



CENTRAL VERMONT RUNNERS

SEPTEMBER 1993 NEWSLETTER

Vol. 14, No. 5?



Bob Murphy to Host September Meeting

Plan to attend our next meeting which will be held on Wednesday, September 8 at the home of Bob Murphy. We'll meet at Bob's house in Barre Town at 5:15 PM for a 4.3 mile fun run through woods. (Bring a change of clothes/shoes if conditions are wet.) The run will be followed by the usual potluck dinner and discussion of various matters. Bring a buddy, or better yet, be creative and invite a total stranger! Driving directions: Take I-89 to Exit 6; then follow Route 63 for 1-1/2 miles; turn left on Miller Road; go 1/4 mile and turn left on Birchwood Park Drive. White house with green shutters, #35, is on the right. Bob's home number: 476-4328.

Days of Celebration!

Sincere wishes for a great birthday and a terrific year go out to the following members born in September:

Emily Davis	9/4
John Valentine	9/13
Melissa Burkholder	9/16
Sally Searles	9/17
Linda Hallinger	9/19
Chuck Flanders	9/20
Kristin Commito	9/26

Need an Answer?

Feel free to contact any club representative with any questions you may have:

President	Tom Kaiden, 223-1325
Vice President	Darragh Ellerson, 223-2080
Treasurer	Norm Robinson, 223-7351
Secretary	Bonnie Burkholder, 223-2625
Editor	Nancy Schulz, 223-7035
Editor	Maureen Carr, 223-4841

B-RUN-CH with Becky !!!

Come on out to Tom Kaiden's house for a fun-filled morning of running, eating, and learning. We'll meet at Tom's at 9:00 AM on Saturday, October 2. After the run, we'll munch and listen to Reebok bio-mechanics expert Becky Snow. Note that this is the day before the Leaf Peepers race. Bring your own brunch munchies!

C.V.R. MEETING MINUTES--AUGUST 4, 1993

The club started the meeting with a three mile Fun Run on the trails through Hubbard Park. Despite the drizzle and threat of thunderstorms, a group of six ran across the wood-chip trails of the park, to burn off enough calories in anticipation of the pot-luck supper to follow. Another 8 members joined in for the pot-luck, and as usual, C.V.R. members showed that they are not only fleet of foot, but also culinary wizards as well.

Tom Kaiden called the business meeting to order after everyone was well-fed. Dot Helling asked for volunteers for the Berlin Pond Couples Run. She has obtained a pair of running shoes for the winner, plus some dinners for two as extra prizes. Bob Murphy requested that results be sent to him A.S.A.P so he can compile Grand Prix results.

With regard to Leaf Peepers, Judy Colombo, Janet Gilbert and Darragh Ellerson all had other commitments, so most of the discussion was postponed till the next meeting. Tom said that he was working with co-sponsor Miguel's Stowe Away to finalize the trade portion of their sponsorship. Norm Robinson said that he had printed off the mailing list. Tom will co-ordinate the mailing with Judy. We also discussed including the Juniper Hill entry forms with this mailing, but decided that the distribution was too broad. Bob Murphy said he will arrange for local distribution at sports stores, races and a local mailing.

On Fun Runs, Tom asked everyone who distributed posters in May to redistribute to all the locations on their original list. If you need extra posters, call Tom at 223-1325. We also discussed whether to move the starting location, but everyone agreed that the high school meeting place, with the bike path was working fine, and the extra distance provided a nice warm up.

Norm gave the Membership and Treasurer's Reports. We're back up to 116 members! Congratulations to everyone for spreading the word and signing 'em up. Financially, we are in very good shape for this time of year. C.V.R. actually made money on both the 10-miler and Capital City Stampede. We have \$2300 in the account. We still have to pay \$500 towards scholarships, and have committed to put \$1000 towards the clock. But that still leaves \$800.

