

Newsletter

MARCH 2015

**Volume 36
Issue 2**



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President's Column: Greg

Philanthropy

As a lead-up to the annual meeting, where one agenda item is voting on our proposed Giving for 2015, I thought you'd like to know what we gave in 2014. Even though John Valentine winces when I talk about giving away money. (It's sort of a job requirement for the treasurer to develop a convincing wince).

We sponsored five Girls on the Run programs in Waterbury, Montpelier, Calais, Moretown, and Tunbridge at \$400 each, or \$2000 total.

We gave Special Olympics \$400, Northfield Track \$400.

The only Cross Country team that requested and was given \$400 was Northfield.

From race proceeds, we gave \$550 to the Adamant Music School and \$370 to Barre Recreation.

From Leafpeeper proceeds, we gave \$4500 to Harwood Union Boosters.

That's an impressive total of \$8620 in donations in 2014.

In other news:

All current officers have agreed to accept nomination for next year:

President: Greg Wight

Vice President: June Burr

Secretary: Sandy Colvin

Treasurer: John Valentine

At-Large Executive Committee: Daragh Ellerson and Beth Daut

Appointed positions continuing:

Webmaster: John Hackney

Newsletter Editor: Bob Howe

Membership Coordinator: Donna Smyers

Immediate Past President: Jeff Prescott

Help Wanted: Race Co-Director for New Year's Eve 5K. Partner with Sean Murphy. Challenging position, good people skills required. Great rewards for the right person.

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

***** **Unofficial Fun Runs start March 10 ~ 5:30 pm ~ behind Dept of Labor!** *****

***** **As of March 2, 61 days to Adamant 20 Miler!** *****

CVR Annual Meeting

Plan to come **Sunday, March 15** pizza and pot luck trimmings at **5 pm**

(Sorry, no alcoholic beverages), business meeting at **6pm**

Montpelier Senior Activity Center, 58 Barre St, Montpelier

Park on street or in MSAC lot, enter on East side of building

Draft **Minutes** of the CVR Meeting
 Monday **November 3, 2014** -
 Subject to approval at the March meeting

Approximately 20 members in attendance.

- Approval of minutes from Annual meeting on Aug 18 as printed in Newsletter
- Treasurer's Report - John distributed a report of the balance of the account, which also showed some expenses and deposits, since April 1, 2014. Discussed some of our expenses and our net income. This led to a discussion about our races and how much income we feel is needed to sustain the club. Nothing formal was discussed, but we did note in comparison to previous years, our income is lower than in past years. We made mention that if we get concerned about this, and feel the club needs to generate more income to cover expenses and keep the club running; we could do a number of things, such as raise race fees, donate less to charities, and find ways to lower expenses. We concluded it is worth keeping an eye on, but no formal changes need to be made right now.
- Membership Report – Donna reported we have a couple new members since the last meeting, which is not unusual for this time of year.
- Race Updates – Race Directors
 1. Northfield – Went well
 2. Sodom Pond – Went well, good weather
 3. Leafpeepers – Had fewer runners in the 5k but same in half marathon. Discussed ideas for increasing attendance to this race as numbers are down year over year. Ideas such as creating some sort of team competition, maybe a category for teams to compete, corporate teams? We could market those Vermont Businesses that participate in Corporate Cup.
 4. Fallen Leaves – 83 runners at the first of the series. Went well.
 5. New Year's Eve – Planning has literally just begun. Sandy Colvin is scheduled to meet with the director of Montpelier Alive to see if we can coordinate efforts for New Year's Eve Celebrations.
- Clothing – Jeff announced he has a new volunteer for the position of Clothing Coordinator: Mary Stridsberg. Mary brings enthusiasm and ideas for helping to sell CVR clothing to our membership.
- Volunteer Coordinator -- Pam Eaton is our volunteer coordinator. Make sure to reach out for her help in getting volunteers at your race.

Proposed Race Calendar for 2015

Event	2015 Race Director(s)	Proposed 2015 Date
Frostival 5k	Sean Murphy & Sandy Colvin	Saturday, January 31, 2015
Adamant 20 Miler&Relay	Eric Ryea & Donna Smyers	Saturday, May 2, 2015
Mutt Strutt	Brittany Lafirara	Sunday, May 10, 2015
Barre Town Spring Run	Andrea McLaughlin	Saturday, May 17, 2015
Kids Track Meet	Tim Noonan & Dot Helling	Friday, May 29, 2015
Capital City Stampede	John Valentine	Saturday, June 06, 2015
Worcester 4 Miler	Roy Belcher	Sunday, June 14, 2015
Paul Mailman 10 Miler	Andy Shuford & Andrea McLaughlin	Sunday, June 21, 2015
Bear Swamp Run	Tim Noonan	Saturday, July 11, 2015
Barre Heritage Fest Trail Race	Lori Lacroix	Sunday, July 26, 2015
Berlin Pond	Jeff Prescott & Sue Emmons	Thursday, August 13 or 20, 2015
NSB 5k & Mile	Rowly Brucken & June Burr	Saturday, September 5, 2015
Sodom Pond	Tim Noonan	Wednesday, September 16, 2015
Leaf Peepers Half 5k	Roger Cranse	Sunday, October 04, 2015
Fallen Leaves #1	Tim Noonan	Saturday, November 07, 2015
Fallen Leaves #2	Tim Noonan	Saturday, November 14, 2015
Fallen Leaves #3	Tim Noonan	Saturday, November 21, 2015
New Year's Eve	Position Available	Thursday, December 31, 2015

Not all race directors were at the meeting but those who were in attendance made some edits or commented on dates. This schedule is still to be determined and will most likely have more edits in the near future. The Frostival is cancelled, but Sean has indicated he would like to have a race in late January or early February if the church would be interested in hosting the pancake breakfast as the two events went well together. He will keep the club posted as he considers this and talks to the church. Sandy Colvin has indicated she is stepping down as Race Director for New Year's Eve 2015. And Dot Helling volunteered to help Tim Noonan with the Kids Track Meet.

A new CVR member, joined the meeting to let the club know about the planning of a new race in Northfield in April, 2015. The proceeds to go to Northfield Teen Center. The suggested race date didn't conflict with any CVR events.

(Draft Minutes of the CVR Meeting Monday November 3, 2014 continued on next page)

(Draft *Minutes of the CVR Meeting Monday November 3, 2014—continued*)

- The following races are proposed for the ORS/CVR Race Series 2015:

1. New Year's Eve 5K 12/31/2014
2. GMAA Kaynor's Sap Run 10K
3. Barre Town Spring Run 5K
4. Capital City Stampede 10K
5. Paul Mailman Montpelier 10-Miler
6. Montpelier Mile
7. Bear Swamp Run
8. Berlin Pond Five Miler
9. Northfield Savings Bank 5K & 1-Mile
10. Sodom Pond Run
11. Common to Common 30K
12. Leafpeepers Half Marathon / Leafpeepers 5K

Members discussed this race series and agreed to leave as is for 2015.

