

Newsletter
MAY 2015
Volume 36
Issue 3



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President's Column:

Greetings, CVRunners ... Spring, though late, is now here in Central Vermont. The Ice Out in Brookfield was on April 28 – a new record for late spring! One of my other hats is that of Admiral of the Sunset Lake Ice Out Pool and maintainer of our Ice Out Sentinel, named "Dunkin'. We sell opportunities to guess the date and time Dunkin' goes for a Dunkin' to benefit the Brookfield Historical Society.

The CVR season now begins in earnest! Adamant 20-miler had some 70 runners last Saturday.

Official, timed, Fun Runs are now every Tuesday at 5:30. By the time you read this, Mutt Strut 2015 will be history.

Activities this spring:

- * Most of you know we can now pay dues electronically and safely now – that's sure to be a big boon. Now you just have to direct your friends and acquaintances to cvrrunners.org and encourage them to join! Will on-line race registration (in addition to Leafpeepers, of course) be next?
- * We are proudly sponsoring ten Youth Running programs in towns all around.
- * An energetic crew of Mack Gardner-Morse, Donna Smyers, and Dave, Pam, and Sarah Erickson Greened-up the Fun Run route on April 30. Thank them when you run a more pleasant route on Tuesdays!



The need for volunteers is ever-present!

- * Andrea McLaughlin will need help with the Barre Town Spring Run on 5/16
- * Tim Noonan and Dot Helling will need lots of help with the Kids' Track Meet on Friday, 5/29
- * John Valentine is starting to gather helpers for the Stampede on 6/6

Are you planning on Corporate Cup? Vermont City Marathon or Relay? BarnArts Race Around Silver Lake? Hardwick Spring Festival Races? There are so many running opportunities around our area – check the race schedule on page 11 or "other races" on cvrrunners.org.

..... 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

CVR May Meeting

The next club meeting is scheduled for **Monday May 18**
at Denise Ricker's home, **399 Murray Hill Dr. Montpelier**
Directions: Main St. north out of Montpelier; pass the Main-Town Hill Road intersection;
Left on Murray Hill; go to end of Murray Hill; #399
Pot Luck at 6 pm, Meeting starts at 7:00

Draft **Minutes** of the CVR Annual Meeting

Sunday **March 15, 2015** -

Subject to approval at the May meeting

Approximately 15 – 20 members were in attendance

Approved the minutes from the last meeting

Introduced Jim Flint as ORS Race Series Standings Manager. John Hackney who was doing it previously will continue to be the web master, keeping the CVR website current with content.

Treasurers Report

John handed out the treasurer's report and discussed race proceeds versus race and club expenses. Given all our expenses, which includes donations, the club has very little left in the bank (other than the money invested in a CD).

Discussion among attendees about accounting and the current process race directors follow for depositing proceeds and making donations with proceeds.

New Process for Race Directors:

- Complete an accounting sheet at the conclusion of each race.
- If the race director wants to donate proceeds to charity, deposit all race proceeds to CVR account, then request a check from John payable to the charity.

This process will allow John to easily and efficiently track race proceeds and expenses, and donations to charity. Presently it has been challenging for him to easily track it without a discussion between him and the race director. If this sheet is completed each time, and checks made out to charities, he will have all the information he needs to balance the account and track everything.

Treasurer's report approved.

Leaf Peepers Update

Race went well. Keurig Green Mountain agreed to sponsor race again in 2015. The race was voted best half marathon (along with Covered Bridges) and best one of 3 best 5K's by Vermont Sports magazine, and Granite State Race Services has agreed to do the timing again. So planning for next year is underway and the regular meetings will be starting soon.

Race Updates

Races completed – NYE 5k. Sandy reported it went well. Greg reminded the group we need a new co-race director for this race, as Sandy is stepping down. Sean Murphy has agreed to direct, but looking for co-director. Contact Sean if you are interested.

A list of upcoming races, race directors and race dates was provided to the group.

Spring Mailing

Donna shared with the group the variety of ways we can communicate with the public to promote our races. In the past we have done a spring mailing of a post card with race information on the card. This is in addition to the information being available on our website. The mailing is an expense to the club and Donna shared the costs associated. She posed the option of sending out an e-mail instead, which would be of no cost, however would take some time to complete the data entry of e-mail addresses.

Decision was made the club will no longer do a paper mailing of a post card, but instead will do an e-mail campaign/ announcement in addition can create a post card of information for race directors who may want to print and provide at the registration table of their event.

Running Program / Grants

There was a long discussion regarding what CVR can do this year for grants to local running programs. Mostly the discussion focused on the clubs ability to pay the same amount as we have in the past and to the same number of organizations. How do we choose and how much? The entire process was discussed and ideas shared for how to do this in the future, so each year we don't change the process. Some volunteered to be on a committee to continue the discussion and to better implement a standard process for grants. In the meantime attendees voted and decided on the process for this year. It was decided each organization will get a grant for \$250.00. A max of \$2500.00 can be given out. Therefore, if 10 organizations request a grant, we can do so for 10. To make it fair, the decision was the first 10 organizations which meet our criteria for grants, and come forward to request a grant, will get a \$250.00 grant from CVR.

Special Olympics

CVR will donate \$400.00 to Special Olympics

Other Grants

Attendees discussed other grants such as High School Cross Country or Track or both? Long discussion and final decision was to approve a total donation amount of \$1200.00, with no more than \$400.00 going to one school. CVR will accept requests for high school cross country team donations up to August 1st, and will no longer accept after that date or when the full \$1200.00 donations have been made, whichever is first.

