

**Newsletter****JANUARY 2015****Volume 36****Issue 1****In this Issue:**

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**President's Column: Happy New Running Year!**

As I write this in the last days of 2014, I'm thinking about our New Year's Eve 5K and how great it is that CVR doesn't rest on its laurels, but begins our 2015 running season a few hours before the old year ends. By the time you read this, NYE5k will be behind us, and we'll be looking forward to the rest of another event-filled CVR year. I've run many, many First Night/NYE5K's over the years, but not this time, as I'll still be with family in Durango. But I've been getting in a 7500+ foot altitude run or ski every day in Colorado!

We have a two-year history of our second race of the year being the Montpelier Frostival 5K in late February. However, Montpelier Alive decided to cancel their Frostival Celebration this year and concentrate on a revival of First Night. So we decided at the November meeting to hold off putting the race on our calendar. Sean Murphy, who has directed the Frostival race, joined Sandy Colvin co-directing NYE5K. So here's the question: would you like to run a late-February race in Montpelier? Would you like to be the race director? Would you be willing to help? If a Race Director or team steps up, we can hold the event. You could even dream up a more palatable name. Let me know. [gregw.cvr@gmail.com](mailto:gregw.cvr@gmail.com)

The rest of our year's schedule is set (well, the date for Berlin Pond is still a bit fluid, but will be set shortly). We have Race Directors in place for all 2015 races, our executive board members have all agreed to serve again, our web guru's are primed to keep [cvrunners.org](http://cvrunners.org) and the Facebook page up to date. Watch for an announcement about CVR clothing sales manager. Bob Howe has continued as newsletter editor, and has even developed some new initiatives you'll see herein. But Bob would be pleased to have someone volunteer to learn at his knee and then take over the quarterly newsletter editor position.

Already we're thinking about our 2015 philanthropic endeavors. The CVR ship is well trimmed and sailing smoothly. Hope to see many of you at the banquet on Jan 15!

Happy 2015! **Greg**

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

**Volunteers Appreciation & Awards Banquet****Thursday January 15th ~ 6:00 pm****Commodores Inn, Rte 100, Stowe Lower Village****Reservations ~ ABSOLUTE DEADLINE ~ January 12th****Contact John Martin at [vtiron55@yahoo.com](mailto:vtiron55@yahoo.com)**

*free for all volunteers ~ \$22 for others...  
 interested in carpooling? Meet at the Montpelier Park & Ride at 5:30 pm*

**Pictures! Pictures! Pictures!** The CVR newsletter now has a new format that is folded in the middle rather than being stapled in the corner ~ easier to read from article to article ~ but more interesting is that color photos can be used anywhere in the Newsletter and no longer need to be grouped on certain pages. So send in your photos of races, runs, etc, along with the write-up, or just send in the pictures with a short caption, to share with other CVR members in the newsletter.

**CVRrunner "member profile" !** Beginning with this Newsletter, there will be one or more profiles of both new and the more established members of CVR so that folks get to know a little more about the people that they see and meet at meetings, races or other runs. An outline of the CVRrunner "Member Profile" includes five questions that are really just to get you thinking about what you might like to tell CVR members about yourself. You can add more information, skip a question and/or add a picture or pictures. CVR president Greg has gotten the ball rolling by completing a CVRrunner "Member Profile". (see below) Interested in being featured in a CVRrunner "Member Profile" ? Send me information anytime it is convenient, no need to wait for the notice of a Newsletter deadline. ...ed

### CVRrunner "member profile" ~ Greg Wight ~ Brookfield

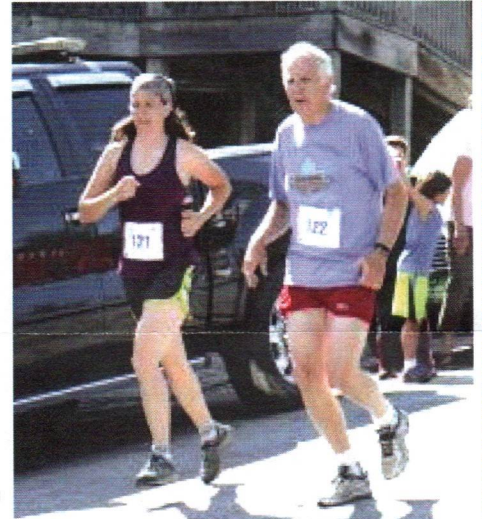
#1... *How did you get started in running?* I ran the mile in high school – never was competitive, but somehow running felt right, and I've never since NOT run.

