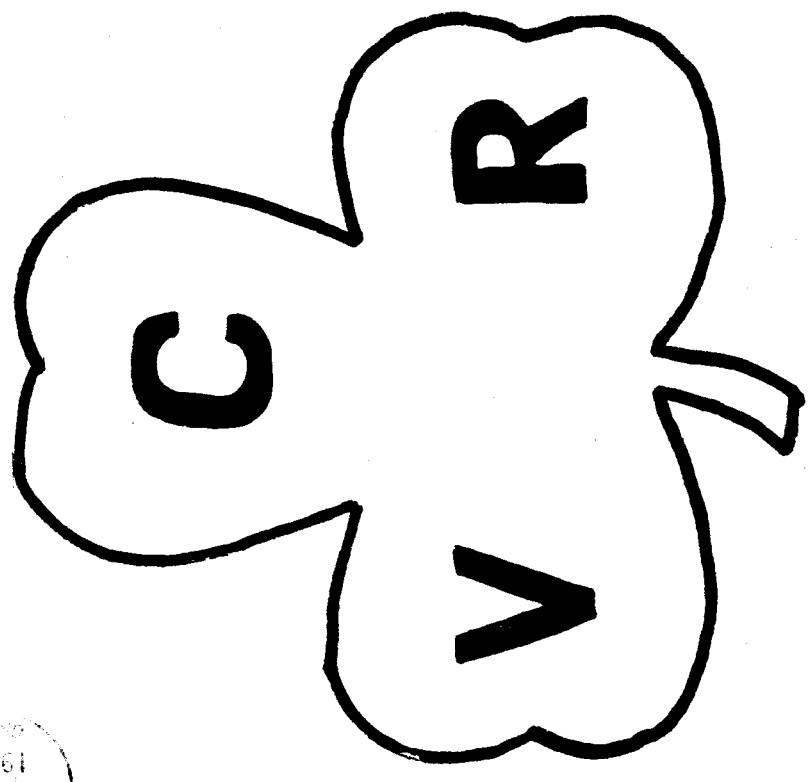


MARCH
1986

Vol. 7
No. 2

Pres. - Norm Robinson
V.P. - Geoff Lindemer
Treas. - Darragh Ellerson
Sec. - Tim Noonan



NEWSLETTER

The next meeting of CVR is March 17th
at 6:30 p.m. at Darragh Ellerson's home.
Pot-luck dinner. Call 223-2080

Bad weather plagued the February meeting of CVR on the 17th at Norm Robinson's house. Six members braved the storm to feast on Mexican pizza, fruit salad, pasta, etc., etc., etc. As of the meeting, our treasury stood at \$635.81. Darragh also noted that after checking the number of t-shirts due to people, she needed to order 36 assorted sizes to cover those, and have enough on hand to take care of future requests.

The National RRCA Convention highlights were sketched out and a summary is included elsewhere in this newsletter. Darragh agreed to book 5 rooms in the Holiday Inn Convention Center for those known to want to attend. Others interested should make plans on their own or check with Darragh or Norm about possibilities of doubling up in some rooms. Norm was voted as the official delegate to the convention. Also it was voted to take out a one page ad in the convention handbook at a cost of \$100 to be split between the 10 Miler and Leaf-Peepers. Hopefully this money will be recouped from sponsors of these races.

In other news, Darragh will be looking into the possibility of having to file an IRS tax form for 1985. Under RRCA guidelines a club, even if tax exempt, must file if receipts exceed \$5,000.

Ten Mile race director, Tim Noonan, while unable to attend the meeting, passed on several notes of interest. It looks very positive that Oxygen and Welding, Inc. will be sponsoring this year's race. Tim made a presentation at a Kiwanis meeting and O&W came forth to our aid. We will receive \$1.00 for each entry with all profits to be given to the Kiwanis. The organization will help with volunteers and the like, similar to the Lions club for Leaf-Peepers.

Bob Murphy reports plans to certify both the 10 Miler course and Leaf-Peepers this spring. The RRCA has relaxed their certification requirements slightly, which will enable a quicker job.