- Spirit of Club Award committee – Tim Noonan, Darragh Ellerson and Bob Murphy will be nominating the recipient of the spirit of the club award.
- Nominating committee for officers and executive committee members – we may not need this as all positions have agreed to stay on another year.
- Long winter runs discussion – Jeff Prescott has coordinated long runs in the winter, he agreed to continue to do so, but indicated he was very busy in January. June Burr agreed to help with the month of January.
- Annual Meeting will be held on March 15th. Location to be determined.
- Proposed 2015 Meeting dates: Sun. Mar 15, Mon. May 18, Mon. Aug 17, Mon. Nov 9
- Annual Volunteer Banquet discussion. Members discussed about 6 different locations for the annual dinner. Recognizing we don't have the resources or time to let this discussion go on too long, members decided to do a vote at the meeting. The location receiving the most votes was the Commodore Inn, located in Stowe, Vermont. Donna and John will continue with planning. Date is January 15th.
- Meeting adjourned 8:25 pm.

Volunteers Appreciation & Awards Banquet, Commodores Inn, Stowe, January 15th

Around 70 people attended the CVR Volunteers Appreciation & Awards Banquet at the Commodores Inn on January 15th. The new venue greeted people with a variety of table seating arrangements surrounded by large windows reflecting the decorative lighting. A listing near the entry recognized the CVR officers, race directors and all the volunteers that make CVR run. And, Donna took advantage of folks waiting in line for the salad bar by posting the list of members who needed to renew their membership for 2015. She even included reading glasses so there was no excuse about being able to check out their status on the list. This was the first time the banquet was held outside of the Barre-Montpelier area with John Martin again coordinating the arrangements for the banquet.

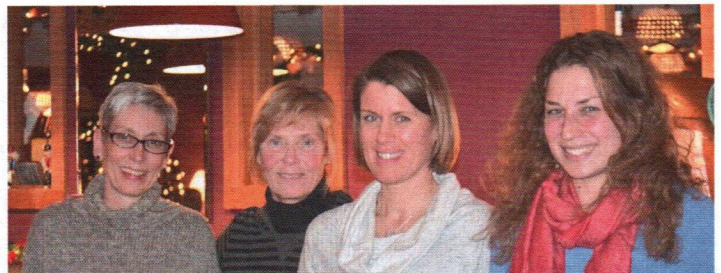
(Volunteers Appreciation & Awards continued)

Past president Jeff Prescott teamed up with president Greg Wight as the MC's for the recognition of volunteers and the presentation of awards. Greg started off with thanking Onion River Sports for their continuing support of CVR races and the CVR/ORS race series. He recognized the CVR officers/executive committee including the committee for selecting the "spirit of the club" award and thanked John for all the work putting the banquet together in the new location. Greg also recognized the 19 CVR members who were race directors or co-directors and welcomed 20 new members that joined CVR in 2014.

The focus then shifted to recognition of the many volunteers that make CVR run. There were over 140 people who volunteered during 2014 with many of them volunteering multiple times during the year. Greg calculated there were 26 people who had volunteered 4 or more times including:

- **4 TIMES:** Andy Shuford, Richarda Ericson, Darragh Ellerson, Pam Eaton, Richard Cleveland & Phyllis Arsenault-Berry,
- **5 TIMES:** Norm Robinson, Zoe Colvin, Gerry Carlson, June Burr & Emily Brown,
- **6 TIMES:** Greg Wight, Eric Ryea, Tim Noonan, John Martin, Sue Emmons, Bob Emmons, Roger Cranse, Michael Chernick & Marsha Bancroft,
- **7 TIMES:** Sue Hackney,
- **8 TIMES:** Sandy Colvin,
- **9 TIMES:** Bob Murphy,
- **11 TIMES:** John Hackney & Newton Baker,
- **12 TIMES:** Donna Smyers.

The presentation of awards for the CVR/ORS race series began with an explanation of the scoring process (the age group winner receives 100 points with other runners in that category receiving points based on the percentage of time compared to the AG winning time). There are 10 CVR races plus two GMAA races in the series with the best 5 scores being counted. A perfect score is 500 points and this year there were four female age group winners (*picture below*) and one male age group winner with 500 points. In those age groups an award for second place was also given. Gift Certificates from Onion River Sports were presented to these winners by Greg with numerous special awards presented by Jeff, that recognized the special talents and accomplishments of those achieving the awards... and sometimes maybe somewhat other unique observations by Jeff. (Continued on next page)

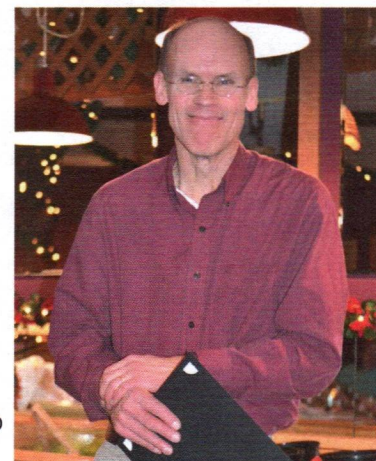


(Volunteers Appreciation & Awards continued from previous page)

The final award presented was for the "Spirit of the Club" award. This year the award went to Sandy Colvin (pictured below with Tim Noonan & Darragh Ellerson). In presenting the award, the selection committee of Darragh Ellerson, Bob Murphy and Donna Smyers, recognized that Sandy has been a CVR member since 2000 and race director for Leaf Peepers, Montpelier 10-miler, New Year's Eve 5K and the Frostival 5k. She is the longest serving secretary for CVR and volunteers at numerous races. In accepting the award Sandy indicated that "...CVR is like a community... surrounded by so many supportive people..." Previous winners of the "Spirit of the Club" award include 2005: [Tim Noonan](#) & [Darragh Ellerson](#), 2006: [Donna Smyers](#) & [Bob Murphy](#), 2007: [Norm Robinson](#), 2008: [Dave Kiss-ner](#), 2009: [Priscilla Carr](#), 2010: [Nancy Rice](#), 2011: [John Hackney](#), 2012: [Roger Cranse](#), 2013: [Eric Ryea](#), 2014: [Jeff Prescott](#).



Jim Flint - age group winner with 500 points.



CVR/ORS series age group awards went to:

- F 0-19 *Zoe Colvin*
 F 20-29 *Allie Nerenberg* (500)
 2nd *Shannon Salembier* (460.06)
 F 30-39 *Megan Valentine* (500)
 2nd *Julie Curtin* (482.34)
 F 40-49 *Becky Dierich*
 F 50-59 *Sue Hackney* (500)
 2nd *Beth Daut* (459.55)
 F 60-69 *Patty Folz* (500)
 2nd *Dot Helling* (493.75)
 F 70+ *Marsha Bancroft*
 M 0-19 *Jeremy Grovener*
 M 20-29 *Stephen Jochem*
 M 30-39 *Brian Burns*
 M 40-49 *Ben Ellingson*
 M 50-59 *Jim Flint* (500)
 2nd *Mack Gardner-Morse* (486.45)
 M 60-69 *John Valentine* (0.45 point margin over Jaime Shanley)
 M 70+ *Roger Cranse*
 (photos courtesy June Burr)

CVRrunner "member profile" ~ Dot Helling ~ Montpelier, although I have spent the last two winters in Durango, Colorado, squatting at my sister's, doing some housesitting, and working at Purgatory Ski Resort on Mountain Safety Patrol. It's a great place to be in the winter.

