

Newsletter

MAY 2016

**Volume 37
Issue 3**



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CVR President's Column:

Hi All... In looking through some prior newsletters to see what the CVR President wrote, I noticed that last year, ice out in Brookfield was April 28. What a difference a year makes! While we didn't have a very warm last few weeks, (except of course for a notoriously warm Patriot's Day), the ice went out early enough that the portolets have been present for weeks at #10 Pond and Nelson Pond--very convenient for the Adamant 20 Miler, which will have happened by the time you read this.

There are so many roles to play in CVR. I started going to CVR meetings in 1996 since all my new friends here in Vermont were runners and belonged to CVR. I avoided volunteering for the first few meetings I attended, but before a year was up, I had volunteered to co-direct the Mutt Strutt with Jamie Shanley. Neither of us had ever put on a race, but we had fun with it for 15 years before passing it on. (Note: it is in danger of dying if nobody steps up to take over for Brittany Lafirira, who is moving on.) Soon I took over the mailing list from Norm Robinson. After a while, it made sense to merge that with the membership coordinator position which I continued until this year when it has been very ably taken over by Allie Nehrenberg, and we split off the mailing list to make it strictly email which will be handled by Greg Wight during his post presidential down time. I took on the Presidency in 2003-2004 after it was left vacant for a couple of months since nobody had stepped up at the annual meeting. Somehow in those years, Bob Murphy, John Hackney and I became quite involved with timing and producing race results with the computer—a task that would be great to have more people feel confident performing. Now, I co-direct the Adamant 20 Miler with Eric Ryea and have reassumed the presidency so that I may try to match Norm's record of a presidency per decade (assuming I live long enough to match his 4 decades of achievement). I have managed to stay clear of VP, Secretary, Treasurer, Webmaster....Like I said, there are so many roles people can play in keeping CVR a vibrant and viable club! Please start volunteering for small tasks that you can handle and try not to resist the slippery slope when you are tempted to step up for the next one.

Times sure have changed since I was CVR president just over a decade ago. Believe it or not, I still had dial-up with a Compuserve email back then. Much less was done by email, since we only got around to checking it every few days. I couldn't find the exact date, but I think Dave Kissner had just started our CVRunners.org website in 2002, maybe 2001. All our mailings were by paper—we sent out a mailing with race apps for all our early season races in the spring and another one with Leafpeepers in the fall. The printed CVR newsletter and Vermont Sports Today were our best sources to see race schedules and results. For the first approximately 10 years that I was membership coordinator, membership peaked at 95-110 families or individuals per year. In 2013-2014, under Jeff's leadership, we had a membership drive and have grown from around 135 to now 145 over the last 3 years. I hope we can keep growing and changing with the times, but stay true to our low key roots. Two imminent changes are that **after this printed copy of the newsletter, you will need to "opt in" if you would like to continue to receive paper newsletters** and I believe that this will be the year that we finally get on-line race registration for most races. So check out the CVR Facebook page, the new CVRunners.org website, Jeff's Race Results Roundup and of course your emailed CVR weekly news and notes, then get off the computer and run forward into the 2016 season!

Donna

This newsletter is a publication of the
Central Vermont Runners

Elected Officers include:

President:..... Donna Smyers
Vice-President:..... Shannon Salembier
Secretary:.....Sandy Colvin
Treasurer:..... John Valentine
Past President:..... Greg Wight

Executive Committee members at large:
Darragh Ellerson and Beth Daut

Appointed positions include;

CVR/ORS race series standings:..... Jim Flint
CVR clothing:..... Mary Stridsberg
EMail list coordinator: Greg Wight
Equipment coordinator:..... Shannon Salembier
Fun runs:..... Darragh Ellerson
Grant coordinator:..... Ann Bushey
Membership coordinator:.....Allie Nerenberg
Newsletter editor:..... Bob Howe
Publicity / Facebook:..... Dylan Broderick
Volunteer coordinator:..... Pam Eaton
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 Annual Meeting

Sunday, **March 20, 2016**

Subject to approval at the May meeting.

