

Newsletter

AUG 2015

Volume 36

Issue 4



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President Greg's News:

Greetings, CVRunners...

I'm constantly in awe of my view from the top, so to speak... as President I mostly just observe the many dedicated volunteers skillfully accomplishing the business of the club in what I tell people is the best possible way: "Without Presidential intervention".

Just a shout out to some of the great contributors:

Darragh Ellerson for Fun Runs	Andrea McLaughlin for Spring Run and Mailman
Dylan Broderick for publicity	Andy Shuford for Mailman
Allie Nerenberg for the Facebook page	John and Megan Valentine for Stampede
Jeff Prescott for Race Results Roundup	Tim Noonan for Kids' Track Meet and Bear Swamp
John Valentine for keeping the books	Dot Helling for Kids' Track Meet
Sandy Colvin for secretarial duties	Donna and Eric Ryea for Adamant
Jim Flint for ORS Standings	Brittany Lafirira for Mutt Strut
Donna Smyers for membership maintenance	Roy Belcher for Worcester
John Hackney for the web site	Roger Cranse --year round work on Leaf Peepers
Donna, John, and Bob Murphy for timing excellence	Newton for being Newton

...and all the myriad volunteers who make our club work!

Things are happening in CVR world ... good things.

We have great support from Onion River Sports and a good sponsorship relationship with them.

Runner's World has named Leaf Peepers one of top 14 half marathons in the U.S.A.

Leaf Peepers is a finalist for a "Seven Daysies" for best foot race (announcement date: 8/5); and planning is well under way for the 10/4/15 event.

The ORS Series is off to a blazing start.

Northfield 5K and Kids' 1-mile (Presented by Northfield Savings Bank with our help) is evolving to chip timing by BeGoodSports.

Next CVR Race is the ever popular Berlin Pond 5-miler run by Jeff Prescott and Sue Emmons.

The next club meeting will be on Monday, August 17 at the Brookfield Old Town Hall. Pot Luck at 6 pm, business at 7 pm. Come early and run across the new Floating Bridge!

Items on the agenda include proposed revisions to the ORS Series Rules, Club Grant procedures, and early thoughts on nominations for next year's officers.

Remember – CVR logo-wear (singlets, short and long sleeve tees) are available from Mary Stridsberg (mvilbrin.nas@gmail.com)

Draft Minutes of the CVR Meeting

Monday May 18, 2015 -

Subject to approval at the August meeting

Approval of minutes from Annual meeting on March 15 as printed in Newsletter

Treasurer's Report

\$5,000 balance in account, not including CD.

Membership Report Donna

113 Renewed families which is about 140 people @ 30 have not renewed yet. Overall though, renewals are going well and status is in line with status this time in previous years.

New this year is online renewal, and so far is going well.

Race Reports

Adamant 20 miler: 43 individuals, 11-1/2 teams (benefit Adamant Music School)

Mutt Strut (benefit CVHS) 24 runners; 14 dogs (down from last year).

Barre Town Spring Run (benefit Barre Town Rec) 158 finishers, 79 of whom were under age 20 (up from 127 finishes last year). Bob Murphy set a new course record

Upcoming Races

Kids Track Meet: Friday May 29, 6 pm Need lots of volunteersTim Noonan/Dot Helling

Tim says: need 15 – 18 volunteers. About six would need to arrive by 4:45 to help out at registration, with the remainder arriving by 5:30.

*Capital City Stampede 6/6: permit approved and all set and ready

*Paul Mailman 6/21: permit approved. All set and ready

Barre Heritage Trail Race 7/26: Lori LaCroix could use volunteers; contact Lori if able to volunteer. Also note, this is the last year Lori is able to direct the race. If CVR wants to continue to offer this race we need to find a volunteer to take over as race director. Contact Greg Wight if interested.

*Berlin Pond 8/20: permit approved. All set and ready

*Leaf Peeper's 10/4: Roger Cranse reports, changing online registration to use chronotrack. Reviewed all the capabilities and this system meets the needs of the race better. Race registration scheduled to open Mid June.

(*ORS Series)

Equipment and CVR equipment Locker. Discussed recent confusion regarding equipment and exactly where some of it was located, who had what etc. After long discussion decided the key to keeping better track is to make sure June Burr is part of all discussion, e-mail, communication etc. regarding the equipment. This will help insure someone knows where everything is. Also provides an e-mail trail so if we all forget, we can look back at the e-mail communication to find our notes.

Allocation of ORS Gift Cards (same as past)

Barre Town Spring Run	\$120
Capitol City Stampede	\$500
Paul Mailman 10 Miler	\$500
Bear Swamp	\$200
Berlin Pond	\$280
First Night	\$400

Report from the CVR Race Series Committee – Jeff Prescott

Jeff reports that the committee will be making a proposal in August with the goal of adoption of the proposal in November.

Forming committee to develop policies and procedures for club

donations – was proposed at Annual Meeting in March. Greg to work on forming the committee and meeting to develop policies and procedures.

Publicity Coordinator Position – Needed. If interested contact Greg Wight.

Discussed the duties of this role, such as publicity for races

Discussed ideas of using social media

Discussed ideas of promoting the donations of the club

If you are interested in this position contact Greg

Improving marketing and recruitment.

Discussed ideas for increasing membership such as volunteering at races to simply promote the club to participants who aren't already members.

Carry applications with you everywhere you go and hand out

Create business cards with CVR Club information

ORS sponsored team discussion. ORS would be interested in sponsoring a team in a number of running events, like they do biking. Talia Brooks, at ORS, is interested in forming some teams to participate in some team events throughout the summer. If interested in co-organizing with Talia, contact Greg Wight.

Next meeting is Monday, August 17, 2015, Meeting adjourned at 8:15 pm ... Sandy Colvin

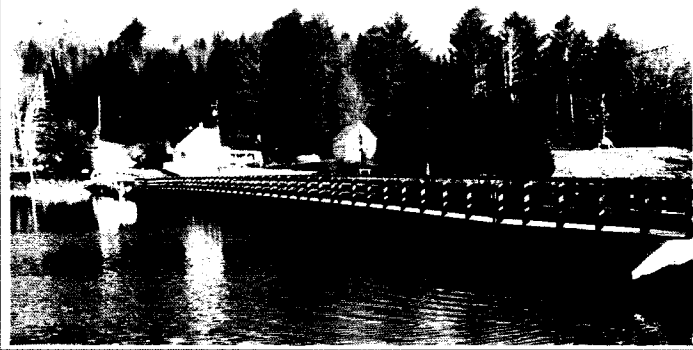
CVR August Meeting

The next CVR meeting is scheduled for
Monday August 17
at the **Old Town Hall in Brookfield**

All roads lead to nearby Brookfield. Directions: Take I-89 exit 5, go east on Rte 64 a few hundred yards to a right on Stone Rd, then 6 miles straight south into Brookfield; or Rte 14 and then Rte 65; or Rte 12 and then Rte 65. We'll meet at the Old Town Hall, just a few yards from the Floating Bridge.

Pot Luck at 6 pm, Meeting starts at 7:00

Come early and run some of Brookfield's hills
and across the new bridge...



"thank you" ... to the many people who contributed **USEFUL, informative, **fun**, **encouraging**, **F A C T U A L**, **entertaining**, **HELPFUL**, enjoyable, and **motivational information for this newsletter****

This newsletter is a publication of the
Central Vermont Runners

Officers include:

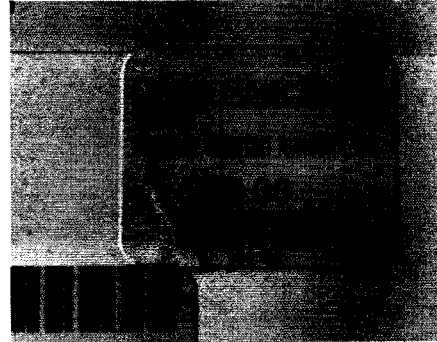
President:..... Greg Wight
Vice-President:..... June Burr
Treasurer:..... John Valentine
Secretary:..... Sandy Colvin
Past Pres:..... Jeff Prescott
Executive Committee:..... Beth Daut
.....Darragh Ellerson
Webmasters:..... Dave Kissner
.....John Hackney
Newsletter:..... Bob Howe
Membership:..... Donna Smyers

Onion River Sports offers

15% off regular retail prices

to CVR members on running shoes and run-specific clothing and run accessories. *(cannot be combined with other discounts, coupons or promotions)*

**Show the salesperson the back
of your CVR Membership Card. ... Greg**



the current standings for the
Central Vermont Runners/Onion River Sports
Race Series are now available
at: www.cvrrunners.org/results/cvrrs_2015.pdf

If you have any questions about the standings,
please contact **Jim Flint** at jimflintvt@gmail.com

As always, thanks to our good friends at
Onion River Sports for their awesome support of
the running community... Jeff Prescott

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



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

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



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

Joe Connelly, **Vermont City Marathon**, let
us know that they award prizes for fastest non-USATF
affiliated teams based on top 3 times, and that CVR
members **Rob McDougall, Brian Burns, and Robert
Patterson** compiled the winning time of 9:38:28, besting
Narragansett Running Association by 2 minutes and
thereby earning \$250 for the club. Congratulations and
thank you!

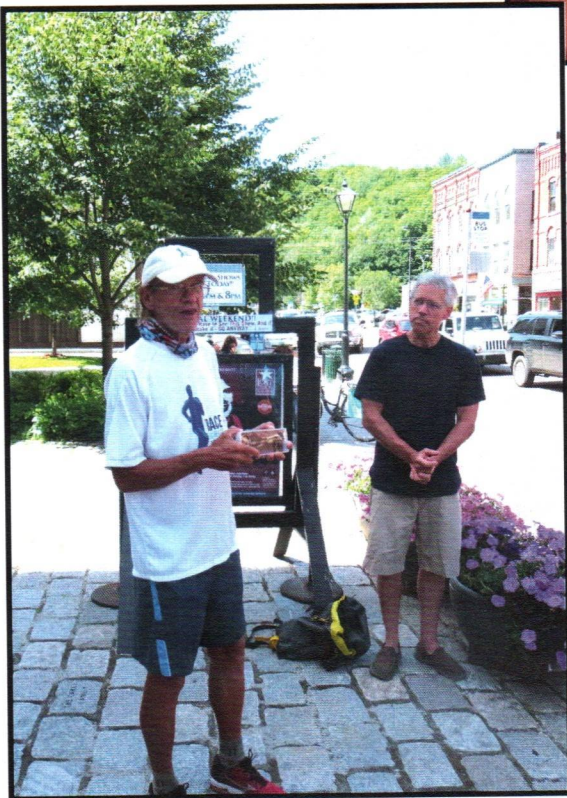
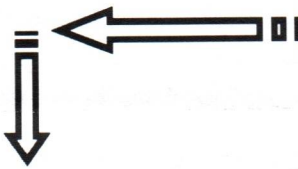
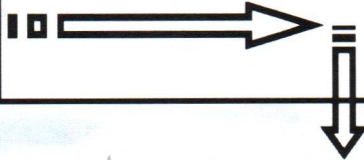
And, top 3 club runners **Dylan Broderick, Shannon
Salembier, and Dot Helling** compiled a total time
of 11:21:10 for 2nd non-USATF affiliated female team.
Great running for your club! ...Jeff Prescott

"Wanted: **Front Porch Forum** members willing to serve as re-
posters of Leaf Peeper marketing items in all towns in CVR
area. Contact Greg gregw.cvr@gmail.com."
For example, I can be the Leaf Peeper news poster for the
Randolph-Brookfield-Braintree FPF. ... Greg Wight



Follow **Newton** in the **Race Across the USA**, from California, to meeting with U-32 students in Washington D.C., to receiving the key to the city of Montpelier from Mayor John Hollar, to really being home ~ ready to run the Paul Mailman 10 Miler, including articles from the Times Argus and ESPN: all at <https://newtonbaker.wordpress.com/>

(photos courtesy of newtonbaker.wordpress.com/ and Jeff Prescott)





Race Director: Roy Belcher

Photo courtesy: Roy Belcher

Place	Time	Name	M/F	Age
1	25:14:14	Burns Briap	M	39 Calais
2	28:22:48	Gardner-Morse Mack	M	54 Calais
3	29:00:56	Patterson Robert	M	50 Calais
4	30:34:50	Patterson Trevor	M	14 Calais
5	31:49:38	Bradley Jacob	M	14 Montpelier
6	31:49:51	Bradley Kari	M	47 Montpelier
7	31:54:51	Carlson Rima	F	41 Montpelier
8	33:18:82	Salembier Shannon	F	29 Montpelier
9	33:42:50	Schwartz Charles	M	54 Worcester
10	35:01:58	Hee Eileen	F	43 Worcester
11	37:40:00	Helling Dot	F	65 Montpelier
12	37:40:00	Auclair Beki	F	44 Moretown
13	45:05:77	Hay Brittany	F	25 Hardwick
14	45:05:77	Picard Paige	F	24 Greensboro
15	49:46:08	Stridesberg Mary	F	42 Berlin
16	51:25:37	Carlson Gerry	M	83 Montpelier
17	51:51:89	Buttura Holly	F	46 Barre
2 Mile Fun Run				
1	21:19:50	Bradley Simon	M	17 Montpelier
2	22:51:22	Brown Sofya	F	10 Moretown
3	22:51:22	Bradley Ella	F	11 Montpelier

