



CENTRAL VT. RUNNERS CLUB NEWSLETTER MAY 1993

Vol. 14 No. 2?

APRIL MEETING IS A CELEBRATION OF SUCCESS

The April meeting of CUR at the home of Harry and Judy Columbo was a huge success!! The club welcomed new member Nancy Schulz, and toasted itself for all the work accomplished since the March meeting. President Tom popped the cork on a bottle of champagne because all 9 projects that were assigned at the last meeting were successful. (It should be noted here that Patty Roach-Davis celebrated her return to active club functions and sipped on the bubbly more than most!! Just kidding Patty!!)

The following are the highlights of those accomplishments and the meeting itself.

- 1) Dot Graham has agreed to be the 10 Miler Race Director. Thanks Dot!
- 2) Leaf Peepers has picked up two \$1,000 sponsors- Contel, and Migel's Stowaway Restaurant. National Life is giving the race \$300 plus doing all the printing of forms, results, etc. It's great to have them back again, and welcome to our new backers. It would be really nice to take someone you love to dinner, and buy a cellular phone!!
- 3) Mack Gardner-Morse did a great job with publicity about the meeting. That's how Nancy found out about us!! Keep it up Mack. Hope, Nancy and others will be helping as well with publicity about meetings, fun runs, etc.
- 4) Hope Crifo is fun run coordinator. She will be looking for help and ideas to make them different and exciting. **THEY WILL BE STARTING IN THE HIGH SCHOOL PARKING LOT- 5:30 P.M., MAY 4TH.**
- 5) Singlets- We will have club singlets available at a great price, thanks to a lot of work from Sam Davis, and a generous

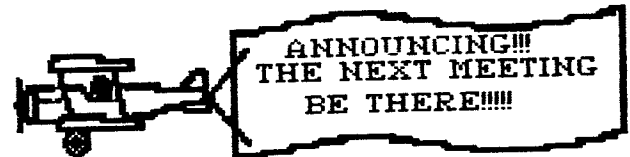
deal from Union River Sports. Look elsewhere in this newsletter for details and **ORDER ONE SOON!!**

6) It was voted to accept the plan for the Grand Prix race series as suggested by Bob Murphy, with the deletion of the U-32 race.

7) Race flyers should be out by now for the spring/summer races. We voted to have the X Press company do the mailing for us.

8) The new membership forms are done. If anyone wants some to take to races, etc. Norm has them right now, and Sam Davis will have them shortly.

Norm



THE NEXT MEETING IS WED. MAY 5TH BEGINNING AT 6:00 P.M. AT THE HOME OF NORM ROBINSON. LOCATION IS 66 TERRACE ST. MONTPELIER. FOR DIRECTIONS OR FURTHER INFORMATION CALL 223-7351. **DON'T FORGET IT IS POT LUCK!!**



Tim Noonan- 5/13	Luke Colombo- 5/16
Brad Belleville- 5/20	Greg Gerdel- 5/22
Pat DeBlasio- 5/30	Scott Skinner- 5/31
Scott Flanders- 6/09	Jess Baker- 6/09
Wilson Skinner- 6/09	
Elizabeth Meiklejohn- 7/23	

CENTRAL VERMONT RUNNERS

Minutes

March 10, 1993

President Tom Kaiden called the meeting to order. It was suggested that we focus our efforts this year on Membership and Fun Runs. Norm Robinson has updated the membership application. After discussion on the costs and options for printing, it was decided to have Minuteman print 3,000 applications. Sam Davis will get the applications out to the public with the assistance of all members. In addition, each member will try to bring in three new members during the year. We will also attempt to do more advertising through radio, newspaper and sport's magazines. Mack Gardner will mail meeting notices to radio stations and local newspapers.

Sam Davis will get final prices on new club singlets. Members at meeting voiced preference for good quality and local purchase, if possible.

We hope to have the Fun Runs each Tuesday from May through October. They will start at Montpelier High School if we can get permission to use the parking lot. Bob Murphy will measure the course once we know the exact starting point. Tom Kaiden will develop flyers to be posted around town and the Fun Runs will be advertised in local calendars.

UPCOMING RACES

The Capital City Stampede is in good shape. Warren Kitzmiller said he would be a lifelong sponsor of the race. Mike Whitfield of State Street Market will provide beverages and food.

The Montpelier 10 Miler needs a director or will be cancelled. Tim Noonan has said he will assist whoever volunteers to take over the race. Tim has also written a handbook for race directors based on this race. A couple of names were mentioned as possibilities to take over the race, they will be contacted and this will be discussed at the next meeting.

Leaf Peepers needs a sponsor. National Life is giving us \$300 and will do the printing. Nike has offered to do something. We need another \$1-2 thousand to run the race. Tom and Darragh had some ideas and will look for possible sponsors.

We discussed the idea of a race series and everyone was in favor of setting something up. Bob Murphy will bring a proposal to the next meeting.

MISCELLANEOUS

The President signed a letter of support for the Bike Path on behalf of the Club.
A Bullhorn has been ordered.

We voted to set aside \$1,000.00 toward a time clock. A suggestion to raise race entry fees to cover the cost of the clock was tabled for the time being.

A mailing should go out in mid-April to inform members of dates, etc. for early races.

The next meeting was set for April 1 at 6:00.

from ULTRA-MARATHONING The Next Challenge by Tom Osler/Ed Dodd
Chapter 2 Running with Class

"In short, running with class means knowing your own strengths and limitations, and understanding how they can best be utilized, not abused, in long distance racing competition.

An Ultramarathoner's Creed

Running distances of fifty to one hundred miles and beyond can have severe negative effects on an athlete's health. But ultra-marathoning can also be most rewarding and healthful, if it is undertaken with the proper psychological, almost spiritual, restraint. I want to keep moving my feet in this joyous sport until I am called to leave this world. I do not wish to run one or two good races, only to spend the rest of my life nursing an injury that arose because I was too foolish to realize my limitations. For this reason I have composed the following creed as a pact with my body.

1. My body is the source of my running joy. I will respect its needs and not subject it to the foolish abuse.

2. Pain, discomfort, and fatigue are my body's signals that it is being overtaxed. When these arise, I will take appropriate action by slowing down, resting, or quitting as the degree of the symptoms indicates.

3. Running is to be enjoyed. I will endeavor to maintain a playful attitude toward competitive races, and not take victory or defeat seriously.

4. I am a trained athlete. I realize that my appearance in competition provides an example to others of what the healthy body can achieve. For the good of the sport as well as my own health, I will at all times endeavor to walk and run in good form. I will quit rather than give the public a degrading display of overfatigue.

5. Running myself to the point where I stagger or am totally drained is not heroic, but a poor show of misused energy. I will retire from the race long before I reach such a state.

This creed is designed not only to protect the competing athlete from his or her overzealous enthusiasm, but the good name of the sport as well. The abandon with which the ten-miler may expend his energy without fear of collapse or serious injury cannot be permitted in the ultras. The athlete must restrain himself, or his career as an ultramarathoner will be remarkably frustrating and short."

FUN RUNS BEGIN THIS WEEK!!

Fun runs begin on May 4th, at 5:30 p.m. in the high school parking lot near the tennis courts. Bring your own water. They will be timed, but you decide if you want your time recorded. We have 2,4,6 mile runs at any pace, plus whatever fun things might be thought up. Hope to see you there!!

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 \$10 for individual or family; \$2 for a student. Enclosed are dues for the following years): 1993 1994 1995 1996 1997

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

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