

Newsletter

JAN 2016

Volume 37

Issue 1



In this Issue:

Banquet Information... 2
 Vulcan Turkey... 3
 Greetings from... 4
 Race Schedule... 5
 Race Results... 6
 Membership Form... 8

CVR President's Column:

As not-quite-lame-duck-president, I'm thinking about issuing some executive orders...like no automatic weapons at the awards banquet, or creating a tiered dues structure – the faster you are, the more you pay. But the next president would just reverse them in his/her first hour in office. Sigh...

Well, the 2016 ORS race series is off to a great start! NYE5K, which at times had all the potential to be a disaster, turned out, in the end, to be a fantastic success! (*results page 7*) 172 finishers was, I think, an all time record. The course was bare, the weather warm, Race Directors Ann Bushey and Sean Murphy on top of everything, the runners fast. Eight finishers under 6 minute miles, of whom 3 are local high schoolers. Eric Morse, Jon Floyd, Dot Martin, Nina Aitken, and Dylan Broderick collecting their first 100 points (and making their cases for that higher dues bracket). Shannon Salembier learning that when you move into the 30 age bracket, you have to set your sights differently ;-)

A somewhat runner- and automobile-congested finish line, a truck blocking 2/3 of narrow Gov. Davis Ave, the new state requirements to collect money out on State Street and only use the west door (which nobody can find) of the Pavilion Building, have generated some ideas for a different venue for NYE5K next year.

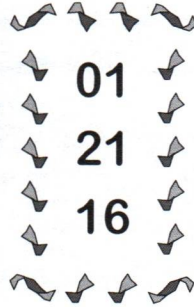
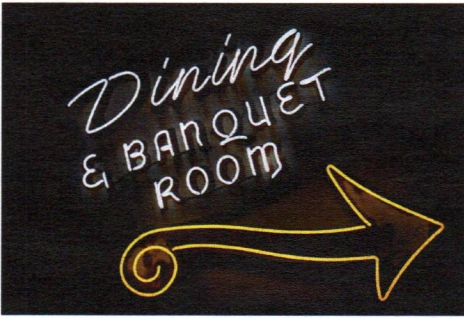
Now we head into our spring hiatus: no CVR races until Adamant on May 7. But Fabienne Pattison is working with ORS to add a trail running component to ORS's Frozen Onion Fat Tire event on Feb 7. And several members are in training for Boston. Maybe we can ski (though my first XC ski of the year did not go so well.) Winter Long Runs continue on Saturdays all winter. And, we have the Volunteers/Awards Banquet coming up Jan 21, the Annual Meeting March 20, and active work going on by the CVR Budget Committee, the Leafpeepers Committee, the CVR Nominating Committee, and the CVR Spirit of the Club Committee. Lots of ACM's (Awesome Club Members) supporting CVR in lots of ways.

Who will be elected next President at the March 20 meeting? You? ... Greg

There will be **WINTER LONG RUNS** most Saturday mornings through the Adamant 20-Miler in May. (Yes, April is most definitely part of winter.) As usual, we will have a hit parade of hosts with a variety of routes around Central Vermont... perhaps even a few places you have never seen. There will be multiple distances available each week, including one perfect for you. And nobody cares what pace you run. You are welcome to come as often as you like... or as seldom.

Watch the weekly **CVR NEWS & NOTES** emails for information on whom to contact for information on that week's run.

I will once again maintain a smaller list of **Winter Long Run** regulars. Folks on this list may get more frequent e-mails with more detailed information about the upcoming runs, updates on changes due to weather, info on ride sharing or whatever. If you were on the **Winter Long Run** Regular list last year you will be included this year...unless/until you tell me otherwise. If you are not already on the **Winter Long Run** Regular list and would like to join, please let me know. You can opt in/out at any time by letting me know. And being on the list doesn't...uh...actually require you to...you know...get out and run. ...Jeff Prescott



Central Vermont Runners

Volunteers Appreciation & Awards Banquet

Thursday January 21, 2016

Commodores Inn, route 100, Stowe

Reservations: Contact John Martin at vtiron55@yahoo.com

~free for all volunteers ~ \$28 for others~
(please make reservations early ~
DEADLINE for reservations ~ January 18th)

Arrive: 1745-1800 Cash Bar

Dinner: 1830

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

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



CHECK your newsletter label

to see if your **CVR membership** is up to date

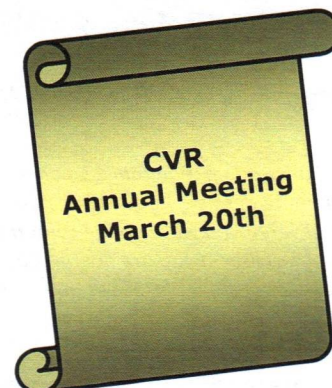
You can now join or renew your membership online. Go to
<http://cvrunners.org/membrapp.html>
and select Register Online



Or use the form on page 8 of
this newsletter...

