

**Newsletter****NOV 2015****Volume 36****Issue 5*****In this Issue:***

Meeting Minutes... 2  
 President' News... 4  
 Race Series Proposals 6  
 Race Results... 8  
 A Run to Remember 14  
 Race Schedule... 15  
 Membership Form... 16

**Central Vermont Runners/Onion River Sports Race Series**

The (almost) final standings are available at [cvrunners.org](http://cvrunners.org). All races in the series have been run, but there are still opportunities to volunteer for the Fallen Leaves races. If you have any questions about the standings, please contact **Jim Flint** at [jimflintvt@gmail.com](mailto:jimflintvt@gmail.com)

Top ranking CVR members include:

AGE GROUP	CVR MEMBER	VOLUNTEER YES	TOTAL POINTS
Female 0-19	Brynn Bushey		207
	Zoe Colvin		199
Female 20-29	Shannon Salembier	X	421
	Pam Eaton	X	347
Female 30-39	Sarah London	X	494
	Megan Valentine	X	486
Female 40-49	Mary Stridsberg	X	268
	Sandy Colvin	X	245
Female 50-59	Sue Hackney	X	500
	Dot Martin	X	497
Female 60-69	Dot Helling	X	384
	Celine Blais		167
Male 0-19	Brian Bushey		467
	Jeremy Grovenor		290
Male 20-29	Geordy Aitkin		97
Male 30-39	Thorin Markison		479
	Brian Burns	X	476
Male 40-49	Jon Copans		491
	Ben Ellingson	X	484
Male 50-59	Jim Flint	X	500
	Mack Gardner-Morse	X	486
Male 60-69	John Valentine	X	492
	Jamie Shanley		480
Male 70-79	Bob Murphy	X	500
	Roger Cranse	X	430

## Draft Minutes/Secretary's Notes of the CVR Meeting -Aug 17, 2015 -

Approximately 15-20 members were in attendance.  
Approval of minutes from Annual meeting on May 19 as printed in Newsletter.

### Treasurer's Report

John reported the balance in our account (s) is approximately \$20,000. Much of this is due to registration for Leaf Peepers is ongoing and proceeds will be used to offset all the expenses of the race. In comparing to last year at this same time we are about the same with regards to balance in our account. John had no other comments, concerns, but did want to mention again, if you deposit money into the account, please send him a note with as much detail as possible on what the deposit represents. It helps him to track and document inflows better.

### Membership Report

Donna reports we have @ 137 families as members of the club. It is increasing and the online ability to renew or join online is going well. Greg mentions he thinks our presence on social media is helping with membership as well.

### Race Updates

Worcester, 6/14 – Small turnout, but race went well.

Stampede, 6/6 – Race went well, after expenses \$450 was deposited to club account.

Mailman, 6/21 – Due to the rain/storm the number of runners was less than previous years but otherwise a good race.

Montpelier Mile, 6/3 – Continues to be a popular race and CVR did a great job in helping ORS with everything, especially the timing, all went really well.

Bear Swamp, 7/11 – Had 30+ runners and all went well.

Barre Heritage Trail Race, 7/26 – Race went well, had one of the highest attendance in history of the race. Lori Lacroix, the race director has indicated she is unavailable to direct this race next year. The club discussed if we want to continue to have this race, or do we want to let another organization take over, such as Barre Rehab Gym. The gym has indicated interest but also asked for assistance from Lori/CVR. There was some discussion on what we want to do. Didn't make any final decisions but will continue discussions in future CVR meetings. Perhaps a CVR member will come forward and volunteer to be race director.

### Upcoming Races

Berlin Pond, 8/20 - Jeff Prescott & Sue Emmons report they are ready, have volunteers, all set to go.

Northfield, 9/5- Rowly Brucken reports BeGoodSports is going to time the race this year, not CVR. However, CVR will continue to be involved, Rowly will continue to help coordinate timing and volunteers and will be onsite to assist. He is meeting with BeGoodSports to discuss timing. There was discussion about CVR being paid for our assistance and it will continue the same this year, and we can revisit it again next year, should we feel our involvement (or lack of) doesn't warrant payment.

Sodom Pond, 9/16 - Tim wasn't at the meeting but Donna reported it will be held as planned and there will be a pasta dinner as there has been in the past.

Leaf Peeper's 10/4 - Roger Cranse reports we have 440 registered for the half marathon and 157 registered for the 5k. This is about the same as this time last year. Over the past few years registration hasn't filled and we get a lot of people registering closer to race date than ever before. Greg is coordinating advertisements via Front Porch Forum and Roger is sending out e-mail blasts to previous runners. Roger has been actively working with the town, has met with town officials, police, fire etc. to coordinate efforts. He has also met with the property owner regarding the start/finish location. Meetings are going well and only anticipated change is the location of the port-o-lets. June is working on volunteers and will be reaching out to past volunteers to coordinate this year. The group discussed road closures and gave Roger feedback regarding which side of the road runners should be on, and shared ideas to enforce this better.

Fallen Leaves, 11/7, 14, 21 – Tim wasn't in attendance, no update.

North Branch 8K – This is an ORS event. CVR was asked to help run this race this year, but after discussion on available dates, it was determined by ORS the race will be postponed to next year and consideration given to a different time of year, maybe mid to early summer, versus late summer. CVR makes many of the decisions on races at our November meeting. It was discussed that between now and then we should see if someone in the club would like to volunteer to be co-race director or at the very least be the point of contact for CVR to work with ORS on this race. If so, than we can feel more comfortable in committing to this race and getting it on our race calendar, getting volunteers etc. More to come.

### Equipment

June reported we are good on equipment. Donna discussed the timers and previous concerns about paper for the timers but all has been resolved. There was a motion and approval to allow Andy to purchase a replacement for the CVR Tent Case, which has been damaged and needs to be replaced.

*(continued on next page)*

## CVR November Meeting

**Monday November 9th**

**At Denise Ricker's - 399 Murray Hill**

**6:00 pm pot luck meal**

**7:00 pm business meeting**

*Take Main Street north out of Montpelier,  
Turn left onto Murray Hill and go to the end of the street*

(continued from prior page)

**ORS Series Rules**

The group discussed potentially changing the Race Series Rules. A lot of ideas came out of the discussion. Greg has asked that if any club member has ideas on the race rules, to e-mail to him. At the November CVR meeting all the ideas will be discussed and final decisions on changing the race series rules will be determined then.

**Donations procedures**

Greg brought up the current challenges with the club regarding donations to various organizations such as Girls on the Run, Special Olympics, and High School Cross Country. The challenge is by not having a club policy on how donations will be made, how much and to whom, every year the club is faced with making a decision on to whom we give grants. The club decision process has tended to change year over year. It is preferable to have a stated policy and repeatable process which will help make the decisions easier. Greg and Beth Daut met to create a suggested process, which he handed out to the attendees. There was a lot of discussion but no final decisions made. Greg asked if any CVR member would like to volunteer to be the coordinator of club donations and grants. This person would work with the community, schools and other organizations to gather their requests for donations. This person would then provide an informed request and recommendation to the club for donations. If anyone is interested contact Greg.

**Nominating Committee** – Greg is looking for a few CVR members to volunteer to be on a nominating committee looking to nominate candidates to serve as President, and candidates to serve as Vice President.

**Review Club policy**

Reminder that all Race Directors are ASKED to return a minimum of \$1.00 per runner, to CVR treasury. This is to keep funds in the CVR treasury to keep the club running, provide new equipment when needed etc. Any funds raised above and beyond the \$1.00 per runner are at the Race Directors discretion for donation.

**Club Shirts**

There are still a variety of club shirts for sale.

Men's prices: singlet \$25, long sleeve \$25, short sleeve \$15.

Women's prices: Asics singlet \$25, Nike singlet \$35, short sleeve \$25, long sleeve \$50.

Next meeting is Monday, Nov 9, 2015 – Looking for a host –

Rowley Brucken has volunteered to host at his home but not confirmed at this time. Stay tuned to future communication with confirmation of the location, and mark your calendars of the date. (*meeting details ~ page 2*) ...Sandy Colvin

**Central Vermont Runners is on line at:**  
**[www.cvrrunners.org](http://www.cvrrunners.org)**

**Central Vermont Runners is on facebook:**  
**[www.facebook.com/CentralVermontRunners](http://www.facebook.com/CentralVermontRunners)**

This newsletter is a publication of the  
**Central Vermont Runners**

Elected Officers include:

President:..... Greg Wight

Vice-President:..... June Burr

Treasurer:..... John Valentine

Secretary:.....Sandy Colvin

Past President:..... Jeff Prescott

Executive Committee members at large:

Darragh Ellerson and Beth Daut

Appointed Officials include;

CVR/ORS race series:..... Jim Flint

CVR clothing:..... Mary Stridsberg

Equipment coordinator:..... June Burr

Facebook administrators:.. Allie Nerenberg and Dylan Broderick

Membership:.....Donna Smyers

Newsletter:..... Bob Howe

Publicity coordinator:..... Dylan Broderick

Volunteer coordinator:..... June Burr

Webmaster:.....John Hackney

Central Vermont Runners  
is a member of RRCA,  
the Road Runners  
Club of America



Dining  
& BANQUET  
ROOM



“Save  
The  
Date”

*It is never too early to start talking  
about food. The  
CVR Awards/Volunteer Dinner  
is scheduled for January 21, 2016.*

Arrive: 1745-1800 Cash Bar

Dinner: 1830

Menu: Steak Tips, Turkey, Salm-  
on and Vegetarian Lasagna.  
Soup, Salad, Grain and Apple  
Cobbler Dessert.

*Further Instructions Forthcoming, John Martin*

## President's News:

Big plans for the November 9 club meeting. We'll meet and eat at Denise Ricker's (Thanks, Denise!) Pot Luck at 6, meeting at 7. We'll be finalizing the 2016 race schedule and list of Race Directors, talking about the Volunteer dinner, hearing the Leafpeeper financial report, and significant other business.

With the Fallen Leaves three part 5K series on the near horizon, the end of the CVRunners 2015 race season is at hand. There are, of course, lots and lots of race opportunities in the next weeks, from marathons to Turkey Trots. By the time you read this, Onion River's Autumn Onion 5K 2015 will be in the books. It's been a great, successful year for the club – new members, enthusiastic and skilled Race Directors, a new close relationship with Onion River Sports, and some hotly contested age groups in the ORS Series.

Now we look ahead.

