

Newsletter

May 2014

Volume 35

Issue 3



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Notes from the President: CVRunners, Greetings from new President Greg,

I was elected at the March 9 Annual Meeting, and officially took the helm as President on April 1. It's been quite a learning experience! Those of you who have been members for a while know that Jeff set a new standard as an activist President, and the energy of the club is at an all-time high after his term in office. As Past President, Jeff has volunteered to continue doing race round up news (and, I hope, comparative analysis of new results to past events. Maybe even a contest now and then.)

Donna's getting the membership list onto our email server, Mail Chimp, so she can keep our member records up to the minute. One consequence of this step towards modernization is if you forget to pay your dues, it will be easier to remind you that you are about to be dropped off the roles.

Vice President June Burr has taken over the duties of Equipment Manager, the job of smoothing the transition of equipment stored in our locker from one Race Director to the next. June will be tested in the month of June when we have events on three consecutive weekends. Our funds continue in the capable hands of Treasurer John Valentine.

Adamant 20 miler was another great success, thanks to Donna and Eric. As I write, we look forward to the Mutt Strut on Sunday May 11, under the administration of new Race Director Brittany Lafirira. (Perhaps past tense by the time you get this.) Then the Barre Town Spring Run 5K, directed by Andrea McLaughlin on Sat, May 17. Please plan to volunteer to help our Race Directors.

Running and supporting running are why we belong to Central Vermont Runners. Besides assisting at races, members have helped Mack Gardner-Morse Green Up the Fun Run Course, gone to select board meetings to ensure smooth relationships with town authorities, helped with kids track meets and coached teams... We run on volunteerism, and that's largely why our race entry fees are amazingly low and still we've made enough money to be able to offer \$400 grants to each of seven youth running organizations this spring:

- Thatcher Brook Primary School Girls on the Run (GOTR)
- Montpelier Recreation Department GOTR
- Moretown Elementary School GOTR
- Calais Elementary School GOTR
- Tunbridge GOTR
- Northfield Track and Field
- Barre Town Girls Running Club still to go.

Spring is in full bloom, Fun Runs are now "Official", and lots of races are coming up in June. ... Greg

Race to the Top of Bradford – June 8th – 9:00am

3.5 mile trail run includes an 850' ascent to the top of Wrights Mt. before looping back to the starting area. Also a 1.5 mile run/walk for ages 13 and under through the lower Wrights Mt. forest.

This is "a sort of a gateway course for people who are interested in mountain running, but aren't quite ready for a run up Mount Mansfield or Mount Washington." Benefits the Bradford Conservation Fund. Additional information at www.bradfordconservation.org/race

... Rick Evans

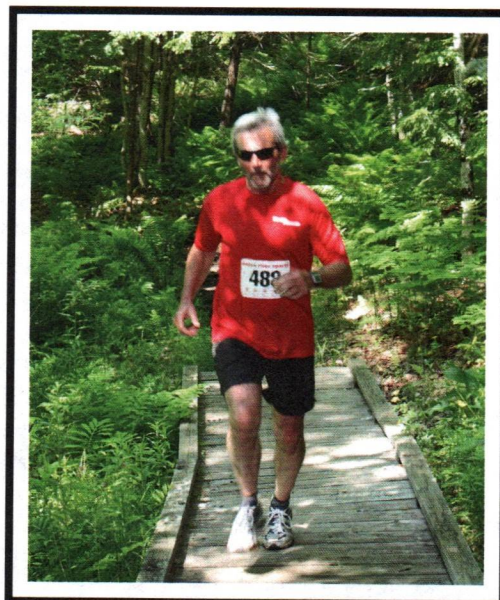


photo - Rick Evans

President:..... Greg Wight	Executive Committee:Darragh Ellerson, Beth Daut
Vice-President:.... June Burr	Webmasters:...Dave Kissner, John Hackney
Treasurer:..... John Valentine	Newsletter:..... Bob Howe
Secretary:..... Sandy Colvin	Membership:.. Donna Smyers
Past Pres:..... Jeff Prescott	

**Draft Minutes of the CVR Annual Meeting –
March 9, 2014, subject to approval at the May meeting**

Meeting location: Montpelier Senior Activity Center- Meeting called to order at 5:55 pm-Minutes taken by Richarda Ericson; reviewed by Jeff Prescott & Greg Wight

