

Official Results of (Unofficial) Unofficial Fun Run Number One

As Reported by Eustace Grimbobble

Since the unfortunate loss of my leg in the All-Club Tiddlywinks Championships and Drag Queen High-Kicking Contest at the last CVR Annual Meeting, my running has been somewhat hampered, but I have been able to drag myself around enough to get to where the action is, even if I cannot take part in it. Thus it happened that I became the Official (Unofficial) Timekeeper, Referee and Medic for the (Unofficial) Unofficial Fun Runs, which commenced (unofficially) on the 20th ultimo, due to the tireless (unofficial) efforts of Norm Robinson, once a power in Club circles, now reduced to the pitiful status of (Unofficial) Prophet Whining in the Wilderness.

The first (unofficial) unofficial run took place March 20 in near-total darkness (an unexpected eclipse of the sun which, oddly enough, only affected Mountpeculiar and environs), a fact which failed to deter Norm and the four (possibly five) others who showed up. (Snorri Bonnom, Noors Ninbrom, N. "Bromo" Ninors and Sinnor Bormon, and, putatively, another defenestrated CVR president, Dave Kissner, who *claimed* to have been there, although the always-truthful Norm denies it). Pine-pitch torches in hand, the quintet (or putative sextet [which is a lot like a tuba sextet, only louder]) hurled themselves (unofficially) in the direction of the two-mile marker.

At the end of the rec path, the lead runner, Bonnom, had an unfortunate collision with a hay wain, resulting in his retirement from the run, and a blaze which illuminated the sky for three miles 'round. (Fortunately, Bonnom suffered only the loss of his left eyebrow and the right half of his moustache.) The remaining runners thoughtfully dodged their fallen comrade, with Ninbrom taking the lead in the ensuing confusion, followed closely by Ninors, Robinson and Bormon (and, by his own unsubstantiated claim, Kissner - who, your Reporter is compelled, in all honesty to report, was *not* seen again after the first 100 yards).

At one mile Ninors surged into the lead, which he held until he reached the Ugly Pekinese Dog at 1.3. As the dog ran at him with fang bared (it only had the one), the quick-thinking Ninors thrust his torch at the dog, which, owing to the accumulation of snow on its back, failed to catch fire, and merely sputtered unconvincingly. Alas for Ninors, the dog's enraged geriatric owner came sailing out of her hovel and beat him (Ninors, that

is) on and about the lumbar region with her crutch, calling down the curses of Baal upon him. Thus distracted, the hapless Ninors tripped and went ass-over-teakettle into the ditch (where he'll remain until spring, if he's smart).

Ninbrom used this little contretemps to regain the lead, but owing to the loss of his monocle when he ran straight into a herd of yaks coming down the road from Three Mile Bridge, he continued beyond the two-mile marker and ended up in Middlesex, where he was mistaken for the visiting Methodist bishop and treated to a boiled-owl dinner and six hours of speeches. (His next-of-kin report that he's still comatose, but recovery *is* expected.)

At the turn, then, and for the next 1.95 miles, it was Bormon and Norman, Norman and Bormon, Bormon and Norman (and, putatively, Kissner). They swapped the lead every hundred yards or so until the very end, when Bormon put on a spectacular burst of speed - and ran head-on into a throng of Hare Krishnas headed for their annual convention in Barre. The apraxia resulting from this collision of cultures propelled Borman through the bushes and into the river. When last seen, he was headed for Lake Champlain on an ice floe, contemplating his navel from the lotus position and intoning "Ommmmmmmmmmmm."

Relieved of all his rivals, former President Robinson finished the four miles and the last 264' without incident, crossing the (unofficial) finish line in the *very* (unofficial) unofficial time of 15:02 (which *may* be an error, as I had trouble reading my sundial during the eclipse). Following immediately upon his heels was a Dark Shape (*possibly* the putative Kissner) which ran out of a dark corner of the darkness near the last telephone pole.

Norm has promised to defend his (unofficial) championship at every Fun Run until the Cows Come Home (usually a Tuesday in October); the putative speedster Dave, on the other hand, is remaining silent on the advice of his attorney, Dot Helling, who is something of an expert on speeding. Previous to taking the Vow of Silence, Dave told the correspondent for *The Times of London* that he finished second, while Norm finished next to last.