A 5 member panel has been set up to evaluate the CVR Schol- arships. The members being: Jeff Shutak, Darragh Ellerson, Tony DiMauro, Bob Murphy, and Bob Howe.

The March meeting is set for the 17th at 6:30 p.m. at Darragh Ellerson's home. Pot luck dinner is planned. Hope to see you there!!

WANTED!!! WANTED!!! WANTED!!! WANTED!!!

A Newsletter Editor

CVR is in need of a newsletter editor. The position's duties consist of compiling information supplied by members, race schedule, and any other news into the monthly newsletter. Also, the editor has the newsletter printed and mailed by the second Monday of each month. The time required to complete varies but I would estimate about 5-7 hours per month. This position is one of the most important of the club. If interested contact Norm Robinson for more information at 479-1968.

MEMBERSHIP DISCOUNTS?

Do merchants offer discounts to our members? In the past we had several arrangements for discounts at some Burlington area and local sporting goods stores. We need someone to call or contact merchants for possible discounts. This could mean substantial savings to you and fellow members. If you could give us several hours of your time, or split the work among friends, please contact me, Norm Robinson, at 479-1968.

Norm's notes

REMEMBERING PRIORITIES

If races have become the focus for anxiety attacks, and your family dreads the thought of you on race day, then maybe you need to remember your priorities. While I would be the last to tell you not to take your racing seriously, I think we all need to be reminded of the things that make racing fun.

The pre-race and post-race banter among friends makes racing the highlight of the summer season. For myself, if I couldn't race, I probably wouldn't run. The chance to test myself against not only other competitors, but my own best previous time, is reason enough to enjoy racing. (Not to mention the good food.)

While nerves play an important role in preparing the body for competition, we should all try to keep them in check. Enjoy the friendship, fresh air, and competition, but remember your family too. Before you snap off your spouse's head, scream at your kids, or curse because you can't find your favorite socks, remember that your family are the ones who let you race in the first place. And put your socks out the night before!!

KEEP THOSE CARDS AND LETTERS COMING!

Many thanks to those who have sent in contributions to this and previous issues of the newsletter. They're responsible for whatever success this publication enjoys. Material is always welcome and needed, so those of you who haven't yet been published - don't be bashful. We'd like to hear from you too. Typed material is preferred, but if you don't type, don't let that hold you back. Just jot down your thoughts on whatever is at hand and send it in. We'll see that it gets typed. If you're not much into prose, we'll take your poetry. And if you believe a picture is worth much more than mere words, maybe you'd like to take a try at cartooning or illustrating.

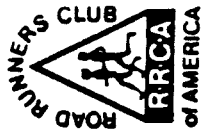
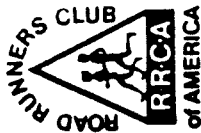
CVR Singlets

We will be offering CVR racing singlets for \$16.00 each. This is probably a one time offer as they will be locally made for us. They will have a white nylon tricot top (front and back) with the lower portion (front and back) of white cotton/poly mesh. Red tricot piping will be around the arms and neck with a red CVR logo on the chest.

I have a sample (without the logo) and it can be seen at the March CVR meeting or you can make arrangements to see it another time. They will be available around June 1. Orders must be in before April 1. We need to have 12 orders to meet a minimum requirement. Call Mary Lebate at 456-8163 for information or to place an order.

Note: The cost breakdown of the shirts is \$12.00 for the shirt and \$4.00 for the logo. I urge all of you to consider this expense. Wear your CVR pride!!!

Norm



Central Vermont Runners Membership Application

Last Name _____ First Name _____ Middle Initial _____

Street _____ City/Town _____ State _____ Zip _____

Date of Birth _____ Sex _____

Phone No. (Home) _____ (Office) _____

T-Shirt size: S M L XL

Dues Paid: 85 86 87 88 89 90 91 92 93 94

As a responsibility of club membership, I agree to be available to work on at least one club race during the year. My preferred month is indicated below. (Directors will call for help.)

