



CENTRAL VT. RUNNERS CLUB NEWSLETTER JUNE 1993

Vol. 14 No. 3?

JUNE MEETING TO FEATURE STRETCHING EXPERT

Lynn Monterose, B.S.P.T., M.S.B.E., will be the guest speaker at our next meeting; on Wednesday, June 2nd. The meeting will be held at the home of Darragh Ellerson on Upper Main Street in Montpelier. The usual pot luck dinner will begin at 6:00 p.m. with the meeting following. If you can't make dinner, feel free to show up for the meeting, beginning somewhere after 6:30 p.m.

Ms. Monterose will discuss the importance of stretching to runners. She received her B.S. in Physical Therapy from the University of Connecticut in 1986. She has worked as a physical therapist for six years in orthopaedic sports medicine clinics. She has just received her M.S. in Biomedical Engineering from the University of Vermont.

For directions to the meeting, call Darragh at 223-2080.

Fun Runs have Begun!

In case you've missed one of the hundreds of flyers, radio and newspaper announcements, or last month's newsletter; I wanted to give front page notice that fun runs have indeed begun.

They begin at 5:30 p.m. on every Tuesday from the parking lot of the Montpelier High School. You can run for fun, speed, or any reason, but I am sure you will have a good time. Below is a list of the people assigned to take care of duties for the next few weeks.

June 1, 8- Newton Baker
June 15, 22- Maureen Carr
June 29, July 1- Nancy Schulz
July 13, 20- Darragh Ellerson.

"IN SEARCH OF A NEWSLETTER EDITOR"

If your looking for a chance to improve your typing skills, or just want the practice, "have I got a job for you!"

I am beginning the search early for a successor to yours truly as editor of this esteemed piece of recycled wood. I very much would like to get out from under this task as soon as possible. The job has been enjoyable; but combined with Treasurer, mailing list coordinator, and my other life as dad, husband and employee there is a need to let go.

The job requires about 3-4 hours a month and can be done a number of different ways. You don't have to have a computer to be editor, but typing is almost a must. If you think you'd be interested, give me a call at 223-7351 and I'll give you more details.



Diane Sherlock- 7/2
Karen Gerdel- 7/4
Katie Burkholder- 7/5
Darragh Ellerson- 7/6
Doug Allen- 7/20
Cynthia Gardner- Morse- 7/22
Elizabeth Meiklejohn- 7/23
Dick Millar- 7/23
Tom Commito- 7/31

Welcome New Members!!

Jill Jourdan- Hunt, and Fredrick Hunt (Barre, Ut.)
Bob Ronner (Killington, Ut.)
Maureen Carr (Montpelier) I missed Maureen some time back!! I hope no one else has been left out.

CENTRAL VERMONT RUNNERS
Minutes
May 5, 1993

President Tom Kaiden called the meeting to order after the 17 members present enjoyed a summer type potluck on Norm Robinson's deck.

FUN RUNS: First order of business was to thank Hope Criffo for getting the Fun Runs started this year. The first one was held on May 4 with 17 runners. We discussed moving the start of the Fun Runs back to the Liquor Control Warehouse, but decided to leave them at the High School for now. The course has not been marked from the High School, but we can continue to walk over to the start after gathering at the High School and use the current markings for 2, 4 and 6 miles. Members were reminded that Hope is the overall coordinator of the Fun Runs, but not responsible for each week's run. We were each asked to be responsible for 2 runs during the season. Responsibilities include obtaining and putting up the banner, taking care of sign up and having race forms, CVR applications, etc. available for participants. Runners are responsible for their own water and time.

PUBLICITY: We now have 3000 membership forms and 800 Fun Run posters. We brainstormed places to put them, with members present volunteering to post them in different places. We also have CVR Singlets available for \$17.50 by special order through Onion River Sports. Mack Gardner-Morse continues to do a great job of informing local newspapers of our fun runs and meetings.