At the Nov. 9 meeting, we will finalize changes to the ORS Series rules and list of races.

Sean Murphy and Ann Bushey are making all the right moves to get New Year's Eve 5K ready – Our first 2016 race and the first of the 2016 Series events (unless you vote to change that).

Your Executive Committee is lining up Race Director volunteers for all of our 2016 races. If you hear the call to be an RD, the best way is to apprentice yourself to a current RD to learn the ropes...let me know and I'll find you a place.

Volunteer Banquet is Jan 21. Not to be missed.

Annual Meeting and election of new officers is March 20. We will be electing at least a new President and Vice President and perhaps other positions as determined as the club nominating committee (yet to be appointed) does their work over the next several months.

What will you do to stay in shape? Winter long runs? XC ski? End-to-end the Pacific Crest Trail?



*Amanda and Aj Kiser (Jamaica Plain, MA) on their way to a sub 1:51 finish at the Leaf Peeper Half Marathon*

*More info on page 15*

Photo courtesy of Roger Cranse

My husband, J J and I welcomed our son, Jake, the newest CVR member, into the world on October 7th. He weighed 6lbs., 10oz., and he was 20" long. Jake and I ran 6 races together during our pregnancy, including the 100 on 100. We're looking forward to seeing everyone at races again!

... Allie Nerenberg



Photo courtesy of Allie Nerenberg



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

## Berlin Pond 5-Miler ... August 20, 2015

We had an awesome turnout for the Berlin Pond 5-Miler. There were 103 finishers. I don't know if that is an all-time record but it is certainly the most we have had in the current century. The temperature was hot with a strange warm wind blowing from the south when I was out setting up the course. The warm weather continued through the first part of the race and then a quick shower blew through to cool things off a bit. It was interesting to observe the wet finishers back at the town office. Some runners were cold and couldn't wait to get into dry clothes. Others claimed to still be hot and asked if they could have a second frozen fruit bar.

Thanks to Onion River Sports and Red Hen Baking Company for the donation of awesome prizes. This event is fairly complicated to produce given the distance between the pre-race/post-race location and the race course. Thanks to co-director Sue Emmons and our loyal cadre of cheerful volunteers for making it look easy.

The overall winner was Matt Cheney of Princeton, NJ in 26:56. Matt also won the King of the Hill award and demolished the prior M 20-29 age group record (28:07 set by Nathan Fields in 2006). The overall female winner was Rachel Cheney of Princeton, NJ in 33:59. Rachel was the Queen of the Hill. If these names ring a bell, it may be because Matt won the Montpelier Mile in 4:33 and Rachel was 2nd female in 5:14.

For CVR, the top finisher was 19-year-old Caleb Kessler who finished in 2nd overall in 30:02. 16-year-old Jeremy Hoyne Grosvenor rounded out the top three in 31:05. CVR ladies also captured the 2nd and 3rd overall slots with Sarah London and Sue Hackney finishing in 34:35 and 34:37, respectively. In addition to our race winners from NJ, we also had runners from FL, MA, NH, TX and Ireland.  
... Jeff Prescott

Place Div/Tot Name Age S City St Time Pace

Place	Div/Tot	Name	Age	S	City	St	Time	Pace
1	1/4	Matt Cheney	22	M	Princeton	NJ	26:56	5:24
2	1/10	Caleb Kessler	19	M	Waitsfield	VT	30:02	6:01
3	2/10	Jeremy Hoyne Grosvenor	16	M	Cabot	VT	31:05	6:13
4	1/11	Rowly Brucken	46	M	Northfield	VT	31:34	6:19
5	2/4	Steve Croucher	26	M	Randolph Ctr.	VT	32:24	6:29
6	1/4	Adam French	36	M	Berlin	VT	32:31	6:31
7	2/11	Jon Copans	41	M	Montpelier	VT	33:00	6:36
8	3/11	Ben Ellingson	44	M	Montpelier	VT	33:14	6:39
9	1/8	Jim Flint	56	M	Craftsbury	VT	33:20	6:40
10	3/4	Matthew Horner	28	M	Northfield	VT	33:30	6:42
11	4/11	Scott Nichols	49	M	Essex	VT	33:49	6:46
12	1/8	Rachel Cheney	22	F	Princeton	NJ	33:59	6:48
13	3/10	Isaac Kaplan	14	M	Randolph	VT	34:15	6:51
14	5/11	Rob McDougall	40	M	So. Burlington	VT	34:16	6:52
15	4/10	Liam Mears	15	M	Montpelier	VT	34:34	6:55
16	1/9	Sarah London	36	F	Montpelier	VT	34:35	6:55
17	1/15	Sue Hackney	58	F	Montpelier	VT	34:37	6:56
18	5/10	Joshua Huffman	16	M	Randolph	VT	34:38	6:56
19	2/8	Laura Mears	20	F	Montpelier	VT	34:57	7:00
20	2/8	Mike Gillis	58	M	Middlesex	VT	35:31	7:07
21	2/15	Dot Martin	55	F	Montpelier	VT	35:33	7:07
22	6/11	Chris Bedell	41	M	Williston	VT	35:49	7:10
23	3/8	Scott Moreau	53	M	Westford	VT	36:05	7:13
24	2/9	Kaitlin O'Shea	30	F	Burlington	VT	36:33	7:19
25	3/8	Dylan Broderick	24	F	Montpelier	VT	36:34	7:19
26	3/15	Donna Smyers	57	F	Adamant	VT	36:41	7:21
27	4/8	John Grosvenor	54	M	Cabot	VT	36:44	7:21
28	4/8	Hillary McAllister	24	F	Montpelier	VT	36:49	7:22
29	5/8	Gary Kessler	55	M	Fayston	VT	36:50	7:22
30	6/10	Brian Bushey	12	M	Montpelier	VT	36:51	7:23
31	7/11	Brendan Donahue	43	M	South Easton	MA	36:57	7:24
32	8/11	Sean Murphy	48	M	Websterville	VT	37:13	7:27
33	1/12	John Valentine	65	M	Roxbury	VT	37:54	7:35
34	5/8	Alisa Vereshchagin	25	F	Lebanon	NH	37:56	7:36
35	9/11	William Mattoon	46	M	Chelsea	VT	38:03	7:37
36	1/11	Sophie Dasaro	18	F	Waitsfield	VT	38:05	7:37
37	7/10	Brandon Ryan	14	M	Randolph	VT	38:08	7:38
38	4/15	Beth Daut	54	F	Berlin	VT	38:11	7:39
39	10/11	Jeff Mangini	45	M	Bristol	VT	38:12	7:39
40	6/8	Rob Monette	52	M	Jericho	VT	38:23	7:41
41	3/9	Lydia Petty	32	F	Northfield	VT	38:41	7:45
42	8/10	Robbie Draper	16	M	Randolph	VT	38:45	7:45
43	2/12	Jamie Shanley	62	M	Montpelier	VT	38:48	7:46
44	1/2	John Hackney	70	M	Montpelier	VT	38:52	7:47
45	4/9	Simona Talos	35	F	Rochester	VT	38:55	7:47
46	4/4	Geoffrey Schaubhut	28	M	So. Royalton	VT	39:14	7:51
47	7/8	Andy Shuford	55	M	Montpelier	VT	39:25	7:53
48	2/4	Colin Bright	33	M	Northfield	VT	39:44	7:57
49	6/8	Pam Eaton	29	F	Waterbury	VT	39:50	7:58
50	5/9	Katy Chabot	37	F	Middlesex	VT	39:57	8:00
51	9/10	Zach Baker	17	M	Brookfield	VT	40:14	8:03
52	3/4	John Klein	33	M	Montpelier	VT	40:18	8:04
53	6/9	Amber Van Zuilen	31	F	Colchester	VT	40:25	8:05
54	3/12	Steve Meunier	61	M	Milton	VT	40:30	8:06
55	4/4	Jamie Kinnarney	30	M	So. Royalton	VT	40:34	8:07
56	5/15	Nancy Mears	52	F	Montpelier	VT	40:44	8:09
57	6/15	Carolyn Ritter	53	F	Waterbury	VT	41:59	8:24
58	7/8	Shannon Salembier	29	F	Montpelier	VT	42:33	8:31
59	7/15	Linda Cleveland	54	F	Barre Town	VT	43:06	8:38
60	8/15	Ann Bushey	57	F	Montpelier	VT	43:49	8:46
61	9/15	Laura Medalie	52	F	Montpelier	VT	43:50	8:46
62	1/1	Dot Helling	65	F	Montpelier	VT	44:20	8:52
63	4/12	Eric Ryea	62	M	Adamant	VT	44:46	8:58
64	2/11	Courtney Clement	13	F	East Randolph	VT	44:47	8:58
65	1/7	Stacey Leadbetter	41	F	Barre	VT	44:48	8:58
66	3/11	Addie Luke-Currier	15	F	Randolph Ctr.	VT	44:49	8:58
67	4/11	Brooke Isabelle	18	F	Barre	VT	44:52	8:59
68	5/12	Gregory Gerdel	68	M	Montpelier	VT	44:54	8:59
69	2/7	Melanie Kialka	42	F	Ireland	VT	45:01	9:01
70	8/8	Katherine Kauffman	24	F	Montpelier	VT	45:49	9:10
71	3/7	Melissa Prindiville	43	F	Berlin	VT	46:01	9:13
72	10/10	Noah Abbot	16	M	Randolph	VT	46:05	9:13
73	5/11	Lindsey Robinson	17	F	Randolph	VT	46:06	9:14
74	6/11	Aiyanna Vargo	16	F	Braintree	VT	46:07	9:14
75	10/15	Gail Pelkey	50	F	Waterbury	VT	46:14	9:15
76	6/12	Neal McBain	68	M	Lebanon	NH	46:21	9:17
77	8/8	Arthur Hamlin	52	M	Braintree	VT	46:27	9:18
78	7/9	Tonya Spaulding	31	F	East Barre	VT	46:38	9:20
79	11/15	Tammy Lawrey	50	F	Middlesex	VT	47:58	9:36
80	12/15	Robin Reed	51	F	Plainfield	NH	48:58	9:48
81	4/7	Joanne Mugford	47	F	West Berlin	VT	48:59	9:48
82	8/9	Jennifer Jacques	35	F	Williamstown	VT	49:29	9:54
83	7/12	Harold Garabedian	68	M	Montpelier	VT	49:49	9:58
84	7/11	Anna Beach	15	F	Barre	VT	50:29	10:06
85	8/11	Yanna Power	13	F	Ireland	VT	50:30	10:06
86	13/15	Bonnie Roberts	52	F	Waterbury	VT	50:41	10:09
87	8/12	Greg Wight	69	M	Brookfield	VT	50:52	10:11
88	14/15	Ann Bridges	50	F	Randolph	VT	51:17	10:16
89	5/7	Kathy Town	47	F	East Barre	VT	51:35	10:19
90	9/12	Bill Everett	63	M	Essex Jct.	VT	51:35	10:19
91	15/15	Mary Jane Tappen	58	F	Tallahassee	FL	54:15	10:51
92	10/12	Gary Furlong	62	M	Milton	VT	54:41	10:57
93	9/9	Gina Sherriff	36	F	Montpelier	VT	56:04	11:13
94	6/7	Cindy Barr	46	F	West Berlin	VT	56:33	11:19
95	11/11	Craig Lyford	47	M	Barre	VT	57:58	11:36
96	11/12	Michael Chernick	61	M	Montpelier	VT	59:00	11:48
97	2/2	Roger Cranse	74	M	Montpelier	VT	1:00:00	12:00
98	9/11	Meredith Stetter	14	F	Montpelier	VT	1:00:41	12:09
99	10/11	Josie Gingold	15	F	Montpelier	VT	1:00:41	12:09
100	11/11	Brynn Bushey	15	F	Montpelier	VT	1:00:42	12:09
101	1/1	Gerow Carlson	83	M	Montpelier	VT	1:04:03	12:49
102	7/7	Mary Stridsberg	42	F	Berlin	VT	1:07:04	13:25
103	12/12	Gary Pulver	67	M	Granbury	TX	1:17:59	15:36

