



# NEWSLETTER

Mar 2022, Volume 43 Issue 1



## Upcoming races:

**Paul Mailman 10 mile / 5K** - April 16

**Mutt Strutt 3 mile** - April 24

**Adamant Half Marathon** - May 8

**Capital City Stampede 10 k** - June 11

**Bear Swamp Run 5.7 miles** - July 9

*Sponsored By*



# President's Message



We are into March and Spring is soon upon us and the time of year for new beginnings. The same will happen with the running club as we come to the end of our fiscal year and new officers will be elected. With that, this will be my last President's message for the newsletter. I have had the opportunity to lead this great running club during perhaps the most challenging of all times. With support and dedication from so many members we have made our way through these difficult times and I believe what we have learned and brought about has put us in a very good position to continue with our success into the future. With that, I would like to thank all of you for your great support in making this a successful running club during my term as President.

In my 2021 President's Report I listed a lot of what we have accomplished together. I want to list a few of the important successes we have had together in the last couple of years.

- 2020 was by far the most difficult for us as the spread of Covid was high and the State went into lockdown. As a result, we were forced to cancel our entire race season. The running club stuck together however and with support from so many, a Virtual Race Season was created and was very successful. We had 24 virtual events with 727 participants and 163 members participated in at least one event. A great turnout by our members.
- In 2021, thanks to great support in planning by the Race Timing Committee, the Race Committee and Race directors, CVR put on or participated in 13 race events with 17 various distances. There were 1,144 participants with 294 of them being CVR members. 111 members participated in at least one event. A great running season in a time of uncertainty.

- In 2021 a Summer Trail Run series was created and was very successful running all the way through September.
- A CVR Community Facebook page was created where CVR members could communicate with each other, and we currently have a following of 152 members.
- We also had several members take on important roles within CVR as we continue to grow.
- *As of this writing, our membership has grown to 356 members. We are at the end of our fiscal year and are in the membership renewal period, so I am hoping many of those whose memberships will expire will renew them!*
- You can review more of our accomplishments in the 2021 President's Report on our website [cvrunners.org](http://cvrunners.org).

As we are coming out of most Covid protocols, we have a full slate of racing and events in store for us this year and Speed Workout night is being brought back along with the Fun Runs (soon to be rebranded). It should be an exciting one for sure. See you all out there!

**Manny Sainz**

# A History of CVR

by Bob Murphy

## Chapter 1: The Beginnings (A Personal Recollection)

When I first became aware of the running scene in central Vermont in the mid-1970s, there was only one running club that was prevalent in the area, and that was the North Country Athletic Club (NCAC).



NORTH  
COUNTRY  
ATHLETIC  
CLUB

Although there were other locally based running clubs at the time, they catered primarily to a specific, relatively small geographic area. The Green Mountain Athletic Club (GMAA) covered the Burlington area, Memphremagog Striders was confined to the Newport area, Vermont Ridge Runners served the Rutland area,

Red Clover Rovers was located in Brattleboro, Southern Vermont Road Runners covered Bennington, and the tiny Gaelic Athletic Club seemed only to serve Hugh Short, his family and a few close friends in the town of Chittenden.

By contrast, NCAC covered a very large area. Members hailed from all over north and central New Hampshire and Vermont. I recall members from New Hampshire: Ed Estle of Littleton, where the club was based, Bill Funicella of Franconia, Len Hall of Enfield and Rick Saltmarsh of Concord. Here in Vermont members included Russ Petelle of Derby Line, Dave and Wiz Dow of Hardwick, and a large number of folks from the Barre-Montpelier area, such as Paul Mailman, Bob Oatley, Darragh Ellerson, Doug Jones, Paschal DeBlasio and many more.