Worcester 4 Mile

CVR Mutt Strutt

Place	Div	Name	Dogname	Age	M/F	Dogs	City	Time
1	1	Eric Morse	Murdock	50	M	S	Berlin	17:55
2	1	Matthew Roth	Sammy	37	M	L	Fairfax	18:28
3	2	Mack Gardner-Morse	Ginger	54	M	S	Calais	21:39
4	2	James Hoffman	Olive	33	M	L	Waterbury Ce	26:16
5	3	Carl Etnier	Ceili	52	M	S	Montpelier	26:27
6	1	Tom Shanley	Sam	13	M	L	Montpelier	28:15
7	1	April Farnham	Tictic	48	F	L	Plainfield	30:33
8		John Wakefield	None	39	M		Montpelier	33:18
9		Kevin Reid	None	40	M			35:31
10		Jennifer Keller	None	43	F		Lake Elmore	36:39
11		Rowan Keller	None	13	M		Lake Elmore	36:49
12	1	Jessica Riley	Mia	29	F	S	Washington	39:28
13	1	Kathleen Farnham	Letti	16	F	S	Plainfield	39:58
14		Jess Moore	None	32	F		Morrisville	45:58
15		Jessica D'Adamo	None	31	F		Morrisville	46:00
16	1	Kate Nicolet	Scooter	38	F	S	Montpelier	50:47
17		Erin McKenney	None	37	F		Montpelier	50:52
18	4	Armand Muroz	Murrie	52	M	S	Jericho	50:54
19		Torrey Hanna	None	7	F		Johnson	53:37
20	1	Angie Lee	Murrie	43	F	S	Jericho	53:40
21		Emily Buskey	None	46	F		Johnson	57:44
22		Andrea Levesque	None	59	F		Morrisville	57:46
23	1	Ann Lester	Basil	65	F	S	Plainfield	1:13:20
24	1	Emily McLean	Autumn	28	F	L	Hardwick	1:13:23



Race Director: Brittany Lafirira

Photo courtesy: Brittany Lafirira

Barre Town Spring Run

The 7th annual race was held on Saturday, May 16 at the Barre Town Recreation Field. Race proceeds benefited the Barre Town Recreation Department. This event was the 3rd event of the 2016 CVR/ORS Race Series. Notable CVR performances include:

Thorin Markison was the fastest CVR member. He was 2nd overall & 1st in M 30-39 age group.

Dot Martin was 1st female overall & 1st F 50-59.

Donna Smyers was 2nd F 50-59.

Jim Flint was 1st M 50-59.

Mack Gardner-Morse was 2nd M 50-59.

Bob Howe was 1st M 60-69.

Bob Murphy was 1st M 70-79 in a new course record. (He was in a hurry because he had to get back to help compile the results.)

Roger Cranse was 2nd M 70-79.

Gerry Carlson was 1st M 80-89.

Race director **Andrea McLaughlin** founded this race in 2009 with 45 finishers, including 11 young girls. This year's race had 158 finishers, including 50 young girls. Many of these girls participated in Andrea's Barre Town Girls Running Club. This year, some of Andrea's associates at Barre Town Elementary School sponsored a companion Boys Running Club. Thanks to Andrea for all her efforts in promoting youth running and creating an awesome community event.

....Jeff Prescott

Spring Run 5K, AGE GROUP RESULTS

FEMALE AGE GROUP 1 - 19

1 33 Cameron Gilwee 15 Barre VT 26:51 8:39
2 38 Kate May 8 Barre VT 28:38 9:13
3 39 Matelyn Thygesen 14 Williamstown 28:39 9:14
4 43 Jenna Hallstrom 13 Barre VT 28:59 9:20
5 45 Lily LaCroix 10 Barre VT 29:21 9:27
6 48 Abigail Lindhiem 9 Barre VT 29:35 9:32
7 50 Autumn DeForge 10 Williamstown VT 29:50 9:37
8 51 Naveda Orton 10 Williamstown VT 29:51 9:37
9 58 Jenn Deforge 10 Williamstown VT 31:33 10:10
10 59 Camden Kelley 12 Barre VT 32:11 10:22
11 60 Evelyn Barber 10 Barre VT 32:28 10:27
12 61 Mekenna Metcalf 9 Barre VT 32:30 10:28
13 65 Lily Schoenig 8 Barre VT 33:15 10:43
14 66 Cheyenne Schoenig 14 Barre VT 33:15 10:43
15 70 Madelyn Hull 8 Barre VT 34:45 11:12
16 71 Kayla LaPrade 9 Barre VT 34:45 11:12
17 72 Abigail York 9 Barre VT 34:57 11:15
18 75 Gracie Martin 9 Barre VT 35:06 11:18
19 76 Nichole Buzzi 9 Barre VT 35:10 11:26
20 79 Kiana Martin 12 Barre VT 36:01 11:36
21 81 Julia Hallstrom 10 Barre VT 36:47 11:51
22 82 Alyssa Litchfield 10 Graniteville VT 37:01 11:55
23 85 Lucy Norris 8 Barre VT 37:13 11:59
24 90 Caitlin Casavant 9 Berlin VT 38:05 12:16
25 93 Sydney Jay 8 Barre VT 38:24 12:22
26 94 Mikayla Gagne 10 Barre VT 38:29 12:24
27 95 Meredith Kerin 10 Graniteville VT 38:35 12:26
28 98 Isaac Maring 10 Northfield VT 38:37 12:26
29 99 Isabel Preston 9 Graniteville VT 38:38 12:27
30 100 Charlotte Young 9 Graniteville VT 38:39 12:27
31 103 Aliyah Elliot 9 Barre VT 39:30 12:43
32 108 Danielle Poulin 9 Barre VT 40:08 12:56
33 109 Hannah Magoon 8 Barre VT 40:19 12:59
34 110 Clara Murray 8 Barre VT 40:28 13:02
35 114 Seanna Amell 10 Williamstown 42:00 13:32
36 116 Zoe Colvin 9 Montpelier VT 42:46 13:46
37 117 Fraya Hubbard 9 Montpelier VT 42:51 13:48
38 118 Megan Rea 10 Barre VT 43:19 13:57
39 119 Cara Rea 10 Barre VT 43:33 14:02
40 120 Allison Longo 8 Barre VT 43:34 14:02
41 121 Shay Abrakana 10 Barre VT 43:34 14:02
42 125 Elias Maring 6 Northfield VT 43:47 14:06
43 126 Aubrey Cheney 9 Barre VT 43:57 14:09
44 128 Jady Swales 9 Barre VT 44:23 14:18
45 130 Corrina Moulton 8 Barre VT 44:47 14:25
46 131 Alexa Hricay 9 Barre VT 44:47 14:25
47 132 Alexis Davis 9 Barre VT 45:35 14:41
48 133 Abigail Geno 10 Barre VT 46:13 14:53
49 136 Emma Carson 10 Orange VT 49:23 15:54
50 139 Avyanna Litchfield 13 Graniteville 49:43 16:01

MALE AGE GROUP 1 - 19

1 9 Kennen Soriano 16 Barre VT 21:31 6:56
2 14 Benjamin Thygesen 12 Williamstown 21:53 7:03
3 18 Michael Rea 11 Barre VT 23:13 7:29
4 29 Michael Noury 8 Barre VT 26:05 8:24
5 30 Taité Magoon 11 Barre VT 26:10 8:26
6 31 Garret Cameron 9 Barre VT 26:48 8:38
7 32 Denver Heath 18 Barre VT 26:51 8:39
8 34 Jake Darling 12 Barre VT 27:33 8:53
9 35 Evan Kerin 11 Graniteville VT 27:34 8:53
10 37 Austin Kelley 7 Barre VT 28:08 9:04
11 52 Jamie Bates 10 Barre VT 30:23 9:47
12 53 Pacie McGrath 10 Barre VT 30:26 9:48
13 54 Ellison Fortin 9 Graniteville VT 30:37 9:52
14 63 Shea Harding 12 Barre VT 32:32 10:29
15 64 Blake Taylor 10 Barre VT 33:14 10:42
16 67 Ian Apfel 9 Barre VT 33:23 10:45
17 73 Logan Kelly 9 Barre VT 34:58 11:16
18 74 Trevor Arsenault 10 Websterville 35:01 11:17
19 78 Dakota Martin 10 Barre VT 35:33 11:27
20 80 Ethan Fortin 7 Graniteville VT 36:08 11:38
21 84 Sam Norri 10 Barre VT 37:13 11:59
22 101 Cohen Slayton 8 Barre VT 39:16 12:39
23 102 Xavier Woogmaster 9 Barre VT 39:23 12:41
24 105 Michael Aubut 9 Washington VT 39:54 12:51
25 106 Brady Aldrich 8 Barre VT 40:03 12:54
26 113 Pi Woogmaster 6 Plainfield VT 41:44 13:26
27 127 Demetrius Wickenhei 8 Barre VT 44:14 14:15
28 135 William Colvin 5 Montpelier VT 46:19 14:55
29 142 Jordan Smith 13 Barre VT 49:45 16:01

FEMALE AGE GROUP 20 - 29

1 25 Meredith Naughton 26 Montpelier VT 24:31 7:54
2 55 Brandy Kolling 29 Graniteville VT 30:39 9:52
3 62 Adrianna Milo 24 Barre VT 32:31 10:28
4 69 Shannon Planck 29 Barre VT 34:25 11:05
5 88 Jessica Hurlbert 22 Northfield VT 37:51 12:11
6 124 krista Pettrey 29 Northfield VT 43:47 14:06
7 138 Alicia Feiler 27 Barre VT 49:42 16:00
8 143 Katherine Kauffman 24 Montpelier 50:06 16:08

MALE AGE GROUP 20 - 29

1 1 Ben Taska 25 Lowell VT 17:23 5:36
2 4 Joseph Kill 25 Wheelock VT 19:17 6:13
3 5 Kyle Powers 26 Waterford VT 19:36 6:19
4 10 Jole Rhodes 24 Montpelier VT 21:34 6:57
5 24 Ben Kidder 24 Montpelier VT 24:30 7:54

FEMALE AGE GROUP 30 - 39

1 15 Catherine Reed 38 Plainfield VT 22:01 7:06
New record. Old record 23:33 by Missy Goodwin
2 17 Jacqueline Jancaibs 32 Barre VT 22:57 7:24
3 19 Lydia Petty 31 Northfield VT 23:27 7:33
4 46 Angela LaCroix 36 Barre VT 29:22 9:28
5 86 Amy LaPrade 36 Barre VT 37:27 12:04
6 89 Lauren Arsenault 38 Websterville 37:52 12:12
7 92 Michelle Noury 34 Barre VT 38:10 12:18
8 111 Jess LaCasse 36 Barre VT 40:28 13:02
9 115 Sarah Capren 35 Northfield VT 42:46 13:46
10 129 Allyson Healey 37 Barre VT 44:47 14:25
11 137 Heather Magoon 31 Barre VT 49:41 16:00
12 145 Amber Amell 35 Williamstown VT 50:08 16:09
13 152 Stephanie Fleury 37 Barre VT 52:05 16:46
14 157 Sonya Shedd 35 Barre VT 56:22 18:09

MALE AGE GROUP 30 - 39

1 2 Thorin Markison 32 Montpelier VT 17:49 5:45
2 3 Damian Bolduc 37 S. Burlington VT 18:30 5:58
3 20 Colin Bright 32 Northfield VT 23:39 7:37
4 26 Samuel Planck 30 Barre VT 24:47 7:59
5 49 Jeremy Gagne 37 Barre VT 29:48 9:36
6 96 Eric Kerin 38 East Montpelier VT 38:35 12:26
7 107 Jason Aldrich 35 Barre VT 40:04 12:54
8 148 Michael Berry 38 Barre VT 51:04 16:27

FEMALE AGE GROUP 40 - 49

1 36 Heather Magoon 43 Barre VT 27:44 8:56
2 40 Windy Kelley 42 Barre VT 28:40 9:14
3 44 Wendy Gilwee 47 Barre VT 29:08 9:23
4 97 Holly Buttore 46 Barre VT 38:36 12:26
5 112 Cynthia Fortin 45 Graniteville VT 40:45 13:07
6 123 Vicki Abraham 45 Barre VT 43:46 14:06
7 134 Sandy Colvin 46 Montpelier VT 46:19 14:55
8 155 Amy Ducharme 45 Barre VT 52:52 17:01

MALE AGE GROUP 40 - 49

1 8 Jason Boisseau 44 St. Johnsbury VT 21:25 6:54
2 21 Skip Mattoon 46 Chelsea VT 23:45 7:39
3 56 Michael Blakemore 45 Lee NH 30:55 9:58
4 57 David Cameron 44 Barre VT 30:56 9:58
5 77 Jim Buzzi 40 Barre VT 35:30 11:26
6 83 Kevin Beasy 40 Graniteville VT 37:02 11:56

FEMALE AGE GROUP 50 - 59

1 13 Dot Martin 54 Montpelier VT 21:50 7:02
2 16 Donna Smyers 57 Adamant VT 22:33 7:16
3 91 Becky Diedrich 50 Berlin VT 38:09 12:17
4 150 Rose Lassard 57 Barre VT 52:00 16:45

MALE AGE GROUP 50 - 59

1 6 Jim Flint 56 Craftsbury VT 20:06 6:29
2 7 Mack Gardner-Morse 52 Calais VT 20:25 6:35
3 11 Todd Taska 55 Lowell VT 21:36 6:58
4 12 Tim Noonan 59 Montpelier VT 21:46 7:01
5 22 Andy Shuford 54 Montpelier VT 23:50 7:41
6 23 Jeff Prescott 51 Montpelier VT 24:08 7:47
7 28 Carl Rogers 59 East Barre VT 25:10 8:07

