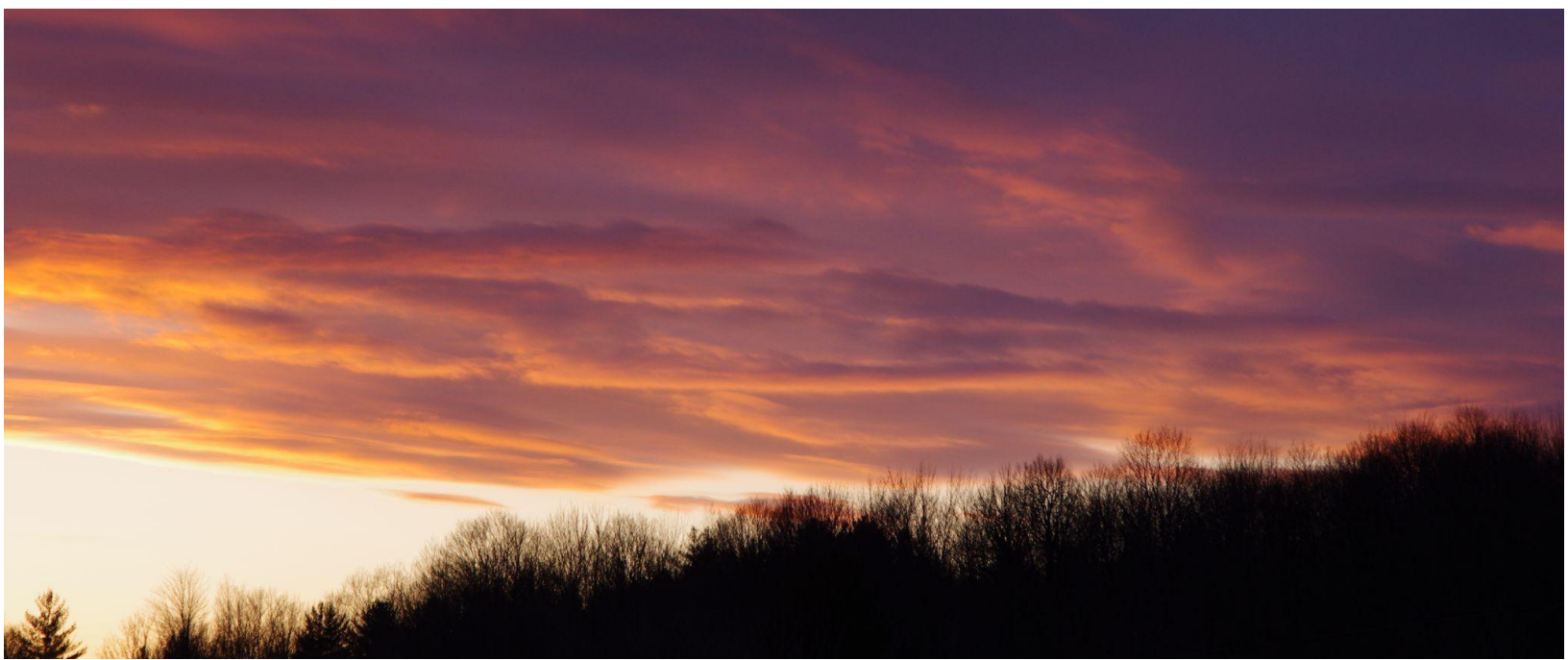




NEWSLETTER

Dec 2021, Volume 42 Issue 4



Upcoming races:

New Year's Eve 5K - Dec 31

Millstone Hill Snowshoe 5K - Feb 5 or 12

Paul Mailman 10 mile / 5K - April 16

Mutt Strutt - April 24

Adamant Half Marathon - May 8

Sponsored By



President's Message



We have concluded a fantastic year of activities, events, and races. It was a difficult year brought on by Covid, but still ended very successfully. We started the year under Covid guidelines and never knew how many races we would be able to put on, but due to the efforts of the race directors and support of so many volunteers, we were able to have 14 events. The NYE5K went virtual and the only race to be canceled was the Barre Town Spring Run. In the 14 events there were 1,144 participants. I don't have data from previous years but in a year when race participation has been down everywhere, this result is very positive.