Membership

Discussed our current membership dues and learned they have been the same for many years. After a lot of discussion it was decided to raise the student cost to \$5.00 per year, raise the family cost to \$15.00 per year, and leave the individual cost at \$10.00 per year. These changes will be effective as of April 1st. Discussed ideas on how to increase membership.

Race Series Scoring

Jeff presented 2 questions:

1. Should we consider changing/clarifying the race series scoring rules?
2. Do we form a subcommittee to research whether we makes changes to race series rules?

Decision:

No changes will be made for the 2015 season.

We will form a committee to include Donna, Jeff, Bob, Jim Flint and John Hackney to report to the Club at August meeting on findings & recommendations.

The Board will make a decision at November meeting on whether changes will be made or not.

(Draft Minutes of the CVR Annual Meeting continued on page 3)

(Draft Minutes of the CVR Annual Meeting continued from page 2)

Election of Officers

1. Greg asked the floor for nominations; none were made
2. Motion to keep the entire slate of officers in place; seconded; majority (or unanimous) agreed

Other items for discussion

1. John Hackney reported a hacking attack was discovered but rectified without any consequence, but some expense.
2. Greg reported we needed to purchase new accounting software. John Valentine has purchased new version of Quicken Books for \$211.
3. Fun Runs unofficially began with Scott Skinner and Chris Andersen first show.
4. Reiterated rules/practices on baby stroller, & headphone use during races; dog policy; lending out timing equipment, and that race directors need to return a minimum of \$1 per race entry for each race even for those where all proceeds are donated to charities.
5. New member, Mary Stridsberg is taking over the club clothing ordering & sales from Jeff P.

Adjourned at 8:25pm

Sandy Colvin

Please check the mailing label on this newsletter to see if your membership has been paid for 2015

-if the number on your mailing label is 14 then this will be your **last newsletter until you renew-**

keep up to date on area races and events, connect with other area Runners, while supporting running and fitness in Central Vermont, by renewing your membership today (info on page 12, renew on line, or contact Donna with questions at dosmyers@gmail.com)

Fun Runs of 2, 4 or 6 miles Every Tuesday at 5:30 pm

Behind the Department of Labor building
just beyond Montpelier High School

Happy Green Up!

Donna Smyers and I helped Dave, Pam and Sarah Erickson green up along the Junction Road. We collected about 10 bags of "junk" from along the road. My dream is that we get enough volunteers to green up the whole 3 mile Fun Run route! The sections we were able to do look a lot better. Thank you to the Ericksons and Donna for their help. ... Mack Gardner-Morse

The CVR Newsletter now includes 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. You can use the sample questions, add more information, skip a question and/or send pictures. Interested in being featured in a **CVRrunner "Member Profile"** ? Send information anytime it is convenient ... lucycarol18@gmail.com

Race to the Top of Bradford ... Rick Evans

The 3.5 mile trail run is on Sunday June 7th at 9:00am. The race includes an 850' ascent to the top of Wrights Mt. before looping back to the starting area. Also a 1.5 mile run/walk for ages 13 and under through the lower Wrights Mt. forest. Information at www.bradfordconservation.org/race

36th Annual Hardwick Spring Festival Races Set to Go

By Jim Flint

Looking for a fun Memorial Day weekend race on village streets in the Northeast Kingdom?

The 2014 Hardwick Spring Festival races drew 150 runners and fitness walkers of all ages, and participation is expected to increase again this year. Held on Saturday, May 23, Spring Festival events include a 1 km run at 8:30 a.m. for kids age 7 and under; a 2 mile run at 8:45 a.m. for kids ages 8 to 12; and a 5 km run or fitness walk at 9:15 a.m. for adults and older youths.

The 5 km road race has a \$10 entry fee for early registration, or \$15 if signing up on May 22-23. The course features cheering spectator support, a challenging hill climb in mile three, and a speedy downhill finish in the center of town.

The 1 km and 2 mile kids' races are free, with early registration strongly encouraged. Bib pickup on the day of the race is from 7:00 to 8:15 a.m. Race details and a downloadable entry form are available on the event calendar at www.wonderwisdom.org.

Donations received at the Spring Festival Races benefit the NEK Kids on the Move Running program for 4th to 6th graders. Thank you to Central Vermont Runners for providing a grant of \$250 to support the 20 boys and girls from Hardwick Elementary and Lakeview Union School who are participating this spring!

You can now **join or renew your membership online**. Go to <http://cvrunners.org/membrapp.html> and select Register Online

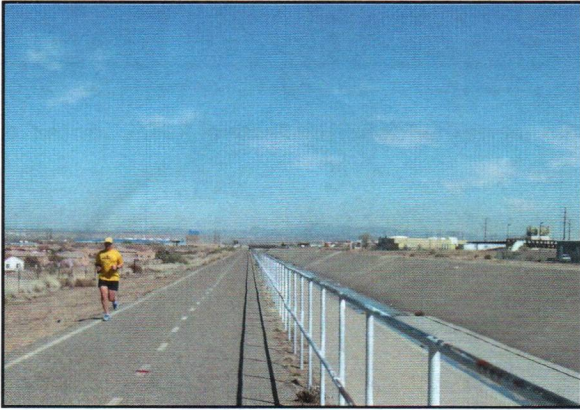
GOTR call for volunteers ... Dot Helling

On Saturday, June 6th, well over 3000 participants are expected at this year's **Girls on the Run 5K!** Help is needed from 7:30am-12pm at the Champlain Valley Expo in Essex Junction. Different volunteer positions will have different arrival times. You will know your specific time when you sign up! Run participants will begin arriving at 8:30am and the run starts at 10:00am. Volunteer stations include registration, tattoos, happy hair, refreshments, clean-up, finish line helpers, water stations, course support, sweeper (walk course after girls), etc. If you would like to help with pre-race preparation, race bag stuffing will be held the day before, on Friday, June 5th, at the Champlain Valley Expo, State Building, time to be determined.

