

**Newsletter**

**MARCH 2016**

**Volume 37  
Issue 2**



***In this Issue:***

- Meeting Minutes... 2*
- Budget Report ... 3*
- Award Banquet... 4*
- News (New & Old)... 6*
- Annual Meeting... 9*
- Race Schedule... 9*
- Membership Form... 11*

**CVR President's Column:**

Well, Fans, this is my last column as President. I get to move on (up?) to what Jeff calls the best job in CVR – Past President.

It's been a good two years. I think in the last couple of months, I started to get the hang of the job.

Really, I enjoyed it! You get to be in on all the behind the scenes stuff; people ask and consider your opinion, even when it's evident you don't have a clue. Sure, getting the weekly notes out on time can produce a little pressure, but you dozen or so people I approached about being President next, you're all exceptionally qualified and should continue to consider when your time for the fun will come.

Thankfully, the club will be in good hands if you come to the annual meeting and vote for the Nominating Committee's choices of Donna Smyers and Shannon Salembier to head up the club's executive branch. (Anyone who does not vote for Donna and Shannon is by default nominating themselves.) The rest of the Executive Committee: Treasurer - John V., Secretary - Sandy C. and Members At Large - Beth D., and Darragh E. have all agreed to stay on—Yay!

Greatest reward of my presidency: learning (again!) that the way to get volunteers is often a personal approach and that there are loads of Awesome Club Members who are happy to volunteer if asked. Here's a shout out to some who stepped up: Pam, Phyllis, Sigh, Bob M., Roger, John V., Andy, Leslie, Donna, Jeff, John H., Jim, Ann, Dylan, Bob H., John M. All the Race Directors, and many more.

Greatest Challenges? Getting through meeting agendas before everyone is too tired to conduct business. Finding the right successor. Finding that there has to be a rational course correction to the club's free-spending ways.

But we've met and conquered all those challenges – or we will when you all vote for the budget committee's proposals (without discussing them into the wee hours), and vote in Donna and Shannon.

It has been fun! And a growth experience. Now I join the ranks of the wise old former Presidents. I'm looking forward to 2016 and beyond: my injury is healing nicely, I will complete my transition to professional retirement in June, I have just been honored by being selected as Vermont Engineer of the Year, and I have the world's smartest and cutest granddaughter. Life is Good.

Lots of great club and non - club races coming up soon. Good luck in Boston, all you qualifiers. For the rest of us, May is coming soon: Adamant, Mutt Strut, Barre Town, Corporate Cup, VCM.

When you see me hobbling across the finish line at some CVR race, you can tell people, "Yeah, we have to let him run because he's Past President". I'll autograph your race bib.

*... Greg ...*





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

Fun runs:..... Darragh Ellerson

Grant coordinator:..... Ann Bushey

Membership:..... Donna Smyers

Newsletter:..... Bob Howe

Publicity coordinator:..... Dylan Broderick

Volunteer coordinator:..... June Burr

Volunteer / Awards dinner:..... John Martin

Webmaster:..... John Hackney

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



Draft **Minutes** of the CVR Meeting  
Monday, **November 9, 2015**

Subject to approval at the March meeting.

Approximately 15 -20 members were in attendance;

Approval of minutes from Annual meeting on August 17 as printed in Newsletter.

#### Treasurer's Report

John reported a \$6391.73 account balance which does not reflect income from Leaf Peepers race. The actual balance including estimates from Leaf Peepers (as per conversations with Roger) approximates \$13,445.00. This year's (revenue) amounts as compared from last year's Leaf Peeper's race are down considerably.

#### Membership Report

Donna reports we have 136 families, or 274 total members for the 4/1/2014 – 3/30/2015 membership year. Thus far, 63 families renewed membership out of 100 eligible families.

#### Race Updates

Northfield Savings 9/5 - Rowley reported that NSB made a per runner fee contribution, but it was unlikely that CVR would be involved in the race next year.

Sodom Pond – All went well for the 48 runners

Fallen Leaves – Nov 7 race had a record 109 racers to beat the previous record of 89 racers for any one race. 61 were in the 0-19 age group.

#### Upcoming Races

Donna will oversee the second Fallen Leaves race in Tim's absence.