## Proposals for 2016 CVR/ORS Race Series

Jeff Prescott

There were be two important agenda items at the November club meeting with respect to the 2016 CVR/ORS Race Series. These items include:

1. Proposed changes/clarifications to rules for 2016 CVR/ORS Race Series
2. Proposed changes to the race line-up for 2016 CVR/ORS Race Series

This article contains a review of both agenda items so that you have time to consider them before the club meeting. Note that the agenda items are independent from each other. For example, it would be possible to vote for the rule changes and against the race line-up changes. Or vice versa.

These proposals are offered by the Race Series Committee (Jim Flint, John Hackney, Bob Murphy, Donna Smyers and yours truly). Please feel free to contact any of the committee members with questions or comments.

### Proposed Rule Changes

The proposed rule changes were exposed in the last newsletter and discussed at the August club meeting. The primary impetus for the rule review was our lack of clear procedure for determining the overall winner of the series (as opposed to age group winners). Given that we were going to revisit the rules for this reason, it also seemed like a good time to consider various technical tweaks to clarify handling of various ambiguous situations. The recommendations are as follows:

- Eliminate designation of overall race series winners.
- Continue to award race series age group winners, including multiple awards in the unlikely event of a tie within an age group.
- Add age groups for M 80+ and F 80+.
- Continue to base age group in race series on age at first race in the series.
- Move deadline for dues payment for series eligibility from July 1 to June 1 to enable more timely posting of standings.
- Allow members joining/renewing after June 1 to participate in the current year series but only receive points for events run AFTER the date of joining/renewing.
- Continue existing requirement of at least one volunteer service at a CVR event to maintain eligibility.
- Designate November meeting as proper venue for consideration of changes to race series event line-up for future series.
- Formalize practice that there is no replacement for any event cancellations after series is underway.

The prior newsletter article contains additional background information and a lengthy discussion of the rationale for each recommendation. Please refer to that article for additional information. (You can contact me directly at [jeffp\\_cvr@myfairpoint.net](mailto:jeffp_cvr@myfairpoint.net) if you would like a copy.)

### Proposed Race Line-Up

The number of events in the race series and the specific events has varied over time. For 2013 through 2015, the line-up has consisted of the following 12 events: New Year's Eve 5k, Kaynor's Sap Run, Barre Town Spring Run, Capital City Stampede, Paul Mailman 10 Miler, Montpelier Mile, Bear Swamp Run, Berlin Pond 5-Miler, NSB 5k/1-mile, Sodom Pond Run, Common to Common 30k and Leaf Peeper's Half Marathon/5k.

Recently President Greg has received requests to consider other events for inclusion in the 2016 series. The first request was from Onion River Sports, our series co-sponsor, to consider the Autumn Onion 5k and the Onion River 8k Trail Race. The second request was from Arlon Chaffee of Loco Running to consider the Stowe 8-Miler/5k. Greg punted (delegated) these requests to the Race Series Committee for consideration.

After review, the Race Series Committee proposes that the Autumn Onion 5k and Stowe 8-Miler/5k be added to the series line-up for 2016. To maintain the total number of events at 12, the committee proposes to drop Kaynor's Sap Run and Common to Common 30k from the series. The committee does not recommend adding the Onion River 8k Trail Race at this time. Tim is planning to move the Bear Swamp Run so that it is not on the same weekend as the Stowe 8 Miler.

For reference purposes, I have enclosed several charts below showing the historical number of race series participants each event along with comparisons of the old line-up with the proposed new line-up.

**CVR/ORS Race Series Participants by Event By Year**

	<b>2012</b>	<b>2013</b>	<b>2014</b>
<b>Race</b>	<b>Count</b>	<b>Count</b>	<b>Count</b>
First Night/NYE (prior year)	18	23	29
Kaynor's Sap Run	10	6	9
Barre Town Spring Run	11	13	21
Capital City Stampede	17	22	30
Paul Mailman 10-Miler	17	20	21
Montpelier Mile	11	21	18
Bear Swamp Run	12	22	20
Berlin Pond Run	12	29	27
Northfield Savings Bank 5k	8	27	16
Northfield Savings Bank 1 mile	1	6	1
Sodom Pond Run	n/a	28	26
Common to Common 30k	9	7	8
Leaf Peeper's HM	14	13	12
Leaf Peeper's 5k	8	16	12
<b>Total</b>	<b>148</b>	<b>253</b>	<b>250</b>

**Event Ownership: Current vs Proposed**

		<b>Proposed</b>
<b>Ownership</b>	<b>2015</b>	<b>2016</b>
CVR	8	8
GMAA	2	0
ORS	1	2
NSB	1	1
Loco	0	1
<b>Total</b>	<b>12</b>	<b>12</b>

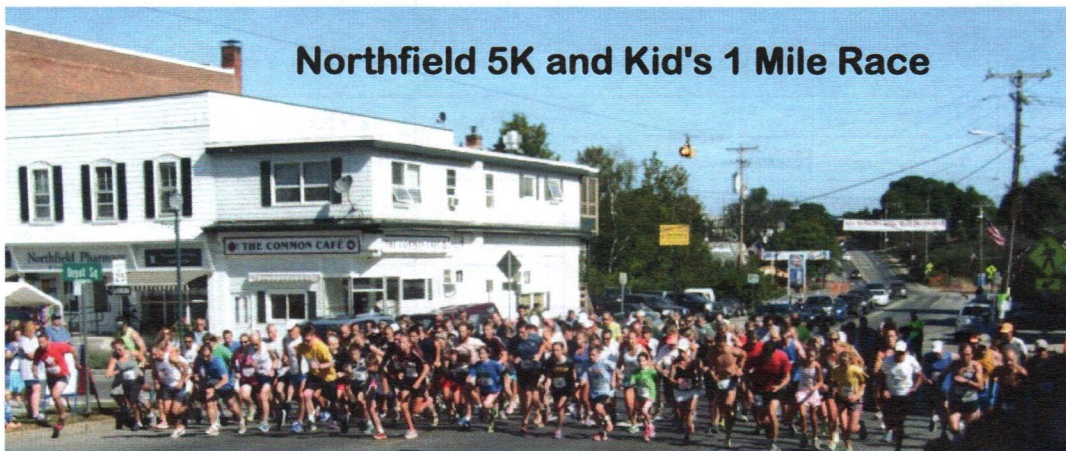
**Distribution by Region: Current vs Proposed**

		<b>Proposed</b>
<b>Region</b>	<b>2015</b>	<b>2016</b>
In Central VT	10	12
Outside Central VT	2	0
<b>Total</b>	<b>12</b>	<b>12</b>

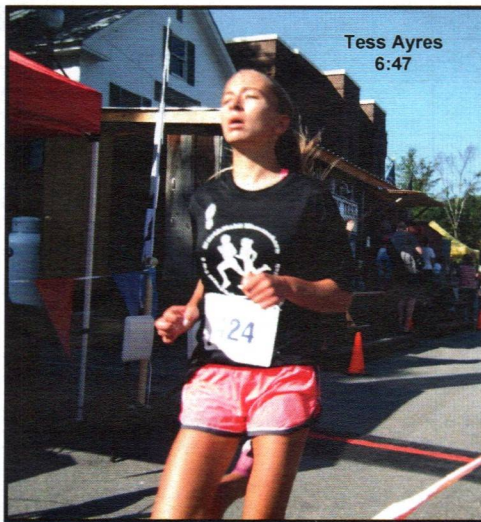
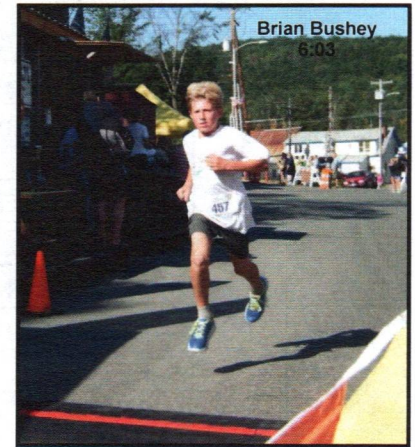
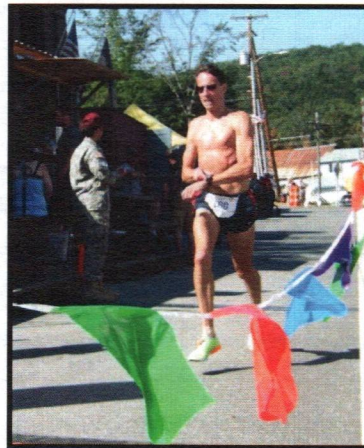
**Distribution by Event Distance: Current vs Proposed**

		<b>Proposed</b>
<b>Distance</b>	<b>2015</b>	<b>2016</b>
<=5k	4	5
>5k & <=10k	5	4
> 10k	3	3
<b>Total</b>	<b>12</b>	<b>12</b>

(For purposes of this chart, events with two distances available were logged under the longer distance.)