____ Mar ____ Apr ____ May ____ Jun ____ Jul ____ Aug ____ Sep ____ Oct ____ Nov

As an alternative, I prefer to work on the race checked below:

- May — Rotary 5km
- June — Montpelier 10 miler
- July — Howard Bank 10k
- August — Berlin Pond Couples Race
- September — _____
- October — Leaf Peepers Half Marathon
- Fun Runs (every Tuesday May-October)
- Newsletter
- Annual Banquet

Initial membership fee is \$5 (\$1 for subsequent members from the same household). T-shirts — \$6.00.

Send completed Membership Form with initial membership fee to:

Central Vermont Runners
Darragh Ellerson
Upper North St., Box 170
Montpelier, VT 05602

RRCA CONVENTION HIGHLIGHTS

For those planning to attend the RRCA Convention in Portland, Maine on May 16-18. Be sure to request convention rates which are \$48 for double occupancy with \$5 for each additional person in the room. Convention headquarters: The Holiday Inn Downtown, 88 Spring St., Portland, Me. 04111. Phone (207) 775-2311. General convention fee- \$10.

FRIDAY

Convention activities begin Friday noon:
5K race. Start: Congress Square- one block from hotel
Finish: in front of Holiday Inn
Entry fee: \$4
Runners Expo and Workshops following race including workshops on sports nutrition.
New England Lobster Bake- on beach at So. Maine Vo-Tech Institute. Starts with 4.5 mile fun run followed by clams, mussels and other food. All you can eat for \$10.
Other points of interest- Tour of L.L. Bean, hospitality room at Holiday Inn on both Friday and Saturday nights.

SATURDAY

Main convention meeting at 9 a.m. until lunch.
Open discussion meeting after lunch.
Workshops- remainder of Sat. afternoon.
Runners' Expo add packet pickup for Sun. 10K race most of Sat.
Fun runs both morning and afternoon
Social Hour- 5-6:30 p.m.
Awards Banquet- 6:30 p.m.

SUNDAY

RRCA National Championship 10K- 8:30 a.m.
Start- Deering Oaks Park
Registration- Univ. of Maine
Entry fee- \$6.00 for pre-registered
Commemorative awards to all participants. Flat course.

MARCY SHINES AT HARVARD

Our own Henry Marcy finished second at the Harvard Alumni Mile for 40-plus runners. Henry finished in 5:15:08 and lapped the other 6 entrants except for the winner of course. Winning time was 5:13.

PLEASE NOTE!!

Those who have not paid their '86 dues are asked to do so immediately. The April newsletter will be the last sent to all past members. Only paid up members will be kept on our mailing lists thereafter. Also, voting power at the RRCA Convention is based on the number of members per club and we would like our list to be up to date prior to the May meeting.

RACE SCHEDULE

 C - indicates races with CVR involvement. If you aren't running your help would be greatly appreciated by the race director and crew.

* - indicates that Bob Murphy (476-4328) has an entry blank. Please send SASE when requesting an entry blank from either Bob (RR3, Box 6866, Barre, VT 05641) or from the race directors listed.

* 23MAR86 SCHENECTADY, NY PRICE CHOPPERTON 30Km ROAD RACE
 10am at Proctor's Arcade. \$6 by 11 Mar, \$7 day prior to race. No race day registration. Cash awards, souvenir singlet to first 1000 registrants. RRCA National Championship. Individual and team competition. Ken Tatt, Vley Rd., Scotia, NY 12302 (518-372-6582)

26APR86 ST. JOHNSBURY, VT 10Km and 2Mi MAPLE SAP RACES
 \$3 preregistration or 9:30am to 10:30am on race day. Races start at 11am. T-shirts on sale. Prizes to top finishers in each age group. Prize drawing for non-winners.

C 10MAY86 EAST MONTPELIER, VT RUN FOR THE FUN OF IT 5Km
 11am at U-32 High School. Jeff Shutak & Wade Walker, Race Directors.

22MAY86 MONTPELIER, VT STATE OF VERMONT CORPORATE CUP 5Km CHALLENGE
 5:30pm at State House. State Agency and Corporate Team competition. George Plumb (Agency of Environmental Conservation) is the coordinator of the event.