- #1... How did you get started in running? It was 1978, I was in law school and needed some inexpensive, quick way to stay fit for skiing. I made some friends who had been running since high school and off we went. Then in 1979-1981, I was living down the street from Jane and Murray Banks. We would run in the mornings and Murray would push me to run better. The Banks' were also the impetus behind my years of doing triathlons, culminating with the Hawaii Ironman in 1986. After that, I got hooked on trail and ultrarunning. I'm a minimalist. I love when the only necessary requirement to my exercise is a good pair of shoes.
- #2... What distances do you normally run? Currently I run mostly dirt, cross train a lot, keep my races under the marathon distance and my weekly mileage in the 20-40 range. This is because I had a partial knee installed five years ago and it has a shelf life. For years I was an ultrarunner and completed many ultradistance events including 22 hundred milers and numerous multi-day adventure races in different parts of the world. During my competitive ultra years, I completed more than 100 marathons used for training including an annual spring rite to the Boston Marathon with friends like Sigh Searles, Ralph Swenson and Donna Smyers. Donna got me into running Mt. Washington every year, a race we continue to both do well in. I especially love the turkey dinner served after the run, introduced a few years ago by new race management.
- #3... What do you like the most about your favorite CVR race? I have a number of favorite CVR races - I like the dirt roads, the Vermont scenery, the entry fees, the food and the camaraderie.
- #4... What was your most memorable run? I have many but I suppose the highlights were my participation in the 1980 Winter Olympic Torch Relay (we were one runner from each State and I represented Vermont), being one of 20 runners on the Blue Planet Run team (we ran around the world for water in 2007), and being the first Vermonter to land an overall win at the Vermont 100 (I was first woman in 1997 on the original course with a time of 19:33).
- #5... What are your running plans for 2015? I'm about to run the Catalina Island Trail Marathon with my sister and my friend Diane McNamara on March 14 which is my 65th birthday. I will be back in Vermont by April 20 to take part in many of my favorite races including Rollin' Irish, the Adamant 20 Miler and VCM, all in a new age category. See you all soon!

OFF SEASON?

I don't know about most of you, but I am motivated by signing up for something. I need deadlines to get me out the door. I love to swim, bike, run and ski, but without an event I might end up doing email way too much of the day.

One way to get me out the door is to sign up for ski marathons. Ski marathons are great for many reasons: you have a very good reason to enjoy the snow and the cold; you get lots of aerobic conditioning without much running; and most importantly you can do a 50K race and not be crippled the next week from the impact of a marathon. XC skiing really is an impact-less sport as long as you keep control on the downhill. There are lots of ski events in the area, and like running races, there are a variety of distances which usually range from sprints to 5K to 25K to 50K. I have 2 favorite events which I did this year.

The Craftsbury Marathon is the most popular in the area. Several CVR members volunteer, participate and some race well at each distance of 25K or 50K. There used to be a food tour associated with the marathon as it traveled from Highland Lodge in Greensboro to Craftsbury Common, but now it is much more of a race event run from the new Craftsbury Outdoor Center. This year's race was quite cold and we had to pass by frostbite spotters 3 times on each of 4 loops of the course. I was happy that I was never stopped to thaw out my face before continuing. An interesting fact emerged from information by local runner and MD, Skip Linton, that using Vaseline on your face is associated with a higher incidence of frostbite than not using it. Since I couldn't quite comprehend the reasoning, I put some on anyway and still covered my face with a turtle fur neck gaiter. (Does that make me a science denier?) I met my goal of maintaining less than an hour for each 12.5 km loop, but just barely which got me 4th in the 55-59F AG for the 50K. I was heartened by the fact that I could have been 1st or 2nd in any AG between 25 through 49 though. We old ladies seem pretty competitive on the ski trails, but there is lots of room for more youngsters in their 30's and 40's out there.

My 2nd event, on Feb 7-8, is one of my favorites. The Canadian Ski Marathon is not a race. It is an event that spans 100 miles broken into 10 segments over 2 days. People choose how far to ski and get awards based on how many segments they do. Signing up for Coureurs des Bois means that you intend to do all 100 miles and you get to start at 6 a.m. You can just ski the 100 miles for bronze, ski it with a >5Kg pack for silver, or after achieving the first 2 options, you can go for gold and ski it with a >5Kg pack carrying everything you need to camp out overnight. I completed gold in 2009, but since then I have enjoyed signing up as a tourer. We start at a more civilized hour in the daylight at 8 a.m. and I've found great B&B's to stay at over night. My challenge is to complete all 10 segments by the cutoff times starting at 8 a.m. with the tourers. That pretty much means maintaining a 10Km/hour pace skiing for 8-8.5 hours per day with a few minutes at each checkpoint to refuel, re-wax and take care of any other quick business. CVR members Sue Emmons, Ann Bushey, Kate VandenBergh and Ann and Kate's daughters and I stayed at the same B&B a few years ago and had a great time, but this year I stayed with a group from the Upper Valley called the Snow Geese. Next year is the 50th CSM and they are running it on the historical course from Gatineau to Lachute. It would be great to have more Vermonters headed up north to celebrate such a great event.

Donna Smyers



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A November Half in Rhode Island

... Jim Flint

It's not often when conditions on race day are near perfect. Such was the pleasant situation on November 9 in Bristol, Rhode Island for the Colt River State Park Half Marathon. The day started out on the cool side, but by 9:00 a.m. the temperature had risen to the high 40s with a light breeze, as 350+ runners moved to the starting line.

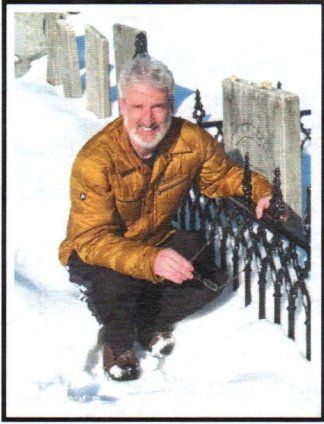
The Colt River State Park course is nicely designed for runners and spectators. The first 5k includes two 1.5 mile loops through the park, along Narragansett Bay, and back past the starting line, as the pack spreads out. The course then makes two five mile loops that include a tree lined country road, a scenic bike path, a parkway out and back with a gradual uphill and downhill, and two lovely stretches of ocean front.

While the weather was excellent, I went into the race coming off a week of rest to heal from a sore piriformis, which I aggravated at the November 1 Fallen Leaves 5k. The piriformis is the small flat band of muscle that starts at the butt and affects the hip joint. When it compresses the sciatic nerve, sitting on a car ride can be painful, so we stopped frequently on the trip to RI.

