

Newsletter**November 2014****Volume 35****Issue 5****In this Issue:**

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President's Column:

October 16, 6 AM, 60°, warm rain...
 daybreak, solo, wet, muddy run on the hills of Brookfield----Priceless!

I love fall! Great running; so many racing opportunities.

CVR's docket winds down after Leafpeepers with only the low-key Fallen Leaves series in November and New Year's Eve left in 2014. Of course, we count NYE as the start of 2015 Onion River Sports series. But there are dozens of events coming up – lots of benefit events, Turkey Trots (including Dave Abernathy's Barre Gobble Wobble on Thanksgiving morning). My daughter invited me to the Northampton Hot Chocolate Run!

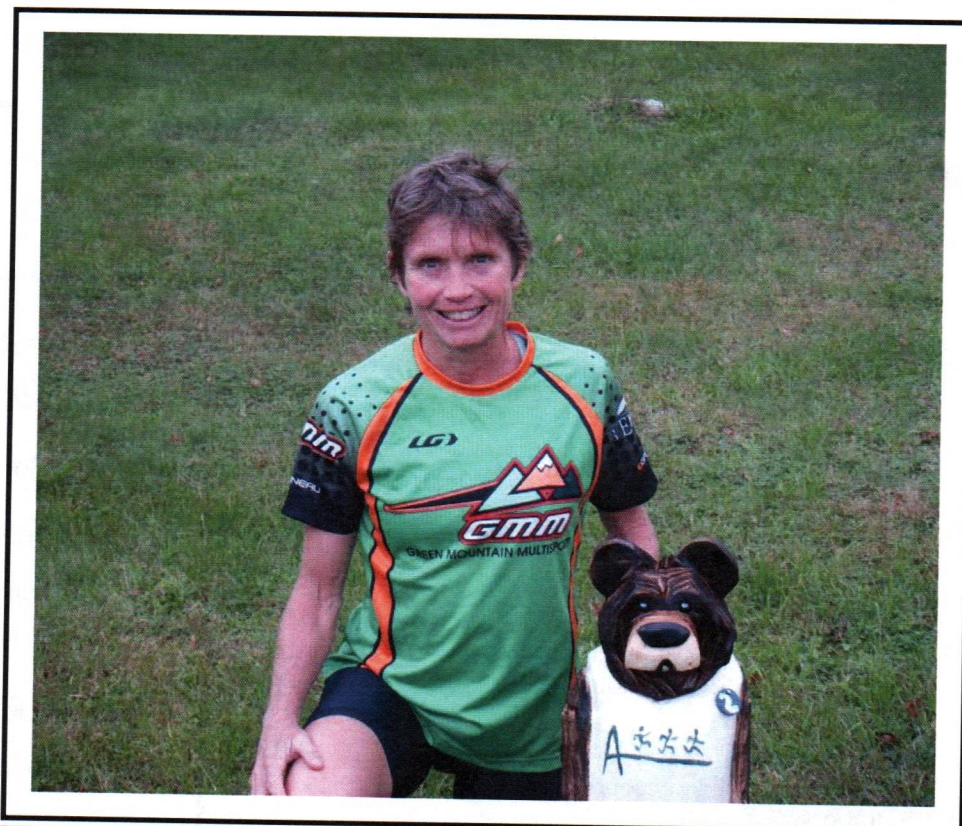
Leafpeepers! What a great day! Ten years as Roger's assistant and I still get juiced by the crowds that morning. It is awesome to see this major event from the inner circle perspective – the runners appreciate the organization and the volunteers, I'm sure, but are likely not aware of how much organizing goes on and how many people collaborate to make it successful. By my count 60+ volunteers fill various roles before, during, and after the race. And that doesn't count Barbara Maynard's Harwood kids, the Waterbury Fire and Police, the bike club, and major sponsors KGM and Boves. Nor the untold hours Roger puts in. This popular race keeps the club treasury solvent, gets CVR a lot of good press and good will, and allows us to run other amazing races at amazingly low prices. And give away money.

Big plans for the November 3 club meeting.

We'll meet and eat in Barney Hall of the Adamant Music School (Thanks, Eric Ryea!) Join the Monday running group at 4:30 (Headlamps and reflective gear recommended). Pot Luck at 6, meeting at 7. We'll be finalizing the 2015 race schedule and list of Race Directors, talking about the Volunteer dinner, hearing the Leafpeeper financial report, and other business.

Greg

Dot Martin returns home with the "Bear Ware", instead of the "Hardware", for finishing 2nd woman overall in the Adirondack Marathon in Schroon Lake N.Y.
 Photo (John Martin) and story on page 3



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 August 18, 2014 Meeting – subject to approval at the November meeting

About 13 members in attendance, meeting called to order at 7:02pm

Meeting Minutes

Approved the meeting minutes from the last meeting.

Treasurers Report

@ 3,000 cash plus the CD balance in account. IRS audit is next week, feeling prepared with records they have requested, and will report how it goes.

Membership Report

All members listed in newsletters. At this time of the year we are ahead of membership renewals in comparison to this time last year. Discussed ideas to increase membership or make renewal easier, such as on line application in which you could pay with credit card. Also discussed ideas for how we could share member contact information, so members could reach out to each other. For example if we wanted to car pool to a race or something. Discussed putting membership contact information in the newsletter. Greg will send notice to the members that in our next newsletter we will publish your contact information, UNLESS you opt out.

Race Updates

- Worcester – 14 people ran
 - Capital City Stampede – went well, had enough runners to cover expenses
 - Paul Mailman – Numbers of runners is less than last year, but had enough to cover expenses. Have some extra shirts left over.
 - Montpelier Mile - Timing went well and results etc. went well considering the storms.
 - Bear Swamp – Went well, same number of runners as last year
 - Barre Heritage – Race cancelled due to lightning
 - Berlin Pond – Good event – Great temps, 86 runners, which is 5 less than last year. Results were done from finish line vs at town offices and this new format went well and provided results much faster so awards could be given out faster as well. Jeff notes there will be a new town administrator next year, so he will reach out to confirm the new administrator will permit the race and use of the parking lot etc.
- Discussed #'s of people running our races this year versus previous years, and some thoughts on why this could be. Aren't too concerned as we still have good numbers.

Upcoming Races

Northfield – Michael Chernick needs a ride if anyone is able
 Sodom Pond – Sept 17th Pasta dinner is planned
 Leaf Peepers – June needs more volunteers. Otherwise planning is going well.

Equipment

Need more ORS bib #'s. Have plenty of CVR bib #'s. All other stuff o.k.

Reminder of club policies

Race Directors expected to bring in \$1.00 per runner to treasury per race. Dogs and Baby Joggers not allowed in CVR races.

Clothing

Lots of CVR clothing available. Will continue to bring to races.

Recruiting

Need a new clothing manager and Newsletter editor, let Greg know if you are interested.

Next Meeting

November 3rd, location TBD.
 Meeting adjourned – 8:00 pm

The Corporate Cup race is seeking someone to step into **Norm Robinson's** shoes in a big role with this huge May event. Potential for pay.

Contact Mike Feulner
 802-244-5898
mfeulner1953@gmail.com

The next CVR meeting is scheduled for
Monday, November 3rd

Barney Hall, **Adamant** Music School

6:00 pm potluck, 7:00 pm meeting

planning next year's races, philanthropy, volunteer dinner, club policies

Group run at 4:30 (Headlamps and reflective gear recommended).

Donna Smyers Wins Two Tri World Championships within Ten Days!

Donna traveled to Edmonton, Alberta for the World Triathlon Grand Final. On Friday, August 29, Donna competed in the Sprint event. The event included a 750m swim, a 19.74k bike and a 5k run. Donna is now World Champion in the F 55-59 age group. Donna beat an international field of 50 in her division. She won by 1 minute 25 seconds

Donna continued her Canadian vacation with a visit to Mont-Tremblant, Quebec. On Sunday, September 7, Donna finished first place in an international field of 52 competitors in her division at the Ironman 70.3 World Championship. This was pretty close with Donna's margin being only 35 seconds (in a 5-hour event!). The 2nd place finisher, Ellen Hart of USA, actually ran 8 minutes, 20 seconds faster than Donna but Donna had enough of a head start thanks to her good swim and her awesome bike.

... Jeff Prescott

Farm to Farm 50 mile race

Rowly ran in the Farm to Farm 50 mile race on Oct 12 Sunday in Freeport, Maine. Although there were only 6 participants, apparently last year there was just one!

Anyway, Rowly won!

It was a spectacular autumn day, not a cloud in the sky. Great for spectating, for sure. I do think Rowly might have enjoyed some cloud cover at some point, but it wasn't humid or hot at all.

Results are posted here: http://ultrasignup.com/results_event.aspx?did=29163

...Lisa Brucken

Breaking News from Schroon Lake, NY

....*John Martin*

Schroon Lake, NY played host to the Adirondack Marathon on Sunday September 28th. Schroon is a pretty small town about 20 miles west and up the hill from Ticonderoga and sits at the north end of Schroon Lake. 2014 was the 18th year for the race.