Finally, Mack Gardner-Morse discussed our next potential guest speaker, *Becky* Snow, a bio-mechanics expert from Reebok. We could not schedule a formal presentation/pasta supper before Leaf Peepers. After some discussion, the club decided to hold a Fun Trail Run/Brunch on the Saturday before Leaf Peepers (Oct. 2) at 9:00 am at Tom Kaiden's house, with Becky Snow speaking after the brunch. Bring your own bagels.

There is a fun race upcoming called the Quality K's. It is held at 1:30 pm on Sept. 26 in Woodsville, N.H. There is a team category, so C.V.R. will try to form some teams at the race. For more info., call Norm Robinson at 223-7351.

CVR Race Calendar

(all information should be verified with race directors for accuracy)

- Sept 4- NORTHFIELD 5K, 16TH ANNUAL, 10:30 A.M., 1 mile fun run for kids at 9:30 A.M., Northfield, \$3 prior to Aug. 28, \$6 after. \$6 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 11- MAPLE LEAF HALF MARATHON (and kids' fun run), 12:00 P.M., Manchester, Collin Lawson (824-4508).
- Sept 18- ARCHIE POST 5 MILE, 26TH ANNUAL, 9:00 A.M., Bruce Cunningham (482-2933), \$4.
- Sept 25- SCHOLARSHIP CROSS COUNTRY RACE, 9:00 A.M., 5K, Red Rocks Park, S. Burlington, 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, NH, Glenn Reed (603-747-2761).
- Sept 26- PRESERVING HOMELAND; The Burlington Community Land Trust's 6.2 mile run and 6.2 km walk, 9:30 & 9:00 A.M., Burlington, (862-6244). *****
- Oct 2- 12th ANNUAL ROAD RACE BENEFIT RUTLAND COUNTY UNITED WAY, 5 mile & 1 mile, 9 A.M., Rutland, Nancy Brower (747-3665).
- Oct 3- LEAF PEEPERS HALF MARATHON AND 5K, 11:00 A.M., Waterbury, Judy Colombo (223-7967).
- Oct 9- ROUND CHURCH WOMEN'S RUN, 9:00 A.M., 5K and 10K, Richmond, Ann Straka (864-5495), \$5.
- Oct 10- RIPTON RIDGE RUN 5K & 10K, 1:00 P.M., Ripton, (388-2208).
- Oct 16- GREEN MT MARATHON AND HALF MARATHON, 8:30 A.M., Folsom School, S.Hero, Howie Atherton (434-3228), \$15. *****
- Oct 23- ARTHUR TUDHOPE MEMORIAL 10K, Shelburne Beach, flat and fast! \$5.
- Oct 30- 50 Miler, 7:30 A.M., 10 Miler & 5 Mile Walk, 10:00 A.M., Essex Elementary School, Bill Everett (879-1687). *****
- Nov 6- JUNIPER HILL 12K, Barre, Bob Murphy (476-4328).
- Nov 25- TURKEY TROT, 5K, 11:00 A.M., UVM Gutterson, Ralph Swenson (864-4952), Neil Stout (862-5872). Entry fee - food donation or minimum \$2 cash donation for Burlington Emergency Food Shelf.

ONGOING FUN RUNS, 5:30 P.M. every Tuesday evening through Oct., Montpelier High School parking lot.

***** Indicates Norm Robinson (223-7351) has race forms and/or additional information available.

If anyone knows of any other races please forward information to Maureen Carr, 34 1/2 Liberty St., Montpelier, Vt., 05602 (223-4841).

5th Annual Vermont City Marathon--Central Vermont Area Finishers

MEN

- 26. S. Bieler, 17, Waterbury Center, 2:48:07
- 39. Jasen Boyd, 21, So. Burlington, 2:53:18
- 61. Jamie Shanley, 40, Montpelier, 2:58:06
- 221. Timothy Noonan, 37, Montpelier, 3:19:19
- 282. Wade Walker, 36, Montpelier, 3:27:34
- 301. George Seivwright, 43, Barre, 3:29:21
- 317. Newton Baker, 51, Montpelier, 3:30:33
- 356. Tony Klein, 46, Montpelier, 3:35:56
- 485. John Martin, 41, Barre, 3:54:04
- 516. Thomas Bachman, 37, Montpelier, 3:56:51
- 529. Bill Perreault, 42, Montpelier, 3:58:44

