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Road Races

Vermont

Stowe 8M story and results on p. 61

14th Annual Komen VT/NH Race For The Cure 5K, Hildene Meadowlands, Manchester, July 30

867 Finishers (583 Women, 284 Men) - Timing by: Granite State Race Services - USATF Certified: VT97005WN - *Under USATF Age-Group guideline - Course Records: Cathy O'Brien, 16:14, 1995; Eric Morse, 15:03, 1995

Women (Overall): 1. Sophie Caldwell, 20:07; 2. McKenzie Krause, 20:12; 3. Kelly Lovensheimer, DE, 20:31; 4. Heidi Lynn, 20:48; 5. Jen Stearns, 21:01; 6. Parker Tyler, 21:16; 7. Karmen Whitham, 21:18; 8. Melanie Benson, 21:24; 9. Theresa Rushinski, NY, 21:27; 10. Torey Olson, 21:30; 11. Kristen Palmer, 21:37; 12. Carolyn Clayton, MA, 21:45; 13. Carolyn Stames, 21:50; 14. Morgan Maccuaig, 22:03; 15. Kate Hallett, 22:06. **(19-under):** 1. Sophie Caldwell, 20:07; 2. McKenzie Krause, 20:12; 3. Parker Tyler, 21:16. **Masters:** 1. Heidi Lynn, 20:48; 2. Melanie Benson, 21:24; 3. Carolyn Stames, 21:50; 4. Deb Connolly, NH, 22:10; 5. Sondra Papanek, NY, 22:29. **Seniors:** 1. Gail Schnaars, 24:30; 2. Sue Riordan, 24:43; 3. Charlene Ciecirski, NY, 25:07; 4. Sandra Superchi, 25:19; 5. Betty Ryberg, 25:33. **Veterans:** 1. Rosemary Rusin, 26:51; 2. Holly Sherman, 29:40; 3. Gail Robison, NC, 30:12. **(70+):** 1. Barbara Reed (76), 39:49; 2. Carolyn Streitwieser, NY, 51:08. **Survivors:** 1. Rebecca Gutwin, 23:08; 2. Charlene Ciecirski, NY, 25:07; 3. Jackie Fullerton, CO, 25:47; 4. Mary Jane Chicoski, CT, 26:30; 5. Jen Foster, 29:03. **Men (Overall):** 1. Rob Lukaskiwicz, 17:00; 2. Dan Clayton, MA, 17:15; 3. Bogie Pacher, MA, 17:50; 4. Steven Vargo, 18:09; 5. Buddy Nolan, NY, 18:21; 6. Pat O'Brien, 18:23; 7. Zach Sylvestre, MA, 18:26; 8. Ian Scott, NJ, 18:27; 9. Ward Kane, 18:33; 10. Fritz Horst, 18:40; 11. Jesse Kosiba, 18:43; 12. Dan Hamel, 18:45; 13. Ludovic LeBosse, 18:47; 14. Thad Houston, 18:49; 15. Josh Hausman, NY, 18:57. **(19-under):** 1. Dan Clayton, MA, 17:15; 2. Steven Vargo, 18:09; 3. Buddy Nolan, NY, 18:21. **Masters:** 1. Ward Kane, 18:33; 2. Dan Hamel, 18:45; 3. Jim Clayton, MA, 19:00. **Seniors:** 1. John Klein, 20:16; 2. Ben Benedict, 20:52; 3. Ben Kaplan, MA, 21:32. **Veterans:** 1. Karl Furstenberg, 20:51; 2. Lance Magnuson, CT, 21:15; 3. John Morton, 22:28. **(70+):** 1. Jim McLaughlin, NH, 26:41; 2. Bob Hall, MA, 29:06; 3. Curtis Hall, NJ, 36:13.