If you are interested, please email Stephanie at : mkskdorgan@outlook.com or Julie at : jcubino@harmonyatlast.com.

Shamrock Shuffle 10-Miler

For a while, I thought I might never run another race this year. After a missed 5k in Henniker, N.H., in January (cancelled due to snow!) and a missed 10-miler in Amherst, Mass. (because I didn't want to drive the 2-1/2 hour distance each way without companionship), next up on the roster was the 10-miler in Rio Rancho, N.M.



Thankfully, I got in a number of quality training runs before leaving Vermont. The 10+ mile run hosted by Jeff up (and up) Terrace St. in Montpelier in late February was a good confidence builder. Good thing, because once I got to Albuquerque, hill training was behind me. The condo where we stayed is a half mile from extensive bikepaths. The ones near our condo, however, were mostly along drainage channels, and, for the most part flat and straight as an arrow. Every once in a while, a major highway crosses the path, and often there is an underpass constructed to carry runners and bikers under the highway. That's about the extent of hill training for me in ABQ. The underpasses are great,

though, as they keep the traffic where it should be, i.e., not where it conflicts with non-motorized traffic.

My first few training runs did not go particularly well, as I was simply becoming acclimatized to the elevation (Albuquerque is at about the elevation of the top of Mt. Washington). After the first week, though, runs became a bit easier, and I had a few runs that made me think, "I'm ready!"

The race was held in Rio Rancho on 15 March, just west of Albuquerque, across the Rio Grande. There, the terrain changes, and the site of the race course was in a hilly residential area. The temperature was nearly perfect, about 40 degrees at the start. My confidence began to fail me in a 1-mile warmup. I was dying, and felt I was gasping for breath. My goal for the race was under 90 minutes, but already I was having my doubts. However, I recalled that (sometimes!) a lousy warmup was only a prelude to a great race. So I hoped...



I lined up with over 100 others at the 8:30am start, and we were off. The first mile was mostly downhill, and I was pleasantly surprised with an 8:27 split. Not running particularly smoothly, I thought, "I can do this thing!" As hills began to take their toll, however, my confidence began to evaporate. I was struggling, but managing to keep my average pace to under 9's until mile 7, when I noted I was 3 seconds over. By mile 8, that was 8 seconds. Then things began to deteriorate, and I recognized that my 1:30 goal was not going to be achieved. Still, when I crossed the finish line in 1:30:40, I was pretty happy. Following is a rundown of my splits. You can pretty much tell when a mile was mostly downhill, and when it was mostly up.

Mile	Split		Mile	Split
1	8:27		6	8:55
2	9:42		7	9:27
3	8:41		8	8:57
4	8:11		9	9:25
5	9:21		10	9:23

Results? Final tallies showed there were 162 finishers. I ended up 60th (not bad). Get this, though. I was the first male finisher over the age of 59. There were NO 60-

69 male runners. The only other really old guy was an 80-year old in 149th place. Certainly not a race to recommend to older male runners for serious (or even not-so-serious) competition. I guess I should have bitten the bullet and driven to Amherst!

There were two other races at the same time, a 5k with 279 finishers (10 males 60 or over), and a 10k with 119 (3 males 60 or over). Maybe I should have run the 5k? Live and learn.

Bob Murphy



CVRunner "member profile"

Allie Nerenberg

Jericho



My husband, J., and I are pregnant with our first child! We're due in October. Attached is a photo from the Unplugged Half Marathon, when I was 12.5 weeks pregnant: our baby's first half-marathon, run in 1:42:56.

CVRunner "member profile" ~ Greg Gerdel ~ Montpelier

#1... How did you get started in running?

Although I had run track and hurdles in school, through the 1970s my primary athletic activities were hiking, soccer and cross-country skiing. I made attempts to start running, but always was discouraged by footwear problems and pronation in particular. In 1979 a soccer teammate who was also running distance, persuaded me to invest in actual running shoes. I started with some custom orthotics and was able to permanently correct the pronation issue over the next two years.

#2... What distances do you normally run?

Having more fast twitch resources to apply to running, 5ks have always been the most appealing. But I've also done many 10ks. In my sixties I've done quite a few half-marathons. No marathons.

#3... What do you like the most about your favorite CVR race?

The Falling Leaves series each November is great because the weather is crisp, the course flat, and the week to week progression makes it a mental challenge. That so many high school cross country runners show up also brings back people I've known for years

#4... What was your most memorable run?

The State Agency Run (now the Corporate Cup) circa 1984 when it was still a 10K. It was a day when everything was flowing. Effortless is not the word, but the effort was exuberant and the finish joyful. The only time I broke 40:00 in a 10K, although I did keep trying!

#5... What are your running plans for 2015?

Sustaining the tradition: four miles Tuesday (with intervals) and Thursday, six miles Saturday morning, usually with friends. The Corporate Cup for certain, likely a relay leg in the Vermont City Marathon, maybe the Capital City Stampede and Bear Swamp, but certainly Berlin Pond, Northfield, and the Fallen Leaves series. Tradition also involves volunteering for the Kids Track Meet, the 10-Miler and coordinating parking at Leaf Peepers.