Central Vermont Runners Annual Meeting Sunday, January 14, 2000

Michael Chernick, Secretary

Election & Appointment of Club Officers: Incumbent Central Vermont Runners Club President Norman Robinson convened the 2001 annual meeting on Sunday January 14, 2000. The first order of business was to elect club officers for the 2001-2002 year. The nominees for the four officers were presented by Richard Cleveland and included: President Richard Cleveland, Vice President Darragh Ellerson, Treasurer Laura Medalie and Secretary Michael Chernick. All four nominees were approved unanimously, and a round of applause was given to all the volunteers who agreed to serve. Nonelected positions included Newsletter Editor Jamie Shanley, E-Mail Coordinator Donna Smyers and Webmaster Dave Kissner.

Race Schedule: The next item of business was to confirm the 2001 CVR race schedule as follows:

Race	Date	Director(s)
Mutt Strutt	April 22 (Sun)	Donna Smyers/Jamie Shanley
Kids' Track Meet	June 2 (Sat)	Tim Noonan/Norm Robinson
Capital City Stampede	June 9 (Sat)	Sam Davis
Montpelier 10 Miler	June 23 (Sat)	Dave Kissner
Bear Swamp	July 12 (Thurs. eve.)	Tim Noonan
Green Mt. Athletic Association (GMAA) 25 th Birthday Barbeque & Relay at Catamount Center in Williston	July 21 (Sat)	
Berlin Pond Run Around	August 5 (Sun)	Michael Chernick
Northfield 5K & Leaf Peepers	September 1 (Sat)	Tim Noonan
	October 7 (Sun.)	Curtis Picard
First Night	December 31 (Mon.)	Dave Kissner

Dues: After completing the race schedule, the club voted to retain dues at the existing annual rate of \$10.00

Grand Prix & Dinner: The meeting then turned to the Onion River Sports Grand Prix and Volunteer Awards Dinner to be held on Thursday March 8 at 6:30 P. M., at the Montpelier Methodist Church on Main Street. Norm agreed to contact Onion River Sports to arrange for awards to be presented to Grand Prix winners, possibly specially engraved mugs. Norm's discussions with Onion River personnel will also include the continuation of the Grand Prix in 2001. Tim Noonan will serve as master of ceremonies at the dinner.

Singlets: Because the manufacturer of the CVR singlets, which had a cooperative arrangement with the Road Runners Club of America, has ceased operations, Norm will continue to investigate a new source for the shirts.

Other Upcoming Events: The Green Mountain Athletic Association will hold its annual meeting on February 3 in South Burlington and the Lake Winnepesaukee Relay will occur on Saturday September 22, 2000.

Bylaws Changes: Norm proposed changes in the annual election calendar and membership year to correspond with the running season. As a result, the club officers elected in January 2001 would serve until March 2002. Beginning in 2002, the club will elect new officers each March. Donna suggested merely changing the membership year and not amending the bylaws. Norm moved that the bylaws be amended to reflect the membership year and new calendar for election terms. The motion was approved. Michael then moved that an updated revision of the bylaws be typed and that the revision reflect all changes that have been made to the bylaws which the membership approved.

Leaf Peepers: Norm proposed expanding Curtis Picard's role in the management of Leaf Peepers. Norm moved that the Leaf Peeper Committee be authorized to negotiate with Curtis regarding the terms for a salary increase. In addition to a salary raise, Curtis would be awarded a percentage of additional sponsorship income. This proposed arrangement would significantly reduce the role of the Leaf Peeper Committee. Tim suggested that the Leaf Peeper Half-Marathon be capped at 600 runners for safety and logistical management reasons. Tim's recommendation was approved.

Race /Meeting Calendars: Richard requested that each race director develop a calendar for their respective races. Copies would be made available to the membership. Richard further requested a year long calendar of CVR meetings. As an alternative, Norm suggested, as an alternative, that the club schedule two meetings ahead. Adopting this policy, the next two CVR business meetings were scheduled for Wednesday April 4 at Dave's and Laura's and on Wednesday May 2 at Darragh's. Both at 6:30 P.M.

National Life & Fun Run: National Life Insurance has contacted Tim regarding participation in Fun Runs. Tim will speak with the National Life staff and suggest that the company supply a volunteer to record their employees' times

Adjournment: Michael moved that the meeting adjourn at 6:05 P.M. which was approved.

