



NEWSLETTER

May 2021, Volume 42 Issue 2



Upcoming races*

Barre Town Spring Run 5K *Postponed*
Capital City Stampede 10K *Jun 12*
Bear Swamp 5.7 Miler *Jun 26*
Montpelier Mile *Canceled*
Barre Heritage 5K Trail *Jul 31*
Berlin Pond 5 Miles *Aug 12*
Northfield Savings 5K *Sept 4*

Groton State Forest 10K *Sept 11*
Sodom Pond 4 miles *Sept 22*
Leaf Peepers ½ Marathon / 5K *Oct 3*
Fallen Leaves 5K #1 - Nov 6
Fallen Leaves 5K #2 - Nov 13
Fallen Leaves 5K #3 - Nov 20

*Contingent upon public health orders

President's Message



Since our last Newsletter in January, a lot has changed in the world of Covid and the Central Vermont Runners have changed as well to meet the challenges and to inspire a community of running throughout the club.

A survey done in January resulted in great feedback as to the desires of the club. Knowing those results we brought back Winter Long Runs and what a great success that was. Thank you **Donna** for managing it this year. You also asked for more events. Therefore, the first Snow Shoe event ever was created. Although virtual, a very nice turnout for the event. Thank you **Jackie** for bringing that to us. It was also recognized that many members were interested in a group for trail runs. At our annual meeting we discussed that and agreed to form a committee to draw up the plans for group trail runs. Within a couple of weeks and several meetings, not only were plans created, but a Summer Trail Series was planned out by some very ambitious runners. Our first ever group trail will be inaugurated on 5/15 with a plan of at least 8 group summer runs. Thank you **Mark, Natalie, Jackie** and others for making this happen. Finally, I asked members how they felt about creating a social media group account where we can communicate and share among the group. The response was positive so we created a Facebook Central Vermont Runners Community account. This provides another means of communication within the club, but not a replacement of other ways since not all members are on Facebook.

Thank you **Dylan** for your efforts. Time will tell how successful this is, but currently there are 79 members in the group and I think that is an awesome start. Now we just need people to use it more often!

The ultimate challenge for the running club was to create a set of races for the 2021 racing season. We couldn't call it a series because at the time we had no clue whether we could put on any events. Thanks to the hard work of the race directors and the race timing committee, a schedule and a set of plans were put into place. As a result, the Central Vermont Runners executed perfectly, within Covid guidelines, two races already this year and we look forward to having our normal full slate of races (with the exception of Barre Town Spring Run). I therefore want to recognize, once again, those who contributed to our success. The Race Timing Committee was instrumental in setting the policies for putting on a race and the Race Directors for committing to a schedule. The **Race Timing Committee was: Sue Emmons, Bob Murphy, Sandy Colvin, Jackie Jancaitis and Donna Smyers.** The participating **Race Directors: Andy Shuford, Donna Smyers, Jackie Jancaitis, Shannon Salembier, Tim Noonan, Bob and Sue Emmons, Mark Howard** and myself created the race plan for this.

Covid or not it's been an awesome year so far and I hope you all enjoy the season and have the opportunity to participate in our events. I also hope you can take time off to support a race by volunteering. Race directors need volunteers to make an event successful.

Thanks and safe running, **Manny Sainz**

ADAMANT HALF MARATHON AND RELAY—BACK TO “REAL” RACING!

By Donna Smyers

The Adamant Half Marathon on May 8 felt a little bit like normal racing! It was fun to see all the people running and then enjoying post-race refueling, spread out on the lawn. Other than the swarms of black flies, which required copious bug repellent (only when not running), the weather was great for the runners and volunteers both during and after the race.

53 runners and 10 relay teams conquered the challenging course. Stephen Larock of Waterbury was first male overall with a speedy time of 1:23:50, closely followed at 1:24:26 by the famous Kasie Enman, 1st female, and then Oliver Mednick of Waitsfield in 3rd place OA at 1:25:00. Todd Sears and Megan Valentine, 2nd F, finished 1st for CVR. CVR members John Hackney, Ann Bushey, and Dot Helling won their age groups. In this 2nd year of the half marathon, both Larock and Enman set overall course records, while John, Ann, and Dot now hold the current AG records. Full results are here: <https://cvrunners.org/results-2025-2021/>

There was plenty of food for refueling, thanks to generous donations from Cabot Cheese, Adamant Coop goodie maker, Eva Gumprecht, and CVR members, Michelle Risley and Mack Gardner-Morse, along with my homemade cookies and (purchased) fruit and sodas. Cabot donated easy to “grab and go” cheddar snacks and 2 gift boxes,

which were randomly raffled off. The winners of the gift boxes were Joe Merrill and Chris Towle. Thank you Cabot! Onion River Outdoors sponsors the CVR race schedule and provided all the age group awards. Please support our generous sponsors!

