

# Colchester Pride



## Colchester Parks & Recreation

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### Pride Facts:

- ◆ November marks our Inaugural News Letter
- ◆ Newsletter will be sent out monthly electronically
- ◆ We welcome any volunteer submissions. Please contact Assistant Director, Derek Mitchell
- ◆ Colchester Pride currently has 250 volunteers

## Dreaming about Winter Carnival

By: Mike LaPan, Admin. Assistant (Parks & Rec)



Winter Carnival guests enjoy a horse-drawn hay ride.

One night you drifted away into a soft sleep, flying into a dream... opening your eyes, you were stricken by a most pleasing sight. Families smiling, laughing, it was surreal; your dream world was bright with lights. You glance to your left and find a small girl in a pink jacket and purple boots with her face painted as a charming cat: whiskered, white-faced and black-nosed. She giggles, waves to you, and turns to run to a small table where she is constructing a cute little house of popsicle sticks and Play-Dough. As she fades from your sight, you glance to the right and see a gymnasium filled with bustle. Families are socializing while laughter fills the space, all the while children big and small play laser tag

and jump inside huge inflatable obstacle courses. You begin to walk forward to join the fun but now find yourself standing in front of warm smiles with a banner above them reading "32<sup>nd</sup> Annual Colchester Winter Carnival". You turn around and find a set of double doors behind you. You open them. The sunlight reflecting off the snow blinds you for a moment, but as you regain your vision you are presented with a wintery wonderland. Horses pulling wagons of hay, topped with smiling families, a gigantic inflatable slide marking the passing of one of winters longest traditions, and ponies circling with kids bundled in snowsuits riding atop. You step forward but are stopped by a smiling young lady with a small bowl of snow. "Sugar on snow?" she asks, pouring fresh, warm maple syrup onto the snow-filled bowl glistening in front of you. You accept the spoon she offers, but awoken from the dream before the dessert reaches your lips. You wrinkle your brow and ask yourself, "But who won the Talent Show?"

If this dream caught your attention, please consider being a part of our Winter Carnival Committee and begin putting together your own Winter Carnival dream! Or share this great volunteer opportunity with a friend. Winter Carnival Volunteer duties can be found on our Pride website <http://colchestervt.gov/Recreation/ColchesterPride.html>

## What is Colchester Pride?

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

As the Colchester Parks & Recreation Department offers a variety of events annually, the department relies heavily upon specific volunteer "sub groups" to assist in the planning and operations of such events. These sub groups have proven their worth as popular events such as the Colchester Triathlon and

Colchester Winter Carnival are approaching their 31<sup>st</sup> and 32<sup>nd</sup> years, respectively, all as a result of a lot of hard work and volunteer commitment towards the building of community.

The continued growth of our volunteer community is what Colchester Pride will be.

Having one central volunteer "hub," such as Colchester Pride, will assist us in recruiting new volunteers, offering specific volunteer opportunities and duties, providing networking and information monthly (i.e. this Newsletter), and provide us the ability to recognize our volunteers.

## Town of Colchester has a NEW logo

By: Kathi Walker O'Reilly, Economic Development Director

As part of the Economic Development Office's branding effort, and as called for in the Economic Development Action Plan and The Heritage Project, the Town of Colchester hosted a citizen logo contest to inspire community pride and ownership of Colchester's identity. The designs were to be judged by a Selection Committee and approved by the Select Board.

The winning logo was designed by resident Lindsay

Colburn and now is being incorporated into all Town marketing materials including print media, letterhead, the Town website, social media avenues, signage, brochures and more.

The Selection Committee liked the idea of focusing on the uniqueness of Colchester; the Causeway. With assistance and input from community members, the Select Board and the Selection Committee, a final revised version was adopted this

past summer.

The new logo represents the many aspects of Colchester. As we are a community endowed with a rich heritage of recreational, agricultural, and educational gifts. We thrive on outdoor activity, as evidenced by our great parks system, the lake and many sporting events for the very young to the not-so-young.

We are also a well-educated, hardworking community that is fortunate to boast some of the

premier business parks in the state

The new logo will be used with taglines that can be targeted for specific audiences or departments of the Town. At the same time, the new logo will represent our unique community, while the taglines will be used to balance the "business" aspect of our marketing efforts.



## Halloween Disappears...Scary!

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

What happened to Halloween...did Freddy, Michael or Jason make it disappear? It was scary not seeing goblins and witches roaming Bayside Park! The hair on the back of your neck remained erect for hours listening for the screams that never came! Where's John-

ny... a true Halloween mystery?

Well gang, the mystery was solved by some meddling kids. The Inn Keeper did it! Just kidding. It was simply a year off, to regroup, reenergize and rethink how to proceed in offering a worthwhile Halloween event. The Colchester Theatre Compa-

ny, Police and Parks & Recreation Departments have teamed up to offer The Haunted Walk and Cabbage Night Movie Festival over the past 20 years. Now fully recovered from battling zombies, these groups will revisit how to scare Colchester and welcome any ideas you may have. Boo!

## Causeway Success

By: Mike LaPan

The instant success of the Colchester Causeway 5K/15K Running Race cannot be understated! In its inaugural year, the race reached its participant cap of 200 total runners just days before the actual event. For 2014, the cap was raised, and the final count included some 400 pre-registered racers for our second annual race this past June.