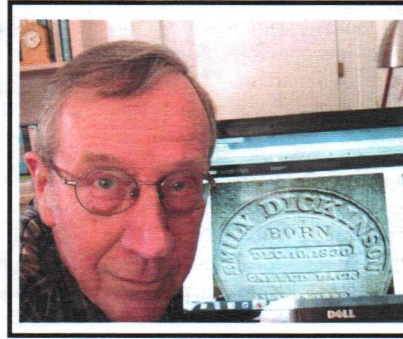
After a hot bath and a good night's sleep, my legs felt pretty loose and relaxed. My wife Barb reminded me to not go out too fast, and to just enjoy the run. The first mile at a 6:45 pace felt comfortable, alternating between a light head wind and tail wind. After the first two miles I caught up with Meagan King, who ended up third overall female. We ran together for the next seven miles of the race, drafting off each other and gradually moving up.

The smell of salt water on the five mile loop was invigorating, as the sun tried to peak through the clouds and add a little warmth. The course had only light Sunday morning traffic on a small section. A GU gel consumed at seven miles kicked in nicely by the ten mile mark, when usually I'm hitting the wall. Looking ahead on the long straightaways provided an incentive to nudge the pace and try to reel in a few runners.

Finish time of 1:28:27 was good for 21st overall, but more importantly it was one of the most enjoyable races I've run. The organizing team gets kudos for the ease of parking, camaraderie, great refreshments, finisher medals, and reasonable cost. Barb and I stayed for a couple of hours after the race relaxing and enjoying the beauty of a place we hadn't visited before. This was my fifth state to run a half marathon in; during 2015 I hope to pick up two more!



In conjunction with our trip to the Amherst 10 Mile race, we had a competition for best photo at Emily Dickinson's grave site. There were three entries ... no one won because you were required to wear CVR performance wear in the photo. From CVR; Andy Shuford, John Hackney, Sue Hackney, Charlie Windisch and me. Bob Murphy was registered to go but ended up not making the trip. John, Sue and Charlie all competed for the GMAA teams as part of the USATF-NE Grand Prix. ... Jeff Prescott



My sister and I rock and roll! by Dot Helling

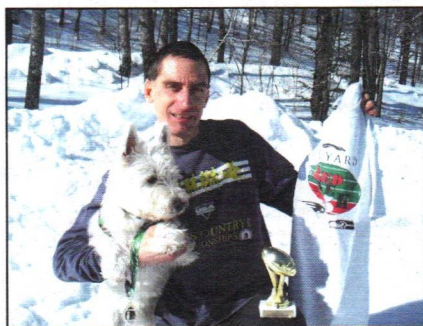
On January 16-17, 2015 my sister Marjorie and I participated in the 12th Annual P.F. Chang's Rock and Roll Marathon and Half in Phoenix, Arizona. The Rock and Roll series takes place in big cities throughout America and the world, generally drawing tens of thousands to run or walk a variety of distances from the 5K to the full marathon. I am not one for crowded city races. In fact, other than the Boston Marathon and one Bay to Breakers, I believe this is the most populated running event I've participated in. My sister, past President of the Durango Running Club, was asked to help out at a Club booth at the Phoenix Expo. She asked me to come along provided we run one of the events. I added a trip to Sedona into the mix and we signed up for the half marathon.

It was a scene, beginning with downtown traffic in Tempe the Friday night we arrived and the enormity and buzz of the Expo on Saturday. At least 10,000 runners and walkers entered. Unfortunately for me I came down with a terrible cold, including sore throat, coughing, sneezing, constant nose blowing and my head in the ozone. I left the Expo early on Saturday, returned to our room and went to bed. Later on my sister arrived with Sudafed. Somehow between the sleep, the Sudafed and lots of water and electrolyte fluids, I was able to run the half and enjoy it. I remained sick another day or so but running the half seemed to speed up my recovery. Also, somehow, I managed to finish 3rd in my age group (60-64) out of 182 in a time of 1:53:13. My sister did really well despite her knees screaming from the pavement and ran 1:52:44 to finish 8th out of 371 in her age group (55-59). Marjorie is 59, I am 64 (by the time you read this, I'll be 65! Yikes).

The 5K took place on Saturday. The full marathon, half marathon, marathon 2-person relay and 10K were run simultaneously on Sunday, with a separate start for the full marathon but the same finish line. We were corralled based on estimated finish times. Marjorie and I estimated around 1:50 and were placed in corral 4 out of 30 plus corrals. The start was smooth and efficient as each corral starts separately, a minute apart, so that you never feel crowded. The chip timing makes the adjustments. The course passes through three scenic cities, Tempe, Phoenix and Scottsdale then back to Tempe by the Arizona State University campus. After mile 10 you enter the McDowell Mountain Park, and pass through the botanical gardens and zoo. Eight to 10 foot Saguaro cactus stand tall with beautiful views of the Maricopa, Sierra Estrella, Mazatzal, Goldfield, Utery and McDowell mountain ranges. The course was lined with spectators and every mile or so rock and roll bands performed including two Grammy award winners. Many spectators and runners were in costume, including the expected Elvis look alikes. At about mile seven a large group of pretty young women with bright pink, orange and lime green inflatable guitars screamed and cheered like the Wellesley girls at the Boston halfway mark.

Olympian Ryan Hall ran the half marathon and placed second by a second. He was beaten by Benson Cheruiyot in 1:04:15. Hall's time was 1:04:16. A Colorado woman, Amy Hastings from Alamosa, won the half in 1:12:04. The marathon winners were Roosevelt Cook in 2:24:41 and Ziola Gomez in 2:45:59.

Would I do another Rock and Roll, probably not. I prefer dirt roads and local courses like our CVR events, away from pavement and crowds. However, nothing beats the people watching in big cities like Phoenix and the yummy food smells along the course. I might go back for the music and the Arizona weather (Arizona averages 266 fully sunny days a year!). Some of the bands were really talented and put a zip in your pace, including Taiko drummers with flutists at the high point of the course (just like VCM!). I giggled at the comments of the runners about the hilly course and the "big hill" at mile 10, which could not have been more than a 150' foot incline over the course of a mile. Most of the course was "flat rolling," somewhat uneven and pounding, the way City courses tend to be. You do these for the camaraderie and uniqueness, especially unique to us Vermont country bumpkins. For those who like bling, you'll love the medal and technical race shirt, bright red this year.



On Feb. 1, Superbowl Sunday, I ran the Redzone 5k in Wilder with my dog Murdock. I never race in "human" races with him, but they emphasized that dogs were welcome. Due to the cold, -2 temperature at the start, only about 30 people and 3 dogs ran, about half from the year before. We finished first in 17:41 on a nice course along a bike path and through the small town. If you are a football fan, they had great trophies and t-shirts, and literally more raffle prizes than runners after the awards. ... Eric

Vermont Half Marathons

by Jeff Prescott

The half marathon race distance continues to grow in popularity. In its 2014 half marathon report, Running USA reports that the half marathon is the fastest growing standard race distance in the United States. This article provides a current snapshot of the half marathon landscape in Vermont.