Aside from having a very successful race season, we also had other successes. New this year we launched the Summer Trail Run Series. It ran from May - September. A host sponsored a trail run every Saturday there wasn't a CVR race. By request it carried through in October. CVR also sponsored a Leaf Peepers training group with April Farnham as the trainer. 22 participated in the training series and they all ran either the half marathon or 5K.

During the year we saw the pandemic improve to the point executive orders expired and normalcy was returning to the current situation where high positive cases have returned. Throughout all this, membership has surprisingly grown. In this calendar year alone, 85 new members have joined CVR. This is substantially higher than previous years (around 25 per year). Our current membership stands at a very strong 325 members. We are well positioned for another great year next year. Our 2022 Race Series is set. The long running and successful Winter Long Run has been rebranded as Winter Group Runs with Heather Tomlins as the new coordinator. The Summer Trail Runs will be back next year, and Jackie Jancaitis is bringing back the Snowshoe race and this year it will be live!

Finally, another detailed survey was completed with great information and feedback from members. A survey committee was established to review the results with the hope of proposing new ideas that will keep this running club exciting and growing.

2022 will be an exciting year!

Thanks and safe running,

Manny Sainz

The Age Game

By Dot Helling



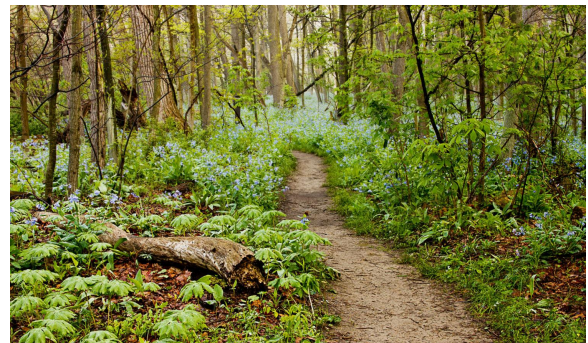
I just applied for the 2022 Boston Marathon. It's a race I've probably completed 25 times since 1982.

I was intending to do it in 2020 when I turned 70 but then Covid hit. I'm not a virtual person so I opted for my money back and decided another Boston was not on my itinerary. I no longer like that event much, not since the early days when a much smaller field started together in Hopkinton. But the “one more time” age thing tempted me. We'll see how it goes. Unlike last time I'm not a sure in, even with a “fast” time for my age.



So, what is “fast?” Having always been a runner because I love the movement and being outdoors, my run successes have been icing on a

satisfying cake. I didn't do speed work. I didn't have a pace watch or a coach or even a set program for training, other than working up to long mileage. I just did it. Much of my training, especially ultras, was time with friends and my dogs in places of interest.



The challenges sucked me into 100 milers and multi-day adventure runs. I did like winning but it was not the goal. My goal was to finish healthy and enjoy the event. The tough ones made the good ones even better. I'm a minimalist so the large events and the gear needed for triathlons and cycling kept me more of a trail and dirt road runner and hiker.

So, it's odd and interesting for me to wonder as much as I do now about “speed.” I just can't get over the impact of age on performance. I can't

run a single mile right now at the pace I used to run in marathons. Some days I can't do a single mile at the pace I used to run 100 miles in. To think of slowing down your mile pace by many minutes is a bit mind-boggling. Count down 60 seconds and it can feel like a long time. Count down 60 seconds two or three or even four times and you may as well be walking. But then, even a walk or hiking pace today at age 71 is minutes slower than it once was.



So, what to do about this conundrum? Accept it and embrace the fact that I am out there moving. Appreciate every moment on your feet in motion. CVR is a club of many golden-agers

who are doing this very thing – Bob Murphy, John Valentine, Celine Blais, Bob Howe to name a few. And they are rocking it – winning age groups, training with runners half their age and loving the motion. My guess is their bodies, like mine, also love the motion. It keeps us upright, mobile and happy even if we do have to slowly crank ourselves out of bed in the mornings and keep a supply of ibuprofen handy. We each have our “tricks of the trade” - eg. hot tubs, massages, physical therapy, naps, whatever works.

