

Central Vermont Runners



March 2011
Volume 32
Issue 1

A Note from the President: As winters go, we have had a great snow fall! For skiers it has been wonderful. As a runner I have found it to be good. Some cold days and some warm days . . . Nothing too unusual for winter running. In the winter I find gratification in running on the snow machine trails and the trails have been in super condition! We are past the winter solstice and the days are growing longer and sun warmer. Spring is not too far away and it is time to start looking forward to a new race season.

At our last meeting we set the dates for all of the Central Vermont Runners Races'. It is hard to believe that the club is responsible for seventeen running events. In the past two weeks Norm Robinson has volunteered to direct a new race. That will make eighteen. I will let him tell you about it at the March meeting . . . it sounds fun, with a great twist! This is the time of year that CVR members start thinking about the upcoming events, planning what needs to be done, and setting personal running goals. It is an exciting time to be a runner, race director and member of CVR.

In this Issue:

CVR officers 2

Meeting Notes 2

News Articles 3

Race Results 6

Membership List 9

Race Schedule 11

CVR Application 13

Next Meeting

MARCH 20th,
Directions to the
Meeting at the Martins
on page 2

We start to come out of our winter shells and reconnect with other runners and CVR members. It is also the time of year that CVR needs your commitment to the club for volunteer hours. As you know, at the next meeting we will be looking for CVR Board positions. None of the Board positions are difficult or extremely demanding, but they need to be filled. Two years ago I agreed to be President, not really knowing what I was committing myself to. Not once in the two years have I regretted my decision and have enjoyed the position. I would highly recommend it to anyone who has been a member of the club for a while and not had the opportunity to really get involved, to consider being President. It is a great way to really see how well oiled CVR has become over the past quarter century! Andrea

Contact Information for CVR Officers

Andrea DeCicchis	President	229-4393	Deborah	Webmaster	229-4393
Betty Rose	Vice-President	229-4393	Bob Lowe	Newsletter	476-8946
Priscilla Car	Treasurer	229-4393	Timothy	Greg Gerdel	921-6960
Sandy Colvin	Secretary	229-4393	Membership	Donna Smyers	229-4393

See you all on March 20th at Martins for the annual meeting. The meeting will start at 4:00. Pizza will be provided, salads and drinks are welcome.

Agenda:

Review and accept notes from November 18th meeting

Any old business

Hear from Norm on his new race

Girls on the Run - Donations. CV sites, Vermont Organization

Vote on new officers. President, VP, Treasurer

Race Director Confirmed for Paul Mailman

USTAF Representative

Any new business.

Directions to the Martins: Take Exit 6 (S. Barre) off I89. At 2 miles there is a blinking yellow /red traffic light. Turn right on to Miller Rd. Ext. Take immediate left on West Road. Travel south 1.3 miles on West Rd. to the junction with Snow Bridge Road. Turn left (160 degree uphill) on Snow Bridge and travel east for 0.3 miles to Blue Bird Road. Blue Bird is a dead end road. There are three houses on Blue Bird and the Martin house is the house you can not see. Drive to the end of the cul de sac and the driveway. There is room to park about 6 cars in the drive so you may want to consider parking in the turn-around and walking to the house.

From Barre drive South on Rt. 14. Turn right just past the former Formula Ford dealership on to Snow Bridge Road. Blue Bird Road is about 2 miles up Snow Bridge and is the only left turn.

Until then, enjoy the longer days.Andrea

CVR Meeting Minutes — November 18, 2010

Meeting minutes from last meeting accepted.

Treasurers Report – Discussed the income from Leaf Peepers. While the final numbers aren't in, it appears there may be around \$6,000.00. No other information to report.

RACE DIRECTOR NEEDED: Betty Rose, the race director for Paul Mailman has moved. If you are interested in becoming the race the director for this race, contact Andrea for more information.

CVR OPEN BOARD POSITIONS: We need a new President, Vice President and Treasurer. If interested, please contact Andrea, or attend the annual meeting in March at which time the new positions are nominated and elected. (Details on the March meeting are listed below)

Montpelier Bike Path Work – The city is going to be working on the path for 2-4 months of next summer. The club needs to consider this when planning races and fun runs next summer. Race directors for those races in which the course goes on the bike path, take note to start thinking about alternative courses. Discussed either the National Life Annex or North Branch as alternatives for the fun runs. Decided the National Life Annex would work best. Next steps are for Sandy to contact Tim Shea at National Life and get the necessary permission to use the parking lot. We will stay at the current location until construction begins, at which time we will move the fun runs to the Annex. (assuming we get permission)

CVR Meeting Minutes—November 18, 2010 (continued)

Special Request – The GMAA has asked if CVR would be willing to sell them a block of numbers for the Leaf Peepers race next year. This race is part of their race series and they want to be sure their club members can get into the race. Because the race closes at a certain point, buying numbers ahead of time would insure they get into the race. There was a long discussion and the club decided e-mail, phone call and other notification can be given to the GMAA in the same manner as other people and other clubs, to warn them of how full the race is getting, and prior to it closing, a reminder to sign up. This should help them get their runners in the race.

Race Numbers—Andrea has race numbers and safety pins. She will put them in the CVR storage for race directors to use. Remember if your race is part of the ORS series, you should try and use ORS numbers if available. Other races and events can use the numbers that Andrea has.

Race Updates –

Leaf Peepers – Discussed the success of this year’s race. Also discussed the idea of increasing the number of applications allowed. It was reported that an estimated 200 people are no shows each year. With that number in mind, maybe we can increase the number of applications accepted by 200 +/- . Roger Cranse, the race director, wasn’t present and the club didn’t feel it appropriate to make any decisions without the race director present. Therefore Darragh will bring the question to the Leaf Peepers race committee. Motion was made and accepted for Roger to purchase start banner as well as a runners pad.

1st Night – Sandy Colvin and Ann Bushey are co-race directors. Please contact them if you would like to volunteer. Discussed planning is going well. Andrea wanted to let the club know that she is no longer coaching for Girls on the Run. As a past coach she had approached the club for scholarships. Since she isn’t coaching any longer, she wants to let the club know that they will have to find someone to help facilitate any future donations or scholarships.

USTAF Representative NEEDED: Darragh Ellerson is retiring as the Representative for CVR, but really would like to see the club continue our membership and involvement. If you are interested in learning more, please contact Darragh. Discussed what is involved and it isn’t a lot of work.

Volunteer Dinner – January 27th at the Steak House, Social Hour 6:00 P.M. Dinner Served at 6:45 P.M.

Annual CVR Meeting – March 20th 4:00 P.M at the home of the Martins. Pizza will be provided, pot luck for salad, desserts drinks.