The CVR **Budget Committee** continues its work -- give your thoughts to **Bob Murphy, Leslie Welts, Andy Shuford, Roger Cranse, John Valentine, or Greg Wight.**

Pam Eaton, Sigh Searles, and Phyllis Arseneault-berry have agreed to serve on the **Nominating Committee** and welcome your input on a slate of candidates to be voted on at the annual meeting..
...Greg



Central Vermont Runners is on line at:
www.cvrrunners.org

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

Vulcan's Fury Trail Race... Maryke & Mike Gillis

This past October 17th, Maryke and I travelled to southern New Hampshire with our camper to run the Vulcan's Fury trail race put on by Acidotic Racing. I figured with a name like that it had to be good, and it was. The race takes place at beautiful 5000-acre Pawtuckaway State Park, and we camped at nearby dog-friendly Bear Brook State Park. Pawtuckaway is actually an ancient volcano rim, hence the funky name! There is a long course (11.4 miles) and a short course option (5.4 miles). I chose the long course, which was a very challenging mix of single track and dirt park road, with over 2000 ft of elevation gain and grades as steep as 38%. The fall colors were absolutely fantastic and the trail flows thru cool boulder fields and along lovely ponds and old growth forest. I finished in 2:07 and 4th in my age group.



Photo courtesy of Maryke & Mike Gillis

Maryke finished the short course in 1:17 and thoroughly enjoyed it! The short course shared the first 1.5 miles of the long course reaching a high elevation of 745 feet. The trail was also a great mix of single track and old carriage roads. The main challenge was where to place your feet due to all the foliage on the ground! Acidotic Racing hosted a great event with plenty of yummy things to eat at the finish. We highly recommend this event for those looking to get off the pavement.

A Blast from the Past

by Bob Murphy

Although still on the injured list since summer, I managed to participate in this year's running of the Gobble Wobble 5k Turkey Trot in Webster-ville. I met many of the usual suspects there: Dot and John Martin, George Seivwright, Sean Murphy, Sandy Colvin, Dick & Sandy Ferno, Jim West, Carl Rogers, and others. As a walking participant, I was able to "sit back" and enjoy the day without raising much of a sweat. As I was halfway through the third mile, I struck up a conversation with another walker who had just caught up with me. He told me he was from Massachusetts. I asked him if he was in the area visiting friends or relatives, and he replied that he was up visiting the Sikoras in Montpelier, and mentioned a few names that I didn't recognize. I told him, I know a Lea Sikora who used to live there. He responded, "That's my wife!"

Turns out that my companion was David Finck. Lea met us as we approached the finish line, and I was able to speak with Lea for the first time in about 30 years. For those who do not remember her, or never knew her, Lea was an extremely talented local runner who dominated the women's scene here in the 1980's. Lea (Hayer at the time) still holds the record for F20-29 for the Capital City Stampede 10k in 35:28 (1983) and for F30-39 for the Montpelier Ten-Miler in 55:58 (1988). Lea and I ran our first marathon the same year (1978) from Rouses Point to Plattsburg. It was good chatting with her and reminiscing.

David and I crossed the finish line in something like 43 minutes. I didn't pay much attention, figuring I'd check results when they appeared online. Guess what? There must have been a cutoff time after which no times were recorded. I followed the link to the "FINAL RESULTS 2015 GOBBLE WOBBLE TURKEY TROT", furnished in a recent email summarizing CVR participants in various recent turkey trots, and the official list ends with the 133rd finisher in a time of 35:06. Anyone slower than that was deemed not worth listing, apparently. So I have no way of proving that I was even there. You'll have to take my word for it, or else contact Lea or David Finck for confirmation.

By the way, Lea still has it. At age 60, she finished this race in 26:02.

Greetings from Nashville ... Norm Robinson

I have now officially run one more race in 2016 than in 2015. I ran the Hill Yeah! 5K, on New Year's morning. As the name implies it was rather hilly, but not overwhelming. It had one good 1/2 mile hill right near the start, and then rolling after that. There was a nice downhill finish, except for a short steep hill about 150 meters from the finish line before flattening out for the last 50 meters. I finished in 4th place in my age group with a 26:27 (8:31 pace) and 53rd overall out of 160. I think I am going to be more competitive down here than in Vermont and once I get rid of 10+ pounds we will see. I had a real dilemma prior to the race that I have never experienced before. Do I wear my CVR shirt (the only logo I have ever raced in for 30 years), or my new club shirt of the Nashville Striders? With temperatures in the low 30's I settled on my CVR shirt underneath my Strider singlet. That way CVR was still closest to my heart and always will be!

I would like to get under 8 min. pace for 5K before year end. The most satisfying part of the race was that I held off a 40 something guy over the last 40 meters. In the chute he yelled out "good race old man", and it was all I could do to tell him that I was still young enough to beat his (expletive), but I didn't. It was a good thing it wasn't at the end of a marathon when my temperament would likely to have been different! Anyway, it was fun to race again, and hope to do much more of it this year to stay inspired.

