



Volume 25
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Central Vermont Runners July 2004 Newsletter

CVR 25TH ANNIVERSARY PICNIC

Saturday, August 7

Barre Town Recreation Fields

Subultimate Runner Competition 10 a.m. followed by Picnic

To celebrate CVR's 25th anniversary, we looked to our history and pulled out a fondly remembered event from the 80's. On August 7 we will recreate the subultimate runner competition (see Norm's article on CVR's event). The competition, originally conceived of as the "Ultimate Runner" included a marathon, 10K, mile, 400m, and 100m races. CVR's 1980's version called the Subultimate Runner replaced the marathon with the 5K. Since we are now older and more prudent, the 2004 version will replace the 10K with something decidedly shorter and more fun. Events include 5K, mile, 400 m, 100 m, and 4x400 relay. Scoring is cross-country style: 1 for first, 2 for 2nd, etc. so that the longer and shorter events all carry the same weight and lowest score wins. You are not required to compete in all events, but your score will reflect missed events.

Everyone is invited to participate in the competition, cheer the competitors and then partake in the picnic. CVR will provide grill food and some beverages. It will be potluck for snacks, salads, desserts and BYOB.

CVR memorabilia should be brought to share.

Does anyone have a photo of Dot Helling running the 100m dash?

The event committee includes:

Dot Helling (ultradot@adelphia.net)

Linda Hallinger (index@together.net)

Norm Robinson (normr@adelphia.net)

Donna Smyers (dosmyers@cs.com)

Please contact any one of us with fun ideas or to join the committee.

Please RSVP to Linda to let us know how many in your family can make it to race and to eat.

Directions to Barre Town Recreation Fields:

Follow Main St (Rt 14) south through Barre. Turn left on Quarry Hill Road. Go past Thunder Road driveway on left, and Hilltop Restaurant on right. Wilson Cemetery will be on left. Just after cemetery turn left on Websterville Road. The driveway for the recreation facility is approximately ¼ mile on right, just prior to Barre Town Elementary School.



Girls on the Run Program

Submitted by Rowly Brucken

This spring, fourteen girls in the 3rd through 5th grades at Northfield Elementary School participated in the Girls on the Run program. Assisted by three scholarships from the Central Vermont Runners, they trained for six weeks before seven of them entered and completed the Shelburne Beach 5k on June 5. Hayley Arnold, in fact, won the GOTR race outright! The national Girls on the Run organization, which started in 1996 and now has over 25 sites in Vermont alone, publishes a curriculum that emphasizes fitness, developing a positive self-image, teamwork, and goal-setting. Head Coach Rowly Brucken and Assistant Coach Natasha Chiuchiolo want to thank CVR for its generous support, and we look forward to working with next year's participants!



Secretary's Notes – March 28, 2004 Meeting

Compiled by Betty Rose

President Donna Smyers called the meeting to order at 7:15 p.m. on Monday, June 7, 2004, at the home of Darragh Ellerson. Eleven club members attended the meeting.

Old Business

Capital City Stampede: Sam Davis reported on this race which will take place this coming Saturday, June 12th. He has a timer and other equipment lined up but needs 3 or 4 more volunteers to work out on the course. Michael Chernick volunteered to make sure the Statehouse parking lot gate is open from about 9:00 to 9:30 or 10:00. Sam has constructed some sturdy signs to post to alert residents of the upcoming race. These signs will be saved for future races. There are 35 pre-registrants, which is normal at this point. He also has one wheelchair entrant and Sam wanted to make sure that our liability policy would cover this racer. The wheelchair entrant will start before the rest of the field.

Clock, Tripod and Measuring Wheel: Tim Noonan reported that these items have been received.

CVR Singlets: Sandy Colvin sent some samples of singlets and shorts made from nylon. Donna Smyers brought some Onion River Sports singlets. After discussion it was determined that shorts would not be wanted as everyone has their own preferences. It was also determined that better quality singlets were desirable even if more expensive and the Club may subsidize the purchase.

