

Will Leaf Peepers Make it to 2002?

Curtis Picard, Race Director

In June of 2001, I was fortunate to run the Covered Bridges Half Marathon in Woodstock. For many years, I had heard from other runners what a great event it was and wanted to experience it for myself. It lived up to its billing and more. I ran a PR. There was great crowd support, ample volunteers and plenty of food. I could not say more good things about the race.

Late in 2001, I received a disturbing email from Dave Cioffi, the race director for Covered Bridges. The 2002 race was canceled.

For years, Dave had been trying to cut through so much red tape in Woodstock and Quechee that he finally decided to throw in the towel. It broke my heart. I offered to rally some support in the running community, but Dave declined. He had enough.

Well, Leaf Peepers is in danger of the same fate. Not because of red tape, but from race committee burn out. For those of you who have never worked the other side of the finish line, the people who organize the races have given their heart and soul. They sacrifice their free time and give back to the sport that gave them so much.

Over the past two years, four key race committee members have decided to call it quits. I can't blame them. This race has been ongoing for 18 years. For years, these same people have given countless hours in the months leading up to the race. In fact, with last October's sun/rain/snow/sleet/sun combination, I am surprised that the whole committee did not leave.

So, this is my plea to get some new people involved in the other side of the finish line. Is there a time commitment? Yes. But is it a lot of time? No. Are the jobs fun? YES!

Please attend the special club meeting on January 28th. I will hand out an updated job list. We will also do a role call of the current committee to make sure they are still up to the task.

The Leaf Peepers is really one of the jewels of Vermont. Think of the Vermont City Marathon and think of the Stowe 8-Miler. The Leaf Peepers is in some good company. Let's help make it the 19th annual this October.

I can be reached at
cpicard@vtchamber.com.

NOTICE OF SPECIAL CLUB MEETING:

Members of the Central Vermont Runners Club are hereby notified of a special meeting to be held Monday, January 28, 2002, at 7:00 p.m. at the home of Michael Chernick in Montpelier (see directions inside back page). There will not be a potluck supper preceding the meeting.

The purpose of the meeting is to discuss the future of the Leaf Peepers races, and possibly to decide whether the Club will continue to manage the races.

All eligible CVR members are urged to attend.

LEAF PEEPERS: Does the race have a future?

Richard L. Cleveland, CVR President

The future of the Leaf Peepers races is on the line. Elsewhere in this issue you will find an article by Race Director Curtis Picard outlining his concerns about the management of the races. This is a matter of the gravest concern to those of us who have been involved in the operation of the race over the past four or five years. It should also be a wake-up call to anyone who has run in the races, or hopes to in the future.

The main issue is people – specifically, the lack of CVR members to work the races. While the Harwood Union High School Booster's Club supplies many volunteers, all of the key jobs are filled by CVR members. Some of these folks have worked year in and year out, and in every year for the last four, burnout has claimed two or three of them. Unfortunately, other Club members have not stepped forward to pick up the responsibilities

laid down by the retirees. It is true that a number of you help on race morning with registration or other tasks, but this is not enough. If all Club members choose to run one of the races instead of helping, the event will probably collapse, since there is no other group in the area with the people and experience to run an event of this time.

I hope this doesn't happen. These races are the Club's premier events. Each year they draw a combined total of 900 registrants from all over Vermont and from other places. It would be a pity if Leaf Peepers went by the boards because of a lack of interest on the part of CVR members.

Please plan to attend the special Club meeting January 28 and voice your opinion. I hope you'll also sign up to work on the race.

Special Olympics Spinning Marathon

John Martin

On Sat., February 23 there will be a 6 hour Spin (bike) Marathon at the Twin Oaks fitness club near the Chittenden Correctional Center in South Burlington, Vt. There will be 125-150 bikers spinning for Special Olympics. In brief, you individually or as a team can "buy" a bike for a \$150 donation to VTSO and ride from 8am to 2 pm with 150 like-minded folks. Last year was the 2nd year for the event and my first time participating.

This was a very Zen type endurance event. There are two very good instructors who lead you thru the 6 hour journey. Along the way there were three

really cool bands, an African drum group (talk about rocking) and two other groups that got and kept your heart and legs pumping. This was just a really fun time. Every need was cared for and all you had to do was spin and enjoy.

