

CENTRAL VERMONT RUNNERS

JULY 1995 NEWSLETTER

Vol. 16 No. 5

Next Meeting

The next CVR meeting will be held on July 26 at Tim Noonan's house at 2 Pinewood Road in Montpelier (off of Crestview which is left off of Terrace). Anyone who would like to run at Tim's before the meeting should meet at 5:30. The meeting will begin at 6:30 pm with a potluck supper. Please bring something to share.

Fun Runs

The number of runners participating in the Fun Runs is growing exponentially. Join the fun and meet at 5:30 on Tuesdays at the Liquor Control Warehouse at the end of Green Mountain Drive in Montpelier for a 2, 4 or 6 mile run.

Upcoming CVR Races

- August 5 The 16th Annual 8 km Berlin Pond Couples/Individuals Race is on schedule for Saturday, August 5th. Send in your application, or call Tom Kaiden at 223-1325 if you would like to volunteer to help out.
- Oct 1 Leaf Peepers 5K and Half Marathon. Darragh Ellerson 223-2080.

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.

BEAR SWAMP RUN
Middlesex, July 8, 1995

Mark Chaplin finished more than two minutes ahead of second and third place finishers Bill Dysart and Tim Noonan in winning the 17th annual Bear Swamp Run on July 8. Likewise, Dot Graham finished more than two minutes ahead of Tara Chaplin to win the overall women's race. Tara was one of five runners of high school age or younger running the race this year.

The weather cooperated, as it was cooler than past years and the rain held off until half an hour after the last runner finished. This race is perhaps most notable for its hills and rustic nature. It climbs 450 feet in the first 2 ½ miles, and then is flat or downhill for the remaining 3 plus miles.

Thanks to those who helped out at the finish line. As always, most thanks go to Kemp Saunders of the Middlesex Recreation Committee. Every year, Kemp arranges to have the school open, puts the mile markers and directional bear signs out on the course, sets up the water stop and times the runners. CVR decided to sponsor this race five years ago when it was close to dying, and the combination of CVR's support and Kemp's unflagging and cheerful efforts have kept the race afloat.

See you next year.

Tim Noonan
Race Director

RESULTS

Male Under 13 -	Hunter O'Folan	43:17
	Gus Kaeding	49:06
Male 13-29 -	Justin Ryea	37:45
	Tim Croteau	39:15
	Vance Schug	49:30
Male 30-39 -	Tim Noonan	36:28
	Mack Gardner-Morse	41:01
Male 40-49 -	Mark Chaplin	33:48
	Bill Dysart	36:19
	Steve Burkholder	38:47
	Eric Ryea	39:26
	Greg Gerdel	40:10
	Robert Searles	40:32
	Joe Zuaro	40:39
	John Kaeding	41:33
	Chris Hall	42:25
Male 50-59 -	William Jones	57:31
Female 13-29 -	Tara Chaplin	41:45
	Tracy Perry	49:26
Female 30-39	Dot Graham	39:27
Female 40-49	Elizabeth Meiklejohn	53:36
	Norleen Jones	57:31

DODGE AND TETRAULT WIN MONTPELIER TEN MILER

On a warm, humid day which slowed down the runners, Sue Dodge of West Danville, Vermont, and Joel Tetreault of Rutland, Vermont, were the overall female and male winners of the Paul Mailman Montpelier Ten Mile Road Race on June 24, 1995. 14 year old Tara Chaplin of U32 High School set an under 18 female record, the only age group record of the day. The Central Vermont Runners won three of the four team divisions - the Open Male, Masters Male, and Masters Female. The Trail Animals won the Open Female division. There were 91 registrants for the race. 88 runners started the race, and 87 finished. Due no doubt to the race being the final race of the Hockomock Swamp Rat Race Series, there were an unusually high percentage of out of state entrants, including 26 runners from Massachusetts.

Thanks to NYNEX Mobile Communications and Onion River Sports, who provided financial support to the race, and the Hockomock Swamp Rat, for getting the word out on this 21st annual race. Many thanks to the following race volunteers: Tom Bachman, Joanne Beaudin, Shawn Bryan, Buzz Carillo, Maureen Carr, Sam Davis, Pat DeBlasio, Darragh Ellerson, Greg Gerdel and the Gerdel kids, Gordon MacFarland, Bob Mercier, Bob Murphy, Reidun and Andrew Nuquist, Bill Perrault, Norm Robinson, Jamie Shanley, Tracy and Tim.

