

Newsletter
August 2014
Volume 35
Issue 4



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CVRrunners, Greetings from President Greg:

I'm writing this from Durango, CO, where I'm finding that running at 8000' elevation requires my lungs have some time to acclimate. My son and daughter-in-law enticed me on one hike up to 12,400'. Great fun, great views, thin air! And recent monsoon rains have raised the San Juan River flows just in time for our trip.

Since May, we've had a busy race season! Very successful, well run events. Kudos to the Race Directors and volunteers!

- Barre Town Spring Run 5K (May 17)
- Capital City Stampede 10K (June 7)
- Worcester Four Mile Challenge (June 15)
- Paul Mailman Montpelier 10-Miler (June 22)
- Montpelier Mile (July 3)
- Bear Swamp Run (July 12)
- Barre Heritage Festival 5K (July 27)
- Berlin Pond Five Miler (August 14)

Come to the Aug. 18 meeting at Darragh's to hear more about our successes this year.

As Jeff recently reported, the competition is heating up in many categories in the ORS Series. There are four more races in the series: Northfield 5K, Sodom Pond 4 Mi, GMAA's Common-to-Common 30K, and Leafpeepers Half Marathon and 5K. In November, Tim Noonan directs the Fallen Leaves series – three Saturday 5K's. And the Tuesday Fun Runs!

Many of our races benefit organizations or charities. It is CVR policy (loosely enforced) that a minimum of \$1 per runner be returned to the treasury, but mostly our races are community service and because we like to run. Of course, what keeps the club solvent is the big one – Leafpeepers (Oct 5)

This year, the second on the new Leafpeepers course, Race Director Roger Cranse and his committee have increased the limit to 1000 runners in the Half Marathon and kept it at 500 in the 5K. This race is a big organizational effort, our most expensive race (shirts, food, tents, timing service, sheriffs, Harwood athlete course monitors). Planning is proceeding well. Registrations are on pace to reach the limit by the end of August. Lots of volunteers are needed. VP June Burr is coordinating the volunteers and would love to have you help out: jaburr@accessvt.com

The next club meeting is scheduled for Monday, Aug 18 at Darragh Ellerson's home, 1152 North St., Montpelier. Pot Luck at 6 pm, Meeting starts at 7.

Happy running! Greg

Start of the
**Worcester 4 Mile
 Challenge**
Race director-Roy Belcher



Photo courtesy Ray Belcher
 Results page 8

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 May 19, 2014 Meeting – subject to approval at the August meeting

CVR Meeting Minutes
May 19th, 7pm

Meeting began shortly after 7pm, about 15 people were in attendance.

Annual Meeting Minutes

Approved the meeting minutes from the annual meeting.

Treasurers Report

Reviewed balances in accounts. Handed out a report which included details on Leaf Peepers.

Membership Report

Donna just reminded the group that some have not yet renewed and need to do so. Reminded everyone how they can track the renewal etc.

Timing Training

Donna is offering some training courses for those who are interested in learning more about timing races. Great opportunity for race directors and volunteers to learn more. The club has a handful of ‘experts’ who are continually relied on for timing. We need more to learn and understand so we have more resources for our races and so the ‘experts’ can participate in more races.

Race Reports

Adamant 20 miler – Good attendance (30 individuals and 11 teams) and good race, despite the not so good weather
Mutt Strutt – 33 runners, 25 dogs, all went well, first time race director did a great job.
Barre Town Spring Run – 127 finishers, 64 of whom were under age 15

Upcoming Races

Kids Track Meet: Need volunteers – Also Norm noted that next year he will no longer be able to be co-race director. If anyone is interested in getting more involved and helping out Tim Noonan, contact him to learn more. It is popular and involved enough that having two race directors works better than just one. If you want to learn more about what is involved, contact Tim or Norm and discuss.

Capital City Stampede – Planning going well, could use a couple more volunteers.

Paul Mailman – Offering shirts this year, as part of the anniversary of the race.

Berlin Pond – Permit approved.

Leaf Peepers – Discussed the new course being so well received. June mentioned there is going to be a lot of construction in the area this summer/fall and Roger may want to consider this and keep tabs as the construction is scheduled for areas which would effect the race.

Allocation of ORS Gift Cards

Reviewed the allocation as a reminder to race directors. No changes suggested.

New CVR Member Duties

Have asked some members of CVR to help coordinate equipment and volunteers. Greg explained these new duties and reminded the race directors while they are still ultimately responsible for these items at their races, the coordinators will be good liaisons. For example the equipment coordinator can help coordinate the movement of the storage key and can do occasional inventory. But, ultimately each race director should make sure they have what they need for their races and should arrange transport of equipment to races. The current positions are; June burr as equipment coordinator and Pam Eaton as Volunteer coordinator.

Open positions

Currently the club needs a replacement for the Newsletter editor.
Currently the club needs a clothing manager to manage the club shirts

Next Meeting

August 18th at the home of Darragh Ellerson

... *Sandy Colvin*

CVR Clothing

00% OFF

But GREAT at any price
Jeff will have CVR shirts, etc.
at the August 18th meeting

Expiration Date: 08/18/14

The next CVR meeting is scheduled for
Monday, August 18th, at
Darragh & David Ellerson’s home,
1152 North Street, Montpelier

Pot Luck at 6 pm, Meeting to follow

Directions: Take Main St... just past the roundabout go left onto and up North St. for 1.1 miles. The Ellerson’s house is on the left (shortly before the paved road turns to gravel)

Central Vermont Runners Membership 2014

CVR continued to increase its membership from the record levels achieved last year. Individual membership is up to 129 from 125 in 2013 and family membership is up from 235 to 255 in 2014. Once again I did not include addresses or emails in this list, but am still looking for feedback on whether they should be there or not with an "opt out" possibility. If you see any errors or have any membership questions, feel free to contact me, Donna at dosmyers@gmail.com.

First Name	Last Name	Family Members	Town	First Name	Last Name	Family Members	Town
Cindy	Allen	& Ron	Chelsea	Pam	Eaton	& Chris	Waterbury
Christian	Andresen	& Colby	Montpelier	Gretchen	Elias		Montpelier
Ella	Armstrong		Northfield	Darragh	Ellerson	& David	Montpelier
Phyllis	Arsenault-Berry	& Bill	Duxbury	Deirdre	Ellerson	& Marie	Sharon
Jill	Aspinall	& Rick Molz	Montpelier	Mai-Lis	Ellerson	& Family	Montpelier
Tom	Bachman	& Molly	Montpelier	Ben	Ellingson	& Amanda & Cale	Montpelier
Newton	Baker	& Family	Montpelier	Sue	Emmons	& Bob	S. Duxbury
Carrie	Baker Stahler		Montpelier	David	Erickson	& Family	Barre
Marsha	Bancroft		Worcester	Richarda	Ericson	& Family	Montpelier
Roy	Belcher		Worcester	Rick	Evans	& Family	Bradford
David	Birse		Bennington	April	Farnham	& Kaitlyn & Hayden	Plainfield
Celine	Blais		Montpelier	Richard	Ferno	& Sandra	Williamstown
Gavin	Boyles		Montpelier	Michael	Fiorillo		Brookfield
Rowly	Brucken	& Family	Northfield	Jim	Flint	& Barbara	Craftsbury
Shawn	Bryan	& Helen	Berlin	Patty	Foltz	& Tom	Stowe
Melissa	Burge		Montpelier	Tim	Francis		Rockport
Brian	Burns	& Family	Calais	Wendy	Fuller	& Alex Geller	Montpelier
June	Burr	& Family	Fayston	Jennifer	Galfetti		Montpelier
Ann	Bushey	& Family	Montpelier	Beth	Gambler		Montpelier
Eliza	Cain		Moretown	Mack	Gardner-Morse	& Family	Calais
Brian	Carlson	& Family	Montpelier	Gregory	Gerdel	& Tristan	Montpelier
Gerow M.	Carlson		Montpelier	Mike	Gillis	& Maryke	Middlesex
Priscilla	Carr	& Jay Stewart	E. Montpelier	Dylan	Grald		Randolph Ctr
Nina	Changelian	& Geordy	Waterbury Ctr	John	Grosvenor	& Family	Cabot
Michael	Chernick		Montpelier	Susan	Hackney	& John	Montpelier
Richard	Cleveland		Northfield	Linda	Hallinger		Kailua Kona
Kelly	Collar		Moretown	Dot	Helling		Montpelier
Sandy	Colvin	& Family	Montpelier	Tim	Heney	& Donna	Montpelier
Jon	Copans	& Rebecca	Montpelier	Jessica	Hill	& Family	Middlesex
Roger	Cranse		Montpelier	Donna	Holbrook		Stowe
Julie	Curtin	& Family	Montpelier	Amy	Holibaugh	& Family	Hyde Park
Beth	Daut		Berlin	Bob	Howe	& Carolyn	Barre
Rick	DeAngelis	& Ariane Kissam	Montpelier	Stephen	Jochem		S Royalton
Paschal	DeBlasio	& Jo-Ann Beaudin	Williston	Tracy	Joslin	& Brian	Waitsfield
Paul	Deluca		Barre	John	Kaeding	& Family	Worcester
Rebecca	Diedrich		Berlin	Gary	Kessler	& Family	Waitsfield
Pat	Driscoll	& Keith Woodward	Stowe	Dave	Kissner	& Family	Montpelier
Joann	Dwyer		Richmond	Lori	LaCroix		Barre
				Brittany	Lafirira	& Julia & David Shedd	Montpelier
				Sarah	London		Montpelier
				Gordon	MacFarland		Arlington
				Nicholas	Managan		Waterbury