Data: For 2014, I have compiled summary statistics for 27 half marathons in Vermont. These data were gathered from event websites and race result websites. I have not independently verified the information with race directors. Table 1 contains summary statistics. For each half marathon, the table includes:

- 2014 race date
- Location
- 2014 Number of finishers (Male, Female and Total)
- 2014 Distribution of finishers (Male, Female)
- 2014 Fastest, slowest and median finish times
- Entry cap
- Entry fees

Event Size: There were 7,256 half marathon finishers in Vermont in 2014. The mean number of finishers per event was 269. The median event size was 117 finishers. The relationship between the mean and the median reflects that there are a handful of very large events that influence the mean size. In 2014, there were six events with more than 400 finishers. These events accounted for 64% of all finishers during the year.

	Date	Event	Location	Finishers
1	6/1/2014	Covered Bridges Half Marathon	Quechee	1,798
2	10/5/2014	Leaf Peeper's Half Marathon	Waterbury	679
3	5/4/2014	Middlebury Maple Run	Middlebury	585
4	4/12/2014	Half Marathon Unplugged: Wave 1	Burlington	566
5	9/6/2014	Maple Leaf Half Marathon	Manchester	562
6	4/12/2014	Half Marathon Unplugged: Wave 2	Burlington	456

In event size, Covered Bridges Half Marathon is the clear leader. It is as large as the next three events combined. Our own Leaf Peeper's Half Marathon leads the chase pack. Leaf Peeper's and Maple Leaf both have field caps of 1,000 entrants which serve as an upper bound to the number of possible finishers. The smallest events included Kingdom 13.5 Mile in Coventry with 17 finishers, Castleton Fall Harvest with 23 finishers, Vermont Sun Run in Salisbury with 24 finishers and Old Stone House Fall Foliage Run in Brownington with 27 finishers. Note for purpose of this article, I am treating the two waves of Half Marathon Unplugged as separate events. Although the two waves are run on the same course on the same day, the waves start a full two hours apart and have separate results. If Unplugged were treated as one event, it would be the second largest event and there would be only 26 events in total.

Finisher Distribution: In Vermont, there were 2,812 male finishers and 4,444 female finishers in 2014. This distribution is 38.8% male and 61.2% female. The Running USA report cites a national result of 61% female finishers in the half marathon (with this being the highest percentage of female finishers for any standard race distance).

	Date	Event	Location	%M	%F
1	4/12/2014	Half Marathon Unplugged: Wave 2	Burlington	34.0%	66.0%
2	4/12/2014	Half Marathon Unplugged: Wave 1	Burlington	34.8%	65.2%
3	5/4/2014	Middlebury Maple Run	Middlebury	35.2%	64.8%
4	9/6/2014	Maple Leaf Half Marathon	Manchester	38.6%	61.4%
5	6/1/2014	Covered Bridges Half Marathon	Quechee	39.3%	60.7%
6	10/5/2014	Leaf Peeper's Half Marathon	Waterbury	39.9%	60.1%
				37.7%	62.3%

Continued on next page

The six largest Vermont events showed similar results. Within these events, the largest concentration of female finishers was found at the Unplugged Events and at the Middlebury Maple Run. Of the six largest half marathons, Leaf Peepers reports the lowest percentage of female finishers. Among all events, the events with the largest percentage of female finishers were small events: the Biggest Loser Half Marathon in Killington (75.8% female) and the Front Porches Half Marathon in Bellows Falls (73.8%). There were only 4 events out of 27 with more male finishers than females. The largest of these was Rollin Irish Half Marathon in Essex Center with 62.3% males out of 106 total finishers. The smaller events included the Killington Half Marathon, the Old Stone House Fall Foliage Run in Brownington and the Castleton Fall Harvest Half Marathon.

Times: The fastest time posted in one of the top six events in 2014 was 1:12:46 in Wave 1 of Half Marathon Unplugged. Interestingly enough, the winning time of Wave 2 was 1:22:23 on an identical course (although conditions can obviously vary greatly by time of day).

	Date	Event	Location	Fastest	Slowest	Median
1	4/12/2014	Half Marathon Unplugged: Wave 1	Burlington	1:12:46	4:22:57	2:00:27
2	6/1/2014	Covered Bridges Half Marathon	Quechee	1:14:27	3:34:03	2:01:32
3	5/4/2014	Middlebury Maple Run	Middlebury	1:15:04	2:51:21	1:58:22
4	10/5/2014	Leaf Peeper's Half Marathon	Waterbury	1:16:35	3:25:29	2:03:45
5	4/12/2014	Half Marathon Unplugged: Wave 2	Burlington	1:22:23	3:26:37	2:03:09
6	9/6/2014	Maple Leaf Half Marathon	Manchester	1:24:04	4:12:47	2:14:35

The only top six event with a median time under two hours was Middlebury Maple Run with 1:58:22. Note that this is a function of the event time limit. This event requires runners to maintain a 13:00 min/mile pace which is equivalent to a 2:50:00 finish time (and removes behind-required-pace runners from the course at mile 7). As you can see in the slowest time statistics, other events have much more generous time limits. Other events would report faster median times if you discarded observations slower than 2:50:00. Smaller events reporting fast winning times include the Old Stone House Fall Foliage Run (1:11:53), Green Mountain Half Marathon (1:14:41), Essex Half Marathon (1:15:05) and The Kingdom Challenge in Lyndonville (1:15:48). Your best chances at winning a half marathon out-right might be found at the Killington Half Marathon (1:35:02), Kingdom 13.5 Mile in Coventry (1:34:24), The Mad Half in Waitsfield (1:31:49) and the Biggest Loser Half Marathon in Killington (1:31:03). Note that the run in Coventry was reported to be a longer than standard distance.

Entry Cap: Several events impose entry caps. In some cases, the cap applies directly to the half marathon event. In other cases, the cap applies to the aggregate of several related events. For races that sell out, it is interesting to look at the number of finishers compared to the number of registrants. The Covered Bridges Half Marathon has a cap of 2,300 and sells out within minutes of the opening of registration. In 2014, there were 1,798 finishers. This implies that only 78% of registrants showed up and completed the race. For Wave 1 of Half Marathon Unplugged, there were 566 finishers out of sold-out capacity of 750 registrants. This implies 75% of registrants showed up and completed the race. Our Leaf Peeper's Half Marathon has shown similar results in the past. In 2014, we increased the size of the field for the half marathon and did not quite sell out. In prior years when the race has sold out early, we have observed similar behavior. In general, when an event sells out months in advance, registrants are effectively purchasing an option to run the race and there will be a significant number of no-shows on race day. Who knows why? (Injured? Forgot to train? Best friend scheduled her wedding on your goal race day?) A few of the event entry caps appear to be "aspirational" in nature. For example, the RaceVermont Spring Half Marathon advertises an entry cap of 600 but had only 105 finishers.

