

Central Vermont Runners Club Newsletter Sept. 1992



Tom Kaiden- President
Dana McCarthy- Sect.

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

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CVR MEETING NOTES- AUGUST 5 REPORT

The club met at the spectacular setting of Barb Leber's "Gingerbread House" on Northfield Street. Barb graciously agreed to let us all take self-guided tours, so we spiralled up the staircase, and got lost in the closets, and eventually found our way back to start the meeting.

Norm Robinson gave a financial report and projection that showed that the club may show a slight loss for the year's receipts, due to poor weather at the Capital City Stampede, and the need to do an extra race mailing this year. (Since the meeting Norm has been able to get a clearer picture and it looks better! Even though Berlin Pond had a very poor turn out, it had a \$78.00 profit versus a loss last year. Financially the club has nearly \$2,000 in the bank and if Leaf Peepers has a traditional turnout we are in FINE shape money wise!!) Bob Murphy has priced digital clocks and this issue will be discussed at year end when we have the final financial picture.

Membership is another issue, however. The rest of the meeting centered around the need to increase membership and volunteer support for our various events. Much of the old guard is hitting the wall, and there is not enough new talent coming along to pass the baton to (sorry for the dreadful metaphor). Chris Whalen has announced that he needs a successor for Berlin Pond. Others have expressed similar desires to move on to new responsibilities. Most have agreed to stay on to assist with some transition, however. (Does this sound like a broken record yet??) The new blood that stepped

forward this year has been a real boost and without that help the club might certainly have lost more races. There was much discussion about what CUR has been and what it should be. Some felt that other than racing there was no appeal to belong to CUR. Others, realized that races have been our sole means financially and thus have been our "roots". When discussion came around to doing other things to attract new members it came down to "good idea, but who has the energy or the time to do it?" Sam Davis spoke of heading up a membership drive committee.

After some discussion, it was agreed that we would devote the whole of the next CUR meeting to strategic planning. 1) What type of activities do we want to be involved in? (Walking, Races, Fun Runs, etc. ?) 2) How do we attract new members, given the existence of a large running community that does not belong to CUR? 3) How do we generate sufficient volunteer support for our events, so that we do not overburden a small group, 4) How do we plan for the succession of race directorships, so that it is not a life sentence, and so that new directors have some guidance?

This is a key meeting for all CUR members to attend, even if you have never been before. We will be setting the future direction of the club, and we need to know what you want. Bring a friend!! If you cannot attend this meeting please contact one of the officers with your opinions. Check below for meeting details!!



Wednesday, September 23; at Norm Robinson's house at 66 Terrace St. , Montpelier. Call 223-7351 for directions. NOTE SPECIAL TIME OF 6:00 P.M.

POT LUCK!

VERMONT 100 MILE ENDURANCE RUN
July 25, 1992
South Woodstock, Vermont

Six Vermonters completed the fourth Vermont 100 Mile Endurance Run held July 25, 1992, at the Smoke Rise Farm in South Woodstock. The course covers dirt and jeep roads and trails on a clover-leaf pattern encompassing towns such as Taftsville, Pomfret, Reading, Cavendish, Ascutney, Brownsville and includes a climb over Suicide Six. 160 of 232 starters completed the race this year within the 30-hour cutoff time. 118 of the finishers silver-buckled by finishing under 24 hours.

On what was a hot, humid day for Northeasterners, the large field from California and other warmer states had a definite advantage. The overall winner was Eric Clifton (age 34) of North Carolina for the fourth year in a row with a finishing time of 14:52. This missed his 1991 course record (14:25) by more than 25 minutes. Still, Clifton was far ahead of the remainder of the field. Second place went to Joe Schlereth (age 42) of California in 15:54 and third place to Dan Landry (40) of Florida in 16:21. Landry commented that the weather was "perfect" for a Floridian.

The top woman was Kris Clark-Setnes (32) from Wisconsin in 17:19. Kris was competing in her first 100 miler and came in 7th overall in the men's standings. Second place fell to Susan Gimbel (45) of California in 19:02 and third to Debbie Peebles (40) from Texas in 19:25. Nineteen of 23 women starters finished and approximately ten buckled. No course records were set.

The Vermonters experienced slower times this year after a sterling year in 1991, perhaps due in great part to our lack of summer training weather. Nevertheless, all the Vermont starters completed the course within the cutoff time, three buckled and more Vermonters (6 total) finished than in any previous year.

