



Newsletter

November 2013

Volume 34

Issue 5

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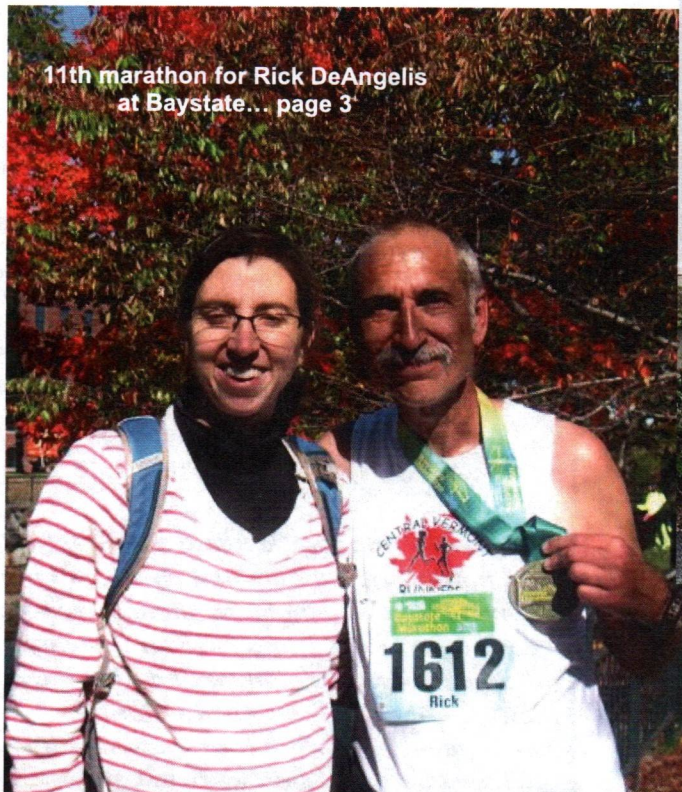
Notes from the President... Greetings from San Diego. As is my custom, I have waited to the last possible minute to get my stuff to our ever-patient newsletter editor. I am typing this in the lobby of the Holiday Inn Express while battling a finicky internet connection. (Smart. Very smart.) And, yes, I just got back from a run in Balboa Park so I have my priorities straight.

Looking backward, thanks to race director Roger Cranse and the multitude of volunteers for a great Leaf Peepers Half Marathon and 5k. As you know, the new course was born of necessity. But the runner feedback to the new course has been overwhelmingly positive. Who knew?

Looking forward, the leaves are gone...which means only one thing: time for the Fallen Leaves 5k Series. Race director Tim Noonan presents a low-key 5k event on the first three Saturdays of November. You get a flat course and three chances at a good time. What more do you want?

Finally, by popular demand, the second annual winter long run series will begin soon. Are you ready? Stay tuned for more details... Jeff

PS. Can we just all agree now that palm trees look ridiculous?



11th marathon for Rick DeAngelis at Baystate... page 3



Race day! Leaf Peeper 5K...

Back Row, L to R Julie Robichaux, Sigrid Olson, Linda Setchell, Rebecca Copans. Front Row L to R, Brynn Hare, Carrie Baker-Stahler, Melanie Meyer, and coach Richarda Ericson.

Not pictured: Mia Moore, Denise Ricker and Joann Dwyer.

Story page 3

President:..... Jeff Prescott	Executive Committee:Darragh Ellerson, Kaitlen O'Shea
Vice-President... Greg Wight	Webmasters:...Dave Kissner, John Hackney
Treasurer:.... John Valentine	Newsletter:..... Bob Howe
Secretary:..... Sandy Colvin	Membership:... Donna Smyers
Past Pres:.. Norm Robinson	

**Draft Minutes of the August 19, 2013 meeting
subject to approval at the November meeting**

Attendance: The meeting was called to order in Darragh Ellerson's living room after a potluck dinner. Members Present: Marsha Bancroft, Phyllis Arsenault-Berry, June Burr, Beth Daut, Darragh Ellerson, David Ellerson, Sue Emmons, Bob Murphy, Kaitlin O'Shea, Jeff Prescott, Denise Ricker, Andy Shuford, Donna Smyers, Greg Wight. The minutes from the May meeting were approved as printed in the newsletter. Secretary Sandy Colvin was not present so June Burr volunteered to take minutes with review/edits by Jeff Prescott and Donna Smyers.

Contest: Andy Shuford won the prize for wearing the best race t-shirt with word "Festival" on it. Andy's winning entry, as determined by popular vote, was a navy blue short-sleeve shirt with yellow graphics from the 2007 Yiasou Greek Festival 5k. Losers included:
 · Bob Murphy: Shamrock Shuffle
 · Beth Daut: Some sort of theater festival
 · Phyllis Arsenault-Berry, June Burr and Sue Emmons: Dragon Boat Festival
 · Jeff Prescott: Ayden Collard Festival 5k

Treasurer's Report: Treasurer John Valentine was unable to attend the meeting. Jeff reported that the club has a positive cash balance with Leaf Peeper revenue flowing in. (Leaf Peeper revenue flows in several months before associated expenses flow out since registration closes several weeks before the event.) Upcoming expenses include lease renewal on storage unit and cross country grant program. John Valentine has filed Form 990-EZ with IRS. This is an informational filing required by the IRS that documents receipts and expenditures of the club and how they are consistent with our mission and purpose. Andy Shuford provided some assistance to John in preparing the filing.

Membership: Membership Coordinator Donna Smyers reports that there are currently 125 membership "units" (individuals or families) representing 238 total members. The 125 compares to 95 at this time in 2012, 100 in 2011 and 91 in 2010. The last newsletter contained a listing of members with names and towns only. In the past, we have printed a listing including contact information (phone numbers, e-mail addresses, etc). We did not print this information this time as we were unsure about privacy preferences. Members in attendance agreed that it would be helpful to have a printed (not on-line) listing of contact information for other members. We will print this information in a future newsletter next year. We will give notice in advance in case any members prefer not to have their contact information listed. Webmaster Dave Kissner has researched feasibility of on-line membership application/renewal. He is waiting feedback from Jeff and Donna. Gary Kessler has also offered to share his experience from Green Mountain Stage Race. Jeff will talk to him in September (after GMSR). Jeff will move forward soon with implementing an e-mail list management platform to use for club mass mailings. Certain e-mail service providers sometimes block or delay delivery of club e-mails due to concerns about messages to large mailing lists from individual accounts. By adopting an e-mail list management platform, we will be viewed as a "trusted source" and should encounter fewer hassles. A side benefit is that the platform would allow recipients to unsubscribe or to update their e-mail preferences. ORS uses Constant Contact. Gary Kessler uses Mail Chimp for GMSR. Jeff will talk to both and make a decision.

Club Performance Wear: Blank singlets/shirts have been purchased and are ready to be dropped off at local printer. Jeff anticipates dropping them off this week with a turn-around time of 1-2 weeks. We have a large number of items to print which may result in a slight reduction in final price per item.

Race Updates: There were quick updates on events since last club meeting. In some cases, the race directors or their representatives reported. In other cases, Jeff provided updates. Jeff noted that from January-to-date 2013, we have had 633 race finishers compared to 553 for this time last year. We have had two inaugural events (Frostival 5k and Worcester) and one discontinued event (Mountaineer's Home Run). Some races have seen increases in participation and others have seen declines.

· Kids Track meet had record turnout. Tim Noonan and Norm Robinson previously reported that we had 15 CVR volunteers and needed every one of them. (Kids Track Meet is not included in finisher numbers reported above.)
 · Capital City Stampede had good weather. Entrants were down compared to prior years. This year, there were 65 registrants, down from 96 in 2012 from 127 in 2011. Jeff did some analysis and reported that the decrease mostly appears to be from Chittenden County runners rather than from Central Vermont runners.

· Worcester: Inaugural event benefitting Worcester Historical Society. There were 31 participants. Good coverage in the Worcester Grapevine.
 · Paul Mailman 10 Miler: Weather was very hot and humid. There were 92 runners compared to 90 in 2011. (These numbers are down from several years ago when this was a travel event for the now-defunct Swamp Rats. But numbers appear to have stabilized in the 90-100 range.)
 · Barre Heritage: 27 finishers, compared to 35 in 2012. There were actually 42 entries but 15 runners got lost. Challenges with the course marking include sheer number of trails at Millstone and also stray markings from a bike event the previous day.

· Berlin Pond: 91 runners in good weather. (42 last year in bad weather.) Auto traffic was minimal with exception of one car with trailer that made several passes through the start/finish area. The Town Admin Assistant observed that the runners stayed single file when travelling to/from the town office and the pond. She appreciated that. For next year, she requested that we be more careful in organizing parking in the town parking lot to make sure that the police have a clear route of egress in case they get an emergency call.

· NSB: 1M/5K: Rowley is looking for experienced volunteers to help at finish line. Donna Smyers and John Hackney will be doing results. Darragh Ellerson volunteered to help with timing and will contact the woman who has helped in past with select times. Donna has ideas about improving the finish line chutes to reduce bottlenecks and make it easier for the number writers, tag pullers. Rowley reports pre-registrations are down about 10% at this point. Girls on the Run, the race beneficiary, is ramping up their marketing efforts.
 · Sodom Pond 4 miler: In recent years, this event has had 20-30 runners. The race was added to the CVR/ORS Race Series this year in an effort to boost participation. Eric Ryea could use a volunteer to help prepare the free spaghetti dinner.

· Leaf Peepers: Greg Wight reported that the half marathon has 897 registrants and will close any minute (if not already). For the 5K, there are 285 out of 500 cap. Greg noted that the races are filling up at about the same rate as in the past despite the course change and the \$5 price increase. Andy Shuford reported that the Waterbury Select board granted all requested road closures for the event. Roger has prepared a letter to be sent out to every resident on the race route to notify them of possible delays and best strategies for getting around on race day. June Burr is recruiting volunteers for course monitors and parking directors. The new course will require more volunteers than the old course.(continued on page 3)

**Next CVR Meeting -
Monday, November 4, 6:00 p.m.**

Meeting at Beth Daut's home near Berlin Pond with potluck at 6:00 pm and business to follow... Agenda items will include: financial report, Leaf Peepers review, setting date for January banquet, setting 2014 race calendar and race series, nominating committee for 2014 officers, selection committee for Spirit of Club Award and other business... If there is sufficient interest, we may have a pre-dinner headlight fun run around Berlin Pond.

Draft Minutes of the August 19 2013 meeting (continued from page 2)

Dogs and Baby Joggers: We have had an increase (or at least a perceived increase) in situations where people want to run races with a dog or baby jogger. Although this is not prohibited by our insurance, the RRCA and our insurance carrier strongly discourage this due to safety concerns. We have been leaving this to race director discretion which has turned out to be problematic. Examples: inconsistency from race to race, not fair to others who would like to run with dog or baby jogger but abide by rules, etc. Discussion suggested that it would be easier for the race directors if the club had a stronger, clearer policy. After discussion, it was proposed to adopt a policy against allowing dogs and/or baby joggers in CVR events. (Obvious exception: Mutt Strutt!) Race directors will be asked to include a statement to this effect on the race application. If the race director is aware of intent to run with a dog or baby jogger at the time of registration, then the race director should decline to register the runner. If the intent to run with dog or baby jogger is not known until later, then the runner should be disqualified and removed from the results. (Note: The race director cannot prevent anyone from running on public roads. The race director can only determine whether the runner will be considered a participant in the event and scored.) The proposed new policy passed with unanimous consent. It is important to note that the club is not against dogs or baby joggers. The concern is about providing a safe environment for all participants. This policy will not apply to events that are specifically intended for dogs (e.g., Mutt Strutt). This policy may not apply to events owned by other organizations (e.g., NSB, ORS, etc.).

Equipment: Donna Smyers reported that the large finish line clock is currently not operational. The clock was last used at Montpelier Mile on July 3. It's next use was to have been Berlin Pond on August 15 but the clock would not hold a charge. Donna has shipped the clock to a service person in Boston for repair. We hope to have it back in time for NSB. If not, Rowly may need to borrow a clock from another organization. Donna reported that the clock is 28 months old and had a 24 month warranty. (Note: Later that evening, Donna learned that the battery only had a 12 month warranty.) CVR does not rent out timing or racing equipment. We do lend equipment for free to other organizations when (a) there is not a conflict with CVR use and (b) a responsible club member is involved. Upcoming loans:

- April Farnham for Plainfield Old Home Days 5K, September 7th
- ORS for 8k Trail Race, September 21
- ORS for Autumn Onion, October 26 or 27 (date to be confirmed)
- David Vanderlinde-Abernathy for Barre Thanksgiving Day race (no request yet but anticipated)

Other: - Richarda Ericson will lead a training program to train women for 5K Leaf Peepers race. Participants have to be registered for Leaf Peeper's 5K through normal channels. Richarda has led such a program in a couple of other years with as many as 22 participants. For the first time, CVR is offering a free trial membership to participants. Studio Zenith is also a sponsor and offering discounts on a class punch card.

- Norm Robinson will be administering the cross country grant program this fall. The specifics of the program were approved at the March meeting.
- Bob Murphy has a written history of the club and has digitized past copies of CVR newsletters spanning 25+ year. Jeff will discuss the feasibility of posting this information on the club website with Dave Kissner.
- The next meeting is November 4th and will be hosted by Beth Daut at her home near Berlin Pond. If there is sufficient interest, there will be a 10K headlamp fun run around Berlin Pond before the meeting.
- Fabienne Pattison reports that there will be a new running event in Randolph this fall in memory of CVR member Carol Rittenhouse who died earlier this year in a single car accident. The event will be October 19 at Three Stallions Inn. There will be 10k and 5k trail races and a kid's run. Fabienne will supply additional information to be shared via CVR website and e-mail announcements.
- Darragh Ellerson brought out a box of running footwear from yesteryear. The box included Darragh's first pair of running shoes. They looked like bowling shoes--very heavy with stiff soles. She also had very minimal ASICS Tiger shoes and the shoes from her first marathon. Finally, she had a pair of early Nikes. These shoes originally had a flared heel but a local shoe person had filed them down for Darragh.

The meeting was adjourned at 8:06 pm.

Leaf Peeper's Woman's Running Group

In late August, ten women met in Montpelier with a common goal: train for the Leaf Peeper's 5k on October 6th. Other than that one common goal, each member of the running group had different motivations to join, ranging from increasing speed, connecting with other women runners, achieving a personal record, or wanting to actually "like running". Over the course of the next six weeks, these women followed a training plan from their coach, Richarda Ericson. She led them on runs all through Montpelier and speed work on the track, and of course included some good hills given the terrain of the new Leaf Peeper's 5k course.

These women all worked hard, getting up well before most of them were used to, for 6:30 workouts on Wednesday mornings and 7:30 am long runs on Sunday. Come race day, they were ready. Each of them made it up Perry Hill and to the finish, accomplishing what they had set out to do. And, as for the woman whose goal was to "like running," well, she did have a big smile on her face coming into the finish. Hopefully that feeling of accomplishment cinched it for her!

Look for another one of Richarda's running groups (this year sponsored by CVR and Studio Zenith), coming again in 2014!
... Richarda Ericson

I ran the Baystate Marathon this weekend in Lowell, Massachusetts. This was my 11th marathon and the time was a personal best of 4:06:16. Running in Lowell is a thrill for me because I'm originally from Lawrence, Massachusetts. My partner, Ariane provided invaluable support. There were many call-outs for Central Vermont along the way by spectators.
... Rick DeAngelis

Granite State 10-Miler, Concord, N.H.

Vermont finishers:

Mariana Lara, 38, Montpelier - 1:09:53, 3/44, F30-39.
Gary Kessler, 53, Fayston - 1:12:29, 9/33, M50-59.
John Valentine, 64, Roxbury - 1:13:34, 5/16, M60-69.
Bob Murphy, 73, Barre - 1:23:30, 1/5, M70-79.
Rebecca Dean, 50, Woodstock - 1:28:22, 10/22, F50-59.

Course generally uphill for first 5 1/2 miles, then downhill for the most part to the finish. Beautiful sunny day. Good race organization, lots to eat afterwards. Keep this in mind for next year. ...Bob Murphy

The website (www.granitestate10.com) indicates the race starts and ends at Grappone Hall on the campus of NHTI, adjacent to the Christa McAuliffe Planetarium. The Granite State 10 Miler (now in it's third year) was created to fill a gap in the New Hampshire road racing circuit. There are few races of this distance, which allows an athlete to test his/her endurance at near 10K race speed. The race course winds its way through the rolling countryside northeast of the city on low-traffic roads with volunteers at each turn. There were 241 finishers this year.

Montpelier 10-Miler: A Look Back ...by Bob Murphy

What we now call the Paul Mailman 10-Miler used to be known simply as the Montpelier 10-Miler (back when Paul actually was running in it). He was one of the early organizers of the race, which in its earliest days was actually 11 miles. Standardization was not the issue then as it is now.

The 10-miler was an extremely popular race, and drew a very competitive crowd. Many of the records for that race were set in the earliest years, and a look at the results of the 1978 version is revealing. First, there were 182 finishers that year, about double what we experience nowadays. Second, the vast majority of the participants were male (163 male finishers vs. 19 female). Nowadays we are likely to see somewhat equal numbers of males and females. Perhaps the most significant difference between then and now, however, were the times. Fully 25 finishers ran the course in under an hour!

Look at the results that follow. I think you will find them interesting. These results were passed on to me a while ago by Henry Marcy. They were hand-written, mimeographed copies, and there were a couple of finishers that got cut off (sorry!), so the 9th finisher in the 40-49 division and the 10th finisher in the women's division do not appear here. The results included only first initials, but I have furnished first names where I knew them (sorry in advance for any errors). How many of the clubs can you identify by their initials? Enjoy!

4th Annual Montpelier, Vt., Road Race - June 24, 1978

Position	Time	Name	Club
<u>Open Division</u>			
1	53:27	Lauenstein, Kurt	GMAA
2	53:33	Smith, J.	CD
3	54:25	Hall, Len	NCAC
4	54:37	Bland, Perry	GMAA
5	54:52	Martell, Larry	SAA
6	55:00	Bates, Tony	NCAC
7	56:30	Earp, A.	NCAC
8	56:18	Hewes, Charles	U
9	57:38	Kieman, K.	U
10	57:59	Woodward, S.	AH
11	58:55	Smith, Eric	NCAC
12	59:20	Shultz, J.	VRR
13	59:45	Martell, Kevin	SAA
14	61:34	Sullivan, Mike	GMAA
15	61:42	Kosnitsky, F.	U
16	61:42	Noonan, R.	NCAC
17	61:58	Patterson, C.	U
18	62:00	Sanborn, D.	VRR
19	62:55	Israel, K.	GMAA
20	63:19	Whitcomb, Roger	NCAC
21	63:48	Duke, S.	GMAA
22	64:02	Clemons, Jim	NCAC
23	64:20	Churchill, J.	U

24	64:22	DeBlasio, Pascal	NCAC
25	65:43	Lazenby, John	U
26	66:53	McDonald, R.	U
27	67:00	Phillips, T.	GMAA
28	67:13	Bullock, R.	LPRR
29	68:05	Kennedy, D.	GMAA
30	68:40	Griggs, S.	U
31	69:24	Rocheftort, Mike	U
32	70:56	Daley, D.	NCAC
33	71:59	Searles, Robert	NCAC
34	72:48	Scott, E.	U
35	73:09	Erdman, F.	U
36	73:37	Gallagher, T.	U
37	73:59	Kennedy, D.	U
38	76:50	Ferrell, R.	U
39	80:36	Obbagy, T.	U
40	80:54	Crowell, Dave	U
41	81:38	Griffin, W.	U
42	87:46	Goodrich, W.	U

Age 30-39 Division

1	55:57	Kellogg, Charles	GMAA
2	57:08	Lorden, B.	NCAC
3	57:45	Teschek, Robert	CD
4	58:09	Donavan, M.	SVRR
5	58:14	Kurtz, J.	U
6	58:40	Swenson, Ralph	GMAA
7	58:53	Simpson, Tim	NCAC
8	59:18	Donavan, P.	SVRR
9	59:50	Bayko, Rick	NMC
10	59:55	Hill, C.	CSU
11	60:02	Hutchins, D.	SVRR
12	60:20	Graham, D.	U
13	60:26	Thomas, Guy	NYAC
14	60:42	Brunoff, J.	U
15	60:58	Kelley, J.	LPRR
16	61:00	Walker, L.	GMAA
17	61:10	Malone, E.	GMAA
18	61:39	Sease, Steve	MAA
19	61:52	Jones, P.	LPRR
20	61:53	Funicella, William	NCAC
21	62:12	Armstrong, J.	GMAA
22	62:17	Wagner, T.	SVRR
23	62:49	Fraties, B.	U
24	63:15	Donahue, D.	U
25	63:32	Murphy, Robert	NCAC
26	63:45	Korrow, R.	U
27	63:46	Howley, J.	GMAA
28	63:56	Blanchette, Dave	NCAC
29	64:07	Lambert, D.	U
30	64:28	Ross, Fred	RCR
31	64:52	Devlin, M.	LPRR
32	65:34	Brown, M.	U
33	65:51	Ponsetto, John	MAA
34	66:42	Seemann, Jim	GMAA
35	66:50	Leddy, Jim	GMAA

36	67:00	Howley, J.	GMAA	22	78:14	Bottomley, J.	TTAC
37	67:01	Sinclair, Mike	U	23	78:37	Noonan, R.	NCAC
38	67:32	Brough, P.	SWAC	24	83:15	McGrath, R.	GMAA
39	67:43	Agny, R.	GMAA	25	99:58	Hanna, Jim	U
40	68:19	Hubbard, Rick	GMAA	26	99:58	McCarthy, R.	U
41	68:19	Marcy, Henry	MAA				
42	68:32	Cerutti, Maurice	U	<u>Age 50-59 Division</u>			
43	68:47	Anderson, C.	SWAC	1	63:08	Williams, Sherm	GMAA
44	69:08	Sackevich, Pete	U	2	64:22	Tobey, J.	RCR
45	69:19	Terry, P.	NCAC	3	67:14	Sawyer, R.	NMC
46	69:55	Petelle, Russ	NCAC	4	71:55	Chicoine, Armand	GMAA
47	69:58	Graham, D.	U	5	72:29	Lopez, R.	LPRR
48	70:00	Finer, C.	U	6	72:51	Wilson, Robert	U
49	70:27	Ernest, E.	GMAA	7	75:39	Rollins, William	MMA
50	70:32	Buckman, Charlie	NCAC	8	77:04	Quimby, W.	U
51	70:59	Munn, H.	U	9	91:00	Wheeler, K.	HMC
52	71:05	Donaghy, Pete	U	<u>Age 60+ Division</u>			
53	71:13	Cunningham, Bruce	GMAA	1	76:02	Steckmest, W.	U
54	72:46	Tilton, M.	NCAC	2	80:23	Morse, Dave	NCAC
55	73:11	Iandoli, J.	U	3	92:10	Estle, Ed	NCAC
56	73:56	Gallant, R.	U	4	92:10	Goodnow, Fran	NCAC
57	74:38	Conklin, T.	U	<u>Women's Division</u>			
58	74:49	Malloy, Dennis	U	1	60:35	Raymond, Donna	U
59	75:12	Schmitt, D.	U	2	62:28	Schiavone, Anne	GMAA
60	75:17	Bristow, Charlie	NCAC	3	67:38	Sikora, Leah	U
61	75:27	Hoiska, B.	U	4	70:09	Degan, C.	U
62	75:32	Waters, J.	GMAA	5	72:09	Donovan, S.	SVRR
63	75:47	Drown, J.	U	6	72:50	Snyder, R.	U
64	76:11	Thorburn, R.	U	7	73:54	Donahue, E.	U
65	76:12	Fowler, M.	U	8	77:36	Peterson, Z.	U
66	77:36	Dow, Dave	NCAC	9	78:05	Corrigan, Molly	U
67	81:34	Gallagher, J.	U	10	???	???	???
68	82:13	Merrill, J.	U	11	79:30	Hoiska, Elaine	U
				12	81:12	Wagner, A.	SVRR
				13	82:35	Valcourt, C.	GMAA
				14	82:58	Cowan, B.	U
				15	87:48	Colvin, B.	U
				16	89:53	Dow, Elizabeth	NCAC
				17	99:58	Mercier, D.	U
				<u>Women's Masters Division</u>			
				1	78:04	Ellerson, Darragh	NCAC
				<u>Junior Female Division</u>			
				1	81:15	Brigham, Dodie	NCAC
				<u>Junior Male Division</u>			
				1	59:41	Stebbins, S.	GMAA
				2	61:14	Stygles, A.	U
				3	63:19	Danaher, M.	U
				4	64:35	Fenn, P.	VRR
				5	68:30	LaRue, K.	GMAA
				6	70:43	Mercier, M.	U
				7	71:27	Daley, R.	U
				8	72:24	Downer, D.	U
				9	76:06	Stever, C.	U
				10	77:41	Anders, J.	U
				11	78:14	LaDue, P.	GMAA
				12	80:52	Tilton, J.	U
				13	90:42	Keck, E.	U
<u>Age 40-49 Division</u>							
1	59:25	Saltmarsh, Rick	NCAC				
2	59:37	Phillips, A.	NCAC				
3	61:29	Vancelette, S.	NCAC				
4	61:53	Hutton, P.	GMAA				
5	63:49	Mailman, Paul	NCAC				
6	65:01	Fenn, L.	VRR				
7	65:03	Mercier, Robert	NCAC				
8	65:10	Hunt, S.	GMAA				
9	???	???	???				
10	65:16	Eaton, A.	NCAC				
11	66:26	Kerins, M.	NMC				
12	68:43	Hill, Byron	NCAC				
13	69:11	Kee, R.	U				
14	69:18	Oatley, Robert	NCAC				
15	70:27	Wildes, W.	U				
16	71:09	Jones, Doug	NCAC				
17	71:52	Schiavone, George	GMAA				
18	72:00	Barney, Gerald	GMAA				
19	72:29	Canavan, John	U				
20	72:50	Spertner, J.	NMC				
21	75:02	Cornell, L.	U				

CVR/ORS 2013 Race Series Final Standings

Volunteer status not final.
Best 5 races count.