New Year's Eve 5K – Ann reports that she & Sean are all set. June to get more race bibs from ORS for the event.

Berlin Pond – Certificate needs to be redone as the current one expires on 12/31/15.

2015 ORS Series Standing – Greg reported some racers still need to volunteer to qualify.

#### Running Group Grants Committee

Ann reported that the committee edited Norm's original solicitation letter and sent to 10 high school cross country (not track) candidate departments in the central Vermont area with a deadline. The awards were set at \$400 each. Applicants were asked to specify what the award monies would be spent on. *Three awards or up to \$1200 to be offered.*

There were 10 requests for the youth grants totaling \$2500. In the future it was decided that the total amount would be set at the annual meeting.

Special Olympics is thought to be very well funded, and any further discussion would be tabled for the Annual meeting.

*(continued on next page)*

**WINTER LONG RUNS** continue most Saturday mornings through the Adamant 20-Miler in May, on a variety of routes around Central Vermont. There will be multiple distances available each week.

Watch the weekly **CVR NEWS & NOTES** emails for information on whom to contact for information on each week's run, or to receive more detailed emails each week on the where and when of the Winter Long Runs, contact Jeff Prescott at [jeffp\\_cvr@myfairpoint.net](mailto:jeffp_cvr@myfairpoint.net)

## CHECK your newsletter label

if your membership is not up to date  
the date will be **HIGHLIGHTED**

Join or Renew your membership by using the form on page 11... or online at <http://cvrunners.org/> and click on "Join CVR". (NOTE: The online membership on runreg.com still shows the 2015 date as the start of the membership. You can still use this form for 1, 2, 3 years etc. and a CVR human will insure the membership is starting in 2016.)



(Draft *Minutes of the CVR Meeting, Nov. 9, 2015, continued from previous page*)

#### Proposed Race Calendar for 2016

The Barre Heritage Trail race would be included on the insurance certificate

All dates for 2016 were accepted and finalized for the calendar

Ideas raised/discussion on advertising for an apprentice race director's position. *Later John Valentine agreed to take on Shannon Salembier as apprentice Race Director for Capital City Stampede*

#### Leaf Peeper's Report

Roger's overall assessment that it was smoothest of all the races regarding traffic and timing. Cooperation/collaboration with the new owners of Pilgrim went very well.

Registrations were significantly down but all expenses were covered (payout this year ~\$12K). The race provided for ~\$6000 contribution to the club; in the most profitable years, \$17K was had.

He suggested we deliberate on a strategy regarding increasing fees or decreasing contributions to partner organizations through the budgeting process.

Greg mentioned there were 2 new races on the calendar the same weekend as potentially competing with Leaf Peeper's. One in southern NH had 5000 registrants, GMAA added a half marathon.

Discussion on pushing registration deadlines further out. This year there were 9.2% no-shows for the 5K; HM no-shows decreased to 16.8% as compared to 20% last year.

Discussed core purpose/mission of the club of "promoting running," and how this is supported through monetary contributions.

#### Race Series Committee Report (Jeff, Bob, Donna, John H)

Jeff reported the lack of procedures to determine the overall winner of the ORS race series is a major challenge the committee was addressing. More specifically, existing rules didn't provide for multiple-way ties.

The committee submitted its proposal which was voted on and unanimously accepted by those in attendance. The proposal included eliminating the overall winner and instead to just award a winner in each of the age groups.

#### Announcement & other business

March 20, 2016 was decided as the annual meeting date.

The nominating committee will be formed to provide nominations for both the President & Vice President vacancies.

Jeff to email information to all club members for Saturday Long Runs.

