



CENTRAL VERMONT RUNNERS



MAY 1994 NEWSLETTER

Vol. 15 No. 4

Navigate to Norm's

Our next meeting will be held at Norm Robinson's home, 66 Terrace St., Montpelier on Wednesday, May 4 at 6:00 p.m. Please remember to bring a potluck item to share. Invite a friend, too! If you have questions, call Norm at 223-7351.

Fun Runs and Frolic

Tuesday night Fun Runs are enjoyable all by themselves. But for those wishing to enhance the good times, CVR will be featuring added attractions. On May 17, after running, we'll head over to Village Pizza for a casual dinner. All are invited, including friends and family. See Nancy Schulz before the run. If you have ideas for future post-run gatherings, let Nancy know.

Waiver Warning--One More Time!

In the last two issues of the newsletter, we mentioned the necessity of signing an insurance waiver and forwarding it to Norm Robinson. There are still members who 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!

Spring Celebrations

CVR sends wishes for a very happy birthday to the following members born in May:

Tim Noonan	5/13	Jill Jourdan-Hunt	5/23
Luke Colombo	5/16	Paschal DeBlasio	5/30
Brad Belleville	5/20	Scott Skinner	5/31
Greg Gerdel	5/22		

Supply of Singlets

CVR still has singlets with the club emblem in most sizes for men and women. The cost is \$20.00. If you would like one or more, call Sam Davis, 229-9234.

Welcome!

CVR extends a cordial welcome to our newest member: Nancy Reid of Brookfield. Happy Running!



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

MONTPELIER TEN MILE ROAD RACE



20TH ANNUAL RACE
ONE OF VERMONT'S OLDEST RACES
SATURDAY, JUNE 25, 1994 — 9:00 AM

- PLACE:** Montpelier High School, Montpelier, VT
SPONSOR: Central Vermont Runners. Sanctioned by USATF.
REGISTRATION: To pre-register make checks payable to Central Vermont Runners and mail entries to: 10 Mile Road Race c/o Tom Kaiden, RR1, Box 122, Bliss Rd., East Montpelier, VT 05651. Post registration at Montpelier High School June 25, from 7:30-8:45 am. Dressing and bathroom facilities available.
FEE: \$7.00 for pre-registrants. \$8.00 for post-registrants. Pre-registration must be made by June 20.
START TIME: 9:00 am
COURSE: Starts at front of High School. Flat to rolling out and back course over primarily dirt road. Finishes at Dept. of Employment and Training building. Four water stations. Miles accurately marked. Course is certified.
DIVISIONS: FEMALE—Under 18, 18-29, 30-39, 40-49, 50-59, 60+
MALE—Under 18, 18-29, 30-39, 40-49, 50-59, 60+
TEAMS—1-39 Open Male, 1-39 Open Female, 40+ Masters Male, 40+ Masters Female (3 member teams)
PRIZES: Trophy and merchandise prizes to top male and female. Merchandise prizes to top finishers in each age and team division.

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OFFICIAL ENTRY FORM—MONTPELIER 10 MILE ROAD RACE JUNE 25, 1994

Name: _____ Sex: M F Birth Date: _____

Street: _____ City: _____ State: ____ Zip: _____

Club/Team (if applicable) _____

I know that running a road race is a potentially hazardous activity. I should not enter and run 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 compete the run. I assume all risks associated with running in this event including, but not limited to, falls contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Central Vermont Runners, the City of Montpelier and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____ Date _____

Signature of Parent or Guardian if under 18 years of age

CVR Spotlight on: Tom Kaiden

Tom Kaiden has been an active member of CVR since 1989. He joined the club to meet other runners and he particularly enjoys the Fun Runs. Tom was elected president of CVR in 1992 and re-elected in 1993. He's been "incredibly gratified to see so many new members get involved with the club". Tom feels that "the club is in good hands with Sam Davis" in 1994.

Tom plans to start training over 15 miles per week again, and his eye is on the 100th running of the Boston Marathon in 1996. This will be Tom's 7th Boston Marathon. In addition to running, Tom enjoys hiking, x-country skiing, and travel. With his wife, Sue, and their 5-month-old son, Andy, Tom would like to visit all of the US National Parks. Tom and Sue have already traveled to two-thirds of the Parks. Tom is the Executive Director of the Stowe Area Association and Sue is the Executive Director of the Vermont Program for Quality in Health Care. Tom, Sue, and Andy live in East Montpelier.