FEMALE AGE GROUP 60 - 69

1 87 Libby Cookson 60 Barre VT 37:34 12:06
2 154 Claire Goodell 60 Williamstown VT 52:52 17:01

MALE AGE GROUP 60 - 69

1 41 Bob Howe 68 Barre VT 28:51 9:18
2 42 Bill Everett 63 Essex Jct. VT 28:58 9:20
3 47 Greg Wright 69 Brookfield VT 29:32 9:31
4 153 John Lawson 66 Barre VT 52:50 17:01

MALE AGE GROUP 70 - 79

1 27 Bob Murphy 75 Barre VT 24:49 8:00
New record. Old record 30:39 by Roger Cranse
2 68 Roger Cranse 74 Montpelier VT 33:48 10:53

MALE AGE GROUP 80 - 99

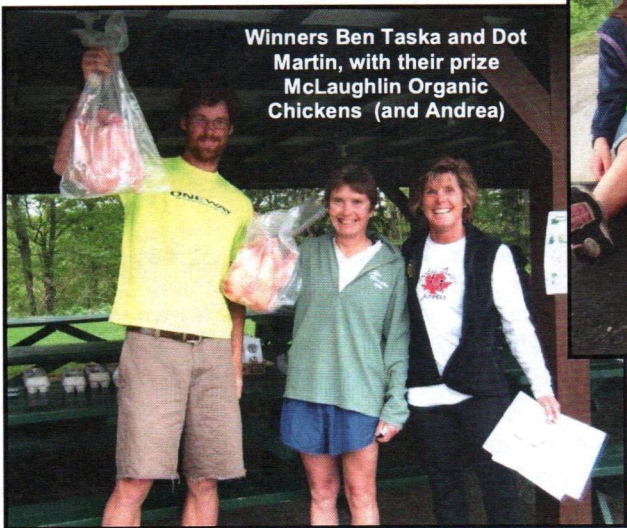
1 104 Gerry Carlson 83 Montpelier VT 39:51 12:50

(photos courtesy of Greg Wight, Brian Carlson and Jeff Prescott)

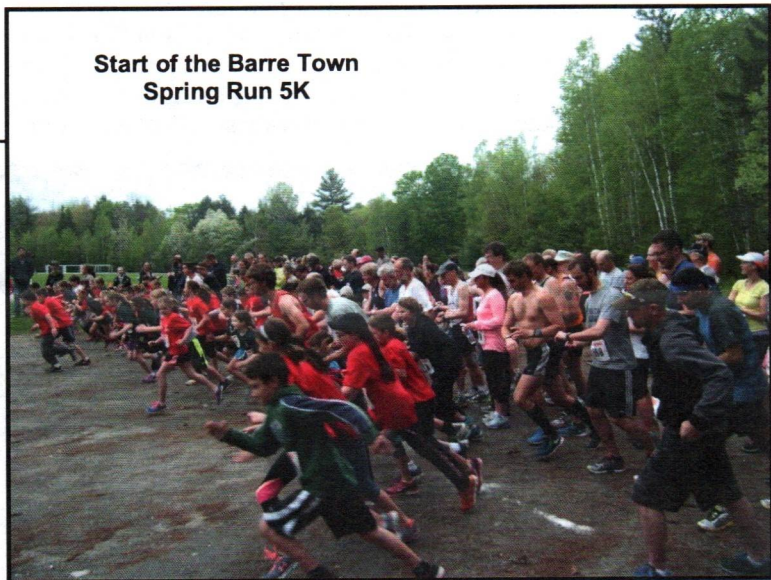


Moretown GOTR Thanks you!

Winners Ben Taska and Dot Martin, with their prize McLaughlin Organic Chickens (and Andrea)



Start of the Barre Town Spring Run 5K



Central Vermont Runners

Thank you from Waterbury

A collage of handwritten names in various colors: Olivia, Coelwyn, Anelisa, Brianna, CHARIE, Mia LaPointe, Destiny, Gabby, Julia, Moya, Hadley, Janelle, Teras, Filla, Cierra, Maeven, Mi AD, Ava, ann abog, Natallee, Elizabeth, MAEYE, Olivia S. The text 'Girls on the Run' is at the bottom in red, and 'PicCOLLAGE' is in the bottom right corner.

Ready to Register Barre Town Spring Run 5K



Vermont Runners Meet With Success at National Senior Games ...by Jim Flint

ST. PAUL, MINN., -- A cohort of 50 Vermont athletes earned the privilege of competing in the Twin Cities July 3-16 at the 2015 National Senior Games. Held every two years in a different U.S. city, the games cover 25+ individual and team sports for men and women, age 50 and up. More than 10,000 athletes competed this year.

The 10k Road Race opened the 2015 Games on July 4. The race was held on a two loop course at the Minnesota State Fairgrounds in St. Paul. Men and women of all age groups ran together in the race. Temperatures were in the low 70s for the 8 a.m. start.

Vermont's fastest runner, Joe McNamara (GMAA-Williston), had a group of four racers hot on his heels for the first mile. In mile two he kicked into higher gear to easily outdistance Indiana's Kraig Scott, 36:40 to 37:53. Along with winning the race, Joe brought home the gold medal in the men's 50-54 age group.

The level of running competition was several notches higher than the 2013 National Senior Games held in Cleveland, Ohio. The reigning 10k winner, Bill Schroeder of Texas, finished fifth in the 50-54 men's age group this time around. Schroeder was among the hopefuls trying to no avail to keep up with McNamara's sub-6 minute per mile pace on the mostly flat course.

Karen Newman (South Burlington) had the top finish among Vermont women. She was the fifth woman in the race, 33rd overall, and fifth in the women's 50-54 age group. Winning the women's 10k

was hometown favorite Wanda Gau of Minnesota, who took the gold in the 50-54 age group in a women's 10k record time of 40:36. Elizabeth McCarthy (Walden) was the next Vermont woman across the line in 61:39. Her finish was 15th among 21 state ranked qualifiers in the 60-64 age group.

McCarthy and her husband Tim Hogeboom met up in Minnesota the day before the 10k race to celebrate their 28th wedding anniversary. She took up running three years ago, while he got back into his passion of hiking. The couple originally met on the Appalachian Trail. Tim is currently completing the Pacific Coast Trail from end to end. He took a break to attend the National Senior Games and cheer on his spouse.

(continued in next column)

Among Vermont men, Bob Johnstone (Derby) ran the 10k in 51:38 to win the bronze medal for the 70-75 year age group. In the 75-79 age group, Peter Mitchell (GMAA-Jericho) finished 6th in 57:35. Rounding out the Vermont runners, Jim Flint (CVR-Craftsbury) finished 14th overall and fifth for the 55-59 age group in 40:28.

In the triathlon event July 5, Karen Newman earned a silver medal for the women's 50-54 age group. Karen was the first athlete – man or woman – to complete the 400-meter swim. She led the 20k bicycle stage for the first few kilometers until being overtaken by gold medal winner Kathryn Jensen of Minnesota, who averaged 24.9 miles per hour.

In the 5k run, Newman had the fastest time (21:46) for the women triathletes. She completed the triathlon in 1:05:00, not far behind Jensen in 1:03:53. Newman, a breast cancer survivor, was the "Iron Woman" for Vermont, racing in the 10k July 4, triathlon July 5, and 5k race July 6.

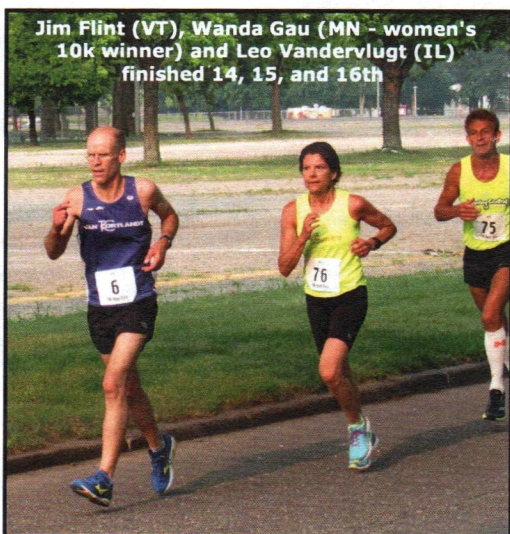
A muggy rainy morning greeted competitors in the 5k race July 6 at the Minnesota State Fairgrounds. The large field of 117 women and 141 men represented 44 states and the District of Columbia. Mark Furkis, winner of the 5k race in the 2013 National Senior Games, returned to defend his title. As he stood on the starting line, Vermont's Joe McNamara knew he might face a tougher test than his gold medal victory two days earlier in the 10k race.

The tightly packed group of front runners jumped at the gun and sprinted from the starting line down the first straightaway. McNamara was flanked by a pack of four speedsters rocketing at a 5:25 per mile pace. The Vermonter let a couple of the contenders take the early lead, but by the second mile he was in firm control of the race with a steady rhythm. He went on to claim the overall victory in 17:34 and the gold medal for the 50-54 age group.

Gary Plank of Arizona finished second in 18:11 and won gold for the 55-59 men's age group. Furkis, from Indiana, was third overall in 18:21 and won gold in the 60-64 age group. Jim Flint was the second Vermont man, finishing 22nd in 19:45 and seventh in the 50-54 age group. Peter Mitchell took sixth for the 75-79 men's group, finishing 143rd in 27:23.

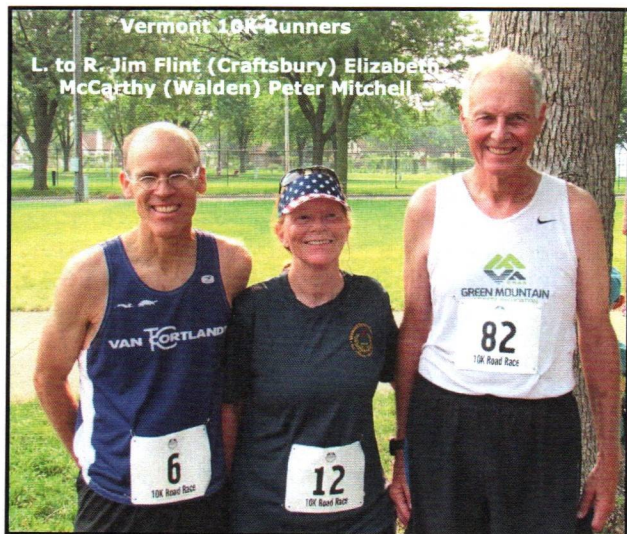
Top finisher in the women's division was Maryland's Darcy Strouse in 20th place overall. Strouse ran the 5k in 19:31 and won gold for the women's 50-54 age group. Wanda Gau, the women's 10k winner on July 4, was second in the 5k and earned a silver medal for the 50-54 age group. Karen Newman was the lead Vermont woman, finishing 55th overall and fifth among women ages 50-54. Randi Brevik (Jericho) rounded out the Vermont team finishing 11th in the women's 60-64 age group in 27:29.

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Jim Flint (VT), Wanda Gau (MN - women's 10k winner) and Leo Vandervlugt (IL) finished 14, 15, and 16th

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The road to the National Senior Games begins at the state level. The Vermont Senior Games Association partners with the Green Mountain Athletic Association to put on the state championship 5k and 10k road races for seniors, which are held every year. Gold, silver, and bronze medals are awarded for each 5-year age group, starting with 50-54.

The Clarence DeMar Road Race in South Hero on July 4 serves as the 5k Vermont Senior Games State Championship. The 10k State Championship coincides with the Art Tudhope Race October 3 in Shelburne. Runners seeking to qualify for the 2017 National Senior Games in Birmingham, Alabama need to either place in their age group, or meet an age group qualifying standard in 2016. If a Vermont race isn't feasible, athletes can qualify in another state.

The thrill of meeting and competing with older athletes brings seniors back each year to the state games, and every other year to the nationals. It would be great to see a contingent of CVR members participate. The next Vermont Senior Games opportunity is the 4k and 8k State Championship Trail Races August 9 at Smuggler's Notch. Visit www.vermontseniorgames.org to learn more!

(photos courtesy Jim Flint)

Vermont 5K Runners



A record-setting run for a Vermont runner and his dog at Rolling Hills race

By Gerry deSimas Jr., Collinsville Press • July 11, 2015 @ 10:38 pm • 0 Comments • Avon, MainStory



Eric Morse and his dog, Murdock, won the Rolling Hills Road Race in Avon Saturday.

AVON, July 11 – Every day, Eric Morse takes a run with his dog, Murdock. It's usually about 8 miles a day but there are other days when the duo run up to 14 miles.

A little over three miles didn't pose a problem Saturday morning. Morse, who lives in Montpelier, Vermont, won the fourth annual Rolling Hills 5K Road Race at St. Matthew's Church.

Morse and Murdock won the race in a record performance of 19:20.6 for the course that is closer to 3.2 miles than the advertised 3.1 miles. That easily eclipsed the old mark of 21:23 set a year ago by Avon's Jeff Molson.

Avon's Emily Jarka won the woman's race by nearly a minute and 30 seconds with her time of 24 minutes. She finished eighth overall in the field of 86 runners.

Most of the races that allow dogs are in the spring and fall – cooler times of the year for the dogs. Morse and Murdock, 5, won the Run and Wag Bunny Williams Connecticut Doggie Cup in Cornwall last October. The Cornwall event claims to be the Doggie Cup state championship race.

Newspaper article courtesy of Eric Morse

On June 20, 2015, CVR member **Eric Morse** of Berlin Vermont, was inducted into the **Mount Washington Road Race Hall of Fame**.

