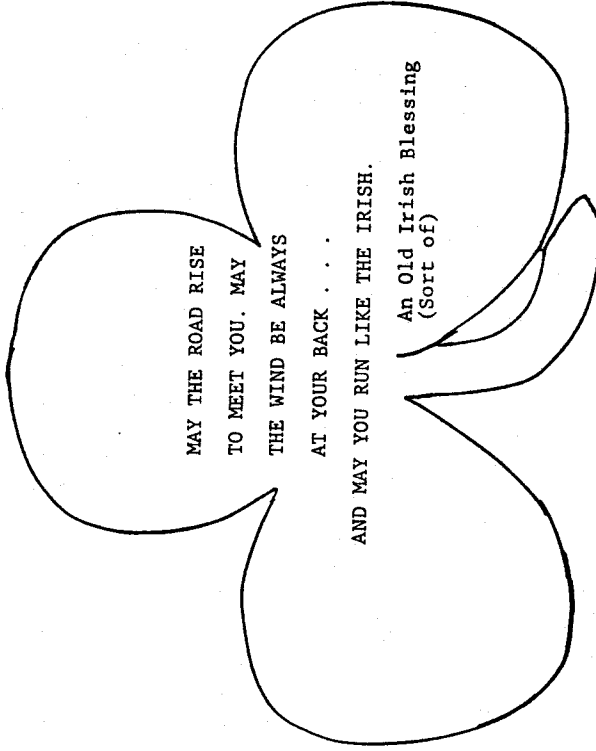
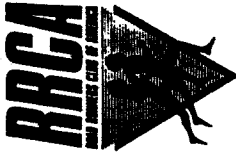


**CENTRAL VERMONT  
RUNNERS  
NEWSLETTER**

MARCH 1990  
VOL. 11 NO. 2



MAY THE ROAD RISE  
TO MEET YOU. MAY  
THE WIND BE ALWAYS  
AT YOUR BACK . . .  
AND MAY YOU RUN LIKE THE IRISH.  
An Old Irish Blessing  
(Sort of)



President: Dana McCarthy  
Vice President: (vacant)  
Treasurer: Norm Robinson  
Secretary: Sue Drapp  
Editor: Tim Noonan



Tim Noonan  
2 Pinewood Road  
Montpelier, VT 05602

Ready? Let's run! It's almost time to begin running Fun Runs. So, guess what we'll talk about at our March meeting? Ah! I always knew runners were of a higher intellect!

We need some monthly Fun Run coordinators. Basically a coordinator starts the runners, times them, and provides the water. Not too tough and it is a sure way of participating in the club. We also need to finish our discussion, which started last year, about the format of Fun Runs. The hour track runs and cross country treks through Hubbard Park were successful last fall. They will probably reoccur this year. Any other ideas? There was talk of changing the starting time of Fun Runs to a half hour earlier to 5:00. Would this earlier time increase participation?

Also on the agenda is \$ \$ \$! Whether to join t.A.C. for a few hundred dollars, a donation to the Farnham family's son for his after surgery rehabilitation, and any other ideas that cost the club.

What's the future of one of our races -- the 5K Run For The Health Of It? Find out on Monday March 12 at Tim Noonan's house, 2 Pinewood Rd. in Montpelier, at 6:30. It's Pot Luck!

Perhaps some of you would like to know just what this new club President intends to do this year. On the other hand maybe most of you don't care. Good. Let me reassure all those who are now turning the page, I don't have a major agenda. Just one little goal...to increase runner's knowledge of our Fun Runs and the existence of C.V.R. That's it. Fits in a nutshell.

Hope to see lots of new faces at the March 12 meeting!

Dana McCarthy

#### TREASURER'S REPORT 1989

This past year was an excellent one financially, with our account \$441.00 ahead of last year at year end. This was primarily due to reduced spending in most areas and not due to increased revenues.

CVR dues were up by nearly \$140.00 to \$635.00. Newsletter expenses were also up \$87.97, with one less newsletter. Mailings, and size 6 1/2 editions were up. Membership ended the year at 120. Most of our races should be recognized for increased profits. The Capital City Stampede, and The Berlin Pond Couples Race show a decline in dollars but only slightly. In the case of the Stampede the club overpaid the sponsors slightly last year and this was recollecting this year but wasn't shown in the race dollars but under a separate heading (\$28.75). Juniper Hill showed increased participants, but while revenues were up; expenses were up this year due to the certification of the course. The race lost \$51.46 compared to \$52.59 in '88. This will undoubtedly improve in '90. Misc. expenses were down by approximately \$275.00. 1988 saw the purchase of our printer/timer that was a major expense. This year our expenses were limited to \$77.70 for our race chute, and a gift of \$50.00 to Lilly Jones. We have agreed to purchase two Timex hand watches, but this has not been done yet. They will cost approximately \$3000 each.