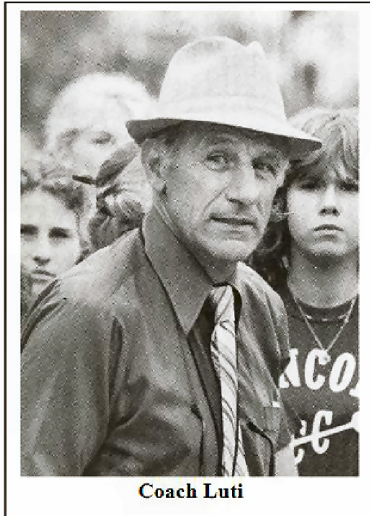
So, when you get to be our age, celebrate your body if it's still moving and try not to sweat the details like pace or place. As the old Nike slogan goes - “Just do it



54th Annual Bill Luti 5-Miler

By Bob Murphy

Bob Teschek (of Granite State Racing Systems fame) has been trying to talk me into going to this race for a long, long time. It is a longstanding tradition in Concord, N.H., but unfortunately always seems to coincide with a big race here in Central Vermont, the Stowe 8-Miler. Thanks to COVID-19, this year's edition of the 8-Miler was canceled, so that opened up an opportunity for me to experience this event.



Coach Luti

Back in 1968, Bill Luti helped organize the Concord 5-Miler, a race that was to become one of the oldest foot

races in New England. He was at the time cross-country coach at Concord High School. Under his leadership, the cross-country team had significant success and Bill became somewhat of a legend in the area. The race was named in his honor in 1984. Bill died at the age of 98 in December 2019.

The course has changed a few times over the years. When I looked at the course map online prior to registering, I noted that although I had never run the Bill Luti race, I HAD run the course in the past. Many years ago, Concord's annual Jingle Bell Run was a 5 miler and traveled the same route at this race, but in reverse. After running the current route, I am hard-pressed to tell which direction was the easier. When I ran the Jingle Bell Run, it seemed easier, but then I was something like 20-30 years younger. The race this year was held in relatively humid, but thankfully pleasant temperatures (around 70 degrees). The start time was 8 am, which was a blessing.

The course was not an easy one. It starts with a flat first mile, and then a relatively steep climb for a little over a half mile, just enough to take the starch out of many of us. From there, it was downhill for a bit, then another hill after mile 3, and a nice downhill to the finish. The sun stayed hidden until the fourth mile (at least for me – all of those speedsters ahead of me had no sun at all to deal with). John and Megan Valentine rode to the race with me and were among those who didn't see the sun until after they finished.

There were a total of 378 finishers. The first male was Colin Liebold of Concord, Mass., in 24:11 (a 4:51 pace). He finished 28 seconds ahead of second place Louis Serafini and 31 seconds ahead of third place Leakey Kipkosgei. The race for first female was much closer. Jennifer Mortimer of Bedford, N.H., finished in 29:33 (a 5:55 pace), just 6 seconds ahead of both Jaclyn Solimine and Erin Lane. If I were only a little bit faster, I could have witnessed that amazing finish. (Well... maybe a LOT faster.)

There were ten Vermonters in the competition. The list of those, their finish times, and other info is as follows.

Tyler Labrie,
30M, Burlington – 31:12

Tony Bates,
62M, Salisbury – 32:24

Nick Persampieri,
61M, Burlington – 32:33

Megan Valentine,
42F, Jericho – 34:34

Jim Westrich,
57M, Norwich – 36:05

Charlie Buttrey,
62M, East Thetford – 37:20

Erzsebet Nagy,
26F, Norwich – 37:34

Elodie Reed,
29, Burlington – 40:16

John Valentine,
71M, Roxbury – 47:01

Bob Murphy,
81M, Barre – 52:13

My friend Bob Teschek and his wife Anita both ran the race this year. Anita, 68, ran a very nice 45:33, and Bob, 75, managed a 51:29. I recommend this race to all my fellow CVR friends. It is a challenging, but fair, course, with lots of competition. True, you have to get up before breakfast to get down to Concord, but the trip is an easy one early in the morning, and the competition, camaraderie, and a well-run event make it well worth the effort. See you in Concord next July!