Meeting adjourned – 8:15 pm

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**Niagara Falls International Marathon, October 23, 2010**

Notes from Phyllis Arsenault-Berry... *Buffalo, NY to Niagara Falls, Canada - with my friend Amy Hill of Montpelier. Weather was great – warm enough to run in shorts!! The course was pretty nice. No major hills and very few spectators until the very end. Volunteers and everyone else we met on the course (even the border crossing guards!!) were extremely friendly. Finish was at the Canadian Falls - absolutely spectacular.*

| Place    | Name                     | City        | Chip Time | Category | CatPlc | GenderPlc |
|----------|--------------------------|-------------|-----------|----------|--------|-----------|
| 326/1067 | Arsenault-Berry, Phyllis | Duxbury, VT | 3:58:10:2 | W50-54   | 6/50   | 71/453    |

## Tentative Race Schedule for 2011 from the CVR Meeting Minutes—November 18, 2010

Mutt Strutt – April 17th  
 Adamant 20 Miler – May 7th  
 Barre Town Spring Run – May 21st  
 Kids Track Meet – June 4th  
 Capital City Stampede – June 11th  
 Paul Mailman – June 26th  
 Bear Swamp – July 9th  
 Barre Heritage – July 30th  
 Berlin Pond – August 11th  
 Chase Race – August 25th  
 Northfield – September 3rd  
 Sodom Pond – September 21st  
 Leaf Peepers – October 2nd  
 Fallen Leaves – November 5th, 12th, 19th  
 First Night – December 31st

This is not about 'running' technically, but about some off- season events  
 CVR runners do to keep in shape.

Myself, Donna Smyers and Ann Bushey [along with another woman, Barb LeBlanc] did the Canadian Ski Marathon (two day x-c ski) as a team. The division is a four person masters women's team, respectfully known as the "grey-mares division", (love the Canadians) ...

Needless to say, Donna led the charge and truthfully looked as if she was running the whole way... while I was trying my best to keep up so that we could complete all 5 sections in a single day. Total mileage for all 5 sections was 80 kilometers. Ann skied with Barb and they completed 3 sections. An excellent job for 2 'maiden voyagers'.

The second day brought silver dollar size heel blisters to both my feet and I know Ann suffered from blisters also. Donna was not at all bothered by any ache or pain, needless to say ?. By the first check point I needed to stop by the First Aid station and get some medical attention for those heels. Ann also at some point received TLC. Donna again lead the way completing her 5 sections [another 80 kilometers] in a very respectable time. I managed to limp along and finish all 5 sections also. Ann broke away from Barb and completed 4 sections for the second day. So we completed 32 sections out of a possible 40.

Last year myself , Donna and another local runner won that division so we're hopeful, with our good efforts, we did again. We also saw some local Vermonters (Greg Gerdel) but unfortunately did not see them at the end of the second day to get a report on them.

Thanks for your attention. Sue Emmons

## Two Weeks in Georgia

I recently spent a couple of weeks in the sunny south at Macon, Ga. It was nice to escape the Vermont wintry weather for a spell. While there, the weather was near perfect for running, and I was able to find two nearby races.

The Sweetheart Run for Sight in Centerville on Feb. 12<sup>th</sup>, a half hour south of Macon, featured a 5k and a 12k race. I opted for the longer distance, as I hadn't run anything except 5k races for the past few months. It was 29 degrees at the 8am start, but the sun was brilliant, and running conditions were great. The course took us through residential neighborhoods on relatively flat terrain. I parked myself behind two many people at the start, and had to do a lot of fancy footwork to get around many of them (mainly the ipod crowd). The slow start allowed me to do a lot of passing later on, though, and I finished 45<sup>th</sup> of 138 in a time of 59:14. It was better than I had expected.

The following week I signed up for the Al Toll race in Macon on Feb. 19<sup>th</sup>, put on by the local club, Macon Tracks. Again there was a choice of two distances, a 5k and a Masters 15k. Having run a longer distance the week before, I opted this time for the 5k. At race time, 9am, the temperature was in the low 50's, so shorts were the uniform of the day. Another glorious, sunny day. This course was not nice and flat like the previous week's, though. It was out and back, with a substantial  $\frac{3}{4}$  mile uphill before the turnaround. I stationed myself further up toward the front for this race, and had no problems with the musically-inclined participants. My finishing time was 24:37, for a 25<sup>th</sup> place finish out of 127.

The fact that I was first 70-year old in both races was not much of an accomplishment, as that age group was pretty thin. Actually, in the Centerville race I was the ONLY 70-year old; there were three in the Macon 5k.... Bob Murphy