No word on whether Murdock attended the ceremony. There are now 21 folks with this honor and 2 of them are CVR members!

... Jeff Prescott

(the other CVR member of the Mount Washington Road Race Hall of Fame is Keith Woodward of Stowe) ...Bob

CVR Capital City Stampede 10K

Montpelier 06/06/2015

Place Div/Tot Name Age S City St Time Pace

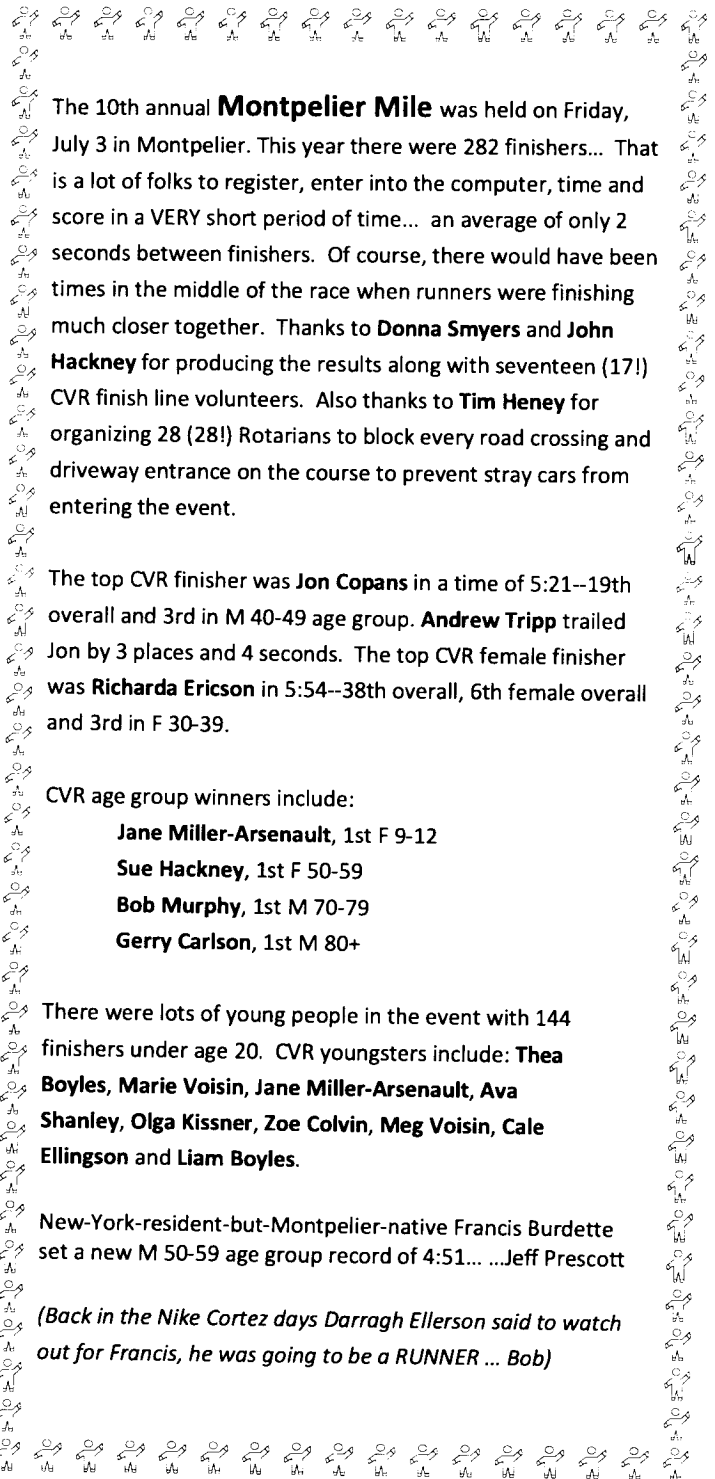
Place	Div/Tot	Name	Age	S	City	St	Time	Pace
1	5	Will Kirk	25	M	So.	Royalton VT	36:26	5:52
2	1/7	Brian Burns	35	M	Calais	VT	37:38	6:04
3	1/7	Jon Copans	41	M	Montpelier	VT	37:48	6:05
4	1/13	Meagan Boucher	24	F	St. Johnsbury	VT	38:23	6:11
5	2/13	Lori Crotts	27	F	Duxbury	VT	38:42	6:14
6	2/7	Gavin Boyles	39	M	Montpelier	VT	40:12	6:29
7	1/10	Jim Flint	56	M	Craftsbury	VT	40:26	6:31
8	2/7	Rob McDougall	40	M	So.	Burlington VT	41:23	6:40
9	2/5	Kyle Powers	26	M	Waterford	VT	41:25	6:40
10	2/10	Michael Wolfe	52	M	Newton	MA	41:34	6:42
11	3/10	Mack Gardner-Morse	54	M	Calais	VT	41:53	6:45
12	1/6	Sarah London	35	F	Montpelier	VT	42:32	6:51
13	3/5	Dave Lovegrove	28	M	Burlington	VT	42:59	6:56
14	4/10	John Grosvenor	54	M	Cabot	VT	43:01	6:56
15	4/5	Allen Smith	27	M	So.	Royalton VT	43:10	6:57
16	1/1	Dot Martin	54	F	Williamstown	VT	43:13	6:58
17	5/10	Todd Taska	56	M	Lowell	VT	44:06	7:06
18	2/6	Leslie Welts	34	F	Montpelier	VT	45:41	7:22
19	3/13	Haley Pratt	23	F	Barre	VT	45:43	7:22
20	1/8	Rima Carlson	40	F	Montpelier	VT	45:43	7:22
21	3/6	Allie Nerenberg	30	F	Jericho	VT	45:58	7:24
22	6/10	Andy Shuford	55	M	Montpelier	VT	46:27	7:29
23	4/13	Danielle LaCavalla	28	F	Northfield	VT	46:47	7:32
24	5/5	Emerson Howe	26	M	Duxbury	VT	47:27	7:39
25	1/5	Russ Cooke	63	M	Williston	VT	47:30	7:39
26	2/5	John Hackney	69	M	Montpelier	VT	47:39	7:41
27	4/6	Lydia Petty	31	F	Northfield	VT	48:07	7:45
28	3/7	Colin Bright	33	M	Northfield	VT	48:33	7:49
29	7/10	Jeff Prescott	51	M	Montpelier	VT	48:34	7:49
30	5/13	Pam Eaton	29	F	Waterbury	VT	48:41	7:51
31	2/8	Sandy Colvin	47	F	Montpelier	VT	49:19	7:57
32	8/10	Dennis Casey	56	M	Waterford	VT	49:38	8:00
33	9/10	Steven Robinson	51	M	Montpelier	VT	49:59	8:03
34	4/7	Eric Kucinskis	34	M	Montpelier	VT	50:56	8:12
35	5/7	Al Hermsen	31	M	Montpelier	VT	51:27	8:17
36	6/7	Daniel Keeney	31	M	No.	Montpelier	51:45	8:20
37	6/13	Megan Mitchell	21	F	Burlington	VT	53:03	8:33
38	3/8	Amy Lear	42	F	Brandon	VT	53:03	8:33
39	3/7	Calvin Smith	46	M	Montpelier	VT	53:23	8:36
40	7/13	Elizabeth Keller	25	F	Montpelier	VT	54:05	8:43
41	10/10	Tony Mathis	53	M	Montpelier	VT	54:08	8:43
42	3/5	Michael Shover	66	M	Bradford	VT	55:12	8:54
43	8/13	Hannah Cuseo	28	F	Burlington	VT	56:22	9:05
44	9/13	Sarah Bradley	27	F	Essex Jct.	VT	56:46	9:09
45	10/13	Melissa Gingras	20	F	S.	Burlington	57:34	9:16
46	1/3	Phillip L. Howard	77	M	Burlington	VT	58:09	9:22
47	11/13	Emma Wilkinson	20	F	S.	Burlington	58:43	9:27
48	4/8	Kim Bolduc	48	F	Middlesex	VT	59:04	9:31
49	1/3	Rae Nishi	61	F	So.	Burlington	59:50	9:38
50	12/13	Caitlin Lovegrove	29	F	Burlingtn	VT	1:00:35	9:45
51	4/7	Kevin Wimple	40	M	Colchester	VT	1:00:45	9:47
52	5/8	Erika Hansen	41	F	Essex Jct.	VT	1:00:45	9:47
53	5/7	John Wakefield	40	M	Montpelier	VT	1:01:01	9:50
54	4/5	Greg Wight	69	M	Brookfield	VT	1:01:13	9:52
55	5/5	John Kaeding	67	M	Worcester	VT	1:02:03	10:00
56	2/3	Toni Kaeding	63	F	Worcester	VT	1:02:04	10:00
57	2/3	Dick Ferno	71	M	Williamstown	VT	1:02:44	10:06
58	13/13	Stephanie Austin	26	F	Essex	VT	1:03:57	10:18
59	7/7	Ryan Austin	30	M	Essex	VT	1:03:57	10:18

(continued in next column)

(CVR Capital City Stampede 10K)

60	6/7	Jeremy Barry	40	M	Hartford	VT	1:04:24	10:22
61	5/6	Erin McKenney	37	F	Montpelier	VT	1:04:28	10:23
62	6/8	Melodie Kuban	43	F	Barre	VT	1:05:06	10:29
63	6/6	Sarah Davis	32	F	Northfield	VT	1:05:07	10:29
64	3/3	Roger Cranse	74	M	Montpelier	VT	1:09:04	11:07
65	7/7	Erich Rosenstreich	47	M	Mont	VT	1:11:32	11:31
66	3/3	Edie Novicki	63	F	Stowe	VT	1:16:20	12:18
67	7/8	Mary Stridsberg	42	F	Berlin	VT	1:17:30	12:29
68	1/1	Gerry Carlson	83	M	Montpelier	VT	1:17:31	12:29
69	8/8	Denise Ricker	49	F	Montpelier	VT	1:20:56	13:02

Race Director: John Valentine



The 10th annual **Montpelier Mile** was held on Friday, July 3 in Montpelier. This year there were 282 finishers... That is a lot of folks to register, enter into the computer, time and score in a VERY short period of time... an average of only 2 seconds between finishers. Of course, there would have been times in the middle of the race when runners were finishing much closer together. Thanks to **Donna Smyers** and **John Hackney** for producing the results along with seventeen (17!) CVR finish line volunteers. Also thanks to **Tim Heney** for organizing 28 (28!) Rotarians to block every road crossing and driveway entrance on the course to prevent stray cars from entering the event.

The top CVR finisher was **Jon Copans** in a time of 5:21--19th overall and 3rd in M 40-49 age group. **Andrew Tripp** trailed Jon by 3 places and 4 seconds. The top CVR female finisher was **Richarda Ericson** in 5:54--38th overall, 6th female overall and 3rd in F 30-39.

CVR age group winners include:

- Jane Miller-Arsenault**, 1st F 9-12
- Sue Hackney**, 1st F 50-59
- Bob Murphy**, 1st M 70-79
- Gerry Carlson**, 1st M 80+

There were lots of young people in the event with 144 finishers under age 20. CVR youngsters include: **Thea Boyles**, **Marie Voisin**, **Jane Miller-Arsenault**, **Ava Shanley**, **Olga Kissner**, **Zoe Colvin**, **Meg Voisin**, **Cale Ellingson** and **Liam Boyles**.

New-York-resident-but-Montpelier-native Francis Burdette set a new M 50-59 age group record of 4:51... ..Jeff Prescott

(Back in the Nike Cortez days Darragh Ellerson said to watch out for Francis, he was going to be a RUNNER ... Bob)

Elmore Practice Triathlon Series

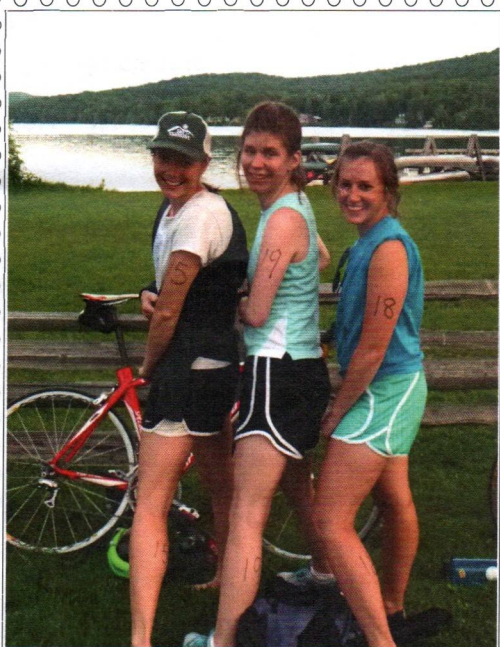
For those (would-be) athletes out there with attention span challenges: if you haven't taken part in the Elmore Practice Triathlon Series, you really should.

Sign up takes about 2 minutes and is good for 3 events. You're at a beautiful state park so feel free to jog or peddle around for a little while.



Here's the tough part- there is a pre-race talk. Try to focus on Donna Smyers' voice for the excruciating duration of 5 minutes even if your eyes flit around to the fire tower, tree, bird, tower; you may actually learn something. Your brain somehow still functioning you realize you're in the water and you're swimming

2 frantic 200m laps. The churning bubbles from other swimmers and various aquatic plant tendrils will keep you entertained until you round the last corner (a bright red lobster!). Sea-legged and blurry eyed it's time to remember where your bike was parked- wet suit & goggles off, helmet on, shoes on, grab bike, run & mount- now CRANK through town, SPIN up the hill, TUCK into the wind, TURN around & repeat. Don't worry about pacing yourself, by the time you get tired the 9.5 mile ride will be over and you will be immediately alarmed at your loss of gross motor skills, don't worry, just talk yourself through it- kind of jump in the air and put your left foot & right arm forward, sort of jump in the air again and thrust your right foot & left arm forward. The ungainly lurching motions ought to keep you entertained for most of the 2.5 mile run.

