



CENTRAL VERMONT RUNNERS

EARLY FALL 1994 NEWSLETTER

Vol. 15 No. 7

Boogie to Bob's

Our next meeting will be held at Bob Murphy's house in Barre Town on **Wednesday, September 21**. The meeting will begin at 6:00 pm with the usual pot luck dinner. Invite a friend and bring an item to share. Also, come with your ideas regarding speakers to invite to upcoming meetings. If you need directions, you can reach Bob at 476-4328.

Hash on the Horizon

The next (and best!) hash of the season will be held on **Thursday, September 22** at Shelburne Farms at 6:00 p.m. If you have never experienced this particular brand of running fun, don't miss a great opportunity! Yes, Shelburne Farms is a bit far afield, but its beauty will make the trip worthwhile. Nancy Schulz (223-7035) is the hare and she promises an exciting route! Call her for more information.

Final Fun Run Frolic

CVR's final Fun Run of the season will be held on **Tuesday, October 25**. Following the run we'll all descend upon a local eatery to celebrate another great summer of Tuesday evening workouts!

Many Happy Returns

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

Melissa Burkholder 9/16
Sally Searles 9/17
Linda Hallinger 9/19
Chuck Flanders 9/20
Kristin Commito 9/26
John O'Mara 10/1
Townsend Gilbert 10/7
Colleen Noonan 10/10
Wade Walker 10/12
Justin Skinner 10/17
Tristan Gerdel 10/22

Harry Colombo 10/27
Jess Colombo 10/27
Susan Andrews 10/28
Eliza Gardner-Morse 11/3
Barbara O'Mara 11/4
Jeremy Baker 11/4
Morgan Gerdel 11/8
Barbara Leber 11/9
Tom Potter 11/14
Gerry Carlson 11/17
John Gardner-Morse 11/17

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: Reidun Nuquist

Reidun Nuquist began running eleven years ago in an effort to supplement the exercise she was getting on weekends via hiking and skiing. She finds running enjoyable and likes the fact that it keeps her in shape for other outdoor activities. She was initially attracted to CVR because of the Fun Runs and their convenience relative to her work in Montpelier. Reidun now works at UVM's Bailey/Howe Library in Burlington and regrets being unable to be more active in the club. Originally from Oslo, Norway, Reidun emigrated to the U.S. in 1963. She is married to Andrew Nuquist, a competitive speed walker. The Nuquists reside in Montpelier where they enjoy hiking, backpacking, canoeing, cross country skiing, snowshoeing, and biking. They have a 27 year old son who lives in Boston.

Recent Additions

CVR welcomes to our ranks: Al Gasior of Barre and Nancy Maloney, Bill Mayo, and Doug and Gail Lawson, all of Northfield.

Race Calendar

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

- Sep 24 12th ANNUAL SUDBURY SCHOOL ROAD RACE 10K & 2K Fun Run & 5 mile walk, 10:45, Sudbury, Jim Redmond (247-8809 or 273-3834 eves).
- Sep 25 PRESERVING HOMELAND 10K, 9:30, Burlington, Ellen Rubenstein (862-6244).
- Oct 1 GREEN & GOLD 5K TRAIL RACE, 10:00, Mad River Glen, 496-3551.
- Oct 2 CVR LEAF PEEPERS HALF MARATHON & 5K, 11:00, Waterbury, Darragh Ellerson (223-2080) and Newton Baker (728-4704).
- Oct 8 TOUR de BURLINGTON CHAMPIONSHIP 15K, 10:00, Burlington Community Boathouse, Andrea Riha (863-8412).
- Oct 9 AMNESTY INTERNATIONAL RUN FOR FREEDOM, 5 miles, 11:00, Colchester High School, Kim Watkin (985-4131).

- Oct 15 GMAA GREEN MOUNTAIN MARATHON & HALF MARATHON, 8:30, S. Hero, Howie Atherton (434-3228), \$15.
- Oct 16 FAIRFIELD FALL FOLIAGE 5K, 11:00, East Fairfield, Melony Steeneck (827-3130).
- Oct 22 GMAA ARTHUR TUDHOPE MEMORIAL 10K, 9:00, Shelburne Beach, David Casey (865-9308).
- Oct 29 GMAA 50 MILER, 7:30, Essex Center, Bill Everett (879-1687), Western States Qualifier, \$5.
- Nov 4 GMAA TURKEY TROT 5K, 11:00, UVM Gutterson Field House, Burlington, Ralph Swenson (864-4952).
- Nov 5 CVR JUNIPER HILL 12K, 10:00, Barre, Bob Murphy (476-4328).
- Nov 19 TURKEY TROT 10K, 2 mile walk/run, 100 yd dash (age 6 and under), 10:00, Westford School, Westford, Peggy Rodgers (878-2902).

Minutes
August 4, 1994

Dot Helling reports that the Berlin Pond Couples Race is set to go. Some discussion regarding prizes. It was decided that prizes should be geared towards couples, rather than individuals. Perhaps gift certificates to the winning couple.

Leaf Peepers is the next CVR race on the schedule. Sam Davis tells us that CONTELL has offered to be a race sponsor.

Sam also reports that he has nearly finished the club membership drive letter.