Meeting adjourned at 8:07 pm ... June

## CVR Budget Committee Report, 2/24/2016

In attendance: Roger Cranse, Bob Murphy, Andy Shuford, Donna Smyers, John Valentine, Leslie Welts, Greg Wight

#### *Recommendations to the Club:*

1. **Club Dues** will remain the same.
2. The Club **newsletter** will be published and distributed in electronic format. Upon request, a Club member may receive a print version of the newsletter.
3. The **annual banquet** will remain free for Club members who volunteered at a Club event during the previous calendar year. The Club will seek and identify a more modestly priced venue for the banquet; modestly priced is defined as \$24 or under per person. This venue will be located in central Vermont around the Barre-Montpelier area.
4. Every Club-sponsored race will budget and allocate to the Club **\$2 per registered, paying runner**. These funds will be used for race-related and general operating expenses.
5. After meeting all race-related and general operating expenses, the Club may choose to **donate money** to running, fitness, and sports-related organizations such as Girls on the Run, high school cross-country teams, and Special Olympics if sufficient funds remain in the Club treasury. For fiscal year 2016 – 2017 (beginning April, 2016), donations will remain approximately the same as the previous fiscal year. Beginning fiscal year 2017 – 2018, decisions regarding these donations will be made at the Club's annual meeting based on and using funds remaining in the treasury.
6. Four club races – the Adamant 20-miler, the Mutt Strut, the Fallen Leaves series, and the Barre Town Spring Run – were organized specifically to raise **funds for designated organizations**. These races will meet the requirements of #4 but donations will not be subject to the procedures detailed in #5.
7. Roger and the **Leaf Peepers Race** Committee have drafted a budget plan for the 2016 race. The plan uses the 2015 runner numbers as the "new normal:" 650 in the Half, 425 in the 5K. Fees remain the same. The tee shirt is optional at an extra \$5. Certain expenses are cut: fewer portolets, no tent, mailings to Waterbury residents replaced by FPF notifications, less food and water. This budget plan results in a projected net allocation to the Club, after all expenses and contributions, of \$7,247, well above the mandated \$6,000.

*These are proposals, not edicts, to be discussed by the membership and voted on at the annual meeting... Greg*



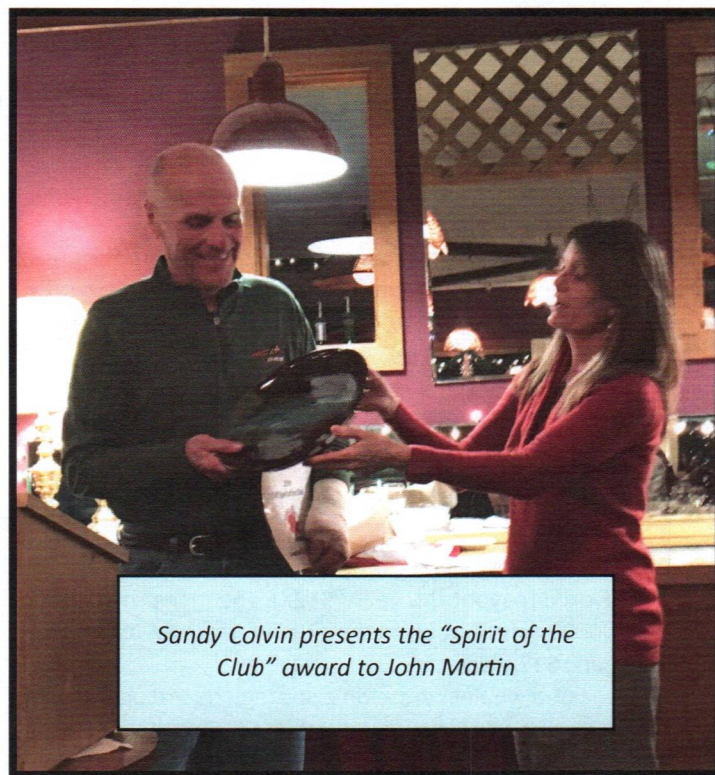
## CVR Nominating Committee's Results for March 20, 2016 election

The CVR Nominating Committee members for 2016 are Pam Eaton, Phyllis Arsenault-Berry and Sigh Searles.