**CVR First Night Montpelier 5K**  
**2011 CVR/ORS Race Series**  
**Montpelier, VT 12/31/2010**

## OVERALL

| Place | Div/Tot | Name                | Age | S | City           | St | Time  | Pace |
|-------|---------|---------------------|-----|---|----------------|----|-------|------|
| 1     | 1/7     | Kyle Powers         | 21  | M | Waterford      | VT | 17:21 | 5:36 |
| 2     | 1/13    | Jon Copans          | 36  | M | Montpelier     | VT | 18:28 | 5:57 |
| 3     | 2/7     | Tyler Katzenberg    | 28  | M | Portland       | OR | 18:43 | 6:02 |
| 4     | 1/8     | George Aitken       | 17  | M | Waterbury Ctr. | VT | 19:05 | 6:09 |
| 5     | 3/7     | Joseph Kill         | 21  | M | Randolph       | VT | 19:18 | 6:13 |
| 6     | 1/16    | Barton Bechard      | 46  | M | Durham         | NC | 19:20 | 6:14 |
| 7     | 1/20    | John Matthews       | 54  | M | Canton         | CT | 19:25 | 6:15 |
| 8     | 1/12    | Edward McSweeney    | 60  | M | Montpelier     | VT | 20:03 | 6:28 |
| 9     | 2/13    | Eddie Habeck III    | 33  | M | Williamstown   | VT | 20:10 | 6:30 |
| 10    | 2/16    | Mack Gardner-Morse  | 49  | M | Calais         | VT | 20:28 | 6:36 |
| 11    | 3/16    | Steve Ricker        | 43  | M | Burlington     | VT | 20:36 | 6:38 |
| 12    | 4/16    | Jack Harris         | 42  | M | Lyndonville    | VT | 20:38 | 6:39 |
| 13    | 5/16    | Christopher Walczak | 42  | M | Montpelier     | VT | 20:39 | 6:39 |
| 14    | 6/16    | Don Singer          | 48  | M | Barre          | VT | 20:47 | 6:42 |
| 15    | 1/16    | Liz Longworth       | 27  | F | Northfield     | VT | 20:47 | 6:42 |
| 16    | 7/16    | Mike Bessette       | 40  | M | St. Albans     | VT | 20:53 | 6:44 |
| 17    | 4/7     | Michael Stridsberg  | 24  | M | Berlin         | VT | 21:24 | 6:54 |
| 18    | 2/20    | Tim Noonan          | 54  | M | Montpelier     | VT | 21:25 | 6:54 |
| 19    | 3/13    | Craig Manning       | 35  | M | Medford        | MA | 21:29 | 6:55 |
| 20    | 3/20    | Chris Andresen      | 54  | M | Montpelier     | VT | 21:30 | 6:56 |
| 21    | 4/20    | Greg Johnson        | 50  | M | So. Royalton   | VT | 21:54 | 7:03 |
| 22    | 4/13    | Joe Fox             | 32  | M | St. Johnsbury  | VT | 22:02 | 7:06 |
| 23    | 5/20    | Phil Wells          | 56  | M | Middlesex      | VT | 22:03 | 7:06 |
| 24    | 1/11    | Dot Martin          | 50  | F | Montpelier     | VT | 22:07 | 7:08 |
| 25    | 6/20    | Sandy Craig         | 52  | M | Montpelier     | VT | 22:09 | 7:08 |
| 26    | 2/12    | John Valentine      | 61  | M | Roxbury        | VT | 22:11 | 7:09 |
| 27    | 8/16    | Dick Millar         | 49  | M | Shelburne      | VT | 22:12 | 7:09 |
| 28    | 9/16    | Pete Thoenen        | 44  | M | Randolph       | VT | 22:16 | 7:11 |
| 29    | 2/11    | Sue Hackney         | 53  | F | Montpelier     | VT | 22:20 | 7:12 |
| 30    | 3/12    | Richard Wright      | 64  | M | St. Johnsbury  | VT | 22:21 | 7:12 |
| 31    | 10/16   | Fred Gillen         | 47  | M | Duxbury        | VT | 22:24 | 7:13 |
| 32    | 7/20    | Bruce Gould         | 59  | M | Lyndon Ctr.    | VT | 22:27 | 7:14 |
| 33    | 2/16    | Chelsea Katzenberg  | 24  | F | Middlesex      | VT | 22:34 | 7:16 |
| 34    | 1/10    | Quinn Bomstein      | 14  | F | Barnet         | VT | 22:40 | 7:18 |
| 35    | 5/13    | Jon Budreski        | 34  | M | Montpelier     | VT | 22:54 | 7:23 |
| 36    | 1/11    | Patricia Addis-Huds | 44  | F | Clarksboro     | NJ | 22:55 | 7:23 |
| 37    | 8/20    | Tim Heney           | 51  | M | Montpelier     | VT | 22:56 | 7:23 |
| 38    | 5/7     | Tommy Malinowski    | 21  | M | Jericho        | VT | 23:07 | 7:27 |
| 39    | 6/7     | Seth Brown          | 21  | M | Barre          | VT | 23:08 | 7:27 |
| 40    | 2/8     | Erik Hudson         | 17  | M | Clarksboro     | NJ | 23:25 | 7:33 |
| 41    | 9/20    | Charlie Windisch    | 57  | M | Essex Jct.     | VT | 23:29 | 7:34 |
| 42    | 3/16    | Elisa Otter         | 24  | F | Montpelier     | VT | 23:34 | 7:36 |
| 43    | 4/16    | Rose Kent           | 27  | F | Bethel         | VT | 23:35 | 7:36 |
| 44    | 10/20   | Harvey Lavoy        | 55  | M | East Corinth   | VT | 23:35 | 7:36 |
| 45    | 3/8     | Alan Barlow         | 15  | M | Merrimac       | MA | 23:35 | 7:   |

| Place | Div/Tot | Name               | Age | S | City           | St | Time  | Pace |
|-------|---------|--------------------|-----|---|----------------|----|-------|------|
| 46    | 6/13    | Peter Truong       | 36  | M | New York       | NY | 23:42 | 7:38 |
| 47    | 4/12    | John Hackney       | 65  | M | Montpelier     | VT | 23:45 | 7:39 |