10/11/2013

CVR Members	VOL	New Year's Eve 5k 12/31/2012	Kaynor's Sap Run 10k 3/24/2013	Bonne Town Spring Run 5k 5/18/2013	Capital City Stampede 10k 6/8/2013	Paul Malman 10 miler 6/23/2013	Montpelier Mile 7/3/2013	Bear Swamp 7/13/2013	Berlin Pond 8/19/2013	Northfield Savings 5k 8/31/2013	Northfield Savings 1 Mile 8/31/2013	Sodom Pond 4 miler 9/19/2013	Common to Common 30k 9/21/2013	Leafpeepers 5k 10/6/2013	Leafpeepers Half-marathon 10/6/2013	Total
Female 8 - 19																
Holly Gordon					94.21	100.00	91.47	100.00		100.00						485.68
Brynn Bushey	X	66.08		82.55			63.87		73.98		85.31	100.00		66.73		438.52
Jane Miller-Arsenault	X	55.30									86.19			72.05		213.53
Ava Shanley							70.24				79.32					149.56
Zoe Colvin	X						89.41				74.51					143.92
Aaliyah Preston	X			100.00												100.00
Olga Kessner											85.48					85.48
Grace Moriath											86.08					86.08
Meg Voisan							65.43									65.43
Female 20 - 29																
Allie Yanikosi	X					100.00	100.00		100.00	100.00		100.00				500.00
Rose Dedera			100.00		81.42			95.47		86.86					82.12	447.87
Sara Erickson					85.01		60.03									125.04
Kaitlin O'Shea							92.09									92.09
Ally Allen		78.03														78.03
Wendy Fuller	X					75.25										75.25
Female 30 - 39																
Sarah London	X				88.76	100.00		97.83	100.00	86.89			97.78			494.37
Richarda Ericson	X	88.95			96.59		100.00			91.17		100.00		100.00		487.79
Megan Valentine	X	95.38								100.00					100.00	295.38
Ariane Kissam				91.34			67.78		62.89							222.01
Julie Curlin							99.30		100.00							199.30
Erin Preston	X			100.00												100.00
Rebecca Copans														75.06		75.06
Female 40 - 49																
Sandy Colvin	X				100.00	98.93	82.98	93.03	88.12				92.80			472.88
Gail Pelley	X				88.78	82.99		83.28				100.00			81.58	436.63
Becky Diedrich					81.43			77.15	88.18			93.93			78.32	419.02
Jennifer Miller-Arsenault	X	85.70				98.63								73.58		237.91
Denise Ricker	X				67.12			57.47				70.80				195.40
Jen Galletti		100.00								53.99					72.74	126.73
Kelly Collier								88.48								88.48
Jen Gordon															82.12	82.12
Diana Torre																39.57
April Farnham										39.57						39.57
Female 50 - 59																
Sue Emmers	X		94.08	100.00				100.00	91.86	97.33		93.37				484.79
Ann Bushey	X			86.26			92.64		76.57	81.33		79.73		89.23		419.49
Dot Martin	X								100.00			100.00	100.00			300.00
Sue Hoakney	X		100.00							100.00				76.27		300.00
Maryke Gillis	X							69.57	70.38	70.42						286.54
June Burr	X	91.95	82.70													257.88
Beth Daut	X											83.23			90.29	179.75
Phyllis Arsenault-Berry	X											89.47				170.83
Fabienne Patison		90.86														90.86
Pat Driscoll										88.55						88.55
Laura Medwin	X									81.27						81.27
Molly Bachman												73.51				73.51
Donna Holbrook														61.89		61.89
Female 60 - 69																
Patty Foltz	X	100.00		100.00	100.00	89.33	100.00		100.00	100.00						500.00
Dot Helling	X	95.43	100.00		88.29	91.05	98.78	98.94				100.00			96.07	484.56
Toni Kaeding	X	80.84														80.84
Female 70 +																
Marsha Bancroft	X						100.00			100.00				100.00		300.00
Male 8 - 19																
Brian Bushey	X	77.02		93.95			71.36		78.95		98.95	100.00		89.30		456.23
Jacob Miller-Arsenault	X	70.95									94.26			88.59		253.80
Jeremy Grosvenor							84.06			100.00						184.06
Tom Shanley							57.36			86.73						124.08
Caleb Kessler									100.00							100.00
Male 20 - 29																
Daniel Keeney				100.00					66.23	77.72		99.06				343.00
Stan Kaeding												100.00				100.00
Male 30 - 39																
Garvin Boyles	X			98.89	99.53			100.00	100.00				98.68			495.11
Rob McDougall	X				83.58	82.82			82.08	89.56					73.81	337.83
Nick Maragan									78.42	86.00						240.31
Jon Copans		96.54				93.79										190.33
Roy Belcher	X	71.51													61.41	132.92
Male 40 - 49																
Sean Murphy	X				94.39	92.18			100.00	96.17		97.20				479.93
Jeff Prescott	X			89.53	82.41		71.28	72.14		84.94				84.30		413.32
Scott Lovelette		88.38			89.78					87.05					76.13	341.34
Dan Miller-Arsenault	X	71.99			94.69									91.24		257.92
Rozely Bruckner	X					92.9000						100.00				193.00
Dave Kessner	X									86.56						86.56

CVR/ORS 2013 Race Series Final Standings

Volunteer status not final.
Best 5 races count.

10/11/2013

CVR Members	VOL	New Year's Eve 5k 12/31/2012	Kaynor's Sap Run 10k 3/24/2013	Barre Town Spring Run 5k 5/18/2013	Capital City Stampede 10k 6/8/2013	Paul Malman 10 miler 6/23/2013	Montpelier Mile 7/9/2013	Bear Swamp 7/13/2013	Berlin Pond 8/15/2013	Northfield Savings 5k 8/31/2013	Northfield Savings 1 Mile 8/31/2013	Sodam Pond 4 miler 9/18/2013	Common to Common 30k 9/21/2013	Leafpeepers 5k 10/6/2013	Leafpeepers Half-marathon 10/6/2013	Total
Male 50 - 59																
Jim Flint	X	100.00			100.00		100.00	100.00		93.98					100.00	500.00
Mack Gardner-Morse	X	95.98		100.00	94.84			93.78	100.00	87.12						484.20
Andy Shuford	X				86.70		88.80	84.91	90.48	75.85				86.65		437.56
Charles Windisch	X	79.29	74.92		86.18	86.65			90.03				75.30			418.35
Tim Noonan	X	88.81			88.87			89.30				94.44				362.23
Tim Heney	X	87.85			82.02				94.34			87.71				361.82
Mike Gillis	X							90.08	96.32	86.10				87.72		380.21
Rick DeAngelis				82.52		76.14		78.51	84.26							321.44
Bob Emmons	X							94.88				100.00				184.88
Michael Chernick	X						83.45					58.81		61.19		183.46
John Grosvenor						90.53				85.63						176.15
Gary Kessler									97.91							97.91
Norm Robinson	X	78.39														78.39
Tom Bachman												71.82				71.82
Paul DeLuca								54.74								54.74
Male 60 - 69																
Jamie Shanley	X			88.85		100.00	73.88	100.00	96.83	96.83	89.80	100.00				488.48
John Valentine	X	100.00						95.63	100.00	87.88		100.00			100.00	482.80
David Erickson	X		95.05			81.22				79.80		92.63	84.22			432.92
Greg Gerdel	X				88.81				86.00			85.06			87.36	347.20
John Marlin	X								88.86			87.29	86.92			263.07
John Kaeding		78.30				82.17						70.04				230.51
Greg Wight	X	71.82							78.13	86.76						218.81
Lowell Vanderlip	X						87.35		88.93							174.28
David Abernathy	X						100.00									100.00
Keith Woodward										100.00						100.00
Bob Howe	X		78.81													78.81
Sigh Searles												70.04				70.04
Male 70 +																
Bob Murphy	X					100.00			100.00	100.00					100.00	500.00
Gerry Carlson	X			89.63	71.36		87.93	86.10	81.80	67.92				71.15		386.15
Newton Baker	X	100.00						100.00							83.36	283.36
Roger Cranse	X							90.47	67.56			100.00				258.03

Memories of a "Has Been"

I started running in my 40's. I soon decided that some runners would always beat me and I would usually beat others. (Well, I used to!) Therefore, in addition to the other "middle of the roaders", my primary competitor was me. I didn't keep track of times at first, and my better races were in my 50's. I ran 9 marathons in my 50's, two in August on Grand Isle. I ran my best one in Foxboro, MA 11/20/82 in 3:29:36 at age 51. I ran 7 others in less than 3:51. Since my 50's I've been running down. Somewhere I lost my aerobic capability and now can only run the last 100 yards! In my 80+ category, I appreciate that I can be first, though last!

For others who would compare, I list my best times at several distances.

Distance	Time	Date	Age	Location
1 mile	5:04	~ 7/76	44	Colonie, NY
5K	19:00	9/1/84	52	Northfield, VT
10K	39:21	11/6/83	51	Concord, NH
15K	1:00:59	11/19/78	45	Albany, NY
20K	1:24:35	9/26/82	50	Concord, NH
30K	2:11:15	3/17/79	47	Schen. to Albany, NY
8 Mi.	52:16	7/22/84	52	Stowe, VT
10 Mi.	1:28:14	6/25/83	51	Montpelier, VT
1/2 Marathon	1:31:04	10/7/84	52	Waterbury, VT

Gerry Carlson

Berlin Pond Five Miler

August 15, 2013 2013 CVR/ORS Race Series #8

Co-Directors *Sue Emmons* and *Jeff Prescott* would like to thank *Onion River Sports* and *Red Hen Baking* (Thanks *Eliza!!!*) for the great prizes. We'd also like to thank our impressive corps of volunteers: *Phyllis Arsenault-Berry, Jill Aspinall, Newton Baker, Bill Berry, Darragh Ellerson, Dave Erickson, Pam Erickson, Cindy Gardner-Morse, John Hackney, Rick Molz, Aaliyah Preston, Erin Preston, Denise Rickner, Andy Shuford* and *Allie Yanikoski*.

***** AGE GROUP RESULTS *****

Place Overall Name Age City State Time Pace

FEMALE AGE GROUP 1 - 19

1 69 ANNE-MARIE GRACE 19 BERLIN VT 45:55 9:11
2 89 MEREDITH STETTER 12 1:00:46 12:10
3 90 BRYNN BUSHEY 13 MONTPELIER VT 1:02:04 12:25
Record 33:33 by Heather McLaughlin in 2006

FEMALE AGE GROUP 20 - 29

1 15 ALLIE YANIKOSKI 28 MONTPELIER VT 34:28 6:54
2 32 AMBER VAN ZUILEN 29 COLCHESTER VT 38:06 7:38
3 36 PAM EATON 27 WATERBURY VT 38:52 7:47
4 38 DIANA LEWIS 29 WASHINGTON DC 39:37 7:56
5 46 HALEY PRATT 21 BARRE VT 41:08 8:14
6 53 LINDSEY DESROCHES 29 WATERBURY VT 42:14 8:27
7 61 GWEN LYONS 29 MONTPELIER VT 44:07 8:50
8 81 ELIZA MURAWSI 28 MONTPELIER VT 49:25 9:53
Record 32:16 by Megan Valentine in 2007

FEMALE AGE GROUP 30 - 39

1 22 SARAH LONDON 34 MONTPELIER VT 35:21 7:05
2 29 RACHEL MUELLER 30 MONTPELIER VT 36:36 7:20
3 37 STACY BOCSKOR 38 NORTHFIELD VT 39:02 7:49
4 47 LOUISE DELIA 36 NORTHFIELD VT 41:15 8:15
5 57 EMILY SMITH 38 MIDDLESEX VT 43:12 8:39
6 70 CARA DOUGHTY 38 HOUSTON TX 46:02 9:13
7 72 ANGELA OWEN 34 MONTPELIER VT 46:28 9:18
8 75 STACEY LEADSETTER 39 BARRE VT 47:51 9:35
9 76 CALLIE WELLER 37 PLAINFIELD VT 48:03 9:37
10 80 ERIKA LYNCH 36 PLAINFIELD VT 49:22 9:53
11 85 JENNIFER VALADE 32 BARRE VT 55:22 11:05
12 86 JOHANNA RAWSON 37 BARRE VT 57:17 11:28
13 88 BETH ERICKSON 34 WOLCOTT VT 1:00:17 12:04
Record 34:09 by Lissa Knauss in 2011

FEMALE AGE GROUP 40 - 49

1 40 MARES CHAYER-RANDALL 41 ESSEX JCT. 40:18 8:04
2 45 WENDY MOORE 44 MIDDLESEX VT 41:01 8:13
3 64 JOANNE MUGFORD 45 BERLIN VT 45:23 9:05
4 66 BECKY DIEDRICH 49 BERLIN VT 45:42 9:09
5 67 SANDY COLVIN 45 MONTPELIER VT 45:44 9:09
6 68 KIM WHALEN 47 MONTPELIER VT 45:47 9:10
7 74 TAMMY LOWREY 48 MIDDLESEX VT 47:50 9:34
8 79 LAURA HUBBELL 42 BARRE VT 49:05 9:49
9 84 CINDY BARR 44 BERLIN VT 55:19 11:04
Record 33:49 by Dot Martin in 2007

FEMALE AGE GROUP 50 - 59

1 18 DOT MARTIN 52 MONTPELIER VT 34:58 7:00
2 33 SUE EMMONS 57 MONTPELIER VT 38:09 7:38
3 56 LINDA CLEVELAND 52 BARRE TOWN 43:02 8:37
4 65 ANN BUSHEY 55 MONTPELIER VT 45:40 9:08
5 82 MARYKE GILLIS 52 MIDDLESEX VT 49:41 9:57
6 83 DEBBIE AUSMAN 54 BARRE VT 54:33 10:55
Record 34:01 by Sue Hackney in 2008

FEMALE AGE GROUP 60 - 69

1 34 PATTY FOLTZ 65 STOWE VT 38:12 7:39
New record. Old record 44:39 by Dot Helling in 2012

MALE AGE GROUP 1 - 19

1 4 CALEB KESSLER 17 WAITSFIELD VT 29:30 5:54
2 7 CHANDLER BROOKS 18 MIDDLETOWN DE 30:55 6:11
3 20 NICHOLAS GRACE 15 BERLIN VT 35:14 7:03
4 27 RYAN DOUGHTY 11 HOUSTON TX 36:26 7:18
5 51 BRIAN BUSHEY 10 MONTPELIER VT 41:49 8:22
Record 27:13 by Gabriel Proctor in 2009

MALE AGE GROUP 20 - 29

1 3 BRANDAN DARRAH 24 CADYVILLE NY 29:11 5:51
2 5 STEPHEN JOCHEM 24 SOUTH ROYALTON VT 29:46 5:58
3 8 YOSSEF REGEV 23 LYDONVILLE VT 31:18 6:16
4 48 DEVON BROWNLEE 20 MONTPELIER VT 41:19 8:16
5 60 DANIEL KEENEY 29 NO. MONTPELIER VT 44:04 8:49
6 62 BENJAMIN TAYLOR 25 BARRE VT 44:20 8:52
Record 28:07 by Nathan Fields in 2006

MALE AGE GROUP 30 - 39

1 1 GAVIN BOYLES 37 MONTPELIER VT 28:24 5:41
2 2 JUSTIN KENNEY 32 WORCESTER VT 28:44 5:45
3 6 BRIAN BURNS 37 CALAIS VT 30:23 6:05
4 9 ADAM FRENCH 34 BERLIN VT 32:38 6:32
5 11 JUSTIN KOLBER 34 BURLINGTON VT 33:44 6:45
6 13 ASH DESMOND 32 ESSEX JCT. VT 34:10 6:50
7 16 CHIP BEDELL 39 SO. BURLINGTON VT 34:31 6:55
8 17 ROB MCDUGALL 38 SO. BURLINGTON VT 34:36 6:56
9 21 SHANNON FASSETT 36 EAST BARRE VT 35:14 7:03
10 25 NICK MANAGAN 30 WATERBURY VT 36:13 7:15
11 55 BRENDAN EATON 33 BERLIN VT 42:43 8:33
Record 27:56 by Marc Gilbertson in 2006

MALE AGE GROUP 40 - 49

1 10 SEAN MURPHY 40 WEBSTERVILLE VT 33:29 6:42
2 12 SCOTT NICHOLS 47 ESSEX JCT. VT 33:57 6:48
3 35 BLAISE SCHROEDER 48 BURLINGTON VT 38:28 7:42
4 41 GARY DOUGHTY 40 HOUSTON TX 40:21 8:05
5 42 MICHAEL TRAVIS 48 WORCESTER VT 40:26 8:06
6 63 STEVE ROBINSON 49 MONTPELIER VT 44:44 8:57
Record 27:17 by Eric Morse in 2011

MALE AGE GROUP 50 - 59

1 14 MACK GARDNER-MORSE 52 CALAIS VT 34:26 6:54
2 19 GARY KESSLER 53 FAYSTON VT 35:10 7:02
3 23 MIKE GILLIS 56 MIDDLESEX VT 35:45 7:09
4 28 TIM HENEY 54 MONTPELIER VT 36:30 7:18
5 30 CHARLIE WINDISCH 59 ESSEX JCT. VT 37:52 7:35
6 31 ANDY SHUFORD 53 MONTPELIER VT 38:03 7:37
7 44 RICK DEANGELIS 58 MONTPELIER VT 40:52 8:11
8 50 ARTHUR HAMLIN 50 BRAINTREE VT 41:42 8:21
9 54 MICHAEL GORDON 56 ESSEX JCT. VT 42:38 8:32
10 59 WILSON RING 56 WATERBURY CTR. VT 43:45 8:45
11 73 GUY PAGE 55 BARRE VT 47:10 9:26
12 77 JOHN MAHONEY 59 BURLINGTON VT 48:21 9:41
13 78 JIM AUSMANN 54 BARRE VT 48:59 9:48
Record 28:50 by Jim Paige in 2012

MALE AGE GROUP 60 - 69

1 24 JOHN VALENTINE 63 ROXBURY VT 36:09 7:14
2 26 JAMIE SHANLEY 60 MONTPELIER VT 36:17 7:16
3 43 JOHN MARTIN 61 MONTPELIER VT 40:41 8:09
4 49 LOWELL VANDERLIP 66 MONTPELIER VT 41:35 8:19
5 52 GREG GERDEL 66 MONTPELIER VT 42:02 8:25
6 58 DENNIS NEALON 60 MIDDLESEX VT 43:23 8:41
7 71 GREG WIGHT 61 BROOKFIELD VT 46:16 9:16
Record 32:30 by Ed McSweeney in 2010

MALE AGE GROUP 70 - 79

1 39 BOB MURPHY 73 BARRE VT 40:14 8:03
New record. Old record 40:59 by Bob Murphy in 2012
2 87 ROGER CRANSE 72 MONTPELIER VT 59:33 11:55
MALE AGE GROUP 80 - 99
1 91 GERRY CARLSON 81 MONTPELIER VT 1:05:06 13:02
Record 1:03:44 by Gerow Carlson in 2012

Sodom Pond 4 mile Run - September 18, 2013

The Overall Female Winner was Allie Yanikoski, 26:48 and the Overall Male Winner was Justin Kenney, 22:26. There were 49 finishers. Many thanks to the following volunteers: *Eric Ryea, Richard Cleveland, Sarah London, Rob McDougal, Jay Ericson, Marsha Bancroft, Michael Chernick, Pam Erickson... Tim Noonan, Race Director*

Overall Place	Place in Age Group	Name	Time
Female 0 - 19			
44	1	Brynn Bushey	43:22
Male 0 - 19			
28	1	Brian Bushey	34:21
Female 20-29			
8	1	Allie Yanikoski	26:48
Male 20-29			
15	1	Sten Kaeding	29:51
16	2	Daniel Keeney	30:08
Female 30-39			
10	1	Richarda Ericson	27:34
35	2	Jillian Zeilenga	37:20
38	3	Callie Weller	38:19
46	4	Johanna Rawson	45:46
Male 30-39			
1	1	Justin Kenney	22:26
2	2	Gavin Boyles	22:44
3	3	Thorin Markison	23:39
4	4	Adam French	25:19
21	5	Jack Zeilenga	32:42
31	6	Jeffrey Coy	36:28
Female 40-49			
24	1	Gail Pelkey	33:01
30	2	Becky Diedrich	35:09
37	3	Laura Hubbell	38:04
42	4	Phyllis Tillinghast	40:23
43	5	Erika Mitchell	43:04
47	6	Denise Ricker	46:38
Male 40-49			
5	1	Rowly Brucken	25:28
6	2	Sean Murphy	26:12
26	3	Steve Robinson	33:18
34	4	Jeff Hubbell	37:11
Female 50-59			
9	1	Dot Martin	27:28
14	2	Sue Emmons	29:25
19	3	Beth Daut	30:42
23	4	June Burr	33:00
29	5	Ann Bushey	34:27
36	6	Molly Bachman	37:22
49	7	Anna Karenina	49:34
Male 50-59			
7	1	Bob Emmons	26:38
12	2	Tim Noonan	28:12
18	3	Tim Heney	30:22
32	4	Tom Bachman	37:05
33	5	Greg Gossens	37:06
45	6	Michael Chernick	45:17
Female 60-69			
25	1	Dot Helling	33:11
Male 60-69			
11	1	Jamie Shanley	28:03
13	2	John Valentine	28:52
17	3	Dave Erickson	30:17
20	4	John Martin	32:08
22	5	Greg Gerdel	32:58
27	6	Perry Bland	33:26
39	7	Chris Hall	38:54
40	8	John Kaeding	40:03
41	9	Sigh Searles	40:03
Male 70+			
48	1	Roger Cranse	48:10

A Room of our Own: Quest for a CVR Clubhouse

Over the years, CVR has found itself a "clubhouse" of sorts from time to time. Never official, of course, but there have been a few locations that, at least for a while, felt a bit like our own place.

One of the first that I can remember was the board room of the Howard Bank in Montpelier. Charlie Bucknam was a force to be reckoned with in the Howard at that time, and also a CVR member. With his pull, we were able to have quite a few meetings at that location in the early 1980's. It was convenient, comfortable, and quite prestigious.

The next place I can recall as having been a common spot for our meetings was the conference room of Cox Cable in Berlin. Byron Hill was the facilitator for this venue. Byron, a frequent marathoner and active club member, was our ticket to this very nice facility. Byron, unfortunately, wore out his knees and died a relatively young man (aged 70, not of worn-out knees, but dementia, according to his death record – don't know whether or not that was caused by running).