WOMEN

- 4. Dorothy Graham, 32, Barre, 2:58:01
- 37. Betsy Martin, 29, Montpelier, 3:38:06
- 83. Robin Eldeman, 41, Montpelier, 3:56:33
- 87. Barbara Ripley, 40, Montpelier, 3:58:21
- 91. Allison Partridge, 32, Montpelier, 3:59:55

RELAYS - MEN'S OPEN

- 5. Central Vermont Runners, Montpelier, 2:39:34
Norm Robinson, Sam Davis, Bob Howe, Tom Kaiden, Dick Millar
- 16. Granite Bank, Montpelier, 2:56:00
Elden Dube, Nick Bergeron, Rich Brown, J.B. McCarthy, Dave Ripley
- 21. Pale Males, Montpelier, 3:00:31
Harry Colombo, Dan Casey, Townsend Gilbert, Jerry Richardson
- 26. Right Behind the Kenyans, Queensbury New York, 3:04:53
David Mousaw, Timothy Mousaw, Patrick Mousaw, Tim Noonan, Wade Walker
- 49. Central Vermont Stragglers, Barre, 3:33:53
John Mott, William Deringer, Robert Katims, Robert Paolini

RELAYS - MEN'S MASTER'S

- 5. Five Old Mastards, Montpelier, 2:49:46
Glenn Gershaneck, Perry Bland, Robert Mildrum, Robert Murphy, Larry Quesnel
- 14. Shanley's Shufflers, Morrisville, 3:11:21
Richard Shanley, Rod Davis, Robert Libby, Phil Lovely

RELAYS - WOMEN'S MASTERS

- 3. Lame Dames, Montpelier, 4:00:15
Judy Utton Colombo, Daragh Ellerson, Polly Flanders, Janet Gilbert, Pauline Sicard

RELAYS - MIXED OPEN

- 47. Burlington Sq. Opticians, Burlington, 3:15:11
Edi Ramirez, Al Hunton, Barbara Hunton, Rick Machanic, Patty Roach-Davis
- 63. Team Wedgewood, Barre, 3:22:12
Jill Jourdan-Hunt, Bonnie Burkholder, Steve Burkholder, Jerry Jourdon, Elaine Swett
- 90. Ladies and Gentleman, Montpelier, 3:29:11
Newton Baker, Aaron Carver, Mailise Ellerson, Barbara Leber, Diane Sherlock
- 126. Fun Runners, Montpelier, 3:43:50
Phyllis Boltax, Carley Claghorn, Susan Ritz, Nancy Thomas, Peter Watt

RELAYS - MIXED MASTERS

- 1. The Hollow Heads, Stowe, 2:43:12
Geoff Lindemier, Debra Crow, Moira Durnin, John Elkins, Tom Foltz

SMALL BUSINESS OPEN

- 7. Burlington Sq. Opticians, Burlington, 3:15:11
Edi Ramirez, Al Hunton, Barbara Hunton, Rick Machanic, Patty Roach-Davis

CAPITAL CITY STAMPEDE 10K
5 JUNE 1993
RACE SUMMARY

Age Group Winners:

Men's Open	30:26***	Eric Morse (27)	Moretown, VT
Boys 12-13	50:12	Alan McNaughton (13)	Northfield, VT
Boys 14-15	42:44	Tom White (15)	Montpelier, VT
Men 35-39	41:11	Rick Coyne (35)	Barre, VT
Men 40-44	38:51	Jamie Shanley (40)	Montpelier, VT
Men 45-49	36:02*	Gordon MacFarland(45)	Burlington, VT
Men 50-54	41:22	Brad Peterson (51)	Williamstown,VT
Men 55-59	49:00	Ed Fouts (55)	Cornish, NH
Men 60-64	47:55	Rich Bishop (64)	So. Acworth, NH
Women's Open	38:59*	Sue Dodge (33)	Danville, VT
Women 35-39	39:16**	Johanne Brus (36)	Ayers Cliff, QUE
Women 40-44	39:47**	Moira Durnin (42)	Stowe, VT