The marathon course, described as "brutal" by the winning man, basically loops the lake. Mile 3 to 11 is relentless, up, up and up some more. With the major climbing out of the way the course plunges to lake level, meets the half marathon course and completes the trip around the lake. The final 13 miles is flat by comparison, however, it is a series of false flat back to town. About 8 miles of Route 9N is closed allowing runners free reign of the northbound lane. In the week prior to the race temperatures had been in the low 30s at night with daytime highs barely reaching 50 degrees. As luck would have it, temps at 10am race morning approached 80 topping out at noon at 83. It was warm but the skies were clear making for a great day for the race.

The winner of the race, Brian Morseman from Bath, NY, bested David Herr from Canaan, VT not only in this race but also bested Herr's previous course record by 9 full minutes. Morseman led the race from the get go.

The title for the women was a more competitive affair. Three ladies, including CVR's very own Dot Martin, see and sawed, backed and forth, to and fro-ed for 23 miles before the two pacing with Dot began to slow. Dot's lead was relinquished at about mile 24 to the dark horse running who had been running in fourth. The women's winner, 39 year old Kyle Ann Inda from NY and running her first marathon, bested Dot by one second per mile or 26 seconds. Dot ran a 3:28 on the "brutal" course.

Best trophies ever! Three foot hand carved/painted running bears. What do you do with a 3 foot bear dressed in shorts that weighs 50 pounds?

Rowley Brucken repeated the ADK Marathon as the 3:45 pace group leader. Like the sign said, he ran even splits to finish within seconds of 3:45. Rowley was able to pace a first time marathon runner to the finish on her birthday. Nice present on a day that will be remembered for something other than cards and cake.

Hartford Marathon Recap – by Jim Flint

In September I stopped racing for a few weeks to prepare for the Hartford Half Marathon on October 11. My training program averaged 40 to 50 miles per week, with a mix of hill repeats, recovery runs, steady state runs, tempo runs, rest days, and a long run of 16 to 20 miles on the weekends. For the long runs, I found a kindred spirit in Bob Griffiths, who was training for the Marine Corps Marathon on October 25. As we plied the back roads of Craftsbury, Bob encouraged me to consider doing a marathon, even though my longest training run would be 30 km. On October 3rd, I checked the long range weather forecast for Hartford, which looked promising, then called the Hartford Marathon Foundation to make the jump from the half to the full.

Having run the Hartford Half in 2012 the race logistics were familiar. I arrived at the XL Center about 4:45 p.m., found a parking spot across the street in the Church Street garage, and within minutes was at the Marathon Expo. Bib pickup was lightning fast, followed by a quick walk through the Expo to get the free long sleeved tech shirt. A surprise was meeting Kathrine Switzer, the first woman to complete the male-only Boston Marathon in 1967, after an unsuccessful attempt by the race co-director to pull her off the course. Following a 32 year break from marathons, Kathrine ran the Berlin Marathon in 2011. She plans to do Boston again in 2017 to celebrate the 50th anniversary of her barrier breaking entry as “K. V. Switzer.”

Race morning was just as predicted, with light sprinkles turning into a steady cold rain. I arrived at the Capital parking lots on Buckingham Street at 6:20 a.m. A mishap was forgetting the safety pins picked up at the Expo, but fortunately a fellow runner had some extras. I tried to keep calm, warm, and loose, foregoing any running as warmup. Checking my gear bag 25 minutes before the race, I donned a couple of throw-a-way t-shirts, old socks on my hands, homemade arm warmers, and a garbage bag. Based on qualifying time, I was able to access the preferred corral just behind the hand cyclists and the elite runners.

The half marathon and marathon runners started together and split off on separate courses at the end of the first mile. At the gun, I expected to be swallowed up by a horde of runners speeding by. There was plenty of room however and I fell in behind the 3:20 pace group, hitting the first mile in 7:15. Having read stories of Garmin watches getting mixed up with the skyscrapers, I ran with a non GPS watch, pacing by feel and trying to keep my breathing light for the first half of the race.

Miles one to ten have a lot of turns, and some scenic stretches along the Connecticut River bike path. I kept pace with another runner in his fifties, who was hoping for a 3:10 finish. At two miles we passed the 3:20 pace group and settled into an easy rhythm, being mindful to drink something at every station. The first GU packet was available at eight miles. The GU took a minute to open and slosh down with water, but within 15 minutes it started to provide a boost of energy. Speed started to increase as I passed the half marathon mark at 1:36 – a minute and a half ahead of my goal pace to finish in 3:15.

The rain felt colder heading into the out and back section on Main Street in South Windsor. At mile 14, the lead runners went by in the opposite direction. I started to alternate Gatorade with water at the mile markers, needing something to jolt my brain into thinking that more calories were available. Slowly I was moving up in the pack, not realizing that I was running a 7:09 pace between the half marathon and 20 mile timing strips. Yet all the while glycogen was burning up, and the GU that was supposed to be available at mile 17 was not there. At mile 18, I pulled out the emergency gel packet from my pocket and kept going.

After mile 20, my mind got hazy and I slowed down for self-preservation, thinking that there is still a 10k race left to run. The gel from mile 18 was just enough to get through to mile 22, where surprisingly there was a table with GU. Miles 23 and 24 were the toughest before the GU kicked back in at mile 25. The skyscrapers of Hartford came into view and then the Connecticut River. For the first time in the race I opened up my pace, crossing the bridge and seeing a beautiful downhill. Turning the last corner, the finish was just ahead under the Soldiers and Sailors Arch and down the home stretch lined with colorful mums.

The finisher medal at Hartford is lovely, and the race organization is superb. Post-race food included tomato soup, grilled cheese sandwich, recovery drink, apple crisp, energy bar, and a coupon for the beer tent. The free massage was awesome. Two people worked on my legs for about 45 minutes, which greatly aided in recovery. My finish time of 3:12:37 placed 125th overall and second in the 55-59 age group. This was my second marathon; the first time was the Ithaca Marathon on April 12, 1981 in 2:57:58. Thanks to a friend's encouragement, and the inspiration of being part of a community of runners like CVR, perhaps an unexpected dream could happen again, maybe in Boston in 2016!

(The website for the NU Hartford Marathon shows 2,419 finishers for the marathon and 5,913 for the half marathon. There were four additional events as well. The multiple day event started out with seminars and yoga along with the packet pickup and Expo on Thursday and concluded with stretching and a recovery clinic on Sunday.... ed.)

Photo courtesy of Eric Morse



CVR club member Murdock, a 4 year old westie and 4 time winner of the CVR Mutt Strutt, has had a busy racing season this year. He's done over 20 dog/human team races this year, traveling recently to New York and New Jersey to compete. In August he competed in the NYC Triathlon's Doggy Dash. The race was run in conjunction with NYC Triathlon. The dog's started at the 1 mile mark of the triathlon's final leg, a 10k run, and ran the final 5.2 miles with the triathletes. In front of cheering crowds and a red-carpet finish in Central Park, he placed first in 29:42, a 5:45 per mile pace. In October Murdock traveled to Orange, NJ to defend his title in the Hounds and Harriers 5k run. Against 150 dog/human teams, he finished first in 16:49, only 3 seconds off last year's time despite heavy rain.... *Eric Morse*



Photo courtesy of Eric Morse

Greetings from Nashville!

Martha and I are slowly settling into to our new home in Nashville. It is exciting and exhausting to start from scratch and set up a new place to live. The house is much smaller, and we are finding new skills in downsizing and using every nook and cranny for storage. We are located in the community of Donelson, on the eastern edge of Nashville at the end of a cul-de-sac so it is nice and quiet. The best part is the location. I am less than 100 meters from a greenway (southern talk for bike path) that is 10 miles long, and connects to several other parks and greenways.

Other than the house, everything else here is larger. The Nashville Striders has 1000 members. I've joined but not participated in any of their events yet. I do have a 10K planned for November 1st however. Another planned outing is to join one of the group runs on Wednesday evenings. They estimate 150 runners at each of these! I am sure I can find someone to run at my pace. One great thing about running is the opportunity to meet new friends and learn about the community you live in.

Of course, the real plus right now is the weather! I have yet to wear anything other than t-shirt and shorts, as even the morning runs are at least 50 degrees. I missed the real heat of the summer but will have lots of good training weather coming up. I hope to race more too!

My last hurrah in New England (for the time being) was the Maine Marathon on October 5th. It did not go quite as planned. I found out I was in fabulous shape to run 23+ miles, but blew up in the last couple and missed my Boston Marathon qualifying time once again. Time will tell if I will make another attempt, but I imagine I will. It will be hard to do those long runs without my long time training partner, Tim; and those beautiful country roads through E. Montpelier and Adamant.

I miss the kids with the MHS cross country team as well. By the time this is printed the state meet will have taken place, and I wouldn't be surprised by impressive performances from both the girls and the boys. I miss the Monday evening runs at Berlin Pond too. I didn't do them for very long, but enjoyed the great company.

Martha and I are ready for guests anytime! Nashville, and middle Tennessee has LOTS going on. Lots of music, sports, running and more, so plan a trip and contact us anytime. My email is normrobinson@comcast.net and I hope to hear from some of you from time to time. In the meantime, have fun and keep running y'all!

