



CENTRAL VERMONT RUNNERS

JUNE 1994 NEWSLETTER

Vol. 15 No. 5

To Darragh's—and Don't Delay

Our next meeting will be held at Darragh Ellerson's home, Upper North St., Montpelier on Wednesday, June 1, at 6:30 pm. Please remember to bring a potluck item to share. Invite a running pal, too! If you have questions, call Darragh at 223-2080.

Hurry to a Helluva Hash!

Does the word "hash" makes you think of something to eat? If so, you definitely should show up at the State House lawn on June 8 and find out about another kind of hash that's much more fun. Arrive at 6:00 pm in running garb and be prepared for some surprises as you attempt to follow a trail of flour through town. Come alone or with a friend but be sure to bring your sense of adventure! For more information, call Nancy Schulz, 223-7035.

Fun Runs and Frolic

CVR's next post-Fun Run gala will be on June 14. We'll car pool to the mini-golf course on Route 12 (toward Northfield) and try for the elusive hole-in-one. If you want to be part of this merry band, see Nancy Schulz before or after the run.

Many Happy Returns

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

Scott Flanders	June 9	John O'Mara	June 10
Jessica Baker	June 9		

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.

CVR *Spotlight* on: Mack Gardner-Morse

Mack Gardner-Morse joined CVR in 1992 to keep track of fun runs and races. He has taken an active role in generating publicity for CVR, "so that people like me can

know what's going on in the Club". Mack runs for fun and for cardiovascular health and fitness and also for birdwatching. Mack's wife, Cindy, and three children, Ira, 6; Eliza, 4; and John, 1-1/2 are also avid "birders". Mack and Cindy are both Montpelier natives and currently live in Calais, where they are home schooling their children. Cindy is a leader in the LaLeche League. Mack is an Orthopedic Engineer at UVM where he is currently working on computer simulations of scoliosis surgery. The Gardner-Morse family enjoys hiking, camping, canoeing and CVR pot-luck dinners.

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, recipes, 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.

Par Course Partners Sought

Nancy Schulz is looking for company to run the par courses at Hubbard Park and National Life. If you are interested in joining her, give a call (223-7035).

CVR Race Calendar

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

- 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).
- May 29 RUN FOR THE LILACS 5-MILER & 1-MILE FUN RUN, 11:00, Dummerston, Joy Gossman (387-2015 after 6pm).
- Jun 4 CVR CAPITAL CITY STAMPEDE 10K, 9:30, Montpelier, Sam Davis (229-9234).
- Jun 5 GMAA 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 5 VT DAIRY FESTIVAL MILK RUN, Enosburg Falls, Art Liskowsky (933-4782).
- Jun 11 JIGGETY JOG 3 MILE RUN/WALK FOR VT RESPITE HOUSE, 9:00, Williston, Linda Wohl (879-0943, 879-2886).
- Jun 11 ST THOMAS RUN AROUND THE WORLD 5K RUN AND WALK, 10:00, Underhill Ctr., Kit Wheatley (899-2839).
- 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 MILE ROAD RACE, 9:00, Montpelier High School, Tom Kaiden (223-1325), Steve Burkholder (223-2625), Tim Noonan (229-4658).
- Jun 26 VILLAGE SQUARE 8K/4K CROSS-COUNTRY RUN, 9:30, Stratton Mtn. Resort, Colin Lawson (824-4508).
- Jul 9 OLD TAVERN 10K/5K TOWN AND COUNTRY RUN, 9:00, Grafton, Colin Lawson (824-4508).
- Jul 9 GMAA PARTNER'S RACE, 4.8 MILES, 8:30, Jericho Ctr. Green, Barb or Dave Capen (424-3885).
- Jul 17 5th ANNUAL SEWARD'S FORD 5K, Rutland, Athletic Endeavors (773-9168, 775-5628, 483-2288).
- Jul 17 STOWE 8 MILE ROAD RACE, 9:00, Stowe, Lee LaBier (253-9009).
- Aug 6 CVR 15th ANNUAL 8K BERLIN POND COUPLES/INDIVIDUALS RACE, 9:00, BERLIN, Chris Whalen (496-9703), Dot Helling (223-5797).
- Oct 2 CVR LEAF PEEPERS HALF MARATHON & 5K, Waterbury, Darragh Ellerson (223-2080).
- Oct 15 GREEN MOUNTAIN 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.