1. **Introduction:** Approved minutes from last meeting
2. **Treasurer's Report:** John Valentine went over the FY 2013 report- bigger expenses included the newsletters and annual dinner. There was a question about the reimbursement to Beth Gambler, Roger Cranse explained that that was for food purchased for Leaf Peeper's. There was a discussion about 5 year CD's, and whether they are wise for the club in the current low interest rate environment. A motion was made to allow John to rollover the CD for another year. Motion was seconded and passed.
3. **Leaf Peeper's Update:** There were a number of changes this year. The organizing team did a "lessons learned" activity which was very helpful and turned into an agenda for changes for the next year. Some notes:
 - the signs on Perry Hill were great
 - there was a nice write-up in Runner's World
 - \$7,400 bottom line exceeded targets (fees were raised by \$5 for both races, and there were virtually no complaints)
 - the biggest change for 2014 will be to build a website just for the race (moving away from Cool Running). John Hackney has volunteered to do this. The url will be leafpeepershalfmarathon.org
 - will increase acceptance to 1,000 runners for the half (up from 900)
4. **Race Updates:**
 - * Adamant 20 miler: got some coverage in the Times Argus.
 - * Mutt Strutt: Sunday May 11th. New race director is Brittany Lafirira.
 - * Barre Town Spring Run: seems to be all set.
5. **Kids Track Meet:** Will need as many volunteers as possible! Tim shared that in general, there are more kids than ever participating in various CVR events.
6. **Spring Mailing:** There was a discussion about whether we should do another spring mailing, is it worth the expense? Many felt it does end up reaching people who would not otherwise seek out the race information and that it is beneficial. A motion was made to keep the spring mailing going. It was seconded and passed.
7. **Grants:** A motion was made to keep the fall cross country program grants as is: 10 offers at \$400 maximum each. Motion seconded and passed.
8. **Girls Running Programs:** A motion was made to support up to 6 program requests, up to \$400 each. Motion seconded and passed.
9. **Other Grants:** Members approved offering \$400 to the Special Olympics in VT. Members also approved a \$400 grant to Northfield Track & Field.

Other financials: Members approved increasing the stipend to the Leaf Peeper's race director to \$1500 (from \$1200), after a discussion that the stipend has been at the same rate for many years and there has been a lot of work to accommodate the location changes these past few years.

Donna Smyers suggested we should think about paying something back to the club each time we do a race that offers donations to charity. Members agreed that race directors should try to donate at least \$1/entry back to CVR for races that are for charities (Mutt Strutt, Barre Town Spring Run, etc.). Motion was seconded and passed.

10. **Allocation of ORS Gift Cards:** Members approved the same distribution of ORS gift cards as used in 2013.
11. **Membership Committee:** The membership committee met in 2013, members agreed that the membership committee does not need to meet on an ongoing basis. We discussed the status of the CVR Facebook page. Allie Yanikowski offered to be an administrator for the page and will try to help it become more active.
12. **Club Shirts:** There are still a variety of club shirts for sale.
13. **Election of Officers:** The club voted/approved the following roster:
 President: Greg Wight
 Vice President: June Burr
 Secretary: Sandy Colvin
 Treasurer: John Valentine
 At-Large Executive Committee: Daragh Ellerson and Beth Daut
 Appointed positions continuing:
 Webmasters: Dave Kissner, John Hackney
 Newsletter Editor: Bob Howe *
 Membership Coordinator: Donna Smyers
 Immediate Past President: Jeff Prescott

*Bob Howe noted that while he is happy to continue with the newsletter, he would certainly welcome help or someone else taking over the work.

It was noted by a member and agreed by all what a great job Jeff did as the CVR president. Many hoped he would continue the weekly updates- those have been enjoyable and engaging to read.

Meeting was adjourned at 7:30 pm.

The next CVR meeting is scheduled for
Monday, May 19th, at Michael Chernick's home,
330 Cityside Dr #75, Montpelier

Directions: turn on to Murray Hill, approx 1/4 mile beyond
the Main St.-Town Hill Road intersection; left onto Cityside
Dr. to the first building on the left.
Park by the recycle area on the left.

Pot Luck at 6 pm, Meeting starts at 7.

CVR Winter Long Runs...By the Numbers... by Jeff Prescott

The 2013-2014 CVR Winter Long Run season started the weekend after the last Fallen Leaves 5k in November and concluded the weekend before the Adamant 20-Miler. Here's a recap:

- 135 Total number of number of long runs completed by all participants
- 29 Number of people who showed up for at least one winter long run during the season
- 18 Total number of winter long runs held
- 13 Most winter long runs attended by a single person (Dot Martin)
- 12 Number of towns traipsed through
- 12 Largest turnout on a single occasion (twice!)
- 11 Number of different hosts
- 7.5 Average number of runners per winter long run
- 7 Number of club members who attended 10 or more winter long runs
- 4 Most winter long runs hosted by a single person (Rowly Brucken)
- 3 Number of visits to The Red Hen
- 2 Number of times Mack Gardner-Morse made muffins
- 1 Number of times Norm Robinson came to a winter long run
- 0 Number of excuses you have for next season

*It's "Official" , Fun Runs each Tuesday night beginning at 5:30pm
In back of the Dept. of Labor office building next to Montpelier High School
Fun Runs use the bike path and Junction Road with
distances of 2, 4 and 6 miles*

*The "fun run" course is a little greener thanks to Mark Gardner-Morse, his wife Cindy and David & Pam Erickson, who
picked up trash on the Junction Road (both North and South of Bartlett Road) during one of the recent rainy days.*

*The Vermont Corporate Cup Challenge & State Agency Race is May 15th. Contact
Norm Robinson at normrobinson@comcast.net to volunteer.*

*Carrie at Onion River Sports has just announced that Onion River Sports will increase their discount offer
to CVR runners from 10% to 15% on running shoes and clothing. I will be working to get stickers or barcodes on
the new CVR member cards to reflect the discount. ... Donna Smyers*

**please check the mailing label on this newsletter to see if your membership
has been paid for 2014 – if your mailing label says 2013 then this will be
your last newsletter until you renew... 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 11)**

Female Participation Trends in Leaf Peeper's Half Marathon... by Jeff Prescott

Last fall, I sent out an e-mail bulletin with a recap of the Leaf Peeper's Half Marathon. As an aside, I noted that there were nearly two female finishers for every male finisher. Although I thought it would be interesting to analyze the trend in female/male composition of the race, I never got around to it. Recently, I stumbled across an analysis of national statistics for half marathons and that re-piqued my interest. In this article, I will outline three observations:

1. The percentage of female finishers for the Leaf Peeper's Half Marathon has increased dramatically over the period 1996 thru 2013.
2. The observed increase in female participation for Leaf Peeper's Half Marathon mirrors national trends in half marathon participation.
3. Although the increase in female participation is observed across all race distances, it is most dramatic in the half marathon distance.