One of the local running clubs starts organized long runs starting on January 2nd, and I plan to do as many of those as I can. I hope to run a marathon in the spring, but will see how the training goes. January thru March are great running months here with temperatures usually in the 40's and 50's with little to no snow of course. Y'all are still welcome to come anytime.

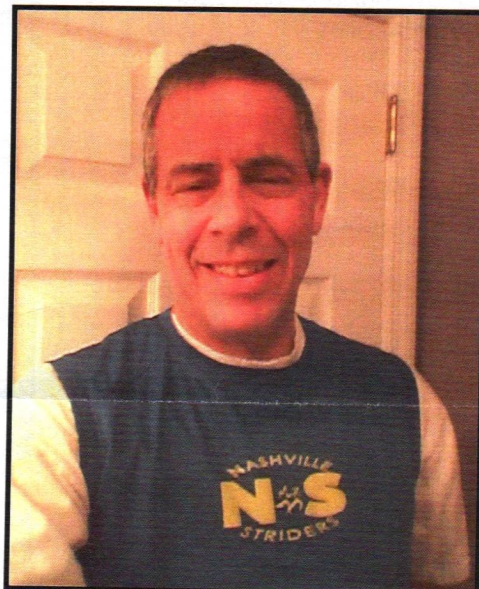


Photo courtesy of Norm & Martha

Hope to see you on the roads sometime when you least expect it.



Greetings from Durango ... Dot Helling

Here is a report from the Southwestern Colorado Chapter of CVR. I can't report on any races but I can tell you what the local runners do in winter, and particularly the Durango Running Club of which I am a member. Every Saturday we meet at Durango Joe's coffee brewers and either run the river path or trails in Horse Gulch. I am writing this on a Saturday and today we ran about 9 miles on snow covered trails in the Gulch, two loops of the so-called Meadow Trail. Traction was good, the sun was out and the views stunning as ever. I was at the mountain skiing yesterday (Purgatory) but the DRC met for an informal New Year's Day run followed by brunch.

On most Wednesday evenings a DRC group, mostly the young ones, holds a Pub Run. Each week they choose a different drinking hole to meet at, do a night run and then congregate for some imbibements. Durango is full of good beer makers and microbreweries. It's fun and challenging. Two weeks ago I wore my sparkly hot pink Santa hat to get us all in the spirit.

During warmer, dry months, DRC hosts weekday evening trail runs and many racing events, much like CVR only a bit pricier. One of my favorite areas to do long runs is on the Florida Mesa which is a network of dirt roads through farms with views of the high peaks. It will be my training venue for Boston this spring. The Mesa reminds me of Vermont dirt road runs. We have a myriad of options especially for trail runs right in town, and just down the street from where I'm living. Three favorites are the Animas Mountain Trail, the Dalla Mountain system, and Overend Mountain Park. They all start uphill at 6500 plus feet. There are also great trail and dirt runs outside of town including at Purgatory where you are generally running at 8-10,000' or higher. I'm slow but I'm still going and enjoying the scenery. I usually get in three runs a week and spend a lot of time skiing. Glad to hear Vermont finally got snow. Ours is fantastic. My best New Year's wishes to all! See you in the spring! Ultradot

CVR & GMAA Race Schedule, including other area races... (races that are part of the CVR/ORS race series in **RED**)