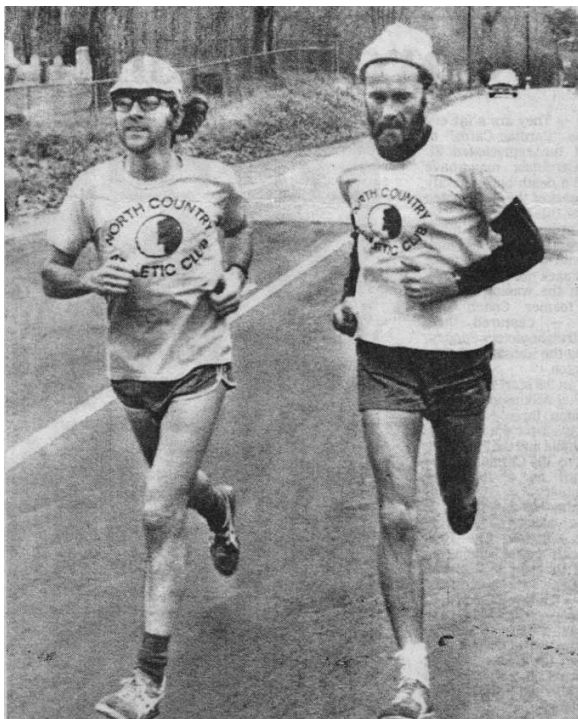
*[At right, Darragh in 1978]*



The “running boom” was occurring in the 1970s as a direct result of Frank Shorter’s capture of the Gold Medal at the 1972 Olympic marathon at Munich (and the Silver Medal at that distance at Montreal in 1976), and the inspiration that gave to countless Americans to get out and try running themselves. NCAC was growing in numbers at that time, and it seemed like everyone wanted to tackle the marathon distance!

Fun runs in Montpelier were begun about 1975 by Montpelier High School science teacher John Naess. Warren Kitzmiller of Onion River Sports took over organizing the runs about 1977. Because there were few running races available at that time, fun runs grew to be enormously popular. At their height, over 130 runners would assemble on a weekly basis at the Liquor Control Warehouse on Green Mountain Drive to compete at the 2 or 6-mile distance. The runs were often very competitive, and provided a racing opportunity for those who wanted it, and a social run for those who preferred that. Warren would collect a small voluntary fee each week from participants, and the money was used to provide trophies to all at the end of each season, as well as a midsummer picnic which was well-attended.

NCAC sponsored a few races each year, their two most important being the Littleton Road Race (9.73 miles) and the Montpelier Road Race, an 11-mile race that was the predecessor of today's Ten-Miler. Another annual race that I remember was a cross-country race held at Franconia, N.H.; five or six miles of wonderful pine-needle covered trails through the forest. The club held an annual picnic either in New Hampshire or Vermont. One I remember most clearly was held at Groton Pond. Families arrived late morning and spent much of the day at Boulder Beach, cooking out, socializing, swimming, and of course holding a membership meeting. A racecourse was laid out and we had some serious competition there as well.



NCAC members Roger Whitcomb, Pat DeBlasio and Bob Murphy were team members in a 1978 relay race from Burlington to Montpelier for VGASP (Vermont Group Against Smoking Pollution). The NCAC team was one of ten carrying copies of legislation, restricting smoking in public places, the 38-mile distance to the State Capitol, where they were presented to members of the Vermont General Assembly. *[At left, Bob and Roger on the way to Montpelier.]*

The Montpelier Road Race became an annual competition between NCAC and GMAA, featuring the "Sap Bucket Award" to the winning team. Each club would field

as many members as it could. The times for the top finishers (as many as the least number for a club) would be added, and the award was based on that. NCAC would draw a large number of its New Hampshire members for that annual event and was very competitive with the GMAA runners.

I became involved in the club and in 1978 agreed to take on Newsletter editor duties from Ed Estle, who had done the newsletter for many years. After a couple years of doing that, it became clear that despite the fact that the NCAC membership covered a vast geographic area, a majority were Vermont residents, and a significant number of those were located in Montpelier and surrounding areas. The NCAC logo featured a silhouette of “The Old Man of the Mountains”, and I began to question why so many Vermont runners would be running with a New Hampshire symbol on their chests. The logical next step was to begin asking around among local folks whether they would support the establishment of a local running club. Although many felt an allegiance to NCAC, most questioned did support the idea. Thus were the seeds of CVR planted.

[Coming in the next CVR Newsletter: Chapter 2. CVR: The New Kid on the Block.]

# My 2021

by Kari Bradley



My sister-in-law suggested it on January 1. She was over for a walk and happened to mention a challenge where you try to accumulate 2021 miles by whatever means. Running, walking, biking, hiking, skiing all counted and kilometers were ok too. The point apparently was just to set a long-range goal. By then, it had been over a year since a proper race and who could say what the future held? I checked my 2020 log and decided running a couple thousand miles (the equivalent of here to Salt Lake City) was a worthy target.