- * = New Vermont Single-Age Record
 ** = New Vermont Single-Age and Age-Group Record
 *** = New Vermont All-Time Open Record
 # = Tied Existing Single-Age Record

Other new Single-Age records were set by:

32:10*	Marc Gosselin (28)	Essex Jct, VT
33:28*	Tim Eno (34)	Bellows Falls,VT
41:35*	Sue Drapp (37)	Moretown, VT

Vermont Runner Rankings:

Race finishers:	Male	Female
Open	53	18
40-49	20	4
50-59	3	-
60-69	4	-

Ranking points were earned by the following runners:

Men's Open:

Eric Morse	Moretown	25 (1st)
Marc Gosselin	Essex Jct.	20 (2nd)
Tim Eno	Bellows Falls	15 (3rd)
Gordon MacFarland	Burlington	12 (4th)
Steve Yandow	Waterbury	10 (5th)
Tim Crowe	Jeffersonville	7 (6th)
Jamie Shanley	Montpelier	5 (7th)
Steve Burkholder	E. Montpelier	3 (8th)
Dick Millar	Montpelier	2 (9th)
Joe Hewitt	Swanton	1 (10th)

Men 40-49:

Gordon MacFarland	Burlington	5 (1st)
Tim Crowe	Jeffersonville	3 (2nd)
Jamie Shanley	Montpelier	2 (3rd)
Steve Burkholder	E. Montpelier	1 (4th)

Men 50-59:

Brad Peterson	Williamstown	3 (1st)
Tom Curtin	Richmond	1 (3rd)

Men 60-69:

Gerry Kilcourse	Waterbury	2 (2nd)
Bob Mitchell	Killington	1 (3rd)

Women's Open:

Sue Dodge	Danville	5 (1st)
Moira Durnin	Stowe	2 (3rd)
Sue Drapp	Moretown	1 (4th)

Women 40-49:

Moira Durnin	Stowe	3 (1st)
Phyllis Boltax	Montpelier	2 (2nd)
Bonnie Burkholder	E. Montpelier	1 (3rd)

Compiled by:

Bob Murphy
 Vermont Running Data Center
 RR3, Box 6866
 Barre, VT 05641

MONTPELIER TEN-MILER
26 JUNE 1993
RACE SUMMARY

Age Group Winners:

Men's Open	56:27	Sam Davis (32)	E. Calais, VT
Boys 14-15	1:14:20*	Tom White (15)	Montpelier, VT
Boys 16-17	1:04:55	Josh Cookson (17)	E. Montpelier, VT
Men 18-19	1:03:59	Matt Garabedian (19)	Montpelier, VT
Men 35-39	1:01:24	Ed Drapp (37)	Duxbury, VT
Men 40-44	59:57	Dave Faucher (44)	W. Lebanon, NH
Men 45-49	1:03:44	John Morton (47)	Thetford, VT
Men 50-54	1:08:44	Bruce Meader (50)	Vergennes, VT
Men 60-64	1:07:54*	Gerald Barney (60)	Swanton, VT
Men 65-69	2:06:13**	Doug Allen (65)	Bethel, VT
Women's Open	1:11:47	Shari Bashaw (31)	St. Albans, VT
Girls 14-15	1:25:31**	Sarah Schulz (15)	CraftsburyCommon, VT
Women 35-39	1:14:46	Mary Mancuso (35)	Jericho, VT
Women 40-44	1:18:20	Paula Wirta (43)	Bridgewater, MA
Women 50-54	1:34:39	Rosemary Rusin (50)	Florence, VT
Women 55-59	1:35:45	Jackie Schmidt (55)	Ludlow, VT

* = New Vermont Single-Age Record
** = New Vermont Single-Age and Age-Group Record

Other new Single-Age records were set by:
1:16:02* Cathy Desmond (23) Montpelier, VT

Vermont Runner Rankings:

