



CENTRAL VERMONT RUNNERS

OCTOBER 1993 NEWSLETTER

Vol. 14, No. 6 ?



Brunch, Biomechanics, and Becky on Bliss

Come on out to Tom Kaiden's house on Bliss Road in East Montpelier for a fun-filled morning of running, eating, and learning. We'll meet at Tom's at 9:00 AM on Saturday, October 2. At 10:30, after the run and the brunch, we'll listen to Rockport biomechanics expert Rebecca Snow talk on "The Most Successful Runners Are the Ones Who Stay Healthy: How Biomechanics Can Help". Snow is a 1978 graduate of Montpelier High School. She received her M.S. in Exercise Science from the University of California at Davis. As a research assistant for the US Olympic Committee in Colorado Springs, she studied elite race walking, distance running, and triathletes. Currently, she is a biomechanics research engineer for Rockport in Marlboro, MA. She is responsible for biomechanical, material, and wear testing of Rockport's footwear. She also helps develop new features and products. Call Nancy Schulz, 223-7035, if you plan to come so brunch foods can be coordinated. Tom can be reached at 223-1325 if you need directions. (Note that this is the day before the Leaf Peepers race.)

"Leaf Peepers" is Here

If you haven't already done so, it's not too late to register for the Leaf Peepers Half Marathon and 5K which will be held Sunday, October 3 in Waterbury at 11:00 AM. For more info, call Judy Colombo at 223-7967.

Julio's Anyone?

CVR will continue its annual tradition of dinner at Julio's Mexican restaurant in Montpelier after the last fun run of the season on Tuesday, October 26. If you can't make the 5:30 run, at least come for dinner!

Join Us at Judy's

Our next business meeting will be held on Wednesday, November 3 at the home of Judy and Harry Colombo. Come at 6 and please bring something for the potluck dinner. After dinner, we'll discuss club business, so tote along your ideas, enthusiasm, and a non-member, too! Judy and Harry live at 57 Clarendon Avenue in Montpelier. Home phone: 223-7967.

Wedding Bells

Congratulations and sincere wishes for happiness always to club members Diane Sherlock and Newton Baker who were married in August!

Light the Candles

Happy Birthday to the following members born in October:

Townsend Gilbert	10/7
Wade Walker	10/12
Tristan Gerdel	10/22
Jess Colombo	10/27

CVR *Spotlight* on: Janet Gilbert

Janet Gilbert joined CVR in 1989 at the urging of Darragh Ellerson. Since then, she's had fun working races and running in others. She's also learned a great deal about what goes into putting on a race. In Janet's opinion, the club has benefited in the past year by the influx of new faces. Janet credits President Tom Kaiden with making membership growth a priority. Three or four times per week, Janet runs with friend Judy Colombo; they emphasize distance rather than speed. Janet's other interests include downhill skiing and tennis. She works at Vermont National Bank's Berlin mall branch.

A Warm Welcome

CVR extends a friendly greeting to a new member who has recently joined the club: Nat Goodhue of Stowe.

Search for the Shirts

If you have a Leaf Peepers T-shirt from '85, '86, '87, or '90 and would be willing to loan it for a day for use in a display, please call Darragh Ellerson at 223-2080. Darragh is preparing to display a collection of shirts representing every year the race has been run.

Buddy Up and Be Safe

This is a reminder to all members, but especially the women of the club, that it's a good idea to run with a friend whenever possible. If you'd like to find someone to run with, see the Running Mailbox elsewhere in this issue.

Need an Answer?

Feel free to contact any club representative with any questions you may have:

President	Tom Kaiden, 223-1325
Vice President	Darragh Ellerson, 223-2080
Treasurer	Norm Robinson, 223-7351
Secretary	Bonnie Burkholder, 223-2625
Editor	Nancy Schulz, 223-7035
Editor	Maureen Carr, 223-4841

CENTRAL VERMONT RUNNERS
MINUTES
SEPTEMBER 8, 1993

President Tom Kaiden called the meeting to order at 6:45 as those present were enjoying the usual potluck ending Pepperidge Farm cookies (thank you once again, Sam). The meeting, pot luck dinner and a cross country run were successfully hosted by Bob Murphy and enjoyed by all present.