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

- January 24, Boston Prep 16 Miler**, 10:00am, Derry NH, *Contact:* <http://www.gdtc.org/run/index.php/boston-prep-16-miler>
- February 6, Polar Cap 4 Mile**, 10:00am, Lake George NY, *Contact:* www.adirondackrunners.org
- February 7, ORS Frozen Onion Bike and Snowshoe Race**, Montpelier's Hubbard Park, *Contact:* www.onionriver.com
- February 13, Valentine Road Race, 5 Mile & 6K**, 10:00am, Bradford MA, www.baystateevents.com
- March 6, Half at the Hamptons**, 10:00am, Hampton Beach, NH, *Contact:* www.locoraces.com
- March 6, Stu's 30K Road Race**, 11:00am, Clinton MA, *Contact:* <http://cmsrun.org/races-events-3/stu-30k/>
- March 20, New Bedford Half Marathon**, New Bedford MA, *Contact:* <http://newbedfordhalfmarathon.com/>
- April 3, "GMAA" Kaynor's Sap Run 10K**, 11:00, Westford School, *Contact:* www.gmaa.net
- April 3, St. Paddy's 5 Mile**, 10:30am, Portsmouth, NH, *Contact:* <http://www.newheightsonline.org/event/paddys-five-miler/>
- April 9, Half Marathon Unplugged**, Colchester, Two wave start, Registration opens 1/12/16, *Contact:* www.runvermont.org
- April 16, "GMAA" Rollin Irish Half Marathon**, 9:00am, Memorial Hall, Essex Center *Contact:* www.gmaa.net
- May 1, Plattsburgh Half Marathon**, 8:00am, *Contact:* www.plattsburghhalfmarathon.com
- May 1, Middlebury Maple Run half marathon and two person relay**, 9:00, Porter Hospital, *Contact:* www.middleburymaplerun.com
- May 7, "CVR" Adamant 20 Miler or 2 Person Relay**, 10:00am, Adamant Music School, *Contact:* Eric Ryea at 223-2733 or eryea@aol.com
- May 7, "GMAA" Pump It Up 5 Miler**, 9:00am, Jericho Elementary School, *Contact:* www.gmaa.net
- May 15, "CVR" Mutt Strutt 3-Miler**, 10:00am, Waterbury, *Contact:* Brittany Lafirira @ Brittany.lafirira@gmail.com
- May 15, Shires of Vermont Marathon**, 8:00am, Bennington to Manchester, *Contact:* <http://www.bkvr.net/>
- May 21, "CVR" Barre Town Spring Run 5K**, 9:00am, Barre Town Recreation Field, *Contact:* Andrea McLaughlin at 476-4417 or ajvtskier@msn.com
- May 29, Vermont City Marathon**, Registration for the marathon is now open. Relay lottery open February 1, Information at www.vermontcitymarathon.org
- June 3, "CVR" Kids Track Meet**, Montpelier High School, *Contact:* Dot Helling at dothelling@gmail.com and Sandy Colvin
- June 11, "CVR" Capital City Stampede 10K**, 9:00, Montpelier, *Contact:* John Valentine at jvalentine@tds.net or 485-3777
- June 12, "GMAA" Equinox Trail Race 5K/10K**, 9:30am *Contact:* www.gmaa.net
- June 19, "CVR" Worcester Four Mile**, 10:00am, *Contact:* Roy Belcher at roybelcher@hotmail.com or 735-5110
- June 26, "CVR" Paul Mailman Montpelier 10 Mile**, 8:45, *Contact:* Andy Shuford at 272-3218 or andy.cvr@myfairpoint.net
- July 3, ORS Montpelier Mile**, *Contact:* www.onionriver.com
- July 4, "GMAA" Clarence DeMar 5K**, 8:30am, South Hero *Contact:* www.gmaa.net
- July 10, Stowe 8 Miler**, 8:30am, *Contact:* <http://locorunning.com/stowe8miler/>
- July 23, "CVR" Bear Swamp Run (5.7 miles)**, 9:00, Middlesex, *Contact:* Tim Noonan at 223-6216
- July 30, "GMAA" Round Church Women's Run 5K/10K**, 8:30am, Richmond, *Contact:* www.gmaa.net
- July 31, "CVR" Barre Heritage Festival 5K Trail Run**, details to be determined
- August 18, "CVR" Berlin Pond 5 Mile**, *Contact:* Jeff Prescott at jeffp_cvr@myfairpoint.net or Sue Emmons at sue.emmonds@comcast.net
- August 21, "GMAA" Scholarship Trail Race 5K**, 8:30am, South Burlington *Contact:* www.gmaa.net
- September 3, "CVR" Northfield Savings Bank 5K & 1 Mile**, *Contact:* Rowly Brucken
- September 4, "GMAA" Archie Post 5 Miler**, 8:00am, Burlington *Contact:* www.gmaa.net
- September 14, "CVR" Sodom Pond 4 Mile**, 6:00pm, Adamant, *Contact:* Tim Noonan at 223-6216
- September 17, "GMAA" Common to Common 30K**, 8:30am, Essex *Contact:* www.gmaa.net
- October 1, "GMAA" Art Tudhope 10K**, 9:00am, Shelburne *Contact:* www.gmaa.net
- October 2, "CVR" Leaf Peepers Half-Marathon and 5K**, 11:00am, Waterbury, *Contact:* Roger Cranse at 223-6997 or rcc59@comcast.net
- October 9, "GMAA" Green Mountain Marathon and Half Marathon**, 8:30, South Hero *Contact:* www.gmaa.net
- October TBD ORS Autumn Onion 5K**, *Contact:* www.onionriver.com
- November 5, 12, 19, "CVR" Fallen Leaves 5K Series**, 9:00am, Montpelier, *Contact:* Tim Noonan at 223-6216
- November 24, "GMAA" Turkey Trot**, 11:00, Burlington, *Contact:* www.gmaa.net
- December 31, "CVR" New Year's Eve 5K**, Montpelier, *Contact:* Sean Murphy & Anne Bushey

Fallen Leaves 5K Race Results

November 7, 2015

Overall Male Winner: Matt Hynes, 16:51
Overall Female Winner: Erin Magill, 19:40
(109 finishers)