32nd Annual Paul Mailman Montpelier 10M, Montpelier, June 24

74 Finishers (44 Men, 30 Women) - Sponsor & Organizer: Central Vermont Runners - USATF Certified: VT97003WN

Men (Overall): 1. Ryan Robitaille, 57:03; 2. Colin Wilkinson, ON-Canada, 59:42; 3. Caleb Clark, 1:02:46; 4. Jim Paige, 1:02:54; 5. Pete Hirchfeld, 1:05:23; 6. Paul Guilmette, 1:05:51; 7. Brian Shiner, NH, 1:06:29; 8. Todd Archambault, 1:08:07; 9. Brian Beakey, NH 1:08:38; 10. Jamie Shanley, 1:10:19. **(19-under):** 1. Caleb Clark, 1:02:46; 2. Paul Jarvis, 1:31:39. **Masters:** 1. Jim Paige, 1:02:54; 2. Paul Guilmette, 1:05:51; 3. Tom Burgos, 1:11:49. **Seniors:** 1. Jamie Shanley, 1:10:19; 2. Rich Weinstein, TN, 1:13:47; 3. Bob Corey, 1:15:18. **Veterans:** 1. Greg Wight, 1:25:02; 2. Gordon Johnson, PQ-CAN, 1:28:59. **Women (Overall):** 1. Megan Valentine, 1:09:23; 2. Bridget Ferrin, 1:11:12; 3. Kathy Provencher, 1:15:28; 4. Jessica Cover, 1:15:32; 5. Alicia Grott, NH 1:16:22; 6. Kristi Cruz, 1:17:17; 7. Erin Fields, IL 1:18:12; 8. Lori Lacroix, 1:20:00; 9. Sandy Colvin, 1:20:25; 10. Pricilla Carr, 1:20:51. **Masters:** 1. Lori Lacroix, 1:20:00; 2. Suzanne Burgos, 1:23:17; 3. Lori Martell, PQ-CAN, 1:23:38. **Seniors:** 1. Patricia Rennau, 1:43:05; 2. Liz Meiklejohn, 1:47:32. **Veterans:** 1. Rosemary Rusin, 1:33:12.

Intimate Run 'Over the River and Thru the Woods' at Green Mtn. Relay

The inaugural Green Mountain Relay (GMR) took place on June 10-11, beginning in Jeffersonville, VT, and ending in Bennington, VT. The course follows the corridor of Route 100 taking secondary roads wherever possible, including dirt and gravel roadways through back road farmlands and a number of covered bridges. GMR is modeled after the granddaddy of long distance relays, Hood to Coast in Oregon, with each intended to cover approximately 200 miles. Organized by Timberline Events of Colorado,





The victorious uber ultra “Vermont Hot Shoes” with van driver and logistics mgr. Vic Tirrito (L-R): Carol Blattspieler, Dot Helling, Debbie Tirrito (captain), Betsy LaFlame, Patty Foltz and Nancy Elwess.

race director Paul Vanderheiden also directs the Wild West Relay in the northern Rockies. He co-directs the GMR with Lisa Javernick, and Sue McNamara of Williston. The event plays to the uniqueness of the Green Mountains. Finish times range between 24 hours and the 35 hr. 30 minute cutoff.

The standard team is a 12-person squad that can be all women, all men or mixed genders. Categories for competition break down into age groups. There is also an ultra category for teams competing with six runners or less. The six runners may run six single legs or run six alternating segments, called a 6 by 6. Some ultra teams are made up of two people running different variations on the segments; for instance, 50 miles each, or alternating multiple sections.

The inaugural GMR was well tested as rain, cold temperatures and strong winds from a string of Nor'easters inundated it. This was in addition to the challenges of running in the dark, sleep deprivation, running on tired and sore legs, the cramped quarters of a team van, and the Vermont hills. I participated on an all women's ultra team called the “Vermont Hot Shoes,” captained by Debbie Tirrito of Winooski. We won the women's ultra division in a time of 28 hours 49 minutes and 50 seconds (8:45 pace

Vermont

for 197 miles)—not bad for six Vermont women aged 51 to 58. We attributed our success to multiple changes of clothing, lots of endurance, good nutrition and good humor. The team included Debbie Tirrito, Nancy Elwess of South Hero, Patty Foltz of Stowe, Betsy LaFlame of Waitsfield and Carol Blattspieler of South Burlington. Patty and I had been teammates on the “Hot Shoes Returns” team at the Hood to Coast relay several years in a row with Moira Durnin of Stowe, and had lots to contribute from that experience including the name. The original “Hot Shoes” out of Oregon had been the overall winner in the women's division at Hood to Coast many years ago.

This was a much more intimate experience than Hood to Coast which features 1,000 teams and almost 12,000 runners. Despite the conditions, 21 teams started this first running of the GMR, and 19 finished. [Ed. note: This eclipses by a fair margin the inaugural field for the 2001 Reach the Beach Relay (NH) in Sept. that now draws over 200 teams; conversely, the 17 year-old Lake Winnepesaukee Relay, also in NH in Sept., has fallen from 121 teams in 2003 to 90 in 2005].

GMR was also more intimate than Hood to Coast because of the Vermont course, which weaved through small towns and villages, past mooing cows and crowing roosters, past the roaring waterfalls in Granville Gulf, up and over grueling mountains such as Terrible Mountain (south of Ludlow), and running toward the finish line with the Bennington Memorial on the horizon.

When we finished, we ran with our captain across the finish line in red-hot matching jackets and set off celebratory sparklers. The Green Mountain Relay is destined to become a tradition; it's an event that gives runners of all ages and capacities a beautiful opportunity to experience “Running over the river and through the woods of Vermont,” the GMR slogan. —Dot Helling



The Chiselsville Bridge on leg 33 of the GMR is located between Sunderland and East Arlington and is one of seven covered bridges runners pass through.

Photo courtesy of Paul Vanderheiden