This race could not have been held without the help of so many volunteers, especially the co-director Chris Andresen, who personally cut and engraved the coveted finisher medals, in addition to helping set up and clean the course and recording the relay exchange results. Other much appreciated volunteers include: Eric Ryea, Manny Sainz, Brian and Dick Bushey, Flora Scott, Jackie Jancaitis, Dick and Sandy Ferno, Dana McCarthy, Cindy Gardner-Morse, Sharon Winn, Brian Austin, and our last second medal hander, Ben Kidder. Even with so many volunteers, several of these people had to cover multiple positions, making for a long day of work. Thanks to these volunteers and I hope everyone in CVR takes the opportunity to volunteer any time they can. Our races depend on you!

Please enjoy these photos taken by Eric Ryea, Jackie Jancaitis, and (I think) Katie Humphrey! Pictures from left to right: Winner Stephan Larock, Sal and Ben, Heather Tomlins, Vivian leading the pack, Mark and Natalie, Elizabeth McCarthy, Tim Noonan, Melodie and Sandy, Alice by the waterfall, Sandy and Melodie, Mark Howard, John Hackney, Kasie and all but 1st leader



Race Report from Eric Morse



On April 10th, Eric Morse with his pal Murdock, and Christine Duke with her pup Gracie traveled to Williamsport PA for the PAWS Run. There was a 2 1/2 miler race for runners with or without dogs around the Little League World Series complex. It was a combination of trails, bike paths and roads that included a killer 3/4 mile long hill steep enough to rival Mt. Washington. Murdock, a long time member of CVR and 8 time champion of the Mutt Strutt, finished first dog and first overall in 15: 24. A pretty good pace for an 11 year old dog and 56 year old human. Christine and Gracie finished 19th in the dog/human division. It was a great event with over 300 competitors and vendors set up with

lots of giveaways for the dogs and runners. After the race on the drive home we stopped for a nice trail run at Pisgah State park in northern Pennsylvania.



"People sometimes sneer at those who run everyday, claiming they'll go to any length to live longer. But I don't think that's the reason most people run. Most runners run not because they want to live longer, but because they want to live life to the fullest. If you're going to while away the years, it's far better to live them with clear goals and fully alive than in a fog, and I believe running helps you do that. Exerting yourself to the fullest within your individual limits: that's the essence of running, and a metaphor for life - and for me, for writing as well. I believe many runners would agree."

From What I Talk About When I Talk About Running by Haruki Murakami

Submitted by Bob Murphy

Old Newsletters

By Bob Murphy

In the beginning months of CVR one of the earliest features of the fledgling club was a periodic newsletter. One of the primary purposes was to furnish members with a schedule of upcoming races. Another, of course, was to provide a means of sharing information and stories, and to document club activities. The newsletter in its earliest editions was typed (on a typewriter – no computers then), then Xeroxed, assembled and posted through the mails to members. It served its purpose in keeping members informed, and was a way to inform and recruit teams to compete in various events. A case in point was the 24-hour relays held each summer in Westport, N.Y., during the 1980s. Teams were comprised of ten members each, and CVR participated in a number of those competitions for several years, fielding as many as three teams in some cases. (All documented, of course, in our Newsletters.)

As the first Newsletter Editor for the club, I made it a habit of retaining a copy of each issue, and as subsequent editors took over, I passed the collection on to them. Over the years we had a number of editors, most of whom kept the collection current. At some point a number of years ago I

asked that the collection as it existed be returned to me. At that time, a number of issues were obviously missing, so I put out a call for as many as I could get. Members responded, and a number of those holes in the collection were filled. Still, there are a few gaps.