Our year-end checking account showed \$1,233.48. I hope to computerize 1990's records should I be re-elected treasurer to give even quicker and more detailed reports. Anyone having any questions on our records feel free to contact me.

Norm

1989--1988 FINANCIAL COMPARISON

CVR TREASURER'S REPORT 1989

ADMINISTRATION	Receipts	Expenses	Balance	ADMINISTRATION	RECEIPTS	EXPENSES	DIFF.
Dues paid to CVR	635.00			NEWSLETTER			
TAC dues		50.00		copying		420.35	
RRCA dues		60.75		postage		186.57	(606.92)
Admin. Expense		44.51		copying		368.70	(518.95)
Race Director's Handbook		37.00		postage		150.25	(87.97)
Footnotes mailing update		17.25		U-32 5K			
Unclaimed checks from '88	20.00		445.49		819.00	581.00	238.00
					638.00	462.50	175.50
							62.50
				CAPITAL CITY STAMPEDE			
				1989	530.00	424.00	106.00
				1988	465.00	304.55	120.45
							(14.45)
				U-32 5K			
				MONTPELLIER 10 MILER			
				1989	362.00	144.00	218.00
				1988	425.00	304.55	120.45
							97.55
				BERLIN POND			
				1989	249.18	30.00	219.18
				1988	537.50	277.13	260.37
							(41.19)
				LEAF PEEPERS			
				1989	2,644.77	2,288.05	356.72
				1988	2,390.47	2,169.63	220.84
							135.88
				JUNIPER HILL			
				1989	58.00	109.46	(51.46)
				1988	14.00	66.59	(52.59)
							1.13
				MISC.			
				1989	15.00	127.70	(112.70)
				1988	20.00	408.30	(388.30)
							275.60
				FUN RUNS			
				1989	67.91	3.08	64.83
				1988			(64.83)
				SCHOLARSHIPS			
				1989		(400.00)	(400.00)
				1988		406.24	(406.24)
				TOTAL		6.24	6.24
							518.70

YEAR END CHECKBOOK TOTAL

1,233.48

\*reimbursement for overcharge in '88

28.75

TOTAL

441.06

28.75

1,233.48

CENTRAL VERMONT RUNNERS

MEMBERSHIP APPLICATION

NAME (Please Print) \_\_\_\_\_  
STREET \_\_\_\_\_ CITY \_\_\_\_\_  
STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
AGE \_\_\_\_\_ BIRTH DATE \_\_\_\_\_ SEX: MALE \_\_\_\_\_ FEMALE \_\_\_\_\_  
PHONE NO. \_\_\_\_\_

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 (Race directors will call for help):

- JUNE - CAPITAL CITY STAMPEDE \_\_\_\_\_
- JUNE - MONTELLIER TEN MILER \_\_\_\_\_
- AUGUST - BERLIN POND COUPLES RACE \_\_\_\_\_
- OCTOBER - LEAF PEEPERS HALF MARATHON \_\_\_\_\_
- NOVEMBER - JUNIPER HILL 15K \_\_\_\_\_
- FUN RUNS (EVERY TUESDAY, MAY-OCTOBER) \_\_\_\_\_

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

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Annual membership dues are \$8 for individual membership and \$10 for family membership. Enclosed are dues for the following year(s):

1990 1991 1992

Send completed membership form with membership dues to:

CENTRAL VERMONT RUNNERS  
Norm Robinson  
66 Terrace Street  
Montpelier, Vermont 05602

DO YOU WANT TO CONTINUE TO KEEP  
UPDATED ON UPCOMING AREA RACES?  
AND RUNNERS' ACCOUNTS OF RACES?

DO YOU WANT TO CONTINUE TO RECEIVE A REGULAR  
NEWSLETTER CONTAINING THIS INFORMATION  
PLUS OTHER RUNNING NEWS AND TIDBITS?

DO YOU WANT TO CONTINUE TO MEET, RUN  
WITH OR SOCIALIZE WITH OTHER RUNNERS?

DO YOU WANT TO CONTINUE TO RECEIVE ALL THESE  
BENEFITS FOR ONLY \$8 FOR INDIVIDUALS AND \$10  
FOR FAMILIES PER YEAR?