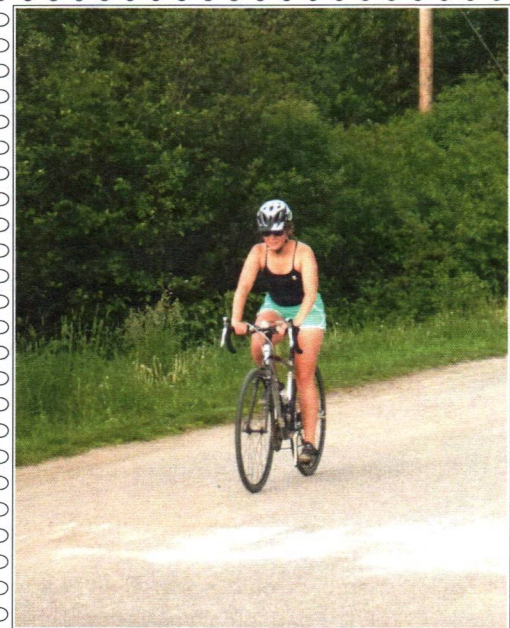


And you're done! An hour, give or take, of pure endurance-addled entertainment, the best part is- you can do it all again in 2 weeks!

Author's note: You can't do it all again in 2 weeks. The series is over for the season- the 3 sessions are every other Thursday night in June & early July. Donna Smyers has done a great job of keeping the series going year after year, it's certainly one of my favorite summer events and a fantastic way for the pure runners out there to try their hands at multi-sport events.

Thorin Markison

(photos also courtesy of Thorin)



Proposed Changes to Rules for 2016 CVR/ORS Race Series

...Jeff Prescott

At the CVR Annual Meeting in March 2015, a committee was appointed to study the rules for the CVR/ORS Race Series and to present the club with proposed revisions/updates to the rules for the 2016 series. Committee members include Jim Flint, John Hackney, Bob Murphy, Donna Smyers and me. [Insert your own "geek squad" joke here.] The committee has developed a proposal. This proposal will be discussed at the upcoming August club meeting. The proposal will be presented for a vote at the November club meeting with changes to be implemented for the 2016 series. This article contains a preview of the committee's various recommendations. If you feel strongly about any of the proposed changes, you are encouraged to attend the August and November meetings.

The primary impetus for the rule review was our lack of clear procedure for determining the overall winner of the series (as opposed to age group winners). In 2013, we had four overall winners. In 2014, we had five overall winners. Some members questioned why there was no mechanism for some sort of tiebreaker. Given that we were going to revisit the rules for this reason, it also seemed like a good time to consider various technical tweaks as well.

Highlights: Here are brief highlights of our recommendations:

- * Eliminate designation of overall race series winners.
- * Continue to award race series age group winners, including multiple awards in the unlikely event of a tie within an age group.
- * Add age groups for M 80+ and F 80+.
- * Continue to base age group in race series on age at first race in the series.
- * Move deadline for dues payment for series eligibility from July 1 to June 1 to enable more timely posting of standings.
- * Allow members joining/renewing after June 1 to participate in the current year series but only receive points for events run AFTER the date of joining/renewing.
- * Continue existing requirement of at least one volunteer service at a CVR event to maintain eligibility.
- * Designate November meeting as proper venue for consideration of changes to race series event line-up for future series.
- * Formalize practice that there is no replacement for any event cancellations after series is underway.

Read on below for more background information and rationale for the various recommendations. For some of you, this information may be more than you ever wanted to know. For others, it may be too abbreviated. If you find yourself in the latter category, be assured that there will be plenty of time for Q & A at the August meeting.

Background: Points in the race series are awarded based on how fast you ran in a given event relative to the age group winner. If you win your age group in an event, you receive 100 points. If your time is 10% slower than the winner, you receive 90 points. For the series, your best five scores contribute to your final score. The participant who has the highest final score (and meets other eligibility requirements) is the age group winner for the series.

Overall Winner: The current rules are actually silent on how the overall winner is determined. It has been practice for some time to declare the male and female participants with the highest point totals to be the overall winners of the series. With increased participation over the years and with outstanding performances, we have seen an increasing number of participants ending the series with a "perfect" score of 500 points. Some club members have suggested that there should be a tiebreaker in such situations to determine a single male and female overall winner. The committee considered various options for tiebreakers (e.g., sixth race, head to head record, dominance in age group, age grading tables, sudden death, etc.) but found them all to be wanting in one way or another. In fact, the committee decided that there is really no satisfying way to determine an "overall" winner in a series that is designed around age group competition. The committee also agreed that the objective of the race series is to promote friendly competition, participation and volunteerism in all age groups. The recommendation of the committee is to eliminate the designation of "overall" winners in the series. There will be no "higher" award than winning your age group.

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Age Group Winners: Currently, there are twelve races in the series with your best five results contributing to your final score. It is theoretically possible for two members in the same age group to achieve 500 points and tie. In this rare event, we recommend that there be no tiebreaker and two winners be declared.

Age Groups: Currently, the oldest age groups in the series are F 70+ and M 70+. The committee proposes adding new age groups in the series for F 80+ and M 80+. The 80+ age groups have already been adopted at most of our races over recent years. This will bring the race series practice in line with common race practice. [Let the record show that we have never had a single complaint from any 80+ club member about the current practice. Nevertheless, the committee believes that it is past time to add an 80+ category.]

Age for Race Series: Your age group for the race series is based on your age on the date you first run an event in the current year's series. From time to time, this leads to some complications in the scoring process. We discussed possible changes to this rule but decided that other rules would also be quirky and perhaps more complicated to administer. [Note: It is possible for you to win your age group in a race but be scored differently for race series purposes. Say you recently turned 40 and started the series at age 39. You might win the 40-49 age group at Berlin Pond (and take home an awesome prize) but receive less than 100 points for Berlin Pond in the race series because you are being scored against the 30-39 age group winner.]

Eligibility for Race Series: To be eligible for the race series, your current year dues must be paid by July 1. If you are eligible for the series, then you will receive credit for all races run in the series, regardless of your membership status at the time of the various races. For example, if you join the club in March, you will receive credit for your New Year's Eve 5k result even though you were not a club member at the time. Our current custom is to post race series standings on-line after July 1 and to update them after subsequent race series events. We do not publish standings before July 1 because we don't yet know who is eligible for the series and it could require an excessive amount of re-work for the scorekeeper. But by July 1, half of the race series is over. The committee would prefer to publish results sooner to better highlight the various "horse races" going on.

The committee recommends two changes to the eligibility criteria. First, we recommend that the deadline for eligibility be moved back from July 1 to June 1, with anyone paying dues by June 1 receiving credit for all series-to-date results. Note that membership renewals are due April 1 so this still allows a liberal 60-day "grace period" for procrastinators. Second, we recommend that anyone paying dues after June 1 be allowed to participate in the current year series on a prospective basis. The member would be eligible to receive points for races run after the date of joining but would not receive credit for any races run before the date of joining. This provision would apply both to new members joining after June 1 and to existing members who renew after the June 1 deadline.

In addition to membership status, the current rules require at least one volunteer service at a CVR event. The committee recommends no change to this requirement.

Composition of Series: Currently there are twelve events in the series. The total number of events and the specific events have varied over time. Past changes to the line-up have been approved at regular club meetings. The committee recommends two clarifications in this regard. First, the committee proposes that the November club meeting be the official venue for making additions/subtractions of events from the race series (for the following year). Emergency changes could be made by the club or the executive committee, when needed. But the normal procedure would be to approve any changes at the November meeting. If you have proposals regarding changing events in the series, you need to do any necessary research or legwork before the November meeting so that a decision can be made at the meeting. Second, the committee proposes that, if an event is cancelled after the start of the series, there will be no replacement or substitute event. This is consistent with past practice, e.g., when NSB 5k and 1-mile were cancelled after Tropical Storm Irene. If the last event in the series were cancelled and you needed that event for your fifth result, too bad...so sad....

Conclusion: As outlined above, these recommendations will be discussed at the upcoming August club meeting. Committee members will be present to answer questions and receive feedback. Thanks for your thoughtful consideration and general awesomeness.

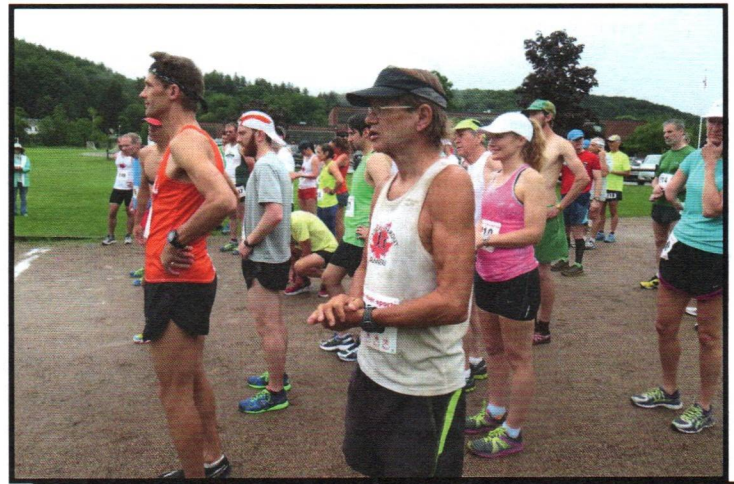
41st Annual Paul Mailman 10 Miler

Montpelier, VT June 21, 2015

There were 51 finishers, a significant decrease from normal turn-out... not too surprising given the conditions. Thanks to **Andy Shuford and Andrea McLaughlin** for directing the race. And thanks to all the volunteers... I heard several participants make positive comments about the organization of the event and the enthusiasm of the volunteers... Jeff Prescott (photos also courtesy Jeff)

Place Div/Tot No. Name Age S City St Time Pace

Place	Div/Tot	No.	Name	Age	S	City	St	Time	Pace
1	1/3	232	Will Kirk	25	M	South Royal	VT	58:07	5:49
2	1/9	220	Tom Thurston	51	M	Waterbury	VT	58:59	5:54
3	1/4	221	Eric Eley	36	M	Duxbury	VT	59:35	5:58
4	2/4	242	Thorin Markison	32	M	Montpelier		1:03:01	6:19
5	1/10	228	Matt Czaplinski	49	M	Arlington		1:04:54	6:30
6	3/4	246	Gavin Boyles	39	M	Montpelier	VT	1:05:12	6:32
7	2/10	241	Tom Kelly	40	M	Westford	VT	1:06:49	6:41
8	2/9	249	Bob Martell	52	M	Lexington	MA	1:07:36	6:46
9	3/9	226	Norm Larson	59	M	Burlington	VT	1:08:04	6:49
10	3/10	215	Scott Nichols	49	M	Essex	VT	1:09:08	6:55
11	4/10	253	Rob McDougall	40	M	S. Burling		1:09:43	6:59
12	1/6	212	Meredith White	36	F	Westford		1:10:10	7:01
13	4/4	217	Damian Bolduc	38	M	S. Burling		1:10:13	7:02
14	2/6	233	Elizabeth Markison	31	F	Danville		1:11:03	7:07
15	3/6	224	Sarah London	36	F	Montpelier		1:12:04	7:13
16	4/9	216	Michael Wolfe	52	M	Newton	MA	1:12:33	7:16
17	1/3	229	Liz Chichester	27	F	Newport	VT	1:14:46	7:29
18	1/3	210	Anne Treadwell	47	F	Burling		1:15:38	7:34
19	5/10	230	Craig Manning	40	M	Medford		1:15:51	7:36
20	2/3	231	Allen Smith	27	M	S. Royal	VT	1:16:12	7:38
21	1/4	209	John Valentine	65	M	Roxbury		1:16:29	7:39
22	3/3	245	Jackson Mills	28	M	Burling		1:16:39	7:40
23	2/3	244	Stacia Thompson	26	F	Burling		1:16:40	7:40
24	2/4	239	John Lent	61	M	Waltham	VT	1:16:47	7:41
25	4/6	251	Leslie Welts	34	F	Montpelier	VT	1:17:13	7:44
26	5/6	240	Allie Nerenberg	30	F	Jericho	VT	1:17:40	7:46
27	3/4	223	Rick Bayko	67	M	W. Newbur	MA	1:18:15	7:50
28	6/10	252	Scott Lovelette	46	M	Mont		1:19:21	7:57
29	7/10	247	Mike Besette	45	M	St. Albans		1:19:47	7:59
30	2/3	254	Katrina Phillips	44	F	Montpelier		1:21:25	8:09
31	5/9	214	Noel Clarke	51	M	Somerville		1:21:35	8:10
32	6/6	248	Katy Chabot	37	F	Middlesex	VT	1:22:19	8:14
33	4/4	205	John Martino	67	M	Sharon	MA	1:24:07	8:25
34	1/4	243	Ruth Blauwikel	61	F	Colchester		1:24:22	8:27
35	8/10	201	Rick Cota	46	M	Wakefield	RI	1:25:45	8:35
36	6/9	227	Dennis Casey	56	M	Waterford		1:26:37	8:40
37	7/9	225	David Mcmath	52	M	Hardwick		1:26:38	8:40
38	9/10	222	Chad Tetreault	40	M	Jericho		1:26:56	8:42
39	1/3	211	Bob Murphy	75	M	Barre	VT	1:27:53	8:48
40	1/2	250	Lori Martell	51	F	Lexington	MA	1:28:46	8:53
41	2/2	237	Linda Cleveland	54	F	Barre		1:34:15	9:26
42	3/3	236	Stacey Leadbetter	41	F	Barre		1:34:18	9:26
43	8/9	219	Scott Perrapato	59	M	S. Burli		1:34:23	9:27
44	3/3	207	Jessi ORorke-Suchof	26	F	Phil		1:36:27	9:39
45	2/4	206	Anita Hadlock	60	F	Sharon	MA	1:37:08	9:43
46	2/3	200	Phil Pierce	73	M	Falmouth	ME	1:41:00	10:06
47	3/4	235	Elizabeth McCarthy	62	F			1:46:56	10:42
48	3/3	238	Newton Baker	73	M	Montpelier		1:52:36	11:16
49	10/10	234	Matthew Howes	43	M	Fayst		2:06:51	12:42
50	4/4	199	Edie Novicki	63	F	Stowe	VT	2:09:20	12:56
51	9/9	218	Higley Harmon	59	M	S Burli	VT	2:37:54	15:48



L to R: Gavin Boyles, Sarah London, Rob McDougall



Boilermaker 2015K

Sue and I have run Boilermaker a couple of times before, so we know that registration can be a challenge with about 17,000 people registering for the 15k and 5k combined. Sue ran the 15k last year, so she has an automatic entry, but I ran the 5k, so I have to go through open registration. I log in just as registration opens, and it turns out to be quick and easy. I check back later, and both races have filled by the end of the day.