Photo from Greg at 2014 Northfield 5K

Zion Half Marathon March 14th

... Dot Martin

Zion National Park is located in Southwest Utah just north of the Grand Canyon and about 2.5 hours east of Las Vegas. The park is a place of steep red cliffs and narrow canyons at elevation of 5,000-8,000 ft. The Half marathon is a one way bus drop off affair up the canyon with an emphasis on the up. The Zion race was the first National park theme race that has become a series of half marathons near National parks. The other venues are the Grand Canyon, Grand Tetons, Yellowstone, Rocky Mountains, Great Smoky, Yosemite and Lake Powell . The Zion race featured magnificent natural beauty, over 2,000 runners and a very good race organization.

Being an all uphill race, predicting a finish time is difficult. A race plan that kept a conservative pace for the first 10 miles seemed wise as the final three miles were the steepest. The race started in the early morning (7:30) as the sun hit the eastern face of the canyon walls. The course is run on the main road and a parallel bike path follows alongside the upper stretch of the Virgin River.

The race plan worked well as my finish time of 1:47 put me in the top 90% of the field and 1st in my age group (50-54). The medals were not only huge but distinctive.

It is a small world! Toni Kaeding, Anya Rader Wallack and Judy Henkins (Plainfield area resident) surprised us as they too ran in this far flung event. This served as a reminder to always behave because you never know when someone you know could be watching. This relatively new race series should become wildly popular offering good races in spectacular places.

As a side note, we spent our last day on the strip in Las Vegas awaiting a late night flight back home. Think of an upscale county fair with more "interesting people".

Pre and post race hikes in the park rewarded us with the striking beauty of nature in a place so very different than our Vermont vistas.

The weather? Cold, low 30's in the morning, warming up to the mid to high 70's by 11am. Lots of sun, but with snow on the trails at higher elevation. I would definitely do another race in this series. It was a good first race of the season for 2015.



Plugged in for the Unplugged Half Marathon

... Lindsey Wight

I recently ran the Unplugged Half-Marathon in Burlington. I didn't choose it for the name, or think anything of the name when I signed up for it, but it became unexpectedly fitting. A sporadic runner, I hadn't run anything that required training in years. But I remembered my first (and only other) half-marathon - the wall I hit at mile 10, and how sore I was after; I hadn't trained for that event - a friend and I ran 10 miles one day and decided that if we could run that, we could handle a half (Ha!). Back then, I was in my early 20s and had a job that kept me in hiking-shape, so I could (mostly) pull off silly things like that.

I am older and wiser now, though, so I knew that going into the Unplugged, I couldn't be that foolish: I started a training program in February. Lacking a local community of runners and finally finding headphones that don't drive me crazy lead me to be fairly dependent upon music during my training runs. I couldn't envision running the half-marathon distance without it - sometimes the songs were the only things that kept me going during my training runs. So I showed up at the start line with my playlist formed and my headphones on. How ironic that I was so plugged-in for this "Unplugged" event.

I ran the race with some friends whom I hadn't seen in long time, so we caught up on life during the first few miles (while we still had breath for talking). But even after we ran out of energy to chat, I never pressed play. I ran 13.1 miles with silent headphones hooked over my ears. I realized that what primarily kept me from pressing play was simply the community of runners. There is something magical about being out on the trail or road with hundreds of other people who are choosing to spend their day in the same (slightly insane) manner that you are. I've felt this before in races - just looking around at the crowd gathered at the start line of a big event brings me a smile and a swelling of silly, giddy (and yes, perhaps slightly insane) joy. It's the reason I am a runner. I don't really enjoy training runs, but I do enjoy the events, and that keeps me coming back. And it was so rewarding to rediscover that shared joy, and remember that running within that group is better motivation to keep going than anything that I've ever plugged into.

The Loneliness of the Long Distance In-the-Tooth Runner

Where are all the old guys? I ran the Cherry Blossom 5k Race for ALS at Schenectady, N.Y., on Sunday, 26 April. It was a good course (gentle, mostly flat, on city streets closed to traffic), and a great turnout. This was the 7th edition of the event to raise money to support ALS research, but my first time there. I have run in the Albany area in the past, and have always found lots of good competition there from guys around my age; I was expecting the same on Sunday.

The race started in pretty terrific conditions: temps in the 40s, sun peeking through periodically, and a course with no serious potholes or other traps. It took quite a few seconds to get to the start line, but no matter; there were pads in place to record our start as well as finish times.

As I ran the course, I kept scanning for "old-looking" guys. One fellow caught my attention; running just ahead of me, graying hair. Could be, I thought. I chased that guy through most of three miles. With about a quarter mile to go, I got serious, and made my move. I passed him with the finish line in sight, and figured I had him. No luck. As I moved toward the finish, he shot past me like I was standing still!

As soon as results were posted, I checked to see his age. He finished two positions ahead of me, and I was surprised to see that he was just 60. I scanned down through the list of finishers, wondering how I did in my age group (they advertised 5-year groups, so I was in the 75-79 group). I couldn't stick around for results, but by the time I left I hadn't seen any other 70-plus runners in the first 400 runners listed.