Their Nominees are:

- President: Donna Smyers
- Vice President: Shannon Salembier
- Treasurer: John Valentine
- Secretary: Sandy Colvin
- Executive Committee Members at Large:  
Darragh Ellerson and Beth Daut

Thanks to Pam, Phyllis, and Sigh for a challenging job done well! At the Annual Meeting on March 20, an opportunity will be provided to offer additional nominations from the floor, where after, elections will be held. ...Greg



*Sandy Colvin presents the "Spirit of the Club" award to John Martin*

Photo courtesy of John Hackney

## CVR Volunteers Appreciation & Awards Banquet, January 21st

For the 2<sup>nd</sup> year in a row the CVR Volunteers Appreciation & Awards Banquet was held at the Commodores Inn in lower Stowe village. Past president Jeff Prescott teamed up with president Greg Wight as the MC's for the recognition of volunteers and the presentation of awards. Greg started off with thanking Onion River Sports for their continuing support of CVR races and the CVR/ORS race series. He recognized the CVR officers/executive committee including the committee for selecting the "spirit of the club" award and thanked John Martin for all the work putting the banquet together. He thanked other people for the various work that they do which keeps CVR running and announced that there were around 20 new members.

The presentation of awards for the CVR/ORS race series began with an explanation of the scoring process (the age group winner receives 100 points with other runners in that category receiving points based on the percentage of time compared to the AG winning time). And "YES, with the best 5 scores being counted, you have a better chance of winning if you run at least 5 races. The 2016 race series will again have 12 races including two new races - the "Stowe 8 Miler / 5K" and Onion River Sports "Autumn Onion 5K". The 2016 race series will no longer have overall winners but will include an 80+ age group.

For 2015 there were 16 race series awards with 8 going to repeat winners from prior years and 8 to new winners. Gift Certificates from Onion River Sports were presented to these winners by Greg with numerous very special awards presented by Jeff, which recognized the special talents and accomplishments of those achieving the awards... and sometimes maybe somewhat other unique observations by Jeff.

The race series female overall winner was Sue Hackney, with 5 wins for a perfect score of 500 points. The male overall award was shared between Jim Flint and Bob Murphy, both with perfect scores of 500 in their age groups. In those age groups that had an overall winner, that age group award was presented for second place.

### Age Group winners included:

AGE	FEMALE	MALE
0-19	Brynn Bushey	Brian Bushey
20-29	Shannon Salembier	Geordy Aitken
30-39	Sarah London	Brian Burns
40-49	Mary Stridsberg	Jon Copans
50-59	Dot Martin	Mark Gardner-Morse
60-69	Dot Helling	John Valentine
70-79		Roger Cranse

*(continued on next page)*



*(CVR Volunteers Appreciation & Awards Banquet continued from previous page)*

The final award presented was for the "Spirit of the Club" award. This year the award went to John Martin. The award selection committee [ Donna Smyers, Sandy Colvin and Dave Kissner ] recognized John as the *Chief Welcoming Agent* for CVR, greeting both old-timers and first-timers to races and events.

**Remarks from Sandy Colvin presenting the award to John:** This year we would like to recognize somebody that has been a member of CVR for well over 20 years and has been a consistent volunteer for all of those years. This person embodies all of the factors that define spirit, and he does it naturally. He has a welcoming, positive attitude whether it is as a volunteer, cheering from the sidelines or even while competing, he will strike up a conversation or offer words of encouragement. His casual sense of humor will bring a smile to your face and for a moment you will forget you are competing in a race, and simply enjoy the comradery.

2015 was unusual as various injuries meant he could not participate in his usual number of CVR races, which hasn't happened to him since 2003. However, this year, instead of staying home biking in his basement, he upped his volunteering participation at (at least) 10 CVR races. He volunteered at The Adamant 20 Miler, The Kids Track Meet, Capitol City Stampede, Bear Swamp, Berlin Pond, Sodom Pond, Leafpeepers, and Fallen Leaves #'s 1, 2, and 3. He has already started the 2016 season a day early, volunteering at the NYE 5K.

Despite his injuries he continued to attend the Tuesday night Fun Runs, maintaining his status as Mr. Congeniality and Chief Welcoming Agent to all newcomers. He was in the results at least 11 times which does not count the times he walked without a result. When Darragh Ellerson, a regular volunteer at Leaf Peepers, one of CVR's largest events, couldn't volunteer, our recipient signed right up for her finish line duties even though he was already signed up to also volunteer for parking duties.

He attends and actively participates in all the CVR meetings, offering ideas and solutions to any discussion we may be having. Sometimes he represents a voice of reason and character, which reminds us all why we are here, to promote and enjoy the running community. This community wouldn't exist without people like this year's recipient and his dedication to the sport.

