothy	M40-44	4/15/2013	Boston Marathon	3:07:35
Voisin, Daniel	M35-39	5/26/2013	Vermont City Marathon	3:11:29
Andresen, Christian	M55-59	5/26/2013	Vermont City Marathon	3:14:00
Shea, Timothy	M40-44	5/26/2013	Vermont City Marathon	3:14:43
London, Sarah	F0-39	4/15/2013	Boston Marathon	3:16:20
London, Sarah	F30-34	5/26/2013	Vermont City Marathon	3:17:58
Williamson, Jon	M45-49	5/26/2013	Vermont City Marathon	3:18:05
Valentine, Megan	F30-34	11/10/2013	OBX Marathon	3:20:01
Colvin, Sandy	F40-49	10/20/2013	Baystate Marathon	3:27:49
Colvin, Sandy	F40-44	5/26/2013	Vermont City Marathon	3:28:18
Joslin, Tracy	F35-39	1/27/2013	Carlsbad Marathon	3:28:52
Grosvenor, John	M50-54	5/26/2013	Vermont City Marathon	3:29:15
Yanikoski, Allie	F20-29	2/24/2013	Hyannis Marathon	3:29:19
Murphy, Sean	M45-49	5/26/2013	Vermont City Marathon	3:29:41

There were 8 CVR performances with age-graded times of 3:00:00 or below, up from 6 in 2012: (Note: Age-graded times attempt to provide a comparison of the "quality" of a performance by taking into account the age and sex of the runner. For example, Chris Andresen's 3:14:00 at VCM is viewed as "equivalent" to a time of 2:42:37 by a young whippersnapper. Note that Chris and Gavin both exceeded Dot Martin's 2012 club-leading age-graded time of 2:50:12.)

Name	Div	Date	Race	Gun Time	AG Time
Andresen, Christian	M55-59	5/26/2013	Vermont City Marathon	3:14:00	2:42:37
Boyles, Gavin	M35-39	5/26/2013	Vermont City Marathon	2:50:19	2:49:38
Helling, Dot	F60-64	5/26/2013	Vermont City Marathon	4:05:55	2:52:36
Martin, Dot	F50-59	10/13/2013	Green Mountain Marathon	3:34:00	2:54:14
Evans, Rick	M35-39	11/17/2013	Philadelphia Marathon	2:58:06	2:57:07
Evans, Rick	M0-39	4/15/2013	Boston Marathon	2:57:32	2:57:21
Shea, Timothy	M40-44	4/15/2013	Boston Marathon	3:07:35	2:58:33
Noonan, Tim	M55-59	10/6/2013	Maine Marathon	3:33:01	2:58:40

There were 27 different marathons with CVR participants, up from 18 in 2012: (Note: We should have had more finishers at the Boston Marathon. John & Megan Valentine were running with Amby Burfoot who had a goal of 4:30:00. They were diverted from the course when the race was shut down due to the explosions at the finish line. April Farnham was also diverted. Sean Murphy finished the Boston Marathon as a guide for a visually impaired runner, but does not appear in the results database.)

Race	Date	Total
Vermont City Marathon	5/26/2013	26
Green Mountain Marathon	10/13/2013	6
Boston Marathon	4/15/2013	5
Adirondack Marathon	9/22/2013	3
Baystate Marathon	10/20/2013	3
Lake Placid Marathon	6/9/2013	2
Joseph Smith Memorial Marathon	7/6/2013	2
Mad Marathon	7/7/2013	2
Carlsbad Marathon	1/27/2013	1
Hyannis Marathon	2/24/2013	1
Catalina Marathon	3/9/2013	1
Kalamazoo Marathon	5/5/2013	1
Cox Sports Providence Marathon	5/12/2013	1
Fargo Marathon	5/18/2013	1
Shires of Vermont Marathon	5/19/2013	1
Bay of Fundy International Marathon	6/23/2013	1
Quebec City Marathon/Marathon des Deux Rives	8/25/2013	1
Maine Marathon	10/6/2013	1
Twin Cities Marathon	10/6/2013	1
Chicago Marathon	10/13/2013	1
Mohawk-Hudson River Marathon	10/13/2013	1
Cape Cod Marathon	10/27/2013	1
Marine Corps Marathon	10/27/2013	1
OBX Marathon	11/10/2013	1
Brooklyn Marathon	11/17/2013	1
Myles Standish Marathon	11/17/2013	1
Philadelphia Marathon	11/17/2013	1

