

Central Vermont Runners Club Newsletter JULY 1992



Tom Kaiden- President
Dana McCarthy- Sect.

Darragh Ellerson- U.P.
Norm Robinson- Tres.

Vol. 13, No. 2?

JULY MEETING HAS GOOD ATTENDANCE AGAIN

The July 1 CUR meeting was another well attended affair at the home of Norm Robinson. Darragh Ellerson presided over the bunch in the absence of our fearless leader, Tom Kaiden.

In reviewing the races past, both the Capital City Stampede and the Montpelier 10 Miler saw a decrease in the number of runners and neither did well financially. CCS probably lost money, (finances not completed at press time) and the 10 Miler broke even. The feeling was that the move of CCS up one week because of the Vermont Pure Spring Water 10K did a lot of damage. There were a number of other events that day as well as the fact that the weather was poor.

Bob Murphy, our resident runner with the yardstick, let everyone know that there will be a new Corporate Challenge course next year and that it will be a certified course to boot. The attempt will be made to handle the traffic created by the walkers better, as well as the problems around the Bailey Avenue area with cars and runners. Also, Leaf Peepers will be measured soon. The new course will start and finish at the State Office Complex. There is a lot of controversy about the Duxbury bridge and we will in all likely hood be unable to cross it this year.

Shawn and Helen Bryan and family have been named permanent members to CUR for the work they have done with the water stop for the Capital City Stampede for years. Thanks for all the effort!!

Other tidbits: Leaf Peepers is moving along well. The t-shirts will be short sleeve this year due to a loss of some sponsorship money. Again, remember that Vermont Pure Spring Water will be the major sponsor. Drink Water!! There looks like there will be

a 24 hour Marathon in Montpelier this year in Sept. to benefit the Heart Association. More as it becomes available. Also, Townsend Gilbert is putting together a Jan. 1, 1993 race called "Twice Around The Block".

Bob Murphy has volunteered to look into purchasing a digital clock. More will follow in upcoming meetings.

Finally, The Governor's Council on Physical Fitness in Sports will be honoring 10 athletes for their contribution to their sport. There will be a black tie dinner on Nov. 21 at National Life. The feeling of the group was that CUR should nominate someone for this honor. Some of the criteria are: the person has lived for, been heavily involved in and given back to his/her sport. If you have a nominee let's here about it. I'm also sure Townsend Gilbert can give you more information.

HELP NEEDED FOR BIKE PATH CONSTRUCTION

The Montpelier Bike Path Committee is holding a work session on Saturday, July 25th, AND PERHAPS SUNDAY THE 26TH. Time is from 7:30 a.m. to noon.

Please note the change here!!

Karen Kitzmiller contacted me just this week to see if CUR members would be willing to help out on Saturday. If you are interested, or would be willing to work on Sunday if needed,

please call Norm Robinson at 223-7351 as soon as possible. Originally they were planning two days of work, but there is a feeling that they might be able to get it done on Saturday. Sunday will be a rain date, or a "work if needed" date.



STOWE 8 MILER IS ON! THIS SUNDAY - JULY 1992
NO RACE DAY REGISTRATION - CALL Lee Labier Realty
IN STOWE AT - 253-9009

SUN	MON	TUE	WED	THU	FRI	SAT
CVR RACE						
CALENDAR						
1992						
(all information should be verified with race directors for accuracy)						

JULY 25- RED FOX 10K/5K- 9:30, Bondville, Ut. Colin Lawson, RD#1, Box 198 Nichols Rd. Londonderry, Ut. 05148, 824-4508. \$12 for either race.(*****)

AUGUST 1- BERLN POND COUPLES RACE, 8K, 9:00, \$6.00, and \$7.00 on race day. This is a low key race. Chris Whalen, race director, (496-9703). (*****)CVR EVENT!!