Entry Fee: Overall, the average early entry fee was \$42 and the average late entry fee was \$52. The median entry fees were \$40 and \$50, respectively. Note that some events do not have a tiered price structure so early and late registration would be the same price. The number one take-away from this information is to acknowledge that Leaf Peeper's Half Marathon at \$35 is a great deal! The price-y events are The Mad Half in Waitsfield with entry fees ranging from \$70 to \$85 and Covered Bridges Half Marathon with an entry fee of \$65. In the case of The Mad Half, the half marathon is a companion event to a marathon that caters to destination runners rather than locals. As noted above, the field for Covered Bridges closes within minutes of opening so the high entry fee is apparently not scaring anyone away. The low-price leader is GMAA's Rollin Irish Half Marathon in Essex Center at \$15. Other events for the frugal among us include the Old Stone House Fall Foliage Run at \$20 and the Kingdom Run in Irasburg for \$25. Note that the entry fees reflect 2014 prices for some events and 2015 prices of others, depending what was available when the data were gathered. The low entry fee reflects the lowest fee one could pay by entering early. The high entry fee reflects the highest fee one could theoretically pay. Note that some events fill up in the early registration period so no one actually pays the late registration fee.

Further Reading: Check out the Running USA 2014 Half Marathon report here: <http://www.runningusa.org/index.cfm?fuseaction=news.details&ArticleId=333>

Continued on next page

Table 1: Vermont Half Marathons: 2014

	Date	Event		# Finishers (2014)			Distribution		2014 Times			Entry		Entry Fee	
				M	F	Total	%M	%F	Fastest	Slowest	Median	Cap	Low \$	High \$	
1	4/12/2014	Half Marathon Unplugged: Wave 1	Burlington	197	369	566	34.8%	65.2%	1:12:46	4:22:57	2:00:27	750	32	32	
2	4/12/2014	Half Marathon Unplugged: Wave 2	Burlington	155	301	456	34.0%	66.0%	1:22:23	3:26:37	2:03:09	650	32	32	
3	4/26/2014	Rollin Irish Half Marathon	Essex Center	66	40	106	62.3%	37.7%	1:21:40	2:46:41	1:51:29	n/a	15	20	
4	5/4/2014	Middlebury Maple Run	Middlebury	206	379	585	35.2%	64.8%	1:15:04	2:51:21	1:58:22	n/a	40	60	
5	5/10/2014	J.M.M.Y. Run	Georgia	19	20	39	48.7%	51.3%	1:28:41	3:01:26	2:06:15	n/a	30	30	
6	5/10/2014	RaceVermont Spring Half Marathon	Shelburne	51	54	105	48.6%	51.4%	1:20:31	3:20:46	2:02:35	600	40	50	
7	5/17/2014	Dandelion Run	Derby	39	51	90	43.3%	56.7%	1:27:15	3:19:41	2:09:06	400	50	50	
8	6/1/2014	Covered Bridges Half Marathon	Quechee	707	991	1,798	39.3%	60.7%	1:14:27	3:34:03	2:01:32	2,300	65	65	
9	6/8/2014	Crowley Brothers	Rutland	41	58	99	41.4%	58.6%	1:25:56	3:12:05	2:04:59	n/a	55	80	
10	6/15/2014	Killington Half Marathon	Killington	23	22	45	51.1%	48.9%	1:35:02	2:50:08	2:08:13	n/a	55	75	
11	6/29/2014	Catamount Half Marathon	Brattleboro	73	94	167	43.7%	56.3%	1:17:25	3:50:25	2:07:06	n/a	55	75	
12	7/16/2014	The Mad Half	Waitsfield	143	223	366	39.1%	60.9%	1:31:49	4:23:11	2:16:49	n/a	70	85	
13	7/27/2014	Biggest Loser Half Marathon	Killington	48	150	198	24.2%	75.8%	1:31:03	4:38:38	2:38:51	n/a	45	90	
14	7/27/2014	Essex Half Marathon	Essex Junction	59	65	124	47.6%	52.4%	1:15:05	2:55:21	1:57:12	n/a	45	65	
15	8/9/2014	Kingdom Run	Irasburg	31	42	73	42.5%	57.5%	1:23:45	2:49:28	1:56:14	n/a	25	35	
16	9/6/2014	Maple Leaf Half Marathon	Manchester	217	345	562	38.6%	61.4%	1:24:04	4:12:47	2:14:35	1,000	45	55	
17	9/7/2014	Old Stone House Fall Foliage Run	Brownington	17	10	27	63.0%	37.0%	1:11:53	3:00:00	1:47:44	n/a	20	25	
18	9/13/2014	Charlotte Covered Bridges Half Marathon	Shelburne	50	105	155	32.3%	67.7%	1:19:48	2:52:39	1:53:39	300	45	55	
19	9/21/2014	St Albans Raid Half Marathon	St. Albans	52	61	113	46.0%	54.0%	1:21:14	3:06:34	2:08:52	n/a	45	60	
20	9/28/2014	Vermont Sun Run	Salisbury	9	15	24	37.5%	62.5%	1:27:56	3:06:30	2:04:00	n/a	39	48	
21	10/4/2014	Front Porches Half Marathon	Bellows Falls	22	62	84	26.2%	73.8%	1:23:08	3:50:41	2:06:15	n/a	40	55	
22	10/5/2014	Kingdom 13.5 Mile	Coventry	8	9	17	47.1%	52.9%	1:34:24	2:46:22	2:12:04	n/a	50	50	
23	10/5/2014	Leaf Peeper's Half Marathon	Waterbury	271	408	679	39.9%	60.1%	1:16:35	3:25:29	2:03:45	1,000	35	35	
24	10/12/2014	Green Mountain Half Marathon	South Hero	132	235	367	36.0%	64.0%	1:14:41	3:37:11	2:01:48	750	35	35	
25	10/19/2014	Castleton Fall Harvest Half Marathon	Castleton	12	11	23	52.2%	47.8%	1:29:24	2:21:18	2:02:07	n/a	35	35	
26	10/25/2014	The Kingdom Challenge	Lyndonville	53	64	117	45.3%	54.7%	1:15:48	2:45:56	2:00:00	n/a	40	50	
27	11/2/2014	RaceVermont.com Fall Half Marathon	Shelburne	111	160	271	41.0%	59.0%	1:17:33	3:05:39	1:56:27	600	50	60	
			Total	2,812	4,444	7,256	38.8%	61.2%				Average	42	52	
			Average	104	165	269									

* Entry cap applies to combined field for multiple events.