There were 4 CVR members who completed 3 or marathons during 2013, up from 3 in 2012: (Note that John, Newton and Sandy are repeat offenders. Tim is the newcomer to this list.)

Name	Total
Kaeding, John	10
Baker, Newton	9
Noonan, Tim	3
Colvin, Sandy	3

A few random observations:

Out of 68 marathons, 22 of them met Boston Marathon qualifying standards.

Everyone ran VCM last year. It's like everyone decided to get together and have fun without me. (Of course, it was very cold and pouring rain that day so I will not complain about being left out.)

Newton Baker ran 3 marathons in 4 weekends in May. He ran 2 marathons in 1 weekend in July. But they were hard ones.

John Kaeding ran 3 marathons in 3 weekends in October.

Corrections/Clarifications/Refutations

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

Table A: 2013 CVR Marathon Performances by Name & Date (continued on next page)

Name	Date	Race	City	Div	Gun Time	Net Time	AG Time*	BQ
Andresen, Christian	5/26/2013	Vermont City Marathon	Montpelier	M55-59	3:14:00	3:13:42	2:42:37	BQ
Arsenault-Berry, Phyllis	10/13/2013	Mohawk-Hudson River Marathon	Duxbury	F55-59	4:08:46	4:08:26	3:14:09	BQ
Baker, Newton	5/5/2013	Kalamazoo Marathon	Montpelier	M70-74	5:43:52		4:10:04	
Baker, Newton	5/19/2013	Shires of Vermont Marathon	Montpelier	M70-79	5:24:04		3:55:39	
Baker, Newton	5/26/2013	Vermont City Marathon	Montpelier	M70-74	5:28:04	5:27:32	3:58:10	
Baker, Newton	6/9/2013	Lake Placid Marathon	Montpelier	M70-99	5:26:50	5:25:59	3:57:03	
Baker, Newton	6/23/2013	Bay of Fundy International Marathon	Montpelier	M70-99	5:15:30			
Baker, Newton	7/6/2013	Joseph Smith Memorial Marathon	Montpelier		5:50:59		4:15:14	
Baker, Newton	7/7/2013	Mad Marathon	Montpelier	M70-74	6:25:23	6:25:03	4:40:00	
Baker, Newton	9/22/2013	Adirondack Marathon	Montpelier	M70-99	5:12:04	5:11:56	3:46:50	
Baker, Newton	10/13/2013	Green Mountain Marathon	Montpelier	M70-79	5:16:19		3:50:01	
Birse, Dave	11/17/2013	Myles Standish Marathon	Berrington, NH	M50-59	4:19:25		3:44:03	
Blais, Celine	5/26/2013	Vermont City Marathon	Montpelier	F65-69	5:28:19	5:24:12	3:40:15	
Blais, Celine	11/17/2013	Brooklyn Marathon	Montpelier	F60-69	5:06:33		3:24:29	
Boyles, Gavin	5/26/2013	Vermont City Marathon	Montpelier	M35-39	2:50:19	2:50:19	2:49:38	BQ
Brucken, Rowly	9/22/2013	Adirondack Marathon	Northfield	M45-49	3:44:45	3:44:37	3:30:11	
Colvin, Sandy	4/15/2013	Boston Marathon	Montpelier	F40-44	3:34:30		3:15:41	BQ
Colvin, Sandy	5/26/2013	Vermont City Marathon	Montpelier	F40-44	3:28:18	3:27:18	3:09:07	BQ
Colvin, Sandy	10/20/2013	Baystate Marathon	Montpelier	F40-49	3:27:49	3:27:23	3:06:56	BQ