CENTRAL VERMONT RUNNERS
Present the
15th ANNUAL 8-Kilometer
BERLIN POND COUPLES/INDIVIDUALS RACE

WHEN: 9:00 AM, Saturday, August 6, 1994, Berlin, Vermont.

REGISTRATION: Pre-registration by mail, \$6.00 with completed entry blank. Registration on race day, \$8.00 from 7:30 AM-8:30 AM at the Maplewood Convenience Store, Route 62, Berlin, Vermont - Exit 7 off Interstate-89, turn right at the light, the store is on the right.

COURSE: A single 8-kilometer (4.93 mile) loop counter-clockwise around Berlin Pond, first half hilly, second half flat and fast, all dirt road. Water stop at mid-point. All distances are marked and the course is TAC-CERTIFIED and SANCTIONED.

SPONSORS: CENTRAL VERMONT HOSPITAL and CENTRAL VERMONT RUNNERS.

AWARDS: T-shirts to first 30 entrants (15 couples). Prizes to fastest open division couple and fastest masters (over 40) division couple based upon the combined times of couple entries. Also prizes to the fastest individual female and male in the open and masters (over 40) division. Refreshments at the finish.

TAC RULES APPLY, including no baby joggers and no Walkmen etc. For additional information call Race Directors Chris Whalen (496-9703) or Dot Helling (223-5797).

BERLIN POND COUPLES/INDIVIDUALS RACE ENTRY BLANK

Mail with \$6.00 fee no later than August 3, 1994, to Chris Whalen, P.O. Box 1067, Waitsfield, Vermont 05673. Make checks payable to Central Vermont Runners. Be sure to complete all of the information and sign the waiver below.

Indicate whether entering Individual or Couples division.

Name #1 _____ M/F: ___ Age: ___ D.O.B: _____

Name #2 _____ M/F: ___ Age: ___ D.O.B: _____

Address: _____

City/State/Zip _____

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 complete 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, dogs and the conditions of the road, all such risks being known to 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 Town of Berlin 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 or entities named herein.

Signature of Entrant #1 _____ Date: _____

Guardian Signature if #1 under 18 _____

Signature of Entrant #2 _____ Date: _____

Guardian Signature if #2 under 18 _____

8K

Saturday, August 6

Run


Berlin, Vermont

Minutes

4 May 1994

- OLD BUSINESS None.
- SCHOLARSHIP Nine applications were received. A committee has been selected (Bonnie and Steve Burkholder, Darragh Ellerson, Patty Davis) to review the applications and select scholarship recipients. Will try to notify winners prior to graduation. Discussed possible reasons for receiving so few applications and things that can be done next year to increase numbers. Suggestions included sending applications to coaches and AD's and issuing a press release.
- MONTPELIER 10 MILER Volunteers are needed. This is the 20th year of the race. In honor of Paul Mailman who began the race, the name of the race will be changed to the "Paul Mailman 10 Miler."
- CAPITAL CITY Volunteers are needed. Medals will be awarded for age categories and gift certificates for top three finishers.
- LEAF PEEPERS Sponsorship coming along well. Discussed possibly giving out singlets rather than T-shirts. Long sleeve T-shirts reported to be very popular however.
- CVR ENROLLMENT Discussed ways to generate greater enrollment. Considering holding a track meet for youths. Sam to check into it.
- NEXT MEETING Scheduled for June 1st at 6:30 at Darragh Ellerson's.

Respectfully submitted,



Maureen Carr

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

June '94

Printed on recycled paper. Please pass this newsletter to a friend or recycle it!