*Photo: Kari Bradley (right) and Scott Hess (left)*

2021 miles in a year is 5.5 each day. A steady average of 40 per week, with a week and a half off for injury or vacation. Not that daunting for a training cycle (I got up to 60 miles per week while training for my 2019 marathon), but a full year without breaks is something else. It would take time and perseverance and at 53 years, some luck to avoid injury.

I ran consistently, only taking off about 50 days all year. Most days were between 5 and 7 miles with a weekly long run of up to 16. I ran mostly on the Montpelier bike path and the hills of Calais and East Montpelier. Running became another way to monitor the changing weather and the passing seasons from frozen and dark to cool and muddy to hot and humid to the glorious in the fall and back to winter.

I offer these reflections:

- Process goals are cool. Master runners know it's all about wherever you find motivation. After a bunch of years chasing my fastest race times, it was refreshing to pursue a different measure of success. I got into a rhythm of daily and weekly tallies. I mainly ran slow without monitoring pace and listened to a lot of music (more than 100,000 minutes according to Spotify). I also took time to check out my surroundings; I discovered I really enjoy looking up and studying the treetops. No doubt a mileage goal pushed me to run more, and in some ways better.

- But choose wisely. I love to run, but 2000 miles took a toll. I accumulated a lot of fatigue and by November, I was grinding. It was also somewhat selfish and I missed out on a lot of opportunities, including bike rides with Gabrielle. Goal setting can be tricky business and the sweet spot between sensibly motivating yourself and just overdoing it is probably a moving target.
- Secondary goals can be useful. In addition to the 2021, I committed to weekly sets of strides and one fast race, a command performance. I chose the Vermont City half marathon in late October. I ramped up my volume and speed work in August and trained hard. Race day was beautifully crisp and the people of Burlington showed up to support us. I got to share the experience with my buddies Scott and Carl. I ran smart and finished strong, passing at least twenty people in the last mile, including a head-to-head sprint at the finish line. A gratifying return to proper racing and although I was a good five minutes off my PR, it was a beautiful race.
- But you can't chase two rabbits at once. So says the great Eliud Kipchoge about goal setting. The race was great, but given the wear and tear of my weekly miles, I didn't optimize my training. And I certainly didn't give myself time to properly recover. Two days off and it was right back to the routine even though my body knew better.

I reached my 2021 goal on a warm afternoon in late December on a lovely five miler in town. With a couple hundred meters to go, I bumped into a fellow Central Vermont Runner and walked it in with her. She's as dedicated and accomplished runner as I know, so I asked why she was walking. She explained that she had been dealing with various overuse injuries for two years and the prognosis was not hopeful. Her frustration was apparent and I kept quiet about my accomplishment.

In the end, my clearest takeaway is how fortunate I am to pursue any goals. Lucky me, lucky anyone, to have the capacity, support and wellbeing, the privilege really, to put in the time and effort to chase somewhat arbitrary targets. The real trick is appreciating the opportunity. The whole experience was a reminder that the best we can really do is to value our next mile and next step in pursuit of what we make meaningful. That is what I hope for our 2022.



# The Road to the National Senior Games

by Jim Flint



On May 10, I'm scheduled to fly to Fort Lauderdale, Florida to compete in the National Senior Games. This will be my fifth experience road racing at the Olympic-style competition, which is typically held every two years in a different U.S. city. Due to the pandemic, the upcoming national games were rescheduled from November 2021 to May 10-23, 2022.

*Photo: From left to right, CVR members Tim Hogeboom, Elizabeth McCarthy, and Jim Flint competed in the 2019 National Senior Games in Albuquerque. The trio is training now for*

*the 5k and 10k road races at the 2022 National Senior Games. The races are scheduled for May 12 and May 14 in Fort Lauderdale, Florida.*

More than 14,000 athletes participated in the 2019 National Senior Games, which were held in Albuquerque, New Mexico. Vermont's 69 athletes brought home 37 medals for earning first, second, and third-place finishes in their events. Thirty-four Vermont athletes reached the podium by placing among the top eight athletes in their age groups. Ribbons are awarded for fourth-place through eighth-place finishes at the national games.

CVR member Elizabeth McCarthy, F65-69, was a bronze medalist at Albuquerque. She placed third for her age group in the 5k road race and seventh for her age group in the 10k road race. McCarthy's husband, Tim Hogeboom, placed 13th of 28 runners in the M65-69 age group for the 5k road race and 18th of 44 runners in the 10k road race. In the M60-64 age group, I received seventh-place ribbons for the 5k and 10k road races.

