

# Colchester Pride



## Colchester Parks & Recreation

March 2015

Volume 1, Issue 4

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## A BRIEF HISTORY OF THE TRIATHLON

By: Derek Mitchell, Assistant Director (Parks & Rec)

You may know the Colchester Triathlon for its hometown feel done in a professional manner, its homemade famous cream cheese (see November 2014 issue), or its friendly and helpful volunteers. Maybe it's the numerous age categories with plentiful awards in the form of pint glasses, or its allure of attracting first time triathletes mixed in with experienced triathletes, many returning from competing in the Lake Placid Iron Man Triathlon. But what you may not know is how this remarkable Colchester tradition began.

After finishing the 1993 Burlington Triathlon, Leigh Mallory and Dick Pecor sat together on a since forgotten porch, reflecting on their accomplishment. While holding onto a pint, they both reflected on how much fun they had just had...but they had no idea of how they were about to change Colchester forever - "Why can't we hold a triathlon right here in Colchester?" they wondered aloud. Well... in 1994 their curiosity became reality with the inaugural Colchester Triathlon. 30.1 years later our race is still going strong with Leigh and Dick continuing to be ambassadors of our great event.

Some may say, "If it's not broken, then don't fix it." Over the years, the Colchester Triathlon Committee has followed this popular belief. What hasn't been broken are the pint awards, as they serve as a symbolic reminder of where this great race originated from. The famous cream cheese from Kathy Bauman and Judy Robinson each year, the welcoming smiles and expertise from Nancy Pecor and Joanie Mallory at bib pickup, volunteer recruitment and timing from the team of Rik and Anita Dayvie, the Hunt, Murphy and Blubevich families, and the support on land and water from the Colchester Emergency Service and Public Works Departments are all elements you'll see every year at this Colchester tradition.

Some may say, "Change is good." Going on that belief over the years, the Colchester Triathlon has changed racer t-shirts from the hot, cotton to the more athlete-friendly moisture wicking material, transition zones have been



Leigh Mallory, Dick Pecor and Parks & Recreation Director Glen Cuttitta, accept the 2006 Theresa Brungardt Award.

enlarged to accommodate more racers and provide a safer transition, the run course has changed direction (runners run against traffic), timing chips have been introduced, producing faster results, kayaks were added to increase the diversity of water participants, race signage has thankfully moved away from heavy wooden sandwich boards to lightweight cones and portable fabric tripod signs, and finally, online registration has made sign-ups more convenient for racers and race organizers alike.

What a remarkable race! This race has become a Colchester gem while remaining true to its roots, and at the same time has modernized itself in areas to optimize the triathlon experience. Deservingly, the Colchester Triathlon was recognized at the state level in 2006 by the Vermont Recreation & Parks Association presenting the Theresa Brungardt Organization Award to the Colchester Triathlon founding fathers - Dick and Leigh. Truly deserving, as any past Colchester Triathlon triathlete will attest to. The Theresa S. Brungardt Award is the highest honor bestowed by the Vermont Recreation and Parks Association. This award was established in 1975 to recognize recreation pioneer, Theresa S. Brungardt. Mrs. Brungardt was Vermont's first state Director of Recreation and she traveled tirelessly throughout Vermont to help communities with their recreation programs. Mrs. Brungardt was nationally recognized for her expertise and in 1952 was elected the first female president of the American Recreation Society. In 1977, she was inducted into the NRPA Hall of Fame.

## National Volunteer Week

By: Jennifer Turmel, Program Coordinator Parks & Rec)

President Richard Nixon established National Volunteer Week with an executive order in 1974, as a way to recognize and celebrate the efforts of volunteers. Every sitting U.S. president since Nixon has issued a proclamation during National Volunteer Week (as have many U.S. mayors and governors).

As this week approaches, we wanted to extend our deepest thanks to all of our volunteers. Without your dedication to our events we would not be successful in so many of our staple events here in Colchester.

It is volunteers that are the heart and backbone of our special events. Remember the week of April 12, we will be thinking of you and express our genuine thanks for all that you do! Together we make sure that Colchester 'Optimizes the Experience of Living'.