| 48    | 2/10    | Holly Gordon       | 11  | F | Montpelier     | VT | 23:45 | 7:39 |
| 49    | 11/16   | Morgan Ecklund     | 43  | M | Calais         | VT | 23:53 | 7:42 |
| 50    | 5/16    | Roxanne Bellamy    | 27  | F | Montpelier     | VT | 24:02 | 7:45 |
| 51    | 3/11    | Nina Aitken        | 56  | F | Waterbury Ctr. | VT | 24:08 | 7:47 |
| 52    | 4/8     | Ben Field          | 14  | M | Montpelier     | VT | 24:10 | 7:47 |
| 53    | 11/20   | David Erickson     | 58  | M | Barre          | VT | 24:12 | 7:48 |
| 54    | 7/13    | Ned Woods          | 32  | M | Nelson         | BC | 24:14 | 7:48 |
| 55    | 5/8     | Ben Davies         | 17  | M | La Grange      | IL | 24:14 | 7:48 |
| 56    | 12/20   | Eric Herminghausen | 56  | M | East Burke     | VT | 24:20 | 7:50 |
| 57    | 5/12    | Lowell VanDerlip   | 64  | M | Montpelier     | VT | 24:20 | 7:50 |
| 58    | 6/8     | Shann Flynn        | 14  | M | Hopewell Jct.  | NY | 24:21 | 7:51 |
| 59    | 8/13    | Karson Clark, Jr.  | 35  | M | East Barre     | VT | 24:26 | 7:52 |
| 60    | 13/20   | Dennis Casey       | 52  | M | Waterford      | VT | 24:28 | 7:53 |
| 61    | 12/16   | Vincent Maganzini  | 45  | M | Medford        | MA | 24:31 | 7:54 |
| 62    | 14/20   | John Martin        | 59  | M | Montpelier     | VT | 24:38 | 7:56 |
| 63    | 13/16   | David McMath       | 48  | M | East Hardwick  | VT | 24:44 | 7:58 |
| 64    | 6/12    | Tom Foltz          | 62  | M | Stowe          | VT | 24:50 | 8:00 |
| 65    |         | Unknown No. 343    |     |   |                |    | 25:00 | 8:03 |
| 66    | 6/16    | Nina Otter         | 24  | F | Montpelier     | VT | 25:00 | 8:03 |
| 67    | 7/16    | Amy Triano         | 21  | F | Northfield     | VT | 25:01 | 8:04 |
| 68    | 1/5     | Patty Foltz        | 62  | F | Stowe          | VT | 25:12 | 8:07 |
| 69    | 15/20   | Thomas Hogeboom    | 59  | M | Hardwick       | VT | 25:15 | 8:08 |
| 70    | 2/11    | Beth McCabe        | 49  | F | Barnet         | VT | 25:31 | 8:13 |
| 71    | 7/12    | Neal McBain        | 63  | M | Lebanon        | NH | 25:38 | 8:16 |
| 72    | 16/20   | Todd Sternbach     | 50  | M | Montpelier     | VT | 25:54 | 8:21 |
| 73    | 9/13    | Eric Ridlon        | 30  | M | Morrisville    | VT | 26:04 | 8:24 |
| 74    | 8/12    | Tom MacLeay        | 61  | M | Montpelier     | VT | 26:11 | 8:26 |
| 75    | 3/11    | Angie Richardson   | 43  | F | Northfield     | VT | 26:23 | 8:30 |
| 76    | 17/20   | Paul Keating       | 55  | M | Montpelier     | VT | 26:27 | 8:31 |
| 77    | 3/10    | Avril Howe         | 15  | F | Hillsboro      | NH | 26:32 | 8:33 |
| 78    | 10/13   | Scott Marshia      | 36  | M | Danville       | VT | 26:34 | 8:34 |
| 79    | 7/8     | Jeremy Therrien    | 19  | M | East Burke     | VT | 26:35 | 8:34 |
| 80    | 2/5     | Dot Helling        | 60  | F | Montpelier     | VT | 26:44 | 8:37 |
| 81    | 4/11    | Joyce Judy         | 55  | F | Waterbury      | VT | 26:45 | 8:37 |
| 82    | 7/7     | Dan Otter          | 28  | M | Montpelier     | VT | 26:56 | 8:41 |
| 83    | 8/16    | Camille Campanile  | 27  | F | Jeffersonville | VT | 27:41 | 8:55 |
| 84    | 11/13   | Ray Campanile      | 36  | M | Jeffersonville | VT | 27:41 | 8:55 |
| 85    | 4/10    | Brianna Welch      | 14  | F | Hillsboro      | NH | 27:48 | 8:57 |
| 86    | 9/16    | Lauren Pettinato   | 20  | F | Montpelier     | VT | 27:52 | 8:59 |
| 87    | 10/16   | Sara Erickson      | 26  | F | Barre          | VT | 28:10 | 9:04 |
| 88    | 1/11    | Lindsay Potter     | 34  | F | Nelson         | BC | 28:19 | 9:07 |
| 89    |         | Unknown No. 372    |     |   |                |    | 28:19 | 9:07 |
| 90    | 12/13   | Greg Cisz          | 38  | M | Duxbury        | VT | 28:20 | 9:08 |
| 91    | 4/11    | Jeannie Ellis      | 40  | F | Montpelier     | VT | 28:20 | 9:08 |
| 92    | 5/11    | Terri Ellis        | 40  | F | Takema Park    | MD | 28:21 | 9:08 |
| 93    | 5/11    | Linda King         | 55  | F | Moretown       | VT | 28:26 | 9:10 |
| 94    | 6/11    | Becky Diedrick     | 46  | F | Berlin         | VT | 28:27 | 9:10 |
| 95    | 6/11    | Ellie Ferguson     | 50  | F | Niltonehill    | NY | 28:32 | 9:12 |
| 96    | 3/5     | Celine Blais       | 63  | F | Montpelier     | VT | 28:41 | 9:14 |
| 97    | 7/11    | Margrethe Mentés   | 51  | F | Sutton         | VT | 29:03 | 9:22 |
| 98    | 5/10    | Emily Mentés       | 18  | F | Sutton         | VT | 29:03 | 9:22 |
| 99    | 14/16   | Bob Stahl          | 45  | M | Hinesburg      | VT | 29:09 | 9:23 |

