



CENTRAL VERMONT RUNNERS

APRIL 1995 NEWSLETTER

Vol. 16, No. 2

Next Meeting

The next CVR meeting will be held on April 19th at Dot Helling's office located at 7 Langdon Street in Montpelier. The meeting will begin at 6:00 pm with the usual potluck supper.

New Officers

Congratulations to the new CVR officers elected at the Annual Meeting held on January 22.

President: Nancy Schulz
Vice President: Dave Kissner
Treasurer: Norm Robinson
Secretary: Sam Davis

Fun Runs

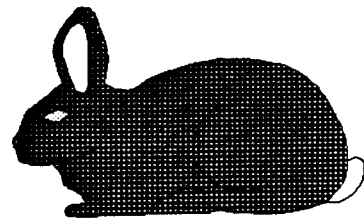
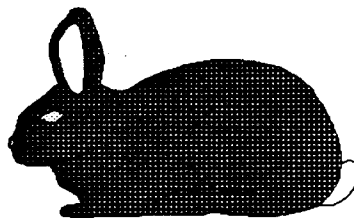
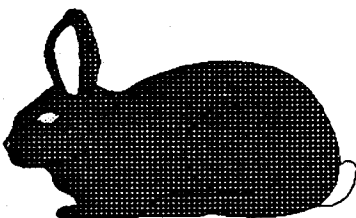
Two, four and six mile fun runs will be starting up again on May 2nd, and continuing every Tuesday evening through October 24th. Runners meet at 5:30 pm near the Vermont Liquor Control building located at the end of Green Mountain Drive in Montpelier.

1995 Annual Dues

Don't forget to pay your dues by the first Fun Run on May 2. (Application on back of newsletter.)

CVR Singlets

Singlets will be available for purchase at the first Fun Run.



1994 CENTRAL VERMONT RUNNERS ANNUAL TREASURER'S REPORT

The Central Vermont Runners Club ended 1994 with a balance of \$2,489.42 in it's treasury. This is an increase of \$264.36 over year-end 1993. The result of the increase is due to two factors primarily. Our Administrative costs were nearly \$700 less than 1993, and the Leaf Peepers race netted almost \$562 more than 1993.

The newsletter expenses were nearly the same in 1994, but will most likely see an increase in 1995 due to postage increases.

While Leaf Peepers showed tremendous increases because of increased participation, and CVR getting more dollars per runner; the other races as a whole suffered financially.

The Capital City Stampede showed a loss of \$163.13, and the Montpelier 10 Miler likewise lost \$127.26. Juniper Hill showed a very slight loss as well.

The Berlin Pond Couples race showed a nice profit however, at \$154.10 versus a loss of \$9.85 in 1993.

CVR dues fell off just slightly in '94 from \$522 in '93 to \$493 in '94. We again spent \$500 on scholarships, joined RRCA and TAC, and bought our insurance from the RRCA. We did have a \$180.00 expense to cover CVR singlets in '94 that was a carry over from 1993.

A reminder that at annual meeting of 1993 the club voted to set aside \$1000 for future purchase of a race clock. That money is in the general fund and is included in the year-end balance.

Below is a summary of major portions of your year in review. If anyone has a questions, feel free to call me.

Sincerely, Norm Robinson
Treasurer

1994 Financial Summary

Description	credits	debits	total	'93 total
Administration	\$503.00	\$1,037.19	(\$534.19)	(\$1,203.24)
Newsletter	\$0.00	\$413.62	(\$413.62)	(\$442.27)
Cap. City Stampede	\$910.00	\$1,073.13	(\$163.13)	\$123.36
Montpelier 10 Miler	\$241.00	\$368.26	(\$127.26)	\$273.31
Berlin Pond Couples	\$194.00	\$39.90	\$154.10	(\$9.85)
Leaf Peepers	\$9,151.48	\$7,789.50	\$1,361.98	\$800.00
Juniper Hill	\$18.00	\$31.52	(\$13.52)	\$34.74
Vt. Pure				(\$65.00)
Total	\$11,017.48	\$10,753.12	\$264.36	(\$488.95)

Notes from Nancy

I'm looking forward to my term as CVR's President and to discovering ways in which I can promote the growth of the Club.

I'd like to thank the following individuals who have just completed terms as CVR officers and whose efforts have kept CVR alive and well: Sam Davis, former President; Tom Kaiden, former Vice President; Maureen Carr, former Secretary, and Norm Robinson, who will continue as Treasurer.

Congratulations to the other newly elected officers: Dave Kissner, Vice President and Sam Davis, Secretary. (It's a tough act to take over the Presidency after a runner of Sam Davis' caliber. I'm glad that Dave Kissner is aboard as VP to draw attention away from my personal shortcomings as a runner.)

Maureen Carr will assume my former position as Newsletter Editor. Maureen has assisted me with the preparation of every issue since August '93, so I'm especially appreciative of the fact that she's willing to take on this task solo.

With the coming of warmer weather, our meetings increase in frequency and, hopefully, attendance will grow, too. Our next meeting/potluck on **Wednesday, April 19** will be held at Dot Helling's office. Dot has graciously provided not only her office, but also a number of videos of ultramarathons in which she has been a participant. Western States will be featured. The evening will be fun, so bring a friend and introduce him/her to CVR.

Fun Runs resume on **Tuesday, May 2** and take place every Tuesday evening until October 24. Come with your family and friends and run/walk the 2, 4, or 6 miles. Perhaps we'll organize an occasional post-run ice cream or swimming social.