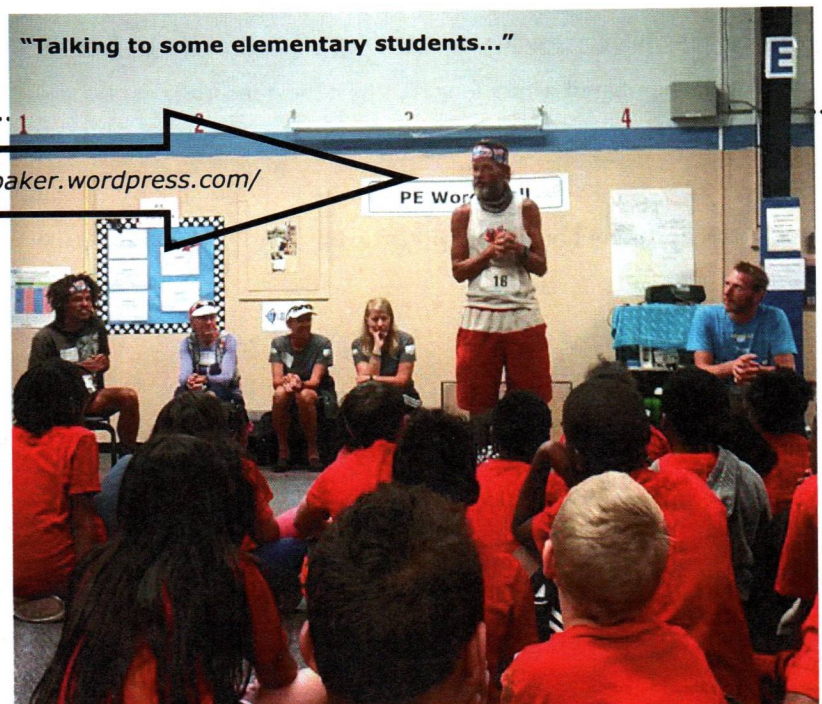
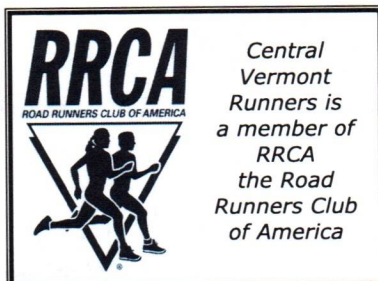
I had to wait until later in the day to learn the verdict. So here's how it was: Of 517 finishers, there were three over 70. I finished 132nd in 25:17 (good for me). A 70-year old guy finished 494th in 41:20, and an 81-year old finished 478th in 39:02. The 60-year old guy ahead of me? He was only the second male 60-69. So I guess I could say that I finished 3rd in the male 60+ category. That makes me feel a lot better than saying I won (as the only one!) the male 75-79 age group.

Still, it was a good day, and a fun race that I would recommend to anyone in that area next April. Get there early, though; parking is a challenge. In addition to the running race, they have a walk preceding the run, and cars were lined up blocks away from the center of activities when I got there an hour before the race!

For those curious, overall winners of the event were 17-year old Charles Ragone of Niskayuna, N.Y., in 16:24, and 23-year old Julie Robinson of Troy, N.Y., in 19:53. It was good to see LOTS of young runners there.

Bob Murphy

Follow Newton at <https://newtonbaker.wordpress.com/>



Caitlin Compton Gregg – beyond the Mutt Strutt

... Jamie Shanley

By the time you read this, the 19th Mutt Strutt will be in the books. Since year 2 of the race, we have listed the male and female record holders on the race application. I'm betting the records will have held up again this year, as they were set way back in year 2 (male) and year 3 (female) of the event.

Those of you who were around then may remember the female record holder, Caitlin Compton. As a 16-year old, she was a Nordic skiing standout at Harwood High School, and her mom would bring her over to CVR Fun Runs fairly regularly in the summer. Her mom would wait at the start area while Caitlin clocked off a quick 6 miles. Caitlin was friendly and engaging, and I thought it was cool that she chose to come and run with us. So it was no surprise when she showed up at the Mutt Strutt one year and set a course standard that has yet to be matched. By then she was skiing for Northern Michigan University. I think that was the last time I saw her.

Fast forward to February 2015, and the Nordic Skiing World Championships in Falun, Sweden. In the Women's 10K skate race, Caitlin was skiing for the USA, wearing bib number 3 in an interval start race. As I watched on-line, she looked confident and strong, and appeared to set a fast time. But yet to come were the world elite, including the formidable Swedish and Norwegian stars, as well as fellow Vermonter Liz Stephen. One by one, the later skiers crossed the line with slower times. In the end, only her 20-year old teammate Jessica Diggins, and one of those Swedish stars, Charlotte Kalla, eclipsed her time. Remarkably, and historically, Caitlin had captured a bronze medal in the World Championships! No American woman had ever medaled in a World Championship, but on this day they took silver and bronze. And Caitlin had achieved this feat in her mid-30s.

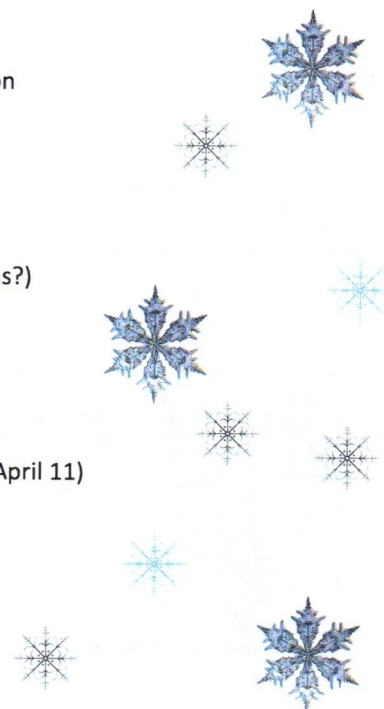
Over the years I've followed the US team casually, and kept alert for news of Caitlin. She was competing well in the late 2000s, and was named to the US team for the 2007 and 2009 World Championships, and the 2010 Olympics in Vancouver. But I'd heard little since then, and noted she was not on the US team roster posted at the start of last winter. So this was some kind of a year for her just to work her way to a coveted spot on the US team for Falun, let alone winning a bronze. Now, if anyone ever breaks her Mutt Strutt record, we'll be expecting great things from her -- in time.