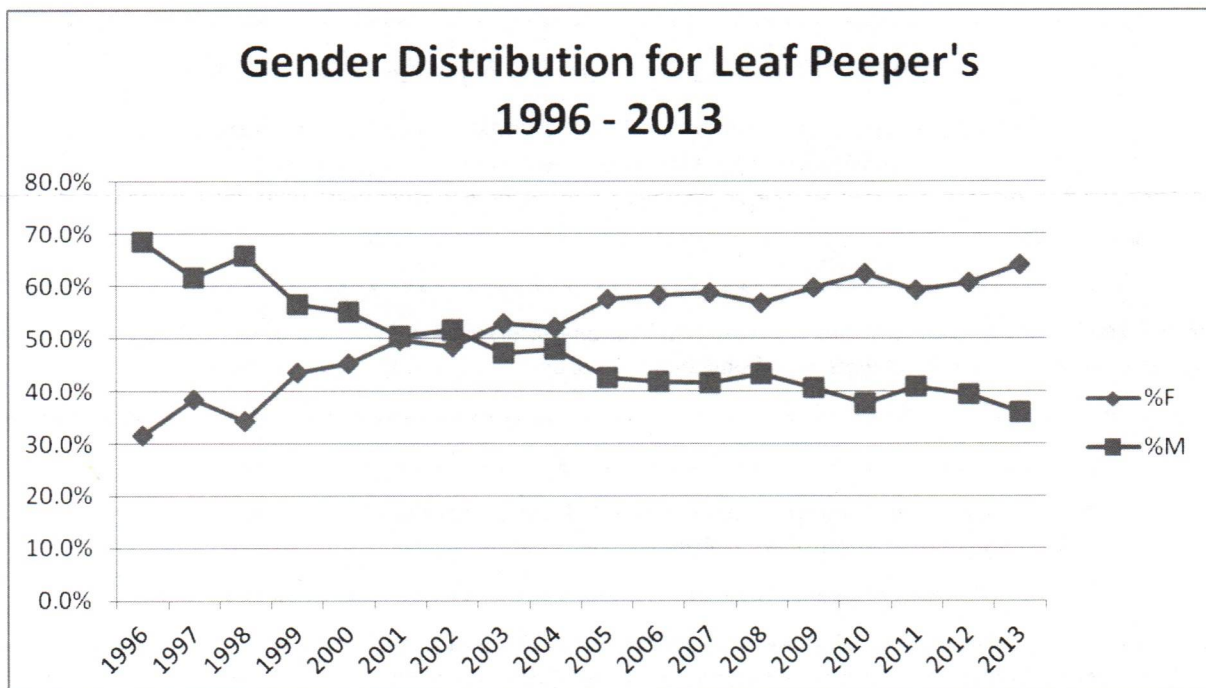
Disclaimer: I am merely presenting observations of an interesting phenomenon. I don't know what these results "mean" and have no opinion as to whether these developments should be viewed as positive or negative. As the owner of a massive Y chromosome, I may have some unintended bias. Who knows?

Leaf Peeper's Half Marathon 1996 - 2013

This analysis is based on results gathered from www.coolrunning.com and/or www.cvrrunners.org. I was able to find results back to 1996 on-line.

Figure 1 shows a graph of female vs male finishers as a percentage of total finishers. Over this time period, the percentage of females has increased from 32% to 64%. The percentage of male participants has decreased correspondingly from 68% to 36%. Although the percentage of female finishers has not increased every single year, the overall trend seems clear. [Note: The Leaf Peeper's Half Marathon has a maximum field size and this cap has changed over time. A table with the actual number of finishers by age group by year is included in an Appendix.]

