

# Central Vermont Runners Club Newsletter Oct. 1992



Tom Kaiden- President  
Dana McCarthy- Sec.

Darragh Ellerson- U.P.  
Norm Robinson- Treas.

Vol. 13, No. 4?

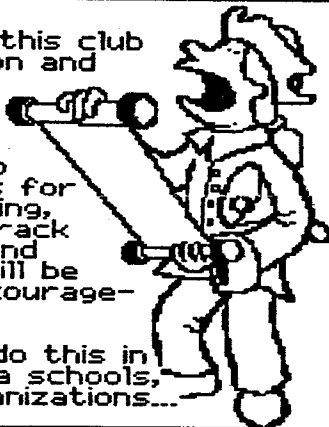
## SEPT. MEETING NOTES (Our future..... Part 2)

The Sept. meeting, held at Norm Robinson's house, was in many ways about the same old question of how to increase participation in the club. It took on a number of new perspectives however and most felt we were finally moving forward.

The prime object of this club shall be the promotion and encouragement of physical fitness through running.

The club proposes to provide opportunities for non-competitive running, education, road or track races, newsletters and social events which will be conducive to the encouragement of running.

The club intends to do this in cooperation with area schools, clubs and other organizations....

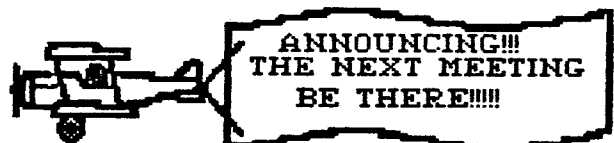


running partnerships, speakers, developing the support, etc. We then tried to tie all of this together into a mission. After a lot of discussion it was agreed that the purposes of the club have really never changed from when the constitution and by-laws were written 12 years ago! That mission is enclosed in the graphic shown previously on this page.

We knew what we wanted to be, but which of all the things listed were our priorities? There was a very lively and open discussion and when finished there was a general sense that we need and want the races for financial and social purposes. But, on top of that there is so much more that many people want out of CUR. The social interaction that takes place is why many join clubs and we need to strengthen that. Things such as training partnerships, fun runs, and the newsletter as a link to people, and as information, etc. were the kinds of things we need to continue to improve on.

Once we all agreed as to what CUR is and should be, we examined the main issues of how to get there. The three main concerns are: 1) Membership- without many more members to draw from, the work we want to do can't be done. 2) Volunteers- we need ACTIVE members. 3) Succession- who is going to be the next race directors, officers, and key committee people.

(CONTINUED ON NEXT PAGE)



WEDNESDAY- NOV. 11TH - 6:00 P.M. POT LUCK!!  
DARRAGH ELLERSON'S- UPPER NORTH ST.,  
MONTPELIER. CALL 223-2080 FOR DIRECTIONS.

AGENDA: Will continue on membership, try to set '93 race calendar, review '92.

The headline reads (Our future... Part 2) because many of you remember the meeting we held in February when there was much discussion about saving CUR. At that time a number of members stepped forward and have since then played key roles in the club in '92. The Sept. meeting was specifically designed to come up with a plan to ensure the continued future of CUR.

President Tom, did a FANTASTIC job leading the discussion about what CUR is, should be, and how to move in that direction. Thanks for keeping us on track Tom!!

Our first goal was to decide what CUR's mission statement, or purpose is and should be. The following is a sampling of the thoughts and ideas presented: Races, fun!, social interaction, scholarships, peer support, information, fitness,

# SEPT. MEETING CONTINUED

Membership. The critical mass of people we need in order to draw volunteers from. Most of the rest of the meeting was spent on how to increase this. Sam Davis stepped forward and has agreed to become Membership Chairman. Thanks Sam! This is a tremendous undertaking, and Sam WILL be calling on you for HELP!!

Some of the suggestions included: a new membership form that will be distributed to fitness clubs, stores, races, etc.; club t-shirts and/or singlets; a telephone drive; and bringing fun runs back to the level of years past. While we tried to bring fun runs back this year, there was a great deal of difficulty in doing so. Fun run is where most of the current members found out about CUR. It is where the social interaction we talked about earlier begins, and is where CUR can be very visible. WE MUST REVITALIZE FUN RUNS AND BRING THEM BACK TO A HIGHER LEVEL. THIS WILL BE ONE OF THE TOP PRIORITIES OF 1993.

Volunteers. It is not enough to just add new members that are not active. Discussion revolved around new member follow up to get them involved and informed about CUR. We also talked about ways to get all members to help at just one function a year. It's on the membership form, but many don't check off to help.

Succession. We must put in place a method to ensure that when a race director can no longer fill that commitment that there is someone else prepared and willing to take on that job. We need to discuss this further in upcoming meetings to get this in place.

The meeting ended on an upbeat note for the most part with the group feeling that while we had discussed many of the same old subjects; we had finally moved forward with some action.

## CELEBRATION



NEW CUR MEMBER IS BORN!!