We leave mid-morning the day before the race and get to Utica around 2:00. We pick up Sue's son, Owen, who lives in the area and is running the 5k, and head to the expo at Mohawk Valley Community College. Parking goes pretty quickly, and we get our numbers and go over to the expo next door to get our Saranac Brewery pint glass. There are lots of shirts and hats, etc. for sale, but we're not in a buying mood today. The expo is nothing too exciting, so, after a loop around, we go downtown, check in to our hotel, and rest for a while. Later we have spaghetti and call it a day.

On race morning we walk about a mile from our hotel to the finish area and get the bus to the start. After a 20 minute ride, we're there by 6:45 for the 8:00 start. The weather is mid 60's and cloudy; it's supposed to be sunny and around 80 later on. We walk around for a while, sit around for a while, stand in line for a while, warm up for a while, and then it's time to drop our bag at the baggage truck and find our corrals. Sue is one corral ahead of me, so we say goodbye and split up. It's not terribly crowded, in spite of the fact that there are around 14,000 people getting lined up. Pretty soon it's 8:00 and we're off. The first two miles are pretty flat, lots of runners, and I'm feeling sluggish. Then we hit the biggest hill during mile 4.0 and I get going a bit. Mile 5 is downhill and fast. There are bands and dj's playing music all the way along; it's pretty loud at times. I go past 10k feeling pretty good and head into a fast section in mile 8. It's straight and slightly downhill, and I try to take advantage of it. Then I pass 9 miles and I'm at the top of the hill heading down to the finish in front of the Saranac Brewery. It's quite a scene, lots of people everywhere. I cross the line in 1:13 something, follow the people ahead of me down a side street, get some water, and come to... the PARTY! It's 9:30 in the morning, there's a band, and most everyone is drinking beer. I find Sue and her son, we talk for a while, drink beer for a while, and then go back to the hotel. I think the party goes on for another couple of hours.

We find out later in the afternoon that we've both won our age groups. Sue with a 1:07:06 and me with 1:13:17. Owen had a good 5K time of 21:52. There is plenty of prize money for the top ten overall men and women, top 5 masters, and top 3 Americans, but no age group awards.

We've had a great trip; ran a big race, had some family time, ate some good spaghetti, and drank some beer around the time we'd normally eat breakfast. We're pretty sure we'll be back next year.

John Hackney
July 2015

The Organizing Committee for the Adirondack Marathon Distance Festival announced June 5th that the pace team... "Pace Bears"... will include Rowland Brucken, at 3:45, is a founding Pace Bear member. He is a well-read history and foreign policy professor at Norwich University.

There are at least two Pace Bears at fifteen minute increments from 3:30 to 5:30 finish times.

Want to run with Rowly ?

More information *(and this photo)* from www.adirondackmarathon.org

Want to help Rowly ?

Race Director Rowly Brucken will need finish chute volunteers for the Northfield Savings Bank 5K and Children's 1 Mile Race
Contact Rowly at: rbrucken@norwich.edu



Crewing an Ultra Racer Crazy Person

...Pam Eaton

It is amazing when you can watch a person set out to accomplish a goal. It is even more amazing when you get to be a part of it. On July 18, I got to be a part of my husband, Chris, completing his goal of running the **Vermont 100k**.

When Chris first told me he wanted to run the Vermont 100k back in January, I knew my role in the race would be as part of the crew. While everyone knows the number of hours and miles a person training for an ultra race has to log, there is less information out there for what it takes to be a good crew or pacer for an ultra runner. The information I found when I googled, "how to be a good pacer" and "crewing an ultra" involved how to pop blisters, reminding the runner to drink fluid, and carrying an extra flashlight for night running. All good advice (luckily, I didn't even need the information on how to pop a blister).

What I didn't find online, but came to learn, is that putting together a good crew and pacing team is essential to the ultra. On Chris' crewing roster, we had an all-star line-up: Chris' college friend Andrew Combs to help pace approximately 20 miles of the race; Allie Nerenberg to help with some serious hill climbs and provide challah; J Nerenberg, Allie's husband, to navigate the back roads of southern Vermont so we didn't get lost as we drove from aid station to aid station as well as carry a bin of supplies that Chris would potentially need to each aid station; and me, to touch Chris' stinky feet when he needed debris removed from his shoes.

We all participated in crewing and pacing Chris because we wanted to help him accomplish this goal, because we love him, and because he bribed us with beer. As we moved from aid station to aid station, we met people crewing and pacing for the love of running (which, if you've never been part of an ultra, and you want to see what it is about, the Vermont 100 always asks for people to help pace anywhere from 5 miles to the last 50k of the race).

We thought we were pretty set for race day: Chris trained, Combs brought his running shoes, Allie brought the challah, J came prepared to read the map, and I remembered the cowbell. And, for the most part, race day went smoothly, though we may have missed Chris at the first aid station (*where*) he could pick up a pacer (whoops, sorry about that Chris). What we weren't prepared for was the amount of fun we all had.

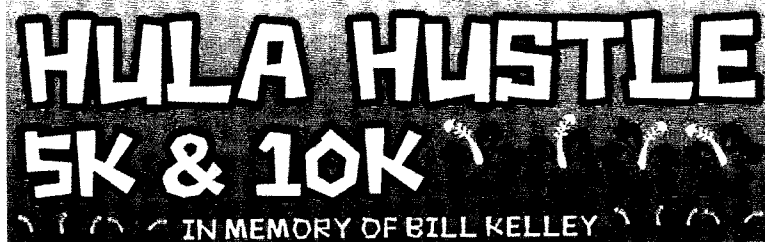
As we drove from aid station to aid station, we made friends with crews supporting other runners. We cheered for other runners as they came through the aid stations (I think they all appreciated the cowbell). We saw beautiful Vermont scenery. We spotted Rowley Brucken taking on the 100 miler and Newton Baker cheering. We found the largest whoopie pie I've ever seen. And most importantly, we played a small role in Chris Eaton crossing the finish line at the Vermont 100k.



(photo courtesy Andrew Combs)

Hot and Humid

I endured the **Hula Hustle 10k in Manchester, N.H.**, on Sunday, 19 July. Prior to the race I was thinking, "wouldn't it be nice to be able to finish under 50 minutes?" Then when I checked the weather forecast I began to face reality. Temperatures of 80 or higher were predicted under partly cloudy skies, and high humidity. Under 9's seemed like a more realistic goal.



I arrived at the Executive Health and Sports Club an hour before the event. Lots of folks milling around; it looked like a good turnout. I picked up my bib, t-shirt and a cheesy "grass" skirt at registration. I did a short warmup (sans grass skirt); it worked – I was pretty warm afterwards. As race time approached the few thin clouds disappeared and the sun came out in its full glory – temps in the 80s.

After the obligatory Star Spangled Banner, the race got under way. A downhill start that soon leveled out, then a series of modest rolling stretches. Fortunately there was some shade for about half of the route, so it wasn't as hot as I had feared. Checking my watch at the 1 mile point, I noted a time of 8:09, which surprised me greatly. I knew that wasn't a pace I was likely to maintain throughout the race, but I was pleased with such a good start.

Water was on the course at the 1-mile point. It was essentially an out-and-back 5k course that we 10k-ers did twice, so we passed that single water stop at 1, 2, 4 and 5 miles. I took water at every opportunity. My second mile was a bit slower than the first, but still a respectable 8:37. It was the last time I checked my watch.

Over the next few miles, I knew I was slowing. I had no idea, though, by how much. I figured I was still slightly under 9's. As I crossed the finish line, I had a little trouble understanding how come my finishing time was over 56 minutes! I was expecting something under 54! Here are the sad splits for miles 3, 4, 5 and 6: 9:19, 9:20, 9:46 and 10:09! My average pace turned out to be 9:13 per mile. Nevertheless, as you all know, it is good when it is all over, regardless of the performance.

Following the race there was, as promised a "luau" for the participants. It was pretty elaborate. A large food line was set up poolside (runners were welcome to use the pool) and there was LOTS to eat, including watermelon, pineapple, pasta, burgers, sausage and dogs, pastries, water and fruit drinks. In another location was free yogurt and everyone got a ticket for beer. After I finished and had wolfed down a bottle of water, the next thing I wanted was a beer. Unfortunately, all that they had was Bud Lite. (OK, I'll admit it – I am a bit of a beer snob – I just can't imagine drinking any beer with the label "Lite". My feeling is that no self-respecting Vermonter – with all the excellent breweries we have in our state – would stoop to drinking Bud Lite.) I passed on the beer and went for the fruit drink instead.

I kinda liked the awards ceremony, as they started with the old people first. Of course, I had to wait through the 5k awards, but I knew that when they started the 10k awards I would not have to wait very long at all. Indeed, despite my unremarkable time, I did end up winning my age group – turns out I was the only one in it! Still, checking final complete results, I note that I finished 40th of 130 overall, so I guess that's not too bad. And only one person in the 60-69 age group finished ahead of me. Times were really pretty sluggish.

Would I go again? Probably not. Although the race is well organized and the amenities are great, it's a long way to go for a 5k or 10k in what is most likely to be very warm conditions in the middle of July. Another thing. Even though I was supposedly running a 10k, my Garmin watch said I ran only 6.08 miles. So it is an approximate 10k. Good enough, I guess.

Bob Murphy

for additional information see the race website at
www.millenniumrunning.com/hula

photo of Bob with his grass skirt
 not available at press time

USAT Duathlon National Championship

The 2015 **USAT Duathlon National Championships** were held on Saturday, June 6 in St Paul, MN. The event included a 5k run, a 34.5k bike ride and another 5k run.

Keith Woodward placed 2nd M 60-64. **Patty Driscoll** placed 1st F 60-64 and is your new reigning age group national champion.... Jeff

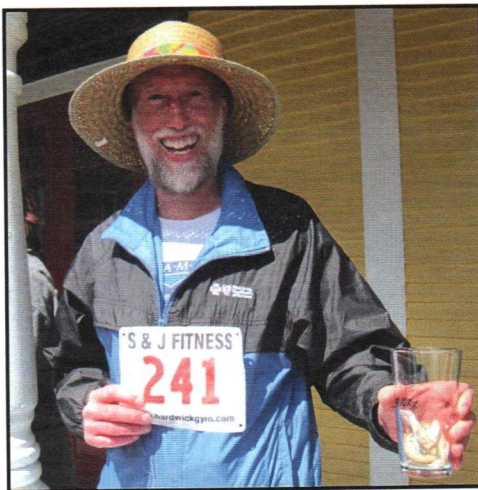
As this year's **Kids Track Meet** co-Director I want to thank each of you who volunteered this year. It was another fun and successful event. I also want to thank **Tim Noonan** for all his years directing this premier event and for being one of its creators (phantom **Norm** being the other). Tim is stepping down this year. I will direct next year and **Sandy Colvin** has agreed to be co-Director. We will do our best to fill unfillable shoes. Thanks again everyone! ...**Dot Helling**



Kids from Hardwick, Greensboro, Stannard, and Craftsbury who took part in the 4-week NEK Kids on the Move running program, with support from a grant from Central Vermont Runners.



Kids are ready on the starting line for the NEK Kids on the Move Two Mile Race held at the Hardwick Spring Festival May 23.



Mack Gardner-Morse, winner of a straw hat and beer glass for the 45-54 men's age group at the Hardwick Spring Festival 5k race May 23. Mack finished 6th overall in 20:51.

Photos and captions courtesy of Jim Flint



Bob Howe makes his way uphill on Main Street in the last mile of the Hardwick Spring Festival 5k Race

Stowe 8 Miler ~ Leslie Welts & Shannon Salembier

The Stowe 8 Miler is always hot, but this year was even hotter than usual. The race begins at 9am, the course has ample pavement, rolling hills, and little shade, and by 10am the temperatures were climbing into the mid 80s. Since race directors knew the temperatures were expected to rise, they gave runners who registered for the 8 mile race the option to switch the newly-offered-this-year 5K option. Stupidly, we did not choose this option and ran the 8 mile race instead. Here is a play-by-play of our thought processes during each mile.