Photos courtesy of Greg Wight

Tess Ayres  
6:47Brian Bushey  
6:03

### Northfield Savings Bank ~ Kid's 1 Mile Run SEPTEMBER 5, 2015 ~ Overall Results

1	MARBVL, JESSE	NORTHFIELD, VT	00:5:46.203	5:46/M	MALE	13	26	SCHALL, RHEIA	MONTPELIER, VT	00:08:47.426	8:47/M	FEMALE	7
2	BUSHEY, BRIAN	NORTHFIELD, VT	00:06:03.526	6:03/M	MALE	12	27	LACROIX, EVELYN	BARRE, VT	00:09:03.096	9:03/M	FEMALE	8
3	THYGESEN, BENJAMIN	WILLIAMSTON, VT	00:06:29.986	6:29/M	MALE	12	28	DENIS, OWEN	WALTHAM, MA	00:09:20.983	9:20/M	MALE	7
4	THORNTON SHERMAN, ANDREW	WATERFORD, VT	00:06:41.286	6:41/M	MALE	8	29	BOYLES, THEA	MONTPELIER, VT	00:09:33.606	9:33/M	FEMALE	6
5	AYRES, TESS	NORTHFIELD, VT	00:06:47.580	6:47/M	FEMALE	12	30	WHEATON, JACKSON	NORTHFIELD, VT	00:09:42.906	9:42/M	MALE	6
6	ELLINGSON, CALE	MONTPELIER, VT	00:06:58.683	6:58/M	MALE	11	31	BRICKEY, HAILEY	NORTHFIELD, VT	00:10:04.833	10:04/M	FEMALE	12
7	MASCITTI, NICHOLAS	WILLIAMSTOWN, VT	00:07:07.806	7:07/M	MALE	7	32	BUTLER, RYLEIGH	FAIRLEE, VT	00:10:09.903	10:09/M	FEMALE	10
8	MOTYKA, OWEN	NORTHFIELD, VT	00:07:09.463	7:09/M	MALE	10	33	ROCHELEAU, CAMERON	MORETOWN, VT	00:10:10.043	10:10/M	FEMALE	10
9	PARTLOW, JAIDEN	NORTHFIELD, VT	00:07:16.510	7:16/M	MALE	11	34	HIGGINS, NATALIE	NORTHFIELD, VT	00:10:10.326	10:10/M	FEMALE	9
10	O'MARA, MOLLY	FRAMINGHAM, MA	00:07:17.373	7:17/M	FEMALE	10	35	DAVIS, OSCAR	ESSEX, VT	00:10:16.536	10:16/M	MALE	8
11	BOND, ALDEN	MIDDLESEX, VT	00:07:28.936	7:28/M	MALE	7	36	O'MARA, QUINN	FRAMINGHAM, MA	00:10:17.416	10:17/M	MALE	7
12	HOCHSCHILD, MAXWELL	PLAINFIELD, VT	00:07:44.603	7:44/M	MALE	8	37	MURPHY, KARSEN	NORTHFIELD, VT	00:10:37.996	10:37/M	MALE	6
13	ROGERS, HENRY	JERICHO, VT	00:07:47.623	7:47/M	MALE	7	38	GOLDER, JENNIFER	NORTHPORT, NY	00:10:38.200	10:38/M	FEMALE	10
14	ALLEN, CARTER	NORTHFIELD, VT	00:07:47.826	7:47/M	MALE	10	39	DONOFRIO, LENA	MONTPELIER, VT	00:10:57.096	10:57/M	FEMALE	8
15	HALL, TUCKER	NORTHFIELD, VT	00:07:52.126	7:52/M	MALE	10	40	DONOFRIO, EDIE	MONTPELIER, VT	00:10:57.220	10:57/M	FEMALE	11
16	SNYDER, COLIN	NORTHFIELD, VT	00:07:54.393	7:54/M	MALE	10	41	WILLIAMS, MACKENZIE	BARRE, VT	00:11:03.256	11:03/M	FEMALE	9
17	AMELL, CARTER	NORTHFIELD, VT	00:07:58.893	7:58/M	MALE	9	42	KORROW, GARRETT	NORTHFIELD, VT	00:11:09.766	11:09/M	MALE	6
18	CUSHMAN, EMMA	BARRE, VT	00:08:01.613	8:01/M	FEMALE	12	43	BRIGHT, RYAN	NORTHFIELD, VT	00:11:46.336	11:46/M	FEMALE	5
19	AYRES, ZOE	NORTHFIELD, VT	00:08:02.580	8:02/M	FEMALE	9	44	JEROME, OLIVIA	MONTPELIER, VT	00:11:58.200	11:58/M	FEMALE	8
20	DRURY, LOGAN	MIDDLESEX, VT	00:08:08.733	8:08/M	MALE	8	45	PRATT, COOPER	WATERBURY, VT	00:12:00.146	12:00/M	MALE	10
21	LACROIX, LILY	BARRE, VT	00:08:11.076	8:11/M	FEMALE	10	46	HERRING, HANNAH	WEST BERLIN, VT	00:12:01.693	12:01/M	FEMALE	8
22	HOCHSCHILD, ISIDORE	PLAINFIELD, VT	00:08:11.560	8:11/M	MALE	6	47	HERRING, EMMA	WEST BERLIN, VT	00:12:11.250	12:11/M	FEMALE	10
23	TUCKER, WYATT	ROXBURY, VT	00:08:17.380	8:17/M	MALE	9	48	LEMIEUX, JAZMINE	WEST BERLIN, VT	00:12:17.486	12:17/M	FEMALE	9
24	KORROW, EMMA	NORTHFIELD, VT	00:08:17.473	8:17/M	FEMALE	9	49	CUSHMAN, ADEN	BARRE, VT	00:12:19.063	12:19/M	MALE	8
25	ATCHINSON, JAMIE	WATERBURY, VT	00:08:25.680	8:25/M	FEMALE	10	50	LITTLE, ABI	MONTPELIER, VT	00:12:27.760	12:27/M	FEMALE	11
							51	LITTLE, VERONICA	MONTPELIER, VT	00:14:38.140	14:38/M	FEMALE	12
							52	JOHNSON, ISABELLA	BARRE, VT	00:15:09.963	15:09/M	FEMALE	5
							53	ROCHELEAU, KENDRA	MORETOWN, VT	00:15:17.463	15:17/M	FEMALE	7
							54	LITTLE, LUKE	MONTPELIER, VT	00:15:21.323	15:21/M	MALE	8
							55	KIRKPATRICK, KAITLYN	BARRE, VT	00:16:33.573	16:33/M	FEMALE	9
							56	ALLEN, ERIN	NORTHFIELD, VT	00:21:56.860	21:56/M	FEMALE	7