In light of the September 11th disaster I know all of the charities are hurting. Vermont Special Olympics is near and dear to my heart and I hope a few CVR members would share in the experience and do some good for some folks who need and appreciate the hand. For more info CVRers can contact me @ 223-3445 (work) or home 479-5333. Thanks.



Winter Triathlon



Presented By First in Fitness

Saturday February 2, 2002

Events will consist of:

- 1/2 Mile swim - *36 lengths of the pool*
- 12 Mile Bike Ride - *Using the spinning bikes*
- 2 Mile run - *18 Indoor laps around the tennis barn*

Entry Fees:

\$15 for Members & \$25 for Non-Members

Which will include 1T-Shirt, 1 water bottle, & water and refreshments through out the coarse of the event.

We need a minim of 15 participants to run this event

Vendors and speakers from local business will be present throughout the day for retail and sports related questions.

If you have ever wanted to try a triathlon here's that chance.

&

If you're a regular triathlon competitor here is your chance to sharpen those skills during those gloomy winter months.

Sign Up will be at the Berlin FIF Front Desk
Any Questions contact Anita or Matthew @ 223-6161

Sign up soon for a start time!!!

RUBBER SOLES MARATHON TRAINING CLUB

**At First in Fitness,
Berlin**

**Beginner to Advanced
Must be able to complete 4 miles at
onset of program**



Must be 18 years of age to

RUBBER SOLES MARATHON TRAINING CLUB is a 15—week training program designed to Build your endurance to complete a marathon. Whether you are just beginning or a seasoned runner, you can have a good time while benefiting from this program.

Through the Rubber Soles program you will receive:

- **A running schedule based on a beginner, intermediate or advanced skill level to include drills, hills and easy runs in order to maximize your speed and power.**
- **An appropriate strength training program and instruction.**
- **Nutritional workshops and personal consultations to accommodate the changing needs of the body.**
- **Flexibility training and assessment.**
- **Regular clinics throughout the training program in such areas as; Flexibility Testing, Injury Prevention, Footwear selection, Gait Analysis, Meditation, Pool Exercise/Therapy, Massage, etc.**
- **Discounts on running gear from local businesses.**
- **A Rubber Soles T-shirt, and lots of other goodies.**



REGISTRATION BEGINS: December 1, 2001 *Begins Feb 19th*
Contact Anita Hoy 223-6161 ext. 208

FEES: Member: \$80 Non-Member: \$200
Returning Member: \$60 Returning Non-Member: \$150
Non-Members receive additional limited entrance to First In Fitness
Minimum sign-up 12/Maximum 25

MEETS: Tuesday and Thursday eves. 5:30 p.m.
Sundays @ 8:00a.m.
(potential "Early-Bird" meets upon group request.)

CVR Business Meeting, December 5, 2001

Michael Chernick, CVR Secretary

On December 5, 2001, the Central Vermont Runner's Club gathered at the home of Norm Robinson, for one of its periodic potluck suppers and general business meetings. After partaking of the culinary offerings, CVR President Richard Cleveland started the formal business session.

The first item on the agenda was a review of preparations for the First Night 5k on December 31st. Dave Kissner, who is concluding his tenure as the race's director after 7 successful, and often chilly, New Years' Eve races, reported the race was scheduled for 3:00 P.M. following the reconfigured course, up Terrace Street, established in 1999. The Line Ski Company had assumed primary sponsorship of First Night 5k 2001. The Onion River Arts Council would continue to provide much valued assistance. Although David is relinquishing his directorship of this event, the race shall continue in 2002 under the capable leadership of CVR member Rowly Brecken.

Turning to the Onion River Race Series, it was announced that the store's staff has raised the possibility of changing the order of the individual events, but nothing had been decided. Mention of Onion River Sports transitioned the meeting into the scheduling of the 2002 race calendar. The tentative schedule for races, their locations, directors, dates and starting times were decided and are listed at the end of this report.

This calendar entails moving the 10 Miler to Mother's Day, the date of the former Covered Bridges Half Marathon,

switching the Bear Swamp Run to late June to avoid coinciding near the Stowe 8K, and scheduling Berlin Pond a week later than previously at the race director's request. The date for the Lake Winnepesaukee relay race will be announced later.