Table A: 2013 CVR Marathon Performances by Name & Date (continued from previous page)

Deangelis, Rick	5/26/2013	Vermont City Marathon	Montpelier	M55-59	4:29:42	4:26:47	3:43:59	
Deangelis, Rick	10/20/2013	Baystate Marathon	Montpelier	M50-59	4:07:20	4:06:16	3:24:47	
Erickson, David	5/26/2013	Vermont City Marathon	Barre	M60-64	4:33:41	4:29:57	3:40:08	
Erickson, David	10/13/2013	Green Mountain Marathon	Barre	M60-69	4:27:05		3:35:40	
Evans, Rick	4/15/2013	Boston Marathon	Bradford	M0-39	2:57:32		2:57:21	BQ
Evans, Rick	11/17/2013	Philadelphia Marathon	Bradford	M35-39	2:58:06	2:57:50	2:57:07	BQ
Farnham, April	5/26/2013	Vermont City Marathon	Plainfield	F45-49	4:44:05	4:39:51	4:09:12	
Farnham, April	7/6/2013	Joseph Smith Memorial Marathon	Plainfield		4:31:03		4:01:22	
Gillis, Maryke	5/26/2013	Vermont City Marathon	Middlesex	F50-54	5:32:53	5:28:17	4:30:51	
Grosvenor, John	5/26/2013	Vermont City Marathon	Cabot	M50-54	3:29:15	3:28:33	3:03:27	BQ
Helling, Dot	5/26/2013	Vermont City Marathon	Montpelier	F60-64	4:05:55	4:05:23	2:52:36	BQ
Heney, Tim	5/26/2013	Vermont City Marathon	Montpelier	M50-54	3:40:46	3:39:56	3:09:57	
Heney, Tim	10/13/2013	Green Mountain Marathon	Montpelier	M50-59	3:52:43		3:20:59	
Joslin, Tracy	1/27/2013	Carlsbad Marathon	Waitsfield	F35-39	3:28:52	3:28:51	3:20:39	BQ
Kaeding, John	3/9/2013	Catalina Marathon	Worcester	M65-69	5:19:55		4:08:03	
Kaeding, John	5/18/2013	Fargo Marathon	Worcester		4:30:06		3:29:26	
Kaeding, John	5/26/2013	Vermont City Marathon	Worcester	M65-69	4:29:57	4:28:50	3:28:27	
Kaeding, John	6/9/2013	Lake Placid Marathon	Worcester	M60-69	4:22:40	4:21:23	3:22:40	
Kaeding, John	7/7/2013	Mad Marathon	Worcester	M65-69	4:38:02	4:37:35	3:35:14	
Kaeding, John	8/25/2013	Quebec City Marathon/Marathon des Deux Rives	Worcester	M60-69	4:18:28			
Kaeding, John	9/22/2013	Adirondack Marathon	Worcester	M60-69	4:33:12	4:32:59	3:31:40	
Kaeding, John	10/6/2013	Twin Cities Marathon	Worcester	M65-69		4:19:58	3:21:34	
Kaeding, John	10/13/2013	Green Mountain Marathon	Worcester	M60-69	4:37:39		3:35:17	
Kaeding, John	10/20/2013	Baystate Marathon	Worcester	M60-69	4:40:03	4:38:38	3:36:03	