2014-2015 CVR Winter Long Runs...By the Numbers

...Jeff Prescott

The 2014-2015 CVR Winter Long Run season started on November 22 (the weekend after the last Fallen Leaves 5k) and concluded on April 25 (the weekend before the Adamant 20-Miler). Here's a recap:

- 105 Total number of number of long runs completed by all participants
- 21 Number of people who showed up for at least one winter long run during the season
- 19 Total number of winter long runs held (new record!)
- 15 Number of towns visited on the run
- 14 Most winter long runs attended by a single person (tie--Andy Shuford & me)
- 10 Largest turnout on a single occasion (January 3 in Adamant-- New Year's resolutions?)
- 10 Number of different hosts
- 7 Number of hosts who hosted two or more runs
- 5.7 Average number of runners per winter long run
- 4 Longest streak of Saturdays with no winter long run (March 21, March 28, April 4, April 11)
- 3 Most winter long runs hosted by a single person (me)
- 2 Number of visits to The Red Hen
- 1 Number of times Gary Kessler ran
- 0 Number of times we talked about you when you weren't there



6th Annual Adamant 20 Miler and Relay

May 2, 2015 ~~~ Adamant, VT

We had a beautiful summer day for the 6th Annual Adamant 20 Miler. For many it might have been their first run in shorts of the year. Current course record holder David Herr returned to win for his 4th time in as many tries. He holds the course record of 2:04:58 set in 2012, and did not best that, but set a stellar 50-59 course record of 2:08:34 this year. Leah Frost of Glover attended for the first time and blew away Nicole Yokum's 2010 course record of 2:32:57. Leah ran 2:23:14 and finished as the 3rd individual of the day. Nicole finished 2nd female on her first return to the course since she set her record 5 years ago.

*** OVERALL RESULTS Individual 20 Miler ***

Place	Div/Tot	Name	Age	S	City	St	Time	Pace
1	1/8	David Herr	50	M	Canaan	VT	2:08:34	6:26
2	1/8	Dustin Pederson	32	M	Beverly	MA	2:18:47	6:57
3	1/6	Leah Frost	31	F	Glover	VT	2:23:14	7:10
4	2/8	Thorin Markison	32	M	Montpelier	VT	2:27:15	7:22
5	1/5	Jon Rea	28	M	Stowe	VT	2:27:44	7:24
6	2/8	Robert Patterson	50	M	Calais	VT	2:39:31	7:59
7	2/5	Caleb Clark	26	M	Montpelier	VT	2:40:03	8:01
8	3/8	Justin Ryea	36	M	S Burlington	VT	2:40:07	8:01
9	2/6	Nicole Yokum	31	F	White River	VT	2:40:17	8:01
10	1/1	Dot Martin	54	F	Williamstown	VT	2:41:47	8:06
11	1/2	Len Hall	61	M	Enfield	NH	2:42:14	8:07
12	1/5	Tim Shea	45	M	Montpelier	VT	2:43:43	8:12
13	4/8	Jason Wulff	36	M	Waterbury	VT	2:43:44	8:12
14	3/8	Chris Andresen	59	M	Montpelier	VT	2:43:50	8:12
15	4/8	Nelson Carter	54	M	Lebanon	NH	2:45:45	8:18
16	2/5	Ben Ellingson	44	M	Montpelier	VT	2:46:13	8:19
17	3/5	Brodie O'Brien	28	M	Burlington	VT	2:46:27	8:20
18	4/5	Brad Miller	29	M	Burlington	VT	2:46:28	8:20
19	5/8	Bob Emmons	56	M	S Duxbury	VT	2:46:40	8:20
20	5/5	Emanuel Kessler	26	M	Jericho	VT	2:47:53	8:24
21	1/3	Tiffany Travis	28	F	Beverly	MA	2:48:37	8:26
22	5/8	Jacob Royer	32	M	Hinesburg	VT	2:58:42	8:57
23	2/2	Chuck Arnold	67	M	Burlington	VT	3:00:43	9:03
24	6/8	Franklyn Lelecy	53	M	Lebanon	NH	3:01:38	9:05
25	6/8	Andrew McAvoy	31	M	Montpelier	VT	3:02:49	9:09
26	1/2	Carlie Krolick	60	F	Charlotte	VT	3:09:00	9:27
27	3/6	Rebecca McBroom	34	F	Roxbury	VT	3:12:26	9:38
28	1/3	Katrina Phillips	44	F	Montpelier	VT	3:12:47	9:39
29	3/5	Sean Murphy	48	M	Websterville	VT	3:14:38	9:44
30	7/8	Fred Gillen	51	M	Duxbury	VT	3:15:29	9:47
31	2/3	Erin Randall-Mull	40	F	Colchester	VT	3:17:10	9:52
32	2/3	Holly Whitney	25	F	Shelburne	VT	3:17:11	9:52
33	3/3	Karen Krupa	24	F	S Burlington	VT	3:17:12	9:52
34	8/8	Tom Cardinal	51	M	Essex Jct	VT	3:17:13	9:52
35	4/6	Jessica Parker	32	F	Colchester	VT	3:18:27	9:56
36	2/2	Dot Helling	65	F	Montpelier	VT	3:18:35	9:56
37	3/3	Amy O'Toole	42	F	Hyde Park	VT	3:18:57	9:57
38	5/6	Judy Stermer	32	F	Montpelier	VT	3:27:03	10:22
39	6/6	Jessica Deane	32	F	Waterbury Ct	VT	3:27:07	10:22
40	7/8	Alan McGrath Jr	30	M	Lyndonville	VT	3:33:11	10:40
41	8/8	Steven Ussher	39	M	S Burlington	VT	3:33:31	10:41
42	4/5	Morgan Ecklund	48	M	Calais	VT	3:52:39	11:38
43	5/5	Adam Rosen	48	M	Montpelier	VT	4:05:47	12:18

Three other age group records were also set including 2:41:47 for F50-59 by Dot Martin, 3:09:00 for F60-69 by Carlie Krolick, and 2:42:14 for M60-69 by Len Hall. CVR members Gavin Boyles and Brian Burns joined forces to set a men's relay record of 2:14:02 as they came across the line 2nd to David Herr. We have 2 streakers for all 6 of the 20 Milers: Justin Ryea has raced the full 20 each year and David Erickson has raced either the 20 or the relay each year.