A report from Jamie Shanley announced a doubling of membership since the summer. He hoped to produce a newsletter before Christmas. Jamie apologized for the long delay between newsletters and expressed a willingness to share the newsletter/membership compilation duties. A discussion concerning the newsletter's future included suggestions the frequency of issues be reduced. Dave Kissner offered that the web might become a transmission vehicle for the newsletter. Dave also suggested the idea of columns from different CVR members, while Bob Murphy suggested that perhaps a newsletter committee could be established. Norm commented that CVR members should be encouraged to contribute to the newsletter. Nancy Rice offered to assist in the newsletter's production. The discussion concluded with Dave Kissner volunteering to discuss the newsletter's future with Jamie.

The club is in receipt of an announcement from First-In -Fitness regarding the health club's Rubber Soles marathon training program. It was agreed to publicize this information in the newsletter. An inquiry has also been received asking if the club is interested in participating, with a both, in a mini

health fair in February. No action was taken on this request.

As for the annual awards banquet, a possible February 21st date was discussed. The award mugs are dated

2000, and whether to continue using them as prizes will be considered.

The evening concluded with the setting of the Annual CVR Meeting for Sunday April 7 at 4:30 P.M. at Michael Chernick's.

Central Vermont Runners 2002 Race Schedule

Race	Location	Director (s)	Date
Mutt Strutt 5K	Little River State Park Waterbury	Donna Smyers Jamie Shanley	Sunday April 28 10:00 A.M.
Paul Mailman 10 Miler	Montpelier/Berlin (3 Mile Road from Montpelier High School)	Dave Kissner	Sunday May 12 9:00 A.M.
Kids' Track Meet	Montpelier High School	Tim Noonan Norm Robinson	Saturday June 1 8:30:A.M.
Capitol City Stampede 10K	Montpelier/ Berlin (3 Mile Road from the Unitarian Church)	Sam Davis	Saturday June 8 9:00 A.M.
Bear Swamp Run 5.7 Miler	Middlesex (from Rumney School)	Tim Noonan	Thursday June 28 6:00 P.M.
Berlin Pond Run Around 8K	Berlin Pond (registration at Maplewood Store)	Michael Chernick	Sunday August 11 9:00 A.M.
Northfield Kid's Race 5K	Northfield	Tim Noonan	Saturday August 31 9:30 A.M. 10:30 A.M.
Leaf Peepers Half Marathon 5K	Waterbury Duxbury Moretown	Curtis Picard(?)	Sunday October 6 11:00 A.M.
First Night Montpelier 5K	Montpelier	Rowly Brecken	Tuesday December 31 3:00 P.M.

Seventh Annual First Night 5K

Montpelier, Vermont, December 31, 2001

A beautiful day, cool but not cold, and good traction on the pavement

Women

	Time	Place - overall		Time	Place - overall
19 and under			40-49		
Christina Gingras	21:33	20 (F-5)	Susan Hackney	20:25	11 (F-3)
Katie Douglas	23:29	41 (F-10)	Cindy New	20:46	17 (F-4)
Caroline Zeilenga	23:41	45	Donna Smyers	22:10	27 (F-6)
Chelsea Evans	34:23	108			
-----			Cathi Koehler	23:12	37 (F-9)
20-29			Ann Bushey	25:29	63
Abi Watras	18:25	3 (F-1)	Linda King	25:34	65
Margery Bolton	20:13	9 (F-2)	Carol Ayer	26:26	71
Jessica Bolduc	22:39	32 (F-7)	Marie Brock	29:22	86
Tracy Mancini	25:15	61	Maryke Gillis	30:05	88
Briton Barnes	26:00	67	Maire Kelly	31:05	92
Hilary Nelson	28:46	81	Joyce Judy	31:09	94
Elizabeth West	31:29	98	Nancy Fowler	31:21	96
Amy Williamson-Loga	35:28	112	Cathy Frey	31:23	97
-----			Holly Gardner	31:38	99
30-39			Katherine Williams	31:49	100
Lori LaCroix	23:53	49	Leslie Ward	32:17	101
Laura Roberts	24:23	53	Carol Fahey	44:34	116
Kathy McArdle	24:29	54	Martha O'Mara	44:34	117
Betsy Martin	25:14	60	-----		
Lydia Smyers	27:51	76	50-59		
Laura Barré	31:04	91	Patty Foltz	22:56	33 (F-8)
Carol Krokenberger	34:30	109	Shirley Durtschi	24:12	51
Paula Clairmont Poss	43:39	114	Dot Helling	24:36	56
Joan Sachs	43:39	115	Carol Vassar	28:39	79
			Linda Prescott	28:40	80
			Mary Durfee	30:31	89
			Toni Kaeding	32:17	102
			Kathy Elkins	34:59	110

