



## CENTRAL VERMONT RUNNERS



JUNE 1995 NEWSLETTER

Vol. 16 No. 4

### Next Meeting

The next CVR meeting will be held on June 28 at Darragh Ellerson's house on Upper North Street in Montpelier. The meeting will begin at 6:30 pm with a potluck supper. Please bring something to share. If you need directions call Darragh at 223-2080.

### Upcoming CVR Races.

This Saturday, June 24, the Paul Mailman Ten Mile Road Race starting at Montpelier High School at 9:00, and July 8, Bear Swamp Run, starting at 9:00 at the Rumney School in Middlesex (applications attached).

### Twenty-Four Hour Relay

There is still time to put together a CVR team to compete in the 24-hour relay in Westport, NY on the last weekend in July. Teams are made of up ten people each and each member of the team runs one mile (twice around a 1/2 mile horse track) to pass off (or out) to the next runner. The race takes place from noon Saturday to noon Sunday. Interested runners should contact Darragh Ellerson.

### Need an answer?

Feel free to contact any club representative with 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.

## CVR CALENDAR

- Jun 24 PAUL MAILMAN MONTPELIER TEN MILE ROAD RACE, 9:00,  
Montpelier High School, Tim Noonan, 223-6216.
- June 28 Meeting and potluck supper, 6:30, Darragh Ellerson's.
- July 08 SEVENTEENTH ANNUAL BEAR SWAMP RUN, 9:00, Rumney  
Memorial School, Middlesex, Tim Noonan (223-6216).
- July 29 24-hour relay. Westport, NY.
- August 5 Berlin Pond Couples' Race
- Oct 1 Leaf Peepers 5K and Half Marathon
- ~~Nov 4 Juniper Hill 12K. Sign up early, entrance limited to  
the first 150 registrants.~~
- Ongoing Fun runs every Tuesday evening at 5:30 at the Liquor  
Control building at the end of Green Mountain Drive in  
Montpelier (beyond Green Mountain Power building).

I have changed the format of the calendar to include all CVR events  
and any races which I hear about but which are not published in  
Vermont Sports Today - too much duplication.

Remember, it's always a good idea to check with race directors to  
verify race day and time.

## Notes from Nancy

Our next gathering at Darragh Ellerson's (Wednesday, June 28 at 6:30) should be a productive one. We'll be continuing the discussion that began at Bob Murphy's house concerning reallocation of the scholarship monies in '96. I had a very positive meeting with Don Lorinovich of the Montpelier Recreation Department. During the meeting, Don put forth some interesting ideas regarding how the Rec Dept. could work with CVR to sponsor an event next year. I'll be interested to hear your thoughts on Don's proposal.


Also, Gordon MacFarland will be presenting an idea to the club regarding another possible new event for next year. I won't steal Gordon's thunder by revealing any of the details here, but I encourage you to come and hear what he has to say.

Does anyone have any thoughts on how I might succeed in getting any of the local radio stations to agree to a live or taped promotion of our Fun Runs? So far, I haven't been able to succeed with WDEV or WSKI. Your input on this matter would be welcome.

I was lucky enough to get permission to hang our Fun Run flyer in the kiosk on State Street. This is a terrific spot for exposure because there is so much daytime foot traffic past it. It's also lit at night. But, best of all, it's in a locked display case, and will remain on view throughout the running season.

Thanks to Race Director, Sam Davis, and all those who contributed to the success of the Capital City Stampede on June 10. We had a wonderful (though warm) sunny morning and the volunteers did a fine job organizing and executing this event. Good luck to all CVR entrants in the 10-miler, scheduled for Saturday, June 24.

The Montpelier Recreation Department is seeking a track and field coach. The commitment involves 90 minute sessions on Tuesday and Thursday nights (and two Saturday meets) for one month this summer. I believe it's roughly late June to late July. For particulars (including compensation), call Don Lorinovich or Arne McMullen at 223-5141.



Nancy Schulz

**Minutes** (reported by Dave Kissner)  
17 May, 1995

**CVR Scholarship Committee:**

Reported that the \$500 allotted was divided into \$200 each to the only two applicants. Reasons for such a low number of applicants was discussed.

It was motioned to give the scholarship as listed above to the two applicants, motion passed.

Motioned to discontinue scholarship in lieu of reporting in this newsletter that CVR is soliciting ideas to redirect these funds. Motion passed. Input for where to redirect the \$500 is hoped for at the June 28 CVR meeting.

Ideas were discussed to redirect scholarship funds to other youth-oriented activities. Youth track programs, specifically a summer track and field program through the Montpelier Recreation Department, was lobbied as a good idea to this end. Another idea was incorporating a 1 mile kids fun run as part of one of the established CVR races.

Race Clock: Bob discussed that \$1,000 is still set aside to purchase a race clock. However, \$3,000 is required for a double face clock, purchased new, as used clocks are virtually unavailable.

**Publicity:**

Mack supplied a list of newspapers for public relations, and the newspaper list has already been sent to Norm to incorporate into the full mailing list. This would provide, for *Vermont Sports Today* in particular, ample time to list CVR races in calendar sections.

The difficulty with several of the media outlets was discussed. Gordon said he would check into the situation with the *Times-Argus*; Darragh mentioned that persistence is the key to working with radio station WDEV. Tom may be asked to appear on DEV (utilizing his "influence" with the Stowe Area Association.)

Fun run posters were distributed among meeting attendees; a goal of getting 20-30 runners to fun runs was mentioned. Discussed the success of including the fun run notice/CVR application with the Corporate Challenge race bibs and information.

