



CENTRAL VERMONT RUNNERS

EARLY WINTER 1995 NEWSLETTER

Vol. 16 No. 1

Annual Meeting

This year's annual meeting will be held at Tom Kaiden's house on Bliss Rd. in East Montpelier on **Sunday, January 22**. The gathering will begin at **2:00 pm** with cross-country skiing. At **3:30**, we'll start the pot luck. (Invite a friend and bring an item to share.) During the meeting, we'll elect officers and set the '95 race schedule. If you need directions, please call Tom at 223-1325. Please plan to attend.

Full Moon Hash

A cross-country ski is planned for the evening of Tuesday, January 17 in Charlotte. This night was selected in the hope that we can enjoy a full moon. If you'd like further information, please call Nancy Schulz at 223-7035.

Boston Marathon

Darragh Ellerson has application forms for this year's Boston Marathon which will be run on April 17. Forms must be postmarked by March 13. If you are interested in a form or qualifying information, call Darragh at 223-2080.

CVR Spotlight on: Michael Chernick

Michael is a native of Providence, Rhode Island and has been a regular runner since 1986. As a youth, no one would have guessed that Michael, then a naturally plump youngster who could barely survive his school's gymnastic program, would develop a running avocation. Michael began running to sustain his cardiovascular strength and leg muscles for his primary passion: hiking. Last year, Michael ran as a relay team member in the Burlington Marathon and he envisions occasionally entering future races. Professionally a librarian and attorney, Michael is the research counsel at the Vermont Legislative Council Counsel. His interests include reading history and public affairs books and listening to chamber and symphonic music.

Race Calendar

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

- Feb 25 Winter Blues 5K (Tour de Burlington Series), Burlington, Andrea Riha, 802-863-8412.
- Apr 2 KAYNOR'S SAP RUN, 6 miles, 12:00, Westford, Chapin (878-6392) and Donna (879-2052) Kaynor, \$3.
- Apr 23 CHAMPLAIN CLASSIC 5K & 10K, 9:30, Shelburne Museum, Matt Chandler (985-8954) or Shelburne Recreation (985-9551).

Recent Additions

CVR welcomes to our ranks: Russell Petelle of Derby Line.

Minutes

November 30, 1994

Some discussion regarding the date of the 1995 Annual Meeting. The meeting had been scheduled for Jan. 25, a weekday, but it was decided that it would be preferable to have the meeting on a weekend. Sam to check with Tom Kaiden to see if the meeting can be held at his house.

Talked about getting an earlier start on the CVR scholarship. Would like to send out notices to schools in mid-Jan. and have applications back by April. Depending on the balance of the CVR bank account, either the same amount can be awarded in 1995 as in previous years, or more if there is more to give.

Sam Davis reports that CONTEL will be making a donation to CVR in 1995. Half of the money will go to support Leaf Peepers and the other half to Capital City Stampede.

Some confusion regarding the Grand Prix and how points are earned. In order to earn points for volunteering at a race, you cannot have also competed in the race.

Bob Murphy suggested sending out a membership drive letter sometime around the end of January.

Dot Helling shared many of her exciting experiences running in ultramarathons. She brought along lots of inspiring pictures and answered many questions. (Great job, Dot! Thank you.)

--Maureen Carr

Dear Fellow Runners,

Three years ago CVR sent out a letter to all runners who had participated in CVR sponsored events. The message from that letter indicated that unless membership and volunteerism increased, CVR might have to drop some of its long standing races, or worse yet disband the club entirely. I am writing to you today to say that CVR is again faced with such a decision.

That letter written three years ago motivated runners such as me to join the club and give back to the running community something that CVR had provided for so long. At the same time, while the letter was initially effective in its purpose, the nucleus of new members are now feeling the effects of burnout that the previous members had experienced. Unless membership increases and members both new and old step forward to help, then the officers of the club will be left with the agonizing task of deciding whether to stay together as a club or not.

As a race director, I can appreciate a great deal what the longer standing members of the club have had to put up with when it comes to race volunteers: It is always the same people helping out at the same races. After a while this can become quite fatiguing on those volunteers who may have wanted to run in some of the races, but were making sacrifices just so those races could be held. It would be nice to see fresh faces helping out at any of our races, and as members of CVR it is a requirement of membership to help out in at least one race or event.

I urge all existing members to come forward and help keep CVR a strong, viable running club with a long proud tradition of putting on top quality races for the entire Vermont running community and beyond, and at the same time bring a fellow runner into the ranks of the club. Thank you in advance for your help.

Yours in Running,

Sam Davis
CVR President

1994 CVR Grand Prix Series - Final Standings

*** NOTE: MY APOLOGIES FOR ERRORS IN THE STANDINGS SHOWN IN THE LAST NEWSLETTER. I BELIEVE THESE STANDINGS ARE NOW CORRECT - Bob Murphy

Note: Total score calculated only for those who worked at least one race.

Name	CCS	MTM	BPC	L5K	LHM	JHR	Total
Male 0-39							
Sam Davis	5*				10	10	25
Tim Noonan		5*		5*	0*	7	17
Elden Dube	5			5*	5*		15
Mack Gardner-Morse	7	5*					12
Ira Gardner-Morse	5*						5
John Gardner-Morse	5*						5
Chris Whalen			5*				5
Norm Robinson	10	10	10				0
Dave Kissner					7		0
Male 40+							
Steve Burkholder		5*	5		10		20
Doug Allen	10	5*		5*	0*		20
Bob Murphy	5*	5				5*	15
Robert Searles		3	7			5*	15
John Valentine	5*	7					12
Newton Baker		2		5*	5*		12
David Ellerson		5*	5*	0*	0*		10
Pascal DeBlasio		5*		5*	0*		10
Andrew Nuquist				5*	5*		10
Bill Perreault		5*					5
Shawn Bryan		5*					5
George Seivwright		10	10				0
Al Gasior				10			0
Roger Cranse				7			0
Paul Mailman		1					0
Female 0-39							
Mai-Lis Ellerson				5*	5*		10
Patty Roach-Davis	5*						5
Cynthia Gardner-Morse	5*						5
Eliza Gardner-Morse	5*						5
Maureen Carr			5*				5
Carol Van Dyke	10	10			10		0
Nancy Schulz			7			10	0
Nancy Maloney			10				0
Female 40+							
Darragh Ellerson	5*	3	5*	0*	0*		13
Jo-Ann Beaudin		5*		5*	0*		10
Hope Crifo				5*	5*		10
Reidun Nuquist		5*					5
Linda Hallinger	7	10	7		10		0
Bonnie Burkholder		5	2		7	7	0
Dot Helling			10			10	0
Nancy Reid	10						0
Sally Searles		7	3				0
Elizabeth Meiklejohn			5				0

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

- 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 six races.

- CCS = Capitol City Stampede 10 km Race
- MTM = Montpelier 10 Miler
- 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: 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



EARLY WINTER '95

Printed on recycled paper. Please pass this newsletter to a friend or recycle it!