More Than Just a Marathon

By Jaime Gadwah

I started my running journey in 2009. I had been gaining weight steadily and no matter what I tried, I couldn't seem to make a difference. My usual exercise of walking wasn't doing anything to help so I started just walking hills. That didn't work. My brother was always running, he had been trying for years to get me into it but I just didn't see the allure. I also had a neighbor who I walked with who had a daughter who liked to run. I felt like someone was trying to tell me something so I talked to the daughter and, as I know now, runners love to encourage other runners. So, she helped me get started.

Our first run was in our neighborhood. I wore my ratty gardening sneakers, as those were the only ones I had. I made it approximately 300 feet before I had to stop and walk. She patiently stopped and walked with me. We approached a hill, which was where my oomph always left me. She said, "we're going to run up that hill". I was impressed by her motivation so I went along with it. I made it about a quarter of the way up and started walking again. She looked up the

road a bit and said, "we'll start running again at that mailbox". And we did. We continued that way until we had crested the hill and I felt amazing.

She and I ran together consistently for about a month and I felt stronger and stronger in my running. The weight didn't budge though, and I had also started having some memory issues and fatigue. I went to see my doctor and was diagnosed with hypothyroidism, which was negatively affecting my metabolism – hence the weight gain and fatigue. By that time though, it didn't matter that I might be able to lose weight with the medication for the disease, I was hooked on running. From that point on, running consumed my soul.

My husband and I had gotten married in 2003, right before I went to nursing school. We both knew that we wanted to have children one day, but it just wasn't the right time. I wanted to finish my degree and have a stable job before we started trying for a baby. The years went by, I graduated with my Associate's degree in nursing in

2006, and that was when we decided to give it a go.

Unfortunately, things didn't really work for us right away. But we were okay with just taking our time, we never once thought it wouldn't happen eventually. I went back to school again for my Bachelor's in nursing to allow me to expand my career away from the bedside and so that took precedence. When we had been trying for a year with no luck, we finally ended up seeing a doctor.

That was the beginning of our infertility journey, and neither of us had any idea what the years ahead would hold. We had our first miscarriage in 2007 and it wrecked us. Prior to that, we weren't really invested, but once we'd started down that road, we knew it was what we really wanted. Miscarriages are exceptionally common, so my doctor wasn't worried. She told us to just get trying again. We tried for a couple more years with no luck. When we went back to the doctors again, this time they looked further and I was diagnosed with endometriosis. I had treatment for the endometriosis, lo and behold we got pregnant the next month! The joy didn't last very long though, as we miscarried again almost immediately.

It was around this time that I had met up with my friend's daughter and found running. The diagnosis of hypothyroidism gave us hope that perhaps that was why we weren't able to stay pregnant, and so I happily took my medicine. Month after month though, we were disappointed again and again. The running kept me sane and gave me something else to focus on. I started running races with my brother – I finally saw the allure! I discovered the amazing feeling of finishing first a 5K, then a 10K, then eventually a half marathon. Running was something that I could control while everything else was spiraling away from me, completely out of my control.

Shortly after my hypothyroidism diagnosis, my older brother was diagnosed with Celiac disease. His wife, my sister-in-law, also a nurse, messaged me immediately and said "celiac can cause infertility – you need to get tested for it". So, I did get tested and it came back positive. It was another thing to grasp onto, another "reason" for why we couldn't do something that seemed to be so easy for everyone else. I went on a gluten-free diet, the only treatment for celiac disease, and in the meantime, we ended up pregnant again. We didn't share the news with anyone, we didn't want to say anything until we

were sure. We had our appointment scheduled for the first ultrasound, I desperately wanted to hear a heartbeat – the other pregnancies had never made it that far. My husband worked that day and I remember him asking me if I wanted him to come with me, as he would need to leave work early. I said yes, just in case it was something bad.

Maybe it was a premonition, or maybe just a good guess, but the ultrasound showed that the pregnancy was ectopic. And because we had been able to hear that heartbeat, the only option was emergency surgery to remove the pregnancy. I couldn't go home, I couldn't leave the hospital, I had to have surgery right then because of the risk that the tube would rupture and kill me.