Race finishers:	Male	Female
Open	67	18
40-49	27	4
50-59	4	2
60-69	3	-

Ranking points were earned by the following runners:

Men's Open:

Sam Davis	E. Calais	40 (1st)
Ed Drapp	Duxbury	20 (4th)
Tom Kaiden	E. Montpelier	15 (5th)
Mike Mason	Northfield	12 (6th)
Jon Cohen	Thetford Hill	10 (7th)
John Morton	Thetford	7 (8th)
John Valentine	Roxbury	5 (9th)
Matt Garabedian	Montpelier	3 (10th)
Peter Patten	Fair Haven	2 (11th)
Chris Ummer	St. Johnsbury	1 (12th)

Men 40-49:

Mike Mason	Northfield	7 (2nd)
Jon Cohen	Thetford Hill	5 (3rd)
John Morton	Thetford	3 (4th)
John Valentine	Roxbury	2 (5th)
Peter Patten	Fair Haven	1 (6th)

Men 50-59:

Bruce Meader	Vergennes	3 (1st)
Steve Ingram	Northfield	2 (2nd)

Men 60-69:

Gerald Barney	Swanton	3 (1st)
Gerry Carlson	Waterbury	2 (2nd)
Doug Allen	Bethel	1 (3rd)

Women's Open:

Shari Bashaw	St. Albans	5 (1st)
Diane Morgan	Milton	3 (2nd)
Mary Mancuso	Jericho	2 (3rd)
Cathy Desmond	Montpelier	1 (4th)

Women 40-49:

Robin Edelman	Montpelier	2 (2nd)
Mimi Whitney	Colchester	1 (3rd)

Women 50-59:

Rosemary Rusin	Florence	3 (1st)
Jackie Schmidt	Ludlow	2 (2nd)

BEAR SWAMP RUN

July 10, 1993

29 hardy souls braved hot, humid weather in the middle of the July heat wave to run this annual romp over hills and through the woods. Eric Morse ran a fast 29:23, only two seconds slower than the course record which he set in 1992, to pace the men in this 16th annual race. Elizabeth Meiklejohn paced the women with a 52:13.

The race, which begins and finishes at Rumney School in Middlesex, climbs 450 feet the first half of this rural course and then gradually descends to the finish. The Central Vermont Runners and the Middlesex Recreation Committee sponsored this low-key race. Kemp Saunders of the Recreation Committee and Tim Noonan of CVR were race directors.

Complete Results

Female 13-29

1. Maureen Carr - 53:48.

Male 13-29

1. Eric Morse - 29:23, 2. Colin Jones - 40:44.

Female 30-39

1. Myrna Frank - 67:47.

Male 30-39

1. Tom Kaiden - 36:43, 2. Tim Noonan - 39:13, 3. Dick Millar - 40:42, 4. Wade Walker - 40:54, 5. Jim Valentine - 42:18, 6. Mack Gardner-Morse 42:24, 7. Todd Frank - 46:31.

Female 40-49

1. Elizabeth Meiklejohn - 52:13.

Male 40-49

1. John Valentine - 37:45, 2. Greg Gerdel - 39:27, 3. Glenn Gershaneck - 39:38, 4. Lowell Vanderlip - 40:17, 5. John Kaeding - 41:39, 6. Pete Donaghy - 43:51, 7. Larry Wilk - 44:53, 8. Brent Burgee - 45:42, 9. Harold Garabedian - 48:25.

Male 50+

1. Bill Jones - 38:52, 2. Bob Murphy 39:34, 3. Newton Baker - 42:54, 4. John Mallery - 50:27, 5. Robert Hager - 51:17, 6. Jim Wallace - 51:53, 7. Joe Gosselin - 51:53, 8. Roger Cranse - 62:19.

Running Mailbox

Are you looking for someone to run with? Through the CVR newsletter, you may be able to find a partner who matches your ability level and schedule. Send info on when, where, how far, and how fast you run to Nancy Schulz, 157 State St., Montpelier. Include your name and phone number. We'll spread the word!