Business Meeting April 4, 2001

The club held a regular business meeting on Wednesday April 4, at the home of Dave Kissner and Laura Medalie in East Montpelier. The meeting opened with acceptance of the secretary's report of the January 12, 2001 CVR Annual Meeting, and an acceptance of the treasurer's report. CVR Treasurer, Laura Medalie, summarized the club's finances reporting an approximate bank account balance of \$5,000.

Attention then turned to a review and updating of plans for this year's schedule of club sponsored races:

Mutt Strutt: The annual canine run at Little River State Park is scheduled for Sunday April 22. Codirector Donna Smyers urged that runners, accompanied by their own or a borrowed dog, participate in this first of the spring CVR race events. Jamie Shanley will once again serve as codirector. Donna also requested volunteers to assist. She announced that as a cost saving measure, there will not be a portable toilet on the site. The only concern expressed was that the remaining snow could prove problematic.

Kid's Track Meet: This annual community event is tentatively scheduled for Saturday June 2nd. However, the availability of the Montpelier High School athletic field is uncertain. While Tim will be confirming the field's status he recommended that as alternative date, possibly during the summer, be considered.

Capital Stampede: Race director Sam Davis will once again travel from Colchester to

assure that the Capital Stampede, to occur on Saturday June 9, is a run away success. The registration form, as of the meeting date, was set for printing, the first registrant had already entered, and the mailing list has been sent to Eric.

Paul Mailman 10 Miler: Dave Kissner will once again serve as race director for this June 24 event. He reported that all planning was on target.

Bear Swamp: Thursday June 12 is the evening for this year's event which in 2001 will serve as the concluding event of the triennial Hukamonk Swamp Challenge. series.. Tim Noonan will direct the annual trek along some of Middlesex's finest hills. Tim reports all is ready for this much anticipated race.

GMAA 25th Anniversary Relay/Party: On Saturday July 22, CVR will join the Green Mountain Athletic Association in helping our sister club celebrate its 25th anniversary.

Berlin Pond Run A Run: This annual 8k circumferential race at Berlin Pond is scheduled for Sunday August 5. Michael Chernick will once again direct race day activities. He reported that all was on course in preparation for this now redesigned individual race.

Northfield Savings Bank 5k/Kid's 1 Miler: Saturday September 1 is the date for the Northfield 5K. & Kid's 1 miler. The Northfield Saving's Bank's staff has already contacted past CVR members who have assisted in the technical aspects of this race. A planning meeting will occur in early May. Tim Noonan will serve as the technical race director. Granite State Racing Systems has been hired to once again provide race timing services.

Leaf Peepers: Scheduled for Sunday October 7, Leaf Peepers will again be under the direction of Curtis Picard. Curtis has accepted the club's offer of a \$1,200 fee, a substantial increase over last year, in exchange for assuming more of the race responsibilities. It is hoped that the Leaf Peeper Committee will not need to meet very often.

First Night This New Year's Eve event, under David Kissner's direction, will be run, not surprisingly on December 31.

Turning to other matters, Donna Smyers reported progress in updating the club's mailing list. The Onion River Sports Race series will be expanded to include both the Northfield 5k and Leaf Peepers. These additions will be for point counting purposes and Onion River Sports will not become a cosponsor at either event. There was discussion of redefining the volunteer criteria for race series participants. It was agreed that:

Participants must work at a CVR race during the year

A participant volunteering at a race will receive the average points that he or she earned in other races.

Volunteering at Leaf Peepers would only earn credit for one race

CVR, through Norm Robinson, will work with Onion River Sports on several topics including the volunteer criteria, the \$200 cash disbursement to the club from last year's race series and the development of a membership card that will be good for discounts at Onion River Sports. Norm reported that replacing the CVR singlet with another identical shirt which includes the red edging may be impossible. The replacement singlet, therefore, may be slightly different than the current shirt. Club President Richard Cleveland and Norm will work to develop a unified and current e-mail list. Richard will also check with Mack Gardner-Morse regarding club publicity. The next CVR meeting is scheduled for Wednesday May 2 at Darragh Ellerson's home at 6:30 P.M. The June meeting will be at Michael Chernick's residence on Wednesday June 6 at 6:30 P.M.