Many thanks to our large group of volunteers:

Richard Cleveland, Sigh Searles, Marsha Bancroft, Roger Cranse, Mary Stridsberg, Mark Howard, Meredith Naughton, Anna Berg, Dylan Broderick, Jill Aspinall, John Martin, Barbara Flint, and Jean Palmisano.

With a total of 71 paid entries we are able to make a contribution of \$1000 to the Adamant Music School which provides a wonderful venue for the start and finish festivities and is a great addition to the landscape and musical culture of Central Vermont.

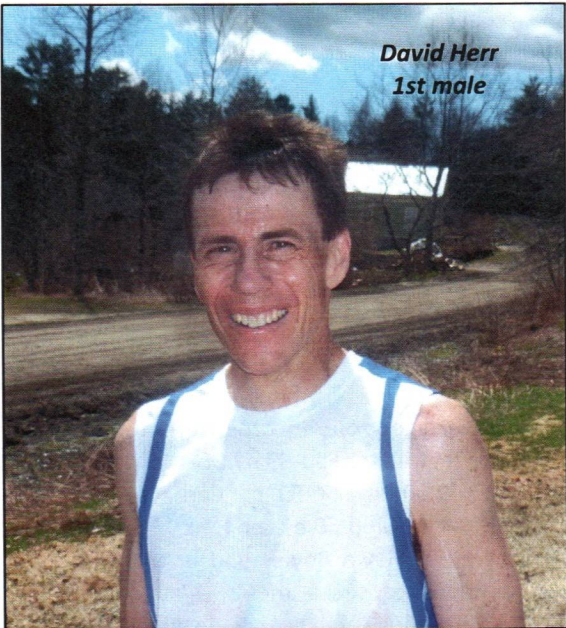
Eric Ryea & Donna Smyers, Race Directors

*** RELAY RESULTS ***

Place	First Leg	Second Leg	R	Leg1	Leg2	Finish
1	Gavin Boyles	Brian Burns	M	1:25:37	48:25	2:14:02
2	Kyle Powers	Joseph Kill	M	1:32:55	48:19	2:21:14
3	Jim Flint	Mack Gardner-Morse	M	1:33:04	52:36	2:25:40
4	Chris Eaton	Pam Eaton	C	1:36:25	58:27	2:34:52
5	Bob Emmons	Sue Emmons	C	1:39:04	58:16	2:37:20
6	Catherine Reed	Todd Taska	C	1:49:29	52:30	2:41:59
7	Dot Martin	Erin Preston	F	1:44:14	1:00:14	2:44:28
8	Carrie Felice	Dillon Burns	F	1:49:26	56:08	2:45:34
9	Sean Murphy	Dave Erickson	M	1:53:21	1:08:41	3:02:02
10	Whitney Kaulbach	Thomas O'Toole	C	2:11:26	1:15:42	3:27:08
11	Steve Depalma	Jennifer Depalma	C	2:07:36	1:25:53	3:33:29
12	Jill Smith	-----	C	2:03:36		

"...Justin Ryea has raced the full 20 each year and David Erickson has raced either the 20 or the relay each year"