Norm Robinson

Goals reached...

The racing season begins to wind down this time of year with the shorter days and the first reports of snow on the mountain peaks. You may try to shy away from the weather reports, but you can't get away. For many runners it is a time to look back over the year at the training log (*and what t-shirts to keep*). Looking back ... Did you reach some of the goals you thought about earlier in the year? Did you reach your mileage goals, maybe you ran that first half marathon, ultra, tri, a personal best, saw new places, met new people??? Looking back some goals might be phrased in terms like "this was my year" or "maybe next year".

With your running goals met or still adrift, will you think to look at the less tangible but longer lasting goals. Maybe you were less focused on what is difficult at times to measure, or not so aware of them then, but now maybe more so. Think of the list of charities and worthy causes you helped out with your entry fee, donations or fund raising in addition to the entry fee, youth running programs, food for the food shelf, the folks you helped out when you volunteered at a race, on the course, behind the scenes, an encouraging word when you passed a runner, or when they passed you, when you crossed the finish line did you turn around and (*after catching your breath*) cheer on the runners making it to the finish line, feeling as good cheering others on as you felt yourself, as others encouraged you through the race... And so looking back... Did you meet these goals, or hopefully these goals of giving were even surpassed, goals remembered and shared. Running makes you reach.

... ed

Berlin Pond Five Miler ~ August 14, 2014

A big thank you from race directors Sue Emmons & Jeff Prescott to their hit parade of awesome volunteers: Phyllis Arsenault-Berry, Jill Aspinall, Newton Baker, Sandy Colvin, Willem Colvin, Zoe Colvin, Darragh Ellerson, Bob Emmons, Dave Erickson, John Hackney, Toni Kaeding, Lori Lacroix, Rick Molz, Bob Murphy, Andy Shuford and Leslie Welts.

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

Place O'All Name Age City St Time Pace

FEMALE AGE GROUP 1 - 19

- 1 15 Laura Mears 19 Montpelier VT 34:39 6:56
 - 2 76 Shannon Lawrey 19 Middlesex VT 50:34 10:07
 - 3 82 Anna Beach 14 Barre VT 56:01 11:13
- Record 33:33 by Heather McLaughlin in 2006

FEMALE AGE GROUP 20 - 29

- 1 11 Nora Petty 28 Randolph VT 33:12 6:39
 - 2 30 Pam Eaton 28 Waterbury VT 37:54 7:35
 - 3 32 Shannon Salembier 28 Montpelier VT 38:12 7:39
 - 4 38 Brittany Tullar 25 Barre VT 39:53 7:59
 - 5 48 Cameron Bargerstock 28 Northfield VT 41:06 8:14
 - 6 54 Stephanie Cleveland 20 Barre VT 43:04 8:37
 - 7 80 Linnea McMath 22 E. Hardwick VT 53:34 10:43
- Record 32:16 by Megan Valentine in 2007

FEMALE AGE GROUP 30 - 39

- 1 20 Julie Curtin 39 Montpelier VT 35:24 7:05
 - 2 23 Richarda Ericson 38 Montpelier VT 35:44 7:09
 - 3 28 Katherine Kelly 34 Waynesville MO 37:23 7:29
 - 4 33 Stacy Bocskor 39 Northfield VT 38:45 7:45
 - 5 44 Katy Chabot 36 Middlesex VT 40:49 8:10
 - 6 58 Lydia Petty 31 Northfield VT 43:18 8:40
 - 7 66 Emily Smith 39 Middlesex VT 46:01 9:13
 - 8 70 Emily Peden 34 Burlington VT 47:58 9:36
 - 9 72 Colleen Kutin 37 Wordcster VT 49:13 9:51
 - 10 78 Sarah Sussman 32 Richmond VT 51:58 10:24
 - 11 79 Pamela Cota 33 Chelsea VT 52:45 10:33
- Record 34:09 by Lissa Knauss in 2011

FEMALE AGE GROUP 40 - 49

- P 1 39 Mares Chayer-Randall 42 Essex Jct. VT 39:55 7:59
 - 2 46 Kathleen Bryant 40 Montpelier VT 40:58 8:12
 - 3 53 Joanne Mugford 45 Barre VT 43:02 8:37
 - 4 64 Elise Annes 42 Montpelier VT 45:03 9:01
 - 5 71 Tammy Lawrey 49 Middlesex VT 48:42 9:45
 - 6 73 Paula Tremblay 49 S. Barre VT 49:31 9:55
 - 7 74 Molly Distefano 49 Randolph VT 49:34 9:55
 - 8 77 Laura Woodard 40 Montpelier VT 51:14 10:15
 - 9 83 Cindy Barr 45 W. Barton VT 56:09 11:14
- Record 33:49 by Dot Martin in 2007

FEMALE AGE GROUP 50 - 59

- 1 16 Sue Hackney 57 Montpelier VT 34:43 6:57
 - 2 18 Dot Martin 53 Montpelier VT 34:54 6:59
 - 3 47 Kate VandenBergh 51 Montpelier VT 41:02 8:13
 - 4 49 Nancy Mears 51 Montpelier VT 41:45 8:21
 - 5 51 Linda Cleveland 53 Barre Town VT 42:12 8:27
 - 6 62 Becky Diedrich 50 Berlin VT 44:02 8:49
- Record 34:01 by Sue Hackney in 2008

FEMALE AGE GROUP 60 - 69

- 1 41 Patty Foltz 66 Stowe VT 40:22 8:05
 - 2 56 Dot Helling 64 Montpelier VT 43:10 8:38
- Record 38:12 by Patty Foltz in 2013

FEMALE AGE GROUP 70 - 79

- 1 85 Margaret Lipscomb 71 Greensboro Bend VT 59:20 11:52
- Record 55:59 by Betty Lacharite in 2007

MALE AGE GROUP 1 - 19

- 1 1 Daniel Grosvenor 19 Cabot VT 26:37 5:20
- New record. Old record 27:13 by Gabriel Proctor in 2009
- 2 7 Jeremy Hoyne-Grosveno 15 Cabot VT 32:18 6:28

MALE AGE GROUP 20 - 29

- 1 2 Matthew Loignon 21 Plainfield VT 29:00 5:48
 - 2 6 Tyler Smith 27 Barre VT 32:00 6:24
 - 3 26 Brett Tremblay 23 Barre VT 37:06 7:26
 - 4 43 Nick Fletcher 22 White River Jct. VT 40:38 8:08
- Record 28:07 by Nathan Fields in 2006

MALE AGE GROUP 30 - 39

- 1 3 Justin Kenney 33 Worcester VT 29:22 5:53
 - 2 4 Brian Burns 38 Calais VT 30:15 6:03
 - 3 10 Rob McDougall 39 So. Burlington VT 33:09 6:38
 - 4 13 Derek Moretz 34 Northfield VT 34:10 6:50
 - 5 17 Jeff Johnson 36 Barre VT 34:50 6:58
 - 6 21 Shannon Fassett 37 East Barre VT 35:33 7:07
 - 7 22 Justin Kolber 35 Burlington VT 35:43 7:09
 - 8 31 Kyle Landis-Marinello 34 Middlesex VT 37:56 7:36
 - 9 52 Michael Gordon 37 Essex Jct. VT 42:55 8:35
 - 10 55 Lucas Barrett 34 Bradford VT 43:07 8:38
 - 11 57 Colin Bright 32 Northfield VT 43:17 8:40
 - 12 63 Bill Funk 30 Barre VT 44:03 8:49
 - 13 67 Stephen Maas 36 Barre VT 47:10 9:26
- Record 27:56 by Marc Gilbertson in 2006

MALE AGE GROUP 40 - 49

- 1 5 Jon Copans 40 Montpelier VT 30:55 6:11
 - 2 9 Scott Nichols 48 Essex VT 33:08 6:38
 - 3 27 Michael Travis 49 Worcester VT 37:16 7:28
 - 4 34 Blaise Schroeder 49 Burlington VT 39:13 7:51
- Record 27:17 by Eric Morse in 2011

MALE AGE GROUP 50 - 59

- 1 8 Jim Flint 55 Craftsbury VT 32:30 6:30
 - 2 12 Mack Gardner-Morse 53 Calais VT 33:39 6:44
 - 3 14 Donald Singer 52 Barre VT 34:34 6:55
 - 4 19 Mike Gillis 57 Middlesex VT 35:15 7:03
 - 5 24 Chris Andreson 58 Montpelier VT 35:47 7:10
 - 6 29 John Grosvenor 53 Cabot VT 37:40 7:32
 - 7 35 Bob Perkins 56 Wilder VT 39:35 7:55
 - 8 37 Steven Robinson 50 Montpelier VT 39:39 7:56
 - 9 40 Rick DeAngelis 59 Montpelier VT 40:09 8:02
 - 10 42 Elden Dube 59 Montpelier VT 40:34 8:07
 - 11 45 Andy Shuford 54 Montpelier VT 40:51 8:11
 - 12 61 Wilson Ring 57 Waterbury Center VT 43:54 8:47
 - 13 75 Steve Morse 52 Montpelier VT 49:35 9:55
 - 14 81 David McMath 51 E. Hardwick VT 53:37 10:44
- Record 28:50 by Jim Paige in 2012