# Northfield Savings Bank 5K

## SEPTEMBER 5, 2015 ~ Overall Results

1	BURDETT, FRANCIS	NORTHFIELD,	00:17:00.203	5:26/M	MALE	50	69 HARVEY, GARRET R	BRADFORD, VT	00:26:35.246	8:30/M	MALE	27
2	BOYLES, GAVIN	MONTPELIER,	00:17:45.110	5:41/M	MALE	39	70 FISCHER, PATTI	MORETOWN, VT	00:26:44.150	8:33/M	FEMALE	57
3	GARDNER, SHAWN	DALLAS, TX	00:18:23.043	5:53/M	MALE	53	71 MILES, TEA	NORTHFIELD, VT	00:26:48.200	8:35/M	FEMALE	13
4	GUILD, MATT	BELLOW FALLS	00:18:36.733	5:57/M	MALE	51	72 NORTH, MORGAN	NORTHFIELD, VT	00:26:49.480	8:35/M	FEMALE	30
5	WOODWARD, KEITH	MORETOWN,	00:19:21.733	6:12/M	MALE	64	73 SMITH, MORGAN	NORTHFIELD, VT	00:26:50.993	8:35/M	FEMALE	17
6	MAGILL, ERIN	MORETOWN,	00:19:25.653	6:13/M	FEMALE	15	74 BLOOD, THOMAS	BARRE, VT	00:27:02.170	8:39/M	MALE	40
7	ELLINGSON, BEN	MONTPELIER,	00:19:31.083	6:15/M	MALE	44	75 TISDALE, SHARON	NORTHFIELD, VT	00:27:08.460	8:41/M	FEMALE	51
8	FLINT, JIM	CRAFTSBURY,	00:19:35.320	6:16/M	MALE	56	76 STRIEBE, ED	NORTHFIELD, VT	00:27:15.100	8:43/M	MALE	53
9	LUSIGNAN, BRIAN	DELMAR, NY	00:19:39.633	6:17/M	MALE	31	77 DAVIS, LILY	ESSEX, VT	00:27:15.413	8:43/M	FEMALE	13
10	THORNTON SHERMAN, EVAN	WATERFORD,	00:19:47.763	6:20/M	MALE	11	78 KERR, MOLLY	WAITSFIELD, VT	00:27:16.323	8:44/M	FEMALE	50
11	WELLS, KYLE	MORETOWN,	00:19:58.796	6:23/M	MALE	25	79 LEIDINGER, SARAH	BURLINGTON, VT	00:27:16.730	8:44/M	FEMALE	23
12	MAGILL, BRENDAN	MORETOWN,	00:20:02.643	6:25/M	MALE	13	80 WILSON, HUGH	DORVAL, CAN	00:27:28.183	8:47/M	MALE	75
13	LETOURNEAU, BRIAN	MILTON, VT	00:20:03.800	6:25/M	MALE	35	81 MILLER, TRACY	READING, PA	00:27:33.233	8:49/M	FEMALE	45
14	VALENTINE, MEGAN	JERICHO, VT	00:20:05.220	6:26/M	FEMALE	36	82 MILES, CATHERINE	NORTHFIELD, VT	00:27:44.726	8:52/M	FEMALE	15
15	BEDELL, CHRIS	WILLISITON, VT	00:20:41.430	6:37/M	MALE	41	83 DOWEY, BRIDGET	NORTHFIELD, VT	00:27:45.180	8:53/M	FEMALE	15
16	LONDON, SARAH	MONTPELIER,	00:20:41.786	6:37/M	FEMALE	36	84 MEAD, CIARA	MORETOWN, VT	00:28:00.180	8:58/M	FEMALE	14
17	LYFORD, MALLORIE	MONTPELIER,	00:20:46.180	6:39/M	FEMALE	24	85 GARABEDIAN, HAROLD	MONTPELIER, VT	00:28:00.836	8:58/M	MALE	67
18	DAVIS, DAN	ESSEX, VT	00:20:46.383	6:39/M	MALE	41	86 COOKSON, JOEL	BARRE, VT	00:28:04.336	8:59/M	MALE	35
19	BYRNE, DANIEL	RANDOLPH, VT	00:20:56.073	6:42/M	MALE	35	87 AUDETTE, DOREEN	NORTHFIELD, VT	00:28:06.863	9:00/M	FEMALE	42
20	BUSHEY, BRIAN	NORTHFIELD,	00:20:57.276	6:42/M	MALE	12	88 TERRY, PETER	BRADFORD, VT	00:28:13.583	9:02/M	MALE	68
21	GILLIS, MICHAEL	NORTHFIELD,	00:21:00.620	6:43/M	MALE	59	89 SHOVER, MICHAEL	BRADFORD, VT	00:28:14.226	9:02/M	MALE	66
22	WERVEN, JIM	W HENRIETTA,	00:21:05.626	6:45/M	MALE	49	90 BEAN, SABRINA	NORTHFIELD, VT	00:28:21.493	9:04/M	FEMALE	14
23	WUORINEN, GUINNEVERE	NORTHFIELD,	00:21:09.300	6:46/M	FEMALE	12	91 MARTIN, SHAEEN	NORTHFIELD, VT	00:28:24.483	9:05/M	MALE	25
24	GARDNER MORSE, MACK	CALAIS, VT	00:21:17.420	6:49/M	MALE	54	92 HOWE, BOB	BARRE, VT	00:28:27.433	9:06/M	MALE	68
25	MOLTZ, JENNIFER	JERICHO, VT	00:21:37.743	6:55/M	FEMALE	26	93 SMITH, KRISTIN	NORTHFIELD, VT	00:28:28.966	9:07/M	FEMALE	16
26	MCDUGALL, ROB	S BURLINGTON	00:21:38.450	6:55/M	MALE	40	94 POIRIER, JEAN GUY	BELMONT, MA	00:28:44.753	9:12/M	MALE	64
27	ANDERSEN, CHRISTIAN	NORTHFIELD,	00:21:38.460	6:55/M	MALE	59	95 HOFFMAN, MARISSA	WATERBURY, VT	00:28:59.216	9:16/M	FEMALE	16
28	BARAW, JAMES	NORTHFIELD,	00:21:38.693	6:55/M	MALE	48	96 FERNANDEZ, PETER	NORTHFIELD, VT	00:29:07.343	9:19/M	MALE	61
29	DIEBOLD, JOHN	RANDOLPH, VT	00:21:46.180	6:58/M	MALE	56	97 COOKSON, CARYN	BARRE, VT	00:29:27.446	9:25/M	FEMALE	38
30	MONETTE, ROB	JERICHO, VT	00:22:07.113	7:05/M	MALE	52	98 WRIGLEY, JUSTIN	NORTHFIELD, VT	00:29:27.853	9:25/M	MALE	40
31	SMETANICK, IAN	NORTHFIELD,	00:22:12.063	7:06/M	MALE	24	99 BUSHEY, BRYNN	NORTHFIELD, VT	00:29:48.296	9:32/M	FEMALE	15
32	VALENTINE, JOHN	ROXBURY, VT	00:22:28.420	7:11/M	MALE	65	100 ZEILENGA, JILLIAN	E MONTPELIER, VT	00:30:03.723	9:37/M	FEMALE	40
33	RYAN, DENNIS	JERICHO, VT	00:22:28.856	7:11/M	MALE	51	101 WRIGLEY, EMILY	NORTHFIELD, VT	00:30:03.973	9:37/M	FEMALE	41
34	SHANLEY, JAMIE	MONTPELIER,	00:22:32.670	7:13/M	MALE	62	102 BAROFFIO, MICAILA	NORTHFIELD, VT	00:30:05.286	9:38/M	FEMALE	21
35	WRIGHT, BROK	NORTHFIELD,	00:22:35.160	7:14/M	MALE	15	103 WELLS, DONNA	BARRE, VT	00:30:15.373	9:41/M	FEMALE	56
36	JOHNSON, JEFF	BARRE, VT	00:22:36.333	7:14/M	MALE	37	104 AIKENHEAD, STEVE	PERKINSVILLE, VT	00:30:23.856	9:43/M	MALE	74
37	ROSSEY, CHRISTOPHER	NORTHFIELD,	00:22:54.106	7:20/M	MALE	34	105 LAFAILLE, KAITLYN	WEST TOPSHAM, VT	00:30:32.580	9:46/M	FEMALE	16
38	PETTY, LYNDIA	NORTHFIELD,	00:23:05.546	7:23/M	FEMALE	32	106 SCHRUMM, JONATHAN	CHESHIRE, CT	00:30:33.736	9:47/M	MALE	54
39	LACAVALLA, DANIELLE	NORTHFIELD,	00:23:10.693	7:25/M	FEMALE	28	107 ATCHINSON, J.	WATERBURY, VT	00:30:33.903	9:47/M	MALE	63
40	MORIN, JEFF	ESSEX JCT,	00:23:11.396	7:25/M	MALE	52	108 HAUPT, CAROLYN	BRAINTREE, VT	00:30:37.543	9:48/M	FEMALE	35
41	BURKHOLDER, STEVE	MIDDLESEX, VT	00:23:12.973	7:25/M	MALE	63	109 BYRNE, MAEVE	MONTPELIER, VT	00:30:38.900	9:48/M	FEMALE	10
42	KELLY, KATHERINE	SHELBURNE, VT	00:23:13.193	7:26/M	FEMALE	35	110 WIGHT, GREG	BROOKFIELD, VT	00:30:46.980	9:51/M	MALE	69
43	LITTLE, AARON	MONTPELIER,	00:23:18.593	7:27/M	MALE	36	111 WIGHT, LINDSEY	JAY, VT	00:30:47.196	9:51/M	FEMALE	35
44	POWELL, KATE	BURLINGTON,	00:23:20.563	7:28/M	FEMALE	32	112 STONE, RYAN J	MEREDITH, NH	00:30:51.350	9:52/M	MALE	19
45	GREEN, KRIS	ORANGE, VT	00:23:20.860	7:28/M	MALE	31	113 KRUGER, JENNIE-BETH	NORTHFIELD, VT	00:30:59.040	9:55/M	FEMALE	33
46	SHERMAN, BRIAN	NEW YORK, NY	00:23:20.956	7:28/M	MALE	32	114 RICHARDS, KEITH	LAKE WYLIE, SC	00:31:14.830	10:00/M	MALE	60
47	HARVEY, RICH	JERICHO, VT	00:23:32.306	7:32/M	MALE	52	115 BERNAQUEZ, JOHN	MONTREAL, CAN	00:31:21.163	10:02/M	MALE	83
48	CHRISTIANO, GREG	NORTHFIELD,	00:23:35.183	7:33/M	MALE	37	116 BRICKEY, HAILEY	NORTHFIELD, VT	00:31:36.250	10:07/M	FEMALE	12
49	ROCHELEAU, MARC	MORETOWN, VT	00:23:38.983	7:34/M	MALE	39	117 SHAW, APRIL	MORETOWN, VT	00:31:45.060	10:10/M	FEMALE	30
50	LEAHEY, THOMAS	MONTPELIER,	00:23:48.410	7:37/M	MALE	36	118 LYFORD, CRAIGE	BARRE, VT	00:31:49.613	10:11/M	MALE	47
51	EPSTEIN, MARC	NEW YORK, NY	00:23:56.703	7:40/M	MALE	36	119 ARMSTRONG, DANIEL	WEBSTERVILLE, VT	00:31:56.210	10:13/M	MALE	37
52	WELLS, ERIK	WINOOSKI, VT	00:23:57.316	7:40/M	MALE	28	120 GREELEY, ANNA	RUMSON, NJ	00:32:01.333	10:15/M	FEMALE	24
53	AMELL, COURTNEY	NORTHFIELD,	00:24:02.133	7:41/M	FEMALE	16	121 TRIPP MEAD, JENNIFER	MORETOWN, VT	00:32:02.363	10:15/M	FEMALE	51
54	MEAD, AENEA	MORETOWN, VT	00:24:20.143	7:47/M	FEMALE	17	122 DAVIS, AMELIA	ESSEX, VT	00:32:14.886	10:19/M	FEMALE	10
55	SOUICIE, ERIC	BRISTOL, CT	00:24:41.520	7:54/M	MALE	19	123 TENNEY, JONATHAN	NORTHFIELD, VT	00:32:22.856	10:21/M	MALE	11
56	LOWE, PAM	WATERBURY,	00:24:44.706	7:55/M	FEMALE	52	124 MCQUILLAN, DAN	NORTHFIELD, VT	00:32:49.593	10:30/M	MALE	46
57	WAGNER, BRIAN	WATERBURY,	00:24:44.740	7:55/M	MALE	52	125 BLOW, CHARLEEN	GRANITEVILLE, VT	00:32:58.313	10:33/M	FEMALE	48
58	WEEKS, JOSHUA	NORTHFIELD,	00:25:05.213	8:02/M	MALE	35	126 BURKHOLDER, KATIE	MIDDLESEX, VT	00:33:07.390	10:36/M	FEMALE	37
59	DEMASI, JENNIFER	COLCHESTER,	00:25:13.020	8:04/M	FEMALE	30	127 PAULSEN, MAREN	NORTHFIELD, VT	00:33:09.296	10:36/M	FEMALE	16
60	MOLTZ, GEORGE	ROCHESTER,	00:25:16.303	8:05/M	MALE	56	128 GUCKIAN, COLLEEN	NORTH HAVEN, CT	00:33:11.750	10:37/M	FEMALE	24
61	THORNTON SHERMAN, MYLES	WATERFORD, VT	00:25:30.343	8:10/M	MALE	13	129 WELLS, JANET	TUNBRIDGE, VT	00:33:22.823	10:41/M	FEMALE	62
62	BUSHEY, ANN	NORTHFIELD,	00:25:35.603	8:11/M	FEMALE	52	130 CHOQUETTE, ANALIE	BARRE, VT	00:33:27.603	10:42/M	FEMALE	13
63	FOLLETT, BARRY	WEST TOPSHAM, VT	00:25:39.966	8:12/M	MALE	47	131 HOLDEN, COLLEEN	FLOWER MOUND, TX	00:33:46.870	10:48/M	FEMALE	51
64	BRAMAN, ARTHUR	WASHINGTON,	00:25:52.880	8:17/M	MALE	51	132 SCHRUMM, EVA	CHESHIRE, CT	00:33:51.206	10:50/M	FEMALE	53
65	PASSALACQUA, JULIA	NORTHFIELD,	00:25:57.943	8:18/M	FEMALE	15	133 SWEENEY, JESSALYN	NORTHFIELD, VT	00:33:52.926	10:50/M	FEMALE	24
66	FISCHER, MILO L	NORTHFIELD,	00:25:58.930	8:19/M	MALE	55	134 RICKER, EMILY	NORTHFIELD, VT	00:34:04.340	10:54/M	FEMALE	28
67	TAYLOR, JEREMY	BURLINGTON,	00:26:17.840	8:25/M	MALE	29	135 REED, JADE	VERGENNES, VT	00:34:06.163	10:55/M	MALE	27
68	DUNCAN, CALEB	NORTHFIELD,	00:26:26.106	8:28/M	MALE	13	136 BLOOD, JAIME	BARRE, VT	00:34:20.843	10:59/M	FEMALE	39
							137 GORDON, RACHEL	NORTHFIELD, VT	00:34:21.813	11:00/M	FEMALE	17
							138 CRANSE, ROGER	MONTPELIER, VT	00:34:22.963	11:00/M	MALE	74
							139 MURPHY, BOB	BARRE, VT	00:34:25.970	11:01/M	MALE	75