Ralph Swenson (45) of South Burlington put in another sparkling performance finishing 4th overall in 16:33. Ralph finished 3rd overall as the top master in 1991 in 16:16. First-timers Bob Dion (36) of Readsboro finished 11th in 17:33 and Darrin Mckenzie (31) of West Fairlee was 133rd in 26:52. Bob Cannata (61) of Hardwick in his second Vermont 100 came in 159th in 29:10. The oldest finisher was Ed Fishman (69) of Hawaii in 27:59.

In the women's race, Dot Helling (42) of Montpelier finished 8th in 22:40 and Bev Nolan-Cannata (61) of Hardwick finished 18th in 28:52. Dot's time was well off her 2nd place masters finish last year when her time was 20:57, but Bev had a P.R. (personal record) by a solid hour in what was Bev's second Vermont finish.

The Vermont 100 raises money to benefit the Vermont Handicapped Ski and Sport Association and has become known as one of the best organized endurance runs in the country thanks to the many volunteers and the support of the local communities and businesses.

BEAR SWAMP RUN
July 11, 1992

Eric Morse and Laura Wilson broke the course records which they had previously set in winning the 15th annual Bear Swamp Run on July 11. Morse's time of 29:21 was nearly a minute faster than the course record he had set in 1986, while Wilson's time of 38:02 was 18 seconds faster than her 1991 course record time.

The race, which begins and finishes at Rumney School in Middlesex, climbs 450 feet the first half of this rural course and then gradually descends to the finish. The Central Vermont Runners and the Middlesex Recreation Committee sponsored this low-key race. Kemp Saunders of the Recreation Committee and Tim Noonan of CVR were race directors.

Complete Results

Female 13-29 1. Laura Wilson - 38:02, 2. Caroline Biddle - 41:37, 3. Betsy Martin - 43:33, 4. Andrea Solomon - 51:14.

Male 13-29 1. Eric Morse - 29:21, 2. Greg Tosi - 35:08, 3. Eric Montminy - 35:57, 4. Eli Walker - 39:12, 5. Morgan Gerdel - 47:27.

Female 30-39 1. Ellen Smith-Curran - 43:55, 2. Dana McCarthy - 44:13, 3. Bonnie Burkholder - 52:33, 4. Mary Stewart - 53:24.

Male 30-39 1. Doug Powell - 34:28, 2. Rick Kelley - 34:42, 3. Jonathan Rodd - 35:35, 4. Jamie Shanley - 35:38, 5. Tim Noonan - 37:04, 6. Rick Coyne - 39:23, 7. Norm Robinson - 40:42, 8. Paul Mitro - 40:51, 9. Larry Wilk - 40:58, 10. Greg Vantour - 41:17, 11. Tom Bachman - 41:26, 12. Bruce Johnson - 42:10, 13. Ryan Cotton - 47:11.

Female 40-49 1. Dot Helling - 42:46, 2. Karen Gerdel - 51:13.

Male 40-49 1. John Buddington - 37:53, 2. Gregory Gerdel - 38:17, 3. Robert Searles - 39:12, 4. Bill Young - 39:40, 5. Bill Perrault - 41:50, 6. Brent Burgee - 42:29, 7. Gene Nichols - 42:44, 8. Tony Klein - 44:03, 9. Mark Brook - 46:09, 10. Steve Burkholder - 52:34.

Male 50+ 1. Newton Baker - 47:45, 2. Roger Cranse - 54:12.

ELEVENTH ANNUAL
ADAMANT COOP FUN RUN -- 1992 RESULTS(4.2 Miles)

<u>Category</u>	<u>Name</u>	<u>Time</u>	<u>Place</u>	<u>Category Place</u>
0-13 Male	Joel Cookson	33:17	17	1
14-29 Female	Peggy Kostrzewa	32:53	16	1
14-29 Male	Andy Skea	25:40	2	1
	Josh Cookson	28:33	9	2
	Sam VanDerlip	33:56	18	3
30-39 Female	Hope Crifo	35:39	21	1
30-39 Male	Tom Hecimovic	26:17	4	1
	Larry Wilk	28:22	8	2
	John Gilroy	28:39	10	3
	Jeff Schutac	28:48	11	4
	Larry Martin	29:07	13	5
40-49 Male	John Valentine	24:15	1	1
	Lowell VanDerlip	26:21	5	2
	Greg Gerdel	26:26	6	3
	John Kaeding	28:58	12	4
	Chris Hall	29:34	14	5
	Tony Klein	29:38	15	6
	Hal Leyshon	33:57	19	7
	John Mallery	35:16	20	8
	Conrad Smith	38:55	22	9
50-59 Male	Bob Murphy	25:47	3	1
	Richard Czaplinski	27:41	7	2

Course Records: Female - Mary Labate 26:50 1986
Male - Marc Gilbertson 22:14 1988

