



CENTRAL VERMONT RUNNERS

FEBRUARY 1994 NEWSLETTER

Vol. 15 No. 2

Dash to Darragh's

Our next meeting will be held at Darragh and David Ellerson's home on Upper North St. in Montpelier on **Wednesday, February 9**. Note that we're gathering at **6:30** instead of the usual 6:00 pm. Please remember to bring a potluck item to share. You can call Darragh at 223-2080 if you need directions.

It's Renewal Time

This will be your last newsletter if you haven't sent in your '94 dues. Please renew now to remain in the distinguished company of other CVR members and to continue to receive this wonderful newsletter. Make a check for \$10 payable to CVR and send it to our Treasurer, Norm Robinson at 66 Terrace St., Montpelier. (If your mailing label has a red dot on it, then you are paid up through '94 and you can ignore this notice.)

Your Signature Required

Please see the waiver on the reverse of this page. Your continued participation in the club hinges upon your signing and returning this form. CVR has insurance through RRCA and this organization now requires us to obtain signatures from all members. CVR must take this matter very seriously in order to maintain our coverage, so please sign this form and mail it to Norm Robinson (address above) with your renewal check. Thank you.

Three Cheers!

Congratulations to new CVR officers: President Sam Davis, Vice President Tom Kaiden, and Secretary Maureen Carr. Sincere thanks to outgoing officers: Tom Kaiden for his service as President, Darragh Ellerson for her efforts as Vice President, and Bonnie Burkholder for her work as Secretary.

Light the Candles

Happy Birthday to the following members born in February:

Tom Bachman	2/10	Steven Burkholder	2/23
Roger Cranse	2/19	Bonnie Burkholder	2/28
Bob Ronner	2/20		



REMINDER: RRCA CLUBS ARE REQUIRED, FOR INSURANCE PURPOSES, TO INCLUDE THIS WAIVER ON CLUB MEMBERSHIP APPLICATIONS IN 1994.

CLUB MEMBERSHIP APPLICATION WAIVER

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the CENTRAL VERMONT Runners Club and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

SIGNATURE

DATE

PARENTS' SIGNATURE if under 18 yrs. DATE

CVR *Spotlight* on: Hope Crifo

Hope Crifo moved to Vermont from Westchester County, NY in November of '91 and joined CVR early in '92. Hope "enjoys the camaraderie and support of having a group to run with" and she added that "I really like to run and I do a lot better with other people around". While living in New York, Hope was a member of the NYC Road Runners, participated in Gary Null's Sunday morning running group in Central Park, and twice ran the NYC marathon. Hope now resides in Middlesex with her husband, Hal Leyshon, who is the proprietor of Outdoor Bound of Vermont, a "hiking/cross-country skiing/wilderness experience touring organization". Hope is employed as an investment analyst with Duff & Phelps in Montpelier and is on the volunteer cross-country ski patrol at Bolton Valley. Hope, who is an Emergency Medical Technician, is excited about her involvement with a free health clinic which is opening up in Barre.

Need an Answer?

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

President	Sam Davis, 229-9234
Vice President	Tom Kaiden, 223-1325
Treasurer	Norm Robinson, 223-7351
Secretary	Maureen Carr, 223-4841
Editor	Nancy Schulz, 223-7035

Contributions, Anyone?

The newsletter editor welcomes contributions from members. If you have race results, drawings, articles, suggestions, cartoons, etc. that you'd like to see published, please send them to Nancy Schulz, 157 State St., Montpelier. They'll be inserted as space allows.

CVR Race Calendar

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

- March 17 ST. PATTY'S DAY 2-MILER, Burlington, Andrea, 863-8412.
- April 7-10 NORTHERN TELECOM CHERRY BLOSSOM 10 MILE ROAD RACE, Washington, DC (held in conjunction with the 1994 RRCA National Convention). Call Darragh Ellerson at 223-2080 for registration forms and information. Register by Feb. 15.
- April 10 KAYNOR'S SAP RUN, 6 miles, 12:00, King Hill Road, Westford. Chapin (878-6392) and Donna (879-2052) Kaynor. Muddy country roads. Cider and donuts. \$3.
- April 24 CHAMPLAIN CLASSIC 5K & 10K, 9:30, Shelburne Museum. Matt Chandler, 985-8954 or Shelburne Recreation, 985-9551. Lake views.
- April 30 TROLLHEIM 5K, 11:00, Sleepy Hollow Road, Essex Center, Al and Sally Duval, 899-3398, \$2.

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

Hash House Harriers Schedule

The Green Mountain Hash House Harriers have announced their schedule of hashes for the '94 season. The dates are provided below. Note that the June 8 hash will be held in Montpelier and the August 3 one will be in Stowe. Most of the others will be in the Burlington area. If you are interested in experiencing a hash, call Nancy Schulz at 223-7035 for more information and to discuss possible car pool arrangements.