MALE AGE GROUP 60 - 69

- 1 25 Jamie Shanley 61 Montpelier VT 36:47 7:22
 - 2 36 Charlie Windisch 60 Essex Jct. VT 39:39 7:56
 - 3 50 John Martin 62 Montpelier VT 42:05 8:25
 - 4 59 Thomas Hogeboom 63 Hardwick VT 43:26 8:42
 - 5 60 Greg Gerdel 67 Montpelier VT 43:29 8:42
 - 6 65 John Mohoney 60 Burlington VT 45:53 9:11
 - 7 68 Lew Petit 64 Moretown VT 47:27 9:30
 - 8 69 Peter Terry 67 Bradford VT 47:31 9:31
- Record 32:30 by Ed McSweeney in 2010

MALE AGE GROUP 70 - 79

- 1 84 Roger Cranse 73 Montpelier VT 56:27 11:18
- Record 40:14 by Bob Murphy in 2013

MALE AGE GROUP 80 - 89

- 1 86 Gerry Carlson 82 Montpelier VT 1:01:34 12:19
- New record. Old record 1:03:44 by Gerow Carlson in 2012

Northfield Savings Bank 5K ~ 1 Mile

NSB Highlights ... Jeff Prescott

For the Northfield Savings Bank 5k, we had a nice turn-out of 212 racers on Saturday, August 30 as a part of the Northfield Labor Day observances. The top CVR finisher was Keith Woodward in third place overall. (I can picture the two teenagers who finished 1st and 2nd wondering why somebody's grandfather was breathing down their necks!) The top female finisher from CVR was Megan Valentine in 6th place overall. We actually had a nice CVR sweep of the 3rd through 7th place spots: Keith, Rob McDougall, Ben Ellingson, Megan and Jim Flint. Nice work, folks.

Here are CVR age group top place finishers:

- Shannon Salembier, 3rd F 20-29
- Megan Valentine, 1st F Overall and 1st F 30-39
- Sarah London, 3rd F 30-39
- Rob McDougall, 1st M 30-39
- Ben Ellingson, 1st M 40-49
- Patty Driscoll, 1st F 50-59
- Jim Flint, 1st M 50-59
- Mack Gardner-Morse, 3rd M 50-59
- Patty Foltz, 1st F 60-69
- Toni Kaeding, 3rd F 60-69
- Keith Woodward, 3rd M Overall and 1st M 60-69
- John Valentine, 2nd M 60-69
- Roger Cranse, 3rd M 70-79
- Gerry Carlson, 2nd M 80-99

It was good to see 82-year-old age-group phenom Jean Bernaquez from Montreal in the results along with his young friend 78-year-old Hugh Wilson of Dorval.

For the kids' 1-mile event, there were 63 finishers. CVR age group winners include:

- Jane Miller-Arsenault, 1st F 05-09
- Jacob Miller-Arsenault, 3rd Overall and 3rd M 10-13

1 Mile Results

Place	Div/Tot	Name	Age	S	City	St	Time
1	1/11	Jesse Marble	12	M	Northfield	VT	6:06
2	2/11	Nate Murawski	11	M	Randolph	VT	6:10
3	3/11	Jacob Miller-Arsenault	11	M	Middlesex	VT	6:12
4	4/11	Benjamin Thygesen	11	M	Williamstown	VT	6:26
5	5/11	Daniel Baroffio	12	M	Northfield	VT	6:30
6	1/9	Guinnevere Wuorinen	11	F	Northfield	VT	6:32
7	6/11	Myles Thornton-Sherman	12	M	Waterford	VT	6:44
8	1/29	Jane Miller-Arsenault	9	F	Middlesex	VT	7:04
9	2/9	Anna Betz	11	F	Jericho	VT	7:11
10	7/11	Cale Ellingson	10	M	Montpelier	VT	7:11
11	3/9	Tess Ayres	11	F	Northfield	VT	7:12
12	2/29	Molly Omara	9	F	Framingham	MA	7:23
13	4/9	Mary Margar Page	11	F	Montpelier	VT	7:29
14	3/29	Brook-Lynne Allard	7	F	Northfield	VT	7:32
15	1/14	Andrew Thornton-Sherman	7	M	Waterford	VT	7:35
16	5/9	Tea Miles	12	F	Northfield	VT	7:40
17	6/9	Alyssa Atwood	13	F	Northfield	VT	7:43
18	8/11	Oliver Plavin	13	M	Randolph	VT	7:45
19	4/29	Madison Allard	9	F	Northfield	VT	7:48
20	9/11	Alex Laberge	12	M	Northfield	VT	7:50
21	2/14	Carter Allen	9	M	Northfield	VT	8:10
22	5/29	Caitlin Casavant	8	F	Berlin	VT	8:17
23	6/29	Camryn Hoffman	8	F	Marshfield	VT	8:19
24	7/29	Katie Betz	8	F	Jericho	VT	8:25
25	8/29	Cami Bell	9	F	Barre	VT	8:26
26	9/29	Lily Lacroix	9	F	Barre	VT	8:34
27	10/29	Evelyn Lacroix	7	F	Barre	VT	8:37
28	11/29	Summer Hoffman	6	F	Marshfield	VT	8:40
29	3/14	Henry Rogers	6	M	Jericho	VT	8:40
30	4/14	Logan Drury	7	M	Middlesex	VT	8:45
31	12/29	Cameron Rocheleau	9	F	Moretown	VT	8:47
32	5/14	Wyatt Tucker	8	M	Rixbury	VT	8:48
33	10/11	Reese Clayton	10	M	Northfield	VT	8:58
34	13/29	Zoe Ayres	8	F	Northfield	VT	8:59
35	14/29	Jamie Atchinson	9	F	Waterbury	VT	9:08
36	6/14	Karsen Murphy	5	M	Northfield	VT	9:10
37	7/9	Emma Cushman	11	F	Barre	VT	9:11
38	7/14	Kyle Johnston	6	M	Bristol	VT	9:14
39	15/29	Emma Korrow	8	F	Northfield	VT	9:22
40	16/29	Megan Ognibene	9	F	Southampton	NJ	9:23
41	17/29	Norrah Wilcox	9	F	West Berlin	VT	9:23
42	8/14	Elliot Caswell	6	M	Northfield	VT	9:27
43	18/29	Olivia Jerome	7	F	Montpelier	VT	9:28
44	19/29	Taylor Baroffio	9	F	Northfield	VT	9:31
45	9/14	Ryan Carney	8	M	Dunstable	MA	9:36
46	8/9	Jaylyn Davidson	11	F	Northfield	VT	9:49
47	20/29	Addison Pinard	8	F	Barre	VT	9:53
48	21/29	Chelsea Bell	7	F	Barre	VT	9:55
49	10/14	Owen Denis	6	M	Waltham	MA	9:59
50	11/14	Clayton Bell	5	M	Barre	VT	10:05
51	12/14	Aden Cushman	7	M	Barre	VT	10:05
52	13/14	Quinn Omara	6	M	Framingham	MA	10:08
53	22/29	Ryleigh Butler	9	F	Fairlee	VT	10:09
54	23/29	Elizabeth McCusker	5	F	Northfield	VT	10:41
55	9/9	Anneliese Carney	10	F	Dunstable	MA	10:49
56	24/29	Miriam Serota-Winston	6	F	Montpelier	VT	10:57
57	11/11	Izaak Marino	10	M	Northfield	VT	11:13
58	25/29	Natalie Higgins	9	F	Northfield	VT	11:13
59	26/29	Kendra Rocheleau	6	F	Moretown	VT	12:36
60	27/29	Hannah Herring	7	F	Northfield	VT	12:37
61	14/14	Zoey Johnston	5	M	Bristol	VT	12:38
62	28/29	Emma Herring	9	F	Northfield	VT	13:18
63	29/29	Jazmine Lemieux	8	F	Berlin	VT	13:24