Fun Runs: A discussion was held about a backup for Darragh Ellerson when she is not available for the Tuesday night Fun Runs. Whenever possible, Darragh will notify Donna Smyers in advance and Donna will find a replacement. If no one is available, the races will be self-timed or earlier finishers will record times for the rest of the racers. It was noted that the "2" and "3" mileage signs are missing and need to be replaced.

Reports from Race Directors:

- Dave Kissner sent word that the June 26th *Paul Mailman Montpelier Ten-Miler* has 30 pre-registrations and he is anticipating a large turnout. He is concerned about having enough volunteers.
- Tim Noonan will be adding a new race to the Weekday Race schedule. It will be called the *Statehouse Stage Run* and will combine a run up the path to the Hubbard Park Tower with a cross-country run through the park. The tentative date is August 19th and the fee will be \$5.00 (like the other weekday races).
- All required race permits from Berlin have been secured by Dot Helling and are being distributed to the race directors.

- Darragh Ellerson has been asked to run the finish line for this year's *Leaf Peepers Race*. She needs at least 15 volunteers. It was moved, seconded and approved to pay Sandy Colvin the same fee as last year to serve as race director for *Leaf Peepers*.
- Tim Noonan spoke about a call he received from Katrina Ware of the Northfield Savings Bank regarding the *Northfield Savings Bank 5K Foot Race and Children's 1-Mile Race* scheduled for September 4th. The bank wants to make the race a fund-raiser for Special Olympics and asked that CVR donate its services. The Club was asked to organize the race eight years ago and has been receiving \$1.00 per entrant. Ms Ware inquired as to what the Club actually does to put on the race. Tim told those present at the meeting that although he has enjoyed putting on the race, this will be his and Norm Robinson's last year as race directors. It was moved, seconded and approved that CVR will request our normal fee and will make the determination as to what we do with the money. In addition, the Club's future involvement with the Race will be discussed at the August meeting.

25th Anniversary: After discussion, it was tentatively decided that the Club's 25th Anniversary will be celebrated with a picnic and sub-ultimate runner competition on Saturday August 7th at the Barre Town Recreation area. The sub-ultimate competition will consist of four races with distances of 5K, one mile, 400 meters and 100 meters. The planning committee will be Donna Smyers, Dot Helling, Linda Hallinger, Norm Robinson, and any other volunteers. A motion was made, seconded and approved to authorize the committee to spend up to \$250.00 on the event.

New Business

Request for Donation: Andrea McLaughlin is a coach for the Run Girl Run Program for 6-8 graders with self-esteem problems. Andrea has asked the Club for a donation to be used to purchase incentive awards. A motion was made, seconded and approved to donate \$100.00.

Lifetime Membership: Shawn Bryan was granted a lifetime membership for his service to the Club including the water stop he sets up each year for Club races. Due to an oversight, his name was omitted from the Club membership list and he has not been receiving newsletters nor was he invited to the Volunteer Recognition dinner. Donna will add his name permanently to the membership list.

The meeting adjourned at 8:45 p.m.



Run Girl Run Program

As stated in its name Run Girl Run is a new Vermont program for middle school girls who train for a 5K race with workouts, games, and activities that build confidence and teach important life skills. The girls recommended for the program are not your typical middle school athletes, but girl who need extra encouragement to feel good about themselves. This summer is the second year that Run Girl Run has been in offered and has doubled in size! Last year Barre Town School had about eight girls who participated in the program, and currently has fifteen girls who are presently participating in the program. With the increase of participants and limited funds for the program Central Vermont Runners graciously contributed to the program.