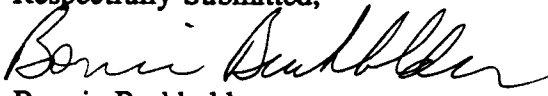
SCHOLARSHIPS: We discussed the method of awarding scholarships and set up a committee to make a recommendation to the Club. The Committee consists of Darragh Ellerson, Polly Flanders, Steve Burkholder and Bonnie Burkholder.

RACES: The Capital City Stampede needs volunteers. Someone needs to look at the applications to see if members signed up to help with this or another race.

MISCELLANEOUS: The Club paid \$65.00 to list Vt. Pure's Randolph 10K on the calendar for New England Runner. After lengthy discussion, we decided we should bill Vt. Pure after Tom discusses it with them. The WORLD will borrow our timer for the Blue Cross/Blue Shield race on Saturday, May 8. They are Club supporters, listing Fun Run results for us each week. The new bullhorn was present at the meeting for all to admire.

The next meeting will be Wednesday, June 2 at Darragh Ellerson's house.

Respectfully Submitted,


Bonnie Burkholder

New Certified Vermont Race Course

For those of you constantly on the prowl for a new, untried certified race course, I have good news for you (but only if you are of the female persuasion). Sometime in August, look for an announcement of the "Race for the Cure 5K for Women", to be held in Manchester. The course begins near the Todd Lincoln Estate on River Road. It runs south from that point past Richville Road and returns to finish inside a polo field near the start location. The course is 93% paved, 3% gravel and 4% grass. There's only a 20 foot difference between the high and low spots on the course, so it looks to be a fast, flat run.

So, CVR ladies, it looks like a good opportunity for a nice (new) August race on your calendars this year. For more details on the course and the race, contact the race director, Sandy Levesque, Projects Unlimited, Gilliard Brook Road Rt. 1, Randolph, VT 05060. Phone number is 234-5039.

Bob Murphy
Vermont Running Data Center

P.S. Race course trivia. Just a few short years ago, there were only 5 certified race courses in Vermont. Today there are 24!

GRAND PRIX RACE SERIES TO BEGIN WITH CCS

The Capital City Stampede will be the first race of the year for the new CVR Grand Prix series. Competitors will receive points for finish position in each CVR race this year. At the end of the series, points will be totaled and the highest point total wins.

There are four categories: Male Open, Male 40+, Female Open, and Female 40+. The top six CVR finishers in each division in each race will earn points. Participation points will be awarded to those working at races. All CVR members who work at a race and do not run the race will earn 5 points for that race. ALL WHO WISH TO COMPETE IN THE SERIES MUST WORK AT LEAST ONE CVR RACE DURING THE SERIES.

The series will consist of the following races: Capital City Stampede, Montpelier 10 Miler, Bear Swamp, Berlin Pond Couples Race, Leaf Peepers half Marathon, Leaf Peepers 5K, and Juniper Hill.

Bob Murphy will be administering the series. Thanks for the work, Bob!!

RUNNING MAILBOX NOW AVAILABLE TO GET EACH OTHER TOGETHER

Are you running alone?? Would you like to have a friend to get you going in the morning, or to finish of the day with a run?? Are you looking for a training partner for those long runs on the weekends?? Well, we're here to help!

RUNNING MAILBOX, a new feature of the CVR newsletter can match you up with a friend, or a group so running can be more fun!

All you need to do is send in when, where, how far, and what pace you like to run, and we'll publish it and try to let everyone know when everyone else is training. Give your name, and phone where you can be reached and you are all set!

Send your info. to your friendly newsletter editor- Norm Robinson, 66 Terrace St., Montpelier, Vt. 05602 and we'll see what we can do.

CENTRAL VERMONT RUNNERS NOW HAS SINGLETS AVAILABLE!!

Now you can display the team spirit, and run in the team colors of CVR. Through a lot of hard work by Sam Davis the club now has singlets with the club logo for order. Cost is \$17.50/ singlet, which is a GREAT price; so order yours now!