#2... *What distances do you normally run?* I'm a good deal more comfortable at 5K than anything longer, but I have aspirations to stretch that.

#3... *What do you like the most about your favorite CVR race?* I guess New Year's Eve is my favorite to run. 1996 was my first one in 1996, same year I did NYC Marathon – my glory days! I like First Night/NYE because it's often so masochistically cold, you get a great sense of accomplishment. On the other hand, my favorite CVR race to be part of, even though I rarely get to run it, is Leafpeepers. Last year I figured out I could get there early and run the 5K course before the Bib Tent crew arrived.

#4... *What was your most memorable run?* Without question it was when my daughter invited me to join her and her friend's team in the Hood to Coast relay. What a blast! I will never forget setting out on my second leg just as dawn broke and another runner coming up beside me and saying: "pretty nice day for a run!" Close second – the 8 or so times I've captained the Floating Bridge RRC team in VCM Relay.

#5... *What are your running plans for 2015?* I'd like to make most of the CVR races, stretch my distance, complete a decent length training streak (thanks, Kelly Collar, for the inspiration!) and put a team in VCM Relay again (I'm recruiting over 55's) Oh, and be competitive as I graduate to the 70+ age group.



Northfield 2014 with daughter Lindsey

### Hello from the Southern District of CVR

Here is wishing all my CVR friends a belated Merry Christmas! I miss you all very much, and know I will never find a group like the Central Vermont Runners here in Nashville. As of this writing I have not met up with the Nashville Striders fun runs, but still plan to do that soon. We have just started to take advantage of the area. We recently attended a Predators/Bruins hockey game and had a great time. We also took in two Christmas parades here as well. (Yes they call them CHRISTMAS parades here, not HOLIDAY.) It is refreshing from my perspective.

As you can imagine the running weather is way ahead of Vermont. I think we have had only a handful of days in the 20's, and most days it is in the 40's. Of course there is no snow, and I wouldn't mind seeing a little of the white stuff on occasion. It does make for great conditions here however.

My running has been okay for the most part, and hope to start ramping up for another marathon in late March or April. I haven't picked one yet, and won't until I see how the mileage build up goes. There is a half marathon in late February in Chattanooga that I would like to run. My daughter Caiti lives there and it would be a good test of my fitness at that point.

I have run two races since my arrival. I ran a small 5K in Mobile Alabama on November 15<sup>th</sup>. My wife had a conference there so jumped into the race at the last minute. I finished 15<sup>th</sup> out of 53 runners and 3<sup>rd</sup> in the 50-59 age group. I ran 24:55. Afterward many were complaining about the hills. Next to Fallen Leaves it was the flattest course I have ever run on! My Garmin said there was 146 feet of elevation change, but it was mostly out and back so the down hills were there too. Gotta love these flatlanders.

(more page 3)



I also started a new Thanksgiving Day tradition. There is a 5 mile race called the Boulevard Bolt on turkey day. It is an out and back on Belle Meade Boulevard. Belle Meade is where all the OLD money is in Nashville. Many unbelievable mansions line the road. The boulevard is two lanes both out and back, which makes for a great course. There were 8,500 runners/walkers. I entered that morning, and thus didn't get a chip, but my time was 39:41 which I was very happy with. I have yet to find finishing results, so I don't know how I placed, but I feel safe in saying I was in the top third.

Yes, I was sporting the CVR singlet, and yes, I did beat the guy in front of me at the line!

I will really miss the Volunteer Appreciation Dinner. It is always one of the highlights of the winter. I see there are carpool options, and if someone is willing to meet me halfway (Buffalo, N.Y.?) I might consider coming!!!! Martha and I will be in Montpelier on January 24-25<sup>th</sup> however. If anyone wants to

hook up for a Sunday morning run let me know. I wish I was going to be in town early enough for the Saturday group run but that won't work out.

As always, any of you are always welcome to come and stay. My email is [normrobinson@comcast.net](mailto:normrobinson@comcast.net), and I would love to hear from any of you from time to time. Thinking of you,  
... Norm Robinson

### CVRunner "member profile" ~ Mary Stridsberg ~ Berlin

#1... *How did you get started in running?* I have always wanted to be able to run but never was able to as I was a smoker for many years. I wanted to be able to run until my body couldn't go anymore instead of my lungs screaming for me to stop. I finally quit smoking and starting running. I ran a little at a time and entered my first 5k trail run two years ago. I ran a few races over that summer but I did the most of my running over this past summer. I entered and ran 14 races as well as trying to do a 5k a week. Most of my experience prior to joining CVR was on the trails in New Hampshire. I wanted to find a group closer to home that didn't require so much travel to and from the race, that's when I found CVR. I have only completed 3 CVR races as I was a late joiner but am super excited for this upcoming year. I had foot surgery a little over a month ago so I can only volunteer for the New Years Eve race, but am anxiously awaiting being healed and cleared by my doctor to begin running again.