EMILY VICTORIA DAVIS!!!!- BORN SEPT. 4, 1992 Daughter of Sam Davis and Patty Roach-Davis. Weighed 7 lbs. 13 oz. Imagine the runner Emily will be with the genes she has inherited!! Patty is back on the roads.

SUN	MON	TUE	WED	THU	FRI	SAT
<b>CVR RACE</b>						
<b>CALENDAR</b>						
<b>1992</b>						
(all information should be verified with race directors for accuracy)						

OCT. 31- 50 MILER. 7:30 a.m. Essex Elementary School, Essex Center. Bill Everett, 879-1687. Western States 100 qualifier.

NOV. 1- FRED HACKETT AUTUMN RUN, 10K. West Concord, NH. Noon, 15th Annual, \$10.00 by Oct. 30, \$12.00 after. TAC certified. (\*\*\*\*)

NOV. 7- JUNIPER HILL 12K. 10:00 a.m. Birchwood Park Drive, Barre, Vt. Bob Murphy, 476-4328. \$2.00. "The Mother of All Races". Challenging, hilly loop course. Prizes awarded to fastest time adjusted for age & sex, plus drawn prizes.(\*\*\*\*\*)

NOV. 26- TURKEY TROT, 5K, UUM, Burlington, VT., 11:00 a.m., Ralph Swenson (864-4952), or Neil Stout(862-5872). Entry Fee is food donation or minimum \$2 cash donation for the Burlington Emergency food shelf.

JAN 1- FIRST RUN 5K, 11:00 a.m., Memorial Auditorium, Burl., Ut., (864-0123).

JAN. 1- TWICE AROUND THE BLOCK. Montpelier, Ut. A CUR race! More info. will be coming.

(\*\*\*\*\*) indicates I have at least one entry blank with further information. I am looking for additional races to include in this calendar. Please forward information to: Norm Robinson, 66 Terrace St., Montpelier, Ut. 05602. Please send no later than the 15th of the month for the next month's issue.



RACE RESULTS OF CUR MEMBERS AND FRIENDS

SPECIAL CONGRATS TO JOHN VALENTINE! John finished 4th Overall at the Manchester Maple Leaf Half Marathon in a time of 78:25.

Other results from Manchester are: Bob Murphy(2nd in the 50-60 age group) in 83:56. Norm Robinson (95:15), Jeff Shutak (97:05), Hope Crifo (123:59).

At the QUALITY K'S FOR COTTAGE HOSPITAL 10K: Bob Murphy(7th overall and 1st in age group) in 37:36, Norm Robinson (20th) in 43:39, Jeff Shutak (26th) in 45:34, and Darragh Ellerson (1st in age group) in 56:18.

JUNIPER HILL 12KM RACE  
"The Mother of All Races"  
Barre, Vermont  
Saturday, 10am, 7 November 1992

Sponsored by Central Vermont Runners  
Sanctioned by RRCA and TAC/USA

Course: TAC certified course #VT89002BT. Challenging, hilly loop course; 1/2 gravel, 1/2 paved. Starts and finishes on Birchwood Park Drive in Barre Town. No aid stations. No traffic control. All miles marked.

Awards: Prize to fastest time adjusted for age & sex, plus drawn prizes. Post-race refreshments will be provided.

Entry Fee: \$2.00 preregistration or on race day. Race proceeds to benefit the CVR Scholarship Fund.

Registration: By mail or register between 9:00am and 9:45am on race day.

How to Get There: From I-89 Exit 6, go 1.5mi on VT 63, turn left at Miller Road, go 0.2mi, turn left onto Birchwood Park Drive, 5th house 1/2 mi on right.

----- OFFICIAL ENTRY BLANK -----

NAME (Please Print) \_\_\_\_\_ SEX: M F  
STREET \_\_\_\_\_ CITY \_\_\_\_\_  
STATE \_\_\_\_\_ ZIP \_\_\_\_\_ AGE ON RACE DATE \_\_\_\_\_ BIRTHDATE \_\_\_\_\_

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 Central Vermont Runners, the Towns of Barre and Berlin and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of persons named in this waiver.

\_\_\_\_\_  
signature of entrant date

\_\_\_\_\_  
if entrant under 18, parent or guardian must sign date

Mail with \$2.00, checks payable to Central Vermont Runners, to Bob Murphy, RR3, Box 6866, Barre, VT 05641

JUNIPER HILL 12 KILOMETER ROAD RACE  
"The Mother of all Races"

This year's running of the 5th annual 12 km (7.5 mile) Juniper Hill road race will take place on Saturday, 7 November 1992, at 10 A.M. The race course is TAC-certified and features a challenging, hilly route over roads in Barre Town and Berlin. About 50% gravel and 50% paved, the course starts and ends on Birchwood Park Drive in Barre Town. The route follows Perry Road, Miller Road, Airport Road, Scott Hill Road, East Road, Vt. Route 63, Miller Road back to Birchwood Park Drive. All miles will be marked.