FIFTH ANNUAL

MUTT STRUTT



~A fun 3-mile race for dogs and their owners~
A Central Vermont Runners event
to benefit



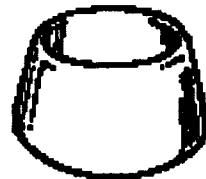
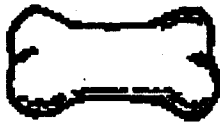
Sunday, April 22, 2001, 10 am
Little River State Park

From Waterbury, Rt. 2 West for 1.4 miles, right on Little River Rd., follow signs

Prizes by dog weight and owner age/gender classes

Thanks to the generous support of:

- House Mouse Designs
- Guy's Farm & Yard
- Julio's Tex-Mex Cuisine
- K.C.'s Bagel Cafe
- Onion River Animal Hospital



Course records: Joe McNamara and Dillon (1998): 16:59
Caitlin Compton and Clover (1999): 19:00

Entry fee: \$6 (\$1 per paw or foot)

Send to: CVR, c/o Donna Smyers, 4 St. Paul St., Montpelier VT 05602. More info: 802-229-4393/223-4856

Owner name (please print) _____
 Address _____
 City _____ State _____ Zip Code _____
 Sex: M F Age _____ Birth Date _____ Phone _____
 Dog name _____ weight (lbs.) _____ Age _____ Breed _____

ALL DOGS MUST BE LEASHED. ALL ENTRANTS MUST SIGN A WAIVER

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, contact with dogs and leashes, the effects of the weather, including heat and/or humidity, traffic and the condition of the road and other running surfaces, 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 else entitled to act on my behalf, waive and release the Central Vermont Runners, the State of Vermont and all sponsors, their representatives and successors from all claims of liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence and carelessness on the part of the persons named in this waiver.

Signature of entrant

Date

If entrant under 18, parent must sign

Date

Race Roundup

CVR Runner	Class	Time	Class place \total	Gender place \total	Overall place \total
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• **Bradford Valentine Road Race, Bradford, MA, 2/10/2001**

John and Megan also won the father/daughter team competition, first of 10 teams, each had to run a different distance.

5-mile race

Gordon MacFarland	M5059	30:38	1\42		10\240
John Valentine	M5059	33:05	4\42		30\240
Bob Murphy	M6069	36:42	2\7		80\240

6-K race

Megan Valentine	F1839	24:05	2\16		13\184
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• **Stu's 30K, Clinton, MA 3/4/2001**

Sue Barber	F4049	2:09:31			54\487
Tim Noonan	M4049	2:18:01			94\487
Dot Martin	F4049	2:18:01			95\487
John Valentine	M5059	2:19:22			101\487
John Hackney	M5059	2:20:52			110\487
Megan Valentine	F1839	2:21:26			112\487

• **20th Mid-Winter 10-Mile Classic, Cape Elizabeth, ME 3/4/2001**

Sue is first overall woman.

Sue Barber	F4049	1:04:03	1\	1\	33\538
John Hackney	M5059	1:10:27			105\538

• **Melrose Half-marathon, Melrose, MA 3/11/2001**

This race also known as the Law Enforcement Memorial Foundation Half-Marathon (5th annual)

Gordon MacFarland	M5059	1:22:10	5\162		105\1875
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• **Eastern States 20-Miler, Salisbury, MA 3/25/2001**

This race starts in Maine, ends in Massachusetts, but nearly all of it is in New Hampshire

Gordon MacFarland	M5059	2:16:33	2\		45\551
Melodie LaPorte	F2029	2:36:23			185\551
Dot Helling	F5059	2:49:30			294\551
Eric Ryea	M4049	2:49:30			295\551
Paul Deluca	M4049	4:07:09			550\551

CVR Runner	Class	Time	Class place \total	Gender place \total	Overall place \total
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• **New Bedford Half Marathon, New Bedford, MA 3/18/2001**

Sue Barber wins her age group

Matt Czaplinski	M3034	1:21:15	4\108		37\1308
Sue Barber	F4044	1:25:55	1\72	7\	77\1308
John Hackney	M5559	1:32:57	7\63		197\1308

• **Kaynor's Sap Run, 22nd running, 6 Miles, Westford, VT 4/8/2001**

This year no new snow but lots of old snow, lots of wind, but not much mud at least!

Donna Smyers overall woman's winner.

Gordon MacFarland	M5059	39:20	1\7	6\48
John Valentine	M5059	40:56	2\7	10\48
Charlie Windisch	M4049	42:56	6\19	14\48
Donna Smyers	F4049	43:33	1\6	1\13
Bob Murphy	M60+	45:07	1\1	21\48
Dot Helling	F5059	49:39	1\1	3\13

• **Boston Marathon, 4/16/2001**

A nice cool day for running. These times are official times, actual elapsed (chip) times will be less.