Meeting called to order at 5:30 pm - Good Turnout of @25 people

Introduction

Approved minutes of last meeting (Nov 9, 2015)
Went around the room and all members introduced themselves

Treasurer's Report (John not at meeting but Bob gave report in his absence)

Current cash position
Income/expense fiscal year-to-date
Post Meeting the following specific details were provided

Apr 1, '15 - Mar 29, '16

Membership Dues	1,556.00
Clothing sales	131.00
Meeting Expense	-2,073.90
Meeting Income	260.00
Donation	-3,237.17
Insurance and Dues	-935.20
Newsletter	-1,919.22
Paper Statement Fee	-9.00
Postage and Delivery	-30.98
Professional Services fees	-179.10
Race expenses	-5,049.27
Race expenses	-32,430.62
Race income	41,119.00
Rent	-638.00
Supplies and Materials	-375.71
Net Income	-3,812.17
Checking Account Balance	\$3366 (note - does not include cd)

Membership Report Donna Smyers

Donna went over the membership numbers and the renewal process. We are now able to renew online if we would like. Allie Nerenberg is taking over Membership. Donna had lists available of those who have renewed or have yet to do so.

There are a total of 144 memberships/families and 96 have already renewed for 2016. If not renewed there will be 48 expiring March 31st.

Race Updates

Races completed since last club meeting

New Year's Eve 5K -- Ann Bushey and Sean Murphy – Ann was at the meeting and reported the race had a record turnout. She discussed the challenges with the state not allowing collection of \$\$ on state property, which may lead to the race being held in a different location in the future.

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The **CVR newsletter** will be published and distributed in **electronic format** by email beginning with the August 2016 newsletter. If you would like to continue to receive paper newsletters mailed to you then you will need to notify Allie Nerenberg at: ahnerenberg@gmail.com before August 1st.

This May 2016 newsletter will be **your final paper copy unless you "opt in" and contact Allie.**

At a later date if you change your mind and would like to start, or stop, having the paper copy of the newsletter mailed to you then contact Allie at that time.

Check your newsletter label

if your membership is not up to date this will be your **last newsletter** until renewed

Join or Renew your membership

by using the form on page 9 or online at <http://cvrunners.org/> and click on "Join CVR".

(Draft *Minutes* of the CVR Annual Meeting, **Mar 20, 2015**, continued from previous page)

Upcoming Races

Adamant 20 Miler & Relay	Eric Ryea & Donna Smyers	Saturday, May 7, 2016
Mutt Strutt	Brittany Lafirira – Looking for new director	Sunday, May 15, 2016
Barre Town Spring Run	Andrea McLaughlin	Saturday, May 21, 2016
Kids Track Meet	Dot Helling & Sandy Colvin	Friday, June 3, 2016
Capital City Stampede	John Valentine & Shannon Salembier	Saturday, June 11, 2016
Worcester 4 Miler	Roy Belcher	Sunday, June 19, 2016
Paul Mailman 10 Miler	Andy Shuford & Andrea McLaughlin	Sunday, June 26, 2016

Proposed Club Meeting Dates for 2016

The following dates are just a proposal and not set in stone.
Let's pencil them in....

- Monday, **May 16**
- Monday, August 15
- Monday, November 7

Fun Runs:

Unofficial start 3/15; **Official start 5/3**

Proposed Allocation of ORS Gift Cards to 2016 Race Series

Events

Members discussed the allocation and if we should make changes. It was decided to change Paul Mailman and Barre Town. The final allocation is listed below.

Event	
Capital City Stampede \$ 500
Paul Mailman \$ 400
Bear Swamp \$ 200
Berlin Pond \$ 280
Barre Town \$ 220
First Night \$ 400
Total \$ 2,000

Youth running programs grants

The members discussed what the club should offer for grants to local youth running programs. Greg mentioned last year, we voted to support up to 10 programs at up to \$250 each. In addition, he handed out a list of the programs we supported last year. Members decided to grant up to \$250.00 each for up to 10 programs. So far only Waterbury and Tunbridge have renewed their requests for grants in 2016.

Other running organizations grants

Last year, we voted to offer \$400 to up to 3 XC programs and Special Olympics. Members voted to give \$400.00 to special Olympics. Members also approved the club spending a maximum of \$1200 on other grants this year, and a maximum of \$400 to any one organization. Which organizations get how much is TBD as the requests come in.