Central Vermont Runners Membership 2014 ... *continued from previous page*

Henry	Marcy		Reading				& Adam &	
John	Martin	& Dot	Montpelier	T. Scott	Robertson	Nick		Montpelier
Andrew	McAvoy		Montpelier	Norm	Robinson	& Martha		Montpelier
Crystal				Shannon	Salembier			Montpelier
Waters	McCullough		Bradford	Loren	Searles			Lowell
Rob	McDougall		S. Burlington	Sigh	Searles	& Sally		Wolcott
Andrea	McLaughlin		Barre	Jamie	Shanley	& Family		Montpelier
Diana	McTeague Scott		Berlin	Timothy	Shea	& Family		Montpelier
Robert	Mercier		Montpelier	Scott	Skinner	& Family		Montpelier
Jennifer	Miller-Arsenault	& Family	Middlesex	Donna	Smyers	& Eric Ryea		Adamant
Emily	Montgomery		Montpelier	Phoebe	Stone			Montpelier
Eric	Morse	& Murdock	Berlin	Roger	Thompson			Barre
Robert	Murphy		Barre			& Kathryn		
Sean	Murphy	& Amy	Websterville	Dara	Torre	Pilliod		Moretown
Allie	Nerenberg		Montpelier	Andrew	Tripp	& Family		Montpelier
Tim	Noonan	& Maureen	Montpelier	John	Valentine	& Jane		Roxbury
Eddie	Novicki		Stowe	Megan	Valentine			Jericho
Bob	Patterson	& Family	Calais	Kate	Vanden Bergh	& Family		Montpelier
Fabienne	Pattison		Montpelier	David	Vanderlinde-Abernathy			Barre
Gail	Pelkey		Waterbury	Lowell	VanDerlip	& Betsy		Montpelier
Nick	Persampieri		Montpelier	Daniel	Voisin	& Family		Montpelier
		& Andy		Leslie	Welts			Montpelier
Jeff	Prescott	Shuford	Montpelier	Clayton	Wetzel	& Sandra		Montpelier
Erin	Preston	& Family	Graniteville	Greg	Wight			Brookfield
Denise	Ricker	& Tyler	Montpelier	Jon	Williamson			Montpelier
Ron	Ridlon		Morrisville	Charles	Windisch			Essex Jct.

On September 19, 2014 the RRCA will promote the **9th Annual RUN@WORK Day** and the **3rd Annual RUN@School Day**, nationwide fitness efforts. Company-based wellness programs, human resources departments, running clubs, running events, running shoe stores, teachers, coaches parents, and individuals nationwide are encouraged to plan fun runs and walks around the country with their employers or at local schools.

The goal of RUN@WORK Day and RUN@School Day, presented by the Road Runners Club of America, is to encourage adults and children to get 30-minutes of exercise each day, in accordance with the Physical Activity Guidelines for Americans, either before work/school, during lunch, or immediately following work/school. RUN@WORK Day also encourages companies to help employees schedule time for physical activity. Incorporating exercise into one's daily routine can markedly improve one's overall physical health.

To help you plan your RUN@WORK Day event or a RUN@School Day event, the RRCA created the RUN@WORK Day and RUN@School Day Planning Kit and Fact Sheet. *More details at www.rrca.org*



Greg reported on July 30th...

Leafpeepers, Sunday, Oct 5. Roger says planning is going well. *The Half Marathon is now approaching 600 entries (max 1000), while the 5K is filling more slowly, as usual. Register, before it is too late! Leafpeepers Volunteer Coordinator **June Burr** is recruiting. jaburr@accessvt.com*

Or, to work in the bib/check-in tent, leaving for the start line at race time, contact Greg at gregw.cvr@gmail.com

Montpelier/Elmore Practice Triathlons 2014

The Elmore Practice Triathlon Series took place at the Montpelier Rec Center this year during roadwork on Rte 12 in Elmore. Triathletes swam 3 loops around the docks in the pool, followed by a 9 mile bike on Rte 12 and a 2.5 mile run into North Branch Nature Center. CVR members Becky Diedrich, Mack Gardener Morse, Ben Ellingson, Roy Belcher, Erin Preston, Ann and Brynn Bushey, Jen and Dan Miller-Arsenault and Sandy Colvin made up 1/3 of the participants in the 2014 practice triathlon series. Congratulations to Ben and Erin who each took 2 overall wins from the series of 3 races. Full results can be found under the Elmore tab on www.donnasmymers.com. I could not have put on the series without the help of CVR members who volunteered: Marsha Bancroft, Dot and John Martin, Eric Ryea, and Dot Helling who helped with timing, helped keep the course safe and almost kept everyone on course during the run. Many people who participate are first-time triathletes. If you are interested in "giving it a tri" in 2015, let me know and I'll put you on the email list for notices regarding the series. We will return to Elmore with brand new smooth pavement in 2015!

... Donna Smyers

A midwest victory for Rowly!

... Lisa Brucken

Greetings from Lakeside, Ohio! Although a bit beyond the reach of Central Vermont runners, Rowly did win a medal in a race last Sunday in the 34th annual Raccoon Run (<http://www.lakesideohio.com/calendar/events/2288#.U8aLldVvU>) A race he has run at least a dozen times since he was a teenager and living here in the summers. This year he ran 19:30 and was first in his age group. The Brucken family was well represented in the event. Rowly's 7 year old daughter, Caroline, ran the 1 mile. His 79 year old father ran the 5k and myself, Rowly's oldest sister and his 14 year old daughter, Katherine walked the 5k. It was a good morning for it, no direct sun, just warm enough!

35th Hardwick Spring Festival Races

Jim Flint sent in the following information on the Hardwick Spring Festival Races:

The race has been more of a local thing in the past with no results posted. I've been working with the race organizer this year to upgrade the race with a standard entry form that is posted on the running web sites. The course is fun through downtown and village neighborhoods with plenty of spectator support. The kids two mile race is new this year. I've been coordinating a 5-week youth running program which culminates in the race this spring. The parade and festival after the race make for a nice added venue.

More than a hundred runners turned out for the 1K, 2 mile, and 5K races in Hardwick. The inaugural NEK Kids on the Move 2 mile race for 4th to 6th graders attracted 38 runners, including 18 kids who participated in the 5-week spring running program at Hazen. Each youth finisher received a beautiful ribbon and the cheers of a supportive crowd. Special thanks to Julie and Steve Parker of S&J Fitness for hosting and coordinating the Spring Festival Races, and to the Hardwick Police Department, the Hazen track and field running buddies, and all the volunteers who ensured that the event was safe, fun, and rewarding!

NEK Kids on the Move runners met Hazen track and field coach Dylan Bertolini and several members of the middle school and high school teams. The Hazen students volunteered to be running buddies for the 4th to 6th graders during the two mile race at Spring Festival on May 24.

Twenty 4th to 6th graders from Greensboro, Stannard, Hardwick, and Craftsbury had fun running with Olympian Ida Sargent in the first of a series of 10 twice-weekly practices at Hazen Union High School. The kids learned about form and pacing, as they prepare for a special two mile race at Spring Festival in Hardwick on May 24.

Barre Heritage Festival 5K Trail Race, Race director Lori Lacroix reports: We had to cancel the race, about 10:30 the sky's opened up. The Doppler radar showed another storm coming in right behind it. I did talk to some people that did run when it cleared and were so happy to discover these trails so close to home.