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)

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|--------|--|--------|---|
| May 7 | GMAA ROLLIN IRISH HALF MARATHON, 9:00, 13.1 miles, Essex Elementary School, Rick Cleary (864-7664) or Joe Conelly (865-2740), \$5. | May 15 | COVERED BRIDGES HALF MARATHON, 11:00, Woodstock to Quechee. |
| May 14 | TOMATO CROSS COUNTRY 5K & 10K, Burlington Parks and Rec., Andrea Riha (864-0123). | May 19 | VERMONT CORPORATE CUP 5K RUN & RACEWALK, 5:30 PM, State House, Montpelier, George Plumb (883-2313). |
| | | May 21 | GMAA 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 **CVR CAPITAL CITY STAMPEDE 10K**, 9:30, Montpelier, Sam Davis (229-9234).
- Jun 5 **WARBLER RAMBLE**, 4.6 MILES, 9:00, Green Mountain Audubon Nature Center, Huntington, Don Dresser (434-3811), \$5.
- Jun 5 **18th ANNUAL CROWLEY BROTHERS MEMORIAL ROAD RACE**, Proctor to Rutland, 10K, Athletic Endeavors (773-9168, 775-5628, 483-2288).
- Jun 12 **3rd ANNUAL KILLINGTON 10 MILE TRAIL RACE**, Killington, Athletic Endeavors (773-9168, 775-5628, 483-2288).
- Jun 25 **BOAT HOUSE 5K/10K**, Burlington Parks and Rec., Andrea Riha (864-0123).
- Jun 25 **CVR MONTPELIER 10 MILER**, 9:00, Tom Kaiden (223-1325), Steve Burkholder (223-2625), and Tim Noonan (229-4658).
- Oct 2 **CVR LEAF PEEPERS HALF MARATHON & 5K**, Waterbury, Darragh Ellerson (223-2080).
- Oct 15 **MARATHON & HALF MARATHON**, 8:30, S. Hero, Howie Atherton (434-3228), \$15.
- Oct 29 **50 MILER**, 7:30, Essex Center, Bill Everett (879-1687), Western States Qualifier, \$5.

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

Minutes 5 April 1994

- OLD BUSINESS** Sam Davis to get in touch with Bonnie Burkholder regarding reach of scholarship.
- FUN RUNS** Fun Runs will begin on May 3. Hope Crifo has agreed to coordinate the fun runs again this year. Sam Davis is looking into tracking down the banner. Nancy Schulz suggested following up fun runs every few weeks with a swim, or an ice cream, etc. Good idea to be tried out this year.
- U32 ROAD RACE** Officials will be borrowing our timers for this race scheduled for May 7.
- SPONSORS** Darragh Ellerson had some helpful comments on the letter which Tom Kaiden drafted to solicit sponsors. Darragh and

Norm Robinson both suggested phone calls as a more effective way to get sponsors. Sam Davis has contacted New England Culinary Institute and CONTEL, and Darragh is talking to National Life.

**CAPITAL CITY
STAMPEDE**

June 4, 9:30. Registration will be at the Unitarian Church parking lot on School Street; \$10 registration fee. Sam is considering making some changes to the race brochure, not to the logo however, and is considering awarding medals rather than gift certificates.

APPLICATIONS

2000 applications for both the Capital City Stampede and the Montpelier 10 Miler are being printed. A mailing company will be sending them out. Eric Morse has agreed to distribute applications at races throughout New England.

**CVR MAILING
LIST**

Norm Robinson has merged the Covered Bridges mailing list with CVR's existing list. This brings the total number of people on the list to about 1200. CVR might not be receiving the Vermont City Marathon mailing list as previously thought.

**HUNGER MTN
DISCOUNT**

Sam will be joining Hunger Mountain Coop. This will allow CVR to continue to get a discount from the printers.

LEAF PEEPERS

Bob Murphy suggested T-shirts for pre-registrants only. Others can buy them on race day.

NEXT MEETING

Scheduled for May 4th at 6:00 at Norm Robinson's.

Respectfully submitted,



Maureen Carr

Bulletin Boards Wanted

If you know of spots in the Montpelier area where we can post the Fun Run flyer, let Nancy Schulz know. She will be glad to supply you with the necessary flyers while supplies last.

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



May '94

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