From there, we kinda moved from home to home... Some places in recent memory that we might have considered our own place (for a while) included Morse Farm, and, more recently, Barney Hall at the Adamant Music School campus. Eric Ryea and Donna Smyers have been our contacts, and many wonderful meals and meetings have been enjoyed there. Can we consider this our "clubhouse"? If we are lucky, we may be able to for a while and on occasion, but if history is any guide, this too will probably pass, and will at some point become just a fond memory. Let's hope that is way off in the future.

...Bob Murphy

Northfield Savings Bank 5K ...

***** AGE GROUP RESULTS *****

Place O'All Name Age City Time Pace

FEMALE AGE GROUP 0 - 19

1 64 Holly Gordon 14 Montpelier 23:09 7:28
 2 69 Darby Smith 17 Northfield 23:46 7:39
 3 70 Courtney Amell 14 Northfield 23:46 7:39
 4 74 Jessi Mugford 15 Barre 23:57 7:43
 5 76 Mathilde Bjornstad 17 Northfield 24:00 7:44
 6 91 Sienna Wvorinen 15 Northfield 25:06 8:05
 7 102 Rachael Townsend 16 Northfield 26:07 8:25
 8 119 Kristin Smith 14 Northfield 27:16 8:47
 9 132 Shannon Hourigan 17 Northfield 28:01 9:02
 10 133 Anya Armstrong 10 Roxbury 28:18 9:07
 11 135 Morgan Smith 15 Northfield 28:29 9:11
 12 139 Hillery Amell 17 Northfield 28:57 9:20
 13 140 Lindsay Albee 15 Northfield 29:00 9:21
 14 149 Lydia Hoffman 17 Northfield 29:56 9:39
 15 151 Catherine Miles 13 Northfield 29:59 9:40
 16 154 Lily Davis 11 Essex 30:16 9:45
 17 156 Savannah Bischoff 15 Northfield 30:52 9:57
 18 163 Dj Doney 17 Northfield 31:19 10:05
 19 165 Gabrielle Cicio 14 Northfield 31:37 10:11
 20 166 Askley White 17 Northfield 31:44 10:13
 21 176 Rachel Gfordon 15 Northfield 33:01 10:38
 22 181 Eloise Nussbaum 10 Mrtwn 33:33 10:48
 23 195 Kaitlyn Farnham 14 Plainfield 35:56 11:34
 24 197 Alexis Bijolle 15 Northfield 36:10 11:39
 25 203 Amelia Davis 8 Essex 36:48 11:51
 26 207 Ayla Fidel 10 Moretown 37:20 12:01
 27 209 Erika Clayton 9 Northfield 37:25 12:03
 28 212 Maya Farrar 9 Andover 38:19 12:20
 29 220 Shannon Collar 10 Moretown 39:27 12:42

MALE AGE GROUP 0 - 19

1 3 Jeremy Hoyne-Grosve 14 Cabot 18:25 5:56
 2 7 Duncan Lord 16 Barre 18:45 6:03
 3 12 Lucas Eldred 14 Montpelier 19:19 6:14
 4 14 Paul Farrell 15 Montpelier 19:37 6:19
 5 20 Joe Parento 14 20:16 6:32
 6 22 Owen Koucky 16 Montpelier 20:21 6:33
 7 23 Ben Field 17 Montpelier 20:26 6:35
 8 26 Caelan Robbins 15 Northfield 20:29 6:36
 9 29 Connor Cossett 17 20:48 6:42
 10 47 Reed Bingham 17 Montpelier 21:42 7:00
 11 57 Nat Swyer 17 Montpelier 22:22 7:12
 12 58 Karyka Taylor 14 Montpelier 22:24 7:13
 13 61 Fred Bashara 17 Montpelier 22:32 7:16
 14 63 Thomas Dellipriscol 17 Mont 22:46 7:20
 15 66 Zack Vanden Bergh 16 Mont 23:13 7:29
 16 68 Ben Crane 15 Montpelier 23:26 7:33
 17 81 Myles Thornton-Sher 11 24:08 7:47
 18 83 Ivan Bansah 16 Montpelier 24:22 7:51
 19 107 Steven Hepp 15 Montpelier 26:20 8:29
 20 111 Sam Adams 16 Northfield 26:30 8:32
 21 130 Tom Shanley 11 Montpelier 27:36 8:54
 22 215 Aiden Farrar 9 Andover 38:55 12:32
 23 222 Matthew Nussbaum 12 39:31 12:44
 24 224 Edward Habeck 12 Willtown 40:49 13:09

FEMALE AGE GROUP 20 - 29

1 16 Allie Yanikoski 28 Montpelier 19:56 6:25
 2 27 Liz Longworth 29 W. Berlin 20:41 6:40
 3 59 Rose Dedam 29 Bethel 22:26 7:14
 4 92 Lauren McKinstry 27 Willtown 25:07 8:06
 5 93 Gwen Lyons 29 Montpelier 25:22 8:10
 6 112 Audrey Seaman 23 Northfield 26:35 8:34
 7 147 Erin Riley 29 Northfield 29:50 9:37
 8 152 Rachel Cole 27 Northfield 30:04 9:41
 9 159 Megan Foster 29 Mont 31:04 10:00
 10 179 April Kelley 28 Montpelier 33:30 10:47
 11 182 Meggan McCusker 29 Northfield 33:43 10:52
 12 191 Danielle Kelly 28 Northfield 35:00 11:16
 13 218 Morgan Davis 28 Northfield 39:10 12:37
 14 219 Amanda Ellis 25 Barre 39:11 12:37

MALE AGE GROUP 20 - 29

1 5 David Somerville 24 Barre 18:36 6:00
 2 9 James Secor 25 Montpelier 19:14 6:12
 3 25 Anson Hastings 23 Northfield 20:28 6:36
 4 28 Kyle Wells 23 Waterbury 20:43 6:41
 5 34 Stefan Wuorinen 23 Northfield 21:12 6:50
 6 71 Jeremy Mullins 25 Moretown 23:48 7:40
 7 73 Daniel Keeney 29 N Montpelier 23:56 7:43
 8 97 Stephen McKinstry 25 Barre 25:37 8:15
 9 131 Garret Harvey 25 Bradford 27:44 8:56
 10 142 Shae Martin 23 Northfield 29:12 9:24
 11 155 Nicholas Baker 25 Waterbury 30:33 9:50
 12 162 Logan Henry 27 Montpelier 31:08 10:02

FEMALE AGE GROUP 30 - 39

1 11 Megan Valentine 34 Jericho 19:17 6:13
 2 33 Richarda Ericson 38 Montpelier 21:09 6:49
 3 35 Sarah London 34 Montpelier 21:13 6:50
 4 51 Alicia Gant 32 Williamstown 22:03 7:06
 5 55 Stacy Bocskor 38 Northfield 22:15 7:10
 6 72 Karen Ninkle 39 Middlesex 23:51 7:41
 7 99 Tara Rivet 31 Williamstown 25:47 8:18
 8 118 Lindsey Wight 33 Jay 27:06 8:44
 9 120 Wendy Letourneau 34 Milton 27:22 8:49
 10 127 Katie Babic 33 Waitsfield 27:31 8:52
 11 128 Krissy Bellavance 33 Barre 27:31 8:52
 12 129 Karen Supan 35 Montpelier 27:32 8:52
 13 137 Emily Noyes 37 Brookfield 28:46 9:16
 14 141 Victoria Rapoza 30 Bolton 29:12 9:24
 15 144 Terri Sincyr 36 Montpelier 29:28 9:30
 16 160 Shelley Mahoney 31 Barre 31:06 10:01
 17 171 Nicole Miles 38 Northfield 32:25 10:27
 18 172 Faith Freeman 35 Lebanon 32:25 10:27
 19 178 Jennifer Clark 31 Northfield 33:26 10:46
 20 180 Melissa Anderson 35 Barre 33:31 10:48
 21 184 Jennifer Gagne 32 Swanton 34:02 10:58
 22 186 Liza Comiskey 36 Swanton 34:21 11:04
 23 192 Elissa Sorrentino 37 Barre 35:03 11:17
 24 201 Lauren Caswell 37 Northfield 36:35 11:47
 25 204 Ann Davis 39 36:50 11:52
 26 206 Pierce Kiniry 37 Northfield 37:07 11:57
 27 211 Lauri Arsenal 36 Wbstrville 37:28 12:04
 28 213 Reddlynn Farrar 34 Chelsea 38:19 12:20
 29 214 Jessica Allen 32 Chelsea 38:49 12:30
 30 229 Chris Parker 38 Barre 44:40 14:23

MALE AGE GROUP 30 - 39

1 1 Tucker Murphy 31 Stowe 17:52 5:46
 2 17 Rob McDougall 38 S Burlington 19:57 6:26
 3 21 Nick Managan 30 Waterbury 20:17 6:32
 4 30 Dale Christie 39 Proctor 20:50 6:43
 5 41 Matt Curtis 31 East Montpelier 21:24 6:54
 6 50 Sean Hurley 38 Northfield Falls 22:02 7:06
 7 52 Jeff Johnson 35 Barre 22:07 7:08
 8 75 Danzel Byrnie 33 Randolph 23:58 7:43
 9 110 Debbis Larocque 39 Brookfield 26:28 8:32
 10 216 Jay Farrar 37 Andover 38:56 12:32

FEMALE AGE GROUP 40 - 49

1 39 Amanda Ellingson 43 Montpelier 21:18 6:52
 2 87 Wendy Moore 44 Middlesex 24:37 7:56
 3 89 Robyn Steward 40 Northfield 24:43 7:58
 4 94 Ava Whitcomb 43 Marshfield 25:32 8:14
 5 101 Joanne Mugford 44 Barre 26:04 8:24
 6 123 Shari Oliver 49 Barre 27:26 8:50
 7 125 Jeanette Hosford 45 Middlesex 27:28 8:51
 8 136 Emoeko Mate 46 Montpelier 28:32 9:12
 9 138 Elizabeth Wuorinen 47 Northfield 28:56 9:19
 10 143 Sarah Prior 44 Northfield 29:14 9:25
 11 146 Janice Shade 47 Jericho 29:45 9:35
 12 148 Betty Sikora 47 Montpelier 29:53 9:38
 13 150 Christine Tierson 42 Moretown 29:58 9:39
 14 158 Laura Thygessen 43 Willtown 31:03 10:00
 15 168 Cindy Barr 44 W. Berlin 32:06 10:20
 16 169 Jennifer Tripp-Mead 49 32:09 10:21
 17 196 Cara Herring 48 West Berlin 35:57 11:35

18 208 Rachel Rosenblum 41 Mrtwn 37:22 12:02
 19 217 Christie Eastman 43 Northfield 38:59 12:33
 20 221 Kelly Collar 47 Moretown 39:27 12:42
 21 223 Sarah Nussbaum 47 Mrtwn 39:57 12:52
 22 230 Michele Robie 41 Willtown 45:33 14:40
 23 234 April Farnham 46 Plainfield 53:50 17:20

MALE AGE GROUP 40 - 49

1 10 Matt Guild 49 Bellows Falls 19:16 6:13
 2 15 Ben Ellingson 42 Montpelier 19:54 6:25
 3 18 Sean Murphy 46 Websterville 20:02 6:27
 4 24 Mike Bessette 43 St. Albans 20:27 6:35
 5 44 Erik Nelson 43 Wellesley MA 21:33 6:57
 6 46 Jeff Labombard 46 Warren 21:40 6:59
 7 48 Dave Kivner 47 Montpelier 21:45 7:01
 8 53 Scott Lovelette 44 Montpelier 22:08 7:08
 9 62 Jeff Prescott 49 Montpelier 22:41 7:19
 10 84 Larry Oliver 48 Barre 24:24 7:52
 11 90 Bill Jordan 43 Montpelier 24:53 8:01
 12 96 Andrew Perchlik 45 25:32 8:14
 13 105 Sean Carney 43 Dunstable 26:11 8:26
 14 106 Jeff Wuorinen 48 Northfield 26:20 8:29
 15 115 Garrison Smith 41 Kent CT 26:52 8:39
 16 116 Jim Barow 46 Northfield 27:00 8:42
 17 124 Don Aspden 47 Westford 27:27 8:51
 18 157 Jason Steward 43 Northfield 30:56 9:58
 19 174 Gregory Smit 46 Northfield 32:36 10:30
 20 175 Ralph Peterson 42 Northfield 32:42 10:32
 21 177 Patrick Sikora 49 Montpelier 33:14 10:42
 22 185 Michael Hepp 42 Montpelier 34:10 11:00
 23 187 Neil Nussbaum 49 Moretown 34:22 11:04

FEMALE AGE GROUP 50 - 59

1 38 Sue Hackney 56 Montpelier 21:16 6:51
 2 49 Susan Emmons 57 S Duxbury 21:51 7:02
 3 79 Patricia Driscoll 58 Stowe 24:01 7:44
 4 98 Ginny Richburg 54 Randolph 25:46 8:18
 5 103 Ann Bushey 55 Montpelier 26:09 8:26
 6 104 Laura Medalie 50 Montpelier 26:10 8:26
 7 145 Mary McAlear 55 Pierrefonds 29:36 9:32
 8 153 Maryke Gillis 52 Middlesex 30:12 9:44
 9 164 Sylvie Terry 58 Bradford 31:21 10:06
 10 170 Denise Johnson 59 Enfield 32:24 10:26
 11 194 Bethany Daniels 53 Northfield 35:48 11:32
 12 202 Pamela Fitzgerald 59 36:39 11:48
 13 205 Mary Roux 54 Northfield 36:59 11:55
 14 210 Nancy Heydinger 52 Vernon 37:25 12:03
 15 225 Jane Lane 54 Northfield 41:09 13:15
 16 228 Kelly Driscollsmith 52 Northfield 43:42 14:04
 17 231 Maggie Cook 55 Northfield 45:49 14:45
 18 232 Terry Stegler 55 Northfield 53:49 17:20

MALE AGE GROUP 50 - 59

1 2 Tony Bates 54 Salisbury 18:16 5:53
 2 13 Jim Flint 54 Craftsbury 19:30 6:17
 3 19 Brian Mitchell 51 Burlington 20:10 6:30
 4 31 Doug Austin 59 W. Lebanon 20:53 6:44
 5 32 MacK Gardner-Morse 52 Calais 20:58 6:45
 6 36 Mike Gillis 57 Middlesex 21:13 6:50
 7 40 John Grosvenor 52 Cabot 21:20 6:52
 8 42 Robert Monette 50 Jericho 21:26 6:54
 9 45 John Diebold 54 Northfield 21:35 6:57
 10 54 Rich Harvey 50 Jericho 22:12 7:09
 11 56 Bill Passalacqua 51 Northfield 22:16 7:11
 12 77 Alan Small 56 Orange 24:00 7:44
 13 78 Mark Howard 51 Marshfield 24:01 7:44
 14 80 Andy Shuford 53 Montpelier 24:05 7:46
 15 86 Steve Moorhead 59 Montpelier 24:28 7:53
 16 95 David Garland 57 Rutland 25:32 8:14
 17 100 Peter Fernandez 59 Northfield 25:57 8:22
 18 161 Peter Drescher 50 Mont 31:07 10:01
 19 167 Jonathan Spencer 55 31:57 10:18
 20 190 William Donahue 58 Bolton 34:49 11:13
 21 193 Jay Bailey 50 Barre 35:36 11:28
 22 198 Patrick Healy 51 Marshfield 36:16 11:41

NSB 5K (continued)

FEMALE AGE GROUP 60 - 69

1 65 Patty Foltz 65 Stowe 23:13 7:29

MALE AGE GROUP 60 - 69

1 6 Keith Woodward 62 Stowe 18:38 6:00
 2 37 John Valentine 63 Roxbury 21:15 6:51
 3 43 Jamie Shanley 60 Montpelier 21:31 6:56
 4 60 Steven Burkholder 61 Mont 22:28 7:14
 5 67 David Erickson 60 Barre 23:21 7:31
 6 82 Marty Simon 64 Northfield 24:10 7:47
 7 109 Michael Shover 64 Bradford 26:27 8:31
 8 114 Jean-Guy Poirier 62 Belmont M 26:45 8:37
 9 117 Greg Wight 67 Brookfield 27:06 8:44
 10 122 Peter Terry 66 Bradford 27:23 8:49
 11 188 Joseph Byrne 68 Northfield 34:25 11:05
 12 226 Brent Burgee 63 Randolph 42:19 13:38
 13 227 Peter Bonaccorsi 69 Rndlp 42:30 13:41

FEMALE AGE GROUP 70 - 79

1 173 Marsha Bancroft 75 Worcester 32:31 10:28
 2 183 Margaret Lipscomb 70 33:48 10:53

New record 32:31 by Marsha Bancroft

MALE AGE GROUP 70 - 79

1 88 Bob Murphy 73 Barre 24:42 7:58
 2 108 Hugh Wilson 73 Dorval QC 26:26 8:31
 3 126 Steve Aikenhead 72 Prknsville 27:30 8:52
 4 134 Michael Krause 70 Northfield 28:20 9:08
 5 200 Andy Leader 71 Middlesex 36:22 11:43
 6 233 William Barrett 71 Warren 53:50 17:20

MALE AGE GROUP 80 - 99

1 113 Jean Bernaquez 81 Montreal 26:41 8:36
 2 199 Gerow Carlson 81 Montpelier 36:22 11:43

Northfield Savings Bank 1 Mile

***** AGE GROUP RESULTS *****

Place O'All Name Age City Time

FEMALE AGE GROUP 5 - 9

1 22 Katie Betz 7 Jericho 7:58
 2 25 Jane Miller-Arsenault 8 Middlesex 8:05
 3 31 Agigail Hill 6 Barre 8:16
 4 32 Emilygrace Spaulding 9 Barre 8:19
 5 36 Molly O'Mara 8 Framingham MA 8:25
 6 40 Camryn Bell 8 Barre 8:36
 7 42 Emma Korrow 7 Northfield 8:41
 8 44 Ava Shanley 7 Montpelier 8:47
 9 45 Caitlin Casavant 7 Berlin 8:48
 10 49 Ryleigh Butler 8 Fairlee 8:58
 11 52 Lindsay Smith 9 Kent CT 9:03
 12 53 Zoe Colvin 7 Montpelier 9:21
 13 55 Yvonne Roberge 8 N. Middlesex 9:25
 14 59 Eden Morris 9 Northfield 9:44
 15 60 Edith Lane 6 Northfield 9:49
 16 64 Lily Lacroix 8 Barre 10:01
 17 65 Abby Burachowski 9 Barre 10:01
 18 66 Addison Pinard 7 Barre 10:04
 19 67 Chelsea Bell 6 Barre 10:07
 20 70 Taylor Baroffio 8 Northfield 10:30
 21 71 Brenna Ziter 5 Williamstown 10:31
 22 73 Evelyn Lacroix 6 Barre 10:50
 23 74 Jaidyn Pinard 5 Barre 10:53
 24 76 Josephine Mikus 6 Middlesex 10:55
 25 77 Anneliese Carney 9 Dunstable MA 10:57
 26 78 Evelyn Murawski 5 Randolph 10:59
 27 80 Emma Herring 8 Northfield 11:09
 28 83 Ruby Moorhead 6 Montpelier 11:31
 29 84 Mallory Supan 6 Montpelier 11:32
 30 88 Sadie Bothwell 7 Montpelier 11:45
 31 89 Molly Violette 8 South Barre 11:49
 32 90 Abbie Violette 8 S. Barre 11:52
 33 93 Zsofia Walczak 6 Montpelier 12:11
 34 95 Jazmine Lemieux 7 West Berlin 13:21
 35 99 Rylee Bellavance 5 Barre 13:46
 36 102 Jillian Bijolle 9 Northfield 16:04
 37 104 Taylor Parker-Martin 6 Barre 17:16

35th Annual Northfield Savings Bank Flying Pig Footrace

8.31.13

To benefit "Girls on the Run"

Turnout was strong for both races. The 5k race had 234 runners, up from 158 in 2012, including 36 CVR members. The kids' 1-mile race had 106 runners, up from 60 in 2012, including 8 CVR members.

Thanks to **Rowly Brucken** and assistant **June Burr** for directing CVR's role in this long-standing community event. Special thanks to **Donna Smyers** and **John Hackney** for compiling results and to the A -Class team of finish line volunteers who clicked a lot of buttons, wrote down a lot of numbers and told a lot of people to stay in line.

5k CVR age group winners:

- Holly Gordon (1st F 0-19)
- Jeremy Hoyne Grosvenor (3rd OA and 1st M 0-19)
- Allie Yanikoski (2nd Female and 1st F 20-29)
- Rose Dedam (3rd F 20-29)
- Megan Valentine (1st Female and 1st F 30-39)
- Richarda Ericson (2nd F 30-39)
- Sarah London (3rd F 30-39)
- Rob McDougall (2nd M 30-39)
- Nick Managan (3rd M 30-39)
- Sean Murphy (3rd M 40-49)
- Sue Hackney (1st F 50-59)
- Sue Emmons (2nd F 50-59)
- Pat Driscoll (3rd F 50-59)
- Jim Flint (2nd M 50-59)
- Patty Foltz (1st F 60-69)
- Keith Woodward (1st M 60-69)
- John Valentine (2nd M 60-69)
- Jamie Shanley (3rd M 60-69)
- Marsha Bancroft (1st F 70-79, new age group record)
- Bob Murphy (1st M 70-79)
- Gerry Carlson (2nd M 80+)

Note the CVR sweep in the F 30-39, F 50-59 and the M 60-69 age groups.

... Jeff Prescott

FEMALE AGE GROUP 10 - 13

1 9 Posy Labombard 13 Warren 6:58
 2 11 Guinn Wuorinen 10 Northfield 7:05
 3 14 Anna Betz 10 Jericho VT 7:25
 4 18 Matelyn Thygessen 13 Williamstown 7:49
 5 19 Eliana Moorhead 10 Montpelier 7:56
 6 20 Tea Miles 11 Northfield 7:56
 7 24 Anna Chamberlin 12 Calais 8:02
 8 27 Olga Kissner 10 Montpelier 8:09
 9 28 Brynn Bushey 13 Montpelier 8:10
 10 38 Alyssa Atwood 12 Northfield 8:27
 11 39 Madison Roberge 11 N. Middlesex 8:29
 12 43 Amelia Cameron 10 Barre 8:43
 13 50 Bethany Atwood 10 Northfield 8:59
 14 51 Dorothy Reil 10 E. Barre 9:02
 15 57 Emma Cushman 10 Barre 9:40
 16 62 Isabelle Fischer 10 Barre 9:56
 17 63 Christina Thivierge 11 Willtown 10:00
 18 69 Grace Moriath 13 Northfield 10:14
 19 85 Samantha Oliver 10 Barre 11:36
 20 91 Maia Murawski 11 Randolph 12:06
 21 92 Login Holbrook 11 Randolph 12:10

MALE AGE GROUP 5 - 9

1 4 Evan Thornton-Sherman 9 Waterford 6:34
 2 8 Grady Chase 9 Barre 6:57
 3 26 Scott Beviacqua 9 Scott Twins PA 8:05
 4 29 Logan Drury 6 Middlesex 8:11
 5 30 Kaleb Chamberlin 9 Calais 8:14
 6 33 Jaiden Partlow 9 Northfield 8:19
 7 34 Andrew Thornton-Sherman 6 Wtrford 8:23
 8 35 Ronnie Riby-Williams 8 Montpelier 8:25
 9 37 Steven Supan 7 Montpelier 8:25
 10 41 Dylan Small 8 Orange 8:40
 11 46 Cale Ellingson 9 Montpelier 8:48
 12 54 Carter Allen 8 Northfield Falls 9:23
 13 56 Elliot Caswell 5 Northfield 9:35
 14 61 Jordan Parker-Martin 6 Barre 9:52
 15 68 Dhylan Jones-Hall 6 Northfield 10:10
 16 72 Aden Cushman 6 Barre 10:46
 17 75 Ryan Carney 7 Dunstable MA 10:53
 18 79 Wyatt Tucker 7 Northfield 11:05
 19 81 Owen Denis 5 Waltham MA 11:24
 20 82 John Sawyer 6 Barre 11:27
 21 87 Yahannah Garland 9 Rutland 11:44
 22 94 Cameron Freeman 5 Lebanon NH 12:50
 23 96 Wyatt Babic 5 Waitsfield 13:30
 24 97 John Anderson 5 Barre 13:40
 25 98 Avery Bellavance 7 Barre 13:45
 26 101 Logan Sorrentino 6 Barre 15:45
 27 103 Lukas Sorrentino 6 Barre 17:15
 28 105 Jack Myers 7 Waterbury Ctr. 17:29
 29 106 Oscar Davis 6 Essex 18:16

MALE AGE GROUP 10 - 13

1 1 Liam Mearns 13 Montpelier 6:18
 2 2 Brian Bushey 10 Montpelier 6:22
 3 3 Nate Murawski 10 Randolph 6:22
 4 5 Benjamin Thygessen 10 Williamstown 6:37
 5 6 Jacob Miller-Arsenault 10 Middlesex 6:41
 6 7 Owen Labombard 11 Warren 6:55
 7 10 Daniel Baroffio 11 Northfield 7:01
 8 12 Parker Spaulding 12 Barre 7:24
 9 13 Hayden Reil 10 E. Barre 7:24
 10 15 Austin White 10 Randolph 7:25
 11 16 Nolan Bean 12 Northfield 7:36
 12 17 Ashton Smith 11 Kent CT 7:39
 13 21 Gage Katzemnell-Hall 11 Northfield 7:56
 14 23 Benjamin Hopkins 12 E Barre 8:01
 15 47 Micah Garland 13 Rutland 8:53
 16 48 Leland Pelletier 10 Randolph VT 8:57
 17 86 Anthony Rowell 12 E. Calais VT 11:42

A trip to the Nationals By Jim Flint

More than 30 senior athletes from Vermont, age 50 and up, traveled to Cleveland in July for the 2013 National Senior Games. The men and women of the Vermont team competed in nine different sports, including cycling, road racing, triathlon, and track and field. To get to the national competition, some 13,000 athletes qualified for their respective events at the 2012 games held in their home states.