Northfield Savings Bank 5K ~ August 30, 2014

Place Div/Tot No. Name Age S City St Time Pace

11/32 179 Caleb Basa 18 M Montpelier VT 18:29 5:57
 2/32 56 Duncan Lord 17 M Barre VT 18:33 5:58
 3 1/17 198 Keith Woodward 63 M Stowe VT 18:59 6:07
 4 1/11 66 Rob McDougall 39 M South Burlin VT 19:22 6:14
 5 1/12 65 Ben Ellingson 43 M Montpelier VT 19:24 6:15
 6 1/17 42 Megan Valentine 35 F Jericho VT 19:26 6:16
 7 1/16 40 Jim Flint 55 M Craftsbury VT 19:30 6:17
 8 2/11 225 Raritono Boutin, Jr 32 M Nrthfld VT 19:55 6:25
 9 3/32 144 Paul Farrell 16 M Montpelier VT 19:57 6:26
 10 3/11 186 Brian Lusignan 30 M Delmar NY 20:07 6:29
 11 4/32 147 Filippo Beezi 17 M Montpelier VT 20:16 6:32
 12 2/16 181 Donald Singer 52 M Barre VT 20:17 6:32
 13 5/32 140 Isaac Avery-Padberg 16 M Mont VT 20:18 6:32
 14 6/32 146 Lucas Eldred 15 M Montpelier VT 20:21 6:33
 15 3/16 290 Mack Gardner-Morse 53 M Calais VT 20:25 6:34
 16 2/17 187 Rose Modry 35 F Wolcott VT 20:30 6:36
 17 7/32 213 John Basa 18 M Montpelier VT 20:31 6:36
 18 1/10 110 Kyle Wells 24 M Waterbury VT 20:38 6:39
 19 2/12 175 Chris Bedell 40 M Williston VT 20:39 6:39
 20 2/10 130 John Haywood 27 M Montpelier VT 20:39 6:39
 21 8/32 151 Owen Koncny 17 M Montpelier VT 20:42 6:40
 22 4/11 21 Jeff Johnson 36 M Barre VT 20:46 6:41
 23 3/17 205 Sarah London 35 F Montpelier VT 20:54 6:44
 24 9/32 286 Colby Andresen 17 M Montpelier VT 21:03 6:47
 25 10/32 152 Reed Browning 15 M Mont VT 21:10 6:49
 26 11/32 149 Karyka Taylor 15 M Montpelier VT 21:21 6:53
 27 4/16 287 John Diebold 55 M Northfield VT 21:22 6:53
 28 3/12 219 Mike Bessette 44 M St. Albans VT 21:22 6:53
 29 5/16 285 Christian Andresen 58 M Mont VT 21:26 6:54
 30 6/16 204 Mike Gillis 58 M Middlesex VT 21:30 6:56
 31 12/32 70 Gavin Turner 13 M Bethel VT 21:36 6:57
 32 7/16 174 Robert Monette 51 M Jericho VT 21:37 6:58
 33 13/32 173 Evan Thornton-Sherm 10 M VT 21:46 7:01
 34 1/17 50 Monika Derrien 28 F Burlington VT 21:53 7:03
 35 2/17 212 Mary Diebold 25 F Boston MA 22:08 7:08
 36 2/17 15 John Valentine 64 M Roxbury VT 22:20 7:12
 37 14/32 467 Omeed Fallahi 14 M Montpelier VT 22:31 7:15
 38 15/32 170 Ben Ward 14 M Calais VT 22:32 7:15
 39 16/32 150 Christopher Ebersol 16 M Mont VT 22:55 7:23
 40 17/32 180 Nathan Grutchfield 14 M Mont VT 23:00 7:24
 41 18/32 435 Max Mayr 14 M Barre VT 23:03 7:25
 42 19/32 153 Ryan Andreoletti 16 M Mont VT 23:10 7:28
 43 1/21 206 Angie Richardson 46 F W. Berlin VT 23:13 7:29
 44 3/17 124 Shannon Salembier 28 F Mont VT 23:13 7:29
 45 4/17 194 Laura McNulty 27 F Somerville MA 23:15 7:29
 46 5/17 45 Janelle Vigario 25 F Newport Cen VT 23:19 7:31
 47 5/11 127 Christopher Rossey 33 M Marlow NH 23:23 7:32
 48 20/32 154 Colby Clark 16 M Montpelier VT 23:26 7:33
 49 8/16 68 Elden Dube 59 M Montpelier VT 23:28 7:34
 50 4/17 199 Stacy Bocksor 39 F Northfield VT 23:36 7:36
 51 1/6 63 Patty Boltz 66 F Stowe VT 23:52 7:41
 52 21/32 148 Cole Bingham 14 M Montpelier VT 23:53 7:42
 53 9/16 209 Steve Robinson 50 M Montpelier VT 24:14 7:48
 54 1/7 217 Patricia Driscoll 59 F Stowe VT 24:19 7:50
 55 4/12 46 Brady Vigario 44 M Newport Cen VT 24:24 7:51
 56 1/38 86 Julia Passalacqua 14 F Northfield VT 24:34 7:55
 57 10/16 52 Arthur Braman 50 M Washington VT 24:34 7:55
 58 2/38 87 Sienna Wuorinen 16 F Northfield VT 24:36 7:55
 59 11/16 22 Richard Harvey 51 M Jericho VT 24:43 7:58
 60 22/32 195 Ben Crane 16 M Montpelier VT 24:55 8:02
 61 23/32 143 Davor Vutoja 14 M Montpelier VT 24:57 8:02
 62 24/32 182 Tyler Cain 15 M Montpelier VT 24:58 8:02
 63 6/11 62 Nicholas Rossi 31 M Elizabethtown PA 25:10 8:06
 64 3/10 157 Khifer O'Connor 23 M Pembroke ON 25:14 8:08
 65 3/17 107 Marty Simon 65 M Northfield VT 25:18 8:09
 66 6/17 141 Tamara Haywood 24 F Mont VT 25:20 8:10
 67 2/21 190 Doreen Audette 41 F Northfield VT 25:28 8:12
 68 3/21 34 Wendy Moore 45 F Middlesex VT 25:29 8:13
 69 4/17 202 Greg Gerdel 67 M Montpelier VT 25:37 8:15
 70 7/17 156 Devin Lafrance 22 F Barre VT 25:47 8:18

72 5/17 29 Sarah Capron 34 F Northfield VT 25:53 8:20
 73 5/17 183 Eric Weiss 67 M Johnson VT 26:00 8:23
 74 2/7 192 Ginny Richburg 55 F Randolph VT 26:01 8:23
 75 6/17 162 Christine Bell 38 F Barre VT 26:02 8:23
 76 4/21 203 Joanne Mugford 45 F Barre VT 26:07 8:25
 77 6/17 35 Michael Shover 65 M Bradford VT 26:07 8:25
 78 1/4 41 Hugh Wilson 74 M Dorval QC 26:08 8:25
 79 3/38 95 Kristen Dukette 17 F Northfield VT 26:09 8:25
 80 7/17 64 James Atchinson 62 M Waterbury 26:15 8:27
 81 5/21 172 Jessica Sherman 44 F Waterford VT 26:31 8:32
 82 8/17 55 Christina Agnew 29 F Jericho VT 26:32 8:33
 83 8/17 193 Jack McNulty 61 M Walpole MA 26:36 8:34
 84 8/11 134 Thomas Blood 39 M Barre VT 26:37 8:34
 85 9/17 201 Ashli Izor 27 F Montpelier VT 26:39 8:35
 86 4/10 18 Garret Harvey 26 M Bradford VT 26:48 8:38
 87 5/10 222 Darin Harvey 28 M Northfield VT 26:48 8:38
 88 25/32 189 Kai Yaeger 8 M Arlington VA 26:49 8:38
 89 5/12 53 Christopher Yaeger 41 M Arlrgtn VA 26:50 8:38
 90 6/21 13 Deborah Entrott 42 F Northfield VT 26:54 8:40
 91 6/12 31 Sean Carney 44 M Dunstable MA 26:56 8:40
 92 4/38 91 Morgan Smith 16 F Northfield VT 26:59 8:41
 93 9/11 54 Daniel Byrne 34 M Randolph VT 27:05 8:43
 94 9/17 111 Peter Fernandez 60 M Northfield 27:07 8:44
 95 10/17 223 Thomas Kelly 60 M Barre VT 27:14 8:46
 96 7/12 102 Jeff Wuorinen 49 M Northfield VT 27:17 8:47
 97 11/17 23 Jean-Guy Poirier 63 M Belmont MA 27:19 8:48
 98 3/7 113 Christine Axten 52 F Enfield NH 27:20 8:48
 99 12/17 112 Peter Terry 67 M Bradford VT 27:39 8:54
 100 26/32 57 Benjamin Parrotte 16 M Roxbury VT 27:40 8:55
 101 27/32 100 Warren Yacawych 16 M Northfld 27:40 8:55
 102 5/38 512 Lillian Davis 12 F Essex Jct. VT 28:05 9:03
 103 7/17 121 Lindsey Wight 34 F Jay VT 28:07 9:03
 104 13/17 122 Greg Wight 68 M Brookfield VT 28:07 9:03
 105 28/32 145 Zachary Vanderbergh 17 M Mon 28:18 9:07
 106 2/6 47 Carol Shively 69 F Longmount CO 28:22 9:08
 107 2/4 37 Steve Aikenhead 73 M Perkinsville VT 28:25 9:09
 108 29/32 25 Jon Baker 13 M Poultney VT 28:29 9:10
 109 10/11 126 Stephen Amell 34 M Northfield 28:30 9:11
 110 6/38 85 Courtney Amell 15 F Northfield VT 28:31 9:11
 111 7/38 84 Catherine Miles 14 F Northfield VT 28:32 9:11
 112 14/17 216 John Kaeding 66 M Worcester 28:38 9:13
 113 7/21 104 Elizabeth Wuorinen 48 F Northfld 28:49 9:17
 114 8/12 160 James Baraw 47 M Northfield VT 28:51 9:17
 115 8/38 167 Chloe Johnston 12 F Bristol VT 28:51 9:18
 116 9/38 24 Emma Baker 17 F Poultney VT 28:52 9:18
 117 10/38 36 Jayme Parker 18 F Montpelier VT 28:55 9:19
 118 11/38 92 Tayler White 15 F Roxbury VT 29:00 9:21
 119 6/10 28 Martin Shae 24 M Northfield VT 29:08 9:23
 120 8/17 178 Sarah Carr 37 F Brooklyn NY 29:09 9:23
 121 12/38 211 Haley Brickey 11 F Northfield VT 29:17 9:26
 122 1/2 1 Jean Bernaquez 82 M Montreal QC 29:19 9:26
 123 15/17 61 Wayne Hunter 68 M Berlin VT 29:21 9:27
 124 13/38 80 Savannah Bischoff 16 F Northfld 29:23 9:28
 125 9/12 215 Michael Zimmerman 48 M Ltchfld 29:25 9:28
 126 7/10 196 Ian Smetanick 23 M Northfield VT 29:25 9:29
 127 10/17 96 Jessalyn Sweeney 23 F Northfield 29:26 9:29
 128 12/16 115 Scott MacDonald 54 M Enfld NH 29:47 9:36
 129 8/21 284 Janice Shade 48 F Jericho VT 29:55 9:38
 130 4/7 218 Nancy Hutchinson 57 F Randolph 30:00 9:40
 131 14/38 114 Sierra MacDonald 13 F Enfld NH 30:06 9:42
 132 15/38 82 Kristin Smith 15 F Northfield VT 30:10 9:43
 133 16/38 103 Elsa Tiger 17 F Northfield VT 30:27 9:49
 134 17/38 99 Gabrielle Cicio 15 F Northfield VT 30:29 9:49
 135 3/6 188 Toni Kaeding 62 F Worcester VT 30:32 9:50
 136 18/38 78 Rhiannon Page 17 F Northfield VT 30:46 9:54
 137 8/10 185 Patrick Byrne 28 M Barre VT 31:00 9:59
 138 19/38 19 Matelyn Thygesen 14 F Williams 31:06 10:01
 139 13/16 58 Gary Braman 57 M Chelsea VT 31:12 10:03
 140 9/17 191 Jennifer Clark 32 F Barre VT 31:20 10:05