Yearly Winners:

1981	Elizabeth Meiklejohn	29:07	1987-	Dana McCarthy	31:29
	Lowell VanDerlip	23:37		Bryan Liss	25:23
1982	Elizabeth Meiklejohn	30:38	1988-	Samantha Harvey	31:00
	Lowell VanDerlip	23:50		Marc Gilbertson	22:14
1983	Mary Labate	28:18	1989-	Dana McCarthy	29:22
	Mark Chaplin	23:08		Jerry Richardson	22:30
1984	Cindy Martin	30:39	1990-	No Formal Race	
	Francis Burdett	24:13			
1985	Suzanne Betz	32:47	1991-	Gerritt Gollner	26:58
	Matt Czaplinski	24:19		Lowell VanDerlip	25:51
1986	Mary Labate	26:50	1992-	Peggy Kostrzewa	32:53
	Matt Czaplinski	24:46		John Valentine	24:15

**CHRISTIANSSEN REIGNS
FIELD TRIPLES; SIX COURSE RECORDS SMASHED
AT 2ND ANNUAL BRAINTREE BASHER**

Charles (Chuck) Christiansen (51) of Berlin, and a teacher at Harwood Union, won the 2nd Annual Braintree Basher held on Labor Day after his kamikaze tactics launched him down a two-mile riverbed. This year's field tripled in size over the inaugural race in 1991. The 8.2 mile overland course begins with a four-mile climb through the woods, then traverses forest glade and apple orchard before finishing with a three mile descent along and through a rocky mountain stream. Christiansen took off halfway down the final descent with Rich Brown (41?) of Elmore nipping at his heels. Not only did Christiansen set a course record of 1:28:20, six minutes faster than the record set by Nancy Maloney and Dot Helling in 1991, but he also set a time which will be a formidable challenge to the over 50 set in years to come.

Brown finished second in 1:28:22 with Nancy Maloney of Northfield coming in third overall and first woman in 1:28:42. Third male was John Valentine (42) of Northfield who finished neck on neck with Maloney to win the Male Masters title and course record. Maloney's time was a new course record for the Open Women division while Brown got the record for the Open Men and Christiansen for the Senior Men.

Merill Cray (40) of Elmore and Dot Helling (42) of Montpelier strolled in hand in hand to take the second and third women's spots in the same time of 1:29:10, good for course records in the Masters Women and Senior Women divisions, respectively.

The course was computer-certified by John Peterson of Montpelier on mountain bike. Just as in 1991, time out was called for a bushwhacking detour since the frontrunners outdistanced the race director's posting of course markers. The frontrunners also blazed by before the water stops were located but managed to hydrate themselves on apple juice instead.

The Braintree Basher is traditionally held on the second Saturday in September unless it coincides with Labor Day weekend, in which case it is held on Labor Day Monday. It starts and finishes at the old red schoolhouse in Braintree. For more information, contact the Central Vermont Runners.

Valentine, John
09/13/49

Burkeholder, Melissa
09/16/81

Flanders, Chuck
09/20/67

Commuto, Kristin
09/26/76

Gilbert, Townsend
10/07/44

Walker, Wade
10/12/56

Skinner, Justin
10/17/79

Gerdel, Tristan
10/22/86

Colombo, Harry
10/27/44

(5)



CVR MEMBERSHIP

Allen, Doug	Austin, Ken
Baker, Jeremy	Baker, Jessica
Baker, Newton	Beattie, Bob
Beaudin, Jo-Ann	Belleville, Brad
Burkeholder, Bonnie	Burkeholder, Katie
Burkeholder, Melissa	Burkeholder, Steven
Clogston, Karen	Clogston, Peter
Colombo, Harry	Colombo, Judy
Commito, Kristin	Commito, Maura
Commito, Sarah	Commito, Tom
Comtois, Marie	Cotton, Ryan
Cranse, Roger	Crifo, Hope
Dale, Peter	Davis, Sam
DeBlasio, Paschal	Dolley, Jane
Ellerson, Darragh	Ellerson, David
Ellerson, Deirdre	Ellerson, Mai-lis
Flanders, Chuck	Flanders, Ernie
Flanders, Polli	Flanders, Scott
Gardner-Morse, Cynthia	Gardner-Morse, Ira
Gardner-Morse, Mack	Gerdel, Alexandra
Gerdel, Greg	Gerdel, Karen
Gerdel, Morgan	Gerdel, Tristan
Gershaneck, Glenn	Gershaneck, Irene
Gershaneck, Trina	Gilbert, Janet
Gilbert, Townsend	Helling, Dot
Howe, Bob	Kaiden, Tom
Kammerer, Debbie	Leber, Barbara
Leyshan, Hal	Lyons, Don
MacFarland, Gordon	Maguire, Jack
Marcy, Henry	McCarthy, Collin
McCarthy, Dana	McCarthy, J.B.
McCarthy, Kerry	McCarthy, Peter
Meiklejohn, Elizabeth	Millar, Richard
Murphy, Bob	National RRCA Office
New England Athletic Congress	Noonan, Colleen
Noonan, Tim	Peterson, John
Petrucci, Paula	Potter, Tom
Rankin, Joyce (RRCA)	Roach-Davis, Patty
Robb, Duncan	Robinson, Norm
Searles, Robert	Segel, William
Skinner, Justin	Skinner, Mary Just
Skinner, Scott	Skinner, Wilson
Suskin, Jim	Valentine, John
Walker, Wade	Zuaro, Joseph