Female 0-19

Erin Magill 19:40
Ella King 20:21
Althea Devereux 20:37
Quincy Massey 20:59
Julianne Young 21:09
Emma Barker 21:35
Ellie Churchill 21:47
Emily Bloom 21:48
Jesse Colnes 21:59
Alli Wolf 22:15
Theresa Noonan 22:21
Claudia Sherman 22:26
Malinn Sigler 22:42
Magdalena Lelito 23:14
Miranda Grover 23:17
Anna Valentine 23:17
Nicole Cutler 23:34
Kathleen Gembczynski 23:55
Anna Davis-Noe 25:43
Anna Schmeltzer 27:19
Ella Buckingham 27:26
Linnea Shear 33:56

Male 0-19

Matt Hynes 16:51
Justin McAuliffe 17:33
Connor Aitchison 18:12
Stephen Looke 18:13
Kyle Dash 18:16
Ethan McCollister 18:27
Nathan Smoller 18:29
Andrew Crompton 18:31
Kirby Gordon 18:36
Ellis Landry 18:43
Liam Mears 18:44
Jack Koskinen 18:49
Jackson Root 18:50
Cam 18:52
Abhi Dodgson 18:53
Riley Powell 18:54
Kieran Edreiny 18:56
Tristan Touchette 19:11
Charles Martell 19:16
Levi Beavin 19:27
Luchia Smith-Miodownik 19:28
Nate Morris 19:36
Jacob Bradley 19:44
Chris Calahan 19:45
Danny Bruce 19:57
Henry Hoffert 20:08
Benjamin Davis-Noe 20:09
Liam Robert 20:10
Nolan Buckingham 20:22
Trevor Patterson 20:35
Jack Leach 20:50
Harry Wang 20:57
Silas Brown 21:02
Carlton Cummysky 21:03
Jonathan 21:38
Cameron Brown 21:52
Zachary Taylor 22:20
Cole Meleady 22:27
David Deschamps 27:20
Female 20-29
Erin Fisher 19:44
Heather Cutler 27:20
Lisa Blankemeyer 29:25
Daisy Sosa 31:56
Shannon Redmon 39:20
Elena Kasparian 39:22
Nicole Amaral 39:22
Male 20-29
Geordy Aitken 20:06
Nathan Cutler 20:53
Female 30-39
Amy Stewart 21:05
Tara 24:42
Rachel Horton 24:48
Brooke Nadzam 32:56

November 7, 2015 ~ continued

Male 30-39

Jeff Alexander 18:46
Damian Bolduc 21:11
Andrew McAvoy 23:05
John Klein 23:25
Female 40-49
Susan Cummysky 22:11
Dee Barbic 22:24
Julie Sigler 22:55
Jill Buckingham 25:01
Lisa Hammel 28:09
Lexi Shear 33:58
Mary Stridsberg 34:09
Male 40-49
Allen Mead 18:04
Scott Lovelette 21:23
Sean Murphy 21:28
Female 50-59
Dot Martin 21:58
Donna Smyers 22:36
Beth McCabe 22:39
Karen Bove 23:09
Maryke Gillis 30:30
Cindy Allen 34:14
Cindy Gardner-Morse 34:41

Male 50-59

Rob Monette 21:43
Lary Martell 21:44
Mike Gillis 22:17
Jeff Prescott 24:24
Tim Grover 25:52
Peter Hack 26:33
Chris Cole 29:20
Mack Gardner-Morse 34:44
Female 60-69
Mary Savidge 37:52
Male 60-69
Jamie Shanley 23:01
Greg Gerdel 26:30
Harold Garabedian 28:00
Ron Allen 30:07
Sigh Searles 34:39

Many thanks as always to the following volunteers: Tim Shea, John Martin, Marsha Bancroft, Nina Aitken, Jon Copans, Todd Taska, Geordy Aitken
Tim Noonan, Race Director

November 14, 2015

Overall Male Winner: Jonnie Dunne, 17:01
Overall Female Winner: Stacey Spillane, 19:04
(56 finishers)

A little white in the grass and snow blowing in the air didn't seem to hamper the 56 runners who completed the Fallen Leaves 5K on Nov 14. The overall winner Jonnie Dunn from Charlotte ran 17:01 and first female, Stacey Spillane from Shelburne, was 5th overall in 19:04. 56 runners competed in Montpelier Saturday, while the large group of high school runners, who raced here last weekend, competed in New England in Thetford.

At first it seemed like we might have more volunteers than runners today, but we got a few to volunteer and run to keep it reasonable. **Thank you to those who helped out:** Ann, Brynn, and Brian Bushey, Chris Andresen, Pam Buck, Dave and Pam Erickson, John Martin, Gerry Carlson, Marsha Bancroft, Jamie Shanley, Greg Wight. Thank you to Eric Ryea for providing the huge batch of cookies which helped warm the runners post race.