Results continued on next page

## Sodom Pond Run (4 Miles)

40 runners finished the rolling 4-mile dirt-road course loop around Adamant's Sodom Pond. Getting to Adamant can be half the fun starting at the downtown Montpelier intersection of State St. and Main St., take a left onto Main Street, heading northeast. Approximately 9/10 of a mile up Main St., it will turn sharply left on a steep hill. Stay on Main St. for another mile until you bear right onto Center Rd. (just past a cemetery.) Stay on Center Rd. for the next 3.4 miles until you come to a "twisted t" intersection. Continue straight through the intersection for an additional 1.5 miles until you come to another intersection, facing the Adamant Co-op, for race day registration.

Many thanks to the following volunteers: Lori Crotts, Tim Heney, Dave Kissner, Sarah London, John Martin, Rob McDougall, Norm Robinson, Eric Ryea

Tim Noonan, Race Director

## Northfield Savings Bank 5K

- Results continued from prior page

140	STRIDSBURG, MARY	BERLIN, VT	00:34:40.310	11:06/M	FEMALE	42
141	LAFRANCE, CHERYL	BARRE, VT	00:34:40.950	11:06/M	FEMALE	49
142	BOUCHER, JASMINE	E MONTPELIER, VT	00:34:51.313	11:09/M	FEMALE	37
143	KILROY, MARY	NORTHFIELD, VT	00:35:04.146	11:13/M	FEMALE	39
144	CASWELL, LAUREN	NORTHFIELD, VT	00:35:13.383	11:16/M	FEMALE	39
145	BROCHU, SAMANTHA	NORTHFIELD, VT	00:35:32.366	11:22/M	FEMALE	26
146	DESAUTELS, KENNEDY	WILLISTON, VT	00:35:36.613	11:24/M	FEMALE	9
147	DESAUTELS, RACHEL	WILLISTON, VT	00:35:38.776	11:24/M	FEMALE	39
148	ELLIS, AMANDA	BARRE, VT	00:35:56.373	11:30/M	FEMALE	27
149	CLARK, JENNIFER	NORTHFIELD, VT	00:36:05.530	11:33/M	FEMALE	33
150	DANIELS, BETHANY	NORTHFIELD, VT	00:36:29.913	11:40/M	FEMALE	56
151	BRAMAN, GARY	CHELSEA, VT	00:37:14.980	11:55/M	MALE	58
152	DONAHUE, JANE	JERICHO, VT	00:37:38.980	12:03/M	FEMALE	53
153	SAVIDGE, MARY	WASHINGTON, VT	00:37:39.103	12:03/M	FEMALE	67
154	CASEY, MATTHEW	MATAWAN, NJ	00:37:49.630	12:06/M	MALE	28
155	CHOUETTE, AMY	BARRE, VT	00:38:02.693	12:10/M	FEMALE	41
156	JACQUES, NANCY	BROOKFIELD, VT	00:38:25.400	12:18/M	FEMALE	40
157	KELLEY, JAMES	NORTHFIELD, VT	00:38:51.283	12:26/M	MALE	22
158	KELLEY, MICHELLE	NORTHFIELD, VT	00:38:52.863	12:26/M	FEMALE	35
159	SHAW, CHRIS	BARRE, VT	00:39:30.996	12:38/M	FEMALE	60
160	CARLSON, GEROW	MONTPELIER, VT	00:40:14.973	12:52/M	MALE	83
161	COUNCILL, CHERYL	CHARLOTTESVILLE, VA	00:40:26.383	12:56/M	FEMALE	32
162	HOPKINS, BETTY	NORTHFIELD, VT	00:40:55.466	13:06/M	FEMALE	63
163	AUDETTE, KAYLA	NORTHFIELD, VT	00:41:09.410	13:10/M	FEMALE	15
164	BOCK, HADARAH	NORTHFIELD, VT	00:41:09.776	13:10/M	FEMALE	14
165	HERRING, MANDY	BERLIN, VT	00:41:30.670	13:17/M	FEMALE	32
166	HERRING, CARA	WEST BERLIN, VT	00:41:35.466	13:18/M	FEMALE	50
167	PICKETT, EMMA	CHELSEA, VT	00:42:00.660	13:26/M	FEMALE	15
168	PICKETT, LORETTA	CHELSEA, VT	00:42:05.426	13:28/M	FEMALE	41
169	DAVIS, ANDREA	CHARLOTTESVILLE, VA	00:43:03.840	13:47/M	FEMALE	34
170	BARRETT, WILLIAM	WARREN, VT	00:46:22.966	14:50/M	MALE	73
171	AMELL, WILLIAM	MONTPELIER, VT	00:46:55.846	15:01/M	MALE	55
172	WITHAM, NINA	E MONTPELIER, VT	00:50:36.753	16:12/M	FEMALE	60
173	DUNN, GRETCHEN	NORTHFIELD, VT	00:52:29.320	16:48/M	FEMALE	52
174	BRUCKEN, LISA	NORTHFIELD, VT	00:52:29.460	16:48/M	FEMALE	48
175	STRIEBE, LESLIE	NORTHFIELD, VT	00:52:30.483	16:48/M	FEMALE	51
176	CHAMBERLIN, JORDAN	NORTHFIELD, VT	00:53:06.816	17:00/M	FEMALE	14
177	SCHUMACHER, JOEL	MARSHFIELD, VT	00:55:00.866	17:36/M	MALE	47

## Sodom Pond Run Results

September 16, 2015

(4 mile race)

Overall Female Winner: Sarah London, 27:08

Overall Male Winner: Thorin Markison, 23:07  
(40 finishers)

Overall Place	Place in Age Group	Name	Time
<b>Male 0-19</b>			
12	1	Brian Bushey	27:50
<b>Female 20-29</b>			
13	1	Dylan Broderick	27:58
26	2	Shannon Salembier	32:19
33	3	Meredith Naughton	35:57
<b>Male 20-29</b>			
7	1	Caleb Clark	26:00
<b>Female 30-39</b>			
10	1	Sarah London	27:08
14	2	Katy Reed	28:02
27	3	Aubrey Boyles	32:51
<b>Male 30-39</b>			
1	1	Thorin Markison	23:07
2	2	Brian Burns	24:38
3	3	Gavin Boyles	24:44
4	4	Damian Bolduc	24:57
8	5	Adam French	26:14
9	6	Justin Kolber	27:04
18	7	Kyle Landis-Marinello	28:42
28	8	Albert Hermesen	33:12
32	9	Tom Leahy	34:30
<b>Female 40-49</b>			
17	1	Richarda Erickson	28:21
22	2	Thea Schwartz	30:06
35	3	Kim Bolduc	38:14
<b>Male 40-49</b>			
5	1	Ben Ellingson	25:38
6	2	Jon Copans	25:44
16	3	Sean Murphy	28:16
<b>Female 50-59</b>			
29	1	Ann Bushey	33:39
30	2	Laura Medalie	33:51
36	3	Phyllis Tillinghast	40:06
37	4	Maryke Gillis	43:16
<b>Male 50-59</b>			
11	1	Mack Gardner-Morse	27:25
15	2	Mike Gillis	28:04
20	3	Tim Noonan	29:43
25	4	David Casey	31:11
<b>Female 60-69</b>			
21	1	Sue Emmons	30:01
31	2	Dot Helling	33:57
<b>Male 60-69</b>			
19	1	John Valentine	29:27
23	2	Jamie Shanley	30:20
24	3	Bill Dysart	30:41
34	4	Perry Bland	36:51
<b>Male 70+</b>			
38	1	Bob Murphy	43:37
39	2	Roger Cranse	46:53
<b>Male 80+</b>			
40	1	Gerry Carlson	50:48

## MZMF 5K

On September 26, 2015, the Michael Zemanek Memorial Foundation, Inc. (MZMF) held its 2<sup>nd</sup> Annual 5K and Family Fun Run at Norwich University, Northfield, VT. 14 children and 40 adults came out to enjoy the fresh morning air and to participate in our 5K and 1/2 mile Family Fun Run/Walk, showing their support for sworn Vermont Law Enforcement Officers. The Michael Zemanek Memorial Foundation was able to bequeath \$2,772.50 to the children of Vermont State Trooper Kyle Young (who passed away during a training event) and \$2,900 to the Vermont Police Academy for the purchase of a rifle for their simulator training program.

The Michael Zemanek Memorial Foundation, Inc. (MZMF) would like to thank:

Dr. Rowland M. Brucken who volunteered his services as our Race Director,  
The Central Vermont Runners (CVR) for allowing us to use their timing equipment, and  
Norwich University Faculty and Students who came out to assist us in making our event possible.