Figure 1

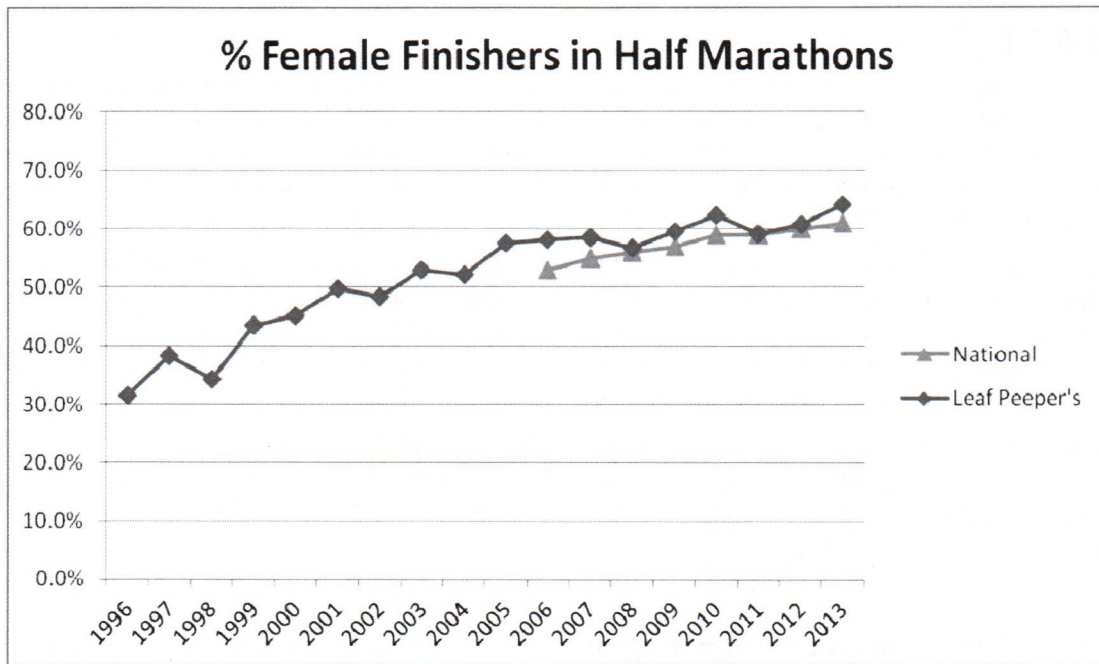


National Half Marathon Trend 2006 - 2013

National statistics regarding half marathon participation may be found in the on-line publication Running USA Annual Half Marathon Report: <http://www.runningusa.org/2014-half-marathon-report>. This report contains lots of interesting information. (Who knew that the New Bedford Half Marathon has the fastest median finish time?) I gathered information regarding female participation in half marathons from this report to compare to our experience with Leaf Peeper's.

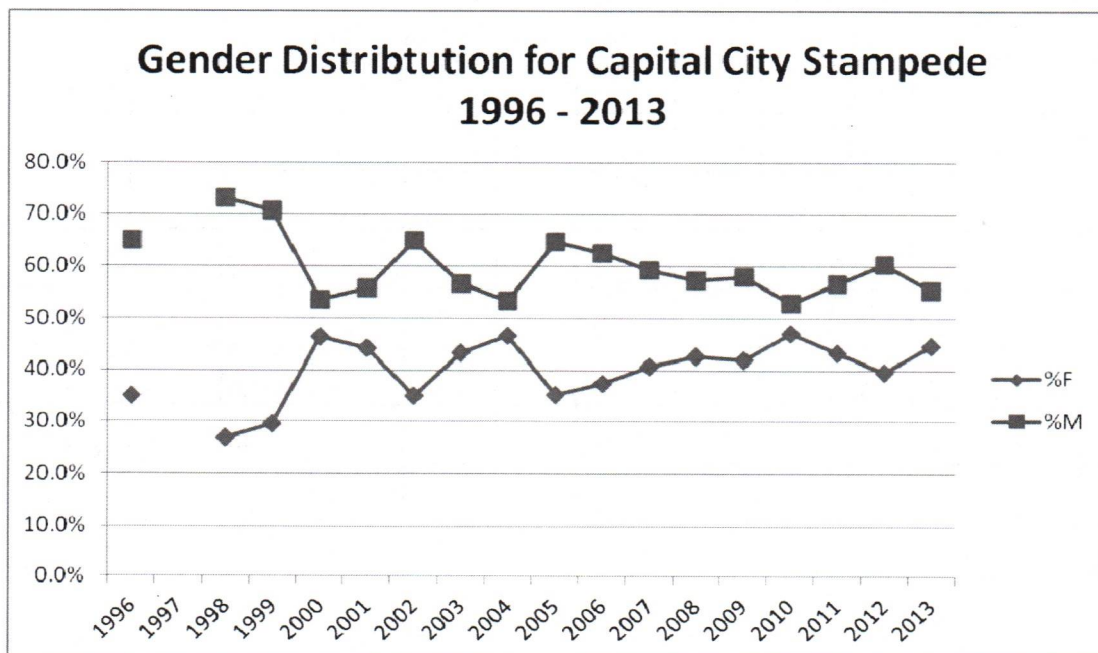
Figure 2 shows a graph of female finishers as a percentage of total finishers for Leaf Peeper's vs nationwide. Note that the nationwide statistics are only available from this source for 2006-2013. Over this time, the national statistics show an increase in female participation from 53% to 61%. Over this same time, the percentage for Leaf Peeper's increased from 58% to 64%. The trend of the two lines is very similar with Leaf Peeper's percentage a bit higher in some years. This graph suggests that the trend we see at Leaf Peeper's is not unique to Leaf Peeper's but is part of a nationwide trend in female participation in half marathons.