Onion River Sports Montpelier Mile, as always, was a challenge for the CVR technical crew. It was a race director's nightmare as the cancelled parade went "rogue" and headed down State St. just as the Mile was about to start. Luckily the marchers cleared just in time. The weather held off, but people scattered quickly to avoid impending thunderstorms. The timing crew worked through deafening fireworks as they put together the preliminary results in record time. Thanks to our many CVR volunteers: John Hackney, Sue Hackney, Bob Murphy, Nick Persampieri, Sandy Ferno, Newton Baker, Eric Ryea, John Martin, Ann Bushey, Dick Bushey, Norm Robinson, Greg Wight, Gavin Boyles, Bob Emmons, Sue Emmons, Dot Helling, Andy Shuford,, Tom Foltz, Chris Andreson, and Donna Smyers. ... Donna Smyers
(photo page 7, complete results page 11)

Newton's First Marathon...

Bob Murphy writes... A recent article in the World highlighted the long and successful marathon career of one of our senior club members, Newton Baker. (As part of "The New England Challenge", Newton completed a marathon every day, Monday through Friday, in a different New England state. He took a day off on Saturday to volunteer at the Barre Town Spring Run. On Sunday, Newton ran the Shires of Vermont Marathon.) Newton wasn't always a marathoner. Like all of us, he did have a first marathon. Here is the story of that first one. (From the CVR Newsletter, Vol. 2, No. 1, Jan-Feb 1981)

GERSHANECK AND BAKER WOW CROWDS AT FOXBORO by Bob Murphy

It was an exciting day in Foxboro for this spectator, as seven Central Vermont Runners took on 1300 other competitors, stiff winds, and a 26.2 mile course through the Foxboro/Sharon area. When it was over there were two new PR's and three well-run first-time marathons among those who competed for CVR.

The big news had to be the performances of first-time marathoners Glenn Gershaneck and Newton Baker, who posted times of 3:09:17 and 3:14:46, respectfully. Both times were outstanding in light of the wind conditions as well as Newton's and Glenn's announced modest goal of "just to finish" prior to the race. Both were quite enthusiastic right after the contest and Glenn was heard to say (even as rigor mortis was just beginning to set in) that he thought he'd like to run another in a couple of weeks. Now, you know he had to be experiencing a runner's high.

Bob Vergas, another first timer, ran the race that Glenn and Newton had announced they intended to run. Bob ran an even 9 -minute pace from the beginning, carried it through to the end and finished in 3:59:40 with an ear-to-ear grin and looking great! Bob's early splits at 3 miles (27:21) and 7 miles (1:02:01) showed that he slowed very little in the later stages of the race.

Among the seasoned marathoners representing CVR, Pat DeBlasio claimed a PR (and fastest CVR time) of 3:00:59, while Joe McEntyre improved his previous best by posting a 3:21:20. Neither man was greatly enthusiastic about his achievement, however. Pat, who had his sights set on a sub-3 hour performance, fell victim to the relentless winds after the ten-mile point. He had been running smoothly at a 2:50 pace to that point (he was 45:31 at 7 miles) but said he lost it between miles 10 and 15. "I'll just have to reassess my training regimen", Pat observed philosophically.

Joe admitted to struggling for the final eight miles. He ran strongly through 15 miles (splits were 21:59 at 3 miles, 50:26 at 7 and 1:49:33 at 15) and seemed geared to finish in around 3:12, but was unable to maintain the pace.

Marathon men Bob Oatley and Byron Hill ran what was for them average times. Bob, who has been wearing himself down for this event with a 50-miler on 6 September and a marathon on 4 October, was "cardoored" recently while riding his bicycle but was still able to run a relatively easy (for him) 3:15:41. Bob's splits (21:56 at 3, 50:26 at 7 and 1:49:26 at 15) were indicative of his even pace throughout, although he too complained about the wind.

Byron, running his 7th marathon of the season, said he's "just plain tired". Byron, who was right with Oatley, Gershaneck and McEntyre at 7 miles, fell slightly behind by 15 miles with a 1:49:56 time, and then lost the pace, finishing in 3:21:08.

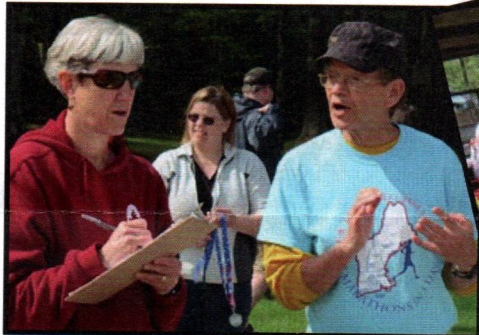
Glenn and Newton were absorbing much advice along with pasta (in an all-you-can-eat binge at Sorrento, an Italian restaurant handpicked by Pat, who obviously knew the right place to eat in Foxboro!) the night before the marathon. Phrases like "9 -minute mile", "sore foot" and "just finishing" were being bandied about between mouthfuls of lasagna and garlic bread. The "experts" were advising a little less caution – maybe 8:15's to 8:30's, at least in the early miles. After enormous chocolate chip cookies for dessert, Glenn and Newton decided to sleep on it. Upon arising the next morning, they jointly announced that they were going for a 3 ½ hour time, figuring that would place them in the top 600. I'll admit I was a bit skeptical about such a drastic change of strategy, but decided to keep quiet and see how things turned out.

And oh how they turned out! Mile 3 found the two of them (predictably faster than anticipated) at 22:26. "Plenty of time to settle down to a reasonable pace", I thought. At seven miles, Gershaneck had caught up to Bob Oatley and was running a 3:10 pace with ease. Baker was only a minute behind and, I thought, trying to exercise a little of the caution that Glenn was apparently tossing to the wind. I was shocked at 15 miles to find Glenn running one minute up on Oatley at 1:48:16, still just under a 3:10 pace. Baker passed 15 miles easily with Iron Man Hill at 1:49:56. I was convinced by now that both Newton and Glenn were madmen bent on self-destruction. After all, they'd said nothing in the previous 24 hours which would have prepared me for this! I believed all those things they had said about aches, pains, lack of preparation – I should have known better. You can imagine my excitement when I saw them cross the finish line at the Foxboro Company Cafeteria in the splendid times reported above!

Congratulations to Glenn, Newton, Bob V., Pat, Joe, Bob O., and Byron. You're all winners in my book! You all helped make it a great day in Foxboro for Central Vermont Runners.

"CVR volunteers make for smooth running"

Barre Town Spring Run,
Kid's Track Meet,
Capital City Stampede,
ORS Montpelier Mile



Photos courtesy of Jeff Prescott & Martha Hicks-Robinson

38th CVR Capital City Stampede 10K

Montpelier, VT 06/07/2014 Race Director-John Valentine
Place Div/Tot Name Age S City St Time Pace