After collecting what I could, I scanned each issue as a .pdf file, and eventually provided them for posting on our website. The originals were taken to the Vermont Historical Society in Barre for permanent storage. As time went on, more newsletters were collected, and since the days of mailed newsletters has passed, I took what I had left, scanned them and provided them for posting on the website as well, filling a gap in the early 2000s. The collection as it exists on our website now is as complete as I can make it. The additional newsletter originals, of course, also went to the VHS. A hundred years from now, when our website and our club perhaps no longer exist, people will be able to learn that a thriving running club existed at one time in the Central Vermont area.

Many of the early newsletters, for reasons of economy, were published

in reduced-size format, placing two pages of the newsletter on one 8-1/2 x 11 inch page of paper. So when the scanning was done, many pages appear “sideways”. I recently obtained software that has allowed me to edit those old files, reorienting and rearranging the images so that they appear “right side up”, making them less cumbersome to view and use. I have just begun the process, and am providing the modified files to webmaster John Hackney to post as they are available.

Having the newsletters available is valuable in itself, but using them is probably an onerous task for many. To make the collection easier to use, I have begun an indexing project which should make access to the collection much easier for all. This is a very slow process, so the production of indices for all newsletters will take quite a while. However, I am nearing completion of the index for the first 5-year group of newsletters, 1980-1984. That will appear on our website in the near future. Other 5-year indices will be pursued as I have the time.

What will the index provide? First, there will be an every-name index (that is what takes the most time, as I will be including entries for all race results listings). When names are misspelled in the newsletter I have attempted to correct them in the index. In addition to names, there are

topical entries, such as for individual races, articles that folks have contributed, meetings, picnics, etc. No index is perfect, but I have tried to include what I think will be most valuable. For instance, I have included an entry for Leaf Peepers Half-Marathon (though it was not yet known by that name) when it was first proposed by Ralph Lash, local furniture store owner, in 1983. By following other references to Ralph Lash, you can learn that he first promoted the idea to one of our members, Ray Usle, as a full marathon. You will also find, under each name, the races that each was involved in over the five year period. Darragh Ellerson, for instance, is listed seven times in 1981 races. Also, there are lists of articles submitted by various individuals. You can learn that one of our most prolific contributors of articles on various events was Norm Robinson.

I will make errors in the compiling of these indices. Please let me know if you spot any, and I will try to correct them. I apologize in advance for any errors or omissions. Some of the text in the scanned images is difficult to read for these old eyes, but I will do my best. And if there are things I am NOT including that you think should be, let me know. Thanks for listening, and I hope this work will be helpful to those wishing to learn more about the club's history.

2021 Winter Long Runs—Covid Edition!

By Donna Smyers

We have finally come to the conclusion of our 2021 CVR Winter Long Run series. This series began later than usual this year and ended the week after the Paul Mailman 10 Miler on May 1. Remember that in late November we weren't allowed to gather at all! Things sure have improved since then. We finally began the series on Jan 23, being very careful to abide by all current Covid Guidelines. People gradually relaxed a bit as guidelines changed, Covid numbers dropped, and most of us became vaccinated. I am fairly certain that we all stayed safe and I am certain that we all welcomed a return to group running.



Here are some statistics from the series:

of Runs= 14
of venues=13
of different individuals who ran= 35
Total # of runners =155
Runners who chose 7 a.m. start= 38
Runners who chose the traditional 9:30 a.m. start= 117

Five people earned a gold star for completing at least 10 runs: **Sal Acosta** and **Donna Smyers** did 11 while **Heather Tomlins**, **Bob Murphy**, **Darrel Lasell** ran 10 times. There were at least 8 1st time WLR participants and 1 or 2 new CVR members in the group! I filled in this year since our traditional WLR coordinator, **Jeff Prescott** was Covid confined to North Carolina. I am really hoping that he comes back next year to coordinate another WLR series that is totally back to normal!



Running at 80

By Roger Cranse

Late summer 2020 I fell into a deep funk. Running with a mask was miserable, so I stopped running. My wife and I binge-watched *Downton Abbey*. When we finished Season 6 we went right back to Season 1 and watched the whole thing again. I read fourteen Louise Penny murder mysteries. At CCV, where I still work, I figured out how to teach remotely. I took long unpleasant walks, masked and distanced.



In February I turned 80. I was born in 1941, months before the U.S. entered the Second World War. One of my first memories is riding my green tricycle down the sidewalk, my Mother close behind. Cars, trucks, buses crept along Broad Street honking their horns. People ran

alongside shouting and cheering and waving. It was August 15, 1945, V-J Day.