Mailings: Mailing was completed on the week of May 15 for Capital City Stampede and the Paul Mailman 10-Miler. Included with the race entry forms were CVR applications. It was suggested to mail Berlin Pond Couples Race with the Leaf Peepers 5K/Half Marathon.

Next meeting: Was agreed upon for June 28, 6:30 pm at Darragh's house.

# The Paul Mailman MONTPELIER TEN MILE ROAD RACE

21ST ANNUAL RACE  
ONE OF VERMONT'S OLDEST RACES  
THE FINAL RACE OF HOCKOMOCK SWAMP RAT RACE SERIES

**NYNEX**  
Mobile Communications 



**SATURDAY, JUNE 24, 1995 - 9:00 A.M.**

**PLACE:** Montpelier High School, Montpelier, Vermont.

**SPONSORS:** Central Vermont Runners and NYNEX Mobile Communications.  
Sanctioned by USATF.

**REGISTRATION:** To pre-register, make checks payable to Central Vermont Runners and mail entries to: Tim Noonan, 2 Pinewood Road, Montpelier, Vermont 05602. Post registration at Montpelier High School June 24, from 7:30 a.m.-8:45 a.m. Dressing and bathroom facilities available.

**FEE:** \$9.00. Pre-registration must be made by June 20.

**T-SHIRTS:** T-shirts limited to first 75 registrants. Register early!

**START TIME:** 9:00 A.M.

**COURSE:** Starts at front of High School. Flat to rolling out and back course over primarily dirt road. Finishes at Dept. of Employment and Training building. Four water stations. Miles accurately marked. Course is certified.

**DIVISIONS:** FEMALE- Under 18, 18-29, 30-39, 40-49, 50-59, 60+  
MALE- Under 18, 18-29, 30-39, 40-49, 50-59, 60+  
TEAMS- 1-39 Open Male, 1-39 Open Female, 40+ Masters Male, 40+ Masters Female (3 member teams).

**PRIZES:** Trophy and gift certificate/merchandise prize to top male and female. Gift certificate/merchandise prize for top finishers in each age division. Plaque to top teams.

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**OFFICIAL ENTRY FORM - MONTPELIER 10 MILE ROAD RACE JUNE 24, 1995**

NAME \_\_\_\_\_ SEX M F AGE \_\_\_\_ BIRTH DATE \_\_\_\_\_

STREET \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_

ZIP \_\_\_\_\_ CLUB or TEAM (if applicable) \_\_\_\_\_

T-SHIRT SIZE: S M L XL

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely compete the run. I assume all risks associated with running in this event including, but not limited to, falls contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Central Vermont Runners, the City of Montpelier and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature \_\_\_\_\_ Date \_\_\_\_\_

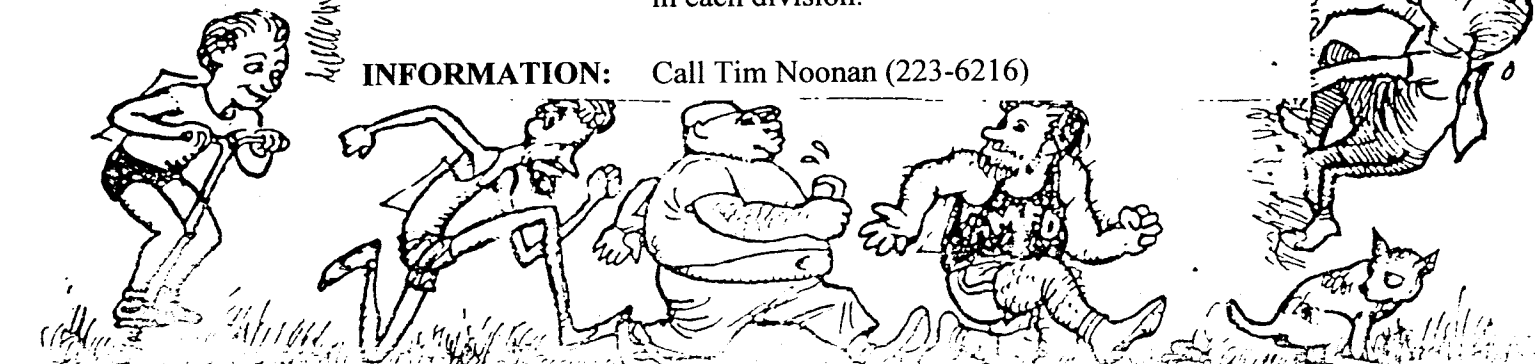
Signature of Parent or Guardian if under 18 years of age \_\_\_\_\_



**SEVENTEENTH ANNUAL BEAR SWAMP RUN**

**SATURDAY, JULY 8, 1995 - 9:00 A.M.**

- PLACE:** Rumney Memorial School  
Shady Rill, Middlesex, Vermont
- SPONSORS:** Central Vermont Runners and Middlesex  
Recreation Committee
- REGISTRATION:** 8:00 a.m., July 8, Rumney Memorial School
- FEE:** \$4.00
- START TIME:** 9:00 a.m.
- COURSE:** 5.7 miles of scenic gravel road climbing 450  
feet over the first three miles and gradually  
descending back to the starting point.
- DIVISIONS:** Female and male - up to 12, 13-29, 30-39,  
40-49, 50-59, 60+
- AWARDS:** Certificates or merchandise prizes to top finishers  
in each division.
- INFORMATION:** Call Tim Noonan (223-6216)



**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 \_\_\_\_\_

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

**JUNE '95**

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