Vermont's 5k and 10k road race state competitions were held June 9, 2012 at the Shelburne Fitness Center. I trained with the goal of racing two qualifiers in one morning, and was able to run 19:55 in the 5k race, followed by a 40:34 finish in the 10k race. Jim Paige of Morrisville won the 10k in a very fast 35:19.

The National Senior Games are held every two years in a different city. Cleveland wasn't too far away, and my wife Barb graciously agreed to a mini-vacation and chance to enjoy the city and museums together. We arrived Friday July 19 on one of the hottest days of the summer, registered at the Athletes Village, and enjoyed a great opening festival, complete with live bands, food, and fireworks.

The 10k race was scheduled for Saturday morning at 8 a.m., beginning at the Convention Center. The weather turned out to be warm and rainy, and the race start was delayed for an hour due to thunder and lightning. The course wove its way to the waterfront on Lake Erie, around the Cleveland Browns stadium, across highway bridges, and beneath underpasses.

I was surprised at the start by a pack of 50 and 60 year old runners who went out like bandits, leaving me in the dust over the first mile, which I ran in 6:15. Gradually I started to move up from about 15th place, though the lead group was still stretching out in the distance. At the four mile mark, I settled into a groove to maintain position. Dehydration began to set in from the humid conditions, and I felt myself running out of fuel from the late start. Not a good sign, but there wasn't far left to coast home, and no one was close behind or close in front of me.

Emerging from a tunnel, I approached a busy intersection with two cops focused on directing traffic. Instead of going through the intersection, I saw an orange cone and turned left. After 100 meters, I came to my senses, realized it was a wrong turn, and headed back to the cops. Fortunately another runner was just going by, who I was able to follow and catch over the last half mile. Though a little frustrated from my error, there was a happy ending to the story. My 41:54 time was 8th overall, and third in the 50-54 age group for the bronze medal.

The 5k race was scheduled at 8 a.m. on Tuesday July 23 at the Cleveland Zoo. It would be a logistical challenge to run the race and get to the airport in time to catch our 11:15 a.m. flight. My wife was skeptical, as we would need a combination of buses, trains, and walking. The course was also more complicated with 200+ men and women running, and a series of three loops crossing back on each other along the roads of the zoo.

On Monday we spent time enjoying the animals at the zoo, meeting other senior runners who had the same idea, and figuring out the 5k course map. We caught a ride to the zoo early Tuesday morning with a fellow runner, and deposited our suitcases in the baggage drop area for a quick getaway after the race.

The start of the race was faster than the 10k, but I felt strong hitting the first mile in 5:55 and moving up on the hill at the beginning of mile two. Unlike the lonely highways and streets of the 10k, the 5k was quite exciting with a lot of back and forth movement as racers jockeyed for position around corners, cheered on by spectators and fellow runners. Each runner had an age group tag visible on their shirt, so as the race entered its final loop, the medal positions were clearly at stake. Another 50-54 year old runner overtook me with $\frac{3}{4}$ of a mile to go, as I fought to hang on to position, then a long legged 60-64 year old flew by on the downhill with 100 meters to go. I finished in 19:48, a good time on the hilly course.

Barb and I hustled back up the hill, caught the bus, transferred to the train, and made it to the airport in good time. On the way we chatted with a woman in her 80s from Mississippi who excels in track and field, with a specialty in the hammer throw. Arriving back in Burlington, a message beeped on my cell phone from fellow Vermonter Peggy Lipscomb, who also ran in the 5k and 10k races. My 10th place finish was just enough for a bronze in the 50-54 age group, and Peggy would bring back the medal to Vermont.

Winning a medal might not happen again, but I hope to qualify at the 2014 Vermont Senior Games and go to Minneapolis in 2015 for the next NSGA games. Barb and I met many inspiring athletes at Cleveland, who love the joy and camaraderie of competition. There are dozens of venues; learn more at Vermontseniorgames.org!

(photo next page)

Right

Two of the 2013 National Senior Games 10k Road Race bronze medalists, Jim Flint of Vermont (50-54) and James Skinner of Washington State (55-59) (photo-Jim Flint)

Center

Team Dragon Runners

Lower Left

Paddling to the Start

Lower Right

At the Podium... It's Gold
(Dragon Runner photos-June Burr)



Dragon Runners Take Gold By Captain June Burr

The 8th Annual Dragonheart Boat Festival colored Burlington's Waterfront Park in pink on August 4, 2013. Competing with 51 other dragon boat teams, fellow CVR members of Team Dragon Runners included Geordy Aiken, Phyllis Arsenault-Berry, Nina Changelian, Sue and Bob Emmons, Scott Robertson and Captain June Burr along with 15 other paddlers, a drummer, and professional steersperson. Team Dragon Runners won gold in community division F, were 9th in fundraising, and 3rd for the Spirit Award.

Reminders of the ultimate goal to support breast cancer survivors were ever present. Amidst the gold trophy, ribbons, and medals won by team Dragon Runners they never lost sight of festival objectives and raised \$3,807 to benefit Dragonheart's Cancer Survivorship NOW Program. Collectively, participating race teams raised \$143,800 not including business community matches.

In a race where paddling synchronicity is paramount, winning gold for team Dragon Runners was serendipitous considering two thirds of its 21 members are first-timer festival racers. Contrastingly, many of the winning teams competing have returned regularly throughout the festival's eight years.

While the race's format guaranteed each team two races, the team Dragon Runner's initial aim was no more ambitious than to qualify for a third semi-final berth. In the first round, Dragon Runners raced against the clock in a heat of two from a dead start for 200 meters for division placement. In this maiden voyage, team Dragon Runners blew their start after battling an errant buoy out of the gates and slotted into the slowest division with a time of 1:12.13. Although inadvertent it turned out to be a brilliant 'come from behind' strategy as Dragon Runners easily rose from the bottom. Round two brought on a head to head in a single elimination contest. Dragon Runners prevailed improving by 7 seconds for a 1:05.70 finish and met the goal to compete in the semi-finals. Thereafter, the fatigued yet confident team snagged a 1:04.99 in round three, and rode adrenaline to secure 1:02.96 in the divisional finals for the gold, beating the competition by a boat length and a half!

Got Spirit? Team Dragon Runners exuded enthusiasm by shout and strut and awarded one of three Spirit Awards based on best presentation of team name, song, chant, costume, and tent site. Adopting a 60's theme, this uncontained group of runners-sometime-paddlers traded their singlet and orthotics for bright pink tie-dyed shirts, flip flops, granny glasses, beads, headbands, dread lock toupees and peace/love paraphernalia. When not winning race heats they lounged under a 20 x 12 aptly decorated canopy in athlete's village listening to Pandora stream 60's tunes, eating herb-free brownies and other healthy snacks. At every opportunity they were heard singing their catchy theme song Wavin' Flag by K'NAAN and chanting PEACE, LOVE, DRAGON RUNNERS.

Non-CVR Dragon Runner teammates include: Liz Champagne, Maria Christina, Sally Edith, Amy Emler-Shaffer, Paul Freismuth, Jill Gagne, Maureen Golden, Colin McCarthy, JB McCarthy, Sue Minter, Gina Mireault, Lynne Silva, Margaret Spivak, Kelly Woodard and alternate Anna Mikan... Don't miss the fun next year. *(photos on previous page)*

Mohawk Hudson River Marathon – Sunday, October 13, 2013

I traveled to Albany, NY for the Mohawk Hudson River Marathon with my friend, Amy Hill, who was running the half. Nice course, relatively flat, scenic, with great volunteers. Only major issue – host hotel (Albany Hilton) where we were staying had a check out time of 11:00am, with late checkout of noon. The race started at 8:30. The hotel was a good uphill walk from the finish. Doing the math, I would have to do a VERY fast sub-3:30 marathon (of which I am not capable) in order to get back before the LATE check-out.

Amy saved the day as she ran the half and was able to get back into the room before the hotel turned off our keys, so I was able to take a quick shower before we started the drive back to Vermont. Lucky for Amy! Other than that, it was a really nice day and a really nice event. I did not finish as quickly as I wished, but I did finish before they booted me off the course!

Overall	First Name/Last Name	City, State	Div	Plc	Time	Pace
490/939	Phyllis Arsenault-Berry	Duxbury, VT	F5559	5/15	4:08:26	9:29

...Phyllis Arsenault-Berry



From Club President Jeff Prescott:

A loud shout of thanks to Race Director **Roger Cranse**, the **Leaf Peepers Committee** and the many awesome volunteers for a successful 30th running of the **Leaf Peepers** events. The weather cooperated...brisk fall temperatures with the rain holding off until after the event. The views from the course were stunning.

The half marathon had 642 finishers, the highest since 2009. The 5k had 417 finishers which may be the highest ever.

Roger and company will be meeting soon to review this year's event and begin planning next year's event. Please send event feedback to Roger at rcc59@comcast.net. All feedback—positive and negative—is welcome

From Race Director Roger Cranse:

A couple weeks after the October 6 Leaf Peepers Race I got a call from Bill Shepeluk, Waterbury Town Manager. He told me from the town and village's perspective the race went very well and he invited us back next year. Here are some specifics of the race.

* New course. Most runners who commented to us liked the course; some "loved" it. Yes, Perry Hill is challenging, many said, but it's at the beginning of the race and after that the run is varied and beautiful. Twenty adult monitors, 35 firefighters, 80 high school students, 15 kids from Thatcher Brook Elementary School, and three Sheriffs guided runners, directed traffic, and served water along the course.

* Residents along the course were also out cheering. I believe at least one homeowner set up his own water stop. Very few complaints about slowed traffic.

* Waterbury's restaurants and shops were filled after the race with runners in their Leaf Peepers tees.

The key for CVR was a lot of meticulous prep work on the part of the race committee and many other club members. Here are a few specifics.

* Course. Darragh was central to keeping the course in Waterbury. She and I visited Bill Shepeluk and we spent a couple hours driving possible courses. Donna, John Valentine, Andy, Jeff, June, Scott, Barb, Phyllis, Greg, Gary and Sally Dillon, and others drove, walked, and ran the course repeatedly to figure out what roads to close, devise a coning scheme, decide where to put monitors and blue lights, put up signs, and, of course, to measure the whole thing.

* Communications. We sent letters and course maps to over 400 residents along the course and on adjoining roads; put up 20 "Road Race, Sunday, 11 am – 2 pm" signs on the course; had three or four articles in the *Waterbury Record* about the race over several months; took out two large "road closings" ads in the *Record* just before the race; and met with the Select Board three times and specific town officials many times.

* Steve Van Esen and Ed Steele of Pilgrim Partnership, LLC, let us use their property for staging, portolets, and parking. Without them, the race probably wouldn't have gone off.

The race committee is now working on a Lessons Learned activity to guide next year's race preparations.

Comments on Leaf Peepers from "CVR on Facebook"

Good luck to all the Leaf Peepers racers today! Go get that hill!

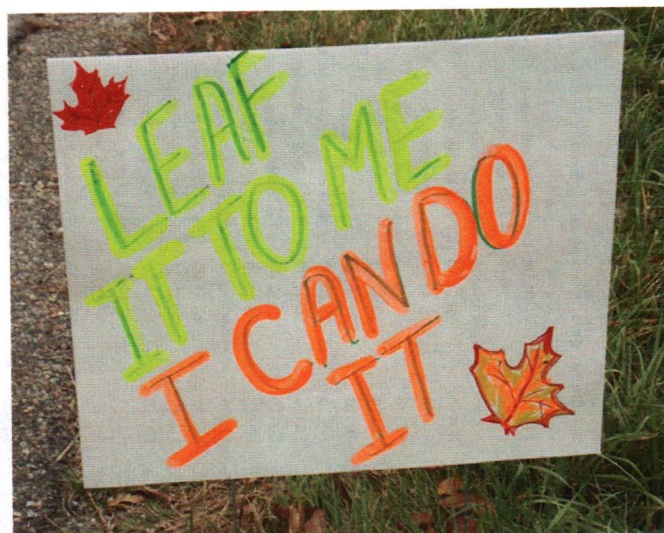
Conquered the hill, missed the view, finished smiling!

Whoever put up the signs has a great sense of humor!

Thanks – they helped make it less painful.

The new Leaf Peepers course seems to have worked out well for everyone – despite the daunting Perry Hill climb. The great views, varied terrain, and terrific volunteers and community support all along the course made for an excellent debut. A special thanks to Race Director Roger Cranse and Volunteer Coordinator June Burr!

So much fun! Loved the course and the views made up for the big hill. Oh, the signs were great. Awesome job everyone!



Complete results of the Leaf Peeper 5K and Half-Marathon are on the following pages...
Photos by Eric Ryea (above - #122, Brian Burns, Calais)

age group	overall place	age group	time	pace	name	age	gender	bib	town								
										328 32/36	F1929	36:39:00	11:48 Danielle Kelly	28 F	1201 Northfield VT		
										378 33/36	F1929	40:49:00	13:09 Lori Martin	26 F	1271 Hardwick VT		
										393 34/36	F1929	42:39:00	13:44 Leah Licari	25 F	1246 Waterbury Center VT		
										411 35/36	F1929	49:55:00	16:04 Katie Eddins	26 F	1113 Brooklyn NY		
										417 36/36	F1929	2:11:43	##### Megan Petersen	29 F	1354 Boston MA		
										16 1/84	F3039	21:29	6:55 Richarda Ericson	38 F	1117 Montpelier VT		
										39 2/84	F3039	23:24	7:32 Rebekah Mangan	33 F	1264 Marshfield VT		
										47 3/84	F3039	23:46	7:39 Lindsay Croshier	30 F	1089 Arlington MA		
										48 4/84	F3039	23:50	7:40 Morgan Griffith	30 F	1154 Waterbury VT		
										50 5/84	F3039	23:59	7:43 Lisa Brown	35 F	1047 Hyde Park VT		
										63 6/84	F3039	25:08:00	8:06 Jessica Phelan	34 F	1356 Williston VT		
										64 7/84	F3039	25:15:00	8:08 Jessica Welsch	32 F	1472 Huntington VT		
										76 8/84	F3039	25:50:00	8:19 Sarah Maas	35 F	1258 Barre VT		
										77 9/84	F3039	25:53:00	8:20 Carla Carter	33 F	1062 Andover MA		
										91 10/84	F3039	26:37:00	8:34 Margaret Himmelsteib	30 F	1170 Montpelier VT		
										100 11/84	F3039	27:08:00	8:44 Honi Bean Barrett	33 F	51 Middlesex VT		
										101 12/84	F3039	27:08:00	8:44 Sarah Barrett	36 F	1023 Montpelier VT		
										107 13/84	F3039	27:41:00	8:55 Lindsey Hallen	30 F	1161 New Haven CT		
										108 14/84	F3039	27:43:00	8:56 Emily Fisher	33 F	1127 Jeffersonville VT		
										110 15/84	F3039	27:43:00	8:56 Stacey Comishock	36 F	1076 Enosburg Falls VT		
										119 16/84	F3039	27:55:00	9:00 Anja Bisson	39 F	1032 Duxbury VT		
										121 17/84	F3039	27:57:00	9:00 Kathryn Biggam	31 F	1029 Burlington VT		
										124 18/84	F3039	28:16:00	9:06 Cindy Reynolds	31 F	1373 St. Albans VT		
										125 19/84	F3039	28:17:00	9:07 Rebecca Copans	34 F	1079 Montpelier VT		
										128 20/84	F3039	28:21:00	9:08 Peymei Wu	32 F	1487 Boston MA		
										135 21/84	F3039	28:33:00	9:12 Angela Young	36 F	1491 Duxbury VT		
										147 22/84	F3039	29:06:00	9:22 Rebecca Labarge	33 F	1215 Milton VT		
										149 23/84	F3039	29:12:00	9:24 Sara Polcari	31 F	1362 Humarock MA		
										163 24/84	F3039	29:38:00	9:33 Michelle Abajian	39 F	1001 Waterbury VT		
										166 25/84	F3039	29:44:00	9:34 Anne Decker	38 F	1094 Waterbury Center VT		
										169 26/84	F3039	29:52:00	9:37 Hannah Lindsey	30 F	1248 Jericho VT		
										172 27/84	F3039	30:12:00	9:43 Kelly Nolan	31 F	1328 Morrisville VT		
										174 28/84	F3039	30:18:00	9:45 Stephanie Bixby	31 F	1034 South Burlington VT		
										187 29/84	F3039	30:45:00	9:54 Brynn Hare	34 F	1164 Montpelier VT		
										193 30/84	F3039	31:06:00	10:01 Lillian Gould	32 F	1150 Roslindeale MA		
										203 31/84	F3039	31:22:00	10:06 Aimee Willard	38 F	1476 South Burlington VT		
										205 32/84	F3039	31:29:00	10:08 Jennifer Merritt	33 F	1295 East Fairfield VT		
										207 33/84	F3039	31:34:00	10:10 Linda Setchell	36 F	1396 Montpelier VT		
										213 34/84	F3039	31:40:00	10:12 Jessica Gerhart	32 F	1141 Stowe VT		
										218 35/84	F3039	31:48:00	10:14 Jennifer Clark	31 F	1068 Northfield VT		
										221 36/84	F3039	31:59:00	10:18 Alexandra McAleer	34 F	1277 Richmond VT		
										222 37/84	F3039	32:04:00	10:19 Tara Reynolds	35 F	1374 Greensboro VT		
										223 38/84	F3039	32:06:00	10:20 Caroline Williams	32 F	1478 Morristown VT		
										229 39/84	F3039	32:19:00	10:24 Ashley Look	37 F	1252 Waitsfield VT		
										231 40/84	F3039	32:21:00	10:25 Clare Rock	36 F	1382 Montpelier VT		
										232 41/84	F3039	32:27:00	10:27 Deborah Giroux	36 F	1147 Marshfield VT		
										233 42/84	F3039	32:27:00	10:27 Amanda Atwood	31 F	1013 Morrisville VT		
										240 43/84	F3039	32:40:00	10:31 Carrie Roy	35 F	1387 Burlington VT		
										248 44/84	F3039	32:55:00	10:36 Marena Youngs	31 F	1494 Wolcott VT		
										255 45/84	F3039	33:06:00	10:39 Sarah Draper	36 F	1105 Hyde Park VT		
										257 46/84	F3039	33:07:00	10:40 Stephanie Lee	35 F	1240 Saratoga CA		
										258 47/84	F3039	33:11:00	10:41 Heather Smedy	34 F	1414 Barre VT		
										259 48/84	F3039	33:12:00	10:42 Maggie Lambert	37 F	1226 Jeffersonville VT		
										261 49/84	F3039	33:17:00	10:43 Kimberly Ellsworth	38 F	1116 Jericho VT		