CVR New Years Eve 5K ~ Montpelier ~ 12/31/2014 ... age group results

Place Div/Tot Name Age City Time Pace

FEMALE AGE GROUP 1 - 13

1 90 Julia Oliver 12 Montpelier VT 28:01 9:02
 2 92 Jane Miller-Arsenau 9 Middlesex VT 28:11 9:05
 3 95 Ginger Knight 13 Montpelier VT 28:13 9:05
 4 125 Naia Tower-Pierce 11 East Burke VT 31:09 10:02
 5 140 Laurynn Bombardier 12 Williston VT 35:27 11:25
 6 150 Evvi Tower-Pierce 7 East Burke VT 40:39 13:06

2011 MALE AGE GROUP 1 - 13

1 43 Jacob Miller-Arsena 12 Middlesex VT 23:05 7:26 (New record. Old record 24:50 by Brian Bushey in 2013)
 2 138 Finn Tower-Pierce 9 East Burke VT 34:10 11:00
 3 143 Jack Moschella 8 Waterford CT 36:22 11:43

FEMALE AGE GROUP 14 - 19

1 23 Laura Mears 19 Montpelier VT 20:48 6:42
 2 54 Holly Gordon 15 Montpelier VT 23:59 7:44
 3 70 Meredith Stetter 14 Montpelier VT 25:49 8:19
 4 106 Brooke Isabelle 17 Barre VT 28:51 9:18
 5 110 Karen Maldonado-Avi 16 Barre VT 29:12 9:24
 6 146 Serenity Northrup 14 East Montpelier VT 38:23 12:22

MALE AGE GROUP 14 - 19

1 1 Dan Hoyne 19 Cabot VT 16:22 5:17 (New record. Old record 16:56 by Justin Schied in 2004)
 2 4 Jeremy Hoyne-Grosve 16 Cabot VT 17:27 5:37
 3 5 Samuel Merriman 19 Middlesex VT 17:29 5:38
 4 13 Jonathan Sargent 17 East Barre VT 19:18 6:13
 5 15 Kirby Gordon 17 Montpelier VT 19:28 6:16
 6 16 Ellis Landry 15 Montpelier VT 19:37 6:19
 7 17 Jules Perkins 15 Calais VT 19:41 6:21
 8 22 Liam Mears 14 Montpelier VT 20:45 6:41
 9 25 Neal Mulligan 16 Marshfield VT 21:10 6:49
 10 26 Max Mayr 15 Barre VT 21:40 6:59
 11 99 Asa Richardson-Skin 14 Montpelier VT 28:25 9:09
 12 108 Cale Bombardier 14 Williston VT 28:58 9:20
 13 111 Samuel Adams 18 East Randolph VT 29:13 9:25

FEMALE AGE GROUP 20 - 29

1 30 Elisa Otter 28 Waterbury VT 21:55 7:04
 2 32 Nina Otter 28 Asheville NC 22:10 7:09
 3 40 Kate Kramer 29 Randolph VT 22:57 7:24
 4 42 Dylan Broderick 24 Montpelier VT 23:00 7:25
 5 45 Catherine Jaworski 23 Barre VT 23:11 7:28
 6 61 Shannon Salembier 29 Montpelier VT 24:28 7:53
 7 67 Abbey Laperle 23 Berlin VT 25:04 8:05
 8 75 Mary Parrish 28 Stanton KY 26:24 8:30
 9 82 Tiffany Dyer 27 Putney VT 27:18 8:48
 10 115 Ally Allen 28 Chelsea VT 29:49 9:36
 11 116 Chelsey Allen 25 Berlin VT 29:51 9:37
 12 117 Brittany Clark 23 Berlin VT 30:01 9:40
 13 126 Mary McSweeney 23 East Montpelier VT 31:33 10:10
 14 127 Elizabeth Manley 27 Kalispell MT 31:34 10:10
 15 153 Brittany Lafirra 25 Montpelier VT 42:17 13:37

MALE AGE GROUP 20 - 29

1 2 Nikolajs Batarags 27 Saddle River NJ 16:44 5:24
 2 7 Dan Homeier 24 Montpelier VT 18:09 5:51
 3 34 Griffin Labbanca 25 North Adams MA 22:33 7:16
 4 35 John Mattern 28 East Randolph VT 22:34 7:16
 5 53 Matt Williams 27 Asheville NC 23:58 7:43
 6 57 Timothy Patch 20 Pittsfield VT 24:17 7:49
 7 69 XinYan Zheng 22 West Hartford CT 25:38 8:16
 8 72 Ben Kidder 23 Montpelier VT 26:16 8:28

FEMALE AGE GROUP 30 - 39

1 9 Kasie Enman 35 Huntington VT 18:32 5:58 (New record. Old record 19:21 by Christa Doneski in 2006)
 2 18 Megan Valentine 36 Jericho VT 20:10 6:30
 3 24 Elizabeth Markison 30 Cave Creek AZ 21:08 6:49
 4 48 Leslie Welts 34 Montpelier VT 23:33 7:35
 5 49 Natalie Bergh 32 Brooklyn NY 23:39 7:37
 6 52 Rebekah Mangan 34 Cabot VT 23:53 7:42
 7 63 Liza Liotta 39 Fairfield CT 24:34 7:55
 8 68 Lydia Petty 31 Northfield VT 25:16 8:08
 9 80 Nora Duane 35 Manitou Springs CO 27:04 8:43
 10 86 Katie Parrish 30 Northfield VT 27:37 8:54
 11 97 Tamara Watters 33 Ottawa ON 28:23 9:09
 12 100 Katie Sherman 34 Boston MA 28:32 9:12
 13 101 Claudia Goncalves 32 Camboriu-Brazil SC 28:35 9:12
 14 102 Judy Stermer 32 Montpelier VT 28:40 9:14
 15 118 Jessica Moore 33 Morristown VT 30:14 9:44
 16 119 Emily Peden 34 Burlington VT 30:16 9:45
 17 128 Lauren Gilbert 34 Winchester MA 31:51 10:16
 18 131 Deanna Law 38 Providence RI 32:41 10:32
 19 132 Amanda Payne 38 Montpelier VT 32:41 10:32
 20 134 Elizabeth Eissner 39 Marblehead MA 32:54 10:36
 21 141 Julia Chafets 35 Montpelier VT 36:15 11:41
 22 144 Anne Moschella 39 Waterford CT 37:34 12:06
 23 145 Amanda Northrup 39 East Montpelier VT 37:35 12:06
 24 147 Megan Foster 30 Montpelier VT 38:24 12:22
 25 149 Julie Tower-Pierce 37 East Burke VT 38:57 12:33
 26 151 Elizabeth Erickson 35 Wolcott VT 40:40 13:06