April 13
April 28
May 11
May 26
June 8--Montpelier
June 23

July 13
July 28
Aug 3--Stowe
Aug 18
Sept 7

Terrific Taco Salad

1 lb. hamburger
1 onion
taco seasoning
salt and pepper
garlic salt
2 cans kidney beans, drained
1-1/2 cups water
1 cup sharp cheddar cheese
1 head lettuce
2 tomatoes
1 bag dorito nacho taco chips, cheese flavor
1 bottle Italian dressing

Brown hamburger and onion, add seasonings, beans and water; simmer. Chill and add remaining ingredients just prior to serving.

(Recipe courtesy of Martha Hicks-Robinson)

**CENTRAL VERMONT RUNNERS CLUB
ANNUAL MEETING
January 16, 1994**

President Tom Kaiden called the meeting to order at 4:30 p.m. Tom introduced special guest George Plumb who was present as a representative of the Governor's Council on Physical Fitness to present an award to Bob Murphy. Bob accepted the award for his years of service and work in promoting physical fitness. Bob was one of the founding members of the Central Vermont Runner's Club and organizer of the race that is now known as the Corporate Cup Challenge, as well as his famous Juniper Hill race. The club extended its congratulations to Bob.

ELECTION OF OFFICERS

Sam Davis was nominated for the position of President by Tom Kaiden, seconded by Darragh Ellerson and unanimously voted into the position.

Tom Kaiden was nominated for the position of Vice President by Bonnie Burkholder, seconded by Sam Davis and unanimously voted into the position.

Maureen Karr was nominated for the position of Secretary by Bob Murphy, seconded by Steve Burkholder and unanimously voted into the position. (Maureen was not present to accept her nomination but has since accepted.)

Norm Robinson was nominated by Bob Murphy to continue as Treasurer, seconded by Darragh Ellerson and unanimously voted in the position.

RACE DIRECTORS

The following race dates have been set and directors appointed:

6/4 Montpelier 10K - Sam Davis

6/25 Montpelier 10 Miler - Tom Kaiden, Tim Noonan and Steve Burkholder

7/9 Bear Swamp - Tim Noonan

7/30 Sodom Pond - Richard Czaplinski, Lowell Vanderlip (This is not a CVR Race, but we will include it on our calendar for publicity)

8/6 Berlin Pond - Dot Helling, Chris Whelan

10/2 Leaf Peepers - Darragh Ellerson, Newton Baker

11/5 Juniper Hill - Bob Murphy

Fun Runs were discussed and will be brought up at the next meeting. In the meantime, we will see if Hope Criffo will coordinate them again this year. We also talked about the possibility of the Club sponsoring a race on New Year's Eve in connection with Montpelier's Last Nite celebration. This will be discussed further at the next meeting.

MISCELLANEOUS

The Club Scholarship awards were discussed. We voted to continue the scholarships in the same amounts as last year: two \$200.00 scholarships and one \$100.00. We also talked about the geographic limits of the scholarship program, deciding that it should be limited to Washington, Orange and Lamoille Counties. Steve and Bonnie Burkholder agreed to continue their work on the Scholarship Committee.

The RRCA has a new waiver form that needs to be signed by all CVR members as part of our membership and insurance through the RRCA. This form will be incorporated with the membership application forms and Norm will see that it is signed and returned by all new members.

Club Treasurer, Norm Robinson reported that the Club has a balance of \$2,225.00. This is \$500.00 less than last year in part because we spent extra on advertising (Fun Run posters and application forms).

Mack Gardner-Morse agreed to continue his work on Club Publicity. The Club thanked him for the great job he did last year with meeting notices and news releases.

1993 CENTRAL VERMONT RUNNERS ANNUAL REPORT

At year end we have \$2225.06 in our treasury. There was a net loss of \$488.95 in 1993 from year end 1992. Most of this loss is due to increased expenses in both the Newsletter and Administration categories. The loss of the Vermont Pure Spring Water race also contributed significantly to this year's change.

The newsletter expenses increased by \$162.57 over '92 to \$442.27. Administration expenses increased primarily due to the printing of membership forms, and fun run posters this year. Hopefully we have enough to keep us going for some time. The Vermont Pure race netted \$184.00 in '92. But we expensed \$65.00 this year before the race was cancelled, for a net loss of \$249.00.

The good news is that a number of races showed increases in profits over last year. The Capital City Stampede netter \$123.36 instead of a loss of \$72.55. The Ten Miler was a huge success, netting over \$273. Juniper Hill turned a profit for the first time.