London, Sarah	4/15/2013	Boston Marathon	Montpelier	F0-39	3:16:20		3:15:05	BQ
London, Sarah	5/26/2013	Vermont City Marathon	Montpelier	F30-34	3:17:58	3:17:47	3:16:32	BQ
Lovelette, Scott	5/12/2013	Cox Sports Providence Marathon	Montpelier	M40-49	3:50:46	3:50:31	3:37:35	
Lovelette, Scott	10/27/2013	Cape Cod Marathon	Montpelier	M40-49	3:50:17	3:49:46	3:36:52	
Managan, Nick	5/26/2013	Vermont City Marathon	Waterbury	M30-34	3:52:23	3:48:46	3:48:46	
Martin, Dot	10/13/2013	Green Mountain Marathon	Montpelier	F50-59	3:34:00		2:54:14	BQ
Martin, John	10/13/2013	Green Mountain Marathon	Montpelier	M60-69	4:37:25		3:44:00	
Montgomery, Emily	5/26/2013	Vermont City Marathon	Northfield	F25-29	3:59:54	3:58:28	3:58:28	
Murphy, Sean	5/26/2013	Vermont City Marathon	Montpelier	M45-49	3:29:41	3:28:50	3:13:45	
Murphy, Sean	10/13/2013	Chicago Marathon	Websterville	M45-49	3:34:52		3:17:38	
Noonan, Tim	4/15/2013	Boston Marathon	Montpelier	M55-59	3:57:44		3:21:30	
Noonan, Tim	5/26/2013	Vermont City Marathon	Montpelier	M55-59	3:50:28	3:50:01	3:13:07	
Noonan, Tim	10/6/2013	Maine Marathon	Montpelier	M55-59	3:33:01	3:32:48	2:58:40	BQ
Robinson, Norm	5/26/2013	Vermont City Marathon	Montpelier	M55-59	3:56:48	3:56:20	3:18:25	
Salembier, Shannon	5/26/2013	Vermont City Marathon	Montpelier	F25-29	4:43:37	4:39:45	4:39:45	
Shea, Timothy	4/15/2013	Boston Marathon	Montpelier	M40-44	3:07:35		2:58:33	BQ
Shea, Timothy	5/26/2013	Vermont City Marathon	Montpelier	M40-44	3:14:43	3:14:24	3:05:02	BQ
Thompson, Roger	10/27/2013	Marine Corps Marathon	Barre	M30-34	4:51:14	4:50:39	4:50:39	
Valentine, John	5/26/2013	Vermont City Marathon	Roxbury	M60-64	3:54:48	3:53:36	3:04:53	BQ
Valentine, Megan	5/26/2013	Vermont City Marathon	Jericho	F30-34	3:03:55	3:03:45	3:01:56	BQ
Valentine, Megan	11/10/2013	OBX Marathon	Jericho	F30-34	3:20:01	3:20:00	3:18:02	BQ
Voisin, Daniel	5/26/2013	Vermont City Marathon	Montpelier	M35-39	3:11:29	3:11:19	3:10:33	
Williamson, Jon	5/26/2013	Vermont City Marathon	Montpelier	M45-49	3:18:05	3:17:43	3:01:51	BQ
Windisch, Charles	5/26/2013	Vermont City Marathon	Essex Junction	M55-59	4:07:07	4:04:20	3:21:13	
Yanikoski, Allie	2/24/2013	Hyannis Marathon	Burlington	F20-29	3:29:19	3:28:46	3:28:46	BQ