We hope you are all enjoying the dinner which has been organized and coordinated by this year's recipient for the last 9 years - that's since 2008 he has had to badger you and then keep track when you actually RSVP'd! We couldn't think of anybody that more embodies the CVR Spirit of the Club than this year's recipient: John Martin. *(picture previous page)*

John thanked all the people at the banquet and said what is important is to take care of both the new and old members of the club.

Previous winners of the "Spirit of the Club" award include 2005: Tim Noonan & Darragh Ellerson, 2006: Donna Smyers & Bob Murphy, 2007: Norm Robinson, 2008: Dave Kissner, 2009: Priscilla Carr, 2010: Nancy Rice, 2011: John Hackney, 2012: Roger Cranse, 2013: Eric Ryea, 2014: Jeff Prescott, 2015: Sandy Colvin.

Special recognition was then given to Newton Baker for running across the United States, from California to Washington D.C. Newton ran 3080 miles over 140 days, finishing June 2<sup>nd</sup> in Lafayette Square. During the trip they met with 5,000 kids to talk about their run across the USA and health and fitness topics. Newton spoke to the group about how persistence can take you farther and said "...running is what the human body is about". Newton didn't slow down over the summer with other running events such as the USATF National Championship 24 hour run in Cleveland, Ohio, where Newton ran 74.5 miles during the 24 hour time limit. More details of Newton's trip across the USA can be found at <https://newtonbaker.wordpress.com>.

Several lists of information were posted around the banquet room for folks to review in between talking with friends. Some of the most often heard comments included "this week the snow is great for X country"... "what are you training for now?" and "so when do you think you will be able to run again?"

The lists of information included race directors [ 5 events for Tim Noonan], CVR officers and appointees and the list of 114 people who volunteered during 2015. Many of these people volunteered multiple times during the year. Greg calculated there were 22 people who had volunteered 4 or more times including:

**4 TIMES:** Beth Daut, Dave Erickson, Gerry Carlson, Pam Erickson, Phyllis Arsenault-Berry, Richard Cleveland, Sigh Searles, Jill Aspinall & Mack Gardner Morse

**5 TIMES:** Darragh Ellerson, Denise Ricker, Roger Cranse, Sandy Colvin, John Hackney & Newton Baker

**6 TIMES:** Tim Noonan, Jeff Prescott & Marsha Bancroft

**7 TIMES:** Greg Wight

**9 TIMES:** Donna Smyers & John Martin

**10 TIMES:** Bob Murphy

Another list indicated the status of CVR membership and who needed to renew their membership for 2016. Donna happily renewed folks for another year or more of supporting CVR by their membership.

... Bob Howe



## Cedars of Lebanon Frostbite Half Marathon

I finished my longest race in 16 months on Saturday, February 6<sup>th</sup> at the Cedars of Lebanon (Tenn.) Frostbite Half Marathon, in a chip time of 1:58:45. I was pleased with the result overall and had a negative split for one of the few times in my running career. I was 7<sup>th</sup> of 19 in my new age category of 60-64. There were 573 finishers total. The first male finished in 1:12 and the first female in 1:27.

Cedars began in 2008. The course was hilly, but none of the hills were severe hills that you might find in Vermont. They would wear you down however. I hadn't raced anything longer than 5 miles since a marathon in late 2014, so I was somewhat apprehensive. My training has been going well however, so I was hoping I could be near two hours. It was a beautiful sunny day, and with the race start at 11 a.m. it had warmed to a nice 50 degrees at the start. I was able to run in t shirt and shorts. One of the real advantages of southern running!

I got off to a decent start and was delighted to hit dirt road from mile 4 to 6. I haven't found many places to run on dirt, and while many folks didn't care for it I think I ran around the potholes pretty well. I suffered some in the middle section of the race, but found a real groove around mile 10 and finished strong.

The Frostbite race is one of 21 races that are part of the Tennessee Running Tour that is in its 37<sup>th</sup> year. Two of the races are trail races. The tour is held in state parks across the state and they have their own Grand Prix Series. Runners are required to finish 5 races to be eligible for prizes within the Grand Prix. All the races are held between October and March and are very inexpensive for runners. Pre entry fees are only \$8 or \$20 with a shirt, and only \$15 without a shirt on race day. What a bargain!