That experience led us to Dartmouth and specialists. Because of damage done to my tubes, we had another ectopic pregnancy, this time on the other side. Our infertility doctor advised that I have my tubes removed and that we pursue in-vitro fertilization (IVF). Through all of this, I ran. I ran to keep myself sane. I ran when I wanted to be alone and cry. I ran when I wanted to assure myself that my body was strong, even though it wouldn't do what I wanted it to do.

When I was able to, I signed up for races. It was hard to keep a baseline mileage, doing IVF I had to act as though I was pregnant, even if I didn't know yet. I couldn't take time off from work because I wanted to save earned time. Over the course of 2 years, we went through five cycles of IVF, each of them unsuccessful. Each of them more painful than the last. The 5th and last cycle of IVF was brutal. I was receiving the highest doses of the medications. I had started having acupuncture, but had to drive an hour to the appointments. I was driving from my home in Waterford to Dartmouth sometimes as often as every other day, and then three times a week I was driving to Montpelier for acupuncture, all while continuing to work full time. The acupuncturist advised that I not get cold – meaning no swimming. She advised that I not elevate my HR – meaning no running. I looked at our pool that summer, upset that I couldn't swim. We closed it early that fall. Not being able to run during one of the most stressful times of my life was just the icing on the cake.

My husband and I had a conversation after the fifth cycle failed and we decided to stop trying. In the one moment it took me to receive the negative pregnancy test after that last cycle, my entire life changed. I went

from someone who could tell people “We’re trying” when asked why we didn’t have kids yet, to someone who didn’t know what to say. Those weeks and months after that decision were some of the darkest of my life.

It was the beginning of that winter when I finally felt myself coming back. I had started running again and was elated to not have to worry about what I could and couldn’t do – I could do anything. It was that feeling that led me to start thinking about running a marathon. Prior to that time, even before the infertility, I thought I would never be able to run a marathon, that I didn’t have what it would take. But maybe, now that I could really do whatever I wanted, maybe I did have it, maybe I could really do it.

I started thinking about it more and more. I realized that since we weren’t spending all of our money on IVF cycles and medication, we actually were doing pretty good financially. I thought what fun it would be to have a destination marathon and to run it with my brother and my sister, who had also started running, who had both been with me through everything. I saw an advertisement for the Disney marathon and thought – that’s it!! What better place to run

my first marathon than at the happiest place on earth!

I broached the subject with my brother and my sister, to see what they thought. My brother was totally on board, he wanted to run the marathon with me. And my sister agreed to run the half. We planned an entire family vacation around the marathon weekend. My brother asked me what led me to change my mind about the marathon and I told him I wanted to do something that not everyone else could do.

We trained together, the three of us. Long runs on the Lamoille Valley Rail Trail. We were blessed with a really mild start to winter and we were able to do our long runs on the trail right into December. The marathon was fast approaching and I felt excited and ready.

The day of the marathon we were up at 3 for the 5 a.m. start. My brother and I were in different corrals but he stayed with me as long as he could. The air was electric, I had never been in a race with so many participants. There were so many corrals, it took almost 20 minutes to get to mine. When the fireworks finally went off and the race began, I was on my way!

The course alternated between highway and park. Running through

all the parks was the best part – seeing the characters who cheered us on, feeling the happiness. Despite the distraction of the surroundings though, the race was tough and the humidity was high. I felt this especially after doing my training in cold Vermont winter weather. Looking back, I know I went out too fast, which affected the second half of the race for sure.

But really, none of that mattered. I knew that the race was much more than just a marathon for me. As I got closer and closer to the finish, I became emotional thinking about what I was about to do. I knew that even though my body wouldn't do what so many other women's bodies did easily, that I was doing something that not just anyone could do.

When I was in the last stretch, I was surrounded by people holding up motivating signs and I saw one that said "What are you running for?" and I choked up. I was about to do something I thought I would never be tough enough to do. When I finally crossed that finish line and received my medal, my eyes were teary. My legs were tired but my heart was full. I went to find my family, a smile on my face.



Above: The author with her brother after the race.



Index to CVR Newsletters Now Available Through 1999

by Bob Murphy

All CVR Newsletters for the 20th century have now been indexed. The latest, covering the years 1995 through 1999, has now been posted to the website. Future indexes, starting with the year 2000, are planned.

