



CENTRAL VERMONT RUNNERS

JULY 1994 NEWSLETTER

Vol. 15 No. 6

Hustle to Hubbard

Our next meeting will be held in Hubbard Park on Wednesday, July 6. Meet at the Old Shelter (next to the sledding hill by the Winter St. entrance) at 6:00 pm for a run. The meeting will begin at 6:30 and will be followed by the usual pot luck dinner. Invite a friend and bring an item to share.

Montpelier Hash Is a Success

The Montpelier hash held in early June proved to be a delightful evening for all 16 participants. Dave Kissner set a fantastic hash with just the right mix of street and trail running, dead ends, and unexpected liquid refreshments. Afterwards, we retired to the Thrush for more beverages. If you would like to experience this particular brand of running fun, a terrific hash/swim/barbeque is coming up on Wednesday, July 13. Call Nancy Schulz (223-7035) if you would like more info.

Fun Runs and Frolic

CVR's next post-Fun Run gala will be on July 19. We'll car pool to the Wrightsville Reservoir beach for a cooling swim. If you want to be part of this outing, see Nancy Schulz before or after the run.

Many Happy Returns

CVR sends wishes for a very happy birthday to the following members born in July:

Linda Schiavone 7/2
Diane Sherlock 7/2
Karen Gerdel 7/4
Katie Burkholder 7/5
Ira Gardner-Morse 7/5
Darragh Ellerson 7/6
Mary Just Skinner 7/6

Doug Allen 7/20
Cynthia Gardner-Morse 7/22
Elizabeth Meiklejohn 7/23
Dick Millar 7/23
George Schiavone 7/28
Tom Commito 7/31

Supply of Singlets

CVR still has singlets with the club emblem in most sizes for men and women. The cost is \$20.00. If you would like one or more, call Sam Davis, 229-9234.

CVR Spotlight on: Bob Murphy

Bob Murphy, a native Vermonter born in Northfield, founded CVR in 1980 to fulfill a need for a running club in the Montpelier area. Bob has been particularly pleased with the quality of races that CVR puts on each year and also with the scholarship program which enables CVR to give something back to the community. This year Bob's personal running goal is to compete and do well in the Montreal Marathon. In addition to running, Bob enjoys cooking, gardening, and genealogy. Bob also keeps track of race results on his computer. Barre Town is home to Bob and his wife, Lynda. They have three grown daughters: Colleen, Maureen, and Shannon. Colleen is the mother of a 1 year old son, Bob's first grandchild. Shannon just graduated from UVM with a degree in social work and is currently seeking employment in that field. Bob keeps busy as the Roadway Design Engineer for the Agency of Transportation and Lynda is the head of Human Resources for Social and Rehabilitative Services (SRS).

Recent Additions

CVR welcomes Paul Mailman of Montpelier to our ranks!

Need an Answer?

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

President	Sam Davis, 229-9234
Vice President	Tom Kaiden, 223-1325
Treasurer	Norm Robinson, 223-7351
Secretary	Maureen Carr, 223-4841
Editor	Nancy Schulz, 223-7035

What's New?

The newsletter editor welcomes contributions from members. If you have race results, drawings, articles, suggestions, cartoons, recipes, etc. that you'd like to see published, please send them to Nancy Schulz, 157 State St., Montpelier. They'll be inserted as space allows.

CVR Race Calendar

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

- Jul 9 OLD TAVERN 10K/5K TOWN AND COUNTRY RUN, 9:00, Grafton, Colin Lawson (824-4508).
- Jul 9 GMAA PARTNER'S RACE, 4.8 MILES, 8:30, Jericho Ctr. Green, Barb or Dave Capen (424-3885).
- Jul 9 CVR BEAR SWAMP RUN, Tim Noonan (229-4658).

Jul 17 5th ANNUAL SEWARD'S FORD 5K, Rutland, Athletic Endeavors (773-9168, 775-5628, 483-2288).

Jul 17 STOWE 8 MILE ROAD RACE, 9:00, Stowe, Lee LaBier (253-9009).

Jul 30 SODOM POND RUN, Adamant, Richard Czaplinski (229-4534), Lowell VanDerlip (223-3602).

Aug 6 CVR 15th ANNUAL 8K BERLIN POND COUPLES/INDIVIDUALS RACE, 9:00, BERLIN, Chris Whalen (496-9703), Dot Helling (223-5797).

Oct 2 CVR LEAF PEEPERS HALF MARATHON & 5K, Waterbury, Darragh Ellerson (223-2080).

Oct 15 GREEN MOUNTAIN MARATHON & HALF MARATHON, 8:30, S. Hero, Howie Atherton (434-3228), \$15.

Oct 29 50 MILER, 7:30, Essex Center, Bill Everett (879-1687), Western States Qualifier, \$5.

Minutes

June 1, 1994

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|-----------------|---|
| OLD BUSINESS | None. |
| CLUB MEMBERSHIP | <p>Discussed sending out a letter promoting club membership. The letter would be sent to those on the mailing list who live in the Central Vermont area (approx. 200 people). The letter would stress that club membership is necessary in order to continue holding road races.</p> <p>Complimentary copies of the newsletter will be printed and distributed at fun runs to encourage new membership.</p> |
| STAMPEDE | Sam Davis reports that 40 people have pre-registered and there have been many inquiries from Canada. Volunteers are all set. |
| 10 MILER | Race day arrangements are coming along well. |
| LEAF PEEPERS | Darragh reports that there is already interest in this year's race. Also, long-sleeve T-shirts are too costly to consider. |
| NEXT MEETING | Scheduled for July 6th at 6:30 at the Hubbard Park shelter. There will be a run at 6:00. |

Maura Can

Central Vermont Runners Membership Application

Name (please print) _____

Street _____

City _____ State _____ Zip _____

Age _____ Birth Date _____ Sex _____ Phone _____

Names, birth dates 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 12K _____

Fun Runs (Tues, May-Oct.) _____

Annual dues are \$10 for individual or family; \$2 for a student. Enclosed are dues for the following years: 1994 1995 1996 1997 1998. Please make check payable to: CENTRAL VERMONT RUNNERS and mail to Norm Robinson, 66 Terrace St., Montpelier, VT 05602.



Central Vermont Runners
c/o Nancy Schulz
157 State St.
Montpelier, VT 05602

July '94

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