263 50/84	F3039	33:20:00	10:44 Jessica Bulova	36 F	114 Montpelier VT	20/73	F4049	30:25:00	9:48 Christine Bradley	48 F	1043 Johnson VT
264 51/84	F3039	33:20:00	10:44 Katie Budreski	33 F	113 Montpelier VT	21/73	F4049	30:27:00	9:48 Karen Leonard	45 F	1244 Williston VT
268 52/84	F3039	33:32:00	10:48 Carrie Baker Stahler	34 F	1020 Montpelier VT	22/73	F4049	30:48:00	9:55 Jennifer Tripp Mead	49 F	1449 Moretown VT
269 53/84	F3039	33:35:00	10:49 Chesi Ho	35 F	398 Oakland CA	23/73	F4049	31:04:00	10:00 Kim Brooks	46 F	1046 Burlington VT
274 54/84	F3039	33:48:00	10:53 Jennifer Hoenigsberg	33 F	1171 Shelburne VT	24/73	F4049	31:08:00	10:02 Monica Weeber	47 F	1497 Winooski VT
276 55/84	F3039	33:57:00	10:56 Jennifer Benoit	30 F	1026 Colchester VT	25/73	F4049	31:13:00	10:03 Karen Miller	49 F	1297 Glenwood Springs CO
278 56/84	F3039	33:59:00	10:57 Andrea Fassett	35 F	1123 E Barre VT	26/73	F4049	31:15:00	10:04 Rachel Brace	45 F	1042 Roxbury VT
281 57/84	F3039	34:06:00	10:59 Michelle Pelletier	34 F	1352 Hyde Park VT	27/73	F4049	31:20:00	10:05 Jodi Dexter	40 F	1100 Saint Albans VT
285 58/84	F3039	34:28:00	11:06 Deb Holcomb	30 F	1176 Saint Albans Bay VT	28/73	F4049	31:20:00	10:05 Sally Kulis	49 F	1211 Waterbury VT
291 59/84	F3039	34:41:00	11:10 Melissa Martin	31 F	1272 Hardwick VT	29/73	F4049	31:33:00	10:10 Sonja Garon	47 F	1139 Stowe VT
294 60/84	F3039	35:10:00	11:19 Tracie Hammond	35 F	1162 Jericho VT	30/73	F4049	32:28:00	10:27 Michelle Shean	43 F	1401 South Burlington VT
304 61/84	F3039	35:17:00	11:22 Kristine Schoembs	34 F	1392 Fairfield VT	31/73	F4049	32:47:00	10:34 Lisa Wood	45 F	1483 Stowe VT
309 62/84	F3039	35:42:00	11:30 Allison Oskar	34 F	1346 Burlington VT	32/73	F4049	33:00:00	10:38 Shannette Streeter	44 F	1431 Duxbury VT
319 63/84	F3039	36:12:00	11:39 Quynh Chau	34 F	1065 Campbell CA	33/73	F4049	33:03:00	10:39 Julie Atwood	48 F	1012 Waterbury VT
320 64/84	F3039	36:15:00	11:40 Jennifer Smith	36 F	1418 Astoria NY	34/73	F4049	33:06:00	10:39 Heather Townsend	43 F	1446 Morrisville VT
324 65/84	F3039	36:30:00	11:45 Jessica Young	38 F	1493 South Burlington VT	35/73	F4049	33:26:00	10:46 Laura Snow	44 F	1423 Milton VT
329 66/84	F3039	36:40:00	11:49 Roxanne Smith	39 F	1419 Starksboro VT	36/73	F4049	33:43:00	10:51 Cara Herring	48 F	1168 West Berlin VT
330 67/84	F3039	36:40:00	11:49 Traci Barrows	34 F	1024 Colchester VT	37/73	F4049	34:03:00	10:58 Sarah Nussbaum	48 F	1340 Moretown VT
333 68/84	F3039	36:49:00	11:51 Whitney Widger	35 F	1474 Colchester VT	38/73	F4049	34:08:00	11:00 Tina Bissonette	48 F	1033 Underhill VT
336 69/84	F3039	36:56:00	11:54 Lena Goglia	33 F	1149 Burlington VT	39/73	F4049	34:33:00	11:07 Darlene Kelleher	44 F	1200 Essex Junction VT
340 70/84	F3039	37:20:00	12:01 Sarah Kolomeitsev	34 F	1209 Barre VT	40/73	F4049	35:14:00	11:21 Marianne Mullen	44 F	1319 Middlesex VT
341 71/84	F3039	37:20:00	12:01 Sarah Thompson	34 F	1441 Bolton VT	41/73	F4049	35:16:00	11:21 Kelly Salkoskas	45 F	1391 Waterbury VT
346 72/84	F3039	37:58:00	12:13 Wendy Higgins	36 F	1169 Montpelier VT	42/73	F4049	35:16:00	11:22 Rita Lane	49 F	1228 Montpelier VT
349 73/84	F3039	38:31:00	12:24 Melanie Meyer	36 F	1296 Montpelier VT	43/73	F4049	35:21:00	11:23 Kym Andrews	40 F	1010 Duxbury VT
350 74/84	F3039	38:31:00	12:24 Kristy Haley	36 F	1157 Bethel VT	44/73	F4049	36:48:00	11:51 Janet Mara	44 F	1266 Montpelier VT
354 75/84	F3039	38:42:00	12:28 Kristi Tatro	38 F	1436 Essex Junction VT	45/73	F4049	36:48:00	11:51 Julie Mercier	48 F	1293 Williamstown VT
357 76/84	F3039	39:41:00	12:47 Karrie Nelson	35 F	1325 Williston VT	46/73	F4049	37:39:00	12:07 Susan Kennedy	49 F	1203 Waterbury VT
370 77/84	F3039	40:35:00	13:04 Lisa Tulkop	38 F	1451 Burlington VT	47/73	F4049	38:28:00	12:23 Bonnie Lapointe	43 F	1231 Hancock NH
371 78/84	F3039	40:36:00	13:04 Dawn Ross	39 F	1386 South Burlington VT	48/73	F4049	38:40:00	12:27 Julie Bacher	44 F	1015 Florence VT
372 79/84	F3039	40:36:00	13:04 Shelby Nolan	33 F	1329 Hyde Park VT	49/73	F4049	39:52:00	12:50 Lela McCaffrey	43 F	1279 Richmond VT
386 80/84	F3039	41:46:00	13:27 Holley Cetrangolo	31 F	1063 Northfield VT	50/73	F4049	39:56:00	12:52 Sigrid Olson	47 F	1344 Montpelier VT
391 81/84	F3039	42:17:00	13:37 Kati Birmingham	33 F	1031 Jericho VT	51/73	F4049	40:13:00	12:57 Kimberly Choquette	41 F	1066 Williamstown VT
396 82/84	F3039	44:02:00	14:11 Stephanie Drew	39 F	1107 Moretown VT	52/73	F4049	40:19:00	12:59 Anna Shackett	47 F	1399 Waterbury VT
406 83/84	F3039	46:16:00	14:54 Christine Parker	38 F	1349 Barre VT	53/73	F4049	40:25:00	13:01 Kathy Knight	48 F	1206 Jeffersonville VT
412 84/84	F3039	52:30:00	16:54 Liza Mercy	33 F	1294 Barre VT	54/73	F4049	40:33:00	13:03 Susan Koch	48 F	1208 Montpelier VT
						55/73	F4049	40:35:00	13:04 Kathy Mulligan	49 F	1320 Jericho VT
18 1/73	F4049	21:49	7:02 Amanda Ellingson	43 F	1115 Montpelier VT	56/73	F4049	40:39:00	13:05 Marybeth Nuovo	45 F	1338 Burlington VT
51 2/73	F4049	24:12:00	7:48 Emily Crawford	41 F	1087 Waterbury VT	57/73	F4049	40:40:00	13:06 Amy Kutchukian	44 F	1214 Swanton VT
54 3/73	F4049	24:22:00	7:51 Carrie Dessureau	44 F	1098 Waterbury VT	58/73	F4049	40:47:00	13:08 Patricia Thomas	48 F	1440 Hinesburg VT
59 4/73	F4049	24:53:00	8:01 Wendy Moore	44 F	1307 Middlesex VT	59/73	F4049	40:49:00	13:09 Alison Marint	41 F	1270 Lowell VT
85 5/73	F4049	26:23:00	8:30 Frances Skerritt	48 F	1413 Montreal QC	60/73	F4049	41:10:00	13:15 Gayle Eustis	48 F	1119 South Burlington VT
105 6/73	F4049	27:34:00	8:53 Cheryl Marek	44 F	1267 Milton VT	61/73	F4049	41:45:00	13:27 Paula Stawiecki	42 F	1425 Webster MA
109 7/73	F4049	27:43:00	8:56 Heidi Hall	48 F	1159 Waterbury VT	62/73	F4049	41:56:00	13:30 Julie Robichaux	42 F	1380 Montpelier VT
112 8/73	F4049	27:45:00	8:56 Jeanette Hosford	45 F	1177 Middlesex VT	63/73	F4049	42:05:00	13:33 Sandra Cunningham	49 F	1091 Huntington VT
126 9/73	F4049	28:19:00	9:07 Julie Marinello	43 F	1269 South Burlington VT	64/73	F4049	42:08:00	13:34 Jennifer Porrier	47 F	1364 Jericho VT
129 10/73	F4049	28:21:00	9:08 Jennifer Lajoie	43 F	1223 Waterbury VT	65/73	F4049	42:41:00	13:45 Maryellen Copping	44 F	1080 Barre VT
133 11/73	F4049	28:32:00	9:11 Julie Parker	47 F	1348 East Hardwick VT	66/73	F4049	43:59:00	14:10 Lynette Walker	44 F	1460 Essex Junction VT
137 12/73	F4049	28:47:00	9:16 Eموke Mate	46 F	1274 Montpelier VT	67/73	F4049	44:11:00	14:14 Danielle Tucker	40 F	1450 Barre VT
138 13/73	F4049	28:51:00	9:17 Dana Wing	49 F	1480 Morrisville VT	68/73	F4049	44:18:00	14:16 Denise Corbell	45 F	1081 Waterbury VT
153 14/73	F4049	29:21:00	9:27 Maria Jennison	48 F	1189 Johnson VT	69/73	F4049	44:59:00	14:29 Jackie Dodge	47 F	1102 Burlington VT
154 15/73	F4049	29:24:00	9:28 Steffany Mosley	44 F	1314 Wolcott VT	70/73	F4049	45:10:00	14:32 Anne Blake	45 F	1035 Milton VT
157 16/73	F4049	29:30:00	9:30 Kim Bolduc	46 F	1041 Middlesex VT	71/73	F4049	45:13:00	14:33 Jan Gilpin	46 F	1146 Newton MA
164 17/73	F4049	29:39:00	9:33 Jennifer Miller-Arsena	43 F	1300 Middlesex VT	72/73	F4049	48:52:00	15:44 Jen Green	40 F	1152 St Albans VT
168 18/73	F4049	29:50:00	9:36 Phyllis Tillinghast	49 F	1445 Middlesex VT	73/73	F4049	57:41:00	18:34 Karynne Lang	40 F	1229 St. Albans VT
176 19/73	F4049	30:19:00	9:46 Wanda Niemi	47 F	1327 Vt VT						

1/46	F5059	23:28	7:33 Beth McCabe	52 F	1278 Barnet VT	9/11	F6069	39:53:00	12:51 Maryann Leclair	60 F	1239 Colchester VI
2/46	F5059	24:49:00	8:00 Debbie Weiner	53 F	1469 Montreal QU	10/11	F6069	40:25:00	13:01 Sandra Silver	64 F	1407 Burlington VT
3/46	F5059	24:50:00	8:00 Phyllis Arsenault-Berr	56 F	1011 Duxbury VT	11/11	F6069	1:20:16 #####	Jacqueline Houser	62 F	1180 Sheppton PA
4/46	F5059	26:18:00	8:28 Ann Bushey	55 F	1051 Montpelier VT						
5/46	F5059	26:28:00	8:31 Sue Minter	52 F	1304 Waterbury Center VT	1/3	F7099	32:18:00	10:24 Marsha Bancroft	75 F	1021 Worcester VT
6/46	F5059	27:45:00	8:56 Amy Hoskins	50 F	1178 Waterbury Center VT	2/3	F7099	42:35:00	13:43 Sylvia Weiner	83 F	1470 Montreal QU
7/46	F5059	29:10:00	9:23 Elizabeth Gilpin	52 F	1144 Waterbury VT	3/3	F7099	47:00:00	15:08 Betty Lacharite	78 F	1222 Winooski VT
8/46	F5059	29:34:00	9:31 Lois Hayworth	54 F	1166 Scarborough ME						
9/46	F5059	30:29:00	9:49 Donna Lajoie	52 F	1225 Boston MA	1/18	M0118	19:32	6:17 Carl Crawford	13 M	1086 Burlington VT
10/46	F5059	30:46:00	9:54 Maryke Gillis	53 F	1143 Middlesex VT	2/18	M0118	20:13	6:31 Liam Hall	13 M	1160 Waterbury VT
11/46	F5059	31:15:00	10:04 Lyn Lalonde	53 F	486 Montreal West QC	3/18	M0118	20:50	6:43 Paul Farrell	15 M	1122 Montpelier VT
12/46	F5059	31:42:00	10:13 Judith Keyes	53 F	1204 Middlesex VT	4/18	M0118	21:51	7:02 Brendan Magill	11 M	1261 Moretown VT
13/46	F5059	32:10:00	10:21 Kathy Cross	56 F	1090 Essex Junction VT	5/18	M0118	22:03	7:06 Jacob Miller-Arsenault	11 M	1302 Middlesex VT
14/46	F5059	32:11:00	10:22 Carol Vallett	56 F	1455 Fairfax VT	6/18	M0118	22:24	7:13 Finn Sweet	11 M	1434 Waterbury Center VT
15/46	F5059	32:29:00	10:28 Laurie Hanson	53 F	1163 Montpelier VT	7/18	M0118	22:38	7:18 Brian Bushey	10 M	1053 Montpelier VT
16/46	F5059	32:37:00	10:30 Moira Donovan	57 F	1104 Jeffersonville VT	8/18	M0118	25:05:00	8:05 Myles Aja	11 M	1006 East Barre VT
17/46	F5059	32:39:00	10:31 Anne Traynor	56 F	1447 Winooski VT	9/18	M0118	25:57:00	8:21 Matthew Silverman	13 M	1411 Charlotte VT
18/46	F5059	32:40:00	10:31 Janet Stone	52 F	1430 Williamstown VT	10/18	M0118	26:04:00	8:24 Andrew Silverman	13 M	1410 Charlotte VT
19/46	F5059	32:51:00	10:35 Shari Walcott	50 F	1458 Fairfax VT	11/18	M0118	27:55:00	8:59 Benjamin Kagan	17 M	1198 Essex VT
20/46	F5059	33:05:00	10:39 Cindy Cole	57 F	1074 Richmond VI	12/18	M0118	28:52:00	9:18 Jack Tulkop	10 M	1453 Burlington VT
21/46	F5059	33:05:00	10:39 Lola Noyes	54 F	1334 Waterbury Center VT	13/18	M0118	29:02:00	9:21 Noah Kagan	15 M	1196 Essex VT
22/46	F5059	33:25:00	10:46 Pamela Vandeursen	54 F	1456 Montpelier VT	14/18	M0118	31:17:00	10:04 Tyler Willard	12 M	1477 South Burlington VT
23/46	F5059	33:31:00	10:48 Gabriela Mora	51 F	1310 Essex Junction VT	15/18	M0118	31:26:00	10:07 Quinn Pidgeon	11 M	1358 South Hero VT
24/46	F5059	34:27:00	11:06 Amy Novick	57 F	1333 Bethesda MD	16/18	M0118	31:35:00	10:10 Evan Pidgeon	8 M	1359 South Hero VT
25/46	F5059	34:40:00	11:10 Lisa Parker	57 F	1347 Contocook NH	17/18	M0118	31:40:00	10:12 Peter Kagan	13 M	1197 Essex VT
26/46	F5059	34:43:00	11:11 Szanne Kempe	51 F	1202 Morrisville VT	18/18	M0118	41:26:00	13:20 Colby Jennison	12 M	1192 Johnson VT
27/46	F5059	35:16:00	11:21 Eveline Killian	52 F	1205 Richmond VT						
28/46	F5059	35:17:00	11:22 Norma Segale	51 F	1395 Montpelier VT	1/14	M1929	18:46	6:03 Sean Steinhagen	29 M	1427 Saint Albans VT
29/46	F5059	35:35:00	11:28 Linda Jillson	55 F	1193 Milton VT	2/14	M1929	19:14	6:12 Tyler Britton	24 M	1044 Winooski VT
30/46	F5059	35:49:00	11:32 Veronica Gaffney	53 F	1136 Essex VT	3/14	M1929	22:19	7:11 Avery Gaudette	29 M	1140 Duxbury VT
31/46	F5059	35:49:00	11:32 Martha Frank	58 F	1132 Burlington VT	4/14	M1929	22:22	7:12 Mac Sullivan	26 M	1432 Burlington VT
32/46	F5059	36:00:00	11:36 Kathy Gardner	50 F	1138 Barre VT	5/14	M1929	23:07	7:27 Jeremy Mullins	25 M	1322 South Duxbury VT
33/46	F5059	36:08:00	11:38 Leah Bronner	53 F	1045 Morrisville VT	6/14	M1929	23:33	7:35 Jonathan Fincke	25 M	1125 Lincoln MA
34/46	F5059	36:35:00	11:47 Rachel Duffy	54 F	1108 Morrisville VT	7/14	M1929	25:37:00	8:15 Xiaoxi Liu	28 M	1250 Colchester VT
35/46	F5059	36:51:00	11:52 Pam Miller	57 F	1298 Essex Junction VT	8/14	M1929	26:00:00	8:22 Robert Densmore	24 M	1096 Randolph Center VT
36/46	F5059	37:55:00	12:13 Donna Holbrook	53 F	1175 Stowe VT	9/14	M1929	27:47:00	8:57 Bryan Schuster	28 M	1394 Wyomissing PA
37/46	F5059	38:55:00	12:32 Sharon Boardman	56 F	1038 Jericho VT	10/14	M1929	29:18:00	9:26 Kenny Clark	20 M	1071 Bethesda MD
38/46	F5059	39:40:00	12:46 Martha Byrne	56 F	1054 Essex Junction VT	11/14	M1929	29:38:00	9:32 Nicholas Baker	25 M	1019 Waterbury Center VT
39/46	F5059	40:34:00	13:04 Linda Mulligan-Zach	51 F	1321 Gifford NH	12/14	M1929	31:04:00	10:00 Dan Liptak	26 M	1249 Moretown VT
40/46	F5059	40:51:00	13:09 Karen Weeks	51 F	1468 Morrisville VT	13/14	M1929	35:18:00	11:22 Andrew Destefano	23 M	239 Boston MA
41/46	F5059	41:10:00	13:15 Betsy Smith	56 F	1417 Richmond VT	14/14	M1929	37:03:00	11:56 Joel Walker	24 M	1461 Burlington VT
42/46	F5059	41:31:00	13:22 Kathleen Muehleck	59 F	1318 Williston VT						
43/46	F5059	41:46:00	13:27 Elaine Hoy	50 F	1182 Williston VT	1/26	M3039	18:06	5:50 Erik Pattison	30 M	1351 Fairlee VT
44/46	F5059	45:17:00	14:35 Claire Carhart	56 F	1058 Hawthorne NJ	2/26	M3039	20:28	6:36 Chris Bedell	39 M	1025 South Burlington VT
45/46	F5059	45:22:00	14:36 Linda Thuren	53 F	1442 East Calais VT	3/26	M3039	20:59	6:46 Michael Griffith	30 M	1153 Waterbury VT
46/46	F5059	47:52:00	15:25 Elizabeth Lund	55 F	1256 Exeter NH	4/26	M3039	21:03	6:47 Shannon Fassett	36 M	1124 E Barre VT
						5/26	M3039	22:06	7:07 Jeff Johnson	36 M	1195 Barre VT
1/11	F6069	24:15:00	7:49 Janet Labuc	62 F	1220 Vaudreuil-Dorion QC	6/26	M3039	22:41	7:18 Robert McCreanor	37 M	1282 Sunnyside NY
2/11	F6069	27:18:00	8:47 Terry Keegan	60 F	1199 Putney VT	7/26	M3039	23:29	7:34 Tyler Barlow	32 M	1022 Underhill VT
3/11	F6069	32:54:00	10:36 Sonja Derrien	67 F	1097 Jackson Heights NY	8/26	M3039	23:35	7:36 Eric Schoembs	34 M	1393 Fairfield VT
4/11	F6069	33:48:00	10:53 Edie Dunn	62 F	1111 Hardwick VT	9/26	M3039	23:35	7:36 Michael Porter	36 M	1365 South Burlington VT
5/11	F6069	33:59:00	10:57 Pamela Abrahamson	68 F	1002 Meriden NH	10/26	M3039	24:43:00	7:58 Aaron Mangan	35 M	1265 Cabot VI
6/11	F6069	34:06:00	10:59 Valerie Smith	68 F	1416 Waterbury Center VT	11/26	M3039	25:02:00	8:04 Tommy Young	39 M	1490 Duxbury VT
7/11	F6069	35:33:00	11:27 Judith Craig	66 F	1084 Montreal QC	12/26	M3039	25:16:00	8:08 David Smedy	34 M	1415 Barre VT
8/11	F6069	37:39:00	12:07 Mary Ellen Hogan	67 F	1174 Marshfield VT	13/26	M3039	25:28:00	8:12 Justin Worth	31 M	1484 Montpelier VT

14/26	M3039	25:29:00	8:12 Derek Hyde	30 M	1185 Essex Jct. VT	8/28	M5059	23:21	7:31 Andy Shuford	53 M	1404 Montpelier VT
15/26	M3039	25:49:00	8:19 Dennis Larocque	39 M	1232 Brookfield VT	9/28	M5059	24:20:00	7:50 Gary Laverdiere	51 M	1235 Conway MA
16/26	M3039	25:49:00	8:19 Alan Pelletier Jr.	36 M	1353 Hyde Park VT	10/28	M5059	24:59:00	8:03 Dave Ross	50 M	1385 South Burlington VT
17/26	M3039	26:49:00	8:38 Eric Reynolds	38 M	1372 Montpelier VT	11/28	M5059	25:25:00	8:11 Randall Boardman	52 M	1037 Jericho VT
18/26	M3039	27:00:00	8:42 Kevin Cranse	38 M	1085 Boston MA	12/28	M5059	26:23:00	8:30 Stuart Russo-Savage	52 M	1389 Montpelier VT
19/26	M3039	27:48:00	8:57 Jacob Bailey	36 M	1018 Jeffersonville VT	13/28	M5059	26:24:00	8:30 Jim Severance	53 M	1397 Barre VT
20/26	M3039	28:29:00	9:10 Stephen Waters	37 M	1463 Burlington VT	14/28	M5059	26:36:00	8:34 Rob Muehleck	56 M	1317 Williston VT
21/26	M3039	28:41:00	9:14 Ryan Polly	34 M	1363 Williston VT	15/28	M5059	26:54:00	8:40 Mark Henzel	58 M	1167 Waterbury VT
22/26	M3039	28:51:00	9:18 Lawrence Tulkop	39 M	1452 Burlington VT	16/28	M5059	27:05:00	8:43 Peter Farrell	54 M	1121 Montpelier VT
23/26	M3039	29:06:00	9:22 Kevin Clark	36 M	1067 Morrisville VT	17/28	M5059	28:26:00	9:09 James Buran	55 M	1050 S. Burlington VT
24/26	M3039	29:16:00	9:25 Dan Mellinger	36 M	1291 Essex VT	18/28	M5059	28:59:00	9:20 Terry Williams	52 M	1479 Graniteville VT
25/26	M3039	31:38:00	10:11 Kevin Steinhagen	31 M	1426 Saint Albans VT	19/28	M5059	30:34:00	9:50 John Lentine	56 M	1242 Williston VT
26/26	M3039	40:37:00	13:05 Shane Earle	38 M	1112 Eden VT	20/28	M5059	30:38:00	9:52 Peter Drescher	50 M	1106 Montpelier VT
1/33	M4049	20:08	6:29 Robert Duncan Jr	40 M	1110 Roslindale MA	22/28	M5059	33:04:00	10:39 Michael Chernick	59 M	1496 Montpelier VT
2/33	M4049	20:52	6:43 Mike Bessette	43 M	1028 St Albans VT	23/28	M5059	33:19:00	10:44 Gary Miller	52 M	1299 Montpelier VT
3/33	M4049	21:13	6:50 Todd Egry	48 M	1114 Walnutport PA	24/28	M5059	35:15:00	11:21 Keven Eriksen	57 M	1118 South Hero VT
4/33	M4049	22:04	7:07 Daniel Miller-Arsenau	45 M	1301 Middlesex VT	25/28	M5059	35:53:00	11:33 Jeff Smith	54 M	1422 Huntington MA
5/33	M4049	22:41	7:18 Jason Boisseau	41 M	1040 St. Johnsbury VT	26/28	M5059	36:03:00	11:36 Jim Whitney	59 M	1473 Ormond Beach FL
6/33	M4049	23:27	7:33 Jason Tiballi	42 M	1444 Williston VT	27/28	M5059	36:25:00	11:44 Thomas Nuovo	50 M	1335 Burlington VT
7/33	M4049	23:53	7:42 Jeff Prescott	49 M	1366 Montpelier VT	28/28	M5059	1:54:12 #####	Claudio Crivici	50 M	206 Massapequa NY
8/33	M4049	25:47:00	8:18 Steve Shackett	49 M	1400 Waterbury VT						
9/33	M4049	26:09:00	8:25 Scott Willard	43 M	1475 South Burlington VT	1/15	M6069	22:46	7:20 Richard Boisseau	66 M	1039 St. Johnsbury Center VT
10/33	M4049	27:51:00	8:58 Jay Kagan	45 M	444 Essex VT	2/15	M6069	23:02	7:25 Charles Evans	60 M	1120 North Middlesex VT
11/33	M4049	28:09:00	9:04 Craige Lyford	45 M	1257 Barre VT	3/15	M6069	23:44	7:39 Edward Stone	62 M	1429 Essex Junction VT
12/33	M4049	28:21:00	9:08 Damon Silverman	43 M	1408 Charlotte VT	4/15	M6069	25:31:00	8:13 Kent Cromwell	61 M	1088 Melvin Village NH
13/33	M4049	29:26:00	9:29 Scott Wright	40 M	1486 East Syracuse NY	5/15	M6069	25:32:00	8:13 Don Matthews	62 M	1275 Waterbury Ctr. VT
14/33	M4049	30:27:00	9:48 Bryan Kramer	40 M	1210 O Fallon MO	6/15	M6069	28:24:00	9:09 Nicholas Jansen	68 M	1188 Adamsville RI
15/33	M4049	31:35:00	10:10 Chad Pidgeon	46 M	1357 South Hero VT	7/15	M6069	29:05:00	9:22 Patrick Biggam	66 M	1030 East Montpelier VT
16/33	M4049	31:43:00	10:13 Paul Robichaux	44 M	1381 Madison AL	8/15	M6069	29:15:00	9:25 Robert Mellinger	65 M	1290 Menominee MI
17/33	M4049	31:55:00	10:17 John Conant	47 M	1078 Colchester VT	9/15	M6069	29:30:00	9:30 Rick Melberth	60 M	1289 South Strafford VT
18/33	M4049	32:29:00	10:28 James Aja	43 M	1005 East Barre VT	10/15	M6069	29:57:00	9:39 Tom Clark	65 M	1069 Bethesda MD
19/33	M4049	32:45:00	10:33 Eric Nagdeman	40 M	1323 South Duxbury VT	11/15	M6069	30:07:00	9:42 Michael Hogan	66 M	1173 Marshfield VT
20/33	M4049	32:53:00	10:35 William Clifford	47 M	1072 Montpelier VT	12/15	M6069	30:41:00	9:53 Steve Franklin	61 M	1134 Battle Creek MI
21/33	M4049	34:33:00	11:08 Rick Greenough	41 M	352 Essex Junction VT	13/15	M6069	33:13:00	10:42 Werner Zehetner	68 M	1495 Montreal QC
22/33	M4049	34:39:00	11:09 Mark Forkey	41 M	1129 Waterbury VT	14/15	M6069	45:09:00	14:32 Gary Furlong	60 M	1135 Milton VT
23/33	M4049	34:39:00	11:10 Edward Lamson	42 M	1227 Waterbury VT	15/15	M6069	1:25:06 #####	Marvin Libson	68 M	514 Shelburne VT
24/33	M4049	35:15:00	11:21 Chris Nordle	40 M	1330 Waterbury VT						
25/33	M4049	35:16:00	11:22 Marc Champoux	49 M	1064 Waterbury VT	1/7	M7099	27:05:00	8:43 Leighton Walker	71 M	1459 Essex Junction VT
26/33	M4049	35:51:00	11:33 David Cameron	42 M	1055 Barre VT	2/7	M7099	29:33:00	9:31 Lee Abrahamson	70 M	1003 Meriden NH
27/33	M4049	35:54:00	11:34 Neil Nussbaum	49 M	1339 Moretown VT	3/7	M7099	29:45:00	9:35 Winston Pidgeon	72 M	1360 South Hero VT
28/33	M4049	36:33:00	11:46 Michael Blakemore	43 M	1036 Lee NH	4/7	M7099	37:15:00	12:00 Andy Leader	71 M	1238 North Middlesex VT
29/33	M4049	36:49:00	11:51 Brett Gardner	47 M	1137 Colchester VT	5/7	M7099	38:04:00	12:15 Gerow Carlson	81 M	1059 Montpelier VT
30/33	M4049	37:19:00	12:01 George Trieb	45 M	1448 Colchester VT	6/7	M7099	38:33:00	12:25 Harland Howard	72 M	1181 Saint Albans VT
31/33	M4049	40:12:00	12:57 Kevin Dickinson	43 M	1101 Williamstown VT	7/7	M7099	48:37:00	15:39 Don Lacharite	82 M	1221 Winooski VT
32/33	M4049	40:48:00	13:08 Alan Thomas	49 M	1439 Hinesburg VT			34:03:00	10:58 Matthew Nussbaum		1341 Moretown VT
33/33	M4049	45:13:00	14:33 Rob Gilpin	49 M	1145 Newton MA						
1/28	M5059	20:14	6:31 Brian Mitchell	51 M	1305 Burlington VT						
2/28	M5059	20:16	6:32 Larry Allard	55 M	1007 Barton VT						
3/28	M5059	21:42	6:59 Curt Weeber	51 M	1466 Winooski VT						
4/28	M5059	21:56	7:04 Kennet Bruce	55 M	1048 Underhill Center VT						
5/28	M5059	22:18	7:11 Stephen Yandow	52 M	1488 Waterbury VT						
6/28	M5059	22:31	7:15 Doug Marek	51 M	1268 Milton VT						
7/28	M5059	23:04	7:26 Michael Gillis	57 M	1142 Middlesex VT						