141 14/16 117 Keith Richards 59 M L. Wylie SC 31:24 10:07
 142 20/38 88 Blidgett Doney 14 F Northfield VT 31:27 10:08
 143 10/12 129 Dennis Larocque 40 M Brkfld 31:35 10:10
 144 21/38 221 Olivia Dexter 17 F Calais VT 31:36 10:11
 145 9/10 220 Avery Whitcomb 20 M Mrshfld 31:37 10:11
 146 9/21 16 Ava Whitcomb 44 F Marshfield VT 31:38 10:11
 147 22/38 77 Kyra White 14 F Northfield VT 31:38 10:11
 148 23/38 89 Maia Robinson 14 F Northfield 31:39 10:12
 149 10/21 69 Sara Lewis 48 F Enfield NH 31:44 10:13
 150 24/38 177 Anna Beach 14 F Barre VT 31:53 10:16
 151 10/17 283 Jessica Johnson 33 F Bristol VT 31:57 10:17
 152 11/17 168 April Shaw 29 F Moretown VT 31:58 10:18
 153 11/12 289 Craige Lyford 46 M Barre VT 32:01 10:19
 154 11/17 224 Christina Brown 31 F Mont VT 32:24 10:26
 155 12/17 291 Jessica Silva 27 F Northfield VT 32:24 10:26
 156 4/6 51 Sonja Derrien 68 F Burlington VT 32:29 10:27
 157 25/38 83 Lindsay Albee 16 F Northfield VT 32:46 10:33
 158 3/4 176 Roger Cranse 73 M Montpelier VT 32:47 10:33
 159 11/21 20 Laura Thygesen 44 F Willamstwn 32:54 10:36
 160 26/38 94 Rachel Gordon 16 F Northfield 32:56 10:36
 161 12/21 137 Cindy Barr 45 F West Berlin VT 33:02 10:38
 162 13/21 155 Cheryl Lafrance 48 F Barre VT 33:06 10:39
 163 12/17 118 Nancy Hunter Rogers 39 F Jrch 33:33 10:48
 164 27/38 139 Lucy Gray 11 F Northfield VT 33:41 10:51
 165 28/38 74 Thessalie Butler 13 F Fairlee VT 33:46 10:52
 166 29/38 169 Autumn Chamberlin 13 F North 33:47 10:53
 167 30/32 161 Kenny Harless 11 M Northfield 33:57 10:56
 168 13/17 121 Lauren Caswell 38 F Northfield 34:13 11:01
 169 1/2 165 Margaret Lipscomb 71 F Greensb 34:16 11:02
 170 10/10 59 Jade Reed 26 M Vergennes VT 34:22 11:04
 171 13/17 60 Emily Ricker 27 F Montpelier VT 34:22 11:04
 172 14/17 106 Daniela Keltly 29 F Northfield 34:35 11:08
 173 30/38 72 Toni Turner 11 F Bethel VT 34:40 11:10
 174 5/7 135 Bethany Daniels 55 F Northfield 35:03 11:17
 175 16/17 132 Joseph Byrne 69 M Northfield 35:05 11:18
 176 15/17 125 Morgan Davis 29 F Northfield 35:16 11:22
 177 14/17 128 Emily Noyes 38 F Brookfield VT 35:31 11:26
 178 14/21 210 Paulette Florentino 49 F Mont 35:43 11:30
 179 15/16 282 Louis Case 57 M Raleigh NC 35:55 11:34
 180 16/17 207 Amber Blodgett 23 F Barre VT 36:16 11:41
 181 15/21 138 Janet Wallace 48 F Thetford 36:35 11:47
 182 11/11 43 Stephen Loureiro 30 M Boston 36:55 11:53
 183 31/38 501 Amelia Davis 9 F Essex Jct. VT 36:56 11:54
 184 12/12 288 Dan Davis 40 M Essex Jct. VT 36:56 11:54
 185 6/7 208 Annie Guyon 52 F Saxtons Riv VT 37:15 12:00
 186 15/17 44 Brigid Loureiro 30 F Boston MA 37:29 12:04
 187 16/21 197 Charleen Blow 47 F Graniteville VT 37:42 12:08
 188 17/21 71 Karen Turner 45 F Bethel VT 37:44 12:09
 189 2/2 11 Gerow Carlson 82 M Mont VT 37:54 12:12
 190 18/21 26 Marcia Baker-Mcnall 45 F Pltney 38:17 12:20
 191 16/17 30 Jessie Butler 37 F Gorham ME 38:27 12:23
 192 32/38 184 Joella Martell 11 F Northfield VT 38:51 12:31
 193 33/38 75 Kayla Audette 14 F Northfield VT 39:37 12:45
 194 17/17 38 Amanda Ellis 26 F Barre VT 39:57 12:52
 195 19/21 214 Tricia Zimmerman 47 F Litchfld 40:56 13:11
 196 20/21 48 Cara Herring 49 F West Berlin VT 41:55 13:30
 197 17/17 33 Shelley Cochran 32 F Barre VT 41:56 13:30
 198 34/38 101 Grace Moriath 14 F Northfield 44:22 14:17
 199 35/38 79 Elizabeth Andrew 14 F Northfld 44:23 14:18
 200 36/38 90 Ayryn Southworth 14 F Northfld 44:26 14:19
 201 5/6 109 Betty Hopkins 62 F Northfield VT 45:04 14:31
 202 16/16 116 Timothy Thurber 59 M North 46:19 14:55
 203 37/38 105 Anna Loveless 17 F Northfield 47:37 15:20
 204 7/7 108 Nina Witham 59 F East Calais VT 48:52 15:44
 205 17/17 27 Walter McNally 60 M Poultney 49:11 15:50
 206 4/4 123 William Barrett 72 M Warrten VT 49:19 15:53
 207 31/32 401 Brock Baker 16 M Northfield VT 50:19 16:12
 208 38/38 136 Alexis Rollins 16 F Northfield 51:29 16:35
 209 32/32 200 Kyler Davis 15 M Berlin VT 51:30 16:35
 210 21/21 73 Lynne Butler 46 F Fairlee VT 54:36 17:35
 211 2/2 158 Faye Lawes 71 F Burlington VT 1:14:48 24:05
 212 6/6 159 Joann Osborne 64 F Jericho VT 1:14:48 24:05

Sodom Pond Run Results

(4 mile race)

September 17, 2014

Overall Female

Winner:

Allie Nerenberg,
26:49

Overall Male Winner:

Brian Burns, 23:54

(42 finishers)



Many thanks to the following volunteers:

Marsha Bancroft
June Burr
Maureen Carr
Dave Daut
Bob Emmons
Sue Emmons
Justin Kenney
Sarah London
Rob McDougall
Norm Robinson
Eric Ryea
Donna Smyers

Tim Noonan, Race Director

Overall Place	Place in Age Group	Name	Time
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Female 20-29

13	1	Shannon Salembier	28:54
21	2	Pam Eaton	31:01
30	3	Randilee Raynor	35:59
31	4	Victoria Gingras	36:08
38	5	Tessa Massett	42:36