I got my second Pfizer shot over a month ago, in early March. I'd started running in 1977 to try to quit smoking. Magically, it worked. I haven't smoked in 44 years and I've run more than half my life.

Could I still run after stopping eight months earlier? I was a little doubtful. I mean, I'm 80, for goodness sakes! Eighty! Maybe I should just settle into the easy chair with my TV clicker.

But, anyway, April 8th, I strapped on my trusty Asics, jogged to the corner, turned down Elm and kept going, a gentle run/walk for two miles. April 10th I ran the same two miles. Nothing hurt and both feet were off the ground at the same time, at least for a millisecond. When I came near other people I pulled my Skida neck gaiter up over my nose and mouth. I'd been vaccinated, I was safe. But one must keep up appearances these days, mustn't one?

Membership Notes

By Graham Sheriff

A big welcome to our 35 new members who have joined since the last newsletter! Several new members are whole families or households, which is great.

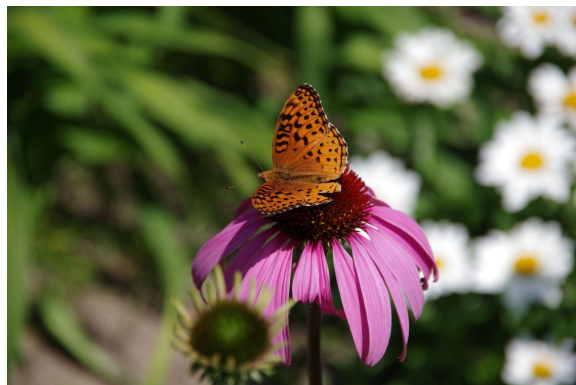
Colin Whitehouse
Joy Kogut
Maggie Ferron●Nicholas
Ferron●George Ferron
Jonnie Dunne
Clarice Cutler
Peter Duquette●Cindy Duquette
Melodie LaPorte
Donna Smith
Brendan Ryan●Stephanie Ryan
Kristen Leahy●Cormac Leahy●Anika
Leahy
Peggy Lipscomb
Deborah Barnes●Pat Barnes●Anna
Barnes●Georgia Barnes●Daniel
Barnes
Dana McCarthy
Geoffrey Ransom
Kristen Munson
Leila Faulstich-Hon
Allan Serrano●Isabelle
Serrano●Olivia Serrano●Claire
Serrano
Natalie Cartwright
Carl Etnier
Emily LeVan
Brad Johnson
Jeff Hope

The CVR membership year ended on March 31, and many of us have memberships that are coming up for renewal. Not sure when your current membership is due to expire? On the CVR website, look in the right-side column for the link "Log in to cvrunners.org". Or email me at cvrunners.membership@gmail.com and I will check for you.

If you do need to renew, go to <https://cvrunners.org/join-cvr> ("JOIN CVR"), where you can renew online* or download a printable form that you can mail in.

* A note of explanation: online renewal on www.runreg.com does not have a specific option for renewal. Simply check the box for the membership type you are renewing.

Happy trails!





Central Vermont Runners (CVR) is a non-profit corporation founded in 1980 to serve the needs of runners in the Central Vermont area. We welcome runners of all ages and abilities from beginners to serious racers. We organize over fifteen races and events throughout the year, including the Leaf Peepers Half Marathon, the Kids' Track Meet, and the New Year's Eve 5k. CVR has donated money to local high school cross country programs for many years. We also contribute to the Girls on the Run programs and the Special Olympics. The popular Fallen Leaves 5k three race series in November contributes several hundred dollars to the Vermont Food Bank each year. Club meetings are held four times during the year, and the CVR Newsletter is published several times each year presenting running related stories of interest to members, race results, and information about upcoming events.

Elected officers

President: Manny Sainz
Vice-President: Sal Acosta
Secretary: Sandy Colvin
Treasurer: John Valentine
Executive Committee
Members-at-Large: Jackie Jancaitis & Darragh Ellerson

Appointed positions

CVR Race Series Standings: Jim Flint
CVR Clothing: Richarda Ericson
Equipment Coordinator: Sal Acosta
Fun Runs: Darragh Ellerson
Grant Coordinator: Ann Bushey
Membership Coordinator: Graham Sherriff
Newsletter Editor: Alice McCormick
Publicity/Facebook: Dylan Broderick
Volunteer Record Keeping: Dot Helling
Webmaster: John Hackney