The singlet comes with our without a front panel, in all the popular sizes. It is a white singlet with red side panels. If you would like to try one on for fit, or see which style you want, you can. We are purchasing them from Onion River Sports, and they encourage you to check them out. Once you have, fill out the order form below and mail to Sam. Turn around time should be only 2-3 weeks.

CENTRAL VERMONT RUNNERS CLUB SINGLET ORDER FORM

Name _____

Address _____

Phone _____

Singlet Size(circle one) S M L XL

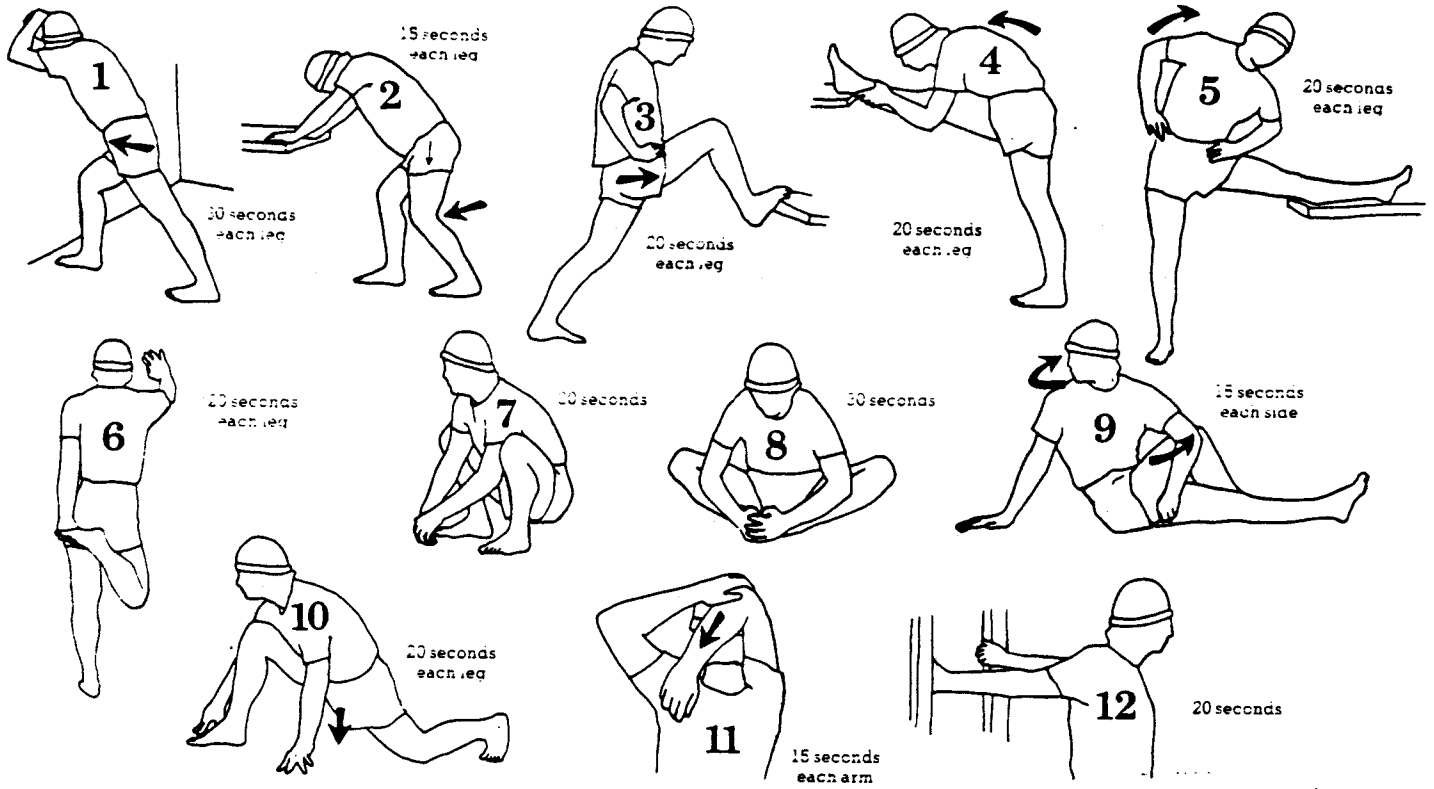
Note Male or Female Singlet _____

Cost is \$17.50 per singlet- Total \$ _____

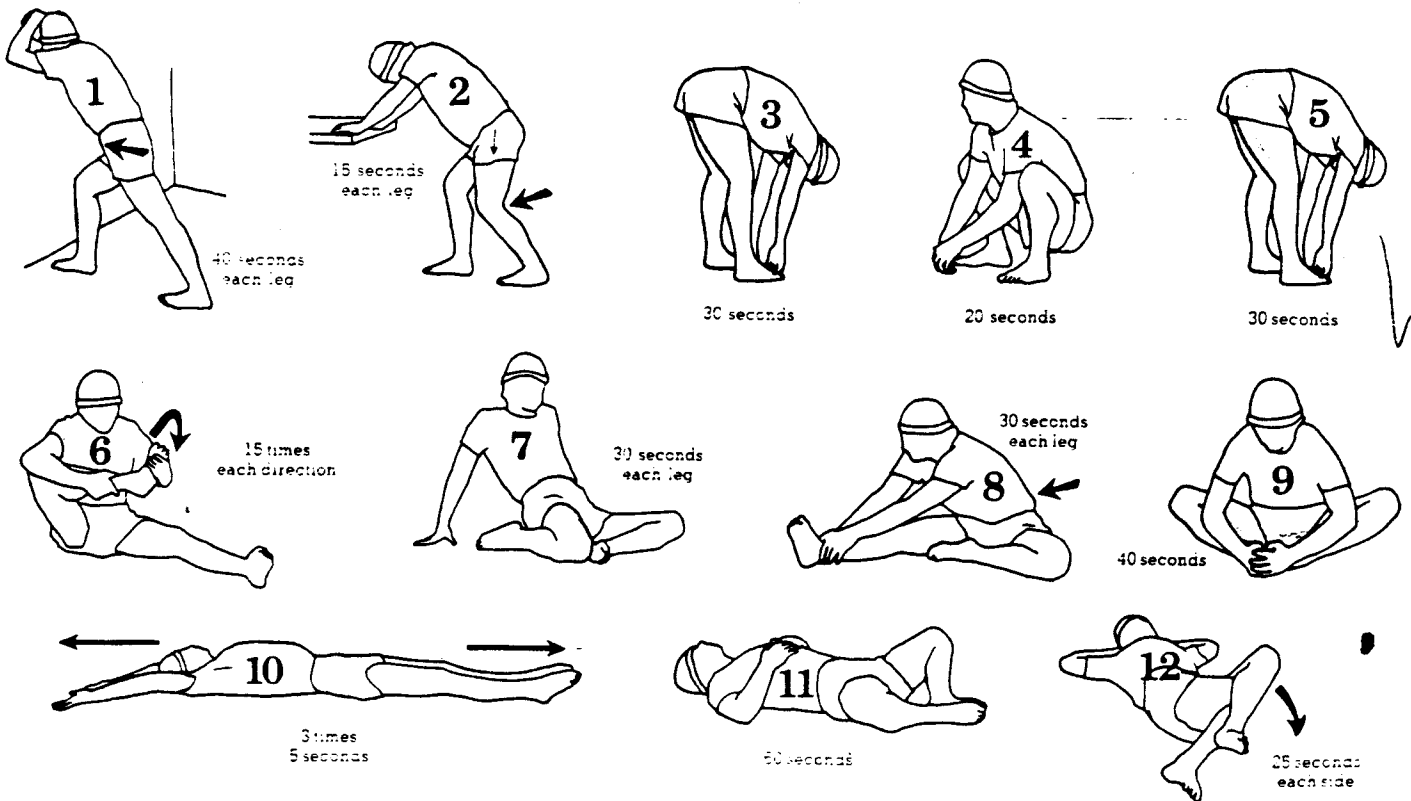
Make checks payable to Central Vermont Runners