Qualifying for the National Senior Games is a reachable goal for many athletes who are age 50+. The Vermont Seniors Games Association runs annual state competitions in 5k

and 10k road racing, track and field, swimming, cycling, triathlon, pickleball, tennis, golf, and basketball. Cornhole and Power Walk are new events planned for this year.

The state games serve as national qualifiers on the alternate years that national games are held. This year's state games will serve as qualifiers for the 2023 National Senior Games slated for Pittsburgh. In road racing, the top four men and top four women in each five-year age group at the state level qualify for next year's national games.

Central Vermont Runners is partnering with the Vermont Senior Game Association to host the state championship road races for seniors. The Capital City Stampede on June 11 is the 10k National Senior Games qualifier. The Northfield Savings Bank Flying Pig Race on September 3 is the 5k national qualifier. An athlete who qualifies in either state championship race can compete in either or both road races at the national games.

Last year's postponement of the National Senior Games proved to be a stroke of good fortune for me. In March 2021, I had a hard fall on black ice while out for a run. The resulting injury caused an imbalance in my stride. This led to a torn meniscus in my right knee that took several months to heal. In November of 2021, I was just easing back into running a few 5k races.

By early January, I felt confident enough to book a ticket to Fort Lauderdale in May. I began training more intensively. To avoid falls, I run on a treadmill at the Rutland Recreation Center. On off days from running, my wife Barb and I swim at the Castleton University Pool.

In mid-January, I met Don Gilman, an 82-year-old basketball player who was also training for the National Senior Games. Don has been playing basketball longer than I have been alive. He asked me if I would like to play a little two-on-two with him and another senior ballplayer. Looking around the gym, I asked a teenager from West Rutland to pair up with me against the senior veterans.

The pickup game was great fun and my first basketball game in many years. Thanks to my younger teammate, we managed to hold our own against Don and his partner. But my spontaneous fun came with a cost.

The next morning my right hip was sore. I went for an easy recovery run that day on the treadmill. The next day I went on a longer and faster run outdoors. The following day, I realized that my hip was injured. It would prove to be a few weeks before I could run again.

Sometimes there is a silver lining to being injured. I cross-trained, including the exercise bike, shooting baskets, calisthenics, and strength work. My core is getting stronger. Four weeks after the hip injury, I eased into a jog/walk routine. With ten weeks to go before the national games, I'm optimistic that there is enough time to get back into competitive running form.

My previous National Senior Games in Cleveland (2013), Minneapolis-St. Paul (2015), Birmingham (2017), and Albuquerque (2019) cemented wonderful friendships with fellow athletes from Vermont and other states. Tim Hogeboom and Elizabeth McCarthy are signed up to compete in Fort Lauderdale. Donna Smyers will compete in cycling and triathlon.

Competing for Vermont at the National Senior Games is an unforgettable experience. If you are age 49 and above, the first step is to participate at the Capital City Stampede and/or the Northfield Savings Bank 5k. VSGA bronze, silver, and gold medals are awarded to the top three finishers in five-year age groups at each of the state championship road races.

The Vermont Senior Games Association track and field competition is scheduled for June 18 at Burlington High School. This is another option for CVR members to win medals and qualify for the National Senior Games. To learn more, check out the schedule and information available at [www.nsga.com](http://www.nsga.com) and [www.vermontseniorgames.org](http://www.vermontseniorgames.org). Go Team Vermont!

# How It Took Running Across the Country to Turn Me Into a Runner (And Other Hyperboles)

by Joe Merrill

*I am not a runner.*

For fifty-one years I took comfort in that fact. I did not run, could not run, would not run. I had very little interest in running.

I suppose I should asterisk this. Of course, I had run in my lifetime. It was unavoidable as a kid involved in sports. But that was running, not Running. And I wasn't very good at it. I was "husky" and slow. This was best illustrated in my last year of playing Babe Ruth league baseball. I was one of the oldest and biggest kids in the league that year, by virtue of my birthdate. Playing a game at the high school field, I sent a ball over the center fielder's head and slid into third with a triple.

"I wanted to send you home," my coach said. "But it took you forever just to get here!"

So no, I was not born a runner. This truth was self-evident.