One of the differences here in Tennessee are the way some results are classified. While they have the typical 5-year age groups, they pull out top runners in a number of categories that include: open, masters (40+), grand masters (50+), senior grand masters (60+) and veterans (70+).

The timing company that tabulated results was very high tech. They had a table you could walk up to and when you gave them your bib number you received a small printout that had your finish time, split and pace at halfway and finish, and where you finished overall and within your age group. It was very cool, and a nice perk.

I had a great time, and have started to make new running buddies. The Nashville Striders currently have progressively longer runs every other weekend through April leading up to a major marathon in the area. They have around 100 for these runs, and I have 4-5 folks I have been running with most weekends.

My plans are to run the Maine Coast Marathon on May 15<sup>th</sup> in Kennebunk. Hope to see some of you there!

Norm Robinson

### ***For More Information:***

<http://mainecoast262.com/> ...Maine Coast Marathon, Half Marathon and Relay

<http://www.tennesseerunningtour.com/cedars-frostbite.html> ...Tennessee Running Tour



## Another Blast from the Past

by Bob Murphy

Watching the TV news the other night, whose face pops up on the screen other than Larry Damon. Remember him?

Seems that Larry, now 82, is playing cornet and is the leader of a jazz group (Z Jazz) which was recently at Espresso Bueno in Barre. He was featured in a WCAX 'Super Seniors' segment. It was a big surprise seeing Larry after so many years.

I remember Larry from early fun run days. He was in his late 40's at the time, and would come down from Stowe (he apparently lives in the Burlington area now) nearly every week during the summer. That was prior to the time when we added a 4 mile distance to the fun run. There were two distances; 2 mile and 6 mile. Larry always ran the 2-mile distance, and no one was ever faster. Larry managed times under 10 minutes for the distance, a feat I don't think anyone else has ever matched on that course.

It has been a long time since Larry has appeared at the Montpelier fun runs. I saw his name in bicycle and ski race results in subsequent years; he was always a fierce competitor. The "Super Senior" segment on WCAX pointed out his participation as a four-time XC skier in the Olympics, in the years 1956, 1960, 1964 and 1968.

According to Wikipedia, Larry skied for UVM from 1952-55 and won UVM's first NCAA Cross-country Ski Championship. And in 1962 he finished 10<sup>th</sup> in the Boston Marathon! No slouch, that Larry.

After reading Bob's recollections of Larry Damon's achievements I thought I would take a look at the first year of CVR newsletters, beginning May 1980, to see if Larry's name came up in regards to CVR activities or race results. I was surprised to only find Larry's name mentioned as race director for both a 5K & 10K, held May 24th in Waterbury Center, but there were some other interesting information in Vol. 1 of the CVR newsletter.

In preparing for the annual meeting folks might be interested to know that:

- The budget in 1980 was supported by individual dues of \$3.00 with initial dues costing \$6.00 (included a club t-shirt). Additional family members were \$1.00 or \$3.50 for initial dues.
- The first big club purchase was for a Heuer stopwatch.
- A committee headed up by CVR member and attorney Joe McEntyre, started up the process to obtain certification from RRCA and AAU, for the Montpelier 10mile and Howard Bank 10K (predecessor to the Capital City 10K)
- CVR meetings moved from member's homes to the Howard Bank conference room at the corner of State & Main in Montpelier.
- The Barre Heritage Festival was held July 19th with both a 5 & 10k race.
- And sage advice was offered by then President Bob Murphy... "It is only through regular meetings and member participation in club activities that CVR will ever survive as anything other than a club in name only."

... Bob Howe





Photo courtesy of Scott Paulson

Nothing Says "SUMMER RACING" like a steel band at the finish line... at the "Sprouty 5K" , Sharon, VT

### 50 Mile "Fun Run" ... portions of the article by Bob Oatley, October 1980

... we were going to try to cover 50 miles in under 10 hours to qualify for the Western States 100 Mile Endurance Run. I had read Tom Osler's book on Ultra-Marathonning and was intrigued by how easy it is supposed to be to cover 50 miles, if you mix running and walking right from the start. I wanted to see if this would be true for me.