| Place | Div/Tot | Name                | Age | S | City            | St | Time  | Pace  |
|-------|---------|---------------------|-----|---|-----------------|----|-------|-------|
| 100   | 4/5     | Linda Prescott      | 63  | F | Middlesex       | VT | 29:17 | 9:26  |
| 101   | 2/11    | Kathy Hatch         | 39  | F | Ballston Spa    | NY | 29:31 | 9:31  |
| 102   | 6/10    | Alison Hogaboom     | 19  | F | Hardwick        | VT | 29:36 | 9:32  |
| 103   | 11/16   | Robyn Estabrook     | 22  | F | Montpelier      | VT | 29:38 | 9:33  |
| 104   | 8/11    | Carol Delaney       | 50  | F | Montpelier      | VT | 29:54 | 9:38  |
| 105   | 9/11    | Candace Dane        | 54  | F | East Burke      | VT | 30:06 | 9:42  |
| 106   | 7/11    | Betsy VanDerlip     | 46  | F | Montpelier      | VT | 30:12 | 9:44  |
| 107   | 3/11    | Beth Isler          | 36  | F | Burlington      | VT | 30:41 | 9:53  |
| 108   | 8/11    | Suzanne Stegeman    | 49  | F | La Grange       | IL | 30:48 | 9:55  |
| 109   | 12/16   | Kendra Dower        | 22  | F | Middlesex       | VT | 30:58 | 9:59  |
| 110   | 4/11    | Deidre Hodgson      | 32  | F | Montpelier      | VT | 30:59 | 9:59  |
| 111   | 5/11    | Kimberly A. Buswell | 30  | F | Lake Elmore     | VT | 31:12 | 10:03 |
| 112   | 9/12    | Greg Wight          | 65  | M | Brookfield      | VT | 31:45 | 10:14 |
| 113   | 7/10    | Meredith Stetter    | 10  | F | Montpelier      | VT | 31:50 | 10:15 |
| 114   | 6/11    | Lindsey Wight       | 30  | F | Brookfield      | VT | 31:50 | 10:15 |
| 115   | 7/11    | Stacey Clark        | 37  | F | East Burke      | VT | 31:54 | 10:17 |
| 116   | 8/11    | Danielle Howes      | 37  | F | Moretown        | VT | 32:08 | 10:21 |
| 117   | 13/13   | Matthew Howes       | 39  | M | Fayston         | VT | 32:09 | 10:21 |
| 118   | 9/11    | Carol Feliciano     | 45  | F | Essex           | VT | 32:15 | 10:23 |
| 119   | 10/12   | Roger Cranse        | 69  | M | Montpelier      | VT | 32:28 | 10:27 |
| 120   | 8/10    | Hillary Mulder      | 19  | F | Allendale       | NJ | 32:48 | 10:34 |
| 121   | 18/20   | Mark Mulder         | 52  | M | Allendale       | NJ | 32:49 | 10:34 |
| 122   | 9/11    | Kelley Hackett      | 34  | F | Waterbury       | VT | 33:08 | 10:40 |
| 123   | 10/11   | Renee Ross 3        | 8   | F | Waterbury Ctr.  | VT | 33:08 | 10:40 |
| 124   | 8/8     | Brian Bushey        | 8   | M | Montpelier      | VT | 33:13 | 10:42 |
| 125   | 15/16   | Jeff Stetter        | 43  | M | Montpelier      | VT | 33:13 | 10:42 |
| 126   | 16/16   | James Aja           | 40  | M | East Barre      | VT | 34:02 | 10:58 |
| 127   | 10/11   | Sherry Aja          | 41  | F | East Barre      | VT | 34:02 | 10:58 |
| 128   | 13/16   | Ainsley Burroughs   | 22  | F | Montpelier      | VT | 34:25 | 11:05 |
| 129   | 14/16   | Emily Grimes        | 27  | F | Colchester      | VT | 34:28 | 11:06 |
| 130   | 10/11   | Elizabeth McCarthy  | 58  | F | Hardwick        | VT | 34:35 | 11:08 |
| 131   | 19/20   | Cort Richardson     | 58  | M | East Montpelier | VT | 34:47 | 11:12 |
| 132   | 15/16   | Amy Davis           | 23  | F | Barre           | VT | 34:55 | 11:15 |
| 133   | 11/11   | Susan Ritz          | 57  | F | Montpelier      | VT | 36:20 | 11:42 |
| 134   | 9/10    | Brynn Bushey        | 11  | F | Montpelier      | VT | 37:03 | 11:56 |
| 135   | 10/10   | Josie Gingold       | 10  | F | Montpelier      | VT | 37:04 | 11:56 |
| 136   | 11/11   | Sharon Tisdale      | 46  | F | Northfield      | VT | 41:09 | 13:15 |
| 137   | 11/12   | Scott Skinner       | 68  | M | Middlesex       | VT | 47:45 | 15:23 |
| 138   | 11/11   | Strother Murray     | 39  | F | Washington      | DC | 55:03 | 17:44 |
| 139   | 5/5     | Rilla Murray        | 66  | F | Montpelier      | VT | 55:09 | 17:46 |
| 140   | 12/12   | Peter Rousmaniere   | 65  | M | Woodstock       | VT | 55:11 | 17:46 |
| 141   | 16/16   | Michelle Black      | 29  | F | Waterbury Ctr.  | VT | 58:09 | 18:43 |
| 142   | 20/20   | Dominick Manzi      | 52  | M | Bristol         | VT | 58:12 | 18:44 |