AUGUST 8- BIKE AND TIE/BIATHLON, 9:00, Gouvernors Lane, Shelburne, Dave Jacobowitz, (658-6536). \$2.00

AUGUST 15- E.K. 10K, 8:30, Mount Mansfield Union H.S., Jericho. Marty Anderson & John Duncan (434-3118). \$6.00 includes t-shirt.

AUGUST 16- HIGHLAND HOUSE 10 MILE/5K, 9:30 Londonderry, Ut. Colin Lawson, 824-4508. \$12 for either race.(*****)

SEPT. 19- ARCHIE POST 5 MILE, 9:00 a.m., Bruce Cunningham, 482-2933. Don't miss Vermont's oldest road race.

SEPT. 12- MAPLE LEAF HALF- MARATHON. 12:00, Manchester Village, Ut. Colin Lawson, 824-4508. \$15. (editor's note: one of the finest races I've run in in year's. Fine tune up to Leaf Peepers.) (*****)

SEPT. 27- QUALITY K'S FOR COTTAGE HOSPITAL, 10K AND 5K WALK. Woodsville, N.H., 1:30 p.m., \$10.00 before Sept. 18, \$12:00 after. T-shirt to first 100. Team awards as well!! Contact Norm if interested in a team. This is a great race with lots of food, prizes and fun!! (*****)

OCT. 4- LEAF PEEPERS HALF MARATHON AND 5K. 11:00 a.m. Judy Colombo, 57 Clarendon Ave. Montpelier, Ut. 05602. \$14 for Half-Marathon and \$9 for 5K prior to race day and entries prior to Sept. 25 receive a t-shirt. *****)

OCT. 10- ROUND CHURCH WOMEN'S RUN, 9:00, 5K and 10K. Richmond, Ut. John Scheer, 862-0122 (days). \$3.00.

OCT. 17- MARATHON AND HALF MARATHON, 10k. 8:30 Folsom School, S. Hero. Run on the shores of Lake Champlain with the cool and color of Oct. \$15. 879-1687 or 878-4134.

OCT. 31- 50 MILER. 7:30. Essex Elementary School, Essex Center. Bill Everett, 879-1687. Western States 100 Qualifier.

(*****) indicates I have at least one entry blank with further info. (If you have a race that you would like to have included in the calendar please send along all information to Norm Robinson, 66 Terrace St., Montpelier, Ut. 05602. This needs to be sent to me by no later than the 15th of the month for the next issue. Also, if you have further information on races listed please forward that as well.)

adamant run is on!

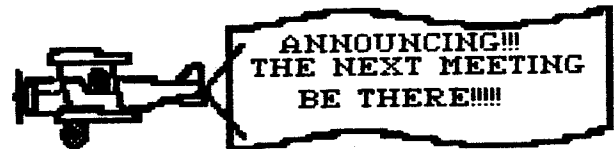
The Adamant 4 mile Marathon is Saturday July 25th at 9:00 in Adamant. \$5.00 race fee to benefit the Adamant Store. Call Lowell Vanderlip at 223-3602 for more info.

FUN RUNS ARE BACK!!

Fun Runs take place every Tuesday afternoon at 5:30 p.m. behind the Liquour Control Warehouse on Green Mountain Drive. If you are unfamiliar with that location it is where the bike path begins at the end of Green Mountain Drive. (Turn at the tennis courts near the high school and go to the end of the road.)

WANTED!! BABY JOGGER!!

Patty Roach-Davis is looking for a "real baby jogger". (I'm not sure if this means a real baby that jogs, or a baby jogger that is real); but if you have either please contact Patty at 456-1106. Patty says she is having the best summer of running in her life even though she is VERY pregnant with Sam's and her first born. (Editors note: We should all gain weight and be so happy!)



CVR next meets at the home of Barb Leber, 41 Northfield St., Montpelier. Otherwise known as the "Gingerbread House", this is not the house with the staircase but next to it. Newton Baker says, "to bring your hat and mittens"; but also don't forget to bring a pot luck item for dinner. Meeting begins at 6:30 p.m. If you need directions, etc. call 223-0352.