... We selected the Montpelier Fun Run course for our attempt and decided to run out 2 1/2 miles and back 10 times. That way we could get refreshments at our car every 5 miles without needing a pit crew. ... I'd like to thank Paul Mailman, Roger Whitcomb, Don Perkins, Elaine Hioska, Darragh Ellerson, Bob Wilson and Larry Miller for their company and words of encouragement... thanks to Pat DeBlasio, who accompanied me from mile 15 to 35... We were running as fast as 7:40 and as slow as 8:12 through 35... Special thanks... to Fred Ross who helped out for the first 25 miles and then acted as pit crew for the last 25...

... When Pat left, things got a little tough, it was sunny and about 85 degrees... My legs really didn't want to run when it was time to cover the last 10 miles, but the walking always felt good. I managed to run the 50th mile in 8:30 which was faster than I started and I really felt great at having accomplished my goal. I finished 8:30:31. I wasn't that disappointed when Fred told me about the Western 100 entries being closed.

After the 50, Fred and I walked a couple of miles or so: then it was time to eat. During the run, I drank 2 gallons of ERG, ate 3 sandwiches (jelly) and a banana and still lost 3 pounds... The next morning, I ran four miles with very little trouble. I experienced no leg soreness and very little stiffness. I had some fatigue for about a week, but nothing serious.

This was quite an adventure for me and I'm sure I'll try again in the not too distant future... According to Tom Osler, it's not necessary to have more than 40 miles a week as a base for this to be a realistic goal. Much of what he says I have verified, but this you'll have to discover for yourselves. Have a go at it - it's great!



## CVR Annual Meeting

**Sunday March 20th, at Eric Ryea and Donna Smyers**

**1171 Haggett Road in Downtown Adamant,  
across from the Adamant Methodist Church  
(parking in the driveway or the church parking lot)**

**3:45 Run, Ski? Skate?? Swim??? 4:45 eat (pot luck)**

**Meeting starts at 5:30pm, Agenda includes:**

**BUDGET PROPOSAL, GRANTS, ELECTIONS and MORE!**

**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\***

**March 12, Black Cat 10 Mile & 20 Mile,** Salem MA, Contact: [www.blackcatroadrace.com](http://www.blackcatroadrace.com)

**March 12, Shiver Me Shamrocks 5K,** 1:30pm, Rutland, Contact: <https://www.facebook.com/shivermeshamrocks/>

**March 19, Doc Lopez Half Marathon & 5K,** Elizabethtown NY, Contact:  
<https://runsignup.com/Race/NY/Elizabethtown/35thANNUALDOCLOPEZRUNFORHEALTH>

**March 19, Eggstravaganza 5K,** 9:00am, Mount Anthony High School, Bennington, Contact:  
<https://www.runreg.com/eggstravaganza>

**March 20, New Bedford Half Marathon,** New Bedford MA, Contact: <http://newbedfordhalfmarathon.com/>

**April 2, Boston Tune Up 15K,** Upton MA, Contact: <http://www.tri-valleyfrontrunners.com/tuneup/tune-up.php>

**April 3, "GMAA" Kaynor's Sap Run 10K,** 11:00, Westford School, Contact: [www.gmaa.net](http://www.gmaa.net)

**April 3, Westfield Half Marathon, 10K & 5K,** Westfield MA, Contact: [www.westfieldhalf.com](http://www.westfieldhalf.com)

**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, Wave 2 still open, Contact:  
[www.runvermont.org](http://www.runvermont.org)

**April 10, Soup Kitchen 10K & 5K,** 1:00pm, Nashua NH, Contact: [nsks.org](http://nsks.org)

**April 10, Red's Race 5 Mile,** 10:00am, Dover NH, Contact: [www.reds-race.com](http://www.reds-race.com)

**April 16, "GMAA" Rollin Irish Half Marathon,** 9:00am, Memorial Hall, Essex Center Contact: [www.gmaa.net](http://www.gmaa.net)

**April 24, Sap Run 8.5 Mile & relay,** 8:30am, Swanton / St. Albans, Contact: <http://vtmaplefestival.org/sap-run/3244752>