Donna Smyers (filling in for RD Tim Noonan)

November 14, 2015

FEMALE 0 - 19

1 Jaylyn Davidson 30:52 9:56
2 Addy Budliger 31:50 10:15
MALE 0 - 19
1 Nolan Buckingham 20:34 6:37

FEMALE 20 - 29

1 Lily Calderwood 19:40 6:20
2 Clarice Cutler 22:57 7:24
3 Abigail Fitzgerald 28:02 9:02
MALE 20 - 29
1 1 Jonnie Dunne 17:01 5:29
2 Karl Zukauskas 19:19 6:13
3 Nathan Canan-Zucker 25:57 8:22

FEMALE 30 - 39

1 Amy Stewart 21:04 6:47
2 Catherine Reed 21:32 6:56
3 Alex Low 22:31 7:15
4 Allie Nerenberg 22:34 7:16
5 Dillon Burns 22:45 7:20
6 Jessica Bolduc 22:54 7:23
7 Tara Cohen 25:12 8:07
8 Tammy Hull 33:23 10:45

MALE 30 - 39

1 Damian Bolduc 18:27 5:57
2 Adam French 18:54 6:05
3 Tyler Magnan 20:19 6:33

FEMALE 40 - 49

1 Stacey Spillane 19:04 6:09
2 Jill Buckingham 24:39 7:57
3 Whitney Kaulbach 24:58 8:02
4 Meg Allison 25:05 8:05
5 Lisa Hommel 27:53 8:59
6 Kathy Town 30:51 9:56
7 Katy Farber 31:49 10:15
8 Sandra Hummel 32:14 10:23
9 Kasey Furness 41:53 13:29
10 Christine Davidson 41:53 13:29

MALE 40 - 49

1 Marc Gilbertson 18:16 5:53
2 Chris Bedell 20:35 6:38
3 Jon Copans 21:02 6:46
4 Sean Murphy 21:26 6:54
5 Kevin Spillane 22:02 7:06
6 Erich Rosenstreich 36:10 11:39

FEMALE 50 - 59

1 Dot Martin 21:55 7:03
2 Karen Bove 23:13 7:29
3 Claudia Pfaff 25:23 8:11
4 Joy Cory 33:24 10:45
5 Cynthia Gardner Morse 35:30 11:26

MALE 50 - 59

1 Jim Flint 19:50 6:23
2 Lary Martell 21:39 6:58
3 Christian Andresen 21:39 6:59
4 Rob Monette 21:43 7:00
5 Jeff Prescott 24:51 8:00
6 Peter Hack 25:48 8:18
7 Chris Cole 29:33 9:31
8 Mark Pfaff 31:14 10:03
9 Mack Gardner Morse 35:31 11:26

FEMALE 60 - 69

1 Toni Kaeding 30:18 9:46

MALE 60 - 69

1 Jamie Shanley 22:55 7:23
2 Gregory Gerdel 25:18 8:09
3 Perry Bland 26:12 8:26
4 Sigh Searles 36:01 11:36
5 John Kaeding 36:02 11:36

November 21, 2015

Overall Male Winner, Adron Pitmon, 15:56
Overall Female Winner: Amy Stewart, 21:08
(52 finishers)

Female 0-19

Loren Searles 22:14
Jane Miller-Arsenault 27:37
Ella Buckingham 28:36

Male 0-19

Jacob Bradley 19:18
Mackinley Shaffer 21:00
Nolan Buckingham 21:22
Josiah Phillips 27:56

Female 20-29

Gabrielle Farmer 31:38
Charlotte Temure 37:59

Male 20-29

Adron Pitmon 15:56
David Rapp 21:10
Robert Young 25:44

Female 30-39

Amy Stewart 21:08
Catherine Reed 21:27
Kirsten Kortz 21:41
Tara Cohen 25:04
Brooke Nadzam 31:45
Lindsay Crawford 38:58

Male 30-39

Damian Bolduc 18:08
Andrew McAvoy 23:39

Female 40-49

Richarda Ericson 21:49
Jill Buckingham 24:01
Jen Miller-Arsenault 27:38
Katrina Phillips 27:57
Lisa Hommel 28:04
Barb Bussiere 29:39
Sandra Hommel 31:39
Mary Stridsberg 33:39
Cindy Noyes 35:56
Pam Buck 35:34

Male 40-49

Tim Shea 18:56
Andrew Tripp 19:05
Kari Bradley 20:53
Scott Lovelette 21:18
Jason Boisseau 23:17
Erich Rosenstreich 39:19
Female 50-59
Donna Smyers 22:33
Carolyn Ritter 24:36
Cheryl Peterson 32:23

Male 50-59

Mack Gardner-Morse 22:20
Peter Hack 25:05
Philip Reynolds 26:54
Chris Cole 28:35
Eric Peterson 32:23

Female 60-69

Judith Craig 36:59
Male 60-69
Jamie Shanley 22:40
Dave Fields 22:45
Greg Gerdel 26:21
Sigh Searles 35:11