Tim Noonan
Race Director

RESULTS

<u>Overall Place</u>	<u>Age Group Place</u>	<u>Name</u>	<u>Time</u>
<u>FEMALE 0-17</u>			
58	1	Tara Chaplin	1:18:57
<u>FEMALE 18-29</u>			
24	1	Mary Meehan	1:08:10
38	2	Nikki Kimball	1:14:29
39	3	Christin Healy	1:14:37
47	4	Siri Rooney	1:16:04
<u>FEMALE 30-39</u>			
21	1	Susan Dodge	1:07:02
27	2	Marcie Saganov	1:10:43
30	3	Ellen Foley	1:11:49

<u>Overall Place</u>	<u>Age Group Place</u>	<u>Name</u>	<u>Time</u>
<u>EEMALE 30 -39 (CONT.)</u>			
50	4	Sue Lavigne	1:16:58
52	5	Laura Medalie	1:17:31
54	6	Jennifer Gear	1:17:57
55	7	Carol Van Dyke	1:18:05
64	8	Linda Jones	1:21:07
70	9	Joan Siegel	1:27:10
73	10	Mary Malan	1:29:33
<u>FEMALE 40-49</u>			
48	1	Judy Romvos	1:16:22
53	2	Linda Hallinger	1:17:46
60	3	Betsy LaFlame	1:19:53
76	4	Bonnie Burkholder	1:29:43
<u>FEMALE 50-59</u>			
75	1	Rosemary Rusin	1:29:42
<u>FEMALE 60+</u>			
84	1	Darragh Ellerson	1:43:21
<u>MALE 18 -29</u>			
1	1	Joel Tetreault	57:03
19	2	Dave Kissner	1:06:25
33	3	Mike Drescher	1:13:14
37	4	Paul Lincolnhunt	1:14:27
42	5	Dave Seiler	1:15:15
<u>MALE 30 - 39</u>			
2	1	Chip Pierce	57:17
3	2	David Lapierre	58:56
4	3	Dave Tyler	59:16
6	4	Gordon Horner	1:00:19
8	5	Richard Charbonneau	1:01:05
12	6	Peter Brook	1:03:23
18	7	Patrick Savage	1:06:09
22	8	Jeff Gould	1:07:38
23	9	Chris Stocker	1:07:56
26	10	Tim Gilbert	1:10:35
29	11	Norm Robinson	1:10:52
31	12	Eric Dague	1:12:09

<u>Overall Place</u>	<u>Age Group Place</u>	<u>Name</u>	<u>Time</u>
<u>MALE 30 -39 (CONT.)</u>			
34	13	Mark Burns	1:13:17
35	14	John Daniels	1:13:32
49	15	Joe Grant	1:16:52
56	16	Richard Jones	1:18:17
63	17	Todd Frank	1:21:05
67	18	William Collyer	1:24:00
69	19	Barry Metayer	1:25:36
74	20	Jon Cawley	1:29:34
87	21	Jim Cappetta	1:51:06
<u>MALE 40 -49</u>			
5	1	Rick Bayko	1:00:09
7	2	Gordon MacFarland	1:00:35
9	3	Mark Chaplin	1:02:01
10	4	John Valentine	1:02:33
11	5	Hank Gediman	1:03:06
13	6	John Tewhill	1:04:19
14	7	Charlie Windisch	1:04:31
16	8	Joe DuVall	1:05:19
17	9	Jamie Shanley	1:05:30
25	10	John Mazzucco	1:09:25
28	11	Peter Dale	1:10:45
32	12	P.H. Coleman	1:12:22
36	13	Joe Zuaro	1:14:14
40	14	John Kaeding	1:14:52
41	15	Jim Maloney	1:14:55
43	16	Ray Boutotte	1:15:31
44	17	Charles Grinnell	1:15:53
46	18	Eric Levin	1:16:01
51	19	Bruce Johnson	1:17:20
57	20	Dave White	1:18:34
59	21	Steve Lombardo	1:19:30
65	22	Pete Cone	1:21:17
71	23	Tom Micka	1:27:28
77	24	Steve Burkholder	1:29:46
79	25	John Halpin	1:33:43
80	26	Jim Wilmot	1:34:09