As a small thank you to all of our volunteers, we would like to extend our gratitude by offering all that have volunteered with Colchester Parks & Recreation a 5% discount on a Spring or Summer Program of their choice. All you need to do is present this coupon when registering.

**NATIONAL VOLUNTEER WEEK**

**APPRECIATION**

5% DISCOUNT TOWARDS ONE COLCHESTER  
PARKS & RECREATION  
2015 SPRING OR SUMMER PROGRAM

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Volunteer Name \_\_\_\_\_

**OFFICE USE ONLY:**

DATE REDEEMED: \_\_\_\_\_ AMOUNT \$: \_\_\_\_\_

PROGRAM: \_\_\_\_\_

Not transferable . Expires September 1, 2015

## Parks & Recreation Advisory Board has an Opening

By: Derek Mitchell, Assistant Director (Parks & Rec)

Volunteers are a crucial aspect of many Vermont organizations, and the Town of Colchester's municipal government is no exception. Volunteers supplement and guide the work of full- and part-time staff by coaching for recreation programs, shelving books at the library, providing guidance and expertise for the town's present and future by serving on numerous

boards and committees, and by keeping us safe by serving as rescue and fire personnel.

Want to become a member of the Parks & Recreation Advisory Board? We have one immediate opening! Go to <http://colchester.vt.gov/Volunteers/openingsandvolunteers.shtml> to download an application.

**Recreation Advisory Board**

Members advise the Director of the Parks and Recreation Department in the development and management of recreational facilities and programs to serve the citizens of Colchester. Meetings are on the second Wednesday of the month at 7:00 am at Colchester Town Hall, located at 781 Blakely Road.

## Run, Run, Run to Mark Your Calendars

Looking to run a race in 2015? Well, Colchester will be hosting plenty of races in 2015 that may be of interest to you... of course if you're not volunteering at one of them ☺

- ◆ Saturday, April 11 - Unplugged (Half Marathon)
- ◆ Saturday, May 30 - Colchester/Milton Rotary Club 5K
- ◆ Saturday, June 6 - Colchester Causeway 5K/15K Race
- ◆ July 8, 22 & August 5 - Laker XC 5K Tail Series ➔ See page 3 for further details
- ◆ Sunday, July 26 - 30.1 Annual Colchester Triathlon
- ◆ Sunday, August 9 - Get Your Rear In Gear 5K
- ◆ Saturday, October 10 - Pink out the Park 5K Run/Walk



## Volunteering Warms the Heart: My Experience as a Special Olympics Ski Coach

By: Kelly McGinley, Program Coordinator (Parks & Rec)

Last year, towards the middle of March, a friend of mine asked me if I wanted to go skiing with her and some of the athletes from the Special Olympics Alpine Ski team. I love skiing, so naturally I took her up on her offer. When that next Sunday rolled around she picked me up at 8:30 a.m. and we drove to the Special Olympics Headquarters in South Burlington. After meeting several athletes, we hopped on the bus and started our trek to the Sugarbush Ski Resort. I spent the day skiing various trails on Mt. Ellen with about five or so athletes and other coaches. By the time we loaded all of our equipment and boarded the bus at 3 p.m. I had made a promise to sign up to volunteer the following year. I spent a greater part of last year looking forward to volunteering with Special Olympics and when the winter holidays came around it was a major focus in my mind. In December, right before Christmas, 15 athletes and three coaches hiked up Mt. Philo on what may have been the coldest day of the year to kick off the ski season. We spent the day hiking, talking, taking photos and getting to know each other. I left with a huge smile on my face and an eagerness for the ski season to start.