I moved to Vermont in 2014, to work for an employer that thought of the Corporate Cup as a perfect team-building event. Every year we entered several teams, both walkers and runners. I joined a walking team in 2015, and again in 2016.

One thing I am is a person who is interested in data, sports statistics, and standings. In poring over the Corporate Cup results, I saw that there were many "runners" with times much slower than my 51-minute power walk. I figured I could jog the course as a runner and not be particularly close to the bottom of the field.

So in 2017, I joined a running team. I had two goals: run all the way to the end, and don't finish in last place. I was confident of the latter at least. I did manage to run the full course, slowly, and finish ahead of more than 900 other runners. Success! But this success was joined with a benchmark. Surely I can run a 5K in under 32 minutes.

I actually did some training for the 2018 race, both on the treadmill and on the streets. By now I was recording my runs on Runkeeper, via my phone, and hitting a near-10-minute mile pace for 5K. I was very pace-oriented, trying to run a little faster each time. This was a training plan I had made up for myself. Unfortunately the evening before the race I

stepped in a pothole on my walk home and twisted my ankle. It was swollen and sore, but not broken. Thanks to a combination of stubbornness and ibuprofen, I ended up running the whole race. It was slower than I had been hoping, but I still cut a minute-plus off the previous year and finished ahead of 1,100 other runners. This was the first time in my life I had ignored an injury in order to go for a run. It would not be the last.

The disappointment of having an injury impact my race I believe made me more motivated. I was now determined to break 30 minutes and finish in the top half of the field the next year, so I continued to run once or twice per week through the summer. I even entered a couple of other races along the way to check my progress.

One of those was the New Year's Eve 5K in Montpelier, and since the weather was good that day I decided to sign up. There were two things about that race. First, this was the first time I had ever run uphill, which was a pretty impressive statistic considering I had been running in Vermont for almost two years by then.

Second, at registration, I was asked if I was a member of Central Vermont Runners, or was I interested in joining? I of course said no. I am not a runner, so why would I join a running club? I am just getting practice to run a respectable Corporate Cup here. But I was curious about CVR; I discovered that membership was cheap and that they had a race series. I suddenly found myself curious if I could avoid finishing last in a race season. I signed up.

I quickly found out that I had a great capacity to finish near the bottom in my age group. Race after race I was either last or next to last in the M50-59 category. I decided that my phone was no longer cutting it – I needed a watch so I could monitor my pace while running. And I LOVED having a watch on my wrist. I was constantly looking at my pace, no matter the run, and calculating how fast I would finish my run. I figured the way to get faster was to try to run faster each time I ran.

I obviously had no idea what I was doing. The other evidence to that effect was the fact that so many of my 2019 races were, at the time, the longest distance I had ever run. The first time I ran 10 kilometers was a race (Kaynors). The first time I ever ran 10 miles was a race (Paul Mailman). I cracked my tibia on a hike on Memorial Day, which set me back two months. So the second half of the year was much the same, trying to just build up to the distance of the next race. Eventually, I decided to run the Leaf Peepers Half Marathon, which in turn was the first time I ever ran more than ten miles.

It was also the first time I got any decent points in the race series. I was very slow (2:15), but was the only CVR member in my age group who ran that distance. That earned me 100 points and vaulted me into second place for the season, behind only Jim Flint, who won our age group for pretty much every race he entered that season. If there was a prize for second place, it surely would have counted as a participation trophy.

If 2019 was about running races, then 2020 was about running miles. I ended up with 411 miles in 2019, which was more than I had run in my previous 53 years combined. Having built up my weekly miles at the end of the year, along with an appetite for longer races, I set a goal of 1,010 miles to run in the year 2020. It was a big stretch but also seemed achievable.

As it turns out, race motivation wouldn't be an option anyway. I only ran two live races in 2020. The first was a half marathon in Phoenix that was meant to be a tune-up for the Vermont City Marathon, which I had entered in the half marathon relay. Before the next race could be run, you might recall, a pandemic hit.

The shutdown occurred in March, and I ended up running 100 miles in a month for the first time. Then again the following month. And again. And again. During the summer I decided to run every street in Montpelier. I ran every virtual race that came my way. I had even learned some better training methods and found myself lowering my times without constantly monitoring my watch. I ran with friends who took me to the hills of East Montpelier and on trails. In October the Half Marathon Unplugged was run as a live race in Burlington, and I managed to cut 20 minutes off my Leaf Peepers benchmark.