			60+		
			Reidun Nuquist	31:07	93
			Susan Bradt	31:14	95

Occasionally, CVR members share valuable, life-prolonging health tips with other members. Here's one submitted by **Bob Murphy**:

"Don't Run Up Stairs -- Often practiced, it is ruinous to health. An eminent physician once said, that he wouldn't go up stairs faster than a walk if the house were on fire and he had valuable property to save. Much walking up stairs is especially injurious to a woman, and frequent running is a sure ticket to heart disease." (verbatim from the Orleans Independent Standard, Barton, Vt., 10 Aug 1869)

Men

	Time	Place - overall		Time	Place - overall
19 and under					
Thorin Markison	17:40	2	Harry Lavoy	21:43	24
Wilson Skinner	18:36	4	Eric Ryea	22:04	25
Cole Ryan	20:14	10	Anthony Saitta	22:14	28
Aaron Griggs	20:37	15	Norm Robinson	22:29	31
Ray Belcher	23:02	35	Charles Evans	23:07	36
Stephen Kaeding	28:52	83	Mike Fraysier	23:24	39
-----			Bill Reynolds	23:28	40
20-29					
Brian Letourneau	18:53	5	Michael Chernick	24:57	59
Steve Camolli	23:45	48	Fran Cook	26:03	68
Sandy Sanders	24:02	50	Erik Schwartz	27:28	73
-----			Chris Pierson	27:51	75
30-39					
Shawn Gardner	17:02	1	Bob Robinson	28:21	77
Chip Langmaid	19:17	6	Pete Kelly	28:59	85
Jeffrey Sachs	20:30	13	Ben Judy	33:25	104
Scott Griggs	23:20	38	-----		
Neil Shapiro	23:31	42	50-59		
Cambo Malte	23:38	44	John Hackney	20:34	14
Stanley Stein	23:43	46	Tom Foltz	21:21	18
David Cameron	24:30	55	Gregory Gerdel	22:05	26
John Perreault	24:41	57	Glenn Gershaneck	22:29	30
Bruno LaCroix	24:50	58	Paul Harrington	22:58	34
Matt Mancini	25:17	62	Harry Curth	23:32	43
Joe Loga	25:30	64	John Elkins	23:45	47
Bill Castell	25:48	66	Jean-Guy Poirier	24:17	52
Jake Brown	27:13	72	Michael Katzenberg	26:10	69
David Henderson	28:31	78	Greg Wight	26:13	70
Michael Nelson	28:46	82	Tom Beers	27:35	74
-----			John Kaeding	28:53	84
40-49					
Pat Miner	19:57	7	George Belcher	29:37	87
Tim Noonan	20:08	8	Stephen Weston	30:53	90
Jamie Shanley	20:28	12	Michael Faltey	33:33	105
Charles Lavergne	20:42	16	Vince Feeney	34:05	106
Mack Gardner-Morse	21:29	19	Ned Devt	34:05	107
Tom Hecimovich	21:34	21	Scott Skinner	35:16	111
Craig Whipple	21:37	22	Tom Commito	36:23	113
Terrence Field	21:38	23	-----		
			60+		
			Bob Murphy	22:22	29
			Roger Cranse	32:18	103

And special thanks to all volunteers:

Jenny Ball (& 2 teens), Rowly Brucken, Richard Bushey, Richard Cleveland, Cindy Gardner-Morse and family, John Martin, Jenna McCarthy, Laura Medalie, Bob Murphy, Tim Noonan, Nancy Rice, Norm Robinson, Jamie Shanley, Jim Sheridan, Buzz Surwilo and son, Andrew Tripp, and John Valentine