During June and July the girls meet two times each week to train for the 5K Vermont Race for the Cure and develop self-confidence. As a new coach this summer, I am impressed with the enthusiasm the girls have to stay with the training and participate in the games and crafts we do each time we meet. So far the girls have learned to set goals, talked about and practiced running form, the importance of hydration and a balanced diet, learned to worked together as a team, talked about self image and have run! The program suggested that the girls train only on a track. Yuck!! As a runner myself I know that the track is the worst place to train so we have run on the schools nature trail, and through the local cemeteries. I have had the girls moving for forty-five minutes to an hour!!

The girls have already earned water bottles and soon will be earning a new pair of running shoes! At each meeting I have been rewarding the girls for showing up by providing them with stickers and picking a name from a hat to win t-shirts, water bottles and other running attire. After the Vermont Race for the Cure at the end of July, the girls will meet once a month. At each meeting we will be taking a field trips. Each field trip will introduce the girls to a "healthy activity" such as mountain biking, canoeing, snowshoeing, health club facilities or maybe even a climbing wall!! Maybe we will see some of you out and about on our travels.

Thanks again for your support of these girls and the Run Girl Run program.

Andrea McLaughlin

GREEN MOUNTAIN ATHLETIC ASSOCIATION 2004 RACE SCHEDULE

Aug 14 12th Scholarship Cross Country Run 5K 9:00 Red Rocks Park, South Burlington. Cross Country race on the dirt trails in the park. Benefits the GMAA scholarship. Mike Desanto (802-893-0547) scholarshipxc@gmaa.net \$5 pre-registration/\$8 race day.

Aug 21 25th Round Church Women's Run 5K or 10K 9:00 Round Church, Richmond. Fast and flat out and back on Cochran Road. Deb Tirrito (802-655-5226) roundchurch@gmaa.net \$5 pre-registration/\$8 race day (optional women's tank top \$6).

Sep 11 36th Archie Post 5 Miler 9:00 Gutterson Field House, UVM. Oldest race in the Vermont! Point to point course entirely on bike paths and cinder trails. Run to the start (3.5m from registration) or take bus (leaves Gutterson at 8:30). Steve and Cathy Eustis (802-878-4385) archiepost@gmaa.net \$5 pre-registration/\$8 race day (optional shirt \$6).

Sep 18 1st Common to Common 30K 8:30 Memorial Hall, Essex Center. Great marathon or half marathon tune-up or race long without hitting the wall. Scenic run through the farm country of Essex and Westford. Essex common to the Westford common and back. Steve Eustis (802-878-4385) common2common@gmaa.net \$9 pre-registration/\$12 race day.

Oct 9 31st Apple Harvest 10K 9:00 Shelburne Beach. Fast, scenic run through Charlotte apple orchards along Lake Champlain. Matt and Emily Gallagher (802-862-6706) appleharvest@gmaa.net \$5 pre-registration/\$8 race day.

Oct 16 34th Green Mountain Marathon 8:30 Folsom School, South Hero. Run on the colorful shores of Lake Champlain. Marathon only this year. Jim Miller (email only) gmm@gmaa.net \$20 until Oct 1. After Oct 1: \$25. No race day registration!

Nov 25 28th Turkey Trot 5K 11:00 Gutterson Field House, UVM. Run for fun and charity and make room for your Thanksgiving dinner! Anne Treadwell (802-865-3160). turkeytrot@gmaa.net \$2 or food donation for the Burlington Emergency Food Shelf.



*The next potluck dinner and meeting will be
Monday, August 23rd
6:30 pm.m
at the home of Michael Chernick
330 Cityside Drive #75 in Montpelier*

*Michael can be contacted at 223-0918
chernick@adelphia.net for directions*





Subultimate Runner Competition – All You Want to Know!