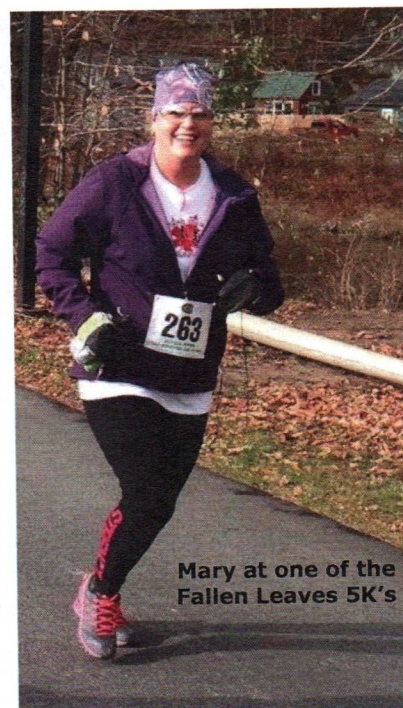
#2... *What distances do you normally run?* Most of my runs have been a 5k. That seems to be the most popular race distance and I try to run that distance when I just go out for a run.

#3... *What do you like the most about your favorite CVR race?* Since I have only been a part of 3 of them, I really enjoyed the Leefpeepers. I volunteered in the bib tent and then was able to run the 5k after. I met a lot of wonderful people and it was an amazing day.

#4... *What was your most memorable run?* My most memorable run was last summer when I entered and finished an 8 mile trail run. It was super tough and I finished it without stopping to walk or rest.

#5... *What are your running plans for 2015?* My goal for 2015 is to complete a half marathon. I have some training to do to get there but if I can do an 8 mile trail run through the woods and mountains, I feel motivated to make it happen.

\*I feel honored to be a member of CVR runners and look forward to an exciting and fun filled summer of running with such a wonderful group\*



Mary at one of the Fallen Leaves 5K's

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Charles	Windisch	Essex Jct.	857-5491	avrunner@hotmail.com

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

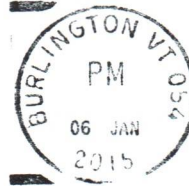
*\*Please check with race contacts to confirm race times and other details\**