IF SO, COMPLETE THE MEMBERSHIP FORM ON THE NEXT PAGE  
AND RENEW YOUR MEMBERSHIP TO THE  
CENTRAL VERMONT RUNNERS

NEXT CVR MONTHLY MEETING

The next CVR monthly meeting is Monday, March 12 at Tim Noonan's house, 2 Pinewood Road in Montpelier. Call Tim (229-4658) if you need directions on how to get there. The meeting will begin at 6:30 p.m., and is Potluck.

ARTICLES, ETC. ANYONE?

We welcome (and beg for) any articles, race results and summaries, etc. which you would like to share with other runners. The deadline for submission of materials for the next newsletter is April 15. Send to me at 2 Pinewood Road, Montpelier 05602.

Tim Noonan  
Newsletter Editor

CVR ANNUAL MEETING MINUTES

The CVR Annual Meeting was held January 27, 1990 at Jeff and Vicki Shutak's home in Williamstown. Present were Tim Noonan, Sue and Ed Drapp, John Valentine, Norm Robinson, Bob and Lynda Murphy, Duncan Robb, Jeff and Vicki Shutak, Bob Howe and Dana McCarthy.

The 1990 CVR officers elected are Dana McCarthy, President; Norm Robinson, Treasurer; and Sue Drapp, Secretary. The office of vice-president is still open. The executive committee will look into possible candidates. The appointment of committee chairs are as follows: Newsletter - Tim Noonan, Race Standards - Bob Murphy, Scholarship - Bob Howe. A discussion for publicity director followed to alert the public about the club, scholarships, upcoming races and membership recruitment. It was suggested that a mailing be sent to possible club members at races in order to recruit new members.

Norm Robinson distributed the CVR treasurer's 1989 report. The year end balance is \$1,233.48. A complete copy of the report is contained in the newsletter. Norm made a motion to keep dues at \$8 for individuals and \$10 for families. The motion passed.

Bob Howe will continue to advertise the scholarships for a male and female high school runner. A motion by Tim Noonan that CVR award 2 \$200 scholarships and 1 \$100 scholarship was passed by a 6-3 vote. John Valentine will report at a subsequent meeting on how to go about setting up a system for granting monies to area high school track and field teams and also to set up criteria for grant writing.

Races for the upcoming season:

Capital City Stampede - June 9, Norm Robinson director  
Montpelier 10 Miler - June 23, Tim Noonan director  
Berlin Pond - August 4, Chris Whalen director  
Leaf Peepers Half Marathon - October 7, Darragh Ellerson and Jeff Shutak directors  
Juniper Hill 12K - November 3, Bob Murphy director

Tentative races:

Jeff will check with the Rotary to see if they want to have the 5K/1K Run for the Health of It at U32 on the first or second Saturday in May. Also, Jeff will look into the possibility of a 5K race to be held in conjunction with Leaf Peepers Half Marathon. Tim reported that Locomotion Fitness is planning to have a 5K race in late April in Waterbury, and contacted him to see if CVR wanted to help. A motion was made and passed that we will sell a mailing list for \$25 and rent our equipment (e.g. chutes, markers, bullhorn, watches) for \$25.

RRCA Insurance - It was agreed that we would purchase RRCA insurance at a cost of \$2.25 per member and that races would be charged to make up the cost for this insurance. TAC membership was tabled to a later meeting.

NEXT MEETING: March 12, 6:30 p.m., Potluck, Tim Noonan's house.

Sue Drapp, Secretary

RACE SCHEDULE

\*\*\*\*\*  
CVR - Indicates CVR-sponsored race. If you do not plan to run, your help would be greatly appreciated by the race director and crew.

In addition to the following races, CVR has fun runs every Tuesday, May through October, at 5:30 p.m., starting at the Department of Liquor Control on Green Mountain Drive in Montpelier. Distances are 2, 4 and 6 miles.

\*\*\*\*\*  
MAR 17 St. Patrick's Day 10K, 1:00 p.m., Holyoke City Hall, Mike Tierney, 252 Maple Street, Holyoke, MA 01040, (413) 534-3301.

MAR 18 New Bedford/Bank of Boston Half Marathon, noon, Susan Foster, 69 Forest St., New Bedford, MA 02740 (508) 999-2699.

APR 8 MDA-Boston Milk Run, 10K, DMSE, 430C Salem St., Medford, MA. 02155 (617) 396-3001.

APR 16 Boston Marathon, noon, Hopkinton-Boston, 94th BAA Boston Marathon, Box 1990, Hopkinton, MA 01748 (508) 435-6905.