1 1/6 Thorin Markison 31 M Waterbury VT 37:05 5:59
2 2/6 Brian Burns 38 M Calais VT 38:07 6:09
3 1/8 Jon Floyd 41 M Waterbury Ctr. VT 38:44 6:15
4 1/3 Andrew Klem 23 M Winooski VT 39:08 6:18
5 2/3 Marc Vanderhoof 28 M Worcester VT 39:10 6:19
6 1/8 Kevin McMahon 60 M Essex Jct. VT 39:19 6:20
7 2/8 Ben Ellingson 43 M Montpelier VT 40:10 6:28
8 1/12 Jim Flint 55 M Craftsbury VT 40:22 6:30
9 2/12 Nick Persampieri 54 M Montpelier VT 41:55 6:45
10 3/6 Rob McDougall 39 M So. Burlington VT 42:25 6:50
11 1/10 Joyce Holsten 44 F Jericho VT 42:46 6:53
12 3/8 Kari Bradley 46 M Montpelier VT 42:51 6:54
13 4/8 Scott Nichols 48 M Essex VT 42:53 6:55
14 1/7 Sue Hackney 57 F Montpelier VT 43:11 6:57
15 1/7 Amy Stewart 30 F Stowe VT 43:34 7:01
16 2/7 Julie Curtin 39 F Montpelier VT 44:22 7:09
17 2/7 Dot Martin 53 F Montpelier VT 44:28 7:10
18 3/12 Mike Gillis 57 M Middlesex VT 44:30 7:10
19 2/8 Jamie Shanley 61 M Montpelier VT 45:06 7:16
20 3/7 Sarah London 34 F Montpelier VT 45:32 7:20
21 2/10 Amanda Ellingson 44 F Montpelier VT 46:37 7:31
22 4/12 Brendan Finn 53 M So. Burlington VT 46:39 7:31
23 5/8 Sean Murphy 47 M Websterville VT 46:46 7:32
24 3/10 Katrina Phillips 43 F Montpelier VT 46:49 7:33
25 4/7 Richarda Ericson 38 F Montpelier VT 46:55 7:34
26 5/12 Paul Keating 58 M Montpelier VT 47:13 7:36
27 3/8 Charles Windisch 60 M Essex Jct. VT 47:34 7:40
28 6/12 Russell Statman 54 M Burlington VT 47:36 7:40
29 1/3 Laura Krantz 26 F Montpelier VT 47:38 7:40
30 3/7 Beth Daut 50 F Berlin VT 47:47 7:42
31 4/8 Russ Cooke 62 M Williston VT 48:01 7:44
32 4/10 Betsy Drury 44 F Middlesex VT 48:59 7:53
33 7/12 Andy Shuford 54 M Montpelier VT 49:16 7:56
34 5/10 Sandy Colvin 46 F Montpelier VT 49:34 7:59
35 4/7 Nina Aitken 59 F Waterbury Ctr. VT 49:38 8:00
36 1/2 Patty Foltz 66 F Stowe VT 49:53 8:02
37 4/6 Tom Tarnow 38 M Montpelier VT 50:02 8:04
38 5/7 Johanna Straaualdso 31 F Montpelier VT 50:07 8:04
39 6/7 Naomi Sheffield 30 F Montpelier VT 50:45 8:11
40 8/12 Jeff Prescott 50 M Montpelier VT 50:48 8:11
41 9/12 James Palmer 59 M Williston VT 50:54 8:12
42 10/12 Rick Brigham 50 M Montpelier VT 51:29 8:18
43 3/3 Samuel Planck 29 M Barre VT 51:43 8:20
44 2/3 Shannon Salembier 28 F Montpelier VT 51:49 8:21
45 5/7 Ann Bushey 56 F Montpelier VT 52:11 8:24
46 6/7 June Burr 55 F Fayston VT 52:21 8:26
47 5/8 John Martin 62 M Montpelier VT 52:25 8:27
48 11/12 Tony Mathis 52 M Montpelier VT 52:39 8:29
49 6/8 Adam Rosen 47 M Montpelier VT 53:01 8:32
50 6/10 Gail Pelkey 49 F Waterbury VT 53:04 8:33
51 12/12 Michael Gordon 57 M Essex Jct. VT 53:31 8:37
52 3/3 Heidi Ainsworth 29 F Hyde Park VT 54:19 8:45
53 7/10 Cristine Maloney 40 F Randolph VT 54:20 8:45
54 5/6 Bill Funk 30 M Barre VT 55:05 8:52
55 6/6 Jeff Johnson 36 M Barre VT 55:06 8:53
56 7/8 Ed Nirenstein 42 M East Burke VT 55:09 8:53
57 6/8 Michael Shover 65 M Bradford VT 55:19 8:55
58 1/2 Aidan Reardon 16 M Calais VT 56:26 9:05
59 2/2 Kyle Cooke 16 M Montpelier VT 56:30 9:06
60 7/8 Greg Gerdel 67 M Montpelier VT 56:34 9:07
61 8/10 Becky Diedrich 49 F Berlin VT 56:51 9:09
62 9/10 Anne Linehan 41 F Tunbridge VT 58:28 9:25
63 10/10 Rebecca Purdom 42 F Montpelier VT 58:29 9:25
64 7/7 Margaret Brigham 51 F Montpelier VT 59:06 9:31
65 7/7 Tabrena Karish 32 F Duxbury VT 59:17 9:33
66 1/2 Phillip Howard 76 M Burlington VT 1:00:03 9:40
67 8/8 Bob Howe 67 M Barre VT 1:04:05 10:19
68 8/8 Craige Lyford 45 M Barre VT 1:08:27 11:01
69 2/2 Edie Novicki 62 F Stowe VT 1:10:31 11:21
70 2/2 Roger Cranse 73 M Montpelier VT 1:13:30 11:50

18th Annual CVR Mutt Strutt

To Benefit Central Vermont Humane Society
Little River State Park May 11, 2014

Place Div Name Dogname Age Sex Dogsize City Time

1 1 Eric Morse Murdock 35 M S Berlin 18:37
2 1 James Nickerson Scotty 45 M S Underhill 19:41
3 1 Mack Gardner Morse Ginger 53 M S Calais 21:08
4 1 Ashley Hews Monty 28 F L South Burlin 24:36
5 1 Tom Shanley Sam 12 M L Montpelier 25:43
6 1 Meg Valentine Maple 35 F L Jericho 25:59
7 2 Cassie Boisvert Paisley 35 F L South Barre 27:35
8 1 Andrea McLaughlin Willow 51 F S Barre 28:08
9 2 Abby Boisvet Zepelin 23 F L Barre 28:09
10 2 Bob Stahl Penny 49 M S Hinesburg 30:27
11 2 Brian Letourneau Holly 34 M S Milton 32:16
12 2 Wendy Letourneau Holly 55 F S Milton 32:16
13 1 Craig Powers Baxter 29 M S Stowe 32:19
14 1 John Wakefield Gary Indi 39 M L Montpelier 32:53
15 Marsha Bancroft 76 F Montpelier 33:51
16 Greg Smit 48 M Montpelier 33:54
17 3 Maryke Gillis Sherlock 53 F S Middlesex 34:30
18 1 Kaitlyn Farnham Letti 15 F S Plainfield 35:22
19 1 April Farnham Tictic 47 F L Plainfield 35:23
20 2 Carson Smit Roul 10 M L Montpelier 36:12
21 2 Zoe Colvin Abigail 8 F S Montpelier 36:30
22 Ryan Maclaren 27 M Plainfield 36:30
23 4 Dawna Maclaren Rudy 54 F S Plainfield 36:30
24 Nic Smit 7 M Montpelier 39:08
25 Melanie Smit 39 F Montpelier 39:09
26 Sandy Colvin 45 F Montpelier 43:42
27 3 Charlotte Curtin Shadow 4 F S Montpelier 43:43
28 3 Jessica Strong Sampson 36 F L Morrisville 45:13
29 3 Myles Alanbar Burke 7 M L Barre 50:53
30 Kristina James 30 F Barre 50:54
31 3 Emily McLean Autumn 27 F L Hardwick 52:39
32 4 Beatrice Curtin Bella 7 F S Montpelier 54:11
33 1 Becky Diedrich Gracie 49 F S Berlin 54:11

Thanks to all the participants who came out to raise money for the Central Vermont Humane Society and to all the volunteers who came out to help first-time race director **Brittany Lafirira**. ... Jeff Prescott

Worcester Four Mile Challenge 2014**2 Mile Fun Run Results**

Place	Bib	Time	Last Name	First Name	M/F	Age	Town
1	138	20:14:00	Stowell	Elvin	f	10	Worcester
2	139	32:09:00	Lamb	Nellie	f	10	Worcester
3	140	32:16:00	Lamb	Rose	f	44	Worcester

4 Mile Challenge Results

1	617	25:21:00	Rahill	John	m	18	Worcester
2	611	29:35:00	Nerenberg	Allie	f	28	Montpelier
3	609	32:25:00	Stowell	Carter	m	42	Worcester
4	610	33:29:00	Eaton	Pam	f	28	Waterbury
5	606	34:07:00	Schwartz	Chuck	m	53	Worcester
6	614	35:31:00	Hee	Eileen	f	42	Worcester
7	612	39:01:00	Kutin	Colleen	f	37	worcester
8	613	39:01:00	Travis	Michael	m	49	worcester
9	608	40:54:00	Manakahska	Pete	m	40	Montpelier
10	607	44:43:00	Bancroft	Marsha	f	76	Worcester
11	616	1:05:32:00	Sabo	Greta	f	10	Worcester
12	615	1:08:14:00	Sabo	Leslie	f	45	Worcester
13	618	1:08:14:00	Mindel	Allison	f		Worcester
14	619	1:08:14:00	DeGroot	Eli	m		Worcester

The Barre Town Spring Run 5k was Saturday, May 17th. The overnight rain cleared out before race time leaving beautiful conditions for this event. There was a record number of 127 finishers. Seven CVR age group winners took home 100 points in the CVR/ORS Race Series. Notes: Jeff Prescott, Race Director; Andrea McLaughlin