Female 30-39

6	1	Allie Nerenberg	26:49
7	2	Tee Perry	27:09
12	3	Richarda Ericson	28:52
22	4	Leslie Welts	31:06
33	5	Callie Weller	37:37

Male 30-39

1	1	Brian Burns	23:54
2	2	Damian Bolduc	24:08
3	3	Adam French	24:45
17	4	Andrew McAvoy	29:46
18	5	Jack Zeilenga	29:58
37	6	Jeffrey Coy	41:22

Female 40-49

32	1	Kim Bolduc	36:51
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Male 40-49

4	1	Ben Ellingson	25:12
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Female 50-59

8	1	Dot Martin	27:27
15	2	Donna Smyers	29:13
19	3	Beth Daut	30:11
36	4	Phyllis Tillinghast	40:23

Overall Place	Place in Age Group	Name	Time
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Male 50-59

5	1	Mack Gardner-Morse	26:14
9	2	Tim Noonan	27:48
10	3	Chris Andresen	27:54
16	4	Andy Shuford	29:35
23	5	Curtis Perry	31:31
24	6	Norm Robinson	31:36
25	7	Jeff Prescott	32:40

Female 60-69

29	1	Dot Helling	35:00
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Male 60-69

11	1	John Valentine	28:36
14	2	Jamie Shanley	29:02
20	3	David Erickson	30:40
26	4	Perry Bland	33:17
27	5	John Martin	33:44
34	6	Bill Everett	38:04
35	7	Charlie Maddans	39:08
40	8	Michael Chernick	46:25

Female 70+

41	1	Margaret Lipscomb	47:08
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Male 70+

28	1	Bob Murphy	34:01
39	2	Roger Cranse	43:22

Male 80+

42	1	Gerry Carlson	49:59
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Leaf Peeper's Half Marathon had a strong turnout on a beautiful fall Sunday on October 5. With the increased entry cap, the event did not sell out this year. Nevertheless, the total of 679 finishers was the highest for the event since 2008 and the highest on the new (tougher) course introduced in 2013. Congratulations to Roger Cranse and his army of volunteers (**see list below**) for another top-quality event.

CVR folks with Top 5 age group finishes include: George Aitken, 3rd M 19-29 ~ Megan Valentine, 1st F 30-39 (overall winner) ~ Brian Burns, 2nd M 30-39 ~ Julie Curtin, 2nd F 40-49 ~ Ben Ellingson, 4th M 40-49 ~ Sue Hackney, 1st F 50-59 ~ Beth Daut, 2nd F 50-59 ~ Tim Heney, 2nd M 50-59 ~ Dot Helling, 2nd F 60-69 ~ John Valentine, 2nd M 60-69.

Leaf Peeper's 5k was also held on Sunday, October 5. There were 325 finishers. This is a fun event. You get to see the half marathon start, then run a 5k on scenic course, chow down on refreshments and then see the half marathoners finish. The course is more difficult than the old 5k course so you will not likely post your fastest time of the year. It is very nice that the course is closed to traffic during the race. The view of the Winooski River valley from the turn-around is awesome.

CVR age group standouts include: Shannon Salembier, 1st F 19-29 ~ Jim Flint, 1st M 50-59 (2nd Overall) ~ John Hackney, 2nd M 60-69 ~ Marsha Bancroft, 1st F 70-79 ~ Bob Murphy, 1st M 70-79 ~ Gerry Carlson, 1st M 80+
... Jeff Prescott

Parking/
Course

Nina Warren
Samantha Warren
Derek Maxfield
Kathleen O'Brien
Cindy/Mack Gardner Morse
Sandy Colvin
Eric Ryea
Marilyn Mode
Nina Aiken
Becky Dietrich
Greg Western

Daniel Greenleaf

Olivia Greenleaf
Emma Jean
Shannon Salembier

Pam Eaton

Brenda Caforia-Weeber
Greg Gerdel
Chisholm
Terri Pyle
John Martin
Dot Martin
Sam Lalinde
Andrew Proteau
Amber Proteau
June Burr

Finish

Bill and Maureen Mayo
Sue and Bob Emmons
Darragh Ellerson
John Martin

Posters
Sue Emmons
Zoe and Sandy Colvin
Donna Smyers
Eric Ryea

Bib Tent
2014:
Mary Skinner
Bob Murphy
Mary Stridsberg
Phyllis Arsenault-Berry
Rick Molz
Jill Aspinall
Charlie Windisch
Brian Burns
Richard Cleveland
Pam Eaton

Stuff/Food/
shirts

Celine Blais
Beth Gambler
Michael Chernick
Pam Eaton
Jill Aspinall
Sandy Colvin
Zoe Colvin
Scott Skinner
John Hackney
Sue Hackney
Marilyn Mode

Chandra Cranse

Kevin Cranse
David Pfau
Geeta Thapa

Jayanti Thapa

Chris Walczak
Emoke Walczak
Zophia Walczak
Renee Ross
Richard Cleveland
Donna Smyers
Greg Wight
Phyllis Arsenault-Berry
Andy Shuford
Darragh Ellerson

Volunteer status is not final.

Best 5 races count.

Highlighted races excluded from total score.

CVR/ORS 2014 Race Series Final Standings

10/11/2014

CVR Members	VOL	New Year's Eve 5K 12/31/2013	Kaynor's Sap Run 10K 3/25/2014	Barre Town Spring Run 5/17/2014	Capital City Stampede 6/7/2014	Paul Mailman 10 Miler 6/22/2014	Montpelier Mile 7/3/2014	Bear Swamp 7/12/2014	Berlin Pond 8/14/2014	Northfield 5K 8/30/2014	Northfield 1 Mile 8/30/2014	Sodom Pond 9/17/2014	Common to Common 9/20/2014	Leafpeepers 5K 10/5/2014	Leafpeepers Half Marathon 10/5/2014	Total
Female 0 - 19																
Zoe Colvin	X			62.46			66.26									128.72
Rebecca Vandenbergh				100.00												100.00
Jane Miller-Arsenault											92.45					92.45
Aaliyah Preston				85.87												85.87
Brynn Bushey	X	73.37														73.37
Isabel Preston				71.31												71.31
Olga Kissner							66.94									66.94
Ava Shanley							65.07									65.07
Meg Voisin							60.04									60.04
Grace Moriath										55.37						55.37
Beatrice Curtin				48.72												48.72
Charlotte Curtin				48.67												48.67
Female 20 - 29																
Allie Nerenberg	X	88.25	91.41	100.00		100.00	100.00	100.00				100.00	91.84			500.00
Shannon Salembier	X				91.93				86.91	94.26		100.00	82.22	87.86		460.96
Pam Eaton	X	74.32		84.95		84.99			87.60			93.18	78.22			428.94
Brittany Lafirra	X					45.68										45.68
Female 30 - 39																
Megan Valentine	X		92.68			100.00	100.00	100.00		100.00					100.00	500.00
Julie Curtin	X	97.95		54.59	98.20	90.14		92.22	100.00						93.97	482.34
Richarda Ericson	X			65.21	92.86		91.60		99.07			92.90				441.63
Sarah London	X				95.68	88.32				92.98			95.54			372.52
Leslie Welts	X	87.47										86.23				173.69
Rima Carison	X	95.10														95.10
Dillon Burns		93.90														93.90
Erin Preston				79.98												79.98
Amy Holibaugh		69.90														69.90
Sara Erickson								62.70								62.70

Volunteer status is not final.

Best 5 races count.

Highlighted races excluded from total score.

CVR/ORS 2014 Race Series Final Standings

10/11/2014

CVR Members	VOL	New Year's Eve 5K 12/31/2013	Kaynor's Sap Run 10K 3/25/2014	Barre Town Spring Run 5/17/2014	Capital City Stampede 6/7/2014	Paul Mailman 10 Miler 6/22/2014	Montpelier Mile 7/3/2014	Bear Swamp 7/12/2014	Berlin Pond 8/14/2014	Northfield 5K 8/30/2014	Northfield 1 Mile 8/30/2014	Sodom Pond 9/17/2014	Common to Common 9/20/2014	Leafpeepers 5K 10/5/2014	Leafpeepers Half Marathon 10/5/2014	Total
Female 40 - 49																
Becky Diedrich	X			88.97	75.23	78.57		77.94	78.84				93.08			417.41
Gail Pelkey	X				80.59	88.29									77.74	246.62
Dara Torre							100.00								78.27	178.27
Sandy Colvin	X				86.28		40.81									127.09
Barbara Patterson		100.00														100.00
Amanda Ellingson	X				91.74											91.74
Female 50 - 59																
Sue Hackney	X	100.00	100.00		100.00	100.00			100.00						100.00	500.00
Beth Daut	X				90.37	91.65		90.66				90.94			95.93	459.55
Donna Smyers	X		92.95	100.00				100.00				93.95				386.91
Dot Martin	X				97.11				99.47			100.00				296.59
Nina Aitken	X			93.37	87.00	90.42										270.80
Patricia Driscoll						85.79				100.00				75.59		261.38
Kate Vandenbergh				91.17					84.61						84.94	260.72
June Burr	X	85.59			82.49	81.80										249.88
Maryke Gillis	X			67.75				59.00						72.17		198.92
Ann Bushey	X				82.75	83.81										166.56
Jill Aspinall	X													82.97		82.97
Diana McTeague Scott		79.79														79.79
Crystal McCullough	X													67.78		67.78
Cindy Allen	X	61.31														61.31
Female 60 - 69																
Patty Foltz	X			100.00	100.00		100.00		100.00	100.00						500.00
Dot Helling	X	100.00						100.00	93.51			100.00	100.00		93.75	493.75
Eddie Novicki					70.74	69.47										140.21
Toni Kaeding	X									78.17						78.17
Female 70 +																
Marsha Bancroft	X	91.59		100.00			100.00							100.00		391.59