And it's no wonder people love this race... hosted the first weekend in June, the weather is the perfect taste of summer: sunny and warm with a refreshing breeze. The option to run either a 5K or a 15K is unique, and makes the race accessible to those at all experience levels. But the real draw is the opportunity to visit two of Colchester's most valued parks: Airport Park, which houses the Start/Finish Line, and the centerpiece, the historic Colchester Causeway. 15K racers receive the ultimate experience with the opportunity to run the entire length of the Causeway to the cut and back! All racers receive an event t-shirt and post-race refreshments.

The Colchester Causeway race attracts many Colchester residents, as well as visitors from surrounding towns, New York, and Canada.



Racers in the 15K division take off from the start line.  
June 7, 2014.

## Tri Our Bagels!

By: Mark Aiken, courtesy of *Vermont Sports*, July 2012



*Triathletes crave our bagels covered with famous limited edition cream cheese.*

When I think of the Colchester Triathlon, three things stick out: One, the swim is an absolutely beautiful half-mile circle in Malletts Bay; two, Colchester is the only tri I have ever seen that has transitions in two separate locations - at Bayside Park and down the street at Malletts Bay School; and three, when I think of Colchester, I think cream cheese.

Cream cheese? Of all the facets of the race, cream cheese stands out? That's right.

I participated in my first Colchester Triathlon when I was 12 years old, and handing out bagels and sodas at the refreshment table were Kathy Baumann and Judy Robinson. I competed at Colchester last year in the 40 - 44-year-old age group, and Baumann and Robinson were still there. The table has everything a post-race food table ought to have: juice, soda, fruit, yogurt, and bagels. And, straight from Baumann's garden and kitchen, homemade herb and vegetable cream cheese.

"It's not really homemade," says Baumann, who uses store-bought cream cheese that she thins by adding milk and then whips. And then - and this is where the real magic occurs - she adds any combination of garlic, onion, basil, oregano, parsley, and salt. "One year, I made strawberry cream cheese," she says. "And sometimes, if I'm really ahead of schedule, I'll add bits of carrots." The final result is a scrumptious topping for a bagel - way beyond what you find at most post-endurance race refreshment tables.

The idea to hold a triathlon in Malletts Bay first took root 30 years ago after a group of Colchester residents volunteered at the old Burlington Triathlon. Race founder Leigh Mallory blurted out, "We could do this!"

Dick Pecor, who co-directs the Colchester Triathlon with Mallory, laughs. "That's Leigh," he says. "Always saying something without thinking." The following year, they organized the first Colchester Triathlon. This year's race will be the 29th running, and many of the same volunteers still pitch in. "We're all friends in a common endeavor," says Pecor. "We've been in it for so long."

If any race event is going to have an extra special food table, it's the Colchester Triathlon. "The triathlon has become an important tradition in our town," says Pecor. Therefore, there's always a festive atmosphere at the finish. Much of the activity centers around the food, where Robinson and Baumann slice tomatoes and onions to go with the bagels and Baumann's jazzed-up cream cheese.

From a nutritional standpoint, a refreshment table is good for stocking up on proteins and carbohydrates to rebuild muscles and replace lost fluids. But it does something even more when the general feeling surrounding that food is as festive and caring as the post-race mood at Colchester. "You can't do events like this without people like Kathy and Judy," says Colchester's Assistant Recreation Director, Derek Mitchell.

In fact, Mitchell has been so moved by the enthusiasm surrounding the Colchester Triathlon that he has enlisted many of the race organizers to help him put together Colchester's first adventure race - known as Muck It Up - on Saturday, Sept. 15. Meanwhile, this year's Colchester Triathlon will be held on Sunday, July 29.

In the week leading up to the 29th, Baumann will make her rounds, do her shopping, and have all the food on ice in coolers the morning of the race so that it's ready when the athletes cross the finish. In the past - particularly in the early years - making arrangements was a serious time commitment, but now Colchester businesses like Mazza's General Store, the Bagel Market, and even Costco know to expect her calls. "The local shops have always been supportive," she says. The triathlon is also special for Baumann because it has become a family affair. "My daughter and granddaughter are always there to help," she says. "And my sister sometimes comes out from Toronto."

Baumann insists that she takes away as much as she gives. "It doesn't take a whole lot of time for the pleasure it gives me," she says. For the athletes she feeds at Colchester, her efforts go a long, long way.

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"Unselfish and noble actions are the most radiant pages in the biography of souls."

~David Thomas

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“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 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

## Parks & Recreation Advisory Board Community Bike Rack Project

By: Glen Cuttitta, Director (Parks & Rec)



It was decided at an August Recreation Advisory Board meeting that the group would identify a project that would leave a lasting legacy on the community. This year the Board agreed to create an artistic bike rack campaign that would be placed at popular biking destinations in Colchester.

Currently, the board is working on the details of the application process. This opportunity will be open to any area artist that is looking to display their work in our town. There will be a

funding mechanism that will assist each artist in completing and installing the bike rack at a designated location.

We anticipate the Request For Proposals to be distributed in December. If you have any questions you can contact the Parks & Recreation Department at 264-5640.

*Volunteers are encouraged to share their stories and submit to the Colchester Pride Newsletter! If you are interested in writing an article, please contact Derek Mitchell at [dmitchell@colchestervt.gov](mailto:dmitchell@colchestervt.gov) or [recreation@colchestervt.gov](mailto:recreation@colchestervt.gov)*