Mail your order form to: Sam Davis, Box 63A Foster Hill Road,
East Calais, Vt. 05650

Before Running



After Running





ROAD RUNNERS CLUB OF AMERICA

March 10, 1993

CONTACT: Henley Gibble
(703) 836-0558

FYI -- NEWS BITES FROM THE ROAD RUNNERS CLUB OF AMERICA

- **CLINTON CONNECTION?** Between November and March the Road Runners Club of America has welcomed 22 new clubs and over 1000 new members. This is in comparison to 12 new clubs in the same time frame last year. RRCA sends (free) their "New Club Kit" to prospective new clubs.
- **BEHIND CLINTON EVERY MILE.** . In the spring issue of its quarterly newspaper, *FootNotes*, the RRCA has suggested that the 150,000 members of the RRCA might be interested in sending donations to support the President's running track. RRCA members are asked to send their tax-deductible donations to the RRCA national office, 629 S. Washington Street, Alexandria, VA, 22314. Make checks out to National Park Foundation and note on the check "jogging track."
- **NEW RRCA CURRICULUM GUIDE READY FOR TEACHERS AND COACHES.** Hot off the press next week is the RRCA's newest publication, "Curriculum Guide for Teachers and Coaches," to teach elementary school kids about running. This illustrated guide helps a teacher or coach incorporate fitness through running while learning and having fun. Funded by a grant from NIKE, Inc., and written by a top female masters runner and former elementary school principal, this guide was given the seal of approval by the President's Council on Physical Fitness and Sport. It is available from the RRCA for \$10, plus postage and handling.
- **HEADPHONES WARNING IN WARM WEATHER.** The RRCA reminds women runners not to wear headphones and be alert as the weather gets better. Law enforcement personnel working with the Road Runners Club of America support the "DON'T WEAR HEADPHONES" admonition in the "Women Running Smart," safety tips. These safety tips are available free from the RRCA. Just call (703) 836-0558.
- **SAUCONY/RRCA WOMEN'S DISTANCE FESTIVALS.** Also funded by both Moving Comfort, Inc. (women's running clothing) and *Runner's World* magazine, this series of women's races organized by RRCA chapters all over the country is bringing attention to the fact that there is no 5K for women in the Olympics and to show support for equity in girls' and women's athletics (Title IX).
- **LEUKEMIA TEAM IN TRAINING.** RRCA chapters are working with local chapters of the Leukemia Society of America chapters with their "Team in Training," concept, which trains runners to run marathons and get funding pledges to support leukemia research.
- **RRCA ANNUAL CONVENTION IN APRIL.** Portland, Oregon is the venue for the RRCA's 36th annual convention. Hosted by the Oregon Road Runners Club, there will be seminars, workshops, and annual auction, fun-runs, the yearly business meeting and the awards banquet on April 22 - 25. Steve Miller, NIKE, Inc.'s Director of Sports Marketing will be the keynote speaker at the banquet.

SUN	MON	TUE	WED	THU	FRI	SAT
CVR RACE						
CALENDAR						
1993						
(all information should be verified with race directors for accuracy)						

JUNE 5- CAPITAL CITY STAMPEDE, 10k, 9:30 A.M., Montpelier, Ut. Sam Davis, Patty Roach-Davis, (456-1106) \$9 before May 29, \$10 after. T-shirt to first 125. *****

JUNE 6- WARBLER RAMBLE, 9:00 A.M., 4.6 miles. Green Mountain Audubon Nature Center, Don Dresser (434-3811). \$5.

JUNE 13- WHITEFACE MTN. RUN. 8.3 miles,

JUNE 26- MONTPELIER 10 MILER, 9:00 A.M., Montpelier, Dot Graham, 5 Hunter Ave., Barre, Ut. 05641, \$6 before June 21, \$7 after. *****

JULY 4- ESSEX JCT. 5K, A.D. Lawton School, \$3.