APR 22 Kaynor's Sap Run, noon, 6 miles, King Hill Road, Westford. Chapin (878-6392) and Donna (879-2052) Kaynor

APR 29 Waterbury 5K, 11:00 a.m. Locomotion, 29 Stowe Street, Waterbury. Chad Cuoto and Sylvia Aaward (244-5626).

MAY 5 Trollheim 5K, 11:00 a.m., Sleepy Hollow Road, Essex Ctr., Al & Sally Duval (899-3398).

MAY 12 Rolling Irish Half Marathon, 9:00 a.m., 13.1 miles, Dave Fields (878-5710).

MAY 19 Spring Women's Run, 10:00 a.m., 3.3 miles, Williston Central School, Ruth Painter (878-3048) and Jeannette Perry (879-4421).

MAY 27 Bank of Vermont/Vermont City Marathon and Marathon Relay, 8:00 a.m., Burlington, Vermont City Marathon, Box 152, Burlington, VT 05401-0152 658-1810.

CVR JUN 9 Capital City Stampede, 10K, School Street, Montpelier 9:30 a.m. Norm Robinson (223-7351).

CVR JUN 23 Montpelier 10 Miler, Montpelier High School, 9:00 a.m. Tim Noonan (229-4658).

CVR AUG 4 Berlin Pond Couples Race, 8K, Chris Whalen (496-9703).  
CVR OCT 7 Leaf Peepers Half Marathon, Waterbury. Darragh Ellerson (223-2080) and Jeff Shutak (433-6776).

CVR NOV 3 Juniper Hill 12K, Barre. Bob Murphy (476-4328).

# ENTRY FORM - LOCOMOTION 5K RUN

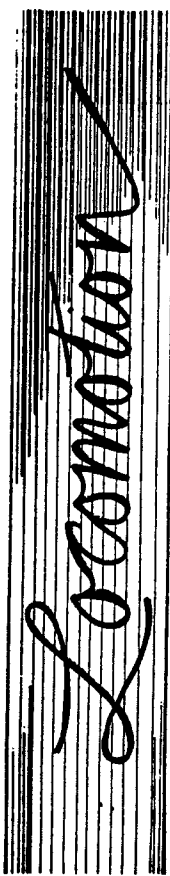
NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ SEX: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_ DAY PHONE: (     ) \_\_\_\_\_  
 CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

**WAIVER**

Please enter me in the 1990 Locomotion 5K Run. I agree to assume all responsibility for and all risk of damage, injury or mishap that may occur to me as a participant in this event. I hereby, for myself, my heirs, executors and administrators release and discharge and all sponsors of the event including, but not limited to Locomotion, For The Health Of It, Inc., Towns of Waterbury, Duxbury and Moratown, Village of Waterbury, any participating property owners and any and all persons connected with or participating in this event from all claims, damages, rights of action, present or future whether known, anticipated or unanticipated. I certify that I am physically fit and have sufficiently trained for competition in this event. I also grant permission for the use of my name and/or picture in any broadcast, photograph or other account of this event.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent's Signature (if under 18) \_\_\_\_\_



*Y H A T I I for the health of it*

**THE LOCOMOTION 5K RUN**  
**WATERBURY, VERMONT**  
**Sunday, April 29, 1990**  
**11:00 am**

**THE COURSE**

The flat, fast course, along the scenic Winocski River, encompasses portions of the Waterbury half-marathon circuit. The start and finish will be at Stowe and Main Streets. A water and aid station will be at the two marker. Mile markers at 1, 2 and 3 miles.

**ENTRY FEE**

\$5.00 - Non-refundable. Pre-entry deadline April 15. Post entry after April 16, fee is \$8.00. Souvenir hats available. Make check payable to LOCOMOTION.

**REGISTRATION**

Complete entry form (please print or type), mail with check to:  
 LOCOMOTION  
 29 Stowe Street  
 Waterbury, VT 05676  
 (802) 244-5626

**NUMBER PICK-UP**

Race number pick-up and hat pick-up will be held on the day of the race (4/29) at LOCOMOTION, 29 Stowe Street, Waterbury, VT beginning at 9:30 am until the start of the event.

**CATEGORIES**

Age groups as indicated below, both male and female:  
 Under 12 years  
 12 - 17 years  
 18 - 29 years  
 30 - 39 years  
 40 - 49 years  
 50 years and over

**AWARDS & PRIZES**

Awards will be presented to the top three finishers in each category as well as overall male and female. The ceremonies will be held at LOCOMOTION following the 5K run.