Figure 2



Half Marathon Trends vs Other Distances: Although there is increased participation by females in all race distances, the half marathon distance appears to be especially attractive to female participants. In 2012, Running USA notes that women were 58% of 5k finishers, 55% of 10k finishers, 60% of half marathon finishers and 42% of marathon finishers. For comparison purposes, I analyzed results of another popular, long-standing CVR event, Capital City Stampede 10k, over 1996 to 2013. This analysis is based on results gathered from www.coolrunning.com and/or www.cvrrunners.org. I was unable to find results earlier than 1999 on-line. Bob Murphy came to the rescue with 1996 and 1998 results from his archive. I have not yet found any 1997 results. Figure 3 shows a graph of female vs male finishers as a percentage of the total for the Capital City Stampede. Over this time period, the percentage of females has increased from 35% to 45%. The percentage of male participants has decreased correspondingly from 65% to 55%. The year-by-year percentages tend to jump around more than those observed for Leaf Peeper's. The Stampede is a much smaller event than Leaf Peeper's so this type of fluctuation is not surprising. It is interesting that the distributions of female vs male for Capital City Stampede and Leaf Peeper's were very similar in 1996. In 2013, however, the percentage of females was 64% for Leaf Peeper's and "only" 45% for Capital City Stampede. Although participation by females has grown for both events over time, participation by females in Leaf Peeper's has grown much more rapidly than for Capital City Stampede. In addition, much of the increase in female participation for Capital City Stampede occurred in the early 2000's with little obvious increase thereafter. It is also interesting to note that the highest ever percentage of females for Capital City Stampede was 47% in 2010, far below the nationwide observation of 55% female for the 10k distance. Who knows what this means?

Figure 3



Random Parting Thoughts

Nationwide, the number of half marathon finishers is growing for both males and females. Participation is growing at a faster rate for females than males, hence the shift in distribution of finishers. It should be noted, however, that Leaf Peeper's has a cap on the number of entries. The total number of potential finishers is fixed. With a fixed total number of entrants, any increase in the number of female entrants must be offset by a decrease in the number of male entrants. Given that race registration closes out early, I wonder if prospective female entrants are better at planning ahead than prospective male entrants?

In the not-so-distant past, there were institutional barriers (and perhaps other barriers) to female participation in running events. Since female participation started from a perhaps artificially low level, it makes sense that there would be an increasing trend in female participation. But it will be interesting to see how the trends develop over time. The current trend line might suggest that one day Leaf Peeper's may be an all-female event. I do not expect this to be the case. I assume that female participation will stabilize at some level. But where and when and at what level?

Appendix: Finisher Counts of Leaf Peeper's Half Marathon by Age Group, 1996-2006

This chart shows the number of finishers in each age category by year. In a few years, a handful of finishers with unknown age were excluded. Also note that the 70-99 age groups were not introduced until 2005. In prior years, the columns labeled 60-69 may contain some finishers who were 70 or older.

Year	F0-18	F19-29	F30-39	F40-49	F50-59	F60-69	F70-99	Female	M0-18	M19-29	M30-39	M40-49	M50-59	M60-69	M70-99	Male	Total
1996	0	28	39	23	5	1	0	96	0	35	57	78	31	7	0	208	304
1997	1	44	51	34	6	1	0	137	0	33	76	82	25	4	0	220	357
1998	0	41	43	25	6	1	0	116	0	43	67	76	31	5	0	222	338
1999	0	67	50	41	11	3	0	172	0	37	73	77	31	5	0	223	395
2000	0	95	116	41	9	3	0	264	1	73	96	100	47	4	0	321	585
2001	0	77	110	40	10	2	0	239	2	46	74	76	39	5	0	242	481
2002	1	82	102	65	12	4	0	266	3	67	76	84	45	9	0	284	550
2003	2	108	111	78	21	5	0	325	1	47	77	99	56	10	0	290	615
2004	3	107	132	89	22	5	0	358	2	49	102	108	59	10	0	330	688
2005	2	83	148	88	23	2	1	347	5	34	77	70	58	12	1	257	604
2006	3	83	144	114	25	6	0	375	3	37	89	68	60	12	1	270	645
2007	0	115	163	108	39	6	1	432	1	36	99	91	64	15	0	306	738
2008	3	89	160	100	34	5	1	392	1	46	86	103	44	19	0	299	691
2009	2	82	172	96	38	7	1	398	4	39	84	66	54	21	3	271	669
2010	4	92	164	94	39	4	1	398	2	36	79	61	45	16	2	241	639
2011	2	75	127	97	37	11	2	351	3	32	74	69	45	16	3	242	593
2012	1	93	153	95	35	7	0	384	4	27	85	70	37	23	3	249	633
2013	1	124	142	96	40	9	0	412	2	35	65	57	48	20	4	231	643

5th Annual Adamant 20 Miler and Relay - April 26, 2014

The 5th Annual Adamant 20 Miler was a challenge for both participants and volunteers. Temps hovered in the upper 30's with a constant drizzle or light rain. Many racers commented on ice remaining in ponds along the course. The weather returned participation to usual levels in contrast to last year's record turnout on a sunny day.

Course record holder Dave Herr returned to Adamant for his 3rd win in 2:09:29. The women's field was topped by Kathleen Mack from Brandon in 2:36:57. Families were the relay theme with first place relay team the father/son duo of John and Jeremy Grosvenor while 2nd place and 1st mixed team was the wife/husband duo of Rima and Brian Carlson.

Thanks to the volunteers who make this race one of the best catered in the area: John Valentine, Sigh Searles, Sandy Colvin, Phoebe Stone, Marsha Bancroft, Mike and Maryke Gillis, Nick Persampieri, Greg Wight, Bob Murphy, Roger Cranse, Dick, Brynn & Brian Bushey, Jean Palmisano, and Janet Pocerobba.