The above is a listing of the current membership of CVR. Please call a friend and join us at the next meeting. Many of you haven't seen us in a while and we would love your company!!

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

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

SEPT. 26- WHALE'S TAILS BIATHLON, 10:00 a.m., Randolph 10K Run, 60K Bike, 10K Run, Also a 10K Running Race. (*****)

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, Vt. 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, Vt. John Scheer, 862-0122 (days). \$3.00.

OCT. 11- SERGEANT GARY GABOURMORIAL ROAD RACE, 5K, noon, Shaftsbury, Vt., Bob Kalinowski, 447-0614. Prior to Oct. 1- \$9.00, \$10.00 after. T-shirts to first 350. (****)

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. 17- MANCHESTER FALL FOLIAGE FOOTRACE, 10K, 9:30 a.m., Manchester, Vt. Prior to race day- \$10, \$12 on race day. For race info. call 362-1439. (****)

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

NOV. 7- JUNIPER HILL 12k. Bob Murphy, 476-4328. This is a low key CVR race. Come and join the fun!

NOV. 26- TURKEY TROT, 11:00, 5K, UVM Gutterson Field House, Ralph Swenson, 864-4952 or Neil Stout, 862-5872. Entry fee is a food donation and/or a minimum \$2 cash donation for the Burlington Food Shelf.

JAN. 1- FIRST RUN, 11:00, 5K, Memorial Auditorium, Burlington Parks and recreation, 864-0123. A Healthy way to start the new year. Hot drinks and food. \$5.

(*****) 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, Vt. 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.)



When looking through the CVR archives I found the ORIGINAL Newsletter, dated May 1980. Can you name the first president of CVR? How about any of the other officers?

A hint on the above question. The first slate of officers consisted of President, U.P., Treasurer, and Race Chairman. CVR didn't have a secretary when the first newsletter hit the press.

The club's first official club function, was the Green-Up Fun Run on May 3, 1980. There were 38 runners, and income did cover expenses (just barely). There were 2 and 6 mile races that day with first male and female being Rick Brigham and Caroline Costello in the two mile; and Chris Martin and Elaine Hoiska in the six.

An interesting note: "Extra hands are always welcome and usually needed at races such as the two above. (Ed. note- Mont. 10 Miler, and Howard Bank 10K)." I guess shortage of help is no new problem!!!

Also, the original newsletter included a recruitment letter explaining the benefits of CVR. This might be something we want to try again.

Anyway, the answer to the above is: Pres.- Bob Murphy, U.P.- Pat DeBlasio, Treasurer- Darragh Ellerson, Race Chairman- Doug Jones. Pat had agreed to put out a race schedule and news until a editor for newsletters was found, so I guess you can say he was the original editor.

CENTRAL VERMONT RUNNERS MEMBERSHIP APPLICATION

NAME (Please Print) _____

STREET _____ CITY _____ ZIP _____

AGE _____ BIRTH DATE _____ SEX: M _____ F _____ PHONE _____

NAMES, DATE OF BIRTH OF ADDITIONAL HOUSEHOLD MEMBERS OF CVR:

1) _____ 2) _____

3) _____ 4) _____

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 contact you):

JUNE- CAPITAL CITY STAMPEDE _____ MONTPELIER 10 MILER _____

AUGUST- BERLIN POND COUPLES RACE _____ OCT.- LEAF PEEPERS _____

NOV.- JUNIPER HILL 15K _____ FUN RUNS (Tues. May-Oct.) _____

Annual dues are \$8 for individual and \$10 for a family. Enclosed are dues for the following years): 1992 1993 1994 1995

Send form and check payable to: CENTRAL VERMONT RUNNERS, Norm Robinson, 66 Terrace St., Montpelier, Vt. 05602

66 Terrace St.
Montpelier, Vt. 05602