Dr. Brucken does an outstanding job as our Race Director and our event would not have been as successful without his knowledge and charisma, without CVR's timing equipment and without the strong support from Norwich University students!



Photo courtesy of Mary Anne McGreevy

The MZMF was founded in 2014 by the friends, co-workers, and family of Michael Zemanek. **OUR MISSION** is to provide financial support to widows/ers and half-orphaned children of sworn Vermont Law Enforcement Officers who have died either on or off duty and to provide financial support to sworn Vermont Law Enforcement Officers and their immediate family members who are faced with catastrophic situations, the nature of which pose a significant financial hardship for their immediate family.

Michael A. Zemanek was a full-time Orange County Sherriff's Deputy and was a part-time Police Officer for the Northfield Police Department when he passed away on July 31, 2013. Deputy Zemanek was 22 years old when he died of Sudden Arrhythmia Death Syndrome (S.A.D.S.).

Neither department carried life insurance for their sworn full-time /part-time law enforcement officers. Deputy Zemanek also previously served with the Barre City Police Department. Upon graduating from the Vermont Police Academy, he earned the highest Academic Award for the 95th Academy Class. Michael was a 2012 Norwich University Magna Cum Laude Graduate and a member of the Corps of Cadets. Michael was also studying for his Master's Degree in Computer Security and Information Assurance.

Mike captained the Norwich University Swim and Dive Team, was an avid swimmer, marathon runner, weight lifter, and an exceptional athlete. Mike won the prestigious Norwich University 2012 Garrity Award for Leadership, Academic Excellence, and Athletics.

Michael grew up in Voorheesville, NY where he served as a firefighter with the Voorheesville Volunteer Fire Department. Michael also achieved the prestigious honor of Eagle Scout with the Boy Scouts of America - Troop 73.

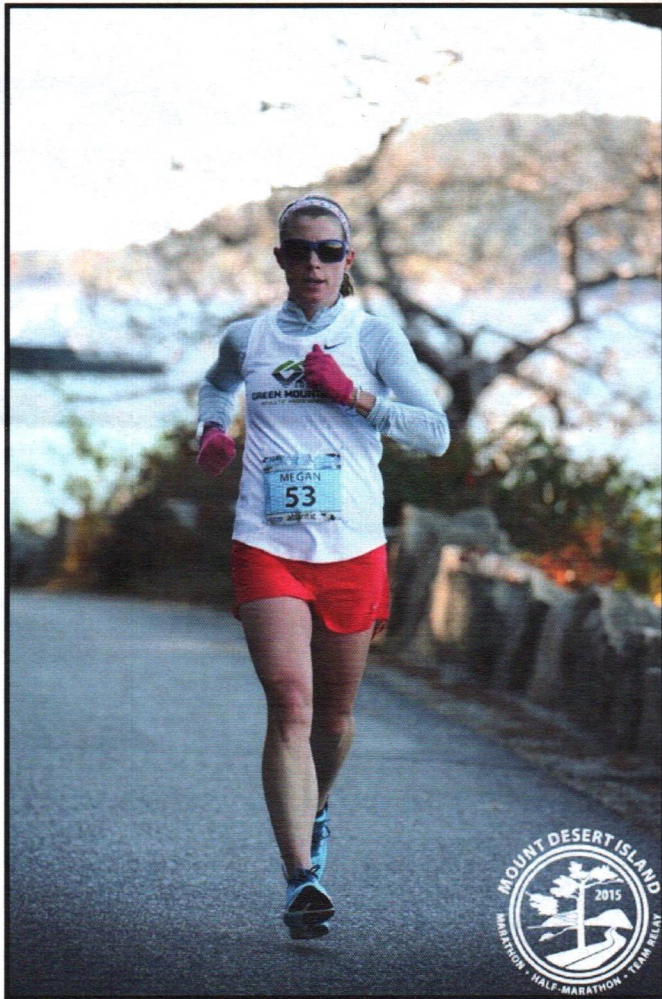
The Orange County Sheriff's Department (OCSD) in Chelsea, VT provides an agency annual award: "The Michael Zemanek Community Policing Award" to one of their deputies. The OCSD also provides an annual award: "The Michael Zemanek Scholarship Award" in the amount of \$200 to a student of the Sheriff's choosing, to any high school senior in the Orange County area majoring in Criminal Justice, Emergency Management Services, or Fire Sciences.

... Mary Anne McGreevy, MZMF Treasurer

## Mount Desert Isle Marathon Travelogue October 15-20 ... By Meg Valentine and Jim Flint

**Meg** - Marathon weekend began with a 7-hour car ride dedicated to entertaining a stir-crazy 4-year old. We stayed in Bar Harbor at the Hearthside Inn B&B and it was FANTASTIC! Kayden was the youngest guest they had ever had. We had a very nice quiet room and slept very well. The race expo was great—small with no frills! I liked it. We did some shopping in town, dragged the 4-year old all over the place, with lots of piggy back rides (thank you me). Then we gave her ice cream for lunch and did more walking around town. The Inn had cookies, which she liked, and candy corns everywhere—which she also liked. I am not sure that Kayden ate any normal food all weekend. To be honest, it might have just been cookies, ice cream and candy corns.

**Jim** – My wife Barb and I may very well be the slowest travelers in America. We left Craftsbury at 11 a.m. on Thursday and stopped 10 miles later at the community lunch in Hardwick. Eventually we made it to our AirBnb in Farmington, Maine. The foliage going across New Hampshire and Maine on Rt. 2 was stunningly beautiful. Friday we took our time and arrived in Bar Harbor about 4 p.m., stopping first at the Atlantic Conference Center Expo to pick up the race packet and bib. Knowing I would be racing in tights, I bought a runner's belt with a small pouch for GU. I'm kind of hooked on GU for races of 10k and longer.



Photos courtesy of Jim Flint

**Meg** – On race day, I had a brief dilemma on clothes. Originally I was set on capris, but with a questionable look from Dad, I quickly changed to a skirt. Wise choice. I am a cold weather runner, so the cold didn't bother me in the least. The cold was far better than the 30K Common to Common race where it was, I swear, 95 degrees. Dad was unable to run the marathon, as he was nursing his leg back into shape. He walked me to the start, which was a staggering five minutes from our Inn. I said hello to Leah Frost at the start and congratulated her on her awesome performance at the Maine Marathon two weeks prior (she ran a 2:47) and wished her luck for the day.

**Jim** – Barb and I stayed in an AirBnb in Southwest Harbor that we reserved back in January when I registered for the MDI half marathon. A good perk was that this was just a mile and a half from the finish line for the marathon and half marathon. Our host recommended Beal's Lobster House in Southwest Harbor for dinner. It was delicious and very reasonable. You get to pick out your lobster from the tank. Seating is under heat lamps in a closed-in outdoor room. Our daughter Alison drove up from Boston Friday night to join us for the weekend. She stayed in the extra guest room, which worked out great. We had fun exploring Acadia National Park, driving to the top of Cadillac Mountain, and walking around Bar Harbor on Saturday. Rosalie's Restaurant in Bar Harbor was delicious and affordable for a pasta dinner Saturday night.

**Meg** – The race started out pretty spectacular. I ran near three other women, one of which beat me. It was her first marathon. The other—a 55 year old—finished just behind me.

She ran strong through a lot of off-course trips to woods and other hidden spots. The course was by far the most beautiful I have ever run. It was my 20th completed marathon. The views were awesome and the ocean vistas kept you distracted. There were a few people that I ran with, including the young woman for whom it was her first marathon; she was very nice. Mostly I ran on my own, but I loved it. The only place I recall the wind was along the fjord. It felt like the time I ran up Mt. Washington, but it wasn't bad. The finish was hilly. There was a big Citgo sign near mile 24 which was fantastic!

*(continued on next page)*

## Mount Desert Isle Marathon Travelogue (continued from previous page)

**Jim** – Figuring out what to wear took some time Saturday night. As for most races, I focused on the National Weather Service hourly graph for predicted temperatures and wind speeds. The forecast was for a steady 15 mph North-west wind, which would be in our faces for the first half of the half marathon. The half marathon is also the second half of the marathon course. The marathoners start in Bar Harbor at 8:00 a.m. and run to Northeast Harbor. The half marathoners start in Northeast Harbor at 8:30 a.m. Everyone runs around Somes Sound (the fjord on Mount Desert Island) and finishes at Southwest Harbor. The first half of the half marathon is gentle and rolling. In the second half, there is a 5-mile gradual climb, followed by a 1.5 mile descent and a slightly uphill finish. The whole course is paved, and most of it is open to traffic, which was generally light. We ran on the left side of the road marked by orange cones. Barb leapfrogged ahead to a few spectator spots along the course to offer encouragement.

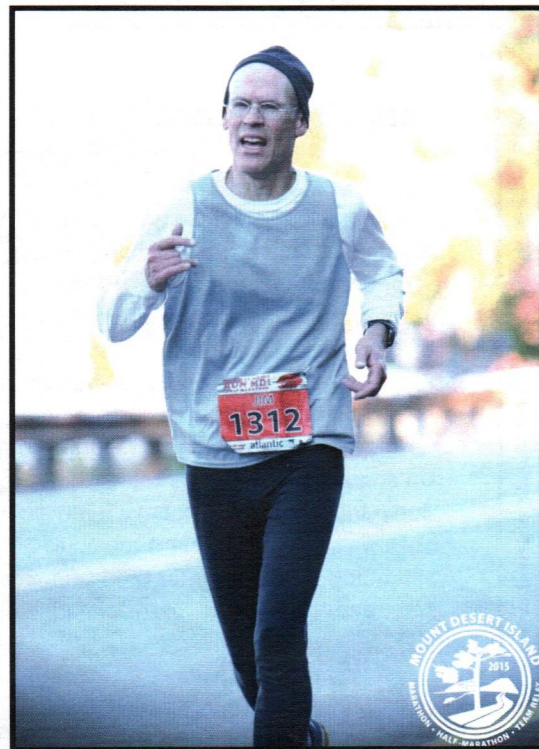
**Meg** – Dad was there, every mile after 20, to cheer for me. I also had a little help from "Noodle" (an \$8.00 mermaid purchased for Kayden). Noodle noticed I looked hot at mile 20 and cooled me off by splashing me with imaginary water with her tail. I didn't start to fade until about mile 24 which was also a lot of ups and downs. Other than that, my miles were very consistent. I ran faster than I expected and although it was not one for the record books, it was one to certainly remember and treasure. I worked hard for the time and am very proud. I would love to run MDI again; it was worth the trip. My time was a 3:09:53 (net) and I was 6th female and 2nd in my age group. The mug I won is enormous and the finisher's medal is really awesome! I did have to give Kayden another piggy back ride to the car from the finish—it was a long walk. I loved the race and would recommend it to anyone! It was hilly, so not a PR course, but super spectacular!