RRCA NEWS

Darragh Ellerson presented some recent news from the RRCA. They are requiring that all members sign a waiver form. This will need to be addressed in the near future. RRCA has sent us preliminary new guidelines on running races for our review and comment. Darragh and Bob Murphy will review the guidelines and highlight the changes for discussion at the next club meeting. RRCA's 1994 convention will be held in Washington, D.C. April 7-10. The Cherry Blossom 10 mile race is also that weekend. We discussed the possibility of CVR sending our President to the convention (a nice little perk for anyone contemplating the presidency next year!).

UPCOMING RACES

Leaf Peepers is quickly approaching, October 3 is the date! Race volunteers are needed - if you can help out contact Judy Colombo, Janet Gilbert, Newton Baker or any club officer. Otherwise, race preparations are on target. Harwood students will tend the water stations. The newest sponsor, Steve Yandow, Waterbury Market is donating four cases of Spritzers. Darragh is putting together a t-shirt display and is in need of Leaf Peeper tees from 1986, 1987 and 1990. If you have a t-shirt from one of those years and would be willing to loan it out for the day of the race, please call Darragh.

The November 6 Juniper Hill Run is the final race of the season for CVR. Bob Murphy, race organizer, says the race is set.

Fun Runs are still going on Tuesdays at 5:30. The weekly turnout is 10-12. Hope Crifo, the Fun Run Coordinator needs volunteers for the remaining weeks of the runs. Call Hope if you would like to help out. The final Fun Run will be on October 26. We will celebrate at Julio's after the race - please join us! We discussed socializing after the Fun Runs from time to time - bring your ideas on this to the next meeting or to the Fun Run Finale on the 26th.

MISCELLANEOUS

The Club received a letter from Lake Morey Inn asking if we'd like to hold any of our events at their facility. They currently host a popular triathlon as well as other sporting/recreational events. Darragh will contact them to find out if they have something specific in mind.

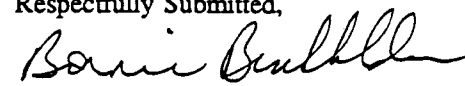
Nancy Schulz has discovered that Minute Man Press will give CVR a discount for printing our newsletter if one of our officers is a member of Hunger Mountain Coop. Bonnie Burkholder is a Hunger Coop member, she and Nancy will take care of the details and get this discount for the Club. Nice work, Nancy!

Bob Murphy reports that the Barre City/Town Bike Path was first runner-up for the grant they applied for. Supporters of the path are gathering volunteers to do some work on their own. Anyone interested in helping out can contact Bob.

NEXT MEETING

The race season is coming to an end so we decided we do not need an October meeting. We do want to remind you of the Saturday, October 2 run, brunch and discussion with bio-mechanics expert Becky Snow at Tom Kaiden's house in East Montpelier. Call Tom, 223-1325, for information or directions. The next regular business meeting is set for Wednesday, November 3 at Judy Colombo's house with a pot luck at 6:00.

Respectfully Submitted,


Bonnie Burkholder

Everything Okay?

Please let Norm Robinson, 223-7351, know if your name or address is listed incorrectly on the mailing label. He'll gladly make the necessary correction.

Call for Contributions

The newsletter editors welcome contributions from members. If you have drawings, articles, suggestions, cartoons, etc. that you'd like to submit, please send them to Nancy Schulz, 157 State St., Montpelier. We'll fit them in as space allows.

Road Runners Appeal

The Road Runners Club of America has sent out a request for donations to fund their move to new, larger quarters and to help them maintain the level of programming they currently offer. You may send a tax-deductible donation to RRCA, 1150 South Washington St., Suite 250, Alexandria, Virginia 22314-4493.

Vermonters Win Masters Titles

Results from the Vermont 100 Mile Endurance Run--July 31 in West Woodstock:

Overall Race Winners

Male--Carl Anderson, 32, Kensington, CA 14: 46: 05

Female--Jennifer Henderson, 34, Barstow, CA 18: 16: 52

Masters Winners

Male--Ralph Swenson, 46, South Burlington 16: 53: 09

Female--Dot Helling, 43, Montpelier 20: 08: 11 (3rd overall woman, 28th overall)

Other Vermonters

14th--Bob Dion, 37, Readsboro 18: 45: 51

54th--Dwight Everest, 43, Vergennes 22: 03: 14

84th--Newton Baker, 51, Montpelier 22: 57: 09

In total: 242 starters including 35 women and 46 Californians, 163 finishers (Thanks to Dot Helling for providing these results.)