overall	age group place	age group	time	pace	name	age	gender	bib	town										
471	1/1	F0118	2:19:14	10:38	Shelby Parette	17	F	634	Waterbury Center VT										
20	1/124	F1929	1:32:38	7:04	Katie White	26	F	879	South Burlington VT	333	52/124	F1929	2:07:00	9:42	Shannon McDowell	21	F	558	Waterbury Center VT
60	2/124	F1929	1:44:03	7:57	Emily Van Wagoner	19	F	837	Burlington VT	338	53/124	F1929	2:07:19	9:43	Annie Coppock	29	F	192	Burlington VT
62	3/124	F1929	1:44:18	7:58	Monika Derrien	27	F	237	Burlington VT	339	54/124	F1929	2:07:19	9:43	Rachel Dean	22	F	228	Ramona CA
63	4/124	F1929	1:44:18	7:58	Tara Cariano	28	F	138	Waitsfield VT	341	55/124	F1929	2:07:25	9:44	Colleen Small	28	F	763	Burlington VT
66	5/124	F1929	1:44:37	7:59	Sarah Yandow	19	F	903	South Burlington VT	342	56/124	F1929	2:07:25	9:44	Elizabeth Siracusa	24	F	758	Burlington VT
80	6/124	F1929	1:45:43	8:04	Melanie White	24	F	878	Forest Hills NY	353	57/124	F1929	2:08:17	9:48	Johanna Stieg	29	F	792	New York NY
85	7/124	F1929	1:46:19	8:07	Emily Rose	25	F	707	South Burlington VT	358	58/124	F1929	2:08:58	9:51	Chelsea Bissonette	22	F	77	Burlington VT
89	8/124	F1929	1:46:42	8:09	Amy Huckins-Noss	27	F	416	Burlington VT	366	59/124	F1929	2:09:33	9:53	Gwendolyn Lyons	29	F	528	Montpelier VT
99	9/124	F1929	1:47:53	8:14	Christine Curtis	23	F	213	Lake George NY	380	60/124	F1929	2:10:54	10:00	Lindsay Pattison	25	F	639	Fairlee VT
106	10/124	F1929	1:49:15	8:20	Meghan Seifert	22	F	745	Needham MA	393	61/124	F1929	2:12:16	10:06	Emma Kopecky	27	F	474	Plainfield VT
113	11/124	F1929	1:50:03	8:24	Rebecca Sullivan	27	F	797	Burlington VT	396	62/124	F1929	2:12:36	10:07	Christina Mispel	26	F	584	Berlin VT
115	12/124	F1929	1:50:09	8:25	Emily Schloff	24	F	740	Salisbury VT	402	63/124	F1929	2:12:58	10:09	Michelle Risley	28	F	695	Burlington VT
122	13/124	F1929	1:51:01	8:29	Sherah Rickert	29	F	692	South Burlington VT	403	64/124	F1929	2:13:06	10:10	Megan Perkins	26	F	647	Essex Junction VT
130	14/124	F1929	1:52:04	8:33	Linnæ O'Neil	19	F	622	Essex VT	415	65/124	F1929	2:14:08	10:14	Anna Cleary	28	F	177	Stowe VT
140	15/124	F1929	1:52:45	8:37	Amanda Dauten	27	F	222	Burlington VT	416	66/124	F1929	2:14:08	10:14	Katherine (kate) Liston	28	F	517	Stowe VT
141	16/124	F1929	1:52:48	8:37	Rose Dedam	29	F	231	Bethel VT	418	67/124	F1929	2:14:22	10:15	Alexandra Crivici	20	F	205	Burlington VT
143	17/124	F1929	1:53:01	8:38	Denise Malm	21	F	539	Colchester VT	426	68/124	F1929	2:15:17	10:20	Mary Beth Casey	25	F	147	South Burlington VT
150	18/124	F1929	1:53:27	8:40	Annalee Harris	29	F	376	Burlington VT	427	69/124	F1929	2:15:20	10:20	Melissa Bainbridge	25	F	38	Burlington VT
153	19/124	F1929	1:53:37	8:40	Jessica Smith	26	F	772	Hinesburg VT	436	70/124	F1929	2:15:52	10:22	Kayla Sehmeyer	29	F	744	Queensbury NY
161	20/124	F1929	1:53:59	8:42	Lauren Giannullo	29	F	327	Red Bank NJ	437	71/124	F1929	2:15:52	10:22	Kiley Crooks	29	F	207	Porter Corners NY
164	21/124	F1929	1:54:14	8:43	Darcy Kimball	29	F	460	Montgomery Ctr VT	442	72/124	F1929	2:16:26	10:25	Rachel Shapiro	25	F	749	Ghent NY
166	22/124	F1929	1:54:23	8:44	Marissa Mendez	26	F	567	Burlington VT	445	73/124	F1929	2:16:46	10:26	Samantha Cutting	24	F	215	Johnson VT
172	23/124	F1929	1:55:10	8:48	Kasey Flynn	20	F	296	Waterbury VT	449	74/124	F1929	2:17:12	10:28	Elizabeth Franceschini	27	F	300	Newmarket NH
173	24/124	F1929	1:55:12	8:48	Dana Nardello	24	F	601	Berlin NJ	451	75/124	F1929	2:17:23	10:29	Kelley Boyden	27	F	95	Colchester VT
181	25/124	F1929	1:55:56	8:51	Kristin Heller	23	F	383	Needham MA	454	76/124	F1929	2:17:41	10:31	Kiersten Hallquist	27	F	369	Burlington VT
189	26/124	F1929	1:57:17	8:57	Emma Leonard	25	F	508	Richmond VT	455	77/124	F1929	2:17:48	10:31	Ashley Pandya	25	F	631	Milford CT
193	27/124	F1929	1:57:24	8:58	Jenna Pariseau	28	F	635	Burlington VT	461	78/124	F1929	2:18:40	10:35	Jenna Delibac	23	F	234	Essex VT
194	28/124	F1929	1:57:27	8:58	Emily Sampson	26	F	723	Burlington VT	464	79/124	F1929	2:18:47	10:36	Rachel Gitajn	29	F	334	Burlington VT
201	29/124	F1929	1:57:56	9:00	Ariana Borah	25	F	85	Burlington VT	465	80/124	F1929	2:18:53	10:36	Hannah Holbrook	25	F	404	Burlington VT
207	30/124	F1929	1:58:36	9:03	Ashley Hewes	27	F	392	South Burlington VT	468	81/124	F1929	2:18:57	10:36	Kayla Ciampa	19	F	166	Wenham MA
210	31/124	F1929	1:58:51	9:04	Carly Brown	28	F	104	Williston VT	474	82/124	F1929	2:19:28	10:39	Tania Hall	29	F	368	Portland ME
217	32/124	F1929	1:59:17	9:06	Laura Galliher	23	F	316	Burlington VT	480	83/124	F1929	2:20:05	10:42	Maria Lovelette	23	F	523	Franklin VT
220	33/124	F1929	1:59:25	9:07	Hannah Richardson	24	F	691	Somerville MA	481	84/124	F1929	2:20:06	10:42	Ashley Lockerby	23	F	519	St. Albans VT
227	34/124	F1929	1:59:47	9:09	Corine Buurman	21	F	126	Burlington VT	485	85/124	F1929	2:20:27	10:43	Marissa Francis	27	F	303	South Burlington VT
233	35/124	F1929	2:00:11	9:10	Martha Simms	26	F	1412	Washington, Dc DC	487	86/124	F1929	2:20:30	10:44	Brooke Boule	19	F	88	Randolph Center VT
243	36/124	F1929	2:00:49	9:13	Katrina Ducis	28	F	259	Colchester VT	489	87/124	F1929	2:20:38	10:44	Meghan Shackford	23	F	748	Coronado CA
253	37/124	F1929	2:01:22	9:16	Ashley Torrey	28	F	818	Burlington VT	493	88/124	F1929	2:20:53	10:45	Saybra Varisano	28	F	843	Burlington VT
255	38/124	F1929	2:01:30	9:17	Annie Weiss	27	F	866	Cambridge MA	504	89/124	F1929	2:21:40	10:49	Corey Grenier	25	F	353	Winooski VT
259	39/124	F1929	2:01:39	9:17	Kathryn Johnson	25	F	433	Burlington VT	505	90/124	F1929	2:21:45	10:49	Grace Cosgrove	20	F	198	Burlington VT
264	40/124	F1929	2:02:09	9:20	Colleen Goldberg	21	F	339	Burlington VT	524	91/124	F1929	2:24:25	11:01	Jessica Bates	21	F	47	Burlington VT
267	41/124	F1929	2:02:17	9:20	Melissa Fales	27	F	287	Lincoln NH	534	92/124	F1929	2:26:36	11:11	Katherine Coale	25	F	182	Burlington VT
277	42/124	F1929	2:03:07	9:24	Anthea Dexter-Cooper	28	F	240	Burlington VT	538	93/124	F1929	2:26:58	11:13	Madeline Brumberg	23	F	109	Burlington VT
278	43/124	F1929	2:03:11	9:24	Heather Trembley	26	F	822	Winooski VT	539	94/124	F1929	2:27:02	11:13	Juliet Bennett-Stroud	28	F	63	Randolph VT
280	44/124	F1929	2:03:22	9:25	Noura Eltabbakh	26	F	278	Burlington VT	540	95/124	F1929	2:27:09	11:14	Emily Martin	20	F	546	Roxbury VT
281	45/124	F1929	2:03:25	9:25	Casey Boule	19	F	89	Randolph Center VT	541	96/124	F1929	2:27:09	11:14	Natalie Shea	21	F	750	Graniteville VT
286	46/124	F1929	2:03:38	9:26	Anne Hutchinson	19	F	423	Randolph Center VT	542	97/124	F1929	2:27:15	11:14	Kara Lennon	26	F	505	Plattsburgh, Ny NY
293	47/124	F1929	2:04:07	9:29	Danielle Chagnon	29	F	154	Deerfield MA	556	98/124	F1929	2:29:48	11:26	Emily Miller	25	F	579	Brownsville VT
296	48/124	F1929	2:04:35	9:31	Jordan Nelle	29	F	603	South Burlington VT	557	99/124	F1929	2:29:48	11:26	Kelley Grace	25	F	347	South Burlington VT
313	49/124	F1929	2:05:32	9:35	Hillary Anderson	27	F	26	Hinesburg VT	560	100/124	F1929	2:30:34	11:30	Kylee Blouin	27	F	83	Williston VT
315	50/124	F1929	2:05:32	9:35	Jenna Williams	27	F	887	Brighton MA	563	101/124	F1929	2:31:03	11:32	Jessica Vanorman	29	F	842	Barre VT
332	51/124	F1929	2:06:48	9:41	Emily Burnham	26	F	121	South Burlington VT	565	102/124	F1929	2:31:13	11:33	Jarah Larock	25	F	493	Hyde Park VT
										566	103/124	F1929	2:31:21	11:33	Chelsea Gieryc	21	F	330	Burlington NY
										567	104/124	F1929	2:31:22	11:33	Leah Reitz	26	F	687	Brooklyn NY
										571	105/124	F1929	2:31:34	11:34	Kristine Mulpeter	20	F	597	Burlington VT
										578	106/124	F1929	2:33:21	11:42	Shauna Lennon	28	F	506	Essex Jct VT
										580	107/124	F1929	2:34:07	11:46	Rebecca Rowse	20	F	713	Burlington VT

582 108/124 F1929	2:34:10	11:46 Erna Numanovic	28 F	616 South Burlington VT	241 38/141 F3039	2:00:30	9:12 Johanna Straavaldsen	30 F	794 Montpelier VT
585 109/124 F1929	2:36:44	11:58 Lauren Deitsch	23 F	232 Winooski VT	244 39/141 F3039	2:00:54	9:14 Annie Price-Smith	31 F	670 Elmore VT
586 110/124 F1929	2:36:47	11:58 Brittany Jean	23 F	429 Williston VT	249 40/141 F3039	2:01:10	9:15 Danielle Speer	35 F	776 Lyndonville VT
587 111/124 F1929	2:37:01	11:59 Erica Goldberg	23 F	341 Burlington VT	250 41/141 F3039	2:01:11	9:15 Jayna Guilford	33 F	360 Waterbury VT
589 112/124 F1929	2:37:28	12:01 Courtney Delabruere	27 F	233 Milton VT	251 42/141 F3039	2:01:16	9:15 Gretchen Alexander	35 F	17 Jericho VT
599 113/124 F1929	2:40:50	12:17 Maghan Charland	25 F	157 South Burlington VT	260 43/141 F3039	2:01:41	9:17 Jessica Smetana	36 F	764 Jamaica Plain MA
602 114/124 F1929	2:42:58	12:26 Whitney Hine	26 F	397 South Burlington VT	262 44/141 F3039	2:01:52	9:18 Sara Klein	32 F	467 Colchester VT
604 115/124 F1929	2:43:49	12:30 Hannah Trieb	20 F	824 Colchester VT	265 45/141 F3039	2:02:10	9:20 Jennifer Dansereau	32 F	219 Franklin VT
611 116/124 F1929	2:45:37	12:38 Audrey Dimauro	29 F	246 Boston MA	271 46/141 F3039	2:02:27	9:21 Ashley Peeler	35 F	643 Matthews NC
614 117/124 F1929	2:47:19	12:46 Michelle Labounty	26 F	481 Essex Junction VT	273 47/141 F3039	2:02:39	9:22 Ashley Clough	30 F	181 Morrisville VT
618 118/124 F1929	2:47:35	12:47 Jasna Numanovic	22 F	618 Astoria, Queens NY	276 48/141 F3039	2:03:00	9:23 Cara Wick	38 F	885 Oakland CA
626 119/124 F1929	2:53:52	13:16 Danielle Whitcomb	28 F	876 Burlington VT	282 49/141 F3039	2:03:25	9:25 Laura Kelley	34 F	452 Winthrop MA
628 120/124 F1929	2:54:44	13:20 Theresa Hait	27 F	367 Essex VT	287 50/141 F3039	2:03:38	9:26 Katie Stanton	37 F	781 Montpelier VT
632 121/124 F1929	2:59:06	13:40 Lauren Buck	26 F	111 Burlington VT	295 51/141 F3039	2:04:17	9:29 Tracey MacLellan	38 F	535 Milton VT
636 122/124 F1929	3:02:23	13:55 Danielle Corbiere	22 F	194 Swanton VT	298 52/141 F3039	2:04:57	9:32 Jessica Wills	30 F	889 Stowe VT
639 123/124 F1929	3:09:12	14:26 Desislava Pomeroy	27 F	664 Lebanon NH	301 53/141 F3039	2:05:00	9:33 Meghan Stockamore	32 F	793 Ballston Spa NY
641 124/124 F1929	3:10:17	14:31 Amanda Mahony	23 F	538 Winooski VT	303 54/141 F3039	2:05:01	9:33 Tammy Sauve	36 F	725 Colchester VT
12 1/141 F3039	1:28:38	6:46 Megan Valentine	34 F	831 Jericho VT	308 55/141 F3039	2:05:10	9:33 Liz Adams	39 F	10 Norwich VT
51 2/141 F3039	1:41:19	7:44 Rima Carlson	39 F	140 Montpelier VT	317 56/141 F3039	2:05:33	9:35 Shannon Litchfield	32 F	518 Colchester VT
58 3/141 F3039	1:43:59	7:56 Carolyn Casserly	35 F	148 Burlington VT	319 57/141 F3039	2:05:50	9:36 Edith Bayer	33 F	48 Montpelier VT
71 4/141 F3039	1:45:07	8:02 Marnie Owen	34 F	628 Winooski VT	321 58/141 F3039	2:05:50	9:36 Casey Clark	31 F	169 Colchester VT
73 5/141 F3039	1:45:09	8:02 Caroline Levy	33 F	511 Ny NY	324 59/141 F3039	2:05:58	9:37 Eugenia Cowles	38 F	201 South Burlington VT
93 6/141 F3039	1:47:18	8:12 Erika Ekstrom	35 F	271 So Burlington VT	327 60/141 F3039	2:06:11	9:38 Jessica Young	30 F	904 Williston VT
94 7/141 F3039	1:47:19	8:12 Tanya Rassel	36 F	679 Colchester VT	328 61/141 F3039	2:06:16	9:38 Courtney Boutin	34 F	91 Cambridge VT
97 8/141 F3039	1:47:40	8:13 Dana Brigham	32 F	100 Winooski VT	335 62/141 F3039	2:07:07	9:42 Jenny Schwartz	33 F	743 Cambridge VT
107 9/141 F3039	1:49:21	8:21 Elvira Tripp	35 F	825 So Burlington VT	343 63/141 F3039	2:07:26	9:44 Katie Lyford	35 F	528 North Ferrisburgh VT
119 10/141 F3039	1:50:37	8:27 Tammy Hull	36 F	419 Williamstown VT	345 64/141 F3039	2:07:29	9:44 Jennifer Corrigan-Drur	38 F	196 Fairfac VT
123 11/141 F3039	1:51:06	8:29 Wendy Mehaffey	36 F	566 Essex Junction VT	346 65/141 F3039	2:07:35	9:44 Karen Tibbits	38 F	814 Morrisville VT
128 12/141 F3039	1:51:59	8:33 Devon Williams	38 F	888 Eden VT	350 66/141 F3039	2:07:58	9:46 Diane Sherman	33 F	754 Winooski VT
138 13/141 F3039	1:52:34	8:36 Annette Burger	39 F	116 South Hero VT	351 67/141 F3039	2:08:03	9:46 Jennifer Marx	32 F	552 Bethel VT
144 14/141 F3039	1:53:03	8:38 Christine Martin	39 F	549 Essex VT	352 68/141 F3039	2:08:17	9:48 Sarah Rowe	30 F	712 Columbus NC
151 15/141 F3039	1:53:33	8:40 Jamie Clarke	35 F	175 Underhill VT	355 69/141 F3039	2:08:24	9:48 Jessiemae Belcher	33 F	60 Barre VT
157 16/141 F3039	1:53:41	8:41 Christi Wojewoda	33 F	895 Essex VT	357 70/141 F3039	2:08:44	9:50 Jody Lantman	37 F	489 Essex Jct VT
159 17/141 F3039	1:53:52	8:42 Betsy Ferry	32 F	288 Colchester VT	361 71/141 F3039	2:09:09	9:52 Rebecca Thorpe	30 F	811 Medford MA
170 18/141 F3039	1:54:59	8:47 Amy Mitchell	30 F	587 South Burlington VT	370 72/141 F3039	2:09:40	9:54 Tara Smith	32 F	768 North Ferrisburgh VT
178 19/141 F3039	1:55:53	8:51 Carrie McAdoo	37 F	557 Cambridge VT	379 73/141 F3039	2:10:51	9:59 Amalia Harris	35 F	377 West Glover VT
183 20/141 F3039	1:56:09	8:52 Shannon Pratt	33 F	669 Waterbury Center VT	381 74/141 F3039	2:10:59	10:00 Laura Kalp	36 F	445 Wolcott VT
184 21/141 F3039	1:56:25	8:53 Mary Bouchard	30 F	87 Burlington VT	383 75/141 F3039	2:11:01	10:00 Shelly Schaffer	37 F	735 Morrisville VT
185 22/141 F3039	1:56:31	8:54 Kristi Maas	32 F	531 Jamaica Plain MA	385 76/141 F3039	2:11:15	10:01 Emily Allaire	34 F	18 Barre VT
186 23/141 F3039	1:56:50	8:55 Stacy Bocskor	38 F	84 Northfield VT	386 77/141 F3039	2:11:21	10:02 Allison Reilly	34 F	686 Waitsfield VT
188 24/141 F3039	1:57:17	8:57 Amy Jackman	34 F	425 North Ferrisburgh VT	392 78/141 F3039	2:12:16	10:06 Courtney Pletzer	37 F	658 Barre VT
190 25/141 F3039	1:57:24	8:58 Elizabeth Robison	30 F	701 Burlington VT	394 79/141 F3039	2:12:28	10:07 Martine Butler	34 F	125 Underhill VT
191 26/141 F3039	1:57:24	8:58 Carrie Ryan	37 F	718 East Fairfield VT	395 80/141 F3039	2:12:28	10:07 Roxanne Gignoux	32 F	331 Hinesburg VT
198 27/141 F3039	1:57:46	8:59 Adriane Angell	34 F	30 St Johnsbury VT	404 81/141 F3039	2:13:08	10:10 Katy Chabot	35 F	152 Middlesex VT
202 28/141 F3039	1:58:00	9:00 Sonia Jolliffe	37 F	438 West Barnet VT	406 82/141 F3039	2:13:18	10:11 Jillian Zailenga	36 F	905 East Montpelier VT
204 29/141 F3039	1:58:11	9:01 Jesse Carpenter	34 F	142 Barre VT	412 83/141 F3039	2:14:00	10:14 Jennifer Marlow	38 F	545 Albany NY
209 30/141 F3039	1:58:48	9:04 Crystal Lhote	39 F	512 Burlington VT	414 84/141 F3039	2:14:05	10:14 Jennifer Clark	39 F	172 Richmond VT
218 31/141 F3039	1:59:20	9:07 Tracey Bellavance	32 F	62 Colchester VT	423 85/141 F3039	2:15:11	10:19 Allison Gardner	30 F	318 Colchester VT
219 32/141 F3039	1:59:24	9:07 Emilie Diller	38 F	245 Waterbury VT	429 86/141 F3039	2:15:25	10:20 Debra Burleigh	33 F	120 Essex VT
221 33/141 F3039	1:59:29	9:07 Alysia Backman	37 F	34 Waterbury VT	430 87/141 F3039	2:15:29	10:21 Melissa Wyman	32 F	901 Hartland VT
223 34/141 F3039	1:59:33	9:08 Jillian Gibson	32 F	329 Nashua NH	433 88/141 F3039	2:15:34	10:21 Katherine Smith	30 F	770 Astoria NY
231 35/141 F3039	1:59:58	9:10 Angela King	38 F	462 Milton VT	439 89/141 F3039	2:16:14	10:24 Liba Sird	36 F	759 Burlington VT
238 36/141 F3039	2:00:25	9:12 Lindsey Desrochers	30 F	238 Waterbury VT	443 90/141 F3039	2:16:34	10:25 Kristin Baker	36 F	39 St. George VT
240 37/141 F3039	2:00:29	9:12 Kristin Cook	32 F	191 Williston VT	444 91/141 F3039	2:16:43	10:26 Sarah Stutz	37 F	796 Morrisville VT
					446 92/141 F3039	2:16:49	10:27 Paula Traynor	31 F	820 Colchester VT