Place Div/Tot Name Age City St Time Pace

FEMALE AGE GROUP 1 - 19

1 13 Rebecca Vandenberg 14 Montpelier VT 24:24 7:52
 2 14 Maralinn Moore 14 Barre VT 24:29 7:53
 3 23 Camryn Bell 8 Barre VT 27:59 9:01
 4 27 Aaliyah Preston 11 Barre VT 28:25 9:09
 5 31 Lauren Allen 12 Barre VT 29:01 9:21
 6 32 Grace Paterson 12 Barre VT 29:01 9:21
 7 33 Jenna Hallstrom 12 Barre VT 29:01 9:21
 8 41 Delaney Partlow 10 So. Barre VT 31:06 10:01
 9 44 Nareda Orton 9 Williamstwn VT 31:40 10:12
 10 46 Autumn DeForge 9 Williamstwn VT 31:47 10:14
 11 50 Colleen Flinn 10 Barre VT 32:34 10:29
 12 52 Caitlin Casavant 8 Berlin VT 33:14 10:42
 13 55 Matelyn Thygesen 13 Williamstwn VT 33:24 10:46
 14 57 Hannah McAskill 11 Williamstwn VT 33:32 10:48
 15 58 Abigail Lindhiem 8 Barre VT 33:46 10:53
 16 61 Lily LaCroix 9 Barre VT 33:59 10:57
 17 62 Abigail Geno 9 Barre VT 34:11 11:01
 18 63 Isabel Preston 8 Barre VT 34:13 11:01
 19 65 Meredith MacAskill 9 Williamstwn VT 34:50 11:13
 20 68 Abigail Burachowski 10 Barre VT 35:12 11:20
 21 72 Megan Rea 9 Barre Town VT 38:17 12:20
 22 74 Lexie Royce 10 Graniteville VT 38:24 12:22
 23 75 Molly Bombard 9 Barre VT 38:57 12:33
 24 76 Lauren Preddy 10 Barre VT 39:02 12:34
 25 77 Olivia Kuban 9 Barre VT 39:03 12:35
 26 78 Zoe Colvin 8 Montpelier VT 39:04 12:35
 27 79 Krista Petry 10 Barre VT 39:11 12:37
 28 80 Kaylee Hedding 9 Williamstwn VT 39:27 12:42
 29 82 Taylor Audet 10 Barre VT 39:37 12:46
 30 84 Molly Violette 9 So. Barre VT 39:41 12:47
 31 87 Madison Hebert 8 Barre VT 40:19 12:59
 32 88 Aliyah Elliott 8 Barre VT 40:50 13:09
 33 91 Eliza Gilbert 8 Montpelier VT 41:50 13:28
 34 95 Shaylene Abraham 9 Barre VT 42:42 13:45
 35 98 Aliyah Jewett 9 East Barre VT 43:26 13:59
 36 99 Mallary Perreault 10 Graniteville VT 43:26 13:59
 37 100 Kayla Hood 10 Barre VT 43:27 14:00
 38 101 Emily Lamberti 10 Barre VT 43:35 14:02
 39 102 Hazel Sutzin 10 Barre VT 43:35 14:02
 40 103 Riley Fleury 8 Barre VT 44:15 14:15
 41 104 Madison Lantagne 9 Barre VT 44:25 14:18
 42 107 Julia Hallstrom 9 Barre VT 45:53 14:47
 43 108 Abbie Violette 9 So. Barre VT 45:56 14:48
 44 109 Alyssa Litchfield 9 Graniteville VT 48:39 15:40
 45 111 Cara Rea 9 Barre Town VT 49:21 15:54
 46 112 Kyree Hutchinson 11 Barre Town VT 49:32 15:57
 47 113 Beatrice Curtin 6 Montpelier VT 50:05 16:08
 48 114 Charlotte Curtin 4 Montpelier VT 50:08 16:09
 49 116 Darian Partlow 11 So. Barre VT 51:39 16:38
 50 117 Molly Hood 12 Barre VT 51:52 16:42
 51 119 Destini Feccia 8 Barre VT 52:13 16:49
 52 123 Halle Fulton 9 East Barre VT 53:15 17:09
 53 126 Violette Maring 11 Northfield VT 55:08 17:45
 54 127 Emma Hinckley 11 Williamstwn VT 55:11 17:46

MALE AGE GROUP 1 - 19

1 4 Benjamin Thygesen 11 Williamstwn VT 22:04 7:07
 2 8 Michael Rea 10 Barre Town VT 24:01 7:44
 3 17 Pasquale LeRosa 8 Montpelier VT 25:16 8:08
 4 21 Tyler Hedding 11 Williamstwn VT 27:17 8:47
 5 37 Josiah Phillips 8 Montpelier VT 29:35 9:32
 6 70 Ricky Isham 8 Williamstwn VT 37:40 12:08
 7 71 Izaac Maring 9 Northfield VT 37:51 12:11
 8 90 Hughes Gilbert 8 Montpelier VT 41:19 13:18
 9 93 Maclay Ericson 8 Montpelier VT 41:57 13:31
 10 122 Elias Carpenter 5 Northfield VT 53:07 17:06

FEMALE AGE GROUP 20 - 29

1 2 Allie Yanikoski 29 Montpelier VT 20:42 6:40
 2 12 Pam Eaton 28 Waterbury VT 24:22 7:51
 3 60 Sara Fletcher 25 Essex Jct. VT 33:55 10:55
 4 73 Erin Rea 29 Barre Town VT 38:18 12:20
 5 81 Cory Scoppe 27 Randolph Center VT 39:28 12:43
 6 89 Ainsley Burroughs 25 Montpelier VT 40:50 13:09
 7 105 Leah Starr 29 Northfield VT 44:28 14:19
 8 106 Krista Pettrey 28 Northfield VT 44:56 14:28

MALE AGE GROUP 20 - 29

1 20 Robert Rea III 22 Barre VT 26:44 8:37
 2 30 Keith Lance 28 Barre VT 28:57 9:20
 3 40 Jared Rea-Mitchell 25 Boston MA 30:24 9:48

FEMALE AGE GROUP 30 - 39

1 22 Rachel Gourage 37 Marshfield VT 27:22 8:49
 2 24 Christine Bell 37 Barre VT 28:00 9:01
 3 45 Heidi Orton 33 Williamstwn VT 31:41 10:12
 4 47 Jenn DeForge 36 Williamstwn VT 31:47 10:14
 5 64 Erin Preston 39 Barre VT 34:13 11:01
 6 66 Heather MacAskill 36 Williamstwn VT 34:50 11:13
 7 67 Michelle Noury 33 Barre VT 35:11 11:20
 8 83 Emily Mascitti 33 East Montpelier VT 39:38 12:46
 9 85 Michele Emmons 39 Barre VT 39:42 12:47
 10 92 Priscilla Gilbert 37 Montpelier VT 41:51 13:29
 11 94 Richarda Ericson 39 Montpelier VT 41:58 13:31
 12 115 Julie Curtin 39 50:08 16:09
 13 121 Sarah Capron 34 Northfield VT 53:03 17:05
 14 124 Maria Hood 34 Graniteville VT 54:28 17:32
 15 125 Jessica Wheeler 32 Barre VT 54:29 17:33

MALE AGE GROUP 30 - 39

1 10 Bruce Gabaree 34 Essex VT 24:05 7:46
 2 28 Joshua Gourage 36 Marshfield VT 28:27 9:10
 3 36 James Hood 35 Graniteville VT 29:34 9:31
 4 96 Joseph Abraham 37 Barre VT 42:42 13:45
 5 110 Kevin Beasy 39 Graniteville VT 48:40 15:40

FEMALE AGE GROUP 40 - 49

1 38 Katrina Phillips 43 Montpelier VT 29:35 9:32
 2 42 Melodie Kuban 42 Barre VT 31:16 10:04
 3 43 Diane Matthews 44 Graniteville VT 31:17 10:05
 4 53 Becky Diedrich 49 Berlin VT 33:15 10:43
 5 69 Audrey Spence 44 Richmond VT 36:08 11:38
 6 86 Tara Reil 41 E. Barre VT 40:09 12:56
 7 97 Vicki Abraham 44 Barre VT 42:48 13:47
 8 118 Amy Ducharme 40 Barre VT 52:07 16:47
 9 120 Bobby Jo Salls 40 Williamstwn VT 52:28 16:54

MALE AGE GROUP 40 - 49

1 25 Adam Grundt 44 Montpelier VT 28:06 9:03
 2 35 Ed Kuban 43 Barre VT 29:33 9:31
 3 39 Dean Emmons 43 Barre VT 29:50 9:37
 4 48 Sean Flinn 43 Barre VT 31:53 10:16