**Jim** – Going into the half marathon, I hoped to average 7-minute miles and finish around 1:32, given the wind and the cold. Right after the start, I noticed a pacer holding a 1:30 sign and tucked in with a group of 5 young runners. I was feeling relatively loose but wasn't sure that I could hold the 6:44 pace we ran for mile one, especially when the pace seemed to pick up in mile two. I stayed with the pacer and lead woman for the first three miles, after which people started to drop off. We were down to a group of three—Sam, me, and the pacer, Ian. ...At mile 7, I stopped to down a GU and water, but I was able to gradually catch back up to Ian and Sam. I knew we were climbing, but my legs were okay and the wind was starting to shift to our side. The uphill stretches didn't seem so bad, and Sam and I went ahead of Ian. Glancing at my watch at mile 10, I was pleased to be at just over 68 minutes. The wind was now at our backs and I picked up the pace a notch. Sam started to let me go, but I shouted: "Stay with me!"



The downhill at mile 11 was just ahead and the GU started kicking in. I heard footsteps and turned to see Sam on my shoulder. We pushed each other down the last stretch through town, with Sam ending up 3 seconds ahead in 10th place. My daughter Alison caught me at the finish line. I was excited to run 1:28:02 and win the 50-59 age group, but even happier to cheer on Leah Frost and Meg as they ran superb races in the full marathon.

Frost, a Maine native who lives in Glover, Vermont, powered through the course to finish in 2:49:44. She placed 10th in a competitive field of 658 men and women. Her closest female competitor was Alyson Millet, (Boston, Mass.), who finished 20th overall in 2:58:15. Frost took home the \$1000 first place women's purse for her marathon effort, which was just 31 seconds shy of the course record set last year by elite runner Leah Thorvilson, (Little Rock, Arkansas). David Herr, of Canaan, was the top Vermont male marathoner. He finished 7th in 2:42:28. After the race, everyone enjoyed the food, plus there was a tasty barbecue at noon. Though the weather can be unpredictable, the MDI races are worth planning ahead for!



Photos courtesy of Jim Flint

## ***Saturday August 1<sup>st</sup> - Fairfax Egg Run - A run to remember***

This long lived local race is one of the homegrown events that attracts a crowd consisting of competitors new to running as well as the well oiled looking to score a prize. Who doesn't like eggs? So the wise race committee has something for everybody; a 10k run , 5k run , 5k walk and kids races. Joint and muscle protests required my entry in the 5k walk. So what prompted me to share the 5k egg walk/run experience you ask?

A nice flat 3 mile out and back walk in the sun along the banks of the Lamoille River watching the fleet and not so fleet then finishing with a custom made omelet would have been perfectly satisfying. However, I was in store for far more. After the initial mass start confusion the crowd quickly thinned out for the walkers and the not so fast. Up ahead I spotted Betty Lacharite. Betty, closing in on 80, is well known in the Vermont running community. Betty and husband Don, have been an inspiration to many as they run thru the calendar and their lives. A very brisk walking pace brought me up to Betty's shoulder at about the half mile point. Betty was coughing down deep and mentioned a summer time cold. Betty and I stayed together for the next half mile, sizing up Betty's competition about 100 yards ahead.

Sylvia Weiner from Montreal had returned to Fairfax for one of her favorite races. Sylvia born in 1930, has a few years on Betty. Betty said Sylvia was running strong and Betty did not hold out much hope of catching her. I did know that Sylvia had been running for years but not much beyond that. Secretly I wished Sylvia would slow a bit so I could catch up and get to know her better. Sylvia may have slowed or I sped up, but for the next 2 miles I had an unforgettable running moment.

Sylvia first told me that over the years her running has slowed and now she was learning not to worry about times, but to enjoy the other runners, the crowd and the day. She told me that in 1975 ( 40 years ago) she ran 3:21 at the Boston Marathon and was the first female master. She added that she has a marathon PR of 3:15. Sylvia now has skin cancer and macular degeneration. At 84 her running gait is noticeably forward and bent. Here I am 20 years younger, whining about a twinge in my knee and a niggle in my hamstring. Made me feel like a big wuss.

As we made our way to the finish, Sylvia told me her biggest fear was of falling. She told me she had fallen in several races near the finish line including a fall at Leaf Peepers last year. She said she needed to watch her feet and ignore the crowd cheering her on. I stayed close thinking I could catch her or at least quickly scoop her up, (she stands maybe 4'11"and weighs no more than 90 lbs) should she fall. As we approached within 25 yards of the finish banner I became aware Betty had closed the gap and that a photo finish was at hand. Not wanting to be a part of that brawl I stepped aside to let those competitive juices flow. Sylvia by half a step.

Past the finish line, I was struck by Sylvia's real appreciation for our chance to talk. I think she sensed I had appreciated our brief chat more. After the post race omelet, Sylvia's daughter, Debbie Weiner showed me the feature article in a recent Canadian Runner magazine about her mother. Seems that Sylvia is a Nazi concentration camp survivor, eventually migrated to Canada and took up running in lieu of medical treatment. Horrific things happen to people . There is unspeakable cruelty that exists, then and now. People who survive those circumstances either let the horror rule the rest of their lives or put it behind them, rise above and replace that time in their lives with something positive. Sylvia did this many years ago.

I feel so fortunate to have been a part of her day. Thanks Sylvia.

... John Martin

## Leaf Peepers Half Marathon and 5K... Sunday October 4th, Waterbury Vermont

(Photos courtesy of Race Director Roger Cranse... Summary information by Jeff Prescott)

Apparently, the trees did not get the memo about the Leaf Peepers Half Marathon and 5k schedule and did not peak in time. But the weather was awesome for runners and spectators alike.

The Half Marathon had 494 finishers. This was down from the 679 finishers last year. But I observed the start of the race and it still looked like a whole lot of people! First place overall was 28-year-old Will Dugan from Burlington in 1:17:11. He was followed closely by the much more experienced Tom Thurston, 51-years-old, of Waterbury Center. Third place was Rick Fesler of Carlisle, PA. In the ladies race, the top female finisher was Meagan Boucher of St Johnsbury in a time of 1:27:48. She was followed by Katie White, and Kristin Mantius of St Johnsbury. The top CVR finisher was Brian Burns in 5th overall with a gun time of 1:26:17. Brian was also the club's top finisher last year in 4th overall. Just outside the Top 10, George Aitken defended his 11th place finish from last year by finishing in 11th place in 1:28:49. Ben Ellingson rounded out the CVR top 3 in 13th place overall in 1:30:23. For CVR ladies, Sue Hackney was the class of the field in a gun time of 1:39:48. Not far behind was Donna Smyers in her course debut in 1:41:15. A smiling Rima Carlson rounded out the top 3 for the club.

Leaf Peeper's 5k was also held on Sunday, October 4. There were 371 finishers which is a substantial increase over the 325 we had last year. The top CVR finisher was Chris Eaton in 5th overall in a time of 19:29. First CVR female was Megan Valentine in 19:50 for 9th overall and 1st female overall.

CVR age group standouts include:

- Brynn Bushey, 5th F 0-18
- Brian Bushey, 2nd M 0-18
- Shannon Salembier, 4th F 19-29
- Megan Valentine, 1st F 30-39
- Chris Eaton, 2nd M 30-39
- Dot Martin, 1st F 50-59
- Jim Flint, 1st M 50-59
- Bob Murphy, 1st M 70-79
- Gerry Carlson, 1st M 80+

Check out the full results at  
<http://leafpeepershalfmarathon.org/>



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

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

**November 7, "CVR" Fallen Leaves 5K Series**, 9:00am, Montpelier, *Contact:* Tim Noonan at 223-6216

**November 8, Monson Memorial Classic Half Marathon**, 12:00pm, Monson, MA, *Contact:* <http://runnergirl.com/races/mmc/monsonclassic.html>

**November 8, Colt State Park Half Marathon**, 9:30am, Bristol, RI, *Contact:* [www.coltstateparkhm.com](http://www.coltstateparkhm.com)

**November 14, "CVR" Fallen Leaves 5K Series**, 9:00am, Montpelier, *Contact:* Tim Noonan at 223-6216

**November 21, "CVR" Fallen Leaves 5K Series**, 9:00am, Montpelier, *Contact:* Tim Noonan at 223-6216

**November 22, Middlebury Turkey Trot 5K & 10K**, 12:00pm, Middlebury Municipal Gym, *Contact:* [www.middleburyfitness.com](http://www.middleburyfitness.com)

**November 22, Turkey Trot 10K**, 1:00pm, Hanover, NH, *Contact:* [www.hanovernh.org](http://www.hanovernh.org)

**November 26, "GMAA" Turkey Trot**, 11:00, Burlington, *Contact:* [www.gmaa.net](http://www.gmaa.net)

**November 26, Gobble Wobble Turkey Trot 5K**, Barre Town Municipal Building, Websterville, *Contact:* [www.barrecongregational.org](http://www.barrecongregational.org)

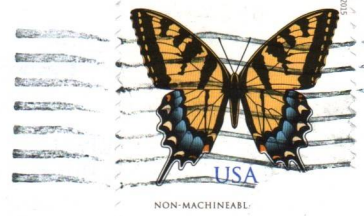
**November 26, Zack's Place 5K Turkey Trot**, 10:00am, Woodstock Elementary School, *Contact:* [www.zacksplacevt.org/turkey\\_trot.php](http://www.zacksplacevt.org/turkey_trot.php)

**December 19, Jingle Bell Run 5K**, 10:00am, Concord NH, *Contact:* [www.arthritis.org](http://www.arthritis.org)

**December 31 "CVR" New Year's Eve 5K**, 2:00pm, Montpelier, Pavilion Building (first race for 2016 CVR/ORS race series)



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NOV 2015

**NEWSLETTER**

Volume 36 Issue 5

**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 -  
 2016 2017 2018 2019 2020 (2016 dues covers 3/2016-3/2017)

Please make checks payable to **Central Vermont Runners** and mail to:  
 CVR, c/o: Donna Smyers PO Box 102, Adamant VT 05640.