



CENTRAL VERMONT RUNNERS

APRIL 1994 NEWSLETTER

Vol. 15 No. 3

Mosey to Murphy's

Our next meeting will be held at Bob Murphy's home, 35 Birchwood Park Drive, Barre Town on Tuesday, April 5 at 6:00 p.m. Note that we're gathering on a Tuesday evening instead of the usual Wednesday. Please remember to bring a potluck item to share. Directions: Take Exit 6 on I-89, go down VT 63 1-1/2 miles, make a left on Miller Road, go 1/4 mile, make a left on Birchwood Park Drive. Bob's is a white house with green shutters on the right. If you have questions, call Bob at 476-4328.

Don't Waffle about the Waivers!

In the last issue of the newsletter, we mentioned the necessity of signing an insurance waiver and forwarding it to Norm Robinson. Most members have not yet done so. The waiver is reprinted on the back of this page. Please sign it immediately and mail it to Norm at 66 Terrace St., Montpelier. Thanks!

Light the Candles

Happy Birthday to the following members born in April:

Tom Kaiden	4/8	Phyllis Boltax	4/23
Nancy Schulz	4/12	Mack Gardner-Morse	4/24
Joseph Zuaro	4/15	Mai-lis Ellerson	4/29
Jim Suskin	4/19		

CVR *Spotlight* on: Norm Robinson

Norm Robinson, a native Vermonter, joined CVR in the early 1980's. He enjoys the camaraderie, the potluck dinners, and the "chance to get together with others with similar interests to complain when I'm not running well". Norm would like to run another marathon to add to the 7 or 8 he has already run and would like to be on a team again this year for the Burlington City Marathon. Another goal is to break 1-1/2 hours in a half marathon. In addition to running, Norm enjoys being a member of a summer softball league, playing pick-up basketball in the winter at the Montpelier recreation center, and reading. Norm lives in Montpelier with his wife, Martha Hicks-Robinson, and his two daughters, Caitlin, 11, and Bridget, who will turn 8 in June. Martha serves on the Montpelier School Board and currently works for the State's Social Rehabilitation Services. Norm is employed by Kinney Drugs and manages a store on the Barre-Montpelier Road.



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

Welcome!

CVR extends a cordial welcome to our newest member: Jean Barella of Montpelier. Happy Running!

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

What's New?

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)

- Apr 7 NORTHERN TELECOM CHERRY BLOSSOM 10 MILE ROAD RACE, Washington D.C. (held in conjunction with the 1994 RRCA National Convention). Call Darragh Ellerson, 223-7351, for registration forms and information.
- Apr 10 GMAA KAYNOR'S SAP RUN, 6 miles, 12:00, Westford, Chapin (878-6392) and Donna Kaynor (879-2052), \$3.
- Apr 17 BODYGEARS RACE FOR A FRIEND, 5K & 10K, 9:00, Rutland, Mary (775-2747).
- Apr 24 GMAA CHAMPLAIN CLASSIC 15K & 5K, 9:30, Shelburne Museum, Matt Chandler (985-8954) or Shelburne Recreation (985-9551), \$11 pre-registration, \$13 race day.
- Apr 24 UVM CREW LAKESIDE 5K RUN, 9:00, Burlington Waterfront Park, Kristin (656-6734).
- Apr 30 GMAA TROLLHEIM 5K, 11:00, Sleepy Hollow Road, Essex Center, Al and Sandy Duval (899-3398). Stream-cooled beer and grilled hot dogs are waiting at the finish, \$2.
- May 7 GMAA ROLLIN IRISH HALF MARATHON, 9:00, 13.1 miles, Essex Elementary School, Bill Everett (879-1687), \$5.

- May 14 TOMATO CROSS COUNTRY 5K & 10K, Burlington Parks and Rec.,
Andrea Riha (864-0123).
- May 15 COVERED BRIDGES HALF MARATHON, 11:00, Woodstock to Quechee.
- May 19 VERMONT CORPORATE CUP 5K RUN & RACEWALK, 5:30 PM, State
House, Montpelier, George Plumb (883-2313).
- May 21 SPRING WOMEN'S RUN, 3.3 miles, 10:00, Williston Central School, Ruth
Painter (878-3084) or Jeannette Perry (879-4421).
- May 29 BANK OF VERMONT/VERMONT CITY MARATHON & MARATHON
RELAY, 8:00, Burlington, for info call Bank of Vermont (655-1815 or 1-800-
642-5154 ext 360).
- Jun 4 CAPITAL CITY STAMPEDE, 10 K
- Jun 25 MONTPELIER 10 MILER