As an advocate of those strange running events called "hashes", I'll be using this column to keep you posted on dates and locations. Mark your calendar for **Thursday, August 24** for a great Shelburne Farms hash. We'll meet there at 6:00 pm to begin following those elusive flour trails and yelling "on-on".

Watch the newsletter for information on upcoming CVR races and non-CVR events. If you have some spare time, consider volunteering to assist one of the race directors (in advance or on race day itself). Your contribution will be most welcome.

As President, I would be grateful for phone calls or letters that communicate your suggestions, questions, or criticisms. CVR can only function as a vibrant organization if it has a steady input of new faces and new ideas. As a dues-paying member, you have a right to shape this organization and you have a right to expect a return on your investment. Please let me know how the Club can serve you better.

Here's to all the great runs to come!



RACE CALENDAR

- APR 23 GMAA CHAMPLAIN CLASSIC 15K/5K & 1K KIDS' RACE, 9:30 AM, SHELBURNE MUSEUM, SHELBURNE PARKS & REC (802) 985-9551
- APR 29 GMAA TROLLHEIM 5K, 11:00 AM, ESSEX CENTER, AL/SALLY DUVAL (802) 899-3398
- MAY 6 ROLLIN IRISH HALF MARATHON, 9:00 AM, ESSEX ELEMENTARY SCHOOL, BILL EVERETT (802) 879-1687
- MAY 6 TOMATO CROSS-COUNTRY 5K & 10K, GARDENERS' SUPPLY BURLINGTON PARKS & REC (802) 864-0123
- MAY 14 NEW HAMPSHIRE SPCA 5K FOR KINDNESS, 10:00 AM, STRATHAM, NH, SUE COBLER (603) 772-2921
- MAY 20 SPRING WOMEN'S 3.3 MILE RUN, 10:00 AM, WILLISTON CENTRAL SCHOOL, RUTH PAINTER (802) 878-3084/JEANNETTE PERRY 879-4421
- MAY 20 FRANKLIN REGIONAL HOSPITAL 10TH ANNUAL 5K & 10K 9:00 AM, FRANKLIN, NH, (603) 934-2060 EXT. 329
- MAY 28 KEY BANK/VERMONT CITY MARATHON & MARATHON RELAY, 8:00 AM, ANDREA RIHA (802) 863-8412
- JUN 4 CROWLEY BROTHERS' MEMORIAL 10K ROAD RACE, 9:00 AM, PROCTOR TO RUTLAND, ATHLETIC ENDEAVORS (802) 773-9168/775-5628
- JUN 10 CVR CAPITAL CITY STAMPEDE 10K, MONTPELIER, SAM DAVIS (802) 864-2916
- JUN 11 CATAMOUNT BREWERY BIATHALON SERIES 10 MILE TRAIL RACE, KILLINGTON SKI AREA, KILLINGTON, ATHLETIC ENDEAVORS (802) 773-9168/775-5628
- JUN 17 35TH MOUNT WASHINGTON ROAD RACE, 7.6 MILES UPHILL, 10:00 AM, PINKHAM NOTCH, GORHAM, NH, SASE, PO BOX 990, NEWPORT, NH 03773 (BY MARCH 15)
- JUN 24 CVR MONTPELIER TEN MILE ROAD RACE, TIM NOONAN (802) 229-4658

Annual Meeting Minutes

Elected officers and Newsletter Editor for 1995 as follows:

President - Nancy Schulz
Vice President - Dave Kissner
Treasurer - Norm Robinson
Secretary - Sam Davis
Editor - Maureen Carr

Discussed various club activities and made a first attempt to assign responsibilities. It was suggested that Mack Gardner-Morse

continue as PR person as he has done such a thorough job in past years. Similarly, Bonnie Burkholder to again chair the scholarship committee. Talked about assigning someone to coordinate the fun runs. This person would be responsible for providing info at the fun runs and recording the race results, or making sure that someone is there to do so. It was suggested that this person have a bulletin board in the back of their car with membership applications, race forms, CVR newsletters, etc. posted for easy distribution.

Identified race directors and race dates as follows:

June 10: Capital City Stampede - Sam Davis
June 24: Montpelier 10 Mile - Tim Noonan
July 8: Bear Swamp - Tim Noonan
August 5: Berlin Pond Couples' Race - Chris Whalen/Tom Kaiden?
Oct. 1: Leaf Peepers - Darragh Ellerson/Newton Baker
Nov. 4: Juniper Hill - Bob Murphy

It was suggested that CVR might benefit by working cooperatively with service organizations, such as Boosters and Kiwanis, to find race volunteers and race prizes.

Singlets are still available.

-Maureen Carr

A Limerick
by Bob Murphy

New CVR President Nancy
To races does not take a fancy
But mention a hash
And off she will dash
For hashes make our Nancy antsy!

Sam Davis is fast; that is true;
And Patty's a good runner too;
But will Emily be
The best of the three?
(Check back in 2002!)

A daring young runner named Dot
Liked dashing up mountains a lot;
Whenever she fell,
She'd just say, "Oh, hell!",
And she'd take off again like a shot.

Darragh Ellerson's finish line act
Is disgusting to most in the pack;
She vomits all over
The grass and the clover,
And then says, "What a great race was that!"

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.)

JUN-Capital City Stampede _____ JUN-Montpelier 10 Miler _____

AUG-Berlin Pond Couples Race _____ OCT-Leaf Peepers _____

NOV-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 checks payable to Central Vermont Runners and mail to Norm Robinson, 66 Terrace St., Montpelier, VT 05602.



Central Vermont Runners
c/o Maureen Carr
34.5 Liberty St.
Montpelier, VT 05602

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