448 93/141	F3039	2:16:52	10:27 Jean Norris	34 F	612 Saint Johnsbury VT	118 6/96	F4049	1:50:31	8:26 Tanya Worden	42 F	899 Waitsfield VT
452 94/141	F3039	2:17:25	10:29 Kathryn Dunn	34 F	266 Essex Junction VT	132 7/96	F4049	1:52:04	8:33 Stephanie Veit	44 F	844 Morrisville VT
462 95/141	F3039	2:18:41	10:35 Jessica Suplee	34 F	798 Jeffersonville VT	142 8/96	F4049	1:52:55	8:37 Jennifer Callahan	47 F	130 St. Albans VT
475 96/141	F3039	2:19:33	10:39 Jessica Burgess	34 F	117 Moraga CA	145 9/96	F4049	1:53:04	8:38 Kk Harvey	48 F	378 Stowe VT
476 97/141	F3039	2:19:34	10:39 Anna Benvenuto	34 F	65 Cornwall VT	146 10/96	F4049	1:53:13	8:39 Heidi Hill	41 F	396 Waterbury VT
477 98/141	F3039	2:19:40	10:40 Kristy Corrow	35 F	197 Milton VT	152 11/96	F4049	1:53:37	8:40 Stephanie Clark	46 F	170 Lyme Center NH
483 99/141	F3039	2:20:20	10:43 Alma Mujezinovic	33 F	595 Burlington VT	155 12/96	F4049	1:53:39	8:41 Tristin Adie	43 F	11 Burlington VT
486 100/141	F3039	2:20:27	10:43 Amanda Townsley	33 F	819 Essex Jct VT	160 13/96	F4049	1:53:52	8:42 Sandra Dickin	46 F	241 Colchester VT
490 101/141	F3039	2:20:42	10:44 Gretchen Renaud	33 F	688 East Hardwick VT	167 14/96	F4049	1:54:28	8:44 Daphne Dulude	44 F	264 St. Albans VT
495 102/141	F3039	2:21:06	10:46 Courtney Reckord	38 F	682 South Burlington VT	168 15/96	F4049	1:54:41	8:45 Christina Wahlig	43 F	851 South Burlington VT
497 103/141	F3039	2:21:25	10:48 Rachel Kolter	32 F	473 Stowe VT	195 16/96	F4049	1:57:34	8:59 Hope Rush	41 F	716 Lyme NH
498 104/141	F3039	2:21:26	10:48 Lupe Peterman	31 F	650 Stowe VT	196 17/96	F4049	1:57:43	8:59 Milissa O'Brien	40 F	619 South Burlington VT
499 105/141	F3039	2:21:34	10:48 Susan Quadroscovey	33 F	676 Barre, VI VT	199 18/96	F4049	1:57:48	9:00 Lee Anne Martin	46 F	547 Moretown VT
509 106/141	F3039	2:22:06	10:51 Simona Talos Bindrum	33 F	803 Rochester VT	203 19/96	F4049	1:58:06	9:01 Dara Torre	46 F	817 Moretown VT
514 107/141	F3039	2:22:21	10:52 Erica Smith	34 F	767 Essex Jct VT	205 20/96	F4049	1:58:24	9:02 Andrea Clark	44 F	173 Northfield VT
515 108/141	F3039	2:22:33	10:53 Jennifer Wilson	37 F	890 Morrisville VT	211 21/96	F4049	1:58:53	9:05 Gail Pelkey	48 F	645 Waterbury VT
519 109/141	F3039	2:23:09	10:56 Carrie Adii	35 F	12 Jeffersonville VT	213 22/96	F4049	1:58:58	9:05 Christine Meehan	45 F	565 Middlesex VT
523 110/141	F3039	2:23:43	10:58 Christie Pascavis	39 F	638 Simsbury CT	225 23/96	F4049	1:59:37	9:08 Cristina Pellechio	46 F	646 Waterbury Center VI
525 111/141	F3039	2:24:29	11:02 Tara Maciog	30 F	534 New York NY	230 24/96	F4049	1:59:57	9:09 Tara Abele	40 F	9 Colchester VT
529 112/141	F3039	2:25:52	11:08 Laura Ennis	39 F	280 Essex Junction VT	257 25/96	F4049	2:01:32	9:17 Leslie Whitney	40 F	884 Ormond Beach FL
531 113/141	F3039	2:26:02	11:09 Beth Rawson	38 F	681 Essex Jct VT	268 26/96	F4049	2:02:18	9:20 Tara Francis	43 F	304 Shrewsbury MA
535 114/141	F3039	2:26:53	11:13 Stephanie Biczko	39 F	72 Waterbury VT	270 27/96	F4049	2:02:22	9:21 Jeanne Landau	41 F	488 Burlington VT
543 115/141	F3039	2:27:25	11:15 Gina Gallagher	32 F	317 Quincy MA	274 28/96	F4049	2:02:54	9:23 Debbie Underhill	45 F	829 Williston VT
546 116/141	F3039	2:27:34	11:16 Lynn Holcomb	34 F	405 Essex Junction VT	275 29/96	F4049	2:02:54	9:23 Lisa Stever	46 F	790 Williston VT
549 117/141	F3039	2:28:28	11:20 Amy Holibaugh	39 F	406 Hyde Park VT	289 30/96	F4049	2:03:42	9:27 Amy Cisz	40 F	167 Duxbury VT
555 118/141	F3039	2:29:43	11:26 Denise Rundie	39 F	715 Waterbury Center VT	291 31/96	F4049	2:03:50	9:27 Rebecca Diedrich	49 F	242 Berlin VT
558 119/141	F3039	2:30:03	11:27 Jill Everett	32 F	284 South Burlington VT	292 32/96	F4049	2:03:57	9:28 Lexi Shear	42 F	751 Montpelier VT
569 120/141	F3039	2:31:27	11:34 Kelsey Laperle	33 F	490 East Montpelier VT	304 33/96	F4049	2:05:10	9:33 Martha Churchill	49 F	165 Burlington VT
583 121/141	F3039	2:34:35	11:48 Amy Choquette	39 F	161 Barre VT	307 34/96	F4049	2:05:10	9:33 Justine Fahey	41 F	286 Norwich VT
584 122/141	F3039	2:36:33	11:57 Jen Bourdeau	30 F	90 St. Albans VT	309 35/96	F4049	2:05:10	9:33 Kris Pekala	41 F	644 Lyme NH
588 123/141	F3039	2:37:17	12:00 Michelle Cunningham	33 F	209 South Burlington VT	312 36/96	F4049	2:05:23	9:34 Heidi Fryzell	41 F	311 Burlington VT
590 124/141	F3039	2:37:29	12:01 Kelly Borch	36 F	86 Essex Junction VT	322 37/96	F4049	2:05:53	9:37 Margery Vagt	46 F	830 South Burlington VT
591 125/141	F3039	2:37:38	12:02 Corinne Novetti	30 F	614 Montpelier VT	325 38/96	F4049	2:06:08	9:38 Kelly Ross	40 F	710 Waterbury VT
594 126/141	F3039	2:39:26	12:10 Laura Williams	37 F	886 Simsbury CT	337 39/96	F4049	2:07:19	9:43 Dana Kraus	48 F	475 Danville VT
597 127/141	F3039	2:40:09	12:13 Rebecca Fetterman	30 F	289 South Burlington VT	340 40/96	F4049	2:07:20	9:43 Kristeen Eliason	41 F	274 Colchester VT
598 128/141	F3039	2:40:09	12:13 Kimberlee Johnson	35 F	436 East Hampton CT	344 41/96	F4049	2:07:28	9:44 Maryellen Griffin	44 F	354 Danville VT
600 129/141	F3039	2:42:03	12:22 Juliana Elliott	32 F	276 Waterville VT	354 42/96	F4049	2:08:19	9:48 Jennifer Franzen	40 F	308 Essex Junction VT
607 130/141	F3039	2:44:49	12:35 Jocelyn Stevens	30 F	789 St. Albans VT	356 43/96	F4049	2:08:31	9:49 Julie Pidgeon	46 F	655 South Hero VT
608 131/141	F3039	2:44:55	12:35 Rebecca Busker	37 F	123 Moretown VT	359 44/96	F4049	2:09:01	9:51 Georgiana Birmingham	40 F	75 Waterbury VT
610 132/141	F3039	2:45:20	12:37 Johanna Rawson	37 F	680 Barre VT	362 45/96	F4049	2:09:16	9:52 Melissa McKay	41 F	561 Waterbury Center VT
613 133/141	F3039	2:47:11	12:46 Elizabeth Parent	38 F	632 South Burlington VT	363 46/96	F4049	2:09:18	9:52 Tracy Dolan	43 F	250 Jericho VT
615 134/141	F3039	2:47:23	12:47 Aubrey Garrison	35 F	321 Burlington VT	365 47/96	F4049	2:09:30	9:53 Constance St. Germain	41 F	780 Stowe VT
620 135/141	F3039	2:48:38	12:52 Caren Welcome	33 F	867 Morrisville VT	367 48/96	F4049	2:09:35	9:54 Julie Dimmock	44 F	247 Burlington VT
621 136/141	F3039	2:49:19	12:55 Melissa Anderson	35 F	24 Barre VT	372 49/96	F4049	2:09:49	9:55 Rebecca Roose	45 F	706 Richmond VT
624 137/141	F3039	2:51:49	13:07 Amy Scalabrini	31 F	727 Websterville VT	374 50/96	F4049	2:10:06	9:56 Karen Cusato	45 F	214 Schenectady NY
627 138/141	F3039	2:53:52	13:16 Annette Cross	38 F	208 Essex Junction VT	376 51/96	F4049	2:10:13	9:56 Cybelle Joy	42 F	442 Burlington VT
631 139/141	F3039	2:56:14	13:27 Laura Hill	32 F	395 Greensboro VT	377 52/96	F4049	2:10:47	9:59 Sara Phillips	41 F	654 Bolton VT
633 140/141	F3039	3:00:10	13:45 Carrie Wilson	37 F	891 Wolcott VT	388 53/96	F4049	2:11:39	10:03 Suzanne Gruending	42 F	359 Shelburne VT
634 141/141	F3039	3:00:16	13:46 Marlene Handler	38 F	372 Hyde Park VT	399 54/96	F4049	2:12:49	10:08 Sarah Lord	43 F	521 Waterbury VT
						407 55/96	F4049	2:13:20	10:11 Kelly Collar	47 F	185 Moretown VT
						408 56/96	F4049	2:13:29	10:11 Tammy Lawrey	48 F	497 Middlesex VT
31 1/96	F4049	1:36:59	7:24 Stephanie Rogers	41 F	704 Potsdam NY	411 57/96	F4049	2:13:59	10:14 Megan Fulwiler	43 F	312 Albany NY
59 2/96	F4049	1:44:02	7:57 Susan Skalka	41 F	761 Burlington VT	413 58/96	F4049	2:14:01	10:14 Jennifer Herwood	46 F	389 Stowe VT
68 3/96	F4049	1:44:49	8:00 Leigh Chandler	43 F	156 Colchester VT	419 59/96	F4049	2:14:23	10:15 Jeanna Aube	42 F	32 Jeffersonville VT
75 4/96	F4049	1:45:12	8:02 Katie Robinson	40 F	696 Westford VT	420 60/96	F4049	2:14:29	10:16 Karla Henning	44 F	388 South Burlington VT

441 61/96	F4049	2:16:22	10:25 Harlene Johnson	40 F	434 Jeffersonville VT	330 19/40	F5059	2:06:28	9:39 Corinne Gaugler	58 F	322 White River Junction VT
447 62/96	F4049	2:16:49	10:27 Sandra Beynnon	48 F	71 Jericho VT	331 20/40	F5059	2:06:47	9:41 Sandra Paritz	51 F	636 Marshfield VT
456 63/96	F4049	2:17:50	10:31 Laura Hubbell	42 F	415 Barre VT	360 21/40	F5059	2:09:01	9:51 Debbie Winslow	54 F	892 Quechee VT
457 64/96	F4049	2:18:00	10:32 Kaaren Meyer	43 F	572 Morrisville VT	375 22/40	F5059	2:10:09	9:56 Prue Milnes	50 F	581 South Burlington VT
459 65/96	F4049	2:18:21	10:34 Alicia Romac	46 F	705 Bennington VT	400 23/40	F5059	2:12:55	10:09 Teresa Reed	50 F	683 Essex Junction VT
460 66/96	F4049	2:18:38	10:35 Rosa Evora	45 F	285 Brockton MA	434 24/40	F5059	2:15:44	10:22 Diane Dusini	51 F	268 Scarborough ME
470 67/96	F4049	2:19:04	10:37 Sarah Kenny	40 F	455 Milton VT	467 25/40	F5059	2:18:56	10:36 Carey Copp-Tumbaugh	59 F	193 Essex Jct. VT
472 68/96	F4049	2:19:14	10:38 Amy Gaboriault	41 F	313 South Burlington VT	473 26/40	F5059	2:19:18	10:38 Emily Rowe	50 F	711 Colchester VT
496 69/96	F4049	2:21:09	10:46 Shirley Kramer	42 F	50 O Fallon MO	482 27/40	F5059	2:20:07	10:42 Donna Millay	58 F	575 Shelburne VI
500 70/96	F4049	2:21:34	10:48 Teri Larock	47 F	495 Norwich VT	503 28/40	F5059	2:21:39	10:49 Joan Beato	59 F	53 S. Burlington VT
502 71/96	F4049	2:21:34	10:48 Lauren Rosen	49 F	708 Norwich VT	506 29/40	F5059	2:21:46	10:49 Lisa Wheeler	53 F	875 Troy NY
508 72/96	F4049	2:21:53	10:50 Ingrid Temer	44 F	806 Burlington VT	530 30/40	F5059	2:26:02	11:09 Laurie Fisher-Dykes	55 F	293 Williston VT
513 73/96	F4049	2:22:21	10:52 Evelyn Wetzel	42 F	872 Jericho VT	533 31/40	F5059	2:26:23	11:10 Cynthia Reyes	52 F	689 Williston VT
517 74/96	F4049	2:22:58	10:55 Joni Pecor	41 F	642 Colchester VT	537 32/40	F5059	2:26:58	11:13 Marie Wood	57 F	896 South Burlington VT
520 75/96	F4049	2:23:14	10:56 Tara Hamilton	48 F	370 Warren VT	554 33/40	F5059	2:29:00	11:22 Kim Dittus	51 F	248 Shelburne VT
521 76/96	F4049	2:23:20	10:56 Margo Austin	45 F	33 Richmond VT	564 34/40	F5059	2:31:11	11:32 Leslie Meyer	51 F	569 Jeffersonville VT
522 77/96	F4049	2:23:26	10:57 Jodi Whalen	46 F	873 Burlington VT	593 35/40	F5059	2:38:51	12:08 Barbara Matarazzo	56 F	554 Morrisville VT
526 78/96	F4049	2:24:41	11:03 Suzanne Da Via	46 F	216 Hinesburg VT	601 36/40	F5059	2:42:04	12:22 Kathia Capellupo	59 F	134 Charlestown MA
527 79/96	F4049	2:24:58	11:04 Denise Groll	45 F	357 Essex Junction VT	616 37/40	F5059	2:47:24	12:47 Dawn Bissonnette	56 F	79 Colchester VT
528 80/96	F4049	2:25:39	11:07 Kimberly Holloway	40 F	407 Kalispell MT	617 38/40	F5059	2:47:26	12:47 Lydia Demag	55 F	235 Milton VT
544 81/96	F4049	2:27:25	11:15 Patricia Reilly	47 F	685 Weymouth MA	623 39/40	F5059	2:51:11	13:04 Marilyn Covey	58 F	200 Corinth VT
547 82/96	F4049	2:27:34	11:16 Jennifer Killeen	41 F	459 South Burlington VT	630 40/40	F5059	2:55:18	13:23 Tracie Carlos	51 F	139 Essex Junction VT
551 83/96	F4049	2:28:53	11:22 Amie Scanlon	41 F	730 Essex Junction VT						
561 84/96	F4049	2:30:42	11:30 Alyssa Chaffee	42 F	153 East Calais VT	125 1/9	F6069	1:51:14	8:30 Patty Foltz	65 F	297 Stowe VT
562 85/96	F4049	2:30:44	11:30 Beth Aiken	44 F	16 Montpelier VT	148 2/9	F6069	1:53:17	8:39 Ruth Blauwikel	60 F	82 Colchester VT
568 86/96	F4049	2:31:24	11:33 Patricia Siplon	46 F	757 Burlington VT	149 3/9	F6069	1:53:25	8:40 Dot Helling	63 F	384 Montpelier VT
570 87/96	F4049	2:31:27	11:34 Julie Blackwell	40 F	80 Montpelier VT	158 4/9	F6069	1:53:47	8:41 Eve Sawyer	60 F	726 Portland ME
572 88/96	F4049	2:32:04	11:36 Susie Snow	40 F	774 Fayston VT	387 5/9	F6069	2:11:32	10:02 Ellen Shackford	61 F	747 Coronado CA
577 89/96	F4049	2:32:57	11:40 Janet Wallace	47 F	854 Thetford Center VT	422 6/9	F6069	2:14:58	10:18 Pamela Stephens	64 F	787 South Strafford VT
605 90/96	F4049	2:43:49	12:30 Kathleen Trib	46 F	823 Colchester VT	479 7/9	F6069	2:19:51	10:41 Frances Carr	60 F	145 South Burlington VT
606 91/96	F4049	2:43:58	12:31 Melissa Scanlon	48 F	728 South Burlington VT	595 8/9	F6069	2:39:27	12:10 Karen Hennig	65 F	387 Irasburg VT
609 92/96	F4049	2:45:06	12:36 Elizabeth Knox	41 F	471 Essex Junction VT	640 9/9	F6069	3:10:17	14:31 Denise Pike	60 F	656 Chicago IL
622 93/96	F4049	2:50:28	13:01 Michele Altadonna	41 F	22 Essex VT						
625 94/96	F4049	2:53:34	13:15 Lynne Manley	43 F	542 Milton VT	47 1/2	M0118	1:40:34	7:41 Noah Eckstein	14 M	269 Warren VT
635 95/96	F4049	3:00:22	13:46 Heather Ruttenberg	46 F	717 Jericho VT	318 2/2	M0118	2:05:48	9:36 Miles Scanlon	15 M	729 South Burlington VT
637 96/96	F4049	3:02:23	13:55 Karen Morris	46 F	593 Salisbury VT						
27 1/40	F5059	1:36:02	7:20 Sue Hackney	56 F	363 Montpelier VT	4 1/35	M1929	1:20:53	6:11 Christian Crannell	27 M	203 Burlington VT
53 2/40	F5059	1:42:35	7:50 Judith Duffy	54 F	262 Waterbury Center VT	17 2/35	M1929	1:32:28	7:04 Bryce Edwards	27 M	270 Burlington VT
64 3/40	F5059	1:44:19	7:58 Melanie Benson	55 F	64 Morrisville VT	25 3/35	M1929	1:35:18	7:17 John Pomeroy	29 M	663 Lebanon NH
87 4/40	F5059	1:46:22	8:07 Beth Daut	52 F	221 Berlin VT	40 4/35	M1929	1:39:50	7:37 Benjamin Weir	23 M	863 Middlebury VT
147 5/40	F5059	1:53:16	8:39 Margaret Haskins	55 F	379 Morrisville VT	41 5/35	M1929	1:39:58	7:38 Christopher Gaye	28 M	324 Seattle WA
163 6/40	F5059	1:54:11	8:43 Daphne Hard	51 F	373 South Hero VT	76 6/35	M1929	1:45:14	8:02 Derek Luzim	28 M	525 Burlington VT
171 7/40	F5059	1:55:02	8:47 Holly Rainville	55 F	677 West Bolton, Vt. 054 VT	78 7/35	M1929	1:45:27	8:03 John Cetner	27 M	151 Burlington VT
208 8/40	F5059	1:58:40	9:04 Jo Anne Carr	55 F	146 Peterborough NH	79 8/35	M1929	1:45:40	8:04 Kevin Goldberg	24 M	340 Forest Hills NY
228 9/40	F5059	1:59:55	9:09 Jan Gorham	51 F	345 Stowe VT	95 9/35	M1929	1:47:33	8:13 Geoff Schaubhut	27 M	737 Randolph VT
229 10/40	F5059	1:59:57	9:09 Lynn Reynolds	54 F	690 Huntington VT	98 10/35	M1929	1:47:41	8:13 Ethan Ducharme	22 M	258 Marshfield VT
235 11/40	F5059	2:00:22	9:11 Elizabeth Lennon	51 F	504 Morrisonville NY	100 11/35	M1929	1:47:57	8:15 Ryan Dabransky	29 M	218 Charlestown MA
237 12/40	F5059	2:00:24	9:11 Robin Harris	54 F	374 Williston VT	101 12/35	M1929	1:48:13	8:16 Nick Weir	26 M	864 Somerville MA
248 13/40	F5059	2:01:08	9:15 Terry Allen	51 F	21 Penfield NY	103 13/35	M1929	1:48:23	8:17 Luke Beato	27 M	52 Cambridge MA
269 14/40	F5059	2:02:21	9:20 Patricia Clark	57 F	171 Stowe VT	105 14/35	M1929	1:48:37	8:18 Jeremy Henderson	28 M	385 Saint Albans VT
284 15/40	F5059	2:03:29	9:26 Trisha Fong	50 F	298 Stowe VT	109 15/35	M1929	1:49:26	8:21 Ross Johnston	21 M	437 Burlington VT
300 16/40	F5059	2:04:59	9:32 Jennifer Francoeur	55 F	306 Burlington VT	131 16/35	M1929	1:52:04	8:33 Lucas Martin	19 M	550 Essex VT
320 17/40	F5059	2:05:50	9:36 Jill Warner	59 F	856 Morrisville VT	165 17/35	M1929	1:54:16	8:43 Joel Bissonnette	28 M	78 Colchester VT
329 18/40	F5059	2:06:28	9:39 Linda Cleveland	52 F	179 Barre VT	200 18/35	M1929	1:57:48	9:00 Jamie Kinnamey	28 M	466 Randolph VT
						212 19/35	M1929	1:58:54	9:05 Matthew Marcella	22 M	543 Coventry RI