Budget Discussion

Budget Committee Recommendations to the Club. There was a long discussion on the club budget, club mission and philanthropy. With the exception of below notes, members, specifically race directors were reminded that if we hold a race we need to make sure we cover expenses and put some money back in the CVR budget to cover expenses for our equipment.

Budget Discussion (continued)

Everyone agreed that we want to donate to charities etc, however we need to make sure the club is solvent and has the funds to maintain our equipment. Each of the items below were discussed with much of the discussion focusing on #2, #4, #5 and #7. After discussion the members agreed to these recommendations from the budget committee.

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.

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(Draft **Minutes** of the CVR Annual Meeting, **Mar 20, 2015**, continued from previous page)

Election of Officers

Nominating Committee Slate:

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

No Nominations from the floor

The members voted all those nominated

Appointed positions:

Webmaster: John Hackney
 Publicity/Facebook: Dylan Broderick
 Newsletter Editor: Bob Howe
 Membership Coordinator: Allie Nerenberg
 ORS Series Standings Manager: Jim Flint
 Publicity and Facebook: Dylan Broderick
 Mailing List Coordinator – Greg Wight (taking over

from Donna)

... *Sandy Colvin*

Fun Runs Have Begun

Every Tuesday at 5:30pm

Park in back of the Department of Labor building
 just beyond Montpelier High School

1, 2, 4, or 6 miles

and.....

Mondays at 4:15pm

Park at the Berlin Town Clerk's office for 5 mile run
 around the pond, email Donna to be put on the
 Monday run email list for updates

CVR May Meeting

The next club meeting is scheduled for

Monday May 16

at Denise Ricker's home,

399 Murray Hill Dr. Montpelier

Directions: Main St. north out of Montpelier; pass the Main-Town Hill Road intersection; Left on Murray Hill; go to end of Murray Hill; #399

Pot Luck at 6 pm, Meeting starts at 6:30

Zion Half Marathon...

... Dot Helling



This year's Zion Half Marathon was my sister Marjorie's pick for my 66th birthday run this year. It took place on March 12, 2016, two days before the actual celebration date. We were following in the footsteps of Vermonters Dot Martin and Toni Kaeding who ran it in 2015 placing 1st and 6th in their respective age groups.

We expected warm temperatures and sunny skies but woke up to pouring rain, temps in the 40's, wind chill in the 30's and, later in the day, snow on the ridges above us. The course is remarkably beautiful, being the western entryway to Zion National Park. There is a cumulative gain of 466', with the altitude ranging from 3,546' to 3,953'. The race takes 2500 participants from all over the country and the world. It begins in Virgin and ends in Springdale just outside the National Park gate. We swapped our shorts and sunglasses for capris and long sleeves with a throwaway jacket and gloves. The start was a muddy mess. As we approached Springdale the temperatures dropped significantly and the rain started again heavily just after our finish. Marjorie and I ran separately but finished together in a chip time of 2:00:38, a 9:13 pace, pretty good on an uphill course and tired legs from Boston training. Nevertheless it was a little disappointing to run my slowest half marathon ever. But sometimes, when you're old, you just need to show up and accept the "age thing." I ended up taking first in the 65-69 age division and my sister grabbed silver in the 60-64 division. The medals are huge. Two of them almost tipped us over.

We waited for our shuttles back to the muddy start area, shivering. First stop back in the town of Hurricane where we lodged was a long soak in the hot tub. With better weather I recommend this run to any one who wants to visit the Utah canyonlands and experience an amazing road run. Last year we did the Catalina Island Trail Marathon for my birthday, next year it's Sedona - join us!!!!

Donna asks: do you want to know how generous you are?

Youth scholarships are on their way. The donations committee approved and \$250 scholarship/donations have been mailed to :

- Thatcher Brook Girls on the Run
- Tunbridge Central School Girls on the Run
- Wonder and Wisdom (NEK, Kids on the Move)
- Barre Town Girls Running Club, and Boys Running Club
- and \$400 to Vermont Special Olympics



Murdock is a lifelong member of CVR and last October suffered an ACL tear. In a dog they change the angle of the leg, eliminating the need for the ACL, then place a plate and screws to secure it. It was a tough process trying to get him to stay off it for 3 months, then it was a couple of miles a day, gradually building up and after 6 long months, he was back -

Together with me, we teamed up this April to win 3 separate dog/human races in New Bedford, MA; Saratoga Springs, NY; and Danbury CT. His best time was a 17:08 5k, back to where he was before surgery. - Eric Morse

Memories...