(Note: Missing data elements were not available in the source database.)

A New Running Challenge

...Allie Yanikoski

Some of us run because we love it. Others run for the fitness, the freedom, the competition, ad infinitum. Among those reasons, and others, I run for a team. Ever since ninth grade, when my seven other indoor track teammates and I bonded over vilifying our mean-spirited coach, I have loved the team aspect of running over all else. High school and college afforded me opportunities to participate in relay teams, but until I stumbled across Vermont's "100 on 100" two years ago, I had not been part of a relay since. If you've ever raced your 3 legs down Route 100, you have doubtless experienced the irrepressible energy imbued by your teammates and competitors and had your relay love fire (re?)kindled.

If you're with me so far, have you ever thought about **doubling** your relay magnitude? If so, I highly recommend the Ragnar Relay Series. It has nationwide relay events where teams of 12 race 200 miles over two days, with the closest locations in the Adirondacks (Sept. 2014) and Cape Cod (May 2014). Last spring, fellow CVR members Pam and Chris Eaton and I comprised $\frac{1}{4}$ of a team in Ragnar Cape Cod teasingly named "Fat Ben" to honor Chris's and my former Bowdoin College teammate who claimed he was "too old and fat" to join. From Friday afternoon straight through to Saturday afternoon, our two vans alternated running/supporting and sleeping/seeking coffee. Although the legs vary in cumulative distance and terrain, runners average around 16 cumulative miles over three legs. Whether you are in it for the glory of the win (Ragnar offers 18 divisions for prizes) or for the camaraderie and the eerie closeness you form from sharing one van with teammates for two days, if you have not done a Ragnar, it is worth considering. Interest piqued? Do you have questions about Ragnar, or do you like free swag? Come to the CVR annual meeting on March 9th, where I will be giving a short information session. If you can't attend, you're also welcome to email me (ayanikoski@gmail.com).



The Ragnar Cape Cod 2013 overall winning team "Fat Ben" with CVR members Pam and Chris Eaton and Allie Yanikoski

2nd Annual Frostival 5K Montpelier, VT 1/25/2014*Sandy Colvin and Sean Murphy, race directors*

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

FEMALE AGE GROUP 1 - 19

1 13 Molly Leno 18 Rochester NH 23:58 7:43
 2 33 Anja Rand 8 Montpelier VT 31:23 10:07
 3 37 Brynn Bushey 14 Montpelier VT 31:51 10:16
 4 39 Zoe Colvin 8 Montpelier VT 43:22 13:58

Record 22:42 by Colette Kelly in 2013

MALE AGE GROUP 1 - 19

1 12 Brian Bushey 11 Montpelier VT 23:46 7:39
 Record 20:43 by Thomas David-Bashor in 2013

FEMALE AGE GROUP 20 - 29

1 25 Chelsea Nolan 29 Morrisville VT 27:13 8:46
 2 30 April Kelley 29 Moretown VT 29:24 9:28
 3 34 Shannon Planck 27 Barre VT 31:24 10:07

Record 20:12 by Kaitlin O'Shea in 2013

MALE AGE GROUP 20 - 29

1 11 Samuel Planck 28 Barre VT 23:45 7:39
 New record. Old record 29:27 by Connor Williams in 2013

FEMALE AGE GROUP 30 - 39

1 3 Megan Valentine 35 Jericho VT 19:15 6:12
 New record. Old record 23:58 by Renee Fair in 2013
 2 31 Amy Holibaugh 39 Hyde Park VT 29:29 9:30

MALE AGE GROUP 30 - 39

1 1 Gavin Boyles 38 Montpelier VT 17:46 5:44
 2 2 Jon Copans 39 Montpelier VT 19:09 6:10
 3 9 Charlie Wilkinson 36 Montpelier VT 22:57 7:24
 4 35 Dustin Rand 39 Montpelier VT 31:25 10:07

Record 17:41 by John Spinney in 2013

FEMALE AGE GROUP 40 - 49

1 10 Karen Hinkle 40 Middlesex VT 23:04 7:26
 2 15 Kathleen Bryant 40 Montpelier VT 24:32 7:54
 3 16 Treva Southworth 42 Morrisville VT 24:42 7:57
 4 22 Gail Pelkey 48 Waterbury VT 26:21 8:29
 5 23 Renee Fair 40 Barre VT 26:28 8:32
 6 29 Steffany Mosley 45 Wolcott VT 29:02 9:21
 7 32 Laura Musgrave 43 Milton VT 29:39 9:33
 8 36 Victoria Wilkinson 40 Montpelier VT 31:26 10:08
 9 40 Becky Diedrich 49 Berlin VT 43:23 13:58

Record 20:55 by Carrie Felice in 2013

MALE AGE GROUP 40 - 49

1 7 Scott Lovelette 45 Montpelier VT 21:53 7:03
 2 28 Bill Bates 48 Barre VT 28:01 9:02

Record 17:09 by Eric Morse in 2013

FEMALE AGE GROUP 50 - 59

1 5 Sue Hackney 56 Montpelier VT 21:19 6:52
 New record. Old record 22:36 by Sue Hackney in 2013
 2 14 Diana McTeague Scot 52 Berlin VT 24:00 7:44