215 20/35	M1929	1:59:04	9:05 Paul Donohoo-Vallett	28 M	251 Boulder CO	180 39/65	M3039	1:55:55	8:51 Shane Nelson	35 M	605 Williston VT
226 21/35	M1929	1:59:38	9:08 Hollen Groff	28 M	356 South Burlington VT	182 40/65	M3039	1:56:07	8:52 Scott Driver	35 M	256 Hinesburg VT
256 22/35	M1929	2:01:30	9:17 William Vitagliano	24 M	846 Burlington VT	197 41/65	M3039	1:57:44	8:59 David Metraux	35 M	568 Greensboro VT
316 23/35	M1929	2:05:32	9:35 Brian Lowe	29 M	524 Burlington VT	222 42/65	M3039	1:59:33	9:08 Vince Chu	34 M	164 Oakland CA
371 24/35	M1929	2:09:42	9:54 Dylan Siebert	20 M	756 Burlington VT	232 43/65	M3039	2:00:10	9:10 Darren Springer	33 M	779 Burlington VT
389 25/35	M1929	2:11:55	10:04 Jason McMahon	23 M	563 South Burlington VT	236 44/65	M3039	2:00:22	9:11 Roy Belcher	31 M	59 Worcester VT
398 26/35	M1929	2:12:46	10:08 Andrew Huckins-Noss	23 M	417 Adamant VT	245 45/65	M3039	2:01:02	9:14 David Berman	34 M	69 Burlington VT
409 27/35	M1929	2:13:34	10:12 Brian Tarbox	29 M	805 Barre VT	246 46/65	M3039	2:01:02	9:14 David Gurtman	34 M	361 Burlington VT
425 28/35	M1929	2:15:16	10:20 Ian Downing	26 M	254 Montpelier VT	288 47/65	M3039	2:03:38	9:26 Ryan Stanton	39 M	782 Montpelier VT
463 29/35	M1929	2:18:47	10:36 Kyle Sauter	28 M	724 Burlington VT	294 48/65	M3039	2:04:15	9:29 Peter Wyndorf	38 M	902 Burlington VT
466 30/35	M1929	2:18:53	10:36 Adam Paine	26 M	629 Burlington VT	310 49/65	M3039	2:05:14	9:34 Matthew Ekstrom	36 M	272 So Burlington VT
545 31/35	M1929	2:27:28	11:15 Darin Franceschini	29 M	301 Newmarket NH	326 50/65	M3039	2:06:09	9:38 William Lahaie	35 M	484 St. Albans VT
612 32/35	M1929	2:45:38	12:39 Gregory Hoeprich	29 M	399 Burlington VT	334 51/65	M3039	2:07:04	9:42 Justin Pratt	33 M	667 Essex VT
619 33/35	M1929	2:47:36	12:48 Daniel Chahine	29 M	155 South Burlington VT	336 52/65	M3039	2:07:17	9:43 Justin Kolber	34 M	472 Burlington VT
638 34/35	M1929	3:07:31	14:19 Nathan Pursley	27 M	675 Portsmouth NH	382 53/65	M3039	2:11:01	10:00 Nathan Hayward	37 M	380 Burlington VT
642 35/35	M1929	3:10:28	14:32 Stephen Jablonski	23 M	424 Burlington VT	390 54/65	M3039	2:11:55	10:04 Willapa Waterstrat	31 M	860 Stowe VT
						391 55/65	M3039	2:12:11	10:05 David Robinson	30 M	699 Reston VA
1 1/65	M3039	1:13:55	5:39 Joshua Steffan	33 M	8 New London NH	421 56/65	M3039	2:14:36	10:17 Jim Van Duhn	39 M	836 Richmond VT
2 2/65	M3039	1:18:09	5:58 Todd Smith	38 M	771 Bristol VT	435 57/65	M3039	2:15:46	10:22 Ben Kulp	31 M	479 Allston MA
5 3/65	M3039	1:21:06	6:12 John Spinney	38 M	778 Waterbury VT	450 58/65	M3039	2:17:19	10:29 Richard Bayer	39 M	49 Montpelier VT
7 4/65	M3039	1:23:34	6:23 Frank Jason	31 M	428 Burlington VT	494 59/65	M3039	2:21:05	10:46 Cole Pearson	39 M	641 Eimore VT
8 5/65	M3039	1:24:04	6:25 Brian Burns	37 M	122 Calais VT	511 60/65	M3039	2:22:16	10:52 Phillip Peterson	36 M	651 Colchester VT
9 6/65	M3039	1:24:33	6:27 George Deane	33 M	229 Waterbury Ctr VT	512 61/65	M3039	2:22:19	10:52 Jonathan Hull	37 M	420 Williamstown VT
10 7/65	M3039	1:24:56	6:29 Eric Maas	37 M	530 Jamaica Plain MA	536 62/65	M3039	2:26:53	11:13 Joel Ernstof	39 M	282 Waterbury Center VT
13 8/65	M3039	1:29:27	6:50 Jason Wulff	34 M	900 Waterbury VT	550 63/65	M3039	2:28:28	11:20 Steve Boutin	38 M	92 Cambridge VT
16 9/65	M3039	1:31:17	6:58 Christopher Haggerty	37 M	366 West Bolton VT	559 64/65	M3039	2:30:10	11:28 Michael Bishop	30 M	76 Essex Jct. VT
18 10/65	M3039	1:32:32	7:04 Damien Callahan	34 M	131 Burlington VT	629 65/65	M3039	2:54:44	13:20 Ewing Fox	33 M	299 Essex VT
22 11/65	M3039	1:34:49	7:14 Raymond Boutin Jr	31 M	93 Montpelier VT						
29 12/65	M3039	1:36:43	7:23 David Curry	39 M	211 Westford VT	3 1/57	M4049	1:19:53	6:06 Tom Thurston	49 M	813 Waterbury VT
33 13/65	M3039	1:37:49	7:28 Scott Libson	32 M	513 Decatur GA	6 2/57	M4049	1:22:54	6:20 Brian Carlson	41 M	141 Montpelier VT
35 14/65	M3039	1:38:13	7:30 Daniel Burke	30 M	118 Montpelier VT	11 3/57	M4049	1:26:01	6:34 Jon Floyd	41 M	5 Waterbury Center VT
38 15/65	M3039	1:39:29	7:36 Kalev Freeman	39 M	310 Waterbury VT	14 4/57	M4049	1:30:52	6:56 Brendan O'Reilly	49 M	623 Stowe VT
39 16/65	M3039	1:39:41	7:37 Matt Wheel	33 M	874 Milton VT	19 5/57	M4049	1:32:34	7:04 Daniel Scheidt	42 M	739 Burlington VT
42 17/65	M3039	1:40:09	7:39 Nicholas Managan	30 M	540 Waterbury VT	21 6/57	M4049	1:34:12	7:12 Benjamin Ellingson	42 M	275 Montpelier VT
43 18/65	M3039	1:40:12	7:39 John Dunn	35 M	265 Waterbury VT	23 7/57	M4049	1:35:07	7:16 Daniel Connors	42 M	189 Williston VT
45 19/65	M3039	1:40:25	7:40 Theodore Gillen	33 M	332 Williston VT	26 8/57	M4049	1:35:58	7:20 Eric Darling	40 M	220 Shelburne VT
48 20/65	M3039	1:40:54	7:42 Adam Dabransky	33 M	217 Winooski VT	30 9/57	M4049	1:36:55	7:24 Peter Kulis	49 M	478 Waterbury VT
54 21/65	M3039	1:42:49	7:51 Mark Mahnensmith	31 M	537 Essex Jct. VT	34 10/57	M4049	1:38:03	7:29 Murf Clark	48 M	174 Northfield VT
61 22/65	M3039	1:44:13	7:57 Maxim Lamothe	39 M	487 Lachine QC	36 11/57	M4049	1:38:34	7:32 Dan Sweet	44 M	800 Waterbury Center VT
67 23/65	M3039	1:44:44	8:00 Peter Pomerantz	37 M	662 North Fayston VT	37 12/57	M4049	1:38:58	7:33 Thomas Rogers	47 M	702 Falcon Heights MN
72 24/65	M3039	1:45:08	8:02 Bradford Limpert	32 M	515 New York NY	46 13/57	M4049	1:40:29	7:40 Walter Boyle	40 M	96 Hintonburg ON
74 25/65	M3039	1:45:11	8:02 William West	39 M	871 Westford VT	52 14/57	M4049	1:41:27	7:45 John Haase	43 M	362 Waterbury Center VT
77 26/65	M3039	1:45:21	8:03 Seth Mobley	37 M	589 Burlington VT	55 15/57	M4049	1:43:10	7:53 Dan Greenleaf	46 M	350 Waterbury Center VT
88 27/65	M3039	1:46:30	8:08 Steven Klein	32 M	468 Colchester VT	69 16/57	M4049	1:44:56	8:01 Scott Lovelette	44 M	522 Montpelier VT
90 28/65	M3039	1:47:05	8:11 Forrest White	35 M	881 Williston VT	70 17/57	M4049	1:45:05	8:01 Hiroyuki Ando	47 M	29 South Burlington VT
108 29/65	M3039	1:49:23	8:21 Erin Ennis	39 M	279 Essex Junction VT	82 18/57	M4049	1:45:58	8:05 Steve Robinson	48 M	697 Warren VT
111 30/65	M3039	1:49:42	8:23 Matthew Waterman	33 M	859 Essex VT	84 19/57	M4049	1:46:18	8:07 Keith Klepeis	48 M	469 Essex Junction VT
116 31/65	M3039	1:50:25	8:26 Matthew Curtis	32 M	212 East Montpelier VT	92 20/57	M4049	1:47:15	8:11 Rick Morris	48 M	594 Salisbury VT
120 32/65	M3039	1:50:48	8:28 Alan Routhier	39 M	7 Essex VT	96 21/57	M4049	1:47:35	8:13 Keith Franchetti	45 M	302 Colchester VT
124 33/65	M3039	1:51:07	8:29 Joseph Cheney	39 M	160 Colchester VT	102 22/57	M4049	1:48:17	8:16 Chris Provost	42 M	671 South Burlington VT
126 34/65	M3039	1:51:49	8:32 Phillip Clayton	32 M	176 Burlington VT	117 23/57	M4049	1:50:31	8:26 Todd Worden	45 M	898 Waitsfield VT
133 35/65	M3039	1:52:11	8:34 Jack Zeilenga	36 M	906 East Montpelier VT	121 24/57	M4049	1:50:48	8:28 Andy Bowen	43 M	6 Essex VT
154 36/65	M3039	1:53:38	8:41 Bj Allaire	36 M	19 Barre VT	135 25/57	M4049	1:52:16	8:34 John Nestor	41 M	608 Burlington VT
156 37/65	M3039	1:53:41	8:41 Kendall Krebs	35 M	476 Essex VT	136 26/57	M4049	1:52:17	8:34 Joel White	47 M	883 South Burlington VT
169 38/65	M3039	1:54:42	8:45 Douglas Clendaniel	30 M	178 Montpelier VT	177 27/57	M4049	1:55:53	8:51 Jeff Berkowitz	46 M	68 Charlotte VT

179 28/57	M4049	1:55:53	8:51 Mike Kanarick	44 M	446 Shelburne VT	261 25/48	M5059	2:01:41	9:17 David Goodman	53 M	343 Waterbury Center VT
187 29/57	M4049	1:57:15	8:57 Ron Spangler	49 M	775 Arlington MA	297 26/48	M5059	2:04:46	9:31 Michael Caminiti	52 M	132 Williston VT
206 30/57	M4049	1:58:26	9:02 Steven Jolliffe	45 M	439 West Barnet VT	299 27/48	M5059	2:04:59	9:32 John Coco	55 M	183 North Clarendon VT
214 31/57	M4049	1:59:01	9:05 Greg Barrett	42 M	45 Essex Junction VT	306 28/48	M5059	2:05:10	9:33 Peter Vanburen	53 M	838 Burlington VT
224 32/57	M4049	1:59:36	9:08 Job Heintz	45 M	382 Waterbury Center VT	311 29/48	M5059	2:05:17	9:34 Robert Parette	52 M	633 Waterbury Center VT
242 33/57	M4049	2:00:32	9:12 Adam Rosen	46 M	709 Montpelier VT	314 30/48	M5059	2:05:32	9:35 Jon Anderson	53 M	27 Hinesburg VT
252 34/57	M4049	2:01:18	9:16 Eric Ninneman	41 M	610 Cranston RI	323 31/48	M5059	2:05:58	9:37 Paul Van De Graaf	54 M	835 South Burlington VT
254 35/57	M4049	2:01:26	9:16 Brian Kertz	41 M	457 Portland ME	347 32/48	M5059	2:07:47	9:45 Andre Drollette	54 M	257 Queensbury NY
263 36/57	M4049	2:01:55	9:18 Jeffrey Hullstrung	49 M	421 Jericho VT	348 33/48	M5059	2:07:51	9:46 Edward McMahon	56 M	562 South Burlington VT
272 37/57	M4049	2:02:27	9:21 Phillip Tillery	41 M	815 Matthews NC	349 34/48	M5059	2:07:58	9:46 Fredrick Marx	58 M	553 North Potomac MD
283 38/57	M4049	2:03:26	9:25 Lawrence Houston	45 M	413 Waterbury Ctr VT	373 35/48	M5059	2:09:58	9:55 Bob Britt	57 M	101 South Burlington VT
290 39/57	M4049	2:03:44	9:27 Adam Laroche	40 M	492 Franklin VT	401 36/48	M5059	2:12:55	10:09 David Riester	54 M	693 Essex Junction VT
302 40/57	M4049	2:05:00	9:33 Bradley Materick	40 M	555 Colchester VT	410 37/48	M5059	2:13:43	10:12 David Goldberg	58 M	338 West Lebanon NH
305 41/57	M4049	2:05:10	9:33 Spencer Newman	45 M	609 Burlington VT	417 38/48	M5059	2:14:20	10:15 Doug Goulette	52 M	346 Williston VT
364 42/57	M4049	2:09:18	9:52 Chanon Bernstein	44 M	70 Jericho VT	424 39/48	M5059	2:15:11	10:19 Greg Sherman	58 M	755 Plattsburgh NY
368 43/57	M4049	2:09:35	9:54 Willy Gagnon	47 M	314 Burlington VT	428 40/48	M5059	2:15:25	10:20 Charles Podesta	55 M	659 Burlington VT
369 44/57	M4049	2:09:35	9:54 Eric Olsen	42 M	621 Shelburne VT	431 41/48	M5059	2:15:30	10:21 David Ospina	51 M	624 Williston VT
384 45/57	M4049	2:11:08	10:01 David Nistico	45 M	611 Essex Junction VT	453 42/48	M5059	2:17:34	10:30 Gunnar Steates	55 M	786 North Hero VT
397 46/57	M4049	2:12:46	10:08 Brian Swisher	43 M	801 Jericho VT	469 43/48	M5059	2:19:04	10:37 Tom Hussey	56 M	422 Jericho VT
405 47/57	M4049	2:13:08	10:10 Mark Miller	43 M	578 Hinesburg VT	501 44/48	M5059	2:21:34	10:48 Jonathan Leonard	57 M	507 Richmond VT
432 48/57	M4049	2:15:33	10:21 Kerry Davis	43 M	226 Plattsburgh NY	553 45/48	M5059	2:28:59	11:22 Leonard Tremblay	58 M	821 Winooski VT
440 49/57	M4049	2:16:14	10:24 David Sird	42 M	760 Burlington VT	574 46/48	M5059	2:32:11	11:37 Johannes Otter	57 M	625 Montpelier VT
458 50/57	M4049	2:18:15	10:33 Andrew Levi	42 M	510 Jericho VT	576 47/48	M5059	2:32:27	11:38 Kevin Wise	54 M	894 Shelburne VT
488 51/57	M4049	2:20:32	10:44 Christopher Walczak	45 M	852 Montpelier VT	603 48/48	M5059	2:43:47	12:30 Michael Rainville	54 M	678 West Bolton, Vt. 054 VT
491 52/57	M4049	2:20:43	10:44 Greg Cisz	41 M	168 Duxbury VT						
510 53/57	M4049	2:22:06	10:51 David Barnett	45 M	43 Waitsfield VT						
532 54/57	M4049	2:26:11	11:09 Patrick Mitchell	43 M	585 Essex VT	49 1/20	M6069	1:41:04	7:43 John Valentine	64 M	832 Roxbury VT
548 55/57	M4049	2:28:02	11:18 Rey Garofano	41 M	319 Essex Jct VT	81 2/20	M6069	1:45:52	8:05 Marc Brierre	62 M	99 Rutland Town VT
575 56/57	M4049	2:32:17	11:37 Brian Wenny	44 M	870 Mount Rainier MD	83 3/20	M6069	1:46:18	8:07 Dave Miller	61 M	576 Essex Junction VT
592 57/57	M4049	2:37:47	12:03 Bill Schubart	48 M	741 Burlington VT	86 4/20	M6069	1:46:21	8:07 Steve Burkholder	61 M	119 Montpelier VT
						91 5/20	M6069	1:47:08	8:11 Bud White	64 M	882 Burlington VT
						174 6/20	M6069	1:55:14	8:48 Steven Shackford	67 M	746 Coronado CA
15 1/48	M5059	1:30:59	6:57 Jim Flint	54 M	294 Craftsbury VT	176 7/20	M6069	1:55:41	8:50 Greg Gerdel	66 M	326 Montpelier VT
24 2/48	M5059	1:35:12	7:16 Rick Kelley	56 M	451 Hinesburg VT	266 8/20	M6069	2:02:13	9:20 Thomas Houser	66 M	412 Shepppton PA
28 3/48	M5059	1:36:23	7:22 Ken Schatz	59 M	736 South Burlington VT	279 9/20	M6069	2:03:19	9:25 Robert Rogers	63 M	703 Potsdam NY
32 4/48	M5059	1:37:42	7:28 Jeff Buzas	51 M	127 Burlington VT	285 10/20	M6069	2:03:37	9:26 Alan Homans	60 M	408 Huntington VT
44 5/48	M5059	1:40:13	7:39 Mark Nelson	59 M	606 Jericho VT	438 11/20	M6069	2:16:05	10:23 Steve Moorhead	60 M	591 Montpelier VT
50 6/48	M5059	1:41:10	7:44 Philip Kiely	52 M	458 Morrisville VT	478 12/20	M6069	2:19:42	10:40 Jim Leclair	62 M	501 Colchester VT
56 7/48	M5059	1:43:13	7:53 Robert Linck	55 M	516 Hinesburg VT	507 13/20	M6069	2:21:50	10:50 William Slocum	68 M	762 Greensboro VT
57 8/48	M5059	1:43:54	7:56 Michel Lazure	54 M	498 Montreal West QC	516 14/20	M6069	2:22:38	10:53 Bob Provost	61 M	673 Essex Jct VT
65 9/48	M5059	1:44:28	7:59 Craig Myotte	59 M	600 Morrisville VT	518 15/20	M6069	2:23:03	10:55 Robert Stawiecki	63 M	784 Webster MA
104 10/48	M5059	1:48:23	8:17 Davis Weigand	55 M	861 S. Burlington VT	552 16/20	M6069	2:28:59	11:22 Mike Corrigan	60 M	195 Swanton VT
110 11/48	M5059	1:49:28	8:21 Mark Weir	52 M	865 Underhill VT	573 17/20	M6069	2:32:04	11:36 Gerry Ahem	62 M	15 Ladera Ranch CA
112 12/48	M5059	1:49:45	8:23 John Scheer	57 M	738 Colchester VT	579 18/20	M6069	2:33:22	11:42 Richard Katzman	67 M	448 Waterbury VT
127 13/48	M5059	1:51:59	8:33 Mark Mulder	55 M	596 Burlington VT	581 19/20	M6069	2:34:09	11:46 Sali Numanovic	61 M	617 South Burlington VT
129 14/48	M5059	1:51:59	8:33 Bill Oconnor	58 M	620 Swanton VT	596 20/20	M6069	2:39:59	12:13 Peter Bailey	61 M	37 Huntington VT
134 15/48	M5059	1:52:13	8:34 Mike Harris	55 M	375 Williston VT						
137 16/48	M5059	1:52:30	8:35 Joe Robinson	53 M	700 Warren VT						
139 17/48	M5059	1:52:35	8:36 Joseph Grant	55 M	348 Warren VT	192 1/4	M7099	1:57:24	8:58 Bob Murphy	73 M	598 Barre VT
162 18/48	M5059	1:54:06	8:43 David Polow	59 M	660 Morrisville VT	378 2/4	M7099	2:10:48	9:59 Phillip Howard	75 M	414 Burlington VT
175 19/48	M5059	1:55:18	8:48 Arthur Hamlin	50 M	371 Braintree VT	484 3/4	M7099	2:20:26	10:43 Peter Thoms	74 M	810 Montpelier VT
216 20/48	M5059	1:59:16	9:06 Larry Hagerty	56 M	365 Jericho VT	492 4/4	M7099	2:20:50	10:45 Newton Baker	71 M	41 Montpelier VT
234 21/48	M5059	2:00:22	9:11 John Svagzdys	52 M	799 Montpelier VT						
239 22/48	M5059	2:00:26	9:12 Keith Brown	50 M	106 Burlington VT						
247 23/48	M5059	2:01:04	9:15 Tony Mathis	51 M	556 Montpelier VT						
258 24/48	M5059	2:01:38	9:17 David Vallett	56 M	833 Fairfax VT						

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

see www.cvrrunners.org for additional details

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

November 2, "CVR" Fallen Leaves 5K, 9:00am, Montpelier High School Track, flat and fast course that incorporates the Montpelier bike path. Contact: Tim Noonan (802) 223-6216

November 9, "CVR" Fallen Leaves 5K, 9:00am, Montpelier High School Track, flat and fast course that incorporates the Montpelier bike path. Contact: Tim Noonan (802) 223-6216

November 16, "CVR" Fallen Leaves 5K, 9:00am, Montpelier High School Track, flat and fast course that incorporates the Montpelier bike path. Contact: Tim Noonan (802) 223-6216

November 24, Turkey Trot 10K (21st annual), 1:00pm, Hanover, N.H., Dartmouth Green, Hanover Parks and Recreation Dept. Contact: www.hanovernh.org or (603) 643-5315.

November 28, Gobble Wobble Turkey Trot 5K (11th annual), 9:30am, Websterville, Barre Town Municipal Building, Contact; www.barrecongregational.org, (802) 476-4320 or fowler5vt@myfairpoint.net

November 28, "GMAA" Turkey Trot 5K (37th annual), 11:00am, Burlington, UVM Gutterson Field House, On cinder/paved path and grass. Some single track. Contact: Tracy Nad Brian Joslin, turkeytrot@gmaa.net or www.gmaa.net

December 31, "CVR" New Year's Eve 5K (19th annual), 3:00pm, Montpelier, First race of the CVR / ORS race series for 2014. Registration beginning at 1:45 pm in the basement of the Pavilion Building, corner of Governor Davis and Court Streets, adjacent to the Vermont State House. Contact: Sandy Colvin, buckman43@comcast.net or Ann Bushey, (802) 229-6288.

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

Cold Weather Running Tips... from RRCA

- * Always follow the RRCA General Safety Guidelines
- * Leave the headphones at home. Your ears may help you avoid dangers your eyes cannot see. Wet, wintery conditions may weaken tree limbs causing them to fall. Hearing the crack before the fall may be the difference between avoiding a falling branch or being tackled by a dead limb.
- * Avoid running on the roads in snowy conditions. Drivers have a decreased ability to maneuver and stop.
- * Winter means fewer daylight hours. Wear bright-colored, reflective clothing or a reflective vest so you are noticeable to area traffic. For added visibility, wear a lightweight headlamp or flashing light.
- * Wear layers of clothing that will help you maintain your core body temperature during the run but will keep you warm during warm-up and cool-down phases.
- * Consider wearing traction devices on your shoes if sidewalks, trails or roads have snow or ice cover.
- * If you drive to a running trail or route, leave a change of dry clothes and a blanket in the car for emergency situations.
- * Stay alert and aware of your surroundings and the weather conditions. Oncoming storms can quickly drop the temperature putting you at risk for frostbite or hypothermia if you are caught wearing the wrong clothes.
- * Know where to find shelter on your route if the weather gets really bad.
- * Do not ignore shivering. It is an important first sign that the body is losing heat, and you may be in danger of hypothermia.

thank you

to the many people who contributed information for this newsletter

www.cvrrunners.org

Become a Member of
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:
 - Onion River Sports / Shoe Horn – 10% off running shoes and running apparel.
 - Lenny's Shoes & Apparel – 10% off running shoes.
 - 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.

*Feb- Frostival 5K _____ *April - 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- _____

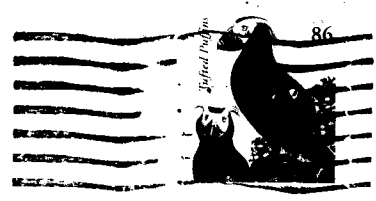
Annual dues are \$10 for individual or family, \$2 for students. Enclosed are dues for the following years - (2013 dues covers 3/2013-3/2014)

2014 2015 2016 2017 2018

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

CVR, c/o: Donna Smyers PO Box 102, Adamant VT 05640.

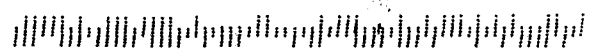
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05641 86653 R005



NEWSLETTER - November 2013



**Volume 34
Issue 5**



Put these CVR races and events on your calendar!

- Monday, November 4, CVR fall Meeting (details page 2)
- Saturday, November 2, "CVR" Fallen Leaves 5K, 9:00am, Montpelier High School Track
- Saturday, November 9, "CVR" Fallen Leaves 5K, 9:00am, Montpelier High School Track
- Saturday, November 16, "CVR" Fallen Leaves 5K, 9:00am, Montpelier High School Track