CENTRAL VERMONT RUNNERS CLUB 1993 SCHOLARSHIP RECIPIENTS

Central Vermont Runners Club awarded a \$200.00 scholarship to the following individuals:

Katherine Greenia
RFD #1, Box 3975
Morrisville, VT 05661

Andrew Skea
P.O. Box 355
Montpelier, VT 05602

Katherine was active on the Cross Country and Track Team for Peoples Academy and will be attending UMass at Amherst.

Andy was an active member of the U32 Cross Country and Field and Track Team throughout his years at U-32. He will be attending St. Lawrence University.

A \$100.00 scholarship was awarded to:

Patrick O'Donnell
7 Meadow Lane
Montpelier, VT 05602

Patrick was a member of MHS's Field and Track team as well as being active in many extra-curricular activities with the school and community. He will be attending Susquehanna University.

CVR Race Calendar

(all information should be verified with race directors for accuracy)

- Oct 2- 12th ANNUAL ROAD RACE BENEFIT RUTLAND COUNTY UNITED WAY, 5 mile & 1 mile, 9 A.M., Rutland, Nancy Brower (747-3665).
- Oct 2- GREEN & GOLD 3K STARK MOUNTAIN RUN, 10:30 A.M., Mad River Glen Ski Area, (496-3551, 800-696-2001).
- Oct 3- LEAF PEEPERS HALF MARATHON AND 5K, 11:00 A.M., Waterbury, Judy Colombo (223-7967).
- Oct 9- ROUND CHURCH WOMEN'S RUN, 9:00 A.M., 5K and 10K, Richmond, Ann Straka (864-5495), \$5.
- Oct 10- RIPTON RIDGE RUN 5K & 10K, 1:00 P.M., Ripton, (388-2208).
- Oct 16- GREEN MT MARATHON AND HALF MARATHON, 8:30 A.M., Folsom School, S.Hero, Howie Atherton (434-3228), \$15. *****
- Oct 17- MANCHESTER FALL FOLIAGE FOOT RACE 10K & 1 MILE FUN RUN, Manchester Parks & Rec., (62-1439).
- Oct 18- MARLBORO SCHOOL RUN 10 MILE & 5K, 9 & 11 A.M., Marlboro, Nicole Riviezzo, (254-2668 days, 348-6358 eves).
- Oct 23- ARTHUR TUDHOPE MEMORIAL 10K, Shelburne Beach, flat and fast! \$5.
- Oct 30- 50 Miler, 7:30 A.M., 10 Miler & 5 Mile Walk, 10:00 A.M., Essex Elementary School, Bill Everett (879-1687). *****
- Nov 6- JUNIPER HILL 12K, Barre, Bob Murphy (476-4328).
- Nov 25- TURKEY TROT, 5K, 11:00 A.M., UVM Gutterson, Ralph Swenson (864-4952), Neil Stout (862-5872). Entry fee - food donation or minimum \$2 cash donation for Bulington Emergency Food Shelf.

ONGOING- FUN RUNS, 5:30 P.M. every Tuesday evening through Oct.,
Montpelier High School parking lot.

***** Indicates Maureen Carr (223-4841) has race forms and/or additional
information available.

If anyone knows of any other races please forward information to Maureen at 34 1/2
Liberty St., Montpelier, Vt., 05602.

Running Mailbox

Are you looking for someone to run with? Through the CVR newsletter, you may
be able to find a partner who matches your ability level and
schedule. Send info on when, where, how far, and how fast you
run to Nancy Schulz, 157 State St., Montpelier. Include your
name and phone number. We'll spread the word!

TEAM DAVIS WINS 1993 BERLIN POND COUPLES RACE

VALENTINE AND CRAY WIN MASTERS DIVISION

On a warm and humid morning. Saturday. August 7. 1993. 37
runners turned out for the 14th Annual Berlin Pond Couples Race.

Sam and Patty Davis were the first men's and women's
finishers. with times of 26:20 and 33:42 respectively. giving them
a combined time of 60:02. The second place couples finish was Erik
Kress (29:27) and Stacy Smith (36:27). with a combined time of
65:54.

In a repeat performance of last year. John Valentine (30:40)
and Merrill Cray (35:39) were the top masters finishers. Their
combined time was 66:19.

Thanks to Central Vermont Hospital and Central Vermont Runners
for sponsoring the race. Also. thanks to the following people for
volunteering their time: Elizabeth Meiklejohn. Rich Brown. Merrill
Cray. Nancy Maloney. David Ellerson. Chuck Christiansen. Ian
O'Reilly. Rick Tittle. Rick Carpenter. Tim Noonan and Norm
Robinson.

Chris Whalen
Dot Hellina
Race Directors