FEMALE AGE GROUP 50 - 59

1 6 Donna Smyers 56 Adamant VT 22:33 7:16
 2 11 Nina Aitken 59 Waterbury VT 24:09 7:47
 3 16 Kate Vandenberg 51 Montpelier VT 24:44 7:58
 4 26 Joan Seidel 51 Fleetwood PA 28:11 9:05
 5 54 Maryke Gillis 53 Middlesex VT 33:17 10:43

MALE AGE GROUP 50 - 59

1 1 Mack Gardner-Morse 53 Calais VT 20:18 6:33
 2 3 Mike Gillis 56 Middlesex VT 21:52 7:03
 3 7 Andy Shuford 53 Montpelier VT 23:23 7:32
 4 9 Jeff Prescott 50 Montpelier VT 24:02 7:45
 5 18 Carl Rogers 58 East Barre VT 25:24 8:11
 6 19 Joe Preddy 50 Barre VT 25:41 8:16
 7 49 Alex DePillis 53 Montpelier VT 31:54 10:17

FEMALE AGE GROUP 60 - 69

1 15 Patty Foltz 66 Stowe VT 24:37 7:56
 2 56 X Uschi 63 Medford MA 33:27 10:46

MALE AGE GROUP 60 - 69

1 5 Jamie Shanley 61 Montpelier VT 22:09 7:08
 2 29 Greg Wight 68 Brookfield VT 28:36 9:13
 3 34 Bob Howe 67 Barre VT 29:28 9:30

FEMALE AGE GROUP 70 - 79

1 51 Marsha Bancroft 76 Worcester VT 32:42 10:32

MALE AGE GROUP 70 - 79

1 59 Roger Cranse 73 Montpelier VT 33:47 10:53

There were 84 finishers in the 40th running of the **Paul Mailman 10-Miler** on Sunday, June 22. Paul Mailman's daughter Erika from California ran the race to mark the occasion. And the legendary Paul Mailman himself along with numerous other family members were present as spectators. We had out-of-state runners from CA, CO, HI, MA, ME and NH as well as folks from Quebec and Australia. There was also a good contingent of GMAA runners. (GMAA included Paul Mailman in their Performance Series this year.) Race Director- Andy Shuford, Notes - Jeff Prescott

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

Place Place O'All Name Age City St Time Pace

FEMALE AGE GROUP 0 - 19

1 22 Rena Schwartz 14 Middlesex VT 1:13:56 7:24
Record 57:53 by Tara Chaplin in 1998

MALE AGE GROUP 0 - 19

1 6 Benjamin Martell 17 Groton VT 1:01:38 6:10
Record 55:18 by Francis Burdett in 1982

FEMALE AGE GROUP 20 - 29

1 19 Allie Nerenberg 29 Montpelier VT 1:13:08 7:19
2 50 Pam Eaton 28 Waterbury VT 1:26:03 8:37
3 84 Brittany Lafirira 24 Montpelier VT 2:40:07 16:01
Record 1:00:03 by Ann Peisch in 1982

MALE AGE GROUP 20 - 29

1 1 Kenedi Hall 20 Hartland VT 59:19 5:56
2 2 Joshua Grant 23 Nashua NH 59:19 5:56
3 29 Geordy Aitken 20 Waterbury Ctr. VT 1:17:07 7:43
4 75 Paul Boucher 21 Fairfield ME 1:46:08 10:37
5 77 Eric Phillips 20 Plattsburgh NY 1:49:02 10:55
Record 50:09 by Jim Miller in 1982

FEMALE AGE GROUP 30 - 39

1 12 Meg Valentine 35 Jericho VT 1:06:18 6:38
2 14 Rebecca Preston 34 Buderim AU 1:06:35 6:40
3 21 Julie Curtin 39 Montpelier VT 1:13:33 7:22
4 24 Sarah London 35 Montpelier VT 1:15:04 7:31
5 28 Meredith White 35 Westford VT 1:16:29 7:39
6 63 Sarah Hoff 36 Richmond VT 1:30:54 9:06
7 76 Gina Sherriff 35 Montpelier VT 1:48:08 10:49
8 83 Brandi Bissonnette 33 Piermont NH 2:28:29 14:51
Record 55:58 by Leatrice Sikora Hayer in 1988

MALE AGE GROUP 30 - 39

1 4 Eric Eley 35 Duxbury VT 1:00:20 6:02
2 5 Ben Williams 30 Honolulu HI 1:01:33 6:10
3 10 Tom Kelly 39 Westford VT 1:05:34 6:34
4 11 Thomas Firluk 34 Essex Jct. VT 1:05:55 6:36
5 25 Jeff Johnson 36 Barre VT 1:15:18 7:32
6 44 Andrew McAvoy 30 Montpelier VT 1:23:52 8:24
7 60 Chad Tetreault 39 Jericho VT 1:29:51 9:00
8 61 Nicolas Charest 38 Trais-Rivieres QC 1:30:02 9:01
Record 51:00 by Keith Woodward in 1982

FEMALE AGE GROUP 40 - 49

1 35 Thea Schwartz 45 Middlesex VT 1:20:03 8:01
2 41 Victoria Hill 40 E. Hardwick VT 1:21:56 8:12
3 53 Gail Martin 48 Sharon MA 1:26:25 8:39
4 57 Alyssa Chaffee 43 E. Calais VT 1:28:53 8:54
5 59 Lisa Mallabar 45 Colchester VT 1:29:49 8:59
6 62 Gail Pelkey 49 Waterbury VT 1:30:40 9:04
7 73 Stacey Leadbetter 40 Barre VT 1:39:38 9:58
8 79 Erika Mailman 45 El Dorado Hills CA 1:56:04 11:37
9 81 J. Wallace 48 Thetford Ctr. VT 1:59:22 11:57
10 82 Beth Aiken 45 Montpelier VT 2:28:28 14:51
Record 1:03:09 by Moira Durmin in 1991

MALE AGE GROUP 40 - 49

1 8 Jon Floyd 41 Waterbury Ctr. VT 1:03:47 6:23
2 9 Rowly Brucken 45 Northfield VT 1:05:16 6:32
3 15 Andrew Tripp 44 Montpelier VT 1:08:19 6:50
4 16 Daniel Scheidt 42 Burlington VT 1:10:06 7:01
5 17 Mike Kennedy 46 South Burlington VT 1:11:37 7:10

MALE AGE GROUP 40 - 49 continued

6 31 Tim Rothfuss 44 Lebanon NH 1:18:31 7:52
7 32 Scott Lovelette 45 Montpelier VT 1:18:59 7:54
8 56 Jason Boyd 41 Northfield Falls VT 1:28:40 8:52
9 65 Jamie Sikora 48 Concord NH 1:31:08 9:07
10 78 Craige Lyford 45 Barre VT 1:55:15 11:32
Record 55:29 by Jim Miller in 1999

FEMALE AGE GROUP 50 - 59

1 18 Sue Hackney 57 Montpelier VT 1:12:58 7:18
2 26 Siobhan Donegan 50 Burlington VT 1:15:22 7:33
3 34 Beth Daut 53 Berlin VT 1:19:37 7:58
4 37 Nina Aitken 59 Waterbury Ctr. VT 1:20:42 8:05
5 39 Carlie Krolick 59 Charlotte VT 1:21:16 8:08
6 43 Beth McCabe 53 Barre VT 1:22:27 8:15
7 45 Debbie Weiner 53 Montreal QC 1:24:25 8:27
8 46 Marjorie Helling Br 58 Durango CO 1:24:36 8:28
9 47 Patricia Driscoll 59 Stowe VT 1:25:03 8:31
10 55 Ann Bushey 56 Montpelier VT 1:27:04 8:43
11 58 June Burr 55 Fayston VT 1:29:12 8:56
12 66 Lori Martell 50 Groton VT 1:32:28 9:15
13 67 Becky Diedrich 50 Berlin VT 1:32:52 9:18
14 72 Linda Cleveland 53 Barre VT 1:39:37 9:58
Record 1:12:24 by Phyllis Heaton in 1983