I exceeded my goal in early November and finished the year with 1,250 miles run. Once again, this was more than I had run in my entire life to date. So naturally, I increased my goal for 2021 to 1,500 miles. This would require me to run nearly 30 miles per week, which would have been unfathomable just two years prior. With the promise of races coming back, and the hope to move beyond the half marathon distance, I was reasonably confident that I could achieve this goal, though there would be little margin for error. I probably couldn't afford an injury.

**SPOILER ALERT:** I got an injury. Actually a couple of injuries. This may come as a surprise to the reader, but it's true. In the spring I dealt with an Achilles problem, which mostly helped me focus on proper form along with pre- and post-race routines. I still managed to hit 100 miles every month, though February cut it close.

The second injury was much more significant, even though it wasn't running related. I suffered a broken arm while playing baseball. As it turns out, when a bone is in two pieces, any jostling causes a great deal of pain. And running jostles arms as well as legs. I was completely sidelined for over two weeks, and limited for a few weeks afterward. In September I failed to reach 100 miles for the first time in 18 months.

A funny thing happened along the way. September and October were meant to be heavy race months, and I ended up dropping out of almost all of them. Similar to the 2018 sprained ankle incident, this spurred me on to do things I likely would not have considered otherwise. In this case, Matt Caldwell, one of my Runderachievers buddies, mentioned the Race For DFL coming up in November. This is a "last person standing" event, in which everybody runs a 4.16 mile course every hour until only one person remains. It seemed crazy, but I was itching for a race and there weren't a lot others to choose from.

Before I signed up, I decided to do a practice run in Montpelier, out and back on the bike path for four miles. I did this five times, for a total of 20 miles run. It was the longest I had ever run before, and I discovered that I really liked it. This was pushing myself, but being able to take time to regroup after each lap. It was an eye-opening day for me, one that seemed to completely change my relationship with running.

A few weeks later I headed to Chesterfield Gorge in Massachusetts to run the actual race. I expected to be able to best my 20-mile run, but my stretch goal was 8 laps, or 33 miles. It was an interesting day for me, experiencing the camaraderie of the Ultra community for the first time. My feet and knees were ready to be done after 25 miles, but I managed to run two more laps to get over 50K and make this an official ultramarathon. Not bad for someone who had never run more than 15 miles a few weeks earlier.

I came out of the Race for DFL with a different perspective, and a different understanding of what kind of runner I was going to be. I find myself motivated by races, and also by the idea of pushing myself past my comfort zone. I am less motivated by the notion of punching out 4-5 mile runs every day to meet an arbitrary mileage goal. (Which I still did over the last six weeks of the year, because although the goal no longer seemed important, well, I still needed to do it.) After three years and 3,000 miles, I may have finally figured out why I am doing this.

# Dot and John Run Florida

by John Martin

Last Fall we took a page out of Darrel Lasell's playbook and did back-to-back triathlons on consecutive days. We both had good results and will repeat the two races this September. Prior to Covid we always got out of Dodge in the winter to get some sunshine. After a little research we located three 5 k races on the weekend of February 19<sup>th</sup> and 20<sup>th</sup> all located within 50 miles of a central location. Additionally, the Gasparilla running festival was happening Saturday / Sunday February 26<sup>th</sup>/27<sup>th</sup>. Gasparilla is a big event attracting approximately 30,000 runners.

So we fly out of Plattsburgh to Tampa on Friday 2/18 and are at the starting line of the Venice (FL) 5K in the dark the next morning at 6:30 am. The course was out and back and flat, that's all I can say. It was dark. First race of the day was out of the way and we both had age group wins. Woo hoo.

Next up was another 5k in Ft Myers at 5:30 pm. This was a little bigger event (nine hundred) and preceded the Edison Festival of Lights Parade. We both walked away with second place in our age groups. So far, so good.

Up early the next morning for our third 5k in 25 hours. This race was in Boca Grande, a spectacular venue. Dot placed 2<sup>nd</sup> in the age group of 14. I was not on the podium but ran to a 4<sup>th</sup> place finish in a field of 18. On a roll, Dot won the Grand Prize Door prize give-away of a two-night stay for both of us at the upscale Boca Grande Inn and resort. Golf anyone? Yes, golf is included too!