JULY 4- WOODSTOCK 7.2 MILER, 9:00 a.m., Gary Shell (457-1502)

JULY 4- MAIN ST. MILE, 10:30 A.M., Richmond, Ut., Don Dresser (434-3811)

JULY 10- BEAR SWAMP RUN

JULY 10- PARTNERS RACE(GMAA) 4.8 miles, Jericho Ctr., Barb or Dave Capen, (434-3885).

JULY 17- 16TH ANNUAL 24 HR. MARATHON, RELAY, AND ULTRAMARATHON, Westport, N.Y., Bob Lopez, Box 455, Westport, N.Y. 12993.

JULY 22- THE LONGEST MILE, 1 mile run up College St., Burlington, The Ski Rack, (658-3313).

JULY 25- HIGHLAND HOUSE 10 Miler, Londonderry, Colin Lawson, (824-4508).

JULY 31- SODOM POND RUN, Adamant, Ut., Richard Czapinski, (229-4534)

AUGUST 1- GREEN MTN. ROAD RACE 10k, 10:00 A.M., Bill Bauer, (442-3535).

AUGUST 1- RACE FOR THE CURE 5K, Run/Walk, For women only. Manchester, Ut., Sandy Levesque, (234-5039). *****

AUGUST 7- BERLIN POND COUPLES RACE, 8K, 9:00 A.M., Berlin, Ut., \$6 prior to race day, \$8 on day of race. Chris Whale(496-9703, or Dot Helling(223-5797), T-shirts to first 30 entries.

AUGUST 28- E.K. 10k, 8:30 A.M., Mount Mansfield Union H.S., Jericho, Ut. Marty Andersen (434-3118), \$5.

SEPT. 4- NORTHFIELD 5K, 16th Annual, 10:30 a.m., 1 mile fun run for kids at 9:30 a.m., Northfield, Ut. \$3.00 prior to Aug. 28, \$6.00 after. \$6.00 extra for t-shirt. Joe Zuaro, (485-5100). *****

SEPT. 6- MT. MANSFIELD TOLL ROAD, 8:00 A.M., Bring food to share. Bill Everett (879-1687).

SEPT. 18- ARCHIE POST 5 MILE. 26th Annual. 9:00 a.m., Bruce Cunnigham, (482-2933). \$4.

SEPT. 25- SCHOLARSHIP CROSS COUNTRY RACE, 9:00 A.M., 5K, Red Rocks Park, S. Burlington, Ut., Rick Blount, (434-3829). \$5.

SEPT. 25- VERMONT NATIONAL BANK 10K WALK/RUN FOR CYSTIC FIBROSIS, 10:00 a.m., Oakledge Park, Burlington, Ted Fischer, (863-8900).

SEPT. 26- QUALITY K'S FOR COTTAGE HOSP. 10k & 5k FITNESS WALK, 1:30 p.m., Woodsville, N.H. Glenn Reed, (603-747-2761).

OCT. 3- LEAF PEEPERS HALF MARATHON AND 5K, Waterbury, Ut. Judy Colombo, (22307967)

OCT. 9- ROUND CHURCH WOMEN'S RUN, 9:00A.M., 5K and 10K, Richmond, Ut., Ann Straka, (864-5495). \$5.

OCT. 16- GREEN MT. MARATHON AND HALF MARATHON, 8:30 A.M., Folsom School, s. Hero, Ut., Howie Atherton (434-3228). \$15.

OCT. 23- ARTHUR TUDHOPE MEMORIAL 10k, 9:00 A.M., Shelburne Beach, flat and fast! \$5.

NOV. 6- JUNIPER HILL 12k, Barre, Ut., Bob Murphy, (476-4328)

ONGOING- FUN RUNS, 5:30 p.m. Every Tuesday evening through Oct. Montpelier High School parking lot .

 **** indicates I have race forms and/or additional information available. Contact Norm Robinson at 223-7351 for more. If anyone knows of any races please forward information to Norm Robinson, 66 Terrace St., Montpelier, vt. 05602.

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 \$10 for individual or family; \$2 for a student. Enclosed are dues for the following years): 1993 1994 1995 1996 1997

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

66 Terrace St.
Montpelier, Vt. 05602