Male 70+

John Hackney 23:45
Greg Wight 31:40
Werner Zehetner 35:56

Many thanks to the following volunteers: John Martin, Dave Erickson, Pam Erickson, Tim Shea, Donna Smyers, Mack Gardner-Morse, Jamie Shanley
Tim Noonan, Race Director

Place	Div/Tot	Name	No.	Age	S	City	St	Time	Pace
1	1/6	Samuel Proctor	613	20	M	Lyndonville	VT	17:04	5:30
2	1/18	Peter Mckisnow	618	17	M	Montpelier	VT	17:23	5:34
3	1/16	Matt Hayes	681	17	M	Montpelier	VT	17:25	5:36
4	2/16	Stephen Cooke	591	16	M	Waterbury	VT	18:02	5:49
5	2/18	George Deane	598	36	M	Waterbury	VT	18:04	5:49
6	3/18	Jeremy Stoddard	588	33	M	Hanover	NH	18:08	5:54
7	4/18	Nedawa Huddins	667	38	M	Cabot	VT	18:20	5:54
8	3/16	Nathan Smoller	638	15	M	Berlin	VT	18:21	5:55
9	4/16	Jonathan Sargent	782	18	M	East Barre	VT	18:40	6:01
10	5/18	Steve Ruane	683	34	M	Winchester	MA	19:02	6:09
11	2/6	John Rahle	592	24	M	Winchester	MA	19:05	6:11
12	1/16	Eric Morse	564	58	M	Berlin	VT	19:20	6:14
13	1/19	Christina Perry	566	33	F	Barre	VT	19:25	6:15
14	1/20	Jon Floyd	638	43	M	Waterbury	VT	19:43	6:21
15	5/16	Andrew Crompton	633	14	M	Berlin	VT	19:43	6:21
16	2/20	Rowly Bruckten	614	47	M	Northfield	VT	19:56	6:25
17	3/6	George Atiken	700	22	M	Waterbury	VT	20:08	6:32
18	3/28	Kevin Tripp	645	45	M	Montpelier	VT	20:11	6:30
19	6/18	Nevan Robinson	666	35	M	Montpelier	VT	20:18	6:32
20	6/16	Julian Perkins	617	16	M	Calais	VT	20:20	6:33
21	7/16	Brian Bushby	681	13	M	Montpelier	VT	20:31	6:37
22	8/16	Evan Thornton-Shera	624	11	M	Waterford	VT	20:37	6:38
23	2/16	Jim Flint	664	56	M	Craftsbury	VT	20:41	6:40
24	9/28	Jon Copans	698	41	M	Montpelier	VT	20:48	6:42
25	4/28	Matthew Shaffer	627	17	M	Plainfield	VT	20:48	6:42
26	5/28	Matthew Worcester	648	40	M	Ctr. Moriches	NY	20:56	6:46
27	3/16	Nike McHugh	643	56	M	Cambridge	MA	21:00	6:46
28	1/18	Jessica Remick	581	18	F	Waterford	NH	21:02	6:53
29	1/12	Len Hall	578	62	M	Enfield	NH	21:41	6:59
30	18/16	Julian Bunch	685	16	M	Bristol	VT	21:59	7:02
31	6/28	Dustin Rand	662	41	M	Montpelier	VT	21:59	7:02
32	11/16	Asa Richardson-Skin	576	15	M	Montpelier	VT	22:11	7:09
33	7/28	Leif Richardson	576	45	M	Montpelier	VT	22:12	7:09
34	4/16	Jack Gardner-Morse	649	54	M	Calais	VT	22:27	7:14
35	12/16	Jacob Miller-Arsena	649	13	M	Middlesex	MA	22:33	7:16
36	8/28	Daniel Miller-Arsen	658	47	M	Middlesex	MA	22:42	7:19
37	7/18	Rob Pascal	687	34	M	Marblehead	MA	22:42	7:19
38	1/12	Dot Martin	597	55	F	Montpelier	VT	22:46	7:20
39	8/18	Colin Bright	678	33	M	Northfield	VT	22:50	7:21
40	2/18	Theresa Noonan	657	16	F	Montpelier	VT	22:51	7:21
41	2/19	Kara Horton	686	36	F	Marblehead	MA	22:51	7:22
42	2/12	Jamie Shanley	731	62	M	Montpelier	VT	22:52	7:22
43	9/28	Justin Perry	564	40	M	Barre	VT	22:53	7:22
44	5/16	Tim Noonan	658	59	M	Montpelier	VT	22:55	7:23
45	2/12	Sue Hackney	596	58	F	Montpelier	VT	22:56	7:23
46	3/28	Lydia Petty	671	32	F	Northfield	VT	22:57	7:24
47	18/28	Jason Boisseau	639	45	M	St. Johnsbury	VT	22:58	7:24
48	9/18	Curtis Perry	565	38	M	Barre	VT	23:12	7:28
49	1/9	Dylan Broderick	674	25	F	Montpelier	VT	23:13	7:29
50	18/18	Daniel Byrne	716	36	M	Montpelier	VT	23:23	7:32
51	3/12	Beth McCabe	656	54	F	Barre	VT	23:23	7:32
52	11/28	Matthew Eagens	648	46	M	Stowe	VT	23:26	7:34
53	11/18	Karl Pandrey	569	32	M	Morrisville	VT	23:40	7:38
54	1/18	Shana Pearsons	647	48	F	Aiken	SC	23:42	7:38
55	2/18	Rias Carlson	712	41	F	Montpelier	VT	24:10	7:47
56	4/19	Leslie Melts	672	33	F	Montpelier	VT	24:12	7:48
57	6/16	Joe Hayes	781	53	M	Montpelier	VT	24:19	7:50
58	12/18	Colin Clifford	723	36	M	Montpelier	VT	24:20	7:50
59	3/12	Dennis Shaffer	611	61	M	Plainfield	VT	24:34	7:56
60	2/9	Brittany Fuller	738	26	F	Barre	VT	24:44	7:58
61	4/12	Mark Fields	559	68	M	Hartland	VT	24:50	8:00
62	13/28	Alan Malzer	654	39	M	Williston	VT	24:51	8:00
63	12/18	Michael Debonis	682	44	M	Moretown	VT	25:09	8:06
64	4/6	Benjamin Kidder	722	24	M	Montpelier	VT	25:13	8:07
65	5/19	Katy Chabot	675	37	F	Middlesex	VT	25:18	8:09
66	6/19	Shannon Salembier	587	38	F	Montpelier	VT	25:27	8:12