MALE AGE GROUP 50 - 59

1 3 Tom Thurston 50 Waterbury VT 1:00:13 6:02
2 7 Joe McNamara 51 Williston VT 1:01:43 6:11
3 13 Bob Martell 51 Groton VT 1:06:25 6:39
4 20 Nick Persampieri 54 Montpelier VT 1:13:29 7:21
5 23 Tim Noonan 58 Montpelier VT 1:14:31 7:28
6 40 Rob Monette 50 Jericho VT 1:21:54 8:12
7 49 Carl Rogers 58 East Barre VT 1:25:57 8:36
8 52 David Martin 54 Sharon MA 1:26:15 8:38
9 54 Jeff Prescott 50 Montpelier VT 1:26:37 8:40
10 64 Vince Brennan 51 Burlington VT 1:30:59 9:06
11 69 Erik Schwarz 55 Montpelier VT 1:35:07 9:31
12 70 David Goodman 54 Waterbury Ctr. VT 1:37:05 9:43
Record 56:53 by Doug MacGregor in 1991

FEMALE AGE GROUP 60 - 69

1 42 Janet Lebus 63 Vaudreuil-Dorion QC 1:22:02 8:13
2 48 Ruth Blauwiel 60 Colchester VT 1:25:22 8:33
3 80 Edie Novicki 62 Stowe VT 1:58:05 11:49
Record 1:18:32 by Moira Durmin in 2011

MALE AGE GROUP 60 - 69

1 27 John Valentine 64 Roxbury VT 1:15:41 7:35
2 30 Charles Windisch 60 Essex Jct. VT 1:17:54 7:48
3 33 John Lent 60 Waltham VT 1:19:14 7:56
4 36 Russ Cooke 62 Williston VT 1:20:09 8:01
5 38 Bob Sayers 60 Huntington VT 1:20:46 8:05
6 51 David Erickson 61 Barre VT 1:26:05 8:37
7 68 Michael Shover 65 Bradford VT 1:33:21 9:21
Record 1:04:40 by Gordon MacFarland in 2010

MALE AGE GROUP 70 - 79

1 71 Peter Wallan 71 Sharon MA 1:38:50 9:53
2 74 Phillip Howard 76 Burlington VT 1:40:05 10:01
Record 1:23:57 by Bob Murphy in 2011

Place	Place Overall	Name	Age	Time		
FEMALE AGE GROUP 1 - 5					MALE AGE GROUP 9 - 12	
1	149	Maryann Nunn	5	9:40	1 35 Brian Bushey 11 6:11	
2	188	Thea Boyles	5	11:33	2 38 Alden White 11 6:14	
3	191	Sonya Mancauskas	5	11:51	3 41 Austin Beard 10 6:20	
4	194	Emma Spivey	4	11:58	4 42 Carson Beard 10 6:21	
5	196	Moxie Stahler	5	12:09	5 45 Evan Thornton Sherman 10 6:25	
6	197	Helen Lear	5	12:20	6 47 Myles Thornton Sherma 12 6:31	
7	200	Willoughby Mikus	5	12:24	7 54 Tyler Ricker 11 6:44	
8	201	Maeve Daloz	4	12:25	8 61 Thomas Brigham Garave 9 7:05	
9	204	Kristina Lear	5	13:15	9 63 Dylan Lutz 11 7:07	
10	211	Jovie Stengel	3	17:21	10 70 Alexander Allison 11 7:14	
MALE AGE GROUP 1 - 5					FEMALE AGE GROUP 40 - 49	
1	140	Asa Lloyd	5	9:32	1 20 Mimi Fallon 49 5:44	
2	160	Matthias Hodgson	4	10:00	New record. Old record 5:56 by Sue Hackney-2006	
3	165	Liam Weller	5	10:31	2 26 Lissa Knauss 41 5:56	
4	174	Casey Thompson	4	10:44	3 80 Jennifer Skinder 45 7:33	
5	176	Jackson Haley	5	11:10	4 88 Jessica Thornton Sher 44 7:45	
6	178	Mason Colombo	4	11:18	5 102 Jen Bevilacqua 40 8:13	
7	206	Victor Stahler	2	13:24	6 146 Katrina Phillips 43 9:37	
8	208	Willem Colvin	4	14:04	7 175 Diane Brigham 44 10:45	
9	212	Miles Stengel	2	17:21	8 181 Jennifer Grappone 44 11:20	
FEMALE AGE GROUP 6 - 8					MALE AGE GROUP 13 - 19	
1	55	Savannah Yefchak	7	6:49	1 13 Sophie Smith 15 5:26	
New record.	Old record 7:11 by S. Yefchak				2 39 Sylvia Gilbert 17 6:18	
2	91	Anika Turcotte	8	7:51	3 53 Jenna Jerome 14 6:43	
3	101	Zoe Colvin	8	8:12	4 69 Holly Engel 15 7:13	
4	106	Ava Shanley	8	8:21	5 75 Carly Martin 18 7:23	
5	128	Ambiana Glavin	8	8:55	6 121 Mary Stute 16 8:40	
6	131	Meg Voisin	8	9:03	7 125 Anna O'Neil 14 8:50	
7	143	Evelyn Lacroix	7	9:35	8 214 Tori Savicki 17 17:22	
8	147	Kaira Hodgson	7	9:37	MALE AGE GROUP 13 - 19	
9	148	Josephine Mikus	7	9:38	1 7 Liam Genereaux 19 5:07	
10	154	Josephine Haley	7	9:53	2 8 Matt Hynes 15 5:12	
11	156	Allegra Muller	6	9:55	3 9 Stephen Looke 14 5:12	
12	158	Ruby Moorhead	6	9:56	4 16 Levi Beavin 15 5:32	
13	167	Alexandra Weller	8	10:33	5 17 Alex Warner 15 5:32	
14	182	Aga Howe	8	11:23	6 29 Kieran Edraney 15 5:57	
15	185	Chen-Chen Macvicar-Ce	8	11:32	7 37 Caleb Genereaux 16 6:14	
16	186	Chi-Chi Macvicar-Ceck	8	11:32	8 48 Fergus Ryan 14 6:32	
17	209	Bella Martin	8	14:22	9 169 Bennett Grappone 14 10:37	
MALE AGE GROUP 6 - 8					FEMALE AGE GROUP 20 - 29	
1	64	Pasquale Larosa	8	7:08	1 18 Allie Nerenberg 29 5:33	
New record.	Old record 7:11 by Henry Wool				2 24 Kelsie Clausen 20 5:52	
2	67	Andrew Thornton Sherm	7	7:12	3 36 Chelsea Katzenberg 27 6:12	
3	72	Jett Giza	8	7:17	4 97 Megan Hamby 25 8:10	
4	78	Josiah Phillips	8	7:31	MALE AGE GROUP 20 - 29	
5	113	Caleb Rockcastle	7	8:29	1 2 Hunter Stewart 28 4:49	
6	115	Caelan Zeilenga	7	8:31	2 3 Stephen Jochem 24 4:50	
7	124	Ezra Merrill-Triplett	8	8:49	3 6 John Martino 29 5:03	
8	136	Cole Martin	8	9:26	4 11 David Somerville 25 5:23	
9	139	Sam Skolnik	7	9:32	5 30 Griffin Labbanca 24 5:58	
10	145	Wakeland Newman	6	9:36	FEMALE AGE GROUP 30 - 39	
11	171	Charlie Brigham Garav	7	10:41	1 14 Megan Valentine 35 5:27	
12	173	Pj Stengel	8	10:42	2 21 Amy Stewart 30 5:46	
FEMALE AGE GROUP 9 - 12					3 28 Richarda Ericson 38 5:57	
1	44	Maya Humbert	12	6:23	4 110 Kimberly Cody 34 8:26	
2	60	Anna Knauss	11	7:03	5 112 Olga Benoit 34 8:29	
3	76	Anja Rand	9	7:25	6 120 Jessica Gibson 34 8:40	
4	82	Eliana Moorhead	10	7:36	7 126 Colleen Keeton 38 8:50	
5	84	Ruby Rand	11	7:41	8 129 Katie Sterling 34 8:57	
6	87	Madison Brigham	11	7:44	9 135 Angela Lacroix 34 9:21	
7	89	Meghan Brigham	11	7:46	10 142 Morgan Lloyd 38 9:34	
8	92	Isabelle Humbert	9	7:58	11 153 Jocelyn Haley 37 9:53	
9	94	Sienna Mills	9	8:07	12 155 Tonja Carrier 30 9:54	
10	95	Olga Kissner	11	8:07	13 161 Diedre Hodgson 36 10:01	
11	98	Idalee Keller	9	8:10	14 163 Katie Nunn 34 10:14	
12	100	Elena Burns	9	8:12	15 168 Callie Weller 38 10:33	
13	103	Avery Knauss	9	8:15	16 180 Laura Colombo 37 11:19	
14	111	Ksenia Benoit	10	8:28	17 189 Aubrey Boyles 36 11:33	
15	118	Lilli O'Neil	10	8:39	18 195 Robyn Spivey 31 11:58	
16	119	Hannah Keller	11	8:39	19 202 Reeve Basom 31 12:26	
17	127	Aspen Willard	10	8:54	MALE AGE GROUP 30 - 39	
18	132	Ava O'Neil	10	9:04	1 1 Peter Maksimov 35 4:41	
19	133	Louisa Braun	10	9:18	2 5 Justin Kenney 33 4:56	
20	134	Lily Lacroix	9	9:20	3 10 Todd Archambault 39 5:16	
					4 33 Clint Cody 37 6:08	
					5 56 Bob Yefchak 35 6:50	
					6 77 Dustin Rand 39 7:26	
					7 116 Jack Zeilenga 37 8:31	
					8 141 Thomas Howard 37 9:33	
					9 144 Jim Lacroix 35 9:36	
					10 166 Bryan Weller 37 10:32	
					11 170 Nick Thonpson 37 10:39	
					12 179 Jess Colombo 39 11:18	
					13 205 Nathan Stahler 35 13:23	