Eric Ryea & Donna Smyers, Race Directors

*****OVERALL RESULTS Individual 20 Miler*****

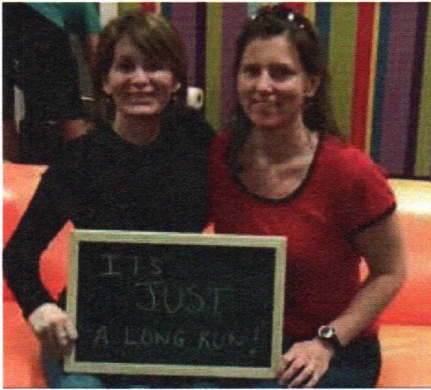
*****RELAY RESULTS*****

Place	Div/Tot	Name	Age	S	City	St	Time	Pace	Place	First Leg	Second Leg	DIV	Leg1-13	Leg2-7	Time
1	1/5	David Herr	48	M	Canaan	VT	2:09:29	6:29	1	John Grosvenor	Jeremy Grosvenor	M	1:40:01	44:59	2:25:00
2	1/5	Joe Ainsworth	25	M	Burlington	VT	2:19:25	6:59	2	Rima Carlson	Brian Carlson	C	1:53:30	43:18	2:36:48
3	1/4	Justin Ryea	35	M	S Burlington	VT	2:22:05	7:07	3	Chuck Landry	Carla Chandler	C	1:40:01	58:52	2:38:53
4	2/5	Rowly Brucken	45	M	Northfield	VT	2:24:21	7:14	4	Sean Murphy	June Burr	C	1:37:21	1:02:40	2:40:01
5	3/5	Ben Ellingson	43	M	Montpelier	VT	2:29:14	7:28	5	Adam French	Randy Brown	M	1:35:31	1:07:52	2:43:23
6	2/5	Joseph Kill	24	M	Lyndonville	VT	2:31:13	7:34	6	John Valentine	Jeff Prescott	M	1:45:47	1:01:02	2:46:49
7	4/5	Bob Whittaker	40	M	Kirby	VT	2:31:33	7:35	7	Jenny Bedell	Dot Martin	F	1:53:47	56:04	2:49:51
8	2/4	Kevin Robinson	33	M	Montpelier	VT	2:36:41	7:51	8	Ann Bushey	Andy Shuford	C	1:57:10	57:53	2:55:03
9	1/4	Kathleen Mack	29	F	Brandon	VT	2:36:57	7:51	9	Erin Preston	Jamie Wirasnik	F	1:53:20	1:06:24	2:59:44
10	1/6	Nelson Carter	53	M	Lebanon	NH	2:40:58	8:03	10	Dave Erickson	John Martin	M	2:04:35	1:06:23	3:10:58
11	5/5	George Cook	41	M	Montpelier	VT	2:42:38	8:08	11	Mel Magallanez	Rachel Cole	F	2:01:16	1:20:27	3:21:43
12	3/4	Dan Voisin	38	M	Montpelier	VT	2:44:59	8:15							
13	3/5	Brad Miller	28	M	Burlington	VT	2:46:00	8:18							
14	4/5	John Ringer	25	M	Waterbury Ct	VT	2:46:42	8:21							
15	1/1	Suzanna Smith-H	46	F	Strafford	VT	2:54:14	8:43							
16	2/6	Franklyn Kelec	52	M	Lebanon	NH	2:54:41	8:45							
17	4/4	Nick Managan	31	M	Waterbury	VT	2:55:23	8:47							
18	2/4	Colleen Kiley	26	F	Vergennes	VT	2:56:24	8:50							
19	1/2	Jill Smith	35	F	S Burlington	VT	3:03:57	9:12							
20	3/4	Camille Anders	24	F	Waterbury	VT	3:06:35	9:20							
21	4/4	Elise McCormic	25	F	Winooski	VT	3:07:45	9:24							
22	5/5	Alan McGrath Jr	29	M	Lyndonville	VT	3:13:13	9:40							
23	3/6	Mark Howard	51	M	Marshfield	VT	3:14:11	9:43							
24	1/2	John Duff	61	M	Newfane	VT	3:16:52	9:51							
25	4/6	Rick Deangelis	58	M	Montpelier	VT	3:17:04	9:52							
26	5/6	Tony Mathis	52	M	Montpelier	VT	3:20:37	10:02							
27	6/6	Fred Gillen	50	M	Duxbury	VT	3:21:42	10:06							
28	2/2	Michael Libuda	65	M	Enfield	NH	3:21:43	10:06							
29	2/2	Naomi Hahr	30	F	Morrisville	VT	3:22:17	10:07							
30	1/1	Newton Baker	72	M	Montpelier	VT	4:21:48	13:06							

Education & Advocacy Information available at www.rrca.org

- Guidelines for Safe Events
- Guidelines for Leading Group Runs
- RRCA Running Safety Tips
- Fundamentals of Youth Running
- Hot Weather Running Tips
- Cold Weather Running Tips
- Multi-use & Single-track Running Tips
- Etiquette For Runners
- Buyer Beware Tips for Picking Events
- RRCA Advocacy Tool-kit