(or, An Exercise in Shameless Self-Promotion)

by Bob Murphy

Bob Howe asked me to put something together for the newsletter to accompany the image used in the recent writeup on CVR by Linda Freeman in a recent Sunday Times Argus. The photo was of me at the finish of the 1980 Ocean State Marathon in Newport, R.I. The picture brings back memories of my early days in running, long before chronic injuries began keeping me sidelined for extensive periods. So here is a bit of personal nostalgia. I'm relying some on memory; some on notes from my running log of that time...

The year was 1980. I was 40 years old, had been running only four years, and was seeing rapid improvement in my times. I ran Boston for the first time that year, finishing in a time of 3:00:36, not as well as I'd hoped (but isn't that ALWAYS the case?).

I ran a lot of races that year. Some of the highlights were the Schenectady to Albany, N.Y., 30km Chopperthon in 1:52:05, the Montpelier 10 miler in 59:06, the Howard Bank 10k in 34:23, the Northfield Labor Day 5k in 16:46 and the GMAA National Life 10 miler in 56:55. I was getting in shape for a fast fall marathon! However, there were warning signs throughout the year of tougher days to come. I note that as early as February I was noting hamstring issues. Fortunately for me, I was young enough to be able to overcome those problems and keep running.

That year turned out to be my biggest training year ever. Total miles for the year were 3371, an average of about 65 miles per week. Weekly training peaked at 93 miles in early September at the height of preparations for my fall marathon. That was one of eight consecutive weeks of 90 or more miles per week, and I was getting pretty fit. I kept track of my weight (high 130s) and pulse rate (mid 40s) during that period.

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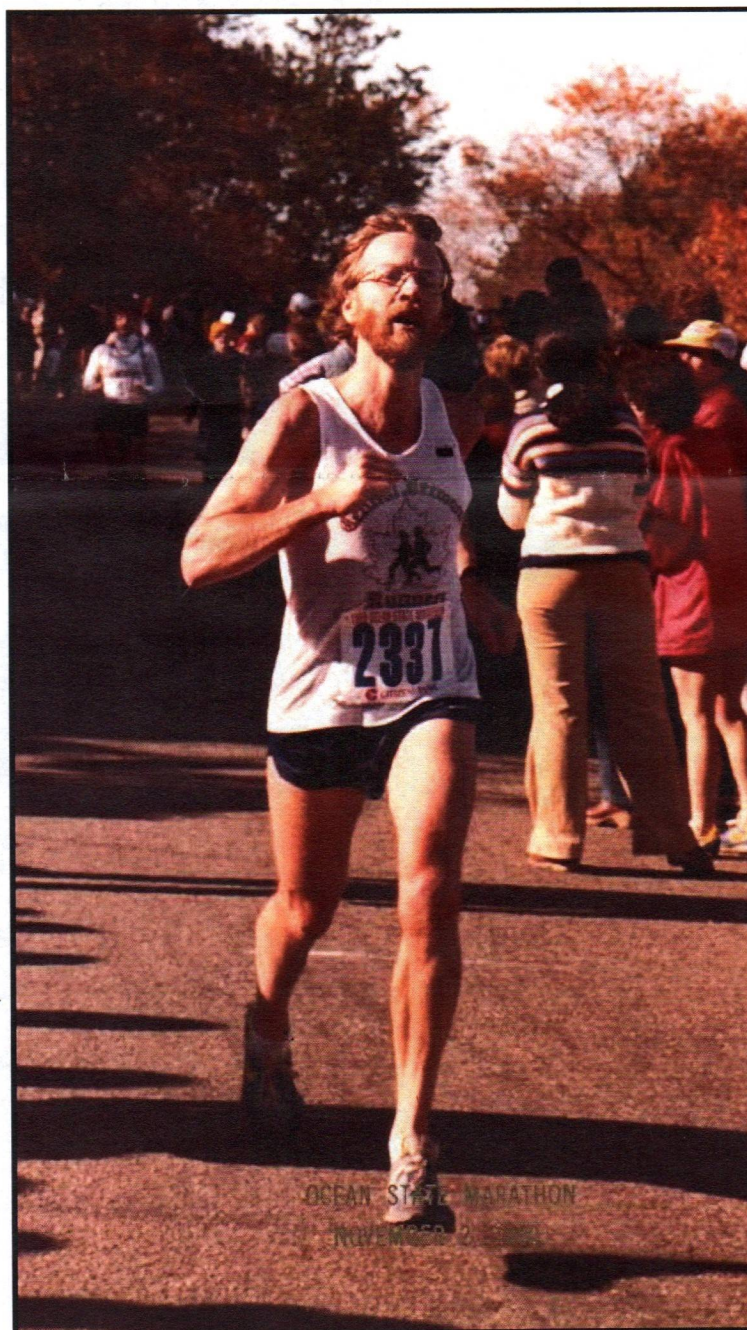