*David Herr
1st male*



Adamant 20 Miler and Relay
Photos by Jim flint

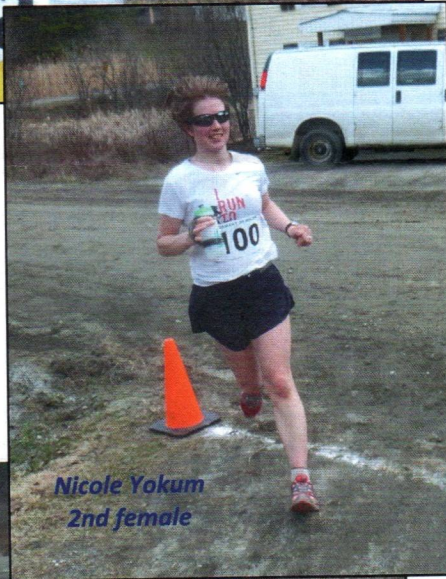
*Leah Frost
1st female*



*Gavin Boyles, Brian Burns
1st male relay*



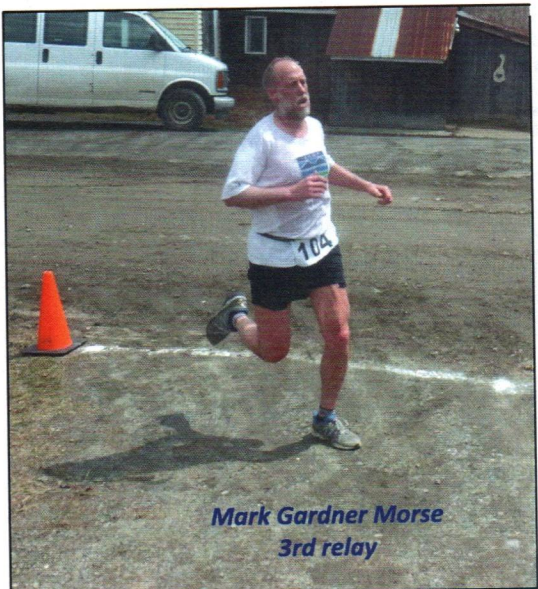
*Nicole Yokum
2nd female*



*Dot Martin, Erin Preston
1st female relay*



*Mark Gardner Morse
3rd relay*



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

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

- May 16, "CVR" 7th Barre Town Spring Run 5K**, 9:00am, Barre Town Recreation Field, *Contact: Andrea McLaughlin at 476-4417 or ajvtskier@msn.com [CVR/ORS series]*
- May 17, Shires of Vermont Marathon**, 8:00am, Bennington to Manchester, *Contact: www.shiresofvermontmarathon.com*
- May 23, Spring Festival 5K**, 9:15, Hardwick, *Contact: jimflintvt@gmail.com*
- May 24, Vermont City Marathon**, Registration for the marathon is still open. Information at www.vermontcitymarathon.org
- May 29, "CVR" 19th Kids Track Meet**, Montpelier High School, *Contacts: Tim Noonan at 223-6216 or Dot Helling*
- June 6, "CVR" 39th Capital City Stampede 10K**, 9:00am, Montpelier, *Contact: John Valentine at jvalentine@tds.net or 485-3777 [CVR/ORS series]*
- June 7, Race to the Top of Bradford 3.5 mile Trail Race**, 9:00am, *Contact: Rick Evans at rickevans111@yahoo.com or www.bradfordconservation.org/race*
- June 7, Remembrance Run 5K**, 9:15am, People's Academy High School, Morrisville, *Contact: www.remembrancerun.net*
- 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 14, 39th Crowley Brothers 10K, 5K, Half Marathon, 1 mile kid's race**, 8:00am, *Contact: www.crowleyroadrace.com*
- June 21, "CVR" 40th Paul Mailman Montpelier 10 Mile**, 8:45, *Contact: Andy Shuford at 272-3218 or andy.cvr@myfairpoint.net [CVR/ORS series]*
- June 21, 25th Father's Day 5K**, 9:00am, Essex Jct. Recreation, Maple Street Park, *Contact: www.ejrp.org*
- June 21, 12th Skip Matthews 4 Mile Run**, 10:00am, Lebanon NH, *Contact: www.skipsrun.org*
- June 27, CVMC 5 Mile Fun Run**, 10:00, Berlin Pond, *Contact: http://www.cvmc.org/community-wellness/classes-and-events/cvmc-fun-run*
- June 27, Strawberry 5K**, 9:00am, Bradford, *Contact: https://runsignup.com/Race/VT/Bradford/Strawberry5K*
- June 28, 12th Shaker 7 Mile Road Race & 3 Mile walk**, 9:00am, Enfield NH, *Contact: www.enfieldmainstreet.org*
- July 3, Montpelier Mile**, 6:00pm, near the Vermont State House, *Contact: Onion River Sports 229-9409 or www.onionriver.com [CVR/ORS series]*
- July 4, 33rd "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 [CVR/ORS series]*
- July 12, Stowe 8 Miler & 5K**, 9:00am, Stowe Recreation Field, *Contact: www.locorunning.com*
- July 26, "CVR" Barre Heritage Festival 5K Trail Run**, 9:00, *Contact: Lori LaCroix at 479-2938*
- July 26, Essex Half Marathon**, 8:30am, Essex High School, *Contact: www.essexhalf.com or 872-3371*
- July 26, Caspian Challenge 6.8 Mile & 5K**, 8:30, Greensboro *Contact: www.greensboroassociation.org*
- August 1, "GMAA" 36th Round Church Women's Run 5K/10K**, 8:30am, Richmond, *Contact: www.gmaa.net*
- August 20, "CVR" 36th Berlin Pond 5 Mile**, *Contact: Jeff Prescott at jeffp_cvr@myfairpoint.net or Sue Emmons at sue.emmonds@comcast.net [CVR/ORS series]*
- August 23, "GMAA" 23rd Scholarship Trail Race 5K**, 8:30am, South Burlington *Contact: www.gmaa.net*
- August 23, Tour de Force half Marathon, 10K, 5K**, Plattsburgh NY, *Contact: https://runsignup.com/Race/NY/Plattsburgh/TourdeForceHalfMarathon*
- August 30, "GMAA" 47th Archie Post 5 Miler**, 8:00am, Burlington *Contact: www.gmaa.net*
- September 5, "CVR" 38th Northfield Savings Bank 5K & 1 Mile**, *Contact: Rowly Brucken or June Burr [CVR/ORS series]*
- September 6, "GMAA" Labor Day 15K**, 9:00am, South Burlington *Contact: www.gmaa.net*
- September 16, "CVR" 12th Sodom Pond 4 Mile**, 6:00pm, Adamant, *Contact: Tim Noonan at 223-6216 [CVR/ORS series]*
- September 19, "GMAA" Common to Common 30K**, 8:30am, Essex *Contact: www.gmaa.net [CVR/ORS series]*
- October 3, "GMAA" Art Tudhope 10K**, 9:00am, Shelburne *Contact: www.gmaa.net*
- October 4, "CVR" 32nd Leaf Peepers Half-Marathon and 5K**, 11:00am, Waterbury, *Contact: Roger Cranse at 223-6997 or rcc59@comcast.net [CVR/ORS series]*
- 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*

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



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CVR PD 14

Robert Murphy
35 Birchwood Park
Barre, VT 05641

05/09



May 2015

NEWSLETTER

Volume 36 Issue 3

RENEW your membership, or JOIN, 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, \$15 for family, \$5 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.