

June 2003
Volume 24, Issue 2

Central Vermont Runners June 2003 Newsletter

Thoughts from the New President

Having begged everyone I knew to take the vacant CVR presidency, I finally thought to myself: "If it's not so bad (as I kept assuring all the candidates), why won't I do it?" It occurred to me, why should anyone take the office, knowing that everyone else had refused? Since we seemed to be approaching that point of no return, I volunteered. After all, it's really not that much work (either it's not or I'm a liar). So far, so good—I'm one week into it, and this is my first presidential task.

My goal as CVR President is to have the presidency easier to fill next year. (Actually I mean all volunteer positions easier to fill). That means we need more commitment and involvement from members. I welcome any and all suggestions on how to make this happen. The following are suggestions from me and others—some may be controversial—so give me feedback. Or, better yet, show up at the next meeting (6:30 p.m. August 4) and give the club feedback. Ask yourself, "What would it take to get me involved in CVR?" Then let the club know the answer.

1. Free pizza paid for by the club at all meetings.
2. Free beer, paid for by the club at all meetings.
3. Sponsorship from a local eatery for either of the above or something even better.
4. Free entry into all CVR races (maybe not Leaf Peepers or Northfield) for all club officers and race directors.
5. Free CVR singlets (hey Norm, do we have any left?) for all club officers and race directors.

6. Free CVR membership for club officers and race directors.
7. 15 seconds per mile subtracted from all CVR race results for officers and race directors.
8. A date with a fast woman or man (your choice)—logistics to be determined later.

Since I never approve of those Congress people who vote themselves raises, I think any perks to officers should start next year, but if people show up and vote it in, I don't see why any kind of perk for showing up at a meeting could not start as soon as possible. **COMMUNICATION IS THE FIRST STEP!**

Please email me directly:
dosmyers@cs.com or, to open the discussion with several other runners, feel free to sign on to the email list:
www.yahoogroups.com/group/cvrunners.
Membership to the group is open, you just need to join. Then when you want to send an email to the group, just address it to cvrunners@yahoogroups.com. If you don't want to receive the emails, but want to send emails or look at the banter on the website, that is one of the options, otherwise you'll receive the emails as they are sent or daily in a digest format. If you have problems with joining the list, I am the moderator, so maybe I can help you.

See you on the roads,
Donna

Secretary's Notes

June 2, 2003 Meeting

Compiled by Betty Rose

Outgoing President Richard Cleveland called the meeting to order at 7:15 pm on Monday, June 2, 2003, at the home of Darragh Ellerson. Eight club members attended the meeting.

Old Business

Election of Officers: At the Annual Meeting in March, the office of President was not filled. After discussion, Donna Smyers was nominated and approved to serve as president for the present year. The current club officers are as follows:

President	Donna Smyers
Vice President:	Michael Chernick
Secretary	Betty Rose
Treasurer	Laura Medalie

Appointees are:

Newsletter editor	Beth Eliason
Webmaster	Dave Kissner

Dot Helling has volunteered to be Publicity Chair.

Timing Clock: Richard Cleveland received an email from Steve Eustis of GMAA with information regarding race timing clocks. After discussion, a motion was made and approved to authorize the club to spend up to \$3,000.00 to purchase a clock. Donna Smyers will contact Bob Murphy to ask if he will follow up on the selection of a clock. If Bob is not available, she will contact Tim Noonan and Norm Robinson to do it.

Newsletter: Compliments were given to Beth Eliason on an excellent newsletter – the first one to be published in about a year. She is currently working on the next edition and requested contributions.

New Business

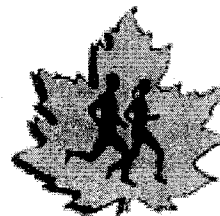
Special Olympics: An email was received from John Martin who is in Dublin representing Vermont Law Enforcement at the Special Olympics. John asked CVR to make a donation to support Special Olympics. After discussion, a motion was made and approved to donate \$100.00 to Special Olympics to be presented to John when he returns from Dublin.

Capital City Stampede: A message was relayed from Sam Davis that he still needs volunteers to help with the June 14th Capital City Stampede. Donna reported that John Valentine and Bob Murphy expressed willingness to volunteer. Nancy Rice said she also would help.

Sport Shoe Center: Richard Cleveland has been in contact with the Sport Shoe Center which is located in the old GU plaza on the Barre-Montpelier Road. They are interested in doing something with the club. Richard will follow up on negotiating a member discount.

Leaf Peepers: Race director Sandy Colvin reported on the race planning progress. The race size cap was increased to 750 entrants for the half-marathon. There is no cap for the 5K but there is a cut-off date. Yoplait may donate yogurt for the runners. Green Mountain Coffee will not be donating coffee but will be a sponsor. Dave Kissner is working on getting another company to supply coffee. On-line registration can now be done on the Vermont Running website – the application form can also be printed. The application will also be available soon on our club website. A suggestion was made to put the application on coolrunning.com. Sandy indicated that more volunteers are still needed. The next planning committee meeting was set for Monday, July 7th at 6:30 pm at Michael Chernick's home (Apt 75, Building 330 on City Side Drive in Murray Hill). This will **not** be a potluck.

The meeting adjourned at 8:05 pm.