Gordon MacFarland	M5059	3:16:13		2327\
Melodie LaPorte	F2029	3:34:51		4848\
Donna Smyers	F4049	3:36:40		5087\
Bill Perreault	M5059	3:45:39		6407\
Dot Helling	F5059	4:08:23		9390\
Eric Ryea	M4049	4:08:23		9393\

Onion River Sports Race Series Awards

The Onion River Sports Race Series Awards and Volunteer Appreciation Dinner was held March 8 at the Methodist Church on Main Street in Montpelier. After the popular spaghetti dinner, new club president Richard Cleveland took over emcee duties and awarded to each of the overall age group winners a handsome coffee mug and T-shirt with the Onion River logo and race series designations. After the awards there was also a door prize drawing for running shoes from Onion River. The series this year will add the Northfield and Leaf Peepers races to the 5 core races from last year. Enter early, enter often, and we'll see you at the prize table next March!

Official Fun Runs

These start May 1 and run every Tuesday at 5:30 until the time change in October. Meet at the Liquor Control Board Building on Green Mountain Drive behind Montpelier High School, for runs of 2, 4, or 6 miles.

Upcoming events (for comprehensive list visit www.cvrrunners.org)

- Saturday, April 21, 8:30am. **Mud Run 5K/15K**, Shelburne Town Green, Shelburne, VT, Rayne Herzog, 802-985-2229, shelburneathletic.com
- Sunday, April 22, 10am. **CVR Mutt Strutt**, 3 miles (21 doggie miles) for runners with dogs on leashes, Little River State Park, Waterbury, VT (see application inside).
- Saturday, April 28, 9am. **GMAA 23rd Rollin Irish Half Marathon**, Essex, VT, Jim Paulsen, 802-899-3035, www.gmaa.net
- Sunday, April 29, 9:30am. **Sap Run-Run For Jim**, 8.5-mile race or 3-person relay, Swanton to St. Albans, VT, Mike Boulerice, 802-524-1519.
- Saturday, May 5, 11am. **GMAA 25th Trollheim 5K**, Essex Center, VT, Al & Sally Duval, 802-899-3398, www.gmaa.net
- Sunday, May 6, 10am. **3rd Annual 5K Run/Walk for Vermont Children's Forum**, Montpelier, High School, Montpelier, VT, Debra, 802-229-6377
- Saturday, May 12, 10am. **GMAA 21st Williston Women's 5K**, Williston Rec. Building, Williston, VT, Jen Lucas, 802-658-4080, www.gmaa.net
- Sunday, May 13, 9:30am. **Champlain Classic 15K**, Shelburne, VT, Rob Trachtenberg, 802-527-1474
- Thursday, May 17, 6pm. **Vermont Corporate Cup Challenge & State Agency 5K**, Montpelier, VT, Mike Feulner, 802-244-5898
- Saturday, May 26, 9:30am. **Marathon Warm-up-Hardwick Spring Festival Run/Walk 5K (10am & 1K Kids' Run (9:30am))**, Hardwick, VT, Mike Clark, 802-563-2216
- Sunday, May 27. **Vermont City Marathon**, Burlington. Info at www.vcm.org.
- Sunday, June 3, 10:15am. **Covered Bridges Half Marathon**, Quechee to Woodstock, VT, Dave Chioffi, www.cbhm.com
- Saturday, June 9, 9:15am. **CVR Capital City Stampede 10K**, Montpelier, VT, Sam Davis, 802-655-3611, www.cvrrunners.org
- Saturday, June 9. **Whiteface Mountain Uphill Footrace**, 8 miles, Wilmington, NY, 518-946-2255, www.whitefaceregion.com
- Saturday, June 16, 10am. **Mount Washington Road Race**, 7.6 miles uphill, Mt. Washington Auto Road, Gorham, NH, Bob Teschek, 603-863-2537



Central Vermont Runners
c/o Jamie Shanley
Box 152
Montpelier, VT 05601

President: Richard Cleveland
Vice President: Darragh Ellerson
Secretary: Michael Chernick
Treasurer: Laura Medalie
Webmaster: Dave Kissner
<http://www.cvrrunners.org>

**April
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