During the week we busied ourselves at a number of sandy beaches swimming in the warm Gulf of Mexico, a Coral Reef snorkel trip, two trips to the Everglades National Park and even a bike ride on a Pee Wee Herman cycle.

Saturday morning, we lined up in Tampa for the Gasparilla 5k. Huge crowd, with ten plus starting corrals, holding 500 runners in each corral. The first mile was predictably slow but became a little faster once the crowd thinned out. When you are hot you're hot and





Dot took the age group spot in a field of 162 women 60-64. There were 68 in my age group, and I was happy with 11<sup>th</sup>. When you are slow, you know what you know.



Off to Clearwater Beach for the afternoon and back at the starting line for the 8k race. When you like the heat and are hot, things fall in place. Roll the dice. Dot again won the age group consisting of 90 women 60-64. I'm not so hot but again pleased with being # 5 in a field of 24. A trip to Busch Gardens followed. Dot let me ride the tram back to the parking lot. She felt sorry for the old boy.

We flew home on Monday and were welcomed by 10 inches of snow in the driveway. Subtropics to snowblower in 4 hours. Great trip, great results and a huge pile of race bling.



# Membership Notes

By Graham Sherriff

## **CVR continues to grow!**

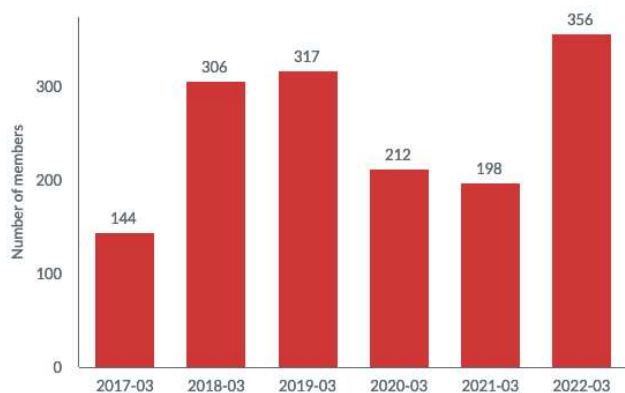
Welcome to our newest members who have joined us since the last newsletter:

Julie Smith, Sarah Black, Jacob Aho, Mark Cioffi, Sue Cioffi, Patrick Cioffi, Leo Cioffi, Peter Cioffi, Riley Carlson, Sara Holquist, Marley Holquist, Sarah Williams, Christina Guggenberger, Scott Hess, Sedona Pratt, Diane Jones, Laura Rooney, Amy Mitchell, Hardin Bethea, Alexandra Meberg, Lesley Kantlehner, Patrick Kantlehner, Jane Valentine, Anne Treadwell, Ryan Edwards, Abby Shepard, Tim Favorite, Matthew Dugan, Kelsie Meehan, Harrison O'Brien, Joanne Garton, Ali Lopez

(With apologies to anyone who might have been missed off this list. We welcome you, too!)

This brings our current membership to 356. It's great to see so many supporting the club and taking part in its events and organization, after a dip in participation in (what hopefully were) the peak years of the pandemic.

Our membership is currently greater than our year-end totals in recent years. Maybe longer-serving members can confirm whether this is a record?



## Springing forward!

As always, many of us have memberships that are due to expire at the end of March. Thank you to those of you who have already renewed.

CVR members can now check when their membership expires by logging in to the CVR website. There are instructions at: <https://cvrunners.org/wp-content/uploads/2022/02/membership-expiration-instructions.pdf>. There is also a link to these instructions on the homepage of the website named: 'How to check membership expiration.'

Please contact John Hackney at [info@cvrunners.org](mailto:info@cvrunners.org) if you have any questions or problems checking your expiration date.

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

When you renew, please consider a multi-year membership. This means fewer year-end renewals for you and less administration for the club.

Please also consider volunteering for at least one club race. This is highly encouraged, though not required. Every race needs volunteers and your support will be greatly appreciated.

Happy trails!

-- Graham



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:** Open  
**Equipment Coordinator:** Sal Acosta  
**Fun Runs:** Darragh Ellerson  
**Grant Coordinator:** Ann Bushey  
**Membership Coordinator:** Graham Sherriff  
**Newsletter Editor:** Alice McCormick  
**Publicity/Facebook:** Dylan Broderick/Nattie Gentry  
**Volunteer Record Keeping:** Dot Helling  
**Webmaster:** John Hackney