CVR Grand Prix Standings

The CVR Grand Prix Series is off to a "running" start. Three races in the series have been held. Results of three have been received and tabulated; the Capital City Stampede, the Montpelier Ten-Miler and the Bear Swamp Race. The "(v)" indicates a volunteer who worked during the race and did not run. Each such volunteer receives 5 points, but can do so for only two races. The "(*)" in the total standings indicates those who have not yet volunteered (and not run) at least at one race. Those not volunteering at least at one race will be dropped from the total standings after the last race in the series has been run. Results for the two races, and total standings to date, are therefore as follows:

CAPITAL CITY STAMPEDE

Male 0-39

10 Dick Millar
7 Elden Dube
5 Mack Gardner-Morse
5 Tim Noonan (v)
5 Sam Davis (v)
5 Norm Robinson (v)

Male 40+

10 Steve Burkholder
7 Joe Zuaro
5 Greg Gerdel
3 Bob Howe
2 Bob Ronner
5 John Valentine (v)
5 Doug Allen (v)
5 Bob Murphy (v)

Female 0-39

5 Patty Roach-Davis (v)
5 Colleen Noonan (v)

Female 40+

10 Phyllis Boltax
7 Bonnie Burkholder
5 Darragh Ellerson (v)

MONTPELIER TEN-MILER

Male 0-39

10 Sam Davis
7 Tom Kaiden
5 Mark Cioffi
5 Tim Noonan (v)
5 Mack Gardner-Morse (v)

Male 40+

10 John Valentine
7 Steve Burkholder
5 Robert Searles
3 Doug Allen
5 Bob Howe (v)

Female 0-39

10 Carol Van Dyke
5 Melissa Burkholder (v)
5 Katie Burkholder (v)

Female 40+

10 Phyllis Boltax
5 Bonnie Burkholder (v)
5 Darragh Ellerson (v)

BEAR SWAMP RUN

Male 0-39

10 Tom Kaiden
7 Tim Noonan
5 Dick Millar
3 Wade Walker
2 Mack Gardner-Morse

Male 40+

10 John Valentine
7 Greg Gerdel
5 Bob Murphy
3 Lowell VanDerlip
2 Newton Baker
1 Roger Cranse

Female 0-39

10 Maureen Carr

Female 40+

10 Elizabeth Meiklejohn

COMPOSITE STANDINGS AFTER THREE RACES

Male 0-39

17 Tim Noonan
17 Tom Kaiden (*)
15 Sam Davis
15 Dick Millar (*)
12 Mack Gardner-Morse
7 Elden Dube (*)
5 Norm Robinson
5 Mark Cioffi (*)
3 Wade Walker (*)

Male 40+

25 John Valentine
17 Steve Burkholder (*)
12 Greg Gerdel (*)
10 Bob Murphy
8 Bob Howe
8 Doug Allen
7 Joe Zuaro (*)
5 Robert Searles (*)
3 Lowell VanDerlip (*)
2 Bob Ronner (*)
2 Newton Baker (*)
1 Roger Cranse (*)

Female 0-39

10 Carol Van Dyke (*)
10 Maureen Carr (*)
5 Katie Burkholder
5 Melissa Burkholder
5 Patty Roach-Davis
5 Colleen Noonan

Female 40+

20 Phyllis Boltax (*)
12 Bonnie Burkholder
10 Darragh Ellerson
10 Elizabeth Meiklejohn (*)

CVR Membership Application Form

Name (please print) _____

Street _____

City _____ State _____ Zip _____

Age _____ Birth Date _____ Sex _____ Phone _____

Names, birth date 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 _____ June—Montpelier 10 Miler _____

August—Berlin Pond Couples Race _____ October—Leaf Peepers _____

November—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

Please make check payable to: CENTRAL VERMONT RUNNERS and mail to Norm Robinson, 66 Terrace St., Montpelier, Vt. 05602.

Central Vermont Runners
c/o Norm Robinson
66 Terrace St.
Montpelier, Vt. 05602

Nancy Schulz
157 State St. Apt. # 4
Montpelier, VT 05602

September '93