<u>Overall Place</u>	<u>Age Group Place</u>	<u>Name</u>	<u>Time</u>
<u>MALE 50 - 59</u>			
15	1	Peter Orni	1:05:00
20	2	Zeke Zucker	1:06:40
45	3	David Chioffi	1:15:54
62	4	King Milne	1:20:54
66	5	Rich Paulsen	1:22:47
68	6	Peter Wallan	1:25:23
78	7	Peter Buhl	1:30:58
81	8	Newton Baker	1:39:25
83	9	Ted Chase	1:39:34
85	10	Fred Gladu	1:46:00
86	11	Paul Mailman (race walker)	1:49:04

<u>MALE 60+</u>			
61	1	Richard Fedion	1:20:12
72	2	Ben Burd	1:28:06
82	3	Don Coombs	1:39:32

TEAM RESULTS

Male Open - 1. Central Vermont Runners (Gordon MacFarland, John Valentine, Jamie Shanley) - 3:08:38
 2. Hockomock Swamp Rats (Rick Bayko, Peter Orni, Jeff Gould) - 3:12:47
 3. North Shore Striders (Chris Stocker, Richard Fedion, Don Coombs) - 4:07:40

Male 40+ 1. Central Vermont Runners (Gordon, MacFarland, John Valentine, Jamie Shanley) - 3:08:38
 2. Hockomock Swamp Rats (Rick Bayko, Peter Orni, Rich Paulsen) - 3:27:56

Female Open 1. Trail Animals (Marcie Saganov, Jennifer Gear, Linda Jones) - 3:49:47
 2. Central Vermont Runners (Linda Hallinger, Carol Van Dyke, Bonnie Burkholder) - 4:05:34

Female Masters 1. Central Vermont Runners (Linda Hallinger, Bonnie Burkholder, Darragh Ellerson) - 4:30:50



And
CENTRAL VERMONT RUNNERS
Present the
16th ANNUAL 8-Kilometer
BERLIN POND COUPLES/INDIVIDUALS RACE

WHEN: 9:00 AM, Saturday, August 5, 1995, Berlin, Vermont.

REGISTRATION: Pre-registration by mail, \$6.00 with completed entry blank. Registration on race day, \$8.00 from 7:30 AM-8:30 AM at the Maplewood Convenience Store, Route 62, Berlin, Vermont - Exit 7 off Interstate-89, turn right at the light, the store is on the right.

AWARDS: T-shirts to first 30 entrants (15 couples). Prizes to fastest open division couple and fastest masters (over 40) division couple based upon the combined times of couple entries. Also prizes to the fastest individual female and male in the open and masters (over 40) division. Refreshments at the finish.

COURSE: A single 8-kilometer (4.93 mile) loop counter-clockwise around Berlin Pond, first half hilly, second half flat and fast, all dirt road. Water stop at mid-point. All distances are marked and the course is TAC-CERTIFIED and SANCTIONED. TAC rules apply, including no baby joggers and no Walkmen etc. For additional information call Race Director Tom Kaiden (223-1325)

BERLIN POND COUPLES/INDIVIDUALS RACE ENTRY BLANK

Mail with \$6.00 fee no later than August 2, 1995, to Tom Kaiden, RR#1, Box 122, Bliss Rd. E. Montpelier, VT 05651. Make checks payable to Central Vermont Runners. Be sure to complete all of the information and sign the waiver below.

Indicate whether entering ___ Individual or ___ Couples division.

Name #1 _____ M/F:___ Age:___ D.O.B: _____

Name #2 _____ M/F:___ Age:___ D.O.B: _____

Address: _____

City/State/Zip _____

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 complete 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, dogs and the conditions of the road, all such risks being known to 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 Town of Berlin 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 or entities named herein.

Signature of Entrant #1 _____ Date: _____

Guardian Signature if #1 under 18 _____

Signature of Entrant #2 _____ Date: _____

Guardian Signature if #2 under 18 _____

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

JULY '95