Submitted by Norm Robinson

The date of the original subultimate runner remains a mystery, but Norm still has all the official results from the three years it was held. The inaugural event had 12 contestants. Names from the past include: Geoff Lindermer, Pat DeBlasio, Bob Howe, Henry Marcy, Ernie and Pollie Flanders, and Bryan Liss, to name a few. Others well known to most of you were Tom Foltz, Greg Gerdel, Newton, Darragh, Dot Helling, and Norm. The winner, and co-record holder for fewest points ever scored was Geoff. He scored eight points with three firsts, a second and a third. Bryan Liss was second only one point back with 9 points. Dot won the women's event.

The second year had only 7 runners. Tim Noonan and Geoff Lindermer tied for first with 8 points each. On that day the sub ultimate title came down to the final event of the day- the 10K run. Tim held a slight one point lead going into the 10K. Geoff defeated Tim with a time of 37:47 to Tim's 38:51 to secure a tie for the day. What do you think Tim? Still got a sub 39 in you? Dana McCarthy was the only female competitor that year.

The third and last time the subultimate was run saw a resurgence in competitors. We had 11 runners. Ed and Sue Drapp took home first place in the men's and women's categories. Ed scored a low of 8 points with Tim and Greg Gerdel tied with 10 each. Sue had 29 points to win the female division.

Records for each event are as follows: 5K- Geoff Lindermer in 17:24. 440- Ed Drapp in 60.35. The mile record holder is Ed in 5:18. In the 100 yard dash the record is held by Greg Gerdel in 11.80. Finally, the 10K time of 37:40 is held by Geoff. On the women's side the 5K is 20:48 by Sue Drapp. 440- 1:11 by Nancy Maloney. Mile- 6:00 by Sue, 100 yard- Nancy in 13.61 and 10K by Dot Helling in 45:31.

Race director Norm has fond memories of the events. Most notably, the fact that people even showed up the first year, and came back in subsequent years. Runners were actually able to compete and complete all the events and still have a good time. Of course the best memory is still first year's 100 yard dash when Dot Helling realized she had ZERO fast twitch muscles. Her 20.11 is still the record for slowest time ever run in the dash. To her credit she came back two years later and blistered the track with a 17.86. (While taking more than 2 seconds off her time she also owns the SECOND slowest time in that event). All in good fun, Dot.

While none of us will return to the glory days of the original sub ultimate runner, what new memories and records will be set this year?



9th Annual Mad Dash Community Fitness Event

Mad River Greenway, Meadow Road, Waitsfield, VT

Sunday, September 19, 2004 - 10:00 a.m.

The Mad Dash is a special foot race held on the Mad River Greenway. The event features a four-mile and eight-mile distance running race and a four-mile fitness walk. After the race, participants are treated to a feast of organic and natural, locally-produced foods and refreshments. There is a drawing of bib numbers for prizes, and runners in 16 categories will be awarded medals honoring their achievement. The day's event concludes with the kids fun run, an informal, short distance race for boys and girls in various age categories. This is a popular event with over 100 kids participating in 2003. Ribbons, prizes and ice cream await all finishers. Participants of the Mad Dash run or walk will receive a long-sleeve commemorative t-shirt and a bag of unique goodies.

For more information contact: Kevin Russell, Race Director, Mad River Path Association
PO Box 683, Waitsfield, VT 05673
(802) 496-7877, path@madriver.com, or visit the website: www.madriverpath.com

Lake Champlain Women's Running Camp

Camp Abnoki
North Hero, VT
August 15-21, 2004

The Lake Champlain Women's Running Camp, nestled in a peaceful shore-side setting, supports and inspires adult women of all abilities to explore, connect and set new goals. Train at your own pace on back-country roads in the company of other women and learn from shared experiences. With you every step of the way is our expert all-female staff, providing the best in women's running and health.

Daily workshops improve your performance through form drills, stretching, core strengthening, water-running, track workouts, nutrition, sports psychology, injury prevention and more. The week culminates with the Round Church Women's 5K/10K in nearby Richmond, Vermont on August 21st.

Full information is at www.vcm.org - or contact the Vermont City Marathon offices at 802-863-8412/800-880-8149