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CVR/ORS 2014 Race Series Final Standings

10/11/2014

CVR Members	VOL	New Year's Eve 5K 12/31/2013	Kaynor's Sap Run 10K 3/25/2014	Barre Town Spring Run 5/17/2014	Capital City Stampede 6/7/2014	Paul Mailman 10 Miler 6/22/2014	Montpelier Mile 7/3/2014	Bear Swamp 7/12/2014	Berlin Pond 8/14/2014	Northfield 5K 8/30/2014	Northfield 1 Mile 8/30/2014	Sodom Pond 9/17/2014	Common to Common 9/20/2014	Leafpeepers 5K 10/5/2014	Leafpeepers Half Marathon 10/5/2014	Total
Male 0 - 19																
Jeremy Grosvenor	X		100.00						82.40							182.40
Brian Bushey	X	78.12					82.75									160.87
Daniel Grosvenor									100.00							100.00
Jacob Miller-Arsenault											98.39					98.39
Colby Andresen										87.81						87.81
Cale Ellingson											84.92					84.92
Tyler Ricker							75.99									75.99
Tom Shanley							67.77									67.77
Zachary Vandenberg										65.31						65.31
Maclay Ericson				52.60												52.60
Willem Colvin	X						36.37									36.37
Male 20 - 29																
Stephen Jochem			100.00					99.66								199.66
Geordy Aitken						76.92									87.56	164.48
Male 30 - 39																
Brian Burns	X				97.29			93.69	97.08			100.00				485.23
Rob McDougall	X				87.43				88.59	100.00			84.42			360.43
Andrew McAvoy	X	98.80				71.94						80.29				251.03
Jon Copans		89.02							94.99							184.00
Roy Belcher	X	72.10														72.10
Male 40 - 49																
Ben Ellingson	X	81.98			96.43					100.00		100.00			92.39	470.81
Andrew Tipp						93.36	87.13									180.49
Dave Kissner	X	77.06					76.58									153.64
Rowly Bruckner	X					97.73										97.73
Brian Carlson	X	96.30														96.30
Sean Murphy	X				82.82											82.82

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CVR/ORS 2014 Race Series Final Standings

10/11/2014

CVR Members	VOL	New Year's Eve 5K 12/31/2013	Kaynor's Sap Run 10K 3/25/2014	Barre Town Spring Run 5/17/2014	Capital City Stampede 6/7/2014	Paul Mailman 10 Miler 6/22/2014	Montpelier Mile 7/3/2014	Bear Swamp 7/12/2014	Berlin Pond 8/14/2014	Northfield 5K 8/30/2014	Northfield 1 Mile 8/30/2014	Sodom Pond 9/17/2014	Common to Common 9/20/2014	Leafpeepers 5K 10/5/2014	Leafpeepers Half Marathon 10/5/2014	Total	
Male 50 - 59																	
Jim Flint	X				100.00			100.00	100.00	100.00				100.00		500.00	
Mack Gardner-Morse	X	87.64		100.00				94.36	96.58	95.51		100.00				486.45	
Mike Gillis	X			92.84	90.71			90.72	92.20	90.70						457.16	
Andy Shuford	X	78.71		86.81	81.94				79.56			88.68		82.21		419.20	
Jeff Prescott	X			84.47	79.46	69.52	78.37							80.31	73.71	396.31	
Chris Andresen	X	81.63							90.82	90.98		94.03				357.46	
Tim Noonan	X	80.11				80.81						94.36				255.29	
Nick Persampien	X				96.30	81.95									98.44	178.25	
Tim Heney	X	75.22														173.66	
John Grosvenor	X		82.65						86.28				83.02			168.94	
Norm Robinson	X							79.36								162.38	
Rick DeAngelis	X	70.75							80.95							151.70	
Male 60 - 69																	
John Valentine	X		96.06			100.00		100.00		85.00			100.00			99.23	498.96
Jamie Shanley	X	100.00		100.00	87.18		73.85	100.00	100.00				98.51			498.51	
Charles Windisch	X	86.52	90.87		82.66	97.15			92.77				91.12			458.44	
John Martin	X				75.01			77.69				84.78				324.89	
Greg Gerdel	X	85.61			69.51				84.59	74.11						313.81	
Greg Wight	X	74.92		77.45				73.48		67.52						293.36	
David Erickson	X					87.92		92.93					93.26			274.11	
Bob Howe	X			75.17	61.35							61.62				136.52	
Michael Chernick	X						63.57									125.19	
Keith Woodward										100.00						100.00	
John Hackney	X													96.56		96.56	
Lowell Vanderlip	X						86.25									86.25	
John Kaeding										66.30						66.30	
Male 70 +																	
Roger Cranse	X			100.00	81.70				100.00	79.72			78.44			439.86	
Gerry Carlson	X						78.08	100.00	91.69	68.95			68.06			406.98	
Bob Murphy	X											100.00		100.00		200.00	
Scott Skinner	X	100.00														100.00	
Dick Femo	X															100.00	

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

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

November 1, "CVR" Fallen Leaves 5K, 9:00am, Montpelier High School Track, flat and fast course that incorporates the Montpelier bike path. *Contact:* Tim Noonan (802) 223-6216

November 8, "CVR" Fallen Leaves 5K, 9:00am, Montpelier High School Track, flat and fast course that incorporates the Montpelier bike path. *Contact:* Tim Noonan (802) 223-6216

November 15, "CVR" Fallen Leaves 5K, 9:00am, Montpelier High School Track, flat and fast course that incorporates the Montpelier bike path. *Contact:* Tim Noonan (802) 223-6216

November 23, Turkey Trot 10K (22nd annual), 1:00pm, Hanover, N.H., Dartmouth Green, Hanover Parks and Recreation Dept. *Contact:* www.hanovernh.org or (603) 643-5315

November 23, Middlebury Turkey Trot and Gobble Wobble 5K & 10K, noon, Middlebury Municipal Gym, *Contact:* Dustin Hunt at dhunt@townofmiddlebury.org or (802) 388-8100 x 205

November 27, Gobble Wobble Turkey Trot 5K (12th annual), 9:30am, Websterville, Barre Town Municipal Building, *Contact:* www.barrecongregational.org, (802) 476-4320 or fowler5vt@myfairpoint.net

November 27, "GMAA" Turkey Trot 5K (38th annual), 11:00am, Burlington, UVM Gutterson Field House, On cinder/paved path and grass. Some single track. *Contact:* Tracy and Brian Joslin, turkeytrot@gmaa.net or www.gmaa.net

November 27, Edgar May 5K, 9:00am, Springfield Hospital, *Contact:* ccraig@myreccenter.org or (802) 885-2568

November 30, Jingle Bell 5K, 10:00am, Concord N.H. *Contact:* www.arthritis.org

December 31, "CVR" New Year's Eve 5K (20th annual), 3:00pm, Montpelier, First race of the CVR / ORS race series for 2015. Registration beginning at 1:45 pm in the basement of the Pavilion Building, corner of Governor Davis and Court Streets, adjacent to the Vermont State House. *Contact:* Sandy Colvin, buckman43@comcast.net or Sean Murphy.

First Run 5K, 11:00am, Burlington Municipal Auditorium, kid's run at 10:30, *Contact:* www.runvermont.org

Boston Prep 16 Miler, 10:00am, Derry N.H., West Running Brook Middle School, *Contact:* Lynn Wiles at lynnbwiles@gmail.com or (603) 560-5595

November 2nd



Daylight Saving
Time Ends

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)

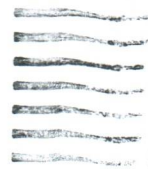
2014 2015 2016 2017 2018

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

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



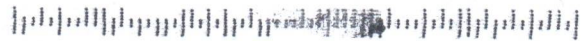
Newsletter Editor
Bob Howe
P.O. Box 632
Barre, VT 05641



CVR PD 14

Robert Murphy
35 Birchwood Park
Barre, VT 05641

05641 98653 R005



November 2014

NEWSLETTER

Volume 35 Issue 5



Remember these CVR races and events !

- November 1, "CVR" Fallen Leaves 5K Series (details page 14)
- November 3, "CVR" planning meeting (details page 2)
- November 8, "CVR" Fallen Leaves 5K Series (details page 14)
- November 15, "CVR" Fallen Leaves 5K Series (details page 14)
- December 31, "CVR" New Year's Eve Road Race 5K (details page 14)
- CVR annual Volunteer and Awards Dinner (tba)
- Renew your CVR membership for 2015 (details page 15)