Directions to January 28 Leaf Peepers meeting

Subsequent to the December meeting, Curtis Picard, the director of the Leaf Peeper race, informed CVR President Richard Cleveland he was uncertain he would continue as the race director. Richard has called a special meeting for all interested individuals to discuss Leafpeepers's future. This session, which will **not** include a potluck supper, begins at 7:00 P.M. on Monday evening January 28 at Michael Chernick's, 330 Cityside Drive #75 at Murray Hill in Montpelier. Phone 223-0918 (chernick@together.net). Proceed on Main Street beyond the roundabout and the NECI building. Pass the intersection of Main St. and Town Hill Road. Drive for approximately a quarter of a mile until the left hand turn off for Murray Hill. At the top of the hill turn left at the tennis court on to Cityside Drive. Remain on Cityside to the bottom of the hill and past the traffic circle. Michael's condominium is the last 2nd floor corner unit in the first building actually on Cityside Drive and not adjacent to a lower parking lot.. You may need to park by the nearby recycling area (enclosed by wooden fencing) if there is insufficient parking.

Membership renewals

CVR membership is on an calendar year basis. Please renew your membership for 2002 by sending in the form below.

Central Vermont Runners membership application/renewal

Name (please print) _____

Address _____

City _____ State _____ Zip _____ Email _____

Sex: M F Age _____ Birth Date _____ Phone _____

Names and birth dates of additional household members of CVR:

1. _____
2. _____
3. _____
4. _____

As a responsibility of club membership, I will try to be available to work on at least one club race during the year. My preferred race is indicated below. (Race directors may contact you.)

April - Mutt Strutt _____	May-Oct. Tuesday fun runs _____
May - Paul Mailman 10 Miler _____	June - Kids' Track Meet _____
June - Capitol City Stampede _____	July - Bear Swamp Run _____
August - Berlin Pond Runaround 8K _____	September - Northfield 5K _____
October - Leaf Peepers 1/2-mara./5K _____	December - First Night 5K _____

Annual dues are \$10 for individual or family, \$2 for students.

Enclosed are dues for the following years: 2002 2003 2004 2005 2006

Please make checks payable to Central Vermont Runners and mail to:

Laura Medalie, 150 Barnes Road, Montpelier, VT 05602.

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

- Monday, January 28, 7pm. **CVR meeting** on Leaf Peepers Half-Marathon. Michael Chernick's, 223-0918.
- Thursday, Feb. 21 (?) Onion River Sports Central Vermont Race Series Awards Banquet, Details and date confirmation to be announced.
- Sunday, April 7, 4:30pm. **CVR Annual Meeting**. Michael Chernick's, 223-0918.

Pre-marathon Race Series (leading up to Vermont City Marathon and Relay). Series organized by Shelburne Athletic Club, 802-985-2229, shelburneathletic.com

- Saturday, February 16, 1pm. Pre-Marathon Run Race Series #1, 5K Run, Shelburne, VT.
- Sunday, March 17, 1pm. Pre-Marathon Run Race Series #2, St. Patty's Day 2-Mile & 5-Mile Run, Shelburne Town Green, Shelburne, VT.
- Saturday, April 13, 8:30am. Pre-Marathon Run Race Series #3, 8-Mile Run, Shelburne Town Green, Shelburne, VT.
- Saturday, May 11, 8:30am. Pre-Marathon Run Race Series #4, Charlotte Covered Bridges Half Marathon, 8:30AM, Charlotte Central School, Charlotte, VT.

- Sunday, April 7, 12 noon, 23rd annual Kaynor's Sap Run 6 miles, Weestford, VT. Chapin (802-878-6392) and Donna (802-879-2052) Kaynor. saprun@gmaa.net
- Saturday, April 27, 9am. Essex, VT. Rollin Irish Half Marathon. Jim Paulsen (802-899-3035). rollinirish@gmaa
- Sunday, April 28, 10am. **CVR 6th Annual Mutt Strutt**, 3-mile race for canine-human teams, Waterbury, VT, Donna Smyers, 229-4393, or Jamie Shanley, 223-4856
- Sunday, May 26. 14th Annual Vermont City Marathon and Relay, Burlington. Hurry, entries close early!



Central Vermont Runners
c/o Jamie Shanley
950 Sparrow Farm Rd.
E. Montpelier, VT 05602

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

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Special CVR meeting on Leaf Peepers, January 28, see page 1.