To get to the race start, take I-89 Exit 6, go 1 1/2 miles on Vt. Route 63, turn left at crossroad (Miller Road), go 0.2 mile, turn left onto dirt road (Birchwood Park Drive), go to 5th house 1/2 mile on the right (dark brown with white shutters). Registration on race day starts at 9 A.M. Entry fee is \$2.00. A single prize will be awarded to the first place finisher, based on age and sex adjusted times. Post-race refreshments. Call Bob Murphy for information between 7-9 P.M. weekdays at 476-4328. Hope to see you there this year!

Bob Murphy  
Race Director

Gardner-Morse, Eliza  
11/03/89

Baker, Jeremy  
11/04/70

Gerdel, Morgan  
11/08/77

Leber, Barbara  
11/09/50

Potter, Tom  
11/14/49

Commito, Sarah  
11/24/78

Flanders, Polli  
12/01/36

McCarthy, Peter  
12/05/53

Austin, Ken  
12/06/42

Robinson, Norm  
12/06/55

Peterson, John  
12/08/48

Gerdel, Alexandra  
12/24/84



**CENTRAL VERMONT WOMEN  
SET TRAIL RECORDS**

Three Central Vermont women came out winners and set course records at two Northeast Trailrunner Circuit races recently. In her debut on the circuit, Nancy Maloney of Northfield won both the Wapack Trail Run and the Mt. Pisgah Mountain Marathon held in New Hampshire on September 13 and September 20, respectively. Also coming home with wins were Sue Christiansen of Berlin and Dot Helling of Montpelier.

Maloney won the women's open division of the 17.7 mile Wapack Trail Run in a course record time of 3:17:02. Sue Christiansen took the women's masters title with a record time of 4:01:29. After being lost several times and adding more than three miles to her run, Helling tied for 3rd master in 4:18:54. No Vermonters competed in the men's race which was won by Dave Dunham of Londonderry, N.H. in a course record of 2:24:08.

One week later, Maloney won the women's open division of the 27.7 mile Mt. Pisgah Mountain Marathon, again in a course record time of 4:50:22. She was followed in by Helling who took second place and the masters course record of 5:05:45. Diane McNamara of Massachusetts placed third woman in 5:39:39. The men's field was dominated by Jim Jones of Catskill, N.Y. in a record time of 3:39:56.

The Wapack and Mt. Pisgah races are two of 22 races on the Northeast Trailrunners Circuit this year. Participants score points and compete for rankings at year-end. Helling has won both the open division and masters division in past years.

**RESULTS**

WAPACK TRAIL RUN, 17.7 miles, New Ipswich, N.H., September 13, 1992

Males:	1. Dave Dunham, Londonderry, N.H.	2:24:08*
	2. Rich Fargo, Plainville, Conn.	2:30:27
	3. Stephen Peterson, Clinton, Ma.	2:44:46
Female:	1. Nancy Maloney, Northfield, Vt.	3:17:02*
	2. Sue Snyder, Williamstown, Mass.	3:46:29
	3. Sue Christiansen, Berlin, Vt.	4:01:29**
	5. Dot Helling, Montpelier	4:18:54

\*Course Records

\*\*Masters title and course record

MT. PISGAH MOUNTAIN MARATHON, 27.7 miles, West Chesterfield, N.H.,  
September 20, 1992

Males:	1. Jim Jones (37), Catskill, New York	3:39:56*
	2. Mike Watson (47), W. Chesterfield, N.H.	4:07:32**
	3. Craig Wilson (43), Kittery, Maine	4:09:27
Females:	1. Nancy Maloney (35), Northfield, Vt.	4:50:22*
	2. Dot Helling (42), Montpelier	5:05:45**
	3. Diane McNamara (38), Northampton, Ma.	5:39:39

\*Course Records

\*\*Masters titles and course records

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CENTRAL VERMONT RUNNERS MEMBERSHIP APPLICATION

NAME (Please Print) \_\_\_\_\_

STREET \_\_\_\_\_ CITY \_\_\_\_\_ ZIP \_\_\_\_\_

AGE \_\_\_\_\_ BIRTH DATE \_\_\_\_\_ SEX: M \_\_\_\_\_ F \_\_\_\_\_ PHONE \_\_\_\_\_

NAMES, DATE OF BIRTH OF ADDITIONAL HOUSEHOLD MEMBERS OF CVR:

1) \_\_\_\_\_ 2) \_\_\_\_\_

3) \_\_\_\_\_ 4) \_\_\_\_\_

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

JUNE- CAPITAL CITY STAMPEDE \_\_\_\_\_ MONTPELIER 10 MILER \_\_\_\_\_

AUGUST- BERLIN POND COUPLES RACE \_\_\_\_\_ OCT.- LEAF PEEPERS \_\_\_\_\_

NOV.- JUNIPER HILL 15K \_\_\_\_\_ FUN RUNS (Tues. May-Oct.) \_\_\_\_\_

Annual dues are \$8 for individual and \$10 for a family. Enclosed are dues for the following years): 1992 1993 1994 1995

Send form and check payable to: CENTRAL VERMONT RUNNERS, Norm Robinson, 66 Terrace St., Montpelier, Vt. 05602

66 Terrace St.  
Montpelier, Vt. 05602