Race Directors

Sandy Colvin and Ann Bushey





## 2011 CVR MEMBERSHIP-- March 1, 2011

| <i>Last Name</i> | <i>First Name</i> | <i>Family</i>    | <i>Address</i>          | <i>Town</i>   | <i>PHONE</i> | <i>EMAIL</i>                     | <i>CVR YEAR</i> |
|------------------|-------------------|------------------|-------------------------|---------------|--------------|----------------------------------|-----------------|
| Archambault      | Todd              |                  | 210 Maple St            | Essex Jct     | 879-6867     | sendtoddmail@gmail.com           | 11              |
| Armstrong        | Ella              |                  | 235 Doyon Rd            | Northfield    | 485-4930     | ella@trans-video.net             | 11              |
| Arsenault-Berry  | Phyllis           |                  | 350 Richardson Rd       | Duxbury       | 244-8684     | rottix2@yahoo.com                | 11              |
| Aspinall         | Jill              | & Rick Molz      | 17 North Park Dr.       | Montpelier    | 224-9980     | jillaspinall@alumni.uwaterloo.ca | 12              |
| Bisson           | Bob               | & Lori           | 25 Orange St            | Barre         | 522-9286     | downtown5k@yahoo.com             | 12              |
| Bryan            | Shawn             |                  | 573 Junction Rd         | Berlin        | 223-2027     |                                  | 99              |
| Bushey           | Ann               | & Family         | 7 Hillcrest             | Montpelier    | 229-6288     | busheya@wssu.org                 | 11              |
| Carlson          | Gerow M.          |                  | 314 Portal Rd.          | Middlesex     | 223-9758     |                                  | 11              |
| Carr             | Priscilla         | & Jay Stewart    | 543 Bliss Rd            | E. Montpelier | 223-7764     | priscillawcarr@yahoo.com         | 11              |
| Colvin           | Sandy             | & Craig          | 121 Spring Hollow Ln    | Montpelier    | 272-9795     | buckman43@comcast.net            | 11              |
| Copans           | Jon               | & Rebecca        | 22 Cliff St             | Montpelier    | 272-0162     | jcopans@gmail.com                | 11              |
| Corrigan         | Susan             |                  | PO Box 1002             | Montpelier    | 508-742-     | thedahliagirl@yahoo.com          | 11              |
| Cranse           | Roger             |                  | 1 Summer St.            | Montpelier    | 223-6997     | rcc59@comcast.net                | 12              |
| Diedrich         | Rebecca           |                  | 848 Stewart Rd          | Berlin        | 223-0032     | virtues@myfairpoint.net          | 11              |
| Elias            | Gretchen          |                  | 211 Main St             | Montpelier    | 223-6360     | gretchenelias@mac.com            | 11              |
| Emmons           | Sue               | & Bob            | 676 Turner Hill         | S. Duxbury    | 244-5048     | sue.emmons@comcast.net           | 13              |
| Ericson          | Richarda          | & Jay            | 58 Hillside Ave         | Barre         | 476-7961     | ricruffle@yahoo.com              | 11              |
| Fillbach         | Laura             |                  | 561 W County Rd.        | Calais        | 223-8470     | fillbach@juno.com                | 11              |
| Foltz            | Tom               | & Patty          | 94 Chandler Farm Rd     | Stowe         | 363-5946     | tomfoltz@myfairpoint.net         | 12              |
| Frey             | Cathy             | & Nicole & Scott | 435 Cutler Corner Rd    | Barre         | 476-3970     | frey@norwich.edu                 | 11              |
| Galfetti         | Jennifer          |                  | 646 Gallison Hill Rd    | Montpelier    | 279-6311     | jpgalfetti@myfairpoint.net       | 13              |
| Gambler          | Beth              |                  | 63 Freedom Dr.          | Montpelier    | 249-0384     | egambler@hotmail.com             | 12              |
| Gerdel           | Gregory           | & Tristan        | PO Box 839              | Montpelier    | 224-6960     | jggerdel@aol.com                 | 11              |
| Hackney          | Susan             | & John           | 30 Isabel Circle        | Montpelier    | 279-3099     | suebwild@gmail.com               | 12              |
| Helling          | Dot               |                  | 29 E. State St.         | Montpelier    | 279-8199     | ultradot@myfairpoint.net         | 11              |
| Howe             | Bob               | & Carolyn        | P.O. Box 632            | Barre         | 476-8946     | lucycarol18@gmail.com            | 13              |
| Kaeding          | John              | & Family         | 55 Kaeding Rd           | Worcester     | 229-0176     |                                  | 17              |
| Keller           | Chris             |                  | 45 Ledgewood Terr       | Montpelier    | 229-5602     | kellerc@mpsvt.org                | 11              |
| Kent             | Rose              |                  | 990 Lilliesville Brk Rd | Bethel        | 234-5992     | rose.r.kent@gmail.com            | 11              |
| Kerin            | Eric              | & Family         | 349 Sierra Lavin Rd     | Barre         | 603-715-     | eric.kerin@gmail.com             | 11              |
| Kissner          | Dave              | & Family         | 150 Barnes Rd           | Montpelier    | 229-4523     | dave.kissner@gmail.com           | 11              |
| Leblanc          | Loralyn           | & Chris          | 2 North Park Dr.        | Montpelier    | 223-3603     | lleblanc@uvm.edu                 | 11              |
| London           | Sarah             |                  | 30 First Ave.           | Montpelier    | 922-3065     | londonvt@gmail.com               | 11              |
| MacFarland       | Gordon            |                  | 23 Adams St.            | Arlington     | 318-         | macfarland@ceres.org             | 11              |
| Marcy            | Henry             |                  | 4 Summit Dr. #508       | Reading       | 781-439-     | hjmarcy@comcast.net              | 13              |
| Martin           | John              | & Dot            | PO Box 1131             | Montpelier    | 479-5333     | vtiron55@yahoo.com               | 12              |
| McDougall        | Robert            |                  | 1 Old Orchard Pk #114   | S. Burlington | 951-1860     | theduke05@yahoo.com              | 11              |
| McLaughlin       | Andrea            |                  | 445 Cutler Corner Rd.   | Barre         | 476-4417     | ajvtskier@msn.com                | 11              |
| Mercier          | Robert            |                  | 8 Foster St.            | Montpelier    | 223-7225     | rmerpat@comcast.net              | 11              |
| Miles            | Nicole            | & Family         | 439 Vine St.            | Northfield    | 485-4890     | nicolemiles5@gmail.com           | 12              |
| Miller-Arsenault | Jennifer          | & Family         | 181 VT Route 12         | Middlesex     | 229-5463     | jma98@comcast.net                | 11              |
| Moore            | Thomas            |                  | 65 Prospect St          | Montpelier    | 223-4772     | thomaskmoore@yahoo.com           | 11              |
| Murphy           | Robert            |                  | 35 Birchwood Park       | Barre         | 476-4328     | rmm@sover.net                    | 11              |
| Neily            | Julia             |                  | 221 Meriden Rd          | Lebanon       | 603-448-     | jneily603@aol.com                | 11              |
| Noonan           | Tim               | & Maureen        | 2 Pinewood Road         | Montpelier    | 223-6216     | carmoonan@comcast.net            | 11              |
| Nuquist          | Reidun            | & Andrew         | 29 Bailey Ave.          | Montpelier    | 223-3550     | nuquist@together.net             | 11              |
| Pierce           | Kim               |                  | 165 Templeton Rd.       | Montpelier    | 224-9103     | kimberlyjpierce@gmail.com        | 11              |
| Prescott         | Jeff              | & Andy Shuford   | 10 Park Ave             | Montpelier    | 272-3203     | jeffprescott@myfairpoint.net     | 11              |
| Rose             | Betty             |                  | 7578 Avalon Blvd        | Fairburn      |              | Betty26.2rose@gmail.com          | 12              |
| Runner           | New England       | -Club Notes      | PO Box 205              | S. Weymouth   | 339-499-     |                                  | 11              |
| Skinner          | Scott             |                  | 28 Leland Farm Rd       | Middlesex     | 223-7123     | scottskinner@gmail.com           | 12              |
| Smyers           | Donna             | & Eric Ryea      | PO Box 102              | Adamant       | 229-4393     | dosmyers@gmail.com               | 12              |
| Stabolepszy      | Judy              |                  | 89 Button Hill Rd       | S. Royalton   | 229-9074     | judy.stabo@together.net          | 11              |
| Tamburo          | Haley             |                  | 345 Farrell St #402     | S. Burlington | 734-9122     | haleyscomet003@yahoo.com         | 11              |
| Valentine        | Megan             |                  | 96 Orr Road             | Jericho       | 899-4814     | Megan.valentine@uvm.edu          | 12              |
| Valentine        | John              | & Jane           | 440 Northfield Rd       | Roxbury       | 485-3777     | jvalentine@tds.net               | 12              |
| Wetzel           | Clayton           |                  | 1057 Herring Brk Rd     | Montpelier    | 229-9491     | claytonandsandra@myfairpoint.net | 12              |
| Windisch         | Charles           | & Mark           | 4 Forest Road           | Essex Jct.    | 879-3299     | avrunner@hotmail.com             | 11              |
| Zeedick          | Danielle          |                  | PO Box 404              | Northfield    | 747-8100     | dmzeedick@hotmail.com            | 11              |