Of what use are these indexes (indices for the purists among us)? A fair question. Anyone interested in exploring the history of CVR or its members will want to visit the newsletters, as that is where the history of the organization has been chronicled. Everything from the organization's tax status, its races and other events, club officers, meeting minutes, and more, have been reported on in our newsletters.

The index has attempted to capture every mention of every individual on every page, as well as activities and events reported on in the newsletters. In this latest index you will find, for example, a series of articles by Dot Helling chronicling her quest for the "Grand Slam" of ultradistance events both in Vermont and across the country (the best way to find them is under Helling, Dot, as all authored articles are indexed both by author and by title, under the heading "articles". You can also learn that Tim

Noonan, in addition to directing Bear Swamp, the 10-Miler and Northfield

5k, was also co-director of the Kids Track Meet, volunteer at First Night, Berlin Pond, Montpelier Mile and Mutt Strutt, ran a variety of races in Vermont and elsewhere, organized fun runs in Hubbard Park, was a host for CVR meetings in July 1995, March 1997, May 1999, and more (a VERY busy guy).

Want to know who was President of CVR in 1996? Who the newsletter editors were during this period? How about the results of the Bear Swamp Run in 1999? It's all in our newsletters, just waiting for you.

So there is lots of information available in our newsletters, but without an index, pretty difficult to access. I hope that this index, those prior and those to follow, will make any searches for historical info much easier to achieve.

[Final note: Although I have attempted to be as accurate as possible in my indexing, the process is prone to the occasional error. I have spotted some myself, but if you find something that needs fixing, just let me know, and I will do my best. Thanks. Bob M.

What I Think About When I'm Running

by Bob Murphy

I read a book a few years back, authored by Haruki Murakami, entitled, “What I Talk About When I Talk About Running”. I was a bit disappointed by the book (his novels are great, by the way), as I was expecting something more on the lines of my somewhat similar title above. That being said, why am I even taking the time to write this? (And maybe you are asking why you are even taking the time to read it?)

I have heard some folks say, “I tried running, but found it boring”. I have never been able to understand that sentiment, and cannot relate to it in any way. I have been running for about 45 years now, and although I cannot claim never to have been bored, that has never, to my recollection, ever happened while running. And it is not that I am so overcome by “runner's high” that it is an out-of-body experience for me. To the contrary, running always gives me time to think about a number of things; simply to be “in the moment” with my body and my mind.

Take today, for instance. I was out for an hour and a quarter walk (my current practice is walk/run on alternate days to alleviate a knee problem), and during that time, my mind was all over the place. I started

by contemplating my next race, what condition I was in to even be competing, what my pace might be, how fast I should go out, likely competitors that I would encounter on the course, how I would fare in competition, etc. No answers to the issues, but fun to contemplate.

As I walked along I enjoyed the view of the roadside, the dying/drying flowers and plants so recently green and lush, the emergence of New England asters and the wild abundance of ragweed (necessitating that allergy pill I'd taken a couple of hours before).



Then it was back to running thoughts. Should I or should I not contemplate going to the Senior Games in Fort Lauderdale next May? Having qualified to participate in the recent Northfield race, I nonetheless recognized that the competition at the

games would be exceptional, and my chance of “medaling” would most likely be very small. Still, the experience would seem to make the trip a worthwhile endeavor. But what about COVID? So many things to consider.

But now my thoughts turned to genealogy, and how one goes from a French-Canadian name like L'Ecuyer to an Anglicized Legoy. Finding these folks in census records is a real challenge, because of the ways their names get butchered in U.S. records. Guess I'll go to the Vt. Historical Society again tomorrow to see what more I can find.



But my, how narrow these shoulder areas are. The white edge line is 4 inches wide, and in many places, the pavement is less than 4 inches, sometimes nonexistent. And to make matters worse, there is no usable grass area next to the pavement edge. A few years ago I wrote to the Barre Town Engineer suggesting that lanes should be striped narrower. Studies have shown that actually encourages slower vehicle speeds and provides a

safer area for pedestrians. Time to write another letter? Hmm.