Some comments were made regarding the tri-directorship of the 10-Miler. Apparently there were some problems with communication among the directors. It was recommended that next year one person be selected to direct the race, with others to assist.

To increase the number of race volunteers, it was suggested that race directors, if they are not already doing so, contact the people who checked off their race on the CVR membership application.

Due to the decreasing numbers of people showing up for CVR meetings and in the hopes of making meetings more enticing, it was decided that meetings should be held less often, perhaps every couple of months or every six weeks or so. Also, to draw more people, each meeting should have a "hot topic" or

a speaker. Nancy Schulz has volunteered to try and line up a podiatrist to speak on orthotics for our next meeting. Dot Helling will talk about her experiences running 100 Milers at our November meeting. The newsletter seems to be getting thinner and thinner each issue. It was decided that fewer, but hopefully thicker, newsletters would be issued.

Bob Murphy suggested an event for next summer: a one hour track run at the Montpelier High School track.

Our next meeting is scheduled for September 21 at Bob Murphy's house. Upcoming meetings will be held on November 30, January 25, and April 19. The January meeting will serve as the Annual Meeting as well as a post holiday celebration and the April meeting will "require" attendees to bring a friend.

--Maureen Carr

Berlin Pond Couples Race - 6 August 1994

Time	Name	Hometown	State
27:53	Chip Pierce	Newport	VT
28:12	Josh Cookson	East Montpelier	VT
28:55	Ted Edson	Madison	IN
29:29	George Seivwright	Barre	VT
30:00	Dave Kissner	Montpelier	VT
31:04	Joe Gringas	Berlin	VT
32:37	Bob Bortree	Waterbury	VT
32:40	Joshua DeFlorio	Randolph Center	VT
32:57	Robert Searles	Wolcott	VT
33:45	Norm Robinson	Montpelier	VT
33:49	Eric Ryea	Montpelier	VT
33:53	Ray Charbonneau	Medford	MA
33:54	John Kaeding	Worcester	VT
33:57	Nancy Maloney	Montpelier	VT
34:13	Harvey Lavoy	Barre	VT
34:22	Jeff Shutak	Williamstown	VT
34:25	Jody Benford	Johnson	VT
34:46	Morgan Gerdel	Montpelier	VT
34:58	Bill DeFlorio	Randolph Center	VT
35:44	Charles Christiansen	Montpelier	VT
35:51	Dot Helling	Montpelier	VT
36:02	Gene Nichols	Stowe	VT
37:23	Betsy Martin	Montpelier	VT
37:23	Larry Martin	Montpelier	VT
37:40	Anya Rader	Montpelier	VT
37:51	Kevin Croteau	Barre	VT
37:55	Rose Thompson	Barre	VT
38:00	Linda Hallinger	Washington	VT
38:12	Judith Ionelli	Montpelier	VT
38:48	Nancy Schultz	Montpelier	VT
39:01	Chris Reinfurt	Montpelier	VT
39:24	Rick Melberth	Chelsea	VT
39:39	Pam Stephens	Chelsea	VT
40:03	Karen Gerdel	Montpelier	VT
40:03	Elizabeth Meiklejohn	East Calais	VT
40:21	Sally Searles	Wolcott	VT
40:41	Joe Amaral	Barre	VT
40:54	Bonnie Burkeholder	Montpelier	VT
40:54	Steve Burkeholder	Montpelier	VT
41:29	Jill Murphy	Williamstown	VT
43:01	Vera Nichols	Stowe	VT
43:43	Jeff Tucker	Williamstown	VT
44:37	Libby Cookson	Barre	VT
50:06	Jim Wilmott	Barre	VT
50:06	Cheryl Zanleoni	Barre	VT

1994 CVR Grand Prix Series

Name	CCS	MTM	BPC	L5K	LHM	JHR	Total

Male 0-39							
Norm Robinson			10				10
Chris Whalen			5*				5*
Male 40+							
George Seivwright			10				10
Robert Searles			7				7
Steve Burkholder			5				5
David Ellerson			5*				5*
Female 0-39							
Nancy Maloney			10				10
Nancy Schulz			7				7
Female 40+							
Dot Helling			10				10
Linda Hallinger			7				7
Elizabeth Meiklejohn			5				5
Darragh Ellerson			5*				5*
Sally Searles			3				3
Bonnie Burkholder			2				2

* = volunteer work during a race (5 points each for up to two races o

- 10 = 1st CVR finisher in division
- 7 = 2nd CVR finisher in division
- 5 = 3rd CVR finisher in division
- 3 = 4th CVR finisher in division
- 2 = 5th CVR finisher in division
- 1 = 6th CVR finisher in division

Note: Total consists of best 5 scores out of the eight races.

CCS = Capitol City Stampede 10 km Race (incomplete results)
 MTM = Montpelier 10 Miler (results not yet in)
 BSR = Bear Swamp Run 5.7 miles (Not held in 1994)
 SPR = Sodom Pond Run (4.2 miles) (Not held in 1994)
 BPC = Berlin Pond Couples Race
 L5K = Leafpeepers 5 km Race
 LHM = Leafpeepers Half Marathon
 JHR = Juniper Hill 12 km Race

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

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