MALE AGE GROUP 30 - 39

1 3 Peter Maksimow 36 Manitou Springs CO 16:45 5:24
 2 6 Steve Ruane 33 Winchester MA 18:03 5:49
 3 8 Netdhe Stoddard 37 Cabot VT 18:14 5:53
 4 11 Brian Burns 38 Calais VT 18:55 6:06
 5 12 Thorin Markison 31 Montpelier VT 19:08 6:10
 6 14 John Hogan 30 Cabot VT 19:20 6:14
 7 21 Tarso Soares 31 Camboriu-Brazil SC 20:44 6:41
 8 28 Sean Kramer 31 Randolph VT 21:48 7:01
 9 31 Michael Chartrand 30 Montpelier VT 22:07 7:08
 10 51 Phil Parrish 35 Montpelier VT 23:49 7:40
 11 55 Colin Bright 32 Northfield VT 24:06 7:46
 12 58 Alan McGrath Jr. 30 Lyndonville VT 24:21 7:51
 13 64 Ezra Gordon 32 Boston MA 24:35 7:55
 14 73 Matt Hooks 34 Boston MA 26:21 8:29
 15 78 Joseph Mulligan 39 Marshfield VT 26:45 8:37
 16 98 Michael Podgarski 36 Ottawa ON 28:23 9:09
 17 104 Clarke Collins 37 Randolph VT 28:45 9:16
 18 122 Michael Trachtenber 32 Ithaca NY 30:37 9:52

FEMALE AGE GROUP 40 - 49

1 84 Meg Allison 41 Moretown VT 27:29 8:51
 2 85 Whitney Kaulbach 44 Hyde Park VT 27:33 8:53
 3 93 Jen Miller-Arsenau 44 Middlesex VT 28:11 9:05
 4 114 Jen Dole 45 Montpelier VT 29:45 9:35
 5 120 Andrea Barberi 44 Stowe VT 30:25 9:48
 6 121 Suzanne Loring 41 Bolton VT 30:26 9:48
 7 129 KaryAnn Bombardier 40 Williston VT 32:10 10:22
 8 139 Jodi Vilardi 45 Plainfield VT 34:13 11:01
 9 142 Lisa Ryan 42 Plainfield VT 36:18 11:42
 10 148 Sarah Prior 46 Northfield VT 38:56 12:32
 11 152 Nicole Bombardier 42 Edinburg TX 41:19 13:18

MALE AGE GROUP 40 - 49

1 10 Jon Copans 40 Montpelier VT 18:51 6:05
 2 19 Rowly Brucken 46 Northfield VT 20:17 6:32
 3 20 Andrew Tripp 44 Montpelier VT 20:29 6:36
 4 36 Daniel Miller-Arsen 46 Middlesex VT 22:42 7:19
 5 46 Jason Boisseau 44 St. Johnsbury VT 23:14 7:29
 6 74 Shaun Fielder 48 Middlesex VT 26:22 8:30
 7 89 Marty Bascom 41 East Randolph VT 27:54 8:59
 8 112 Bob Stahl 49 Hinesburg VT 29:20 9:27
 9 123 Glenn Bombardier 40 Williston VT 30:39 9:52
 10 130 Eric Law 40 Waterbury VT 32:23 10:26

FEMALE AGE GROUP 50 - 59

1 33 Sue Hackney 57 Montpelier VT 22:12 7:09
 2 41 Donna Smyers 57 Adamant VT 22:59 7:24
 3 96 Cathi Koehler 57 Manchester CT 28:13 9:05
 4 113 Jill Aspinall 57 Montpelier VT 29:29 9:30
 5 135 Cindy Allen 56 Chelsea VT 33:12 10:42
 6 137 Maryke Gillis 54 Middlesex VT 33:58 10:56
 7 154 Karen Storey 55 Plainfield VT 43:42 14:04
 8 155 Candace Brown 54 Plainfield VT 46:03

MALE AGE GROUP 50 - 59

1 27 John Grosvenor 54 Cabot VT 21:47 7:01
 2 29 Mack Gardner-Morse 53 Calais VT 21:53 7:03
 3 37 Mike McHugh 55 Cambridge MA 22:43 7:19
 4 38 Chris Andresen 58 Montpelier VT 22:50 7:21
 5 39 Mike Gillis 58 Middlesex VT 22:51 7:22
 6 44 Tim Noonan 58 Montpelier VT 23:07 7:27
 7 50 Mark Mulder 56 Burlington VT 23:47 7:40
 8 56 Scott Hess 57 Montpelier VT 24:09 7:47
 9 59 Joe Hayes 52 Middlesex VT 24:23 7:51
 10 71 John Hulbert 55 Barre VT 26:02 8:23
 11 79 Fred Gillen 51 Duxbury VT 26:59 8:42
 12 83 Dennis Casey 56 Waterford VT 27:19 8:48
 13 88 Guy Page 57 Barre VT 27:46 8:57
 14 103 Jake Brown 50 Montpelier VT 28:44 9:15
 15 105 Tony Mathis 53 Montpelier VT 28:46 9:16
 16 107 Ron Allen 59 Chelsea VT 28:55 9:19
 17 133 Will Roberts 51 Montpelier VT 32:50 10:35

FEMALE AGE GROUP 60 - 69

1 81 Patty Foltz 66 Stowe VT 27:15 8:47
 2 124 Celine Blais 67 Montpelier VT 30:58 9:59

MALE AGE GROUP 60 - 69

1 47 Jamie Shanley 61 Montpelier VT 23:22 7:32
 2 60 Dennis Shaffer 60 Plainfield VT 24:24 7:52
 3 62 Richard Boisseau 67 St. Johnsbury Ctr. VT 24:34 7:55
 4 65 John Valentine 65 Roxbury VT 24:43 7:58
 5 66 John Hackney 69 Montpelier VT 24:55 8:02
 6 76 Eric Herminghausen 60 East Burke VT 26:26 8:31
 7 77 Neal McBain 67 Lebanon NH 26:30 8:32
 8 87 Geoff Steadman 63 Norwalk CT 27:40 8:55
 9 94 Eric Ryea 61 Adamant VT 28:12 9:05
 10 109 Greg Gerdel 67 Montpelier VT 29:07 9:23
 11 136 Michael Chernick 60 Montpelier VT 33:25 10:46

HUGE THANK YOU to the race volunteers!

The Central Vermont Runners New Year's Eve Road Race was a huge success, thanks to every one of you.

We had a record turnout of 157 runners, and the group may be the fastest also. Preparing for the awards and being in the crowd in the auditorium, I only overheard positive comments from runners. They knew where to go and had a good experience out on the course. Thanks to all the course monitors! Registration was busy, but everyone moved along at a great pace, thanks to Roger and the registration crew! And results were timely I was able to do awards and get everyone on their way to continue with their new year's celebrations, thanks to the crew at the finish line and to Bob Murphy at the computer.

Thanks again everyone, Sandy Colvin, Sean Murphy, race directors

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

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

- 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
- 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
- May 2, "CVR" Adamant 20 Miler or 2 Person Relay**, 10:00am, Adamant Music School, *Contact:* Eric Ryea at 223-2733 or eryea@aol.com
- 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
- 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

CVRrunner "member profile" ! The CVR Newsletter now has informational profiles of CVR members so that folks get to know a little more about the people that they see and meet at meetings, races or other runs. The questions 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. 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. ... lucycarol18@gmail.com ...ed

"thank you" ... to the many people who contributed information for this newsletter



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CVR PD 14

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NEWSLETTER

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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.