Now we are on to an upcoming family gathering, to include a nephew from Oklahoma, with (as you probably can guess), a penchant for things Trumpy. Question: should I try to engage him in a discussion of (as Walter Ames often calls him) the Felonious Former, challenging him on his (obvious to me) erroneous views, or should I simply bite my tongue and “keep peace in the family”?

And now that the subject of politics has arisen, I begin thinking about upcoming elections, and the possible civil unrest that may ensue if (as is apparently being planned in red states around the country) many states, not liking the results of an election, seek simply to overturn the results to something they like better. Oh, well, my driveway is in sight, and this is a problem that will require many more walks or runs to solve.

So ends the internal discourse for another day. Boring? Not yet.



CVR Question: What is a volunteer?

How can you volunteer?

By Donna Smyers

I was submitting questions for the CVR membership survey and wondered what would motivate people to volunteer for CVR. Then it occurred to me, I don't think many members have a clue how many options there are for volunteering and how important those jobs are for making the club a fun and active club.

Most people think about being a Club Officer, a Race Director or race volunteer when they think about volunteering for CVR. I started brainstorming about how many volunteer tasks there are and was overwhelmed with the sheer number. Volunteering to help with various activities spreads out the work of keeping the club fun and active.

Here are opportunities that I thought of and names (if I know them) of who has stepped up recently. The important thing to realize is that we need people to constantly cycle through these positions to keep some people from being overwhelmed and to allow for continuity as people come and go with other life activities. If you see anything that you might help with, contact Manny or the person currently on the list to see what you can do! If

you have any new ideas for the club, just step up and volunteer to do it (unless you suggest another volunteer willing to implement your idea)!

Note these are in no particular order, alphabetizing didn't make sense and there is no order of importance! The first 6 are required by the by-laws and the next few are pretty critical to the operation of the club, and then it gets pretty random.

President: Manny Sainz

Vice President: Sal Acosta

Secretary: Sandy Colvin

Treasurer: John Valentine

Members at Large: Darragh Ellerson and Jackie Jancaitis

Past President: Andy Shuford

Webmaster: John Hackney

Newsletter Editor: Alice McCormick

Membership Coordinator: Graham Sherriff

Race Directors with co-directors:
NYE 5K: Manny Sainz and Jennifer Dickinson, *Millstone Snowshoe Race:* Jackie Jancaitis, *Paul Mailman 5K and 10 Miler* Andy Shuford and Kari Bradley, *Mutt Strutt:* Maryellen Copping (new!), *Adamant Half Marathon:* Donna Smyers and Chris Andresen, *Barre Town Spring Run:* unfilled, *Capital City Stampede:* Shannon Salembier, *Bear Swamp:* Tim Noonan, *Barre Heritage Trail Race:* Jackie Jancaitis, *Berlin Pond 5 Miler:* Sue and Bob Emmons, *Groton Trail Races:* Mark Howard, *Sodom Pond:* Tim Noonan, *Leafpeepers:* Will Robens plus CVR Committee, *Fallen Leaves 5K's:* Tim Noonan and Donna Smyers, *NSB 5K CVR Liason:* Rowly Brucken

Publicity Coordinator: Open

Social Media/FB Coordinator and FPF coordinator: Dylan Broderick

Race Calendar Listings: Michelle Risley

Strava CVR group coordinator: Sal Acosta

Race Timing using Runscore: John Hackney, Bob Murphy, Donna Smyers, plus others in training

Race Volunteer: Too many to list. Approximately 135 different names listed for 2021!

Fun Run Volunteer: Darragh Ellerson and additional as needed

Coordinator for Grants to Running Programs: Ann Bushey

Winter Long Run Coordinator: Heather Tomlins

Winter Long Run Hosts: Sign up with Heather for 2021-2022!

Trail Run Coordinator: Mark Howard and Manny Sainz

Trail Run Hosts: There were many for 2021, sign up for 2022!