The Barre-Montpelier Times Argus featured CVR members Sandy Colvin and Tim Noonan as they relate to what got them into running, and racing marathons. Info. & photos from cvrunners.org

CVR At BOSTON



1. Rick Evans	2:52:53
2. Sarah London	3:26:04
3. Chris Andresen	3:31:51
4. Tim Noonan	3:47:08
5. Sandy Colvin	3:49:33
6. Allie Yanikoski	3:50:06
7. John Valentine	4:46:15
8. Megan Valentine	4:46:16
9. Phyllis Arsenault-Berry	4:50:16
10. April Farnham	4:55:39

Unofficial results for CVR members
researched by Jeff Prescott

I'm still riding high off last week's Boston Marathon. The energy from the crowd and event was unlike anything I've ever experienced! The spectators weren't there just to cheer, they were really taking an active role in helping to propel the runners along. I found myself slapping hands, thanking the crowds and running along with a constant smile. It won't be something I forget any time soon! ...Rick Evans

For me it was a really hard run. I went out way too fast and then it was just physically hard. The highlights were the crowds which were 20 deep in places. There was so much noise I thought I was going to have hearing damage. So much energy. It was a great surprise to see Norm. I think he should get the award for best supporter to travel to Boston! While the race hurt, knowing that my pain was only temporary compared to those who were injured last year kept me going until I crossed the finish. ...Chris Andresen



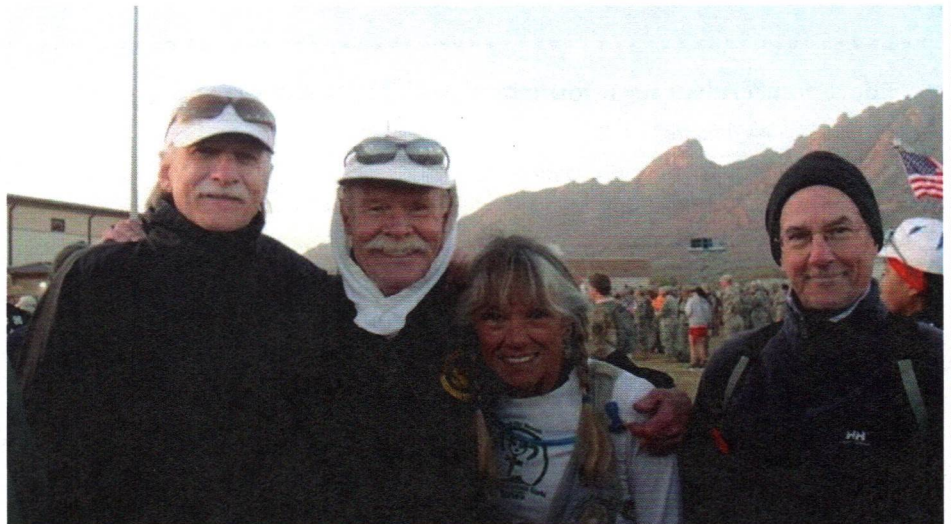
Bataan Memorial Death March Marathon: March 23, 2014

There were two finishers from Vermont in this event and they happened to be Dot Helling and John Kaeding. This was the 25th running of this event at the White Sands Missile Base in New Mexico. This is clearly not your usual marathon. You can read about its history here: <http://www.bataanmarch.com/r09/history.htm>

There were 3,343 finishers in the marathon event. Dot was 1st out of 33 in the F 60-69 age group. John was 9th out of 126 in the M 60-69 age group.

... Jeff Prescott

*It's me and John Kaeding at start of Bataan marathon. With John's close friend hugging me. I was freezing. Unfortunately he's taken. Cheers!
... .. Dot Helling*



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

May 17, 6th "CVR" Barre Town Spring Run 5K, 9:00am, Barre Town Recreation Field, on the recreation path, *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, Information at www.vermontcitymarathon.org

May 30, 18th "CVR" Kids Track Meet, 6:00pm, 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, 38th "CVR" Capital City Stampede 10K, 9:00am, Montpelier, Onion River Sports parking lot, Langdon St, *Contact:* John Valentine at jvalentine@tds.net or 485-3777 (part of the 2014 CVR/ORS race series)

June 8, 3.5 Mile Trail Race to the Top of Bradford, 9:00am, Chase Hollow Road, Bradford, Also 1.5 mile Kids Fun Run. *Contact:* www.bradfordconservation.org/race

June 8, 38th Crowley Brothers 10K, 5K, Half Marathon, and 1 mile kid's race, 8:00am, Races start at different locations in Proctor and Rutland with all finishes on Merchants Row in Rutland. Bill Rodgers and Katherine Switzer. *Contact:* www.crowleyroadrace.com

June 8, Remembrance Run 5K & 1mile, 9:00am, Morrisville, high school, *Contact:* www.remembrancerun.net

June 15, "CVR" Worcester Four Mile, 10:00am, at the intersection of West Hill, Hampshire Hill and Minister Brook Rds. *Contact:* Roy Belcher at roybelcher@hotmail.com or 735-5110

June 15, "GMAA" Equinox Trail Race 5KM and 10KM, 9:30am, Charlotte, fun and challenging trail run through fields, single track and sugarbush roads. *Contact:* Martha Keenan (802) 425-2384 or equinox@gmaa.net