- January 25, Boston Prep 16 Miler**, 10:00am, Derry NH, *Contact:* Lynn Wiles @ lynnbwiles@gmail.com or (603) 560-5595
- February 7, Polar Cap 4 Mile**, 10:00am, Lake George NY, *Contact:* www.adirondackrunners.org
- February 14, Cupid 5K**, 10:00am, Shelburne, *Contact:* www.racevermont.com
- February 14, Valentine Road Race, 5 Mile & 6K**, 10:00am, Bradford MA, www.baystateevents.com
- February 22, Jones Group Realtors 10 Miler**, 11:00am, Amherst MA, *Contact:* Mackenzie Gray @ (413) 230-8077 or mmg1214@hotmail.com
- February 22, Half at the Hamptons**, 10:00am, Hampton Beach, NH, *Contact:* www.locorunning.com
- March 15, St. Paddy's 5 Mile**, 10:30am, Portsmouth, NH, *Contact:* www.paddysfivemiler.com
- March 21, Race Vermont Spring Fling 5k/10k**, 9:00am, Shelburne, *Contact:* [www.racevermont.com](http://www.racevermont.com)
- March 22, "GMAA" Kaynor's Sap Run 10K**, 11:00, Westford School, *Contact:* www.gmaa.net
- April 11, Half Marathon Unplugged**, Colchester, Two wave start, Registration opens January 12th, *Contact:* www.runvermont.org
- April 25, "GMAA" Rollin Irish Half Marathon**, 9:00am, Memorial Hall, Essex Center *Contact:* www.gmaa.net
- April 26, Plattsburgh Half Marathon**, 8:00am, *Contact:* [www.plattsburghhalfmarathon.com](http://www.plattsburghhalfmarathon.com)
- May 2, "CVR" Adamant 20 Miler or 2 Person Relay**, 10:00am, Adamant Music School, *Contact:* Eric Ryea at 223-2733 or eryl@comcast.net
- May 2, "GMAA" Pump It Up 5 Miler**, 9:00am, Jericho Elementary School, *Contact:* www.gmaa.net
- May 3, Middlebury Maple Run half marathon and two person relay**, 9:00, Porter Hospital, *Contact:* www.middleburymaplerun.com
- May 9, Ti Trail 5K, 10K & Half-Marathon**, 8:00am, Shelburne Health and Fitness at the Field House, *Contact:* Rayne Herzog at 316-7142 or [rayne@racevermont.com](mailto:rayne@racevermont.com)
- May 10, "CVR" Mutt Strutt 3-Miler**, 10:00am, Waterbury, *Contact:* Brittany Lafirira @ Brittany.lafirira@gmail.com
- May 16, "CVR" Barre Town Spring Run 5K**, 9:00am, Barre Town Recreation Field, *Contact:* Andrea McLaughlin at 476-4417 or ajvtskier@msn.com
- May 17, Shires of Vermont Marathon**, 8:00am, Bennington to Manchester, *Contact:* www.shiresofvermontmarathon.com
- May 24, Vermont City Marathon**, Registration for the marathon is now open. Relay lottery open February 2, Information at www.vermontcitymarathon.org
- May 29, "CVR" Kids Track Meet**, Montpelier High School, *Contacts:* Tim Noonan at 223-6216 or Dot Helling
- June 6, "CVR" Capital City Stampede 10K**, 9:00, Montpelier, *Contact:* John Valentine at jvalentine@tds.net or 485-3777
- June 7, "GMAA" Equinox Trail Race 5K/10K**, 9:30am *Contact:* www.gmaa.net
- June 14, "CVR" Worcester Four Mile**, 10:00am, *Contact:* Roy Belcher at roybelcher@hotmail.com or 735-5110
- June 21, "CVR" Paul Mailman Montpelier 10 Mile**, 8:45, *Contact:* Andy Shuford at 272-3218 or andy.cvr@myfairpoint.net
- July 4, "GMAA" Clarence DeMar 5K**, 8:30am, South Hero *Contact:* www.gmaa.net
- July 11, "CVR" Bear Swamp Run (5.7 miles)**, 9:00, Middlesex, *Contact:* Tim Noonan at 223-6216
- July 26, "CVR" Barre Heritage Festival 5K Trail Run**, 9:00, *Contact:* Lori LaCroix at 479-2938
- August 1, "GMAA" Round Church Women's Run 5K/10K**, 8:30am, Richmond, *Contact:* www.gmaa.net
- August 13 or 20, "CVR" Berlin Pond 5 Mile**, *Contact:* Jeff Prescott at jeffp\_cvr@myfairpoint.net or Sue Emmons at sue.emmonds@comcast.net
- August 23, "GMAA" Scholarship Trail Race 5K**, 8:30am, South Burlington *Contact:* www.gmaa.net
- August 30, "GMAA" Archie Post 5 Miler**, 8:00am, Burlington *Contact:* www.gmaa.net
- September 5, "CVR" Northfield Savings Bank 5K & 1 Mile**, *Contact:* Rowly Brucken or June Burr
- September 6, "GMAA" Labor Day 15K**, 9:00am, South Burlington *Contact:* www.gmaa.net
- September 16, "CVR" Sodom Pond 4 Mile**, 6:00pm, Adamant, *Contact:* Tim Noonan at 223-6216
- September 19, "GMAA" Common to Common 30K**, 8:30am, Essex *Contact:* www.gmaa.net
- October 3, "GMAA" Art Tudhope 10K**, 9:00am, Shelburne *Contact:* www.gmaa.net
- October 4, "CVR" Leaf Peepers Half-Marathon and 5K**, 11:00am, Waterbury, *Contact:* Roger Cranse at 223-6997 or rcc59@comcast.net
- October 11, "GMAA" Green Mountain Marathon and Half Marathon**, 8:30, South Hero *Contact:* www.gmaa.net
- November 7, 14, 21, "CVR" Fallen Leaves 5K Series**, 9:00am, Montpelier, *Contact:* Tim Noonan at 223-6216
- November 26, "GMAA" Turkey Trot**, 11:00, Burlington, *Contact:* www.gmaa.net





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January 2015

# NEWSLETTER

Volume 36 Issue 1

**RENEW** your membership to Central Vermont Runners



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 \_\_\_\_\_

Annual dues are \$10 for individual or family, \$2 for students. Enclosed are dues for the following years -  
 2015      2016      2017      2018      2019      (2015 dues covers 3/2015-3/2016)

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

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