Photo courtesy of Bob Murphy

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After the period of 90-mile weeks, I eased off, and ran 80 miles the week of 13 October and 68 miles the following week. The week of the marathon, I ran 10, 8, 6 and 4 miles on Monday through Thursday, then took Friday and Saturday off. My weight on Saturday was 137 pounds, I was feeling good and I was ready! I note that on 30 October I wrote down my goal for the race: 2:40, although I indicated that I intended to try for a 2:37:12 (6 minute pace).

Sunday, November 2nd: 45 to 50 degrees, clear and sunny, light to moderate northeasterly breeze. I was wearing super-light Nike Elites, with slits cut in the toe area to avoid any toe problems. My wife Lynda and three young daughters Colleen, Maureen and Shannon were there to cheer me on, so I was looking forward to the challenge. (They also took advantage of the long race to visit some of the mansions.)

The course was a beautiful one. The first portion was a 6-mile loop from the beginning at the high school, mostly along the seashore, past the point of beginning. From there, there were two 10-mile loops which took us along the shore and then up through the city of Newport, and along Bellevue Avenue. That portion was spectacular, as it passed many of Newport's fabulous mansions, but brutal, as it was a concrete roadway that was unforgiving punishment to runners. Fortunately, at the top of Bellevue Avenue it reverted to asphalt, but then there was that second 10-mile loop when the same route was repeated. In summary, it was a beautiful course, but not a particularly easy one.

The race started. Early miles seemed easy and concentration was a problem at times. My first mile was a 5:47, and my pace was on target at 10 miles, as I passed that mark at 59:22. Around 12 miles I noticed a little stiffness in my right calf, but by keeping an even pace, it never became a problem. I took water at the top of Bellevue Avenue, and got a side stitch at the bottom of Memorial Drive. That passed in about a quarter of a mile without losing time, and it never recurred. At 15 miles, my time was 1:30:13 and I knew that a 6 minute pace for the full race was eluding me.

At the 16 mile point Lynda and the kids were there to let me know I was in 72nd place. By 18 miles I was back on Ocean Drive with the wind at my back and I was flying. It seemed easier all of a sudden and I started passing people left and right. My 20 mile split was 2:01:03, and I tried to push the pace a bit my second trip up Bellevue (although I was losing it at the time and didn't realize it). I tried to push the pace again in the last two miles, although they began to feel extremely slow. With ¼ mile to go, I heard someone up ahead holler, "Go, Arthur!". Arthur Doyle was the name of the previous year's Masters age group winner. I naturally thought, "That's probably him!". It turns out it was! I pushed hard up the last few hills, and sprinted across the finish line with a wide grin across my face. What elation! I had managed to win the Masters division in a time of 2:39:30. Arthur Doyle finished second, 7 seconds behind me!

It was the first time I had felt like I was truly racing for an entire marathon, and the first time that I never had the thought occur "never again will I do this!" I felt good during the run, and after crossing the line there was some stiffness, but nothing serious at all. It was the happiest day of my running life, and turned out to be the acme.

Here is a summary of my pace throughout the race.