June 15, 11th Skip Matthews 4 mile Run, 10:00am, Lebanon NH, *Contact:* www.skipsrun.org

June 21, Shelburne 5K/10K, 8:00am, Shelburne Health & Fitness, *Contact:* www.racevermont.com

June 22, 40th "CVR" Paul Mailman Montpelier 10 Mile, 8:45am, start/finish near Montpelier High School, flat to rolling out and back on 27% paved, 73% gravel roads. *Contact:* Andy Shuford at 272-3218 or andy.cvr@myfairpoint.net (part of the 2014 CVR/ORS race series)

June 22, 10th Shaker 7 Mile Road Race, Enfield NH, *Contact:* www.enfieldmainstreet.org

June 28, Catamount Ultra Marathon 50K, 7:00am, Stowe, Trapp Family Lodge, 2 - 25K loops, *Contact:* Will Robens 793-1104 or rd@catamountultra.com

July 3, 8th Montpelier Mile, 6:00pm, Starts and finishes near the Vermont State House before the parade. *Contact:* Onion River Sports (802) 229-9409 or www.onionriver.com (part of the CVR/ORS Race Series)

July 4, Montcalm Mile, 1:45pm, Ticonderoga NY, fast downhill course in front of parade spectators, *Contact:* Fred Herbst at fherbst@nycap.rr.com

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

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

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

July 12, "CVR" Bear Swamp Run (5.7 miles), 9:00, Middlesex, hilly dirt roads, scenic. Race day registration only. *Contact:* Tim Noonan at 223-6216 (part of the 2014 CVR/ORS race series)

July 13, 32nd Stowe 8 Miler and relay, 9:00am, Stowe Town Fields, *Contact:* locorunning.com

July 27, "CVR" Barre Heritage Festival 5K Trail Run, 9:00am, Millstone Hill Touring Center, Little John Road, *Contact:* Lori LaCroix at 479-2938

July 27, Essex Half Marathon, 8:30am, Essex High School *Contact:* www.essexhalf.com

August 10, 22nd "GMAA" Scholarship Trail Race 5K, 9:00am, Red Rocks Park, South Burlington. Cross Country race on the dirt trails in the park. Addison Kasmarek scholarshipxc@gmaa.net

August 14, "CVR" Berlin Pond 5 Mile, 6:00pm, mix of flat and hilly dirt roads. Race day registration only. *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 23, 35th "GMAA" Round Church 5K or 10K Women's Run, 9:00am, Richmond, Fast and flat out and back on Cochran Road. \$10 pre-registration only, no race day registration. *Contact:* Martha Keenan and Lori Hennessey 238-0820) or roundchurch@gmaa.net

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

August 31, "GMAA" Labor Day 15K, 9:00am, South Burlington High School, *Contact:* laborday@gmaa.net

September 7, "GMAA" 46th Archie Post 5 Miler, 8:30am Gutterson Field House, UVM. Oldest race in Vermont! Point to point course entirely on bike paths and cinder trails. Free 1/4 mile kids' race at 9:30am. Russ Cooke (802-846-5635) archiepost@gmaa.net

September 6, Maple Leaf Half Marathon and 5K, 8:00am, *Contact:* www.manchestervtmapleleaf.com

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

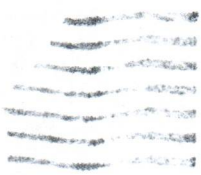
October 5, "CVR" Leaf Peepers Half-Marathon and 5K, 11:00am, Waterbury, CVR's largest event now with it's own website at www.leafpeepershalfmarathon.org *Contact:* Roger Cranse at 223-6997 or rcc59@comcast.net (part of the 2014 CVR/ORS race series)

November 1, 8, 15, "CVR" Fallen Leaves 5K Series, 9:00am, Montpelier, flat and fast course that begins and finishes on the Montpelier High School track and incorporates the Montpelier bike path. *Contact:* Tim Noonan at 223-6216

New Year's Eve Road Race 5K, 3:00pm, Montpelier, Pavilion Office Building at the corner of Governor Davis and Court Streets. *Contact:* Sandy Colvin, buckman43@comcast.net or Ann Bushey at 229-6288

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)

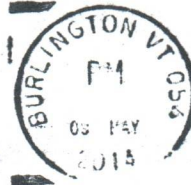
2014 2015 2016 2017 2018

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

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May 2014

NEWSLETTER

Volume 35 Issue 3



Remember these CVR races and events !

- Check the mailing label on this newsletter to see if your membership has been paid for 2014 (details page 3)
- Monday, May 19th, CVR meeting (details page 2)
- Each Tuesday, Fun Runs, 5:30pm, behind the Dept of Labor building next to Montpelier High School
- Sat. May 17th, Barre Town Spring Run 5K (details page 9)
- Friday May 30th, Kids Track Meet (details page 9)
- Sat. June 7th, Capital City Stampede 10K (details page 9)
- Sunday, June 15th, Worcester 4 Mile (details page 9)
- Sunday, June 22nd, Paul Mailman Montpelier 10 Mile (details page 9)
- Sat. July 12th, Bear Swamp Run (details page 10)
- July 27th, Barre Heritage Festival 5K Trail Run (details page 10)