**April 24, Lake George Half Marathon & 5K,** Lake George NY, Contact: <http://www.lakegeorgehm.com/>

**April 30, Sap Lap 5K,** 8:00am, St. Johnsbury, Contact: [http://www.worldmaplefestival.org/sap\\_lap\\_5k](http://www.worldmaplefestival.org/sap_lap_5k)

**May 1, Dam Run, 4 Mile,** 8:30am, Springfield, Contact: [www.springfielddamrun.com](http://www.springfielddamrun.com)

**May 1, Plattsburgh Half Marathon, relay & 10K,** 8:00am, Contact: [www.plattsburghhalfmarathon.com](http://www.plattsburghhalfmarathon.com)

**May 1, Middlebury Maple Run half marathon and two person relay,** 9:00, Porter Hospital, Contact:  
[www.middleburymaplerun.com](http://www.middleburymaplerun.com)



## **CVR & GMAA Race Schedule**, including other area races... *continued from previous page*

- May 7, "CVR" Adamant 20 Miler or 2 Person Relay**, 10:00am, Adamant Music School, *Contact:* Eric Ryea at 223-2733 or eryl@comcast.net
- May 7, "GMAA" Pump It Up 5 Miler**, 9:00am, Jericho Elementary School, *Contact:* www.gmaa.net
- May 8, Steve Zemianek Bennington Road Race 10K & 3.8 Mile**, 10:00am, North Bennington, *Contact:* www.runreg.com/6184
- May 14 & 15, Shipyard Maine Coast Marathon, Half Marathon, Relay and 39.3 Challenge**, Kennebunk/Biddeford Pool, ME, *Contact:* http://mainecoast262.com/
- 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 still open, *Contact:* 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

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





# Renew your Membership or JOIN

## Central Vermont Runners

### When you join Central Vermont Runners you'll...

Meet, run with, and socialize with other area runners of all abilities.

- Keep up-to-date on area running races and events.
- Receive a regular newsletter with race results and club news.
- Be eligible for the Central Vermont Runners/Onion River Sports Race Series
- Join a club that's part of the Road Runners Club of America that insures CVR races.
- Become eligible for discounts at area sporting goods stores:
  - o Onion River Sports / Shoe Horn - 15% off running shoes and running apparel.
  - o Lenny's Shoes & Apparel - 10% off running shoes.
  - o Ski Rack—15% off running shoes and clothing

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 \_\_\_\_\_

As a responsibility of club membership, I agree to be available to work on at least one club race during the year. My preferred race is indicated below.

- \*May - Adamant 20 Miler \_\_\_\_\_ \*May - Mutt Strutt \_\_\_\_\_ \*May - Barre Spring Run \_\_\_\_\_
- \*June - Kids Track Meet \_\_\_\_\_ \*June - Capital City Stampede \_\_\_\_\_ \*June - Worcester Four Miler \_\_\_\_\_
- \*June - Paul Mailman 10 Miler \_\_\_\_\_ \*July ORS Montpelier Mile \_\_\_\_\_ \*July Stowe 8 Miler \_\_\_\_\_
- \*July - Bear Swamp Run \_\_\_\_\_ \*July - Barre Heritage 5K \_\_\_\_\_ \*August - Berlin Pond 5 Miles \_\_\_\_\_
- \*Aug/Sept - Northfield 5K \_\_\_\_\_ \*September - Sodom Pond Run \_\_\_\_\_ \*October - Leaf Peepers \_\_\_\_\_
- \*Nov.- Fallen Leaves 5K's \_\_\_\_\_ \*Dec - New Year's Eve 5K \_\_\_\_\_
- \*May thru Oct - Tuesday Fun Runs \_\_\_\_\_ \*other- \_\_\_\_\_

Annual dues are \$10 for individual, \$15 for family, \$5 for students. Enclosed are dues for the following years - (2016 dues covers 3/2016-3/2017)

2016    2017    2018    2019    2020

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



BURLINGTON VT 054  
09 MAR 2016 PM 1 T



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

16

Robert Murphy  
35 Birchwood Park  
Barre, VT 05641

05641+8653



MARCH 2016	<b>NEWSLETTER</b>	Volume 37 Issue 2
------------	-------------------	-------------------