## 2010 CVR MEMBERSHIP--Not yet Renewed for 2011 (as of March 1)

| <i>Last Name</i> | <i>First Name</i> | <i>Family</i>        | <i>Address</i>        | <i>Town</i>      | <i>PHONE</i> | <i>EMAIL</i>                    | <i>CVR YEAR</i> |
|------------------|-------------------|----------------------|-----------------------|------------------|--------------|---------------------------------|-----------------|
| Andresen         | Christian         |                      | 4 Greenfield Terr     | Montpelier       | 223-1643     | chrisinv08@myfairpoint.net      | 10              |
| Bachman          | Tom               | & Molly              | 30 Bailey Ave         | Montpelier       | 223-3984     |                                 | 10              |
| Baker            | Newton            |                      | 41 Colonial Dr.       | Montpelier       | 223-7593     | bakersf@myfairpoint.net         | 10              |
| Bates            | Mark              | & Karen              | 48 Pleasant St.       | Barre            | 223-1960     | mark@mabates.com                | 10              |
| Birse            | David             |                      | P.O. Box 371          | Hancock          | 603-525-     | mistemarathon@juno.com          | 10              |
| Blais            | Celine            |                      | 13 Isabel Circle      | Montpelier       | 229-2439     | celinerun@gmail.com             | 10              |
| Boyd             | Jason             | & Monica             | P.O. Box 175          | Northfield Falls | 778-0308     | jason.boyd@state.vt.us          | 10              |
| Brucken          | Rowly             | & Lisa               | 3318 Stony Brook      | Northfield       | 485-6595     | rbrucken@norwich.edu            | 10              |
| Burkholder       | Steven            | & Family             | PO Box 310 c/o Maho   | St John          | 340-776-     | bburkholder45@hotmail.com       | 10              |
| Cameron          | David             | & Family             | 28 Countryside Circle | Barre            | 479-9805     | cameron1031@hotmail.com         | 10              |
| Chemick          | Michael           |                      | 330 Cityside Dr #75   | Montpelier       | 223-0918     | chemick5@comcast.net            | 10              |
| Cleveland        | Richard           |                      | P.O. Box 261          | Northfield       | 485-8892     | markii@tds.net                  | 10              |
| Cross            | Cyndy             | & Ryan               | 78 Silver Circle      | Barre            | 476-3867     | shortyrun@hotmail.com           | 10              |
| Dane             | Candace           |                      | PO Box 8              | East Burke       | 626-8202     | ced@lyndonlaw.com               | 10              |
| DeBlasio         | Paschal           | & Jo-Ann Beaudin     | 129 Tamarack Dr       | Williston        | 878-3690     |                                 | 10              |
| Deluca           | Paul              |                      | 30 Cano Dr            | Barre            | 476-7987     | pdeluca420@msn.com              | 10              |
| Ellerson         | Mai-Lis           | & Family             | 56 South View Rd      | Northfield       | 485-9266     |                                 | 10              |
| Ellerson         | Deirdre           | & Marie Comtois      | PO Box 92             | Sharon           | 763-2905     |                                 | 10              |
| Ellerson         | Darragh           | & David              | 1152 North St         | Montpelier       | 223-2080     | dmmellerson@yahoo.com           | 10              |
| Erickson         | David             | & Family             | 5 Murray St           | Barre            | 476-6527     | dericksonvt@myfairpoint.net     | 10              |
| Ferno            | Richard           | & Sandra             | 47 Ferno Rd.          | Williamstown     | 433-6691     | blackangus.ferno6@gmail.com     | 10              |
| Francis          | Tim               |                      | 800 S. Market St      | Rockport         | 660-744-     | timothyjfrancis@gmail.com       | 10              |
| Freeman          | Linda             | & Dave               | 19 Ridgewood Terr     | Barre            | 476-2074     | lafmnm@hotmail.com              | 10              |
| Gardner-Morse    | Mack              | & Family             | 8197 County Road      | Calais           | 223-5738     | gardnermorse@gmail.com          | 10              |
| Gillis           | Michael           | & Maryke             | 86 Notch Road         | Middlesex        | 223-5559     | ikenmike@myfairpoint.net        | 10              |
| Hackerson        | Olliver           | & Family             | 19 First Ave          | Montpelier       | 279-0523     | ironollie@yahoo.com             | 10              |
| Hall             | Jennifer          |                      | 395 Hillcrest Ave     | Moretown         | 505-5517     |                                 | 10              |
| Hallinger        | Linda             |                      | 1267 Poor Farm Rd     | Washington       | 883-5415     | index@together.net              | 10              |
| Heydinger        | Nancy             |                      | 311 Laurel Ledges     | Vernon           | 246-1476     | nancy@girlsontherunvermont.org  | 10              |
| Hock             | Dana              |                      | 20 Colonial Drive     | Montpelier       | 505-1284     | dana.hock.mo2r@statefarm.com    | 10              |
| Krolick          | Carlie            |                      | 5402 Lake Rd.         | Charlotte        | 425-4228     | ckrolick@gmavt.net              | 10              |
| LaCroix          | Lori              |                      | 2 Owen Drive          | Barre            | 479-2938     | blajx4@yahoo.com                | 10              |
| Martin           | Emily             |                      | 1760 Roxbury Rd       | Roxbury          | 371-8215     | aaubballuvr5@aim.com            | 10              |
| McAvoy           | Andrew            |                      | 8 Wilder St. #3       | Montpelier       | 522-7655     | amcavoy05301@yahoo.com          | 10              |
| McSweeney        | Liam              | & Ed                 | 12 Pearl St.          | Montpelier       | 223-0156     | indians24@comcast.net           | 10              |
| Moulton          | Celeste           |                      | 79 Long St            | Barre            | 479-4116     | grapcoach@aol.com               | 10              |
| Rice             | Nancy             |                      | 54 Forge Village Rd   | Westford         | 978-727-     | nansue_2000@yahoo.com           | 10              |
| Richardson       | Paul              | & Stephanie Ratmeyer | 88 Grandview Terr.    | Montpelier       | 595-0657     | paulr@russianlife.net           | 10              |
| Ricker           | Denise            |                      | 399 Murray Hill Dr.   | Montpelier       | 229-0877     | rickerpd@comcast.net            | 10              |
| Rittenhouse      | Carol             | & Dylan Grald        | 42 Red Maple La       | Randolph Ctr     | 728-7127     | carol.rittenhouse@hitchcock.org | 10              |
| Robertson        | Jake              | & Tara Donnelly      | RR1 Box 67-13         | Warren           | 617-921-     | makeitjake@gmail.com            | 10              |
| Robinson         | Norm              |                      | 66 Terrace St.        | Montpelier       | 223-7351     | normrobinson@comcast.net        | 10              |
| Searles          | Robert            | & Sally              | 224 Sigh's Dr.        | Wolcott          | 888-5895     | searles@vsac.org                | 10              |
| Shanley          | Jamie             | & Family             | 950 Sparrow Farm      | Montpelier       | 223-4856     | jshanley@usgs.gov               | 10              |
| Stapenhorst      | Bobbi             | & Fred               | 330 Cityside Dr, # 74 | Montpelier       | 223-8494     | fandbinhawaii@comcast.net       | 10              |
| Tripp            | Andrew            |                      | 10 Mechanic St.       | Montpelier       | 223-1543     | cardenas1936@gmail.com          | 10              |
| Walker           | Wade              |                      | 32 Tyler Place        | Jericho          | 223-7674     | wade@walkervt.com               | 10              |
| Wight            | Greg              |                      | PO Box 429            | Brookfield       | 276-3173     | wight@norwich.edu               | 10              |
| Williamson       | Jon               | & Kathy Mai          | PO Box 454            | Montpelier       | 454-8367     | jwcamelshump@hotmail.com        | 10              |

**Contact Donna Smyers to renew your membership or if there are questions...**


## CVR & Area Races & Events... from [www.cvrrunners.org](http://www.cvrrunners.org)

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

**Notes:**  = CVR races and  
 = Green Mountain Athletic Association (GMAA) races (additional info @ [www.gmaa.net](http://www.gmaa.net))

**March 19, 10th Shamrock Shuffle 5K Race and 1 Mile Fun Run**, Lebanon, NH, Noon, Lebanon City Hall, 51 North Park St. Fast, scenic course. | *Contact:* Paul Coats (603-448-5121) [paul.coats@lebcity.com](mailto:paul.coats@lebcity.com)

**March 26, Spring Fling 5K/10K**, Shelburne, VT 8:00am Shelburne Health and Fitness, 166 Athletic Drive | *Contact:* Rayne Herzog (802-316-7142) [rayne@racevermont.com](mailto:rayne@racevermont.com)


 **March 27, GMAA 32nd Kaynor's Sap Run 10K**, 12:00 Westford School on Brookside Road, Westford. Open the season with muddy country roads, cider, and doughnuts. | *Contact:* Steve Eustis (802-878-4385) | [saprun@gmaa.net](mailto:saprun@gmaa.net).

—April—

**April 9, Half Marathon Unplugged**, Colchester, VT 9:00am Airport Park. Flat, scenic, basic race. | *Contact:* RunVermont (802-863-8412) [info@runvermont.org](mailto:info@runvermont.org)

**April 16, 5K to Benefit Hugh O'Brian Youth Leadership (HOBY)**, St. Michael's College, Colchester, *Contact:* (802-233-1378) [events@hobyvt.org](mailto:events@hobyvt.org)

 **April 17, CVR Mutt Strut**, 10:00am, Little River State Park, Waterbury. 3 mile run for people with dogs on leashes. Benefits the Central Vermont Humane Society. | *Contact:* Donna Smyers [dosmyers@gmail.com](mailto:dosmyers@gmail.com)

 **April 23, GMAA 33rd Rollin Irish Half Marathon**, 9:00 Memorial Hall, Essex Center. Explore the scenic back roads of Essex, mostly dirt and rolling. | *Contact:* Randi Brevik (802-598-5624) | [rollinirish@gmaa.net](mailto:rollinirish@gmaa.net).