CVR Member Results from Recent Local and Regional Events

KeyBank Vermont City Marathon & Marathon Relay May 25, 2003 Marathon (USATF Certified) Burlington, VT

PLACE	DIV/TOT	DIV	HALFMAR	NETTIME	PACE	GUNTIME	NAME	AGE	CITY/STATE
248	6/129	F4044	1:39:51	3:25:03	7:50	3:26:15	Beth Daut	41	Berlin VT
309	32/196	M4549	1:43:59	3:31:26	8:04	3:31:43	Wade Walker	46	Montpelier VT
376	11/129	F4044	1:46:33	3:34:17	8:11	3:35:21	Lori LaCroix	40	Barre VT
452	17/169	F3034	1:47:00	3:38:41	8:21	3:39:20	Tina Sutton	33	Barre VT
693	15797	F5054	1:51:37	3:50:18	8:48	3:51:03	Linda Hallinger	50	Washington VT
709	21/68	M5559	1:54:09	3:51:21	8:50	3:51:54	John Kaeding	55	Worcester VT
1028	60/164	F3539	1:53:23	4:06:10	9:24	4:06:50	Gail Pelkey	38	Waterbury VT
1498	148/196	M4549	1:55:24	4:32:52	10:25	4:33:28	Michael Chernick	49	Montpelier VT
1922	37717	F6064	2:24:37	5:13:00	11:57	5:14:58	Susan Bradt	61	Calais VT

Crowley Brothers Road Race (10km) from Proctor to Rutland. June 8, 2003 (results provided by Bob Murphy)

19	7/41	M4054	41:38	6:42	John Valentine	53 M	Roxbury VT
38	4/8	M5599	45:49	7:23	Bob Murphy	63 M	Barre VT
45	4/25	F0139	47:08	7:36	Megan Valentine	24 F	Williston VT



Central Vermont Runners 2003 Summer Fun Runs & Walks

Fun runs are held every Tuesday evening at **5:30 pm sharp**, from April through October, during the Daylight Savings Time period. Distances are on an out-and-back course of 2, 4 and 6 miles. Runners and walkers are welcome.

Unless otherwise noted, fun runs begin and end at the parking lot of the Vermont State Liquor Control Warehouse at the end of Green Mountain Drive in Montpelier, VT.

Visit the CVR website for additional information.

Editor's Notes

This issue is pretty skinny. Please, please, PLEASE!! Send more stuff!!!

Carol Ayer sent me an email about the Quebec City Marathon. She says: "I wanted to tell people that the Quebec City Marathon does an awesome job with a kid's mini-marathon. The kids get a Champion Chip, everything the marathoners do, plus they get to start out 4.2 kilometers from the marathon finish at the same time as the marathoners....so they really feel important. Besides the marathon and the mini-marathon, they do a 10k and half-marathon (maybe even a 5k this year but I'm not sure) so there is something for everyone! It is only about 4 hours from Montpelier and is like visiting an old European city. It is a Boston qualifier too!"

I ran this marathon last fall. The marathon is point-to-point from Levis to Montreal. Included is an early morning ferry ride across the river from Old Quebec City to the start in Levis. It's a nice race, and Carol is right, it is like being in an old European City!

More information is available at their website: <http://www.marathonquebec.com/english/>

Other really fun races that are happening in our area in the very near future include:

- **GMAA 21st Clarence DeMar 5K/10K**
July 4, 2003 <http://www.gmaa.net/>
- **Stowe 8-Miler**
July 20, 2003 www.stowe8miler.org
- **25th Goshen Gallop 10K**
July 27, 2003 www.blueberryhillinn.com/goshengallop1.htm

Please remember, this is your newsletter. Please let me know what you'd like to have included. Please send in stories about favorite races and places to run, horror stories, funny stories, pictures your kids have drawn. It would be great to have a newsletter that isn't borrowing heavily from the website just to fill up space. You can reach me via email at elizabet@pshift.com

Beth

The Next CVR Meeting and Pot-luck dinner will be August 4th at 6:30 pm

Please check next month's newsletter, or visit the website for details/directions.

Central Vermont Race Series 2003

Sponsored by Onion River Sports & the Shoe Horn at Onion River
Montpelier, Vermont

A 7 race series of some of your favorite Central Vermont races hosted by Central Vermont Runners and sponsored by Onion River Sports. Onion River Sports supports this series by providing prizes for individual races. The following races comprise the CVR Race Series 2003:

- First Night Montpelier 5K • Capital City Stampede 10K • Paul Mailman Montpelier 10-Miler • Bear Swamp Run 5.7 mile • Berlin Pond Run Around 8K • Northfield Savings Bank 5K • Leaf Peepers Half Marathon or 5K •

THE NEXT 3 RACES IN THE SERIES ARE FAST APPROACHING

Race #2: Capital City Stampede 10K on Saturday, June 14

Race #3: Paul Mailman Montpelier 10-Miler on Saturday, June 28

Race #4: Bear Swamp Run 5.7 mile on Thursday, July 10

~ Don't miss out on the fun and the prizes! ~



Check the CVR website for more details





Upcoming CVR Races

Saturday June 14, 9:10 am **Capital City Stampede 10K, Montpelier.**
Sam Davis 802 655-3611.

Saturday June 21, 8:30 am **CVR Kids' Track Meet, Montpelier.**
Norm Robinson 802 223-7351, Tim Noonan 802 223-6216.

Saturday June 28, 8:45 am **Paul Mailman Montpelier Ten-Miler.**
Dave Kissner 802 229-4523.

Thursday July 10, 6 pm **Bear Swamp Run 5.7 miles, Middlesex.**
Tim Noonan 802 223-6216.

Thursday, August 14, Time TBA **Berlin Pond Run Around 8K.**
Mike Chernick 802 223-0918.

Saturday, August 30, 9:30 / 10:30 am. **Northfield Savings Bank 5K-Foot Race and Children's 1-Mile Race.** Northfield Savings Bank,
802 485-5227.

Sunday, October 5, 11 am. **Leaf Peepers Half-Marathon and 5K.**
Waterbury. Darragh Ellerson 802 223-2080

Visit the CVR Website at www.cvrrunners.org for more information



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