* 25MAY86 KENNEBUNK, ME MAINE COAST MARATHON
 7am @ Kennebunk High School. \$10 by 1 May, \$15 after. No race day registration. T-shirts and certificates to all finishers. Joe Cesta, P.O. Box 1333, Biddeford, ME 04005

C 21JUN86 MONTPELIER, VT MONTPELIER 10-MILE ROAD RACE
 10:30am at Montpelier High School. Tim Noonan, Race Director.

C 12JUL86 MONTPELIER, VT HOWARD BANK 10Km ROAD RACE
 9:30am at School & Main. Wade Walker, Race Director.

C 16AUG86 BERLIN, VT BERLIN POND COUPLES RACE (6mi)
 9am at Berlin Elementary School. Dot Helling, Race Director.

C 05OCT86 WATERBURY, VT LEAF PEEPERS HALF-MARATHON
 11am @ Waterbury Recreation Field. Darragh Ellerson, Jeff Shutak and Tony Dimauro, Race Directors.

RACE SCHEDULE NOTICE

Bob Murphy is once again preparing the Race Schedule. Help him out now and throughout the year. If you know of an upcoming race (or races), let him know. Many of our members feel the race schedule in our monthly newsletter is one of the greatest benefits of membership in CVR. Let's not let them down. Give Bob a call at 476-4328 evenings or 828-2695 weekdays, or send info and race entry blanks to him at RR3, Box 6866, Barre, Vt. 05641. Thanks!

NEW RACE WAIVER

The following is a new waiver for race forms that the RRCA suggests we use. It is being printed here for anyone's information and reprint for race directors.

EVENT WAIVERS

At the October RRCA Executive Board Meeting the RRCA Legal Advisory Committee submitted their generic waiver which was approved by the Board. This waiver was hammered out by the committee which is composed of attorneys and race experts as a good example for clubs to use. The committee has uncovered a large number of recent court cases involving sporting events where the waiver has been upheld. Having a signed waiver is a requirement of our insurance and no event should allow participants to compete without signing a waiver. This alone adds emphasis for all of us to eliminate bandits and imposters from our events. The waiver does not stop you from losing a suit in which the race is negligent, but if you have planned a safe event giving proper warnings and conduct the event safely where negligence cannot be proven on your part the waiver is a strong defense for you. The legal committee is now looking into a generic waiver to be used on membership applications that will help protect clubs in the case of suits arising from club meetings and smaller club functions such as fun runs where a formal form is not always used. This, of course, would only be a protection against suits arising from your membership. You would still need a waiver signed by a non club member. It has often been said that the waiver is of little good in court. That is not what the committee has found to be the case. Have a signed waiver, give adequate warnings, don't be negligent and have insurance and you are on solid ground.

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, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, 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 entitled to act on my behalf, waive and release the (your club name), the City of (city name) and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

 SIGNATURE DATE

 PARENT'S SIGNATURE IF UNDER 18 YEARS OF AGE DATE

OPTIONAL CLAUSE:

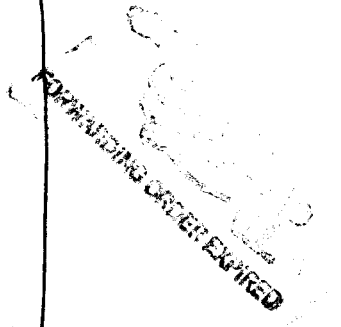
I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

You may also want to include a sentence about not wearing headphones in the event. If a runner scratches it out, you may choose to either refuse him/her to run in the race or require the runner to sign a letter stating that he/she is running anyway against your recommendation about headphones.

REMEMBER, THE IMPORTANT THING IS TO HAVE A SIGNED WAIVER FOR EACH PARTICIPANT, HAVE GIVEN ADEQUATE WARNINGS IN YOUR INSTRUCTIONS AND CONDUCT A SAFE EVENT WITHOUT NEGLIGENCE ON THE PART OF THOSE CONDUCTING THE EVENT. BACK THIS UP WITH INSURANCE SO THAT YOU WILL BE LEGALLY REPRESENTED WITHOUT ADDITIONAL COST AND PROTECTED FROM FINANCIAL DAMAGES.

Norm Robinson
48 Westwood Pky.
Barre, VT. 05641

(address correction requested)



Richard Henrickson
RT 1, Box 220
Barre
VT 05641