1st 5 miles – 29:47 (5:57 pace)

2nd 5 miles – 29:35 (5:55 pace)

3rd 5 miles – 30:51 (6:10 pace)

4th 5 miles – 30:50 (6:10 pace)

5th 5 miles – 31:00 (6:12 pace)

last 6.2 miles – 38:27 (6:12 pace)

Overall pace for the 26.2 miles: 6:05 per mile.

So it was a great day and a great year for me. I never achieved such success again. I ran Ocean State twice more, in 1981 (2:42:23) and 1982 (2:51:00), but after that began the long inevitable decline into slower paces and more injuries. Still, it was an adventure that I'll cherish into my final miles as a runner.

“Hot Weather Running Tips”

Excerpts from the Road Runners Club of America web section on Education

*for the complete article go to...
<http://www.rrca.org/education/hot-weather-running-tips>*

Avoid dehydration! You can lose between 6 and 12 oz. of fluid for every 20 minutes of running. Therefore it is important to pre-hydrate (10–15 oz. of fluid 10 to 15 minutes prior to running) and drink fluids every 20–30 minutes along your running route....

When running, if you become dizzy, nauseated, have the chills, or cease to sweat.... STOP RUNNING, find shade, and drink water or a fluid replacement drink ...

If you do not feel better, get help. Heatstroke occurs when the body fails to regulate its own temperature, and the body temperature continues to rise. Symptoms of heatstroke include mental changes (such as confusion, delirium, or unconsciousness) and skin that is red, hot, and dry, even under the armpits. Heatstroke is a life-threatening medical emergency, requiring emergency medical treatment.

Run in the shade whenever possible and avoid direct sunlight and blacktop. When you are going to be exposed to the intense summer rays of the sun, apply at least 15 spf sunscreen and wear protective eyewear that filters out UVA and UVB rays. Consider wearing a visor that will shade your eyes and skin but will allow heat to transfer off the top of your head.

Plan your route so you can refill water bottles or find drinking fountains. City parks, local merchants, and restaurants are all good points to incorporate on your route during hot weather running. Be sure to tell someone where you are running, how long you think you will gone, and carry identification.

“There Is No Such Thing as a Healthy Tan”

*Excerpts from the Central Vermont Medical Center Blog by
Theresa Lever M.Ed...*

*for the complete article go to...
<http://www.cvmc.org/blog/cancer/there-no-such-thing-healthy-tan>*

About 90 percent of non-melanoma skin cancers are associated with exposure to ultraviolet (UV) radiation from the sun. About 86 percent of melanomas can be attributed to exposure to ultraviolet (UV) radiation from the sun

In Vermont, melanoma is the fifth most common cancer diagnosed in men and women, and we see a higher rate of incidence here than the rest of the U.S. While skin cancer affects people of all age groups, it is one of the most common cancers among individuals age 20-49.

The good news is that skin cancer is one of the most preventable forms of cancer.

You can reduce your risk for skin cancer by:

- Protecting your skin , and that of your family member, from UV radiation.
- Performing frequent skin self-examinations.
- Finding out whether you have an increased risk for melanoma and other skin cancers

The American Cancer Society’s awareness campaign for skin cancer prevention promotes the slogan “Slip! Slop! Slap! and Wrap” which is a catch phrase that reminds people of the 4 key ways they can protect themselves from UV radiation:

- Slip on a shirt
- Slop on sunscreen
- Slap on a hat
- Wrap on sunglasses to protect your eyes and sensitive skin around them



Central Vermont Runners Membership Form

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/Union 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 Union 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 _____

All members receive periodic newsletters by email.

Please check if you prefer to receive printed copies of the CVR Newsletter by regular mail ____

Names, birth dates and email of additional household members of CVR:

1 _____

2 _____

3 _____

As a responsibility of club membership, I agree to try to volunteer for at least one club race during the year. (Volunteering is highly encouraged, but not an absolute requirement for membership). My preferred race to volunteer at 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 - 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 2021

Please make checks payable to **Central Vermont Runners** and mail to:

CVR, c/o: Allie Nerenberg, 636 Browns Trace Road, Jericho VT 05465



More information or sign up on line at www.cvrrunners.org



2015-2016 CVR Winter Long Runs...By the Numbers

By Jeff Prescott

The 2015-2016 CVR Winter Long Run season started on December 5 and ended on April 30.
Let's run the numbers:

