

# CENTRAL VERMONT RUNNERS

MAY 1995 NEWSLETTER

Vol 16, No. 3

## Next Meeting

The next CVR meeting will be held on May 17th at Bob Murphy's house, 35 Birchwood Park Drive, Barre Town. The meeting will begin at 6:15 pm with a potluck supper. Please bring something to share. Anyone wishing to run at Bob's before the meeting should arrive at 5:30. Directions: Take I-89 Exit 6, travel down Rte 63 for 1.5 miles to Millar Road on the left, follow Millar Rd for 0.25 miles to Birchwood Park Drive on the left, Bob lives in a white house with green shutters on the right.

## Fun Runs get off to a great start!

Let's keep up the momentum. Two, four and six mile fun runs 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. CVR singlets are still available and can be purchased at the fun runs.

## Twenty-Four Hour Relay Anyone?

Let's put together a 10-person team(s) to travel to Westport, NY on the last weekend in July to compete in a reportedly tons-o-fun race. Each member of the team runs one mile (twice around a 1/2 mile horse track) and passes off to the next runner. This goes on from noon Saturday to noon Sunday. Interested runners should contact Norm Robinson (he seemed to be the most enthusiastic).

## Need an answer?

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

President	Nancy Schulz; 223-7035
Vice President	Dave Kissner; 229-6910
Treasurer	Norm Robinson; 223-7351
Secretary	Sam Davis; 655-3611

## SEND IT IN!

Don't hesitate to send in articles, race results, etc., to be included in the newsletter.

## RACE CALENDAR

- MAY 20 SPRING WOMEN'S 3.3 MILE RUN, 10:00 AM, WILLISTON CENTRAL SCHOOL, RUTH PAINTER (802) 878-3084/JEANNETTE PERRY 879-4421, ROLLING, SCENIC COURSE.
- MAY 20 FRANKLIN REGIONAL HOSPITAL 10TH ANNUAL 5K & 10K 9:00 AM, FRANKLIN, NH, (603) 934-2060 EXT. 329.
- MAY 21 SPRING FLING 5K FOR HANOVER YOUTH-IN-ACTION, 1:00 PM, WEBSTER HALL, DARTMOUTH GREEN, HANOVER, NH, HANOVER REC (603) 643-5315 OR CINDY CLUECK (603) 643-9475.
- MAY 21 5K RUN FOR A STRAY, 1:00 PM, COLLINS PERLY SPORTS CENTER, ST. ALBANS, CHRIS WALSH (802) 524-9848 OR SHAWN ALLARD (802) 524-6230.
- MAY 27 HARDWICK SPRING FESTIVAL 5K RUN, 10:00 AM, CENTENNIAL HOUSE, HARDWICK, MIKE CLARK (802) 563-2216.
- MAY 28 KEY BANK/VERMONT CITY MARATHON & MARATHON RELAY, 8:00 AM, ANDREA RIHA (802) 863-8412.
- JUN 2 CANNONBALL 4 MILE RUN & 1 MILE KIDS' TRACK RACE, 8:30 AM, MORRISVILLE, ROD DAVIS (802) 888-4312.
- JUN 4 CROWLEY BROTHERS' MEMORIAL 10K ROAD RACE, 9:00 AM, PROCTOR TO RUTLAND, ATHLETIC ENDEAVORS (802) 773-9168/775-5628 OR ATHEND@AOL.COM.
- JUN 10 CVR 18TH ANNUAL CAPITAL CITY STAMPEDE 10K, 9:30 AM, MONTPELIER, (802) 864-3611.
- JUN 11 CATAMOUNT BREWERY VT BIATHALON SERIES 10 MILE TRAIL RACE, KILLINGTON SKI AREA, KILLINGTON, ATHLETIC ENDEAVORS (802) 773-9168/775-5628 OR ATHEND@AOL.COM.
- JUN 11 BATTENKILL DUCK DERBY ROAD RACES, 5K & 12K, 9:00 AM & 10:00 AM, COVERED BRIDGE GREEN, W. ARLINGTON, VT, JIM SULLIVAN (802) 375-2813.
- 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.

## 1995 Annual Dues

Don't forget to pay your dues!  
(Application on back of newsletter.)

### Notes from Nancy

We had a terrific turnout (15 people) and terrific eats at our April meeting. Clearly, running season has arrived! It would be great to have an equally large crowd at our **May 17** meeting at Bob Murphy's, so please come.

Good luck to all CVR members who will be running or walking in the Vermont Corporate Challenge on **May 18**. With luck, the weather will be as magnificent as it was last year.

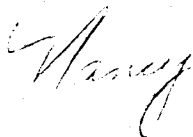
Good luck also to all CVR members who will be running (either solo or as part of a relay team) in the Vermont City Marathon on Sunday, **May 28**. Fellow CVR member Bonnie Burkholder and I are looking forward to participating as part of a team of five women conservationists. We're calling ourselves "The Green Sisters".

Flyers promoting our Fun Runs have been printed and will be at the next meeting, ready for distribution. I would encourage you to take a few and post them in high visibility areas that you pass by. If each active member posts 6 or 10, we'll have gained some considerable exposure. Note that the flyers have the CVR membership form printed on the back. (The flyers will be stuffed in the VT Corporate Challenge packets. Thanks to Norm Robinson and Bob Murphy for arranging this.)

For those of you who have been curious about hashing but who haven't wanted to travel to the Burlington area, I have exciting news! There are two hashes coming up that are close to home. On Thursday, **May 25**, there is a hash at 6:00 pm at the Waterbury Reservoir. CVR Vice-President Dave Kissner is one of the hares, so we can anticipate a good course. Call Dave at 229-6910 for info. On Thursday, **June 22**, there is a summer solstice hash in Stowe. This one begins at 6:30 and Larry Lackey (253-7966) can supply specifics. Hashes are planned from now until the end of October so call me (223-7035) if you want particulars on the others.

Remember that this newsletter is designed to be a vehicle for members to communicate with each other. Send your announcements, opinions, suggestions, tips, and anything you want to broadcast to Editor Maureen Carr.

Happy Running (injury-free, of course)!



# 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

**MAY '95**