Mile 1

Leslie: I'm feeling pretty good and I think I'm in a good position to PR. Despite recent shin splints, my 1.5 mile warm-up felt good and my training runs should have me well-prepared to PR this year. I'll go out at my tempo run pace for the first mile and adjust from there.

Shannon: First, a little background. Previously in the week, I decided to take advantage of the free entry into the Stowe 8 Miler by running Bear Swamp the day before. This seemed like a good idea at the time, but by Sunday morning (the day of the Stowe 8 Miler), I was questioning my life decisions. You see, the Bear Swamp run is not exactly flat. And I haven't been running more than 3-5 miles since the marathon. So unlike my running buddy above, I was feeling "meh" during Mile 1. I decided to go out at my normal long run pace and just have fun.

Mile 2

Leslie: Okay, my first mile was a little too fast -- how do I ALWAYS do that? -- but I'm still feeling good. Surprisingly no pain in my shins. I'll slow it down to my proper tempo pace for this next mile.

Shannon: The good news is that I've worked out all the soreness in my legs leftover from Bear Swamp. The bad news is that I'm already fantasizing about an ice cold glass of lemonade.

Mile 3

Leslie: Oh right, that awful short hill onto Barrows Road! Ease off, keep the exertion level the same and just accept that this mile will be a little slower.

Shannon: I've settled into a nice, sustainable pace and I'm gradually passing people. For the first time in my life, I did not go out too fast. I love hills! As I charge upwards, I repeat my usual hill mantra: I eat bigger hills for breakfast.

Mile 4

Leslie: Still feeling good and enjoying the slight downhill reward for the hill climb. I'll pass these people.

Shannon: Is that a water-stop? I'll take one cup to drink and fifty cups to dump on my head, thank you.

Mile 5

Leslie: Oh NO! I need water NOW. Where was that last water stop? When could the next one be? I'll back off my pace so I don't bonk. I'll have to wait another year to PR. Dang it, now all those people I passed are passing me back. That's the worst!

Shannon: This heat is really oppressive. Strong runners are walking left and right. I have never been so thirsty in my life. That puddle looks mighty delicious.

Mile 6

Leslie: WHERE THE HECK IS THAT WATER STOP? Better walk a little to bring the heart rate down. Just try to hang in there for the next two miles. Why oh why do these two miles feel so difficult?

Shannon: I wonder if it would be safe to hitchhike back to town? A SPRINKLER?!?! I add at least a minute to my time just standing in the glorious stream of ice cold water.

Mile 7

Leslie: Oh thanks goodness -- water FINALLY! Just stop and drink as much as you can without getting a cramp. Just keep shuffling toward that finish. It's great to have spectators cheering, but I sure wish they'd stop telling me that it's all downhill from here. I've run this race before and I know that it is most certainly NOT all downhill.

Shannon: I just try to keep running at this point. My very attainable goal of running at my normal long run pace and having fun now feels akin to qualifying for the Olympic Trials.

Mile 8

Leslie: Just... one... last... mile. There's a climb, but it's followed by sweet relief of the finish. Soon you can go dunk your head in a cold spring pond and all this torture will be a distance memory. Kick it up toward the finish and don't let that woman on your heels pass you! You didn't! The race was terrible, but your finish was strong. Now to see about that cold spring pond...

Shannon: Who had the bright idea to tack on a hill to the end of this race? I realize that if I just keep kickin' I will come in averaging only 10 seconds per mile slower than my desired long run pace. (My average pace ended up being slower than my marathon pace. That should tell you something.) I FINALLY cross the finish line and, per usual, acquire a case of race amnesia. That was fun! Let's do it again!

"This seemed like a good idea at the time, but by Sunday morning ... I was questioning my life decisions."

"Okay, my first mile was a little too fast -- how do I ALWAYS do that?"

The Mad Half Marathon, Waitsfield VT - Sunday July 12

...Dylan Broderick

The race started early on a beautiful - but warm - summer morning. I had signed up on a whim the week before and had little idea of what to expect regarding the course or number of runners. The pre-race atmosphere was relaxed and friendly, and the long but fast-moving line for the port-o-lets was great for chatting with other racers...and resisting a squeal when spotting Bart Yasso, who ran the full. We eventually made our way to the start on Route 100 and took off in two waves to ease traffic over Bridge St., which was under construction but had opened specifically for runners that morning.

The course climbed for a bit before a long downhill followed by a covered bridge. The half marathon hits a turn-around shortly after, while marathoners keep cruising out for a while before returning. We headed back under the covered bridge and up the hill we had just descended. I often find myself running solo during races, but ended up running the hill and the following miles with two other runners from Texas and West Virginia - unsurprisingly this was quite helpful. The course continued along dirt roads with a few more rolls and climbs, offering beautiful views of mountains and the Mad River valley to the west while cows and chickens cheered as we passed by. Several signs exclaimed "Holy Crap! Slow down. You're killing my chickens!" - presumably these were for motorists, but I still got a kick out of them. After a turn onto pavement the climbs were undone with about three miles of rolling downhill back into town, back across Bridge St, and along Route 100 to the finish line. The race director, Dori Ingalls, was waiting at the finish line to give every runner a hug (she assured us at the start that she had multiple shirts to change into - wise planning on a fairly warm morning).

There were few spectators along the course, but those that did come out were genuine, standing at the ends of driveways with homemade signs and music playing or sitting on their porches and waving as we passed by. The event was well-supported by fabulous volunteers, with water and Gatorade every few miles and bikers and police along the course to ensure safety - though admittedly overzealous fans and vehicles weren't much of a concern. The post-race atmosphere was both joyful and calm, as runners happily sprawled out in the shade and munched on an assortment of oranges, cider donuts, bagels, and chips while listening to awards and cheering runners across the finish line. The medical tent also offered a post-race ice-bath in inflatable pools(!). Many runners also headed over to the nearby Mad River, which offered the perfect setting for a well-earned, lazy afternoon. Overall, the race was well-organized, challenging, and beautiful - a definite must-run!

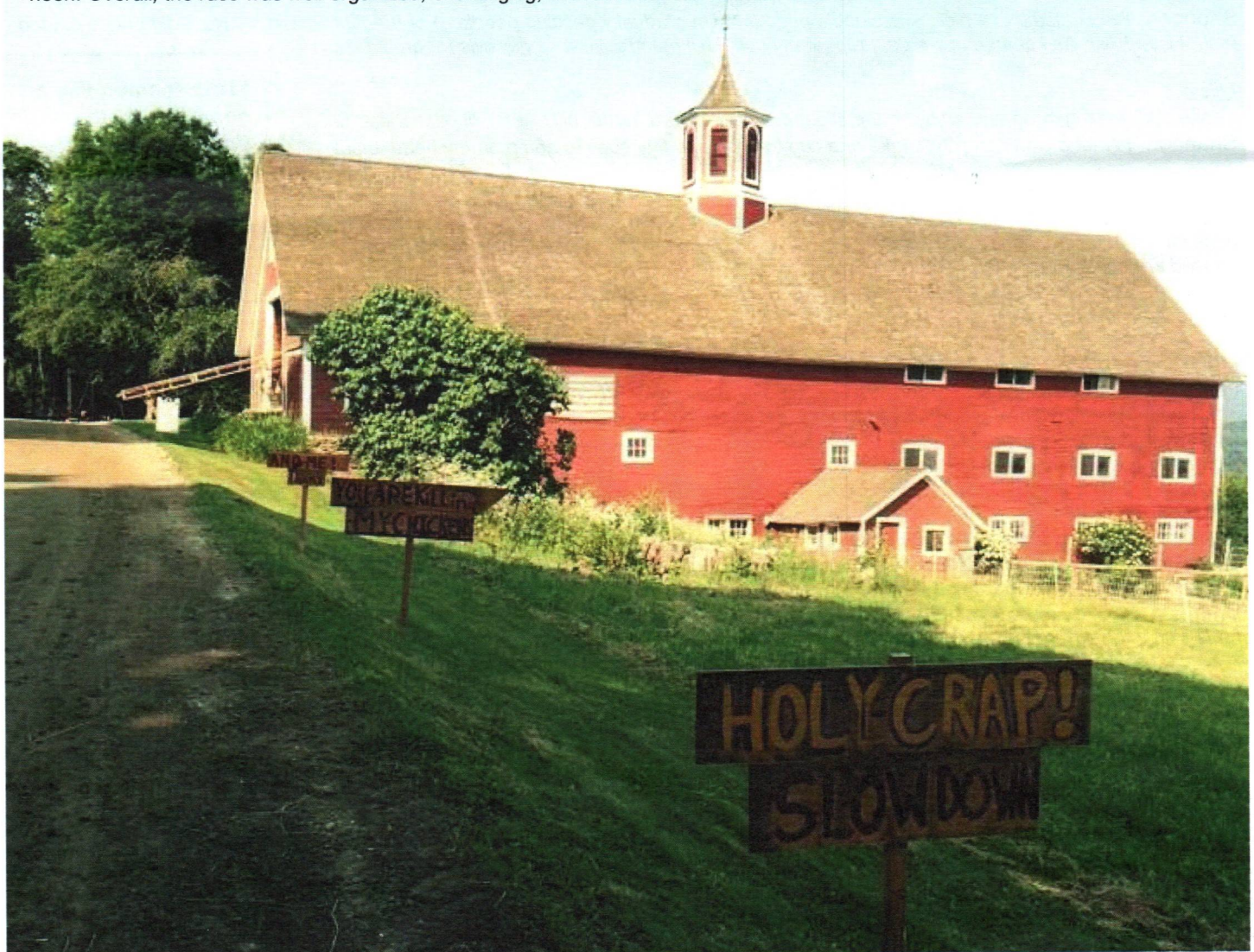


photo courtesy of Dylan Broderick

The Mad Marathon ... Sandy Colvin Sunday July 12th

I along with a couple hundred other runners completed one of the hardest marathons, enjoyed some of the most scenic views and got the best hug!

The Mad Marathon has a reputation of being hilly, but I had no appreciation until I ran the course on race day. Anyone who runs in Vermont can brag about running challenging hills every day, but all of them in one race? In one marathon? This is what I would define as the Mad Marathon. Take your most challenging hills, put them all together over the course of 26.2 miles and you have the Mad Marathon. This year, add some 85+ degree heat, just to spice it up a bit.

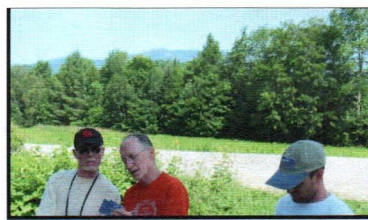
While I thought I had the hill experience, I also thought I had seen some of the most scenic views in Vermont, but this course delivered a great tour of the best mountain views ever. I also enjoyed seeing some of the most beautiful farms and farmhouses.

And finally, the Hug. The hug I received from the race director, Lori Ingalls. Lori stood at the finish line and hugged every runner that crossed. For me, this wasn't one of those uncomfortable, awkward, I don't even know you hugs, but a hug that told me: I know what you just endured, and I am proud of you. A hug that told me: thank you for coming out and supporting this wonderful cause. A hug that reminded me, the time on the clock isn't that important.

I was running this race to try and qualify for Boston, which for the past 10+ years I have done and honestly thought would easily do at this race. I wasn't in great running shape and was recovering from back to back injuries, but still was a little over confident going into the race.

I didn't qualify, and somehow the hug Dori Ingalls gave me at the finish, quickly squashed my first reaction, which was to feel sorry for myself. Her hug told me to instead be proud of the accomplishment and grateful for the opportunity and good health to give it a try.

The Mad Marathon will be one of the hardest races in memory, but also one of the best, as it reminded me how lucky we all are for our health, happiness and opportunity to experience the joy of running.