**April 30, VSMC's 19th Annual 5K**, Rutland, Vermont Sports Medicine Center, *Contact:* Sharon Hamilton (802-775-1300) [vsmc.org](http://vsmc.org)


—May—

**May 1, Springfield Dam Run, 6th Annual 4 mile**, *Contact:* Springfield Parks & Recreation (802-885-2727) [springfieldroadrace.com](http://springfieldroadrace.com)

**May 1, Champlain Classic, 15K & 5K**, Shelburne, *Contact:* Shelburne Recreation (802-985-9551) [champlainclassic.com](http://champlainclassic.com)

**May 1, Middlebury Maple Run—The Sweetest Half**, half marathon and two person relay, *Contact:* (802-388-7951 x2) [middleburymaplerun.com](http://middleburymaplerun.com)

## CVR & Area Races & Events... (continued)

 **May 7, Adamant 20 Miler Run or Ride**, 10:00am, Adamant Music School, Barney Hall, Haggett Rd. (across from the waterfall). Benefits the Adamant Music School. *Contact:* Eric Ryea | 802-223-2733 or [eryea@aol.com](mailto:eryea@aol.com)

*Run scenic out and back course on dirt roads with ponds and hills through Calais and Woodbury.*


- Great training race for Vermont City Marathon!
- Aid Stations every 2 miles
- Great Post Race food.
- Dorm style Lodging on site available

*Or ride the 25 mile Bike tour on your cross or mountain bike*


- Well marked loop on lightly traveled dirt roads with aid station half way
- Cycle past 5 ponds, along brooks and over the hills of Calais and Woodbury

**Registration** Race Day 8:30-9:45 a.m. Adamant Music School Barney Hall (across from the waterfall)


**Directions to Adamant:** From Montpelier, follow Main St. through the roundabout and up the hill. Main St. becomes County Rd. At 6 miles from the roundabout turn right on Haggett Rd. proceeding 1.2 miles to Adamant. Park at the Adamant Methodist Church or across the street at the Concert Hall parking


 **May 7, 32nd Annual 5 Mile Partner's Race**, 9:00, Jericho Center Green. Partners' times are combined. Bring a partner or get one at the start. *Contact:* Megan Valentine (802) 598-0261 or [partners@gmaa.net](mailto:partners@gmaa.net)


**May 14, Spring Half Marathon**, Shelburne, *Contact:* Rayne Herzog (802-985-4410) [racevermont.com](http://racevermont.com)

 **May 21, Barre Town Spring Run 5K**, 9:00am, Barre Town Recreation Field. 5K race on the Barre Town rec path out to the Rock of Ages Visitor's Center. | *Contact:* Andrea McLaughlin | 802-476-4417 or [ajvtskier@msn.com](mailto:ajvtskier@msn.com)

—JUNE—

 **June 4, 4:30 pm, Kids Track Meet**, Montpelier Montpelier High School Track  
FREE. For kids pre-school through 6th grade. Registration begins at 3:45 pm. Events include softball throw and long jump (all ages), quarter mile and 100 yard dash (all ages), half mile (1st and 2nd grade) and mile (3rd through 6th grade). *Contacts:* Tim Noonan at 802 223-6216 or Norm Robinson at 802 223-7351.

 **June 11, 9 am Capital City Stampede 10K**, Montpelier Vermont's fastest 10km course. Certified course, part of the CVR ORS Race Series. Registration begins at 7:45 am at the Onion River Sports parking lot off Langdon Street. *Contact:* John Valentine, [jvalentine@tds.net](mailto:jvalentine@tds.net) or 802 485-3777.

 **June 26, 8:45 am Paul Mailman Montpelier Ten-Miler** Starts at/finishes near Montpelier High School, part of the CVR ORS Race Series. Longest continuously held road race in Central Vermont. Flat to rolling out and back; 27% paved, 73% gravel roads. *Contact:* to be determined.



## Become a Member of Central Vermont Runners Club

### When you join Central Vermont Runners you'll...

Meet, run with, and socialize with other area runners of all abilities.

- Keep up-to-date on area running races and events.
- Receive a regular newsletter with race results and club news.
- Be eligible for the Central Vermont Runners/Onion River Sports Race Series
- Join a club that's part of the Road Runners Club of America organization.
  - Which insures CVR races.
- Become eligible for discounts at area sporting goods stores:
  - Onion River Sports / Shoe Horn - 10% off running shoes and running apparel.
  - Lenny's Shoes & Apparel - 10% off running shoes.
  - Ski Rack—10% off running shoes

Name (Please Print) \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Sex: M F Age \_\_\_\_\_ Birth Date \_\_\_\_\_

Email Address \_\_\_\_\_ Phone \_\_\_\_\_

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

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

As a responsibility of club membership, I agree to be available to work on at least one club race during the year. My preferred race is indicated below.

\*April - Mutt Strutt \_\_\_\_\_ \*May-Oct - Tuesday Fun Runs \_\_\_\_\_

\*June - Kids Track Meet \_\_\_\_\_ \*June - Capital City Stampede \_\_\_\_\_

\*June - Montpelier 10 Miler \_\_\_\_\_ \*July - Bear Swamp Run \_\_\_\_\_

\*Aug - Berlin Pond 5 Miles \_\_\_\_\_ \*Aug/Sept - Northfield 5K \_\_\_\_\_

\*Oct - Leaf Peepers \_\_\_\_\_ \*Dec - First Night 5K \_\_\_\_\_

\*Other Weekday evening races \_\_\_\_\_ \*Nov.-Fallen Leaves 5K's \_\_\_\_\_

\*May-Adamant 20 Miler \_\_\_\_\_ \*July/Aug- Barre Downtown 5K \_\_\_\_\_

Annual dues are \$10 for individual or family, \$2 for students. Enclosed are dues for the following years - (2009 dues covers 3/2009-3/2010).

2010    2011    2012    2013    2014

Please make checks payable to **Central Vermont Runners** and mail to:  
CVR, c/o: Donna Smyers PO Box 102, Adamant VT 05640.

[www.cvrrunners.org](http://www.cvrrunners.org)

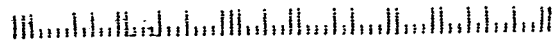
Newsletter Editor  
Bob Howe  
Box 632  
Barre, VT 05641



CVR PD 2011

Robert Murphy  
35 Birchwood Park  
Barre, VT 05641

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## NEWSLETTER

MARCH 2011



Volume 32  
Issue 1

### Upcoming CVR Races

**April 17, CVR Mutt Strut**, 10:00am, Little River State Park, Waterbury. 3 mile run for people with dogs on leashes. Benefits the Central Vermont Humane Society. | *Contact:* Donna Smyers [dosmyers@gmail.com](mailto:dosmyers@gmail.com)

**May 7, Adamant 20 Miler Run or Ride**, 10:00am, Adamant Music School, Barney Hall, Hagett Rd. (across from the waterfall). Great training race for Vermont City Marathon! Benefits the Adamant Music School. Also a 25 mile back road bike tour. *Contact:* Eric Ryea | 802-223-2733 or [eryea@aol.com](mailto:eryea@aol.com)

### Next CVR Meeting

March 20, 2011, 4:00 pm

**Pizza provided with Potluck for Salad, Desserts & Drinks—Details inside on Page 2**

[www.cvrrunners.org](http://www.cvrrunners.org)