Bear Swamp Run... July 12, 2014... 5.7 Miles

Results: Total Finishers: 50

Overall Male Winner: Justin Kenney – 33:54

Overall Female Winner: Megan Valentine – 38:09

Overall Place Place in Age Group Name Time

Female 0-19

28 1 Kelsi Ensminger 50:59

Male 0-19

8 1 Stephen Looke 40:23

17 2 Nathan Smoller 43:50

22 3 Christopher Toborg 47:17

Female 20 – 29

6 1 Allie Nerenberg 39:49

31 2 Chelsea Bissonnette 51:09

38 3 Cindy Barry 54:12

Male 20-29

30 1 Josh Mitchell 51:04

Female 30-39

5 1 Megan Valentine 38:09

12 2 Julie Curtin 41:22

35 3 Katy Chabot 53:03

42 4 Sara Erickson 60:51

45 5 Clare Rock 64:21

50 6 Adrian Wade 73:11

Male 30-39

1 1 Justin Kenney 33:54

2 2 Brian Burns 36:11

11 3 Craig Manning 41:10

26 4 Tom Tarnow 48:57

Female 40 – 49

29 1 Dara Torre 50:59

34 2 Meg Allison 52:57

43 3 Heather Driscoll 61:41

44 4 Daphne Larkin 61:42

Male 40-49

3 1 James Leicher 37:34

14 2 Sal Genovese 42:58

18 3 Dale Christie 43:53

37 4 Mark Schuitema 53:27

Female 50 – 59

10 1 Donna Smyers 40:56

19 2 Beth Daut 45:09

25 3 Lori Hennessey 48:21

32 4 Becky Diedrich 52:31

46 5 Maryke Gillis 69:23

Male 50 –59

4 1 Jim Flint 37:37

7 2 Mack Gardner-Morse 39:52

9 3 Donald Singer 40:44

13 4 Mike Gillis 41:28

20 5 Michael Hennessey 45:35

23 6 Norm Robinson 47:24

24 7 Chuck Schwartz 47:51

33 8 Joe McCarthy 52:55

36 9 David Garland 53:17

Female 60-69

27 1 Dot Helling 50:57

47 2 Judith Craig 70:15

Male 60-69

15 1 Jamie Shanley 43:08

16 2 John Valentine 43:15

21 3 David Erickson 46:25

39 4 John Martin 55:31

40 5 Bill Everett 55:31

41 6 Greg Wight 58:42

48 7 Werner Zehetner 72:35

Male 80+

50 1 Gerry Carlson 73:07



Many thanks to the following volunteers:

Marsha Bancroft,
Bob Emmons,
Norm Robinson,
Dot Martin,
Newton Baker,
Sandy Colvin and kids
Sigh Searles,
Allie Nerenberg,
Pam Erickson,
Cindy Gardner-Morse

*Tim Noonan,
Race Director*

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

see www.cvrrunners.org for additional details

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

August 9, Kingdom Run Half Marathon, 5K and 10K run and walk, 8:30am, On the Common, Irasburg, Munchies buffet featuring blueberry sundaes. *Contact:* Becky (802) 766-5310 or kingdomrun@surfglobal.net

August 9, Melissa Jenkins 5K, 8:00am, Danville High School, *Contact:* www.runvermont.org or www.danwyandpt.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 10, Get Your Rear in Gear 5K run & walk, 10:00am, Bayside Park, Mallets Bay, Colchester, *Contact:* www.getyourrearingear.com

August 14, 35th "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 15, Last Mile 5K run & 1 mile walk, 6:00pm, Gifford Medical center, Randolph, *Contact:* mbrown@giffordmed.org or (802) 728-2726

August 16, Under the Tree 5K and 10K, 9:00am, Hartland Recreation Center, Route 12, *Contact:* Jessie Farnham (508) 868-6611 or jessiefarnham@gmail.com

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

August 23, Run to the Fair 5K, 9:00am, Champlain Valley EXPO, Essex, Entry fee includes shirt, fair entry, parking and voucher for food. *Contact:* www.runvermont.org

August 24, Race to the Top of Vermont, Mt. Mansfield Toll Road, Stowe, Run, bike or hike to the top of Mt. Mansfield. 4.3 miles and 2564 ft. in elevation. *Contact:* Greg Maino (802) 864-5794 or info@rtttovt.com

August 30, 37th "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 6, Maple Leaf Half Marathon and 5K, 8:00am, *Contact:* www.manchestervtmapleleaf.com

September 6, Lake Placid Classic Half Marathon and 10K, 9:00am, Lake Placid, NY, Olympic Skating Oval, *Contact:* rick@lakeplacidclassic.com

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

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

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

September 13, Covered Bridge Half Marathon, 8:00am, Charlotte, second year for the course that is not as hilly as previous course. *Contact:* www.racevermont.com

September 17, 11th "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)

September 20, "GMAA" Common to Common 30K, 8:30am, Memorial Hall, Essex Center. Essex common to the Westford common and back. *Contact:* Steve and Cathy Eustis (802-878-4385) or common2common@gmaa.net (part of the CVR/ORS Race Series)

September 20, Run for Children 5K & Walk, 10:00am, State House, Montpelier, *Contact:* (802) 229-5724

September 21, Downtown 10K, 8:30am, Church Street, Burlington, *Contact:* (802) 861-6700 or www.greenmtrehab.com

September 21, St. Albans Raid Half Marathon, 9:00am, Main St. out and back, mostly gravel, following the route taken by the raiders in 1864, no race day registration. *Contact:* Franklin County Chamber of Commerce at (802) 524-2444

October 4, 41st "GMAA" Art Tudhope 10K, 9:00, Shelburne Beach, Fast, scenic run through Charlotte apple orchards along Lake Champlain. *Contact:* Jessica Bolduc (802) 658-1753 or www.gmaa.net

October 4, Foliage Five Mile, 9:00am, Union Village Dam, East Thetford, *Contact:* www.uppervalleyrunningclub.org

October 5, 31st "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)

October 12, 44th "GMAA" Green Mountain Marathon and Half Marathon 8:30, Folsom School, South Hero. *Contact:* Jess Cover gmm@gmaa.net .

October 18, Michael Zemanek 5K Run & Walk, 11:15am, Norwich University, Northfield, *Contact:* www.mzmf2014.org

October 25, Kingdom Challenge Half-marathon and 5K, 8:30-half marathon start in Lyndonville, 9:30-5K start in St. Johnsbury, both races finish at St. Johnsbury School, Western Avenue, St. Johnsbury. *Contact:* www.thekingdomchallenge.com

November 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

December 31, "CVR" 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 – 15% 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
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Barre, VT 05641



CVR PD 14

Robert Murphy
35 Birchwood Park
Barre, VT 05641

05641\$8653 F005



August 2014

NEWSLETTER

Volume 35 Issue 4



Remember these CVR races and events !

- Monday, August 18th, CVR meeting (details page 2)
- Each Tuesday, Fun Runs, 5:30pm, behind the Dept of Labor building next to Montpelier High School
- August 14, 35th "CVR" Berlin Pond 5 Mile
- August 30, 37th "CVR" Northfield Savings Bank 5K & 1 Mile
- September 17, 11th "CVR" Sodom Pond 4 Mile
- October 5, 31st "CVR" Leaf Peepers Half-Marathon and 5K
- November 1, 8, 15, "CVR" Fallen Leaves 5K Series
- December 31, "CVR" New Year's Eve Road Race 5K

Race details on pages 13 & 14