The Susan G. Komen
Breast Cancer Foundation

RACE