New Year's Eve 5K

December 31st, Montpelier

overall results



140	19/28	Brian Carlson	727	43	M	Montpelier	VT	34:10	11:00
141	4/5	Janet Wells	719	62	F	Unbridge	VT	34:51	11:13
142	15/19	Constance Gavin	689	53	F	Williston	VT	34:52	11:14
143	11/12	Non Allen	571	49	F	Chelsea	VT	34:56	11:15
144	11/12	Cindy Allen	570	50	F	Williston	VT	34:56	11:15
145	8/9	Geoff Steadman	623	20	F	Burlington	VT	35:00	11:19
146	12/12	Geoff Steadman	622	64	M	Northfield	VT	35:00	11:19
147	16/16	Alex Aldrich	688	57	M	Montpelier	VT	35:35	11:29
148	13/18	Alex Suter	713	9	F	Montpelier	VT	35:39	11:29
149	14/18	Amya Carlson	711	8	F	Montpelier	VT	35:44	11:30
150	16/18	Gina Sheriff	625	36	F	Montpelier	VT	35:44	11:30
151	13/18	Mary Stridsberg	644	42	F	Berlin	VT	36:09	11:38
152	16/18	Josie Gingold	567	45	F	Montpelier	VT	36:12	11:39
153	16/18	Brynn Bushy	784	16	F	Montpelier	VT	36:13	11:40
154	9/12	Laura Nemick	582	58	F	Waterford	VT	36:54	11:53
155	9/9	Amanda Kohle	692	28	F	Barre	VT	37:06	11:57
156	17/19	Rachel Knapp	693	38	F	Barre	VT	37:07	11:57
157	17/19	Cynthia Dupuy	697	58	F	Barre	VT	37:09	11:58
158	17/19	Julia Tremperce	638	38	F	East Burke	VT	37:25	12:03
159	18/19	Julia Tremperce	638	38	F	East Burke	VT	37:25	12:03
160	11/12	Comie Lacton	568	51	F	Jericho	VT	37:39	12:07
161	2/2	Masha Bancroft	570	77	F	North Middlesex	VT	37:57	12:13
162	14/18	Paula Clark	584	44	F	Washington	VT	38:18	12:20
163	5/5	Mary Savidge	572	48	F	Washington	VT	38:18	12:20
164	20/28	Erich Rosenstreich	783	68	M	Montpelier	VT	39:10	12:37
165	16/16	Ethan Geiger	696	9	F	Montpelier	VT	39:20	12:40
166	18/18	Amelia Woodard	696	9	F	Montpelier	VT	40:32	13:04
167	15/18	Laura Woodard	697	41	F	Montpelier	VT	40:32	13:04
168	16/18	Karen Schaefer	686	46	F	Bristol	VT	41:03	13:13
169	17/18	Noah French	583	46	F	Graniteville	VT	42:42	13:45
170	17/12	Madelyn Wells	718	18	F	Amundson	VT	48:47	15:39
171	19/12	Christina Williams	723	37	F	Amundson	VT	49:41	16:09
172	18/18	Merrilee Patrick	728	41	F	Starksboro	VT	50:02	16:07



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



15

Robert Murphy
35 Birchwood Park
Barre, VT 05641

0564186553 R005



JAN 2016

NEWSLETTER

Volume 37 Issue 1

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.