The very first weekend of 2015 we headed to the slopes for our first practice of the season and I can't believe that the season is already over. For seven weeks, we met every Sunday and practiced skiing and snowboarding from 10:30 a.m. – 3:00 p.m. We'd take several runs and work on form and practice going through gates. The first weekend in March, 14 of our original 15 athletes competed in the Winter Games in Woodstock, VT. They had a parade announcing the teams, Governor

Peter Shumlin addressed the crowd, the Olympic torch was lit and then fireworks shined over the athletes and coaches as we all danced and laughed in the snow. The next morning we filled our bellies with a hearty breakfast and the athletes rode the lifts to the top of the mountain while the coaches waited at the bottom to cheer them on in the Slalom and Super G. Every athlete that we took to the Games received a medal or a ribbon, many of them competing for the first time in their lives. However, coaches left with something worth more than any award. I had the pleasure of getting to know some of the kindest, hardest working individuals I've ever met. I helped them improve their skiing and shared many, many laughs and smiles and those memories won't ever go away. I choose to volunteer because it helps enrich the lives of others and in doing so, I am enriched as well. No matter how cold the mountain top was, my heart was full of warmth.



*Kelly McGinley, fourth from left, with her athletes and fellow coaches while taking in a great day at the Sugarbush Ski Resort.*

### 2015 Summer Concert Series

Join your neighbors, friends and family at one or all of our summer concerts! Listen to some accomplished local talent while taking in beautiful Malletts Bay. Admission is Free.

**All Concerts begin at 7:00 p.m.**

**Lower Bayside Park (beachside)**

- |                    |                            |
|--------------------|----------------------------|
| Thursday, July 16  | SHELLHOUSE                 |
| Thursday, July 23  | SATIN AND STEEL            |
| Thursday, July 30  | KAREN KRAJACIC AND FRIENDS |
| Thursday, August 6 | DUPONT BROTHERS            |



**Visit [www.colchester.gov](http://www.colchester.gov) to learn more about each band's music.**

### LAKER XC 5K TRAIL SERIES

**WEDNESDAYS**

**JULY 8, JULY 22 & AUGUST 5**

5:15 P.M. Day of Registration

6:00 p.m. Start Time

\$5.00 per race (payable at event)

**Colchester High School, Trails**

Come join us at for a mini trail race series. These low key races are a great opportunity to run on some marked trails while getting a good workout. For ages 8 and older. Registration at the CHS concession stand (near football field).

## Colchester Parks & Recreation

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The Colchester Pride Newsletter is a monthly publication produced by Colchester Parks & Recreation, keeping our volunteers connected and informed throughout the year.

“OPTIMIZING THE EXPERIENCE OF LIVING”



[www.colchestervt.gov](http://www.colchestervt.gov)

## Volunteer Opportunities

Volunteering has a meaningful, positive impact on your community. Recommend to a friend or family member to become involved in Colchester Pride!

Some benefits of volunteering with us are: learn new skills, teach others, gain experience, meet new people, be involved in your community, and improve your health.

Our variety of volunteer opportunities will allow you to pick what best fits into your schedule...we are flexible.

Check out where you can volunteer by visiting [www.colchestervt.gov](http://www.colchestervt.gov)



Volunteers receive awesome custom t-shirts for most events

### Current Annual Volunteer Opportunities:

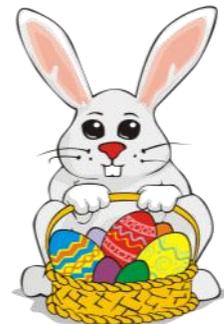
- Causeway 5K/15K Running Race
- Colchester Triathlon
- 4th of July Celebration
- Winter Carnival
- Youth Sports Coach

## Colchester Easter Egg Hunt

*Saturday, April 4, 2015*

*10:00 a.m. Bayside Park*

*Ages 8 & Under*



Come join the Easter Bunny for a great egg hunt. Bring a bag or basket to put your eggs and goodies in. Please dress appropriately because you never know what Vermont's weather has in store for us.

Please park your vehicles at Colchester High School and enter the park by the softball field road off Laker Lane. Children will be separated by age groups to hunt for eggs in different areas of Bayside Park. Ages 4 & under will be at Lower Bayside Park. Ages 5 - 8 will be at upper bayside. Don't miss this great event!

Colchester Lions Club will be hosting a food drive for the Colchester Community Food Shelf at the Easter Egg hunt. **We are asking that all participants bring at least one non-perishable or canned item to the hunt.**



*Sponsored by the Colchester Lions Club and Colchester Parks & Recreation Department*

**No registration required**