3 17 June Burr 55 Fayston VT 24:45 7:58

4 21 Ann Bushey 55 Montpelier VT 26:20 8:29

MALE AGE GROUP 50 - 59

1 4 Mack Gardner-Morse 52 Calais VT 20:28 6:36
 New record. Old record 20:46 by Mack Gardner-Morse in 2013

2 8 Mike Gillis 57 Middlesex VT 22:08 7:08

3 18 Tony Mathis 52 Montpelier VT 24:49 8:00

FEMALE AGE GROUP 60 - 69

1 26 Celine Blais 66 Montpelier VT 27:45 8:56 New record

MALE AGE GROUP 60 - 69

1 6 John Valentine 64 Roxbury VT 21:52 7:03
 2 20 Lowell Vanderlip 67 Montpelier VT 25:35 8:15
 3 24 Egbert Souse 63 Bradford MA 26:51 8:39

4 27 Greg Wight 68 Brookfield VT 27:46 8:57

Record 21:24 by John Valentine in 2013

FEMALE AGE GROUP 70 - 99

1 38 Marsha Bancroft 76 Worcester VT 33:10 10:41 New record

MALE AGE GROUP 70 - 99

1 19 Bob Murphy 74 Barre VT 25:08 8:06

New record. Old record 25:33 by Hugh Wilson in 2013

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

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

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

March 16, 37th New Bedford Half Marathon, 11:00am, New Bedford (MA)
Contact: www.newbedfordhalfmarathon.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.

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 (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 or (518) 791-1419

April 12, Half Marathon Unplugged, Colchester, Two wave start, Registration opens January 13th, *Contact:* www.runvermont.org

April 19, Light the Night 5K, 7:00pm, Shelburne, A fundraiser for the Leukemia & Lymphoma Society
Contact: Rayne Herzog (Racevermont) 985-4410

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

April 26, 22nd Vermont Sports Medicine Center 5K, 10:00am, Rutland *Contact:* Michael Mainolfi 775-1300

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 .

April 27, Plattsburgh Half Marathon, 8:00am, *Contact:* www.plattsburghhalfmarathon.com

April 27, 34th Vermont Maple Festival Sap run, 8.5 miles & relay, 9:00am, Swanton - Saint Albans,
Contact: 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

May 4, Dam Run - 4 Mile, 9:00am, Springfield, *Contact:* www.springfielddamrun.com

May 4, Champlain Classic 5K and 15K, 9:00am, Shelburne, *Contact:* 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

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

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

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

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

May 11, New Date 17th "CVR" Mutt Strutt 3-Miler, Little River State Park, Waterbury, 3 mile

run for people including dogs on leashes. *Contact:* Brittany Lafirira at brittany.lafirira@gmail.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 (part of the 2014 CVR/ORS race series)

May 18, Shires of Vermont Marathon, 8:00am, Bennington to Manchester, *Contact:* www.shiresofvermontmarathon.com

May 25, KeyBank Vermont City Marathon, Registration for the marathon is open. Relay lottery open February 1, Information at 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 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 or 735-5110

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

July 5, "GMAA" 32nd Clarence DeMar 5K, 8:30am, South Hero *Contact:* www.gmaa.net

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 or Sue Emmons at 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 (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

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.

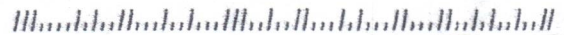
Newsletter Editor
Bob Howe
P.O. Box 632
Barre, VT 05641



CVR PD 14

Robert Murphy
35 Birchwood Park
Barre, VT 05641

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NEWSLETTER

March
2014

Volume 35
Issue 2



Remember these CVR races and events !

- Sunday, March 9, Annual Meeting (details page 2)
- Check the mailing label on this newsletter to see if your membership has been paid for 2014 (details page 13)
- Monday, "Berlin Pond Runs" (details 3)
- Saturday, April 26, Adamant 20 Miler or 2 Person Relay (details page 11)

www.cvrrunners.org