- 122 Total number of number of long runs completed by all participants
- 27 Number of people who showed up for at least one winter long run during the season
- 20 Total number of winter long runs held (New record!) 
- 15 Most winter long runs attended by a single person (Guess who?)
- 12 Number of towns visited on the run
- 10 Largest turnout on a single occasion (January 30 in Adamant—everyone's favorite place to run)
- 9 Number of different hosts (Thanks!)
- 7 Number of hosts who hosted two or more runs (Many thanks!) 
- 6.1 Average number of runners per winter long run
- 5 Number of runners who attended 10 or more runs
- 3 Smallest turnout on a single occasion
- 2 Number of visits to The Red Hen
- 1 Number of times Andy Shuford wore his cosmic kitten tights
- 0 Number of weather-related cancellations



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

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 through May 26, Contact: www.vermontcitymarathon.org

June 3, "CVR" Kids Track Meet, Montpelier High School, Contact: Dot Helling at dothelling@gmail.com and Sandy Colvin

June 5, Race to the Top of Bradford 3.5 Mile Trail Race, 9:00am, Contact: bradfordconservation.org/

June 11, "CVR" Capital City Stampede 10K, 9:00am, 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 12, Crowley Road Race Half Marathon, 10K and 5K, Contact: <http://www.crowleyroadrace.com/>

(continued on next page)

CVR & GMAA Race Schedule, including other area races... (continued from previous page)

- June 19, "CVR" Worcester Four Mile**, 10:00am, Contact: Roy Belcher at roybelcher@hotmail.com or 735-5110
- June 19, Skip Matthews 4 Mile**, 10:00am, Lebanon NH, Contact: www.skipsrun.org/
- June 25, CVMC 5 Mile Fun Run**, 10:00am, Berlin Pond, Reg./Park at Town Clerk's Office, Contact: www.cvmc.org/community-wellness/classes-and-events/cvmc-fun-run
- June 26, "CVR" Paul Mailman Montpelier 10 Mile**, 8:45am, Contact: Andy Shuford at 272-3218 or andy.cvr@myfairpoint.net
- June 26, Shaker 7 Mile Road Race**, 9:00am, Shaker Recreation Field, Mascoma Lake, Enfield NH, Contact: www.enfieldmainstreet.org
- July 3, ORS Montpelier Mile**, 6:00pm, Contact: www.onionriver.com
- July 4, "GMAA" Clarence DeMar 5K**, 8:30am, South Hero, Contact: www.gmaa.net
- July 4, Red, White and Blue 6.2 Mile & 5K**, 9:30am, Lebanon NH, Contact: www.lebrecreuns.com/red-white-blue.html
- July 10, Stowe 8 Miler**, 8:30am, Contact: <http://locorunning.com/stowe8miler/>
- July 16, Isle La Motte 5K**, 8:30am, St Anne's Shrine Contact: islelamotte.us/?page_id=28
- July 23, "CVR" Bear Swamp Run (5.7 miles)**, 9:00, Middlesex, Contact: Tim Noonan at 223-6216
- July 24, Essex Half Marathon**, 8:30am, Essex High School, Contact: www.essexhalf.com/
- July 24, Caspian Challenge 6.8 Mile & 5K**, Greensboro, Contact: www.greensboroassociation.org/
- 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**, 9:00am, 44 Brook Street Town Forest Entrance, Contact: Jackie Jancaitis at 479-4000
- August 6, Fairfax Egg Run 10K, 5K & 1K**, Contact: http://www.fairfax-vt.gov/index.asp?SEC=4A0FC107-94CE-4FD1-873E-981BC53B50E8&Type=B_BASIC
- August 13, Kingdom Run Half Marathon, 10K & 5K**, 8:30/9:00am, Irasburg in the Common, Contact: www.kingdomrun.org/
- August 18, "CVR" Berlin Pond 5 Mile**, Contact: Jeff Prescott at jeffp_cvr@myfairpoint.net or Sue Emmons at sue.emmonds@comcast.net
- August 19, Last Ride 5K**, Gifford Medical Center, Randolph, 6:00pm, Contact: www.giffordmed.org or www.facebook.com/LastMileRide/
- 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

BURLINGTON VT 054

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MAY 2016

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