CVR dues receipts increased again this year, to \$522.00 from \$392.00 in '92. We again spent \$500 on college scholarships, joined both RRCA and TAC, and got our insurance from RRCA. We purchased singlets this year for the first time in many years, with most of the cost picked up by each member. We also purchased a megaphone this year to replace one that was damaged.

Below is a more detailed report. If anyone has any questions about any financial information please feel free to contact me.

Norm

1993 Financial Summary

Description	credits	debits	total	'92 total
Administration	\$729.60	\$1,932.84	(\$1,203.24)	(\$614.29)
Newsletter	\$0.00	\$442.27	(\$442.27)	(\$279.70)
Cap. City Stampede	\$1,299.00	\$1,175.64	\$123.36	(\$72.55)
Montpelier 10 Miler	\$629.00	\$355.69	\$273.31	(\$0.45)
Berlin Pond Couples	\$159.00	\$168.85	(\$9.85)	\$75.26
Leaf Peepers	\$8,026.00	\$7,226.00	\$800.00	\$880.00
Juniper Hill	\$34.74	\$0.00	\$34.74	\$0.00
Vermont Pure	\$0.00	\$65.00	(\$65.00)	\$184.00
Total	\$10,877.34	\$11,366.29	(\$488.95)	\$172.27

NEW CERTIFIED COURSE IN VERMONT!!!

As of 14 October, there are 25 certified race courses in Vermont. The newest addition to the list is the Covered Bridges Half Marathon in Quechee. This race is two years old, and from all reports consists of a beautiful course generally paralleling Route US 4 and the Ottauquechee River, including some scenic covered bridges and historic Woodstock Village. Race date next year is 15 May. Put that on your calendars and consider it a tuneup for the Vermont City Marathon later that month, or an early tuneup for the Montpelier 10-Miler in June. A complete list of certified race courses follows.

VERMONT CERTIFIED COURSE LIST as of 18 Oct 93

5 Kilometers

Manchester	"Run for Cure 5k for Women"	2May93	VT93001WN
Montpelier	"Vt Cable TV Turkey Trot"	27Oct87	VT87005BT
Montpelier	"Vermont Corporate Challenge"	20Oct92	VT92007WN
Northfield	"Northfield Observances 5Km"	13Oct89	VT89001BT
Peacham	"Peacham Road Race"	13Jul91	VT91002WN
Waterbury	"Leafpeepers 5Km"	16Sep92	VT92005WN

8 Kilometers

Berlin	"Berlin Pond Couples Race"	13Jul87	VT87002BT
Burlington	"Stroh's Run for Liberty"	14Jul84	VT84001JMC

10 Kilometers

Bennington	"Bennington Road Race"	30Apr87	VT87001BT
Brattleboro	"Brattleboro"	26Jul85	VT85013JMC
Manchester	"Fall Foliage Footrace"	12Aug90	VT90001WN
Montpelier	"Capital City Stampede"	14Jun87	VT87003BT
Peacham	"Peacham Road Race"	13Jul91	VT91002WN
Randolph	"Vermont Pure Springs 10K"	2May92	VT92002WN
Springfield	"Springfield 10K"	27Aug92	VT92004WN

12 Kilometers

Barre	"Juniper Hill Race"	13Oct89	VT89002BT
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10 Miles

Montpelier	"Montpelier 10 Miler"	23Aug86	VT86023JMC
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Half Marathon

Brownsville	"Ascutney Mtn Foliage Classic"	12Oct86	VT86001BT
Essex Center	"Rollin Irish Half Marathon"	27Jul92	VT92003WN
Manchester Ctr	"Maple Leaf"	28Jul91	VT91004WN
Quechee	"Covered Bridges"	14Oct93	VT93004WN
South Hero	"Green Mountain Half Marathon"	11Sep90	VT90002WN
Waterbury	"Leaf Peepers"	16Sep92	VT92006WN

Marathon

Burlington	"Vermont City Marathon"	26Jul93	VT93002WN
South Hero	"Green Mountain Marathon"	14Oct88	VT88001BT

Central Vermont Runners Membership Application

Name (please print) _____

Street _____

City _____ State _____ Zip _____

Age _____ Birth Date _____ Sex _____ Phone _____

Names, birth dates 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 _____ June--Montpelier 10 Miler _____

August--Berlin Pond Couples Race _____ October--Leaf Peepers _____

November--Juniper Hill 12K _____ Fun Runs (Tues, May-Oct.) _____

Annual dues are \$10 for individual or family; \$2 for a student. Enclosed are dues for the following years: 1994 1995 1996 1997 1998

Please make check payable to: CENTRAL VERMONT RUNNERS and mail to Norm Robinson, 66 Terrace St., Montpelier, VT 05602.



Central Vermont Runners
c/o Nancy Schulz
157 State St.
Montpelier, VT 05602

February '94

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