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

Minutes
2 March 1994

- OLD BUSINESS** Will Hope Crifo volunteer to coordinate the Fun Runs?
- SCHOLARSHIP** Should students from Craftsbury and Hazen be eligible for the
scholarship? Someone to find out if any CVR members live in
either town. This year information will be sent out regardless.
- MAILING LIST** It was agreed that Sam would exchange CVR's mailing list for
the VT City Marathon list. This should extend CVR's list to
include more runners from Chittenden County and Canada.
- FUN RUNS** Fun Runs will resume on the first Tuesday of May. Runners
will meet at 5:30 at the Montpelier High School (Norm
Robinson will ask the High School for permission) and
walk/run/drive over to Liquor Control for the start. Tom
Kaiden will bring last years leftover posters to the next meeting
to be passed out.
- FIRST CVR RACE** The first CVR race of the season is the Capital City Stampede.
Registration will be at the Vermont Medical Society. Mack
Gardner-Morse suggested developing a one-page CVR race
schedule to distribute at the race.
- SPONSORS** Sam Davis reported that NYNEX bought out Contel and that he
will pursue NYNEX as a sponsor (Stampede?) as well as look for
local sponsors. There was some question as to whether or not
Howard Bank would sponsor Leaf Peepers. Darragh Ellerson is

checking into the matter. Darragh also reported that more sponsors are needed for Leaf Peepers; at least \$2,000 is needed to get started. Maybe Vermont Teddy Bear could be persuaded to sponsor the race.

PORT-A-POTTIES At least four port-a-potties are needed for Leaf Peepers. Maybe potties-on-a-truck?

GRAND PRIX The series is now to include the Sodom Pond Run.

CORP. CUP Volunteers needed for the Corporate Cup.

NEXT MEETING Scheduled for April 5th at 6:00, Bob Murphy's house.

Respectfully submitted,

Maureen Can

WHY RUN?

1. Running is the most efficient path to cardiovascular fitness. 30 minutes a day, 4 days a week will yield an excellent level of fitness in the shortest possible period of time.
2. Running is the most accessible of aerobic sports. No matter where you live or travel, an excellent area for running is almost always close by. No need to find a health club or worry about bringing along bulky equipment.
3. Running is inexpensive and simple to learn. You need good shoes, decent clothing, and not much else to participate. Everyone knows how to run, and information on training is widely available.
4. Running is the best method of stress reduction on the market. 30 minutes of running will work wonders in dissolving stress accumulated on the job.
5. Running is an excellent component of any weight control program. Few activities burn calories more quickly.

To be continued...

CERTIFIED COURSE UPDATE
by Bob Murphy

Vermont now has two additional certified race courses. Both are in Shelburne, and are the 5 km and the 15 km Champlain Classic Road Races. Both courses begin and end at the Shelburne Museum parking area. The 5 km course is an out and back route, with only a 60-foot distance between the highest and lowest points on the course. The 15 km course is of a keyhole configuration, with a 110-foot vertical difference between highest and lowest points. Both races will be held in April. I urge you to look for them and support these newest certified events.

On the subject of certified courses, the latest edition of USA Track & Field's "On the Roads" announced a certified course check/renewal process. The idea is to check every certified course at least every 10 years, to ensure that the course is still accurate. This means that as a course reaches its 10 year "birthdate" it will have to be recertified. Our oldest courses are the Montpelier 10-miler (certified 1986), Berlin Pond Couples Race and the Capital City Stampede (both certified 1987). So we will have to recertify one course in 1996 and two in 1997. This presents an opportunity to adjust these courses or move them if that seems like a good idea.

Elsewhere in the state, courses must be renewed also, or they will be dropped from the list of current certified courses. Courses needing renewal in the next few years include Burlington's "Stroh's Run For Liberty" 8 km (certified 1984), Brattleboro's 10 km course (certified 1985), Brownsville's "Ascutney Mtn Foliage Classic" half marathon (certified 1986), and Montpelier's "Vt Cable TV Turkey Trot" 5 km and the Bennington 10 km Road Race (both certified 1987). Because none of the first four of these courses have been used in recent years, I expect they will simply drop off the list.

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

April '94

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