Track/Speed Workouts Coordinator: Natalie Gentry

Course Certifiers: John Valentine and Donna Smyers with Bob Murphy

Race and Race Series Committee: Donna Smyers, Darrel Lasell, Tom Mowatt, Manny Sainz, Tim Noonan, Mark Howard, Phyllis Arsenault-Berry

Race Series Points Tabulator: Joe Merrill (just replaced Jim Flint)

Volunteer List coordinator: Dot Helling

Maintain Email List of race participants and store paper Entries for 7 yrs: Greg Wight

Equipment Manager: Sal Acosta

Marketing Committee: Manny Sainz, Merrill Creagh, Dylan Broderick, Sal Acosta

Nominating Committee: Bob and Sue Emmons, Manny Sainz

Spirit of the Club Committee: Donna Smyers, John Martin, Darragh Ellerson

Annual Volunteer Dinner Coordinator: Dot and John Martin

CVR Clothing and/or Swag Coordinator: Sal Acosta and Shannon Salembier

Special Assignments: e.g. Write a Race Director Handbook or Safety protocol: Jackie Jancaitis

Leafpeepers Training Group: April Farnham

Committee to Implement Survey suggestions: Manny Sainz, Michelle Risley, Jackie Jancaitis, Darragh Ellerson, Merrill Creagh and Natalie Gentry

Front Porch Forum liaison for your town: Cindy Allen, Donna Smyers, Sigh Searles, Kelly Collar, Phyllis Arsenault-Berry, Fred Pond, Toni Kaeding, Greg Wight

Other ideas: Initiate and coordinate a special event –maybe a run/picnic, a GMAA/UVRC combined event?

A subultimate Runner event?

Host and/or Attend CVR meetings

Write an article for the newsletter or submit items to the News and Notes.

Note in writing this list I came up with a new opportunity: Who would like to figure out what each volunteer does and put it in writing for the CVR records???



Volunteering for a CVR Race

by John Hackney

Volunteers are an essential part of putting on any of our club races, and we have a new app available now on the CVR website that is designed to help the club manage race volunteers. We encourage everyone to use these new online functions for race volunteers.

As a CVR member, you first have to log on to the website using your username and password. There is a 'Log in' link in the top menu on any page on the website. You were assigned a username and initial password when we rolled out the username/password functions two years ago or when you joined CVR since that initial rollout. Your username is in this form: firstname.lastname (lower case). You can reset your password at any time by using the 'Lost your password?' link on the login page. For help with logging in to the CVR website, follow the instructions in the document at this link:

<https://cvrunners.org/wp-content/uplo>

[ads/2021/10/volunteer-instructions.pdf](https://cvrunners.org/wp-content/uploads/2021/10/volunteer-instructions.pdf) There is also a link to these instructions on the home page of the website.

Once you have logged in, click the **'Members'** link in the top menu and then click on the **'Volunteer for a CVR race'** link on the Members menu. You can then add or remove yourself as a volunteer for a specific race, or you can add family members or friends as volunteers for the race.

Race directors will also be able to use the volunteer app to see who has volunteered for their race, print or view a list of their volunteers, and add and remove people from their volunteer list.

We hope everyone will use the volunteer functions available on the website. Please email John Hackney at info@cvrunners.org with any questions about logging in to the CVR site or about using the volunteer signup application.

Membership Notes

A big welcome to our 43 new members who have joined since the last newsletter!

Stephanie Arnold

Yvonne Benney

Basque

Ansley Bloomer

Alexandra Breyer

Bobbi

Brimblecombe

Daniel Bruce

Lindsay Budnik

Christie Burgess

Kerry Chaffee

Chris Cote

Karen Cote

Alicia Crosby

Dawn Duke

Kaylan Duncan

Michelle Emmons

Mark Evans

Amelia Friot

Hollie Friot

Natalie Gentry

Andy Gilbert

Douglas Glover

Christina Gosselin

Lesley Kantlehner

Patrick Kantlehner

Emily Kisicki

Keely Koenig

Christy Krussman

Kate MacLean

Michele Mannino

Leigh Martin

Joseph Moore

Karen Pallas

Joslin Parker

Laury Saligman

Kira

Saligman-McGill

Sara

Saligman-McGill

Arthur Savard

Mark Seltzer

Diane Solomon

Karen Storey

Kaylee Swift

Rebecca Wallick

Emma Zavez



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

Elected officers

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

Appointed positions

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