Tim Noonan confers with officials
Richard Cleveland & Justin Kenney

Bear Swamp Run July 11, 2015 5.7 Miles

Overall Place Place in Age Group Name Time

Female 0-19

2 1 Rena Schwartz 37:21 (Overall Female Winner)
32 2 Anna Beach 66:47

Male 0-19

34 1 Simon Bradley 67:00

Female 20 - 29

4 1 Lily Calderwood 39:15
14 2 Anna Belk 44:59
22 3 Shannnon Salembier 49:29

Female 30-39

7 1 Megan Valentine 40:45
20 2 Katy Chabot 48:08
21 3 Aubrey Boyles 49:21
24 4 Kerry McCarthy 51:42
31 5 Emily Levin 64:17

Male 30-39

1 1 Brian Burns 37:11 (Overall Male Winner)
6 2 Justin Kolber 40:42
13 3 Kyle Landis-Marinello 44:55
26 4 Tom Leahey 53:20

Female 40 - 49

18 1 Thea Schwartz 47:01
23 2 Meg Allison 49:57
27 3 Dara Torre 54:09

Male 40-49

16 1 Sean Murphy 45:20
33 2 Kari Bradley 66:59

Female 50 - 59

11 1 Dot Martin 42:06
25 2 Dana McCarthy 52:06

Male 50 - 59

3 1 Jim Flint 38:24
5 2 Norm Larson 39:26
8 3 Mike Gillis 41:10
9 4 John Grosvenor 41:18
10 5 Mack Gardner-Morse 41:36
15 6 Andy Shuford 45:13
19 7 Jeff Prescott 48:06
28 8 David Garland 55:38
29 9 Jake Brown 56:43

Male 60-69

12 1 Jamie Shanley 43:48
17 2 Bill Dysart 46:17
30 3 Greg Wight 60:47

Male 80+

35 1 Gerry Carlson 71:21

Many thanks to the following volunteers: John Martin, Richard Cleveland, Greg Wight, Bob Murphy, Beth Daut, Justin Kenney, Gavin Boyles and kids
...Tim Noonan, Race Director

...The Class IV road by the Mount Hunger trailhead was impassable earlier in the week, conditions had improved enough by Sat. for the race to follow the traditional course without modification. There were 35 happy finishers... No bears were sighted in this year's running, other than the custom mile markers... For those who have never run this event, the course is a 5.7-mile loop on dirt roads with "only" one hill. Your finish time will probably "look like" a 10k time. (& photo by) ...Jeff Prescott

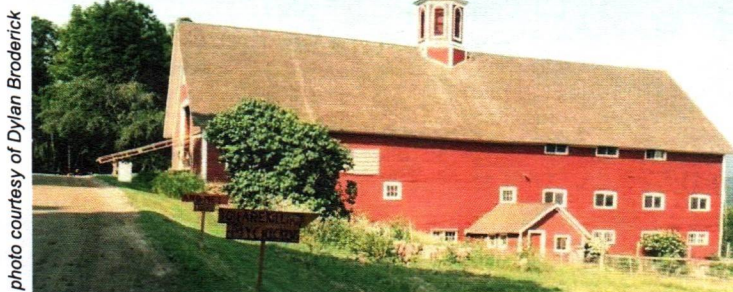


photo courtesy of Dylan Broderick



photo courtesy of CVR facebook

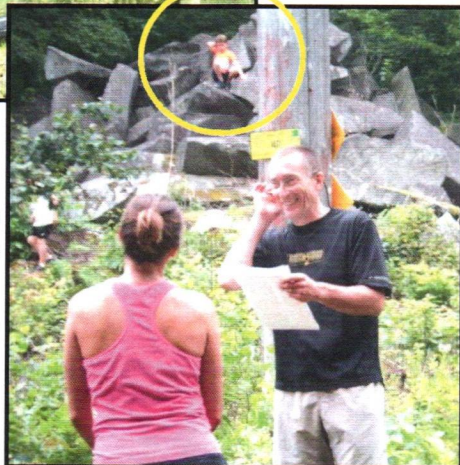
The **Barre Heritage Festival 5k Trail Race** was held on Sunday, July 16 in the Barre Town Forest. There were 56 starters...and 56 finishers. This is a significant increase over the number of 2014 finishers...since the race was cancelled due to severe thunderstorms. But this is also the most finishers ever recorded for the trail race version of the event (which began in 2010). And you have go all the way back to 2006 to find more finishers in the downtown Barre version of the event. Thanks to race director **Lori Lacroix** and her volunteers.

On a personal note, this is the first time I have run this event...or even been to the Barre Town Forest (formerly known as Millstone Trails). I am glad I made it up there this year. The race route was well-marked (with no reports of anyone getting lost). My only complaint is that I didn't have time to look at all the scenery and cool stuff while I was running. I jogged back to the Grand Lookout after the race...just to see what I missed. If you have never been out there before, you ought to go explore around a little. ... Jeff

**Barre Heritage Festival 5k Trail Race
Barre Town Forest 7/26/2015**

Place	Div/Tot	Name	Age	S	City	St	Time	Pace
1	1/6	Tyler Magnan	31	M			23:39	7:37
2	1/8	Evan Thornton-Sherm	11	M			23:45	7:39
3	1/6	Mike Gillis	58	M			24:24	7:52
4	2/8	Brian Bushey	12	M			24:47	7:59
5	1/4	Brittany Tullar	26	F			24:51	8:00
6	2/4	Mallorie Lyford	24	F			24:59	8:03
7	1/5	Kari Bradley	47	M			25:26	8:12
8	3/8	Jacob Bradley	14	M			26:46	8:37
9	1/2	Donna Smyers	59	F			27:35	8:53
10	2/5	David Redmond	40	M			27:38	8:54
11	1/2	John Hackney	70	M			27:57	9:00
12	2/6	Stephen Maas	37	M			28:19	9:07
13	3/6	Tom Leahy	36	M			28:53	9:18
14	2/6	Carl Rogers	59	M			29:47	9:36
15	3/6	Andy Shuford	55	M			30:14	9:44
16	2/2	Ann Bushey	57	F			30:40	9:53
17	4/6	Jeff Prescott	51	M			31:17	10:05
18	5/6	Robert Woods	56	M			31:23	10:07
19	1/4	Nicole Hutchins	16	F			31:26	10:08
20	1/1	Paul Weller	21	M			31:29	10:08
21	4/6	Jeremy Douse	39	M			31:37	10:11
22	4/8	Simon Bradley	17	M			31:40	10:12
23	6/6	Sam Hutchins	56	M			31:59	10:18
24	5/8	Miles Thornton-Sher	13	M			32:24	10:26
25	1/11	Jessica Thornton-Sh	45	F			32:45	10:33
26	6/8	Josiah Phillips	9	M			33:50	10:54
27	2/11	Katrina Phillips	44	F			33:52	10:55
28	3/5	Brian Macky	48	M			33:53	10:55
29	3/11	Stacey Ferland	45	F			34:06	10:59
30	1/1	Greg Wight	69	M			34:22	11:04
31	4/5	Andrew Ritchie	45	M			34:50	11:13
32	7/8	James Solomon	11	M			36:36	11:47
33	8/8	McClay Ericson	9	M			36:53	11:53
34	1/4	Heather Kortlandt	37	F			37:03	11:56
35	4/11	Jennifer Redmond	40	F			37:19	12:01
36	5/11	Marla Redmond	40	F			37:51	12:11
37	2/4	Brynn Bushey	15	F			39:31	12:44
38	3/4	Katie Gibson-Davis	15	F			39:32	12:44
39	5/5	Craige Lyford	47	M			39:58	12:52
40	5/6	David Weller	32	M			40:09	12:56
41	6/11	Kristen Woods	43	F			41:02	13:13
42	2/2	Roger Cranse	74	M			41:19	13:18
43	7/11	Charlene Blow	48	F			43:23	13:58
44	8/11	Mary Stridsberg	42	F			43:28	14:00
45	2/4	Priscilla Webber	33	F			43:32	14:01
46	9/11	Jennifer Calcagni	44	F			44:45	14:25
47	3/4	Alison Horner	25	F			45:42	14:43
48	10/11	Diane Solomon	49	F			47:11	15:12
49	1/1	Margaret Lipscomb	72	F			47:34	15:19
50	1/1	Chris Shaw	60	F			48:16	15:33
51	4/4	Katie Ritchie	12	F			49:07	15:49
52	4/4	Kristin O'Connor	27	F			52:38	16:57
53	3/4	Nicole M. Edson	37	F			52:50	17:01
54	6/6	Gabriel Edson	32	M			52:50	17:01
55	4/4	Ellie Ferguson	35	F			1:05:06	20:58
56	11/11	Dianna Leinberger	44	F			1:09:06	22:15

Race Director: Lori Lacroix



photos courtesy of Greg Wight

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

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

August 8, Kingdom Run 5K, 10K and Half-Marathon, 8:30am-half, 9:00am-5K & 10K, Irasburg Common, *Contact:* www.kingdomrun.org

August 8, Melissa Jenkins Memorial Run 5K, 8:00am, Danville, *Contact:* www.runreg.com/melissa-jenkins-memorial-run-2015

August 14, Last Mile Ride 5K run, 6:00pm, Gifford Medical Center, Randolph, *Contact:* www.giffordmed.org

August 15, Under the Tree 5K & 10K, 9:00am, Hartland Recreation Center, *Contact:* www.facebook.com/events/113744738959876/

August 20, "CVR" 36th Berlin Pond 5 Mile, 6:00pm Berlin Town Clerk's Office, *Contact:* Jeff Prescott at jeffp_cvr@myfairpoint.net or Sue Emmons at sue.emmonds@comcast.net [CVR/ORS series]

August 22, Tristin's Live, Laugh & Love 5K, 9:30am, David's House, Lebanon, *Contact:* www.tristinsrun.us

August 22 and 23, Echo Lake 5 or 10 mile run, bike and swim, East Charleston, do one event or custom design your tri, *Contact:* <http://kingdomtriathlon.org/>

August 23, "GMAA" 23rd Scholarship Trail Race 5K, 8:30am, South Burlington, *Contact:* www.gmaa.net

August 23, St. Albans Raid Half-Marathon, 8:00am, St. Albans, *Contact:* Franklin County Regional Chamber of Commerce

August 23, Tour de Force Half-Marathon, 10K, 5K, Plattsburgh NY, *Contact:* <https://runsignup.com/Race/NY/Plattsburgh/TourdeForceHalfMarathon>

August 23, Race to the Top of Vermont, 4.3 mile hill climb, Stowe, *Contact:* www.rttovt.com

August 29, Little City 5K & 10K, 9:00am, Vergennes, *Contact:* www.runvermont.org

August 30, "GMAA" 47th Archie Post 5 Miler, 8:00am, Burlington, *Contact:* www.gmaa.net

September 5, "CVR" 38th Northfield Savings Bank 5K & 1 Mile, 9:30am-1 Mile, 10:30am-5K, Northfield, *Contact:* Rowly Brucken or June Burr or <https://runsignup.com/Race/VT/Northfield/FlyingPigFootrace> [CVR/ORS series]

September 6, "GMAA" Labor Day 15K, 9:00am, South Burlington, *Contact:* www.gmaa.net

September 12, Maple Leaf Half-Marathon and 5K, 8:00am, Manchester, *Contact:* www.manchestervtmapleleaf.com

September 12, Sprouty 5K & 10K, 9:00am, Sharon School, *Contact:* <https://runsignup.com/Race/VT/Sharon/Sprouty>

September 12, Covered Bridge 5K, 10K & Half-Marathon, 8:00am, Shelburne, *Contact:* www.racevermont.com/

September 13, Old Stone House Museum 5K, Half-Marathon or 12 mile bike, Brownington, *Contact:* <http://oldstonehousemuseum.org/fallfoliagerun/>

September 16, "CVR" 12th Sodom Pond 4 Mile, 6:00pm, Adamant, *Contact:* Tim Noonan at 223-6216 [CVR/ORS series]

September 19, "GMAA" Common to Common 30K, 8:30am, Essex, *Contact:* www.gmaa.net [CVR/ORS series]

September 19, Lt. Dooley 5K, 10:45am, Wilmington High School, *Contact:* www.ltmarkdooley5k.com

September 26, MZMF 5K & 1/2 mile Child walk/run, 10:00am-1/2 mile, 10:30-5K, Norwich University, Northfield, *Contact:* www.mzmf.org

September 26 and 27, Adirondack Marathon Distance Festival 5K, 10K, Half-Marathon and Marathon, Chestertown & Scroon Lake N.Y. *Contact:* www.adirondackmarathon.org

September 27, Island Vines 10K, South Hero, *Contact:* www.runvermont.org

October 3, "GMAA" Art Tudhope 10K, 9:00am, Shelburne *Contact:* www.gmaa.net

October 4, "CVR" 32nd Leaf Peepers Half-Marathon and 5K, 11:00am, Waterbury, *Contact:* Roger Cranse at 223-6997 or rcc59@comcast.net or <http://leafpeepershalfmarathon.org/> [CVR/ORS series]

October 10, Choice Physical Therapy 5K, 10:00am, Montpelier, *Contact:* www.choicephysicaltherapyofvermont.com

October 11, "GMAA" Green Mountain Marathon and Half-Marathon, 8:30, South Hero, *Contact:* www.gmaa.net

October 18, CHAD Half-Marathon and 5K, 12:00 noon, Hanover NH, *Contact:* www.chadhalf.org

October 25, White Mountain Milers Half-Marathon and 5K, 9:00am, North Conway NH, *Contact:* www.wmmhalf.com

October 31, Kingdom Challenge Half-Marathon and 5K, Saint Johnsbury/Lyndon *Contact:* www.thekingdomchallenge.com

November 1, Manchester City Marathon, half-Marathon & relay, Manchester NH *Contact:* www.manchestercitymarathon.com

November 7, "CVR" Fallen Leaves 5K Series, 9:00am, Montpelier, *Contact:* Tim Noonan at 223-6216

November 14, "CVR" Fallen Leaves 5K Series, 9:00am, Montpelier, *Contact:* Tim Noonan at 223-6216

November 21, "CVR" Fallen Leaves 5K Series, 9:00am, Montpelier, *Contact:* Tim Noonan at 223-6216

November 22, Middlebury Turkey Trot 5K & 10K, Middlebury Municipal Gym, *Contact:* www.middleburyfitness.com

November 26, "GMAA" Turkey Trot, 11:00, Burlington, *Contact:* www.gmaa.net



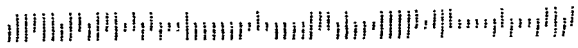
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AUG 2015 **NEWSLETTER** **Volume 36 Issue 4**

RENEW your membership, or JOIN, Central Vermont Runners



Name (Please Print) _____

Street _____

City _____ State _____ Zip _____

Sex: M F Age _____ Birth Date _____

Email Address _____ Phone _____

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

1 _____

2 _____

3 _____

Annual dues are \$10 for individual, \$15 for family, \$5 for students. Enclosed are dues for the following years -
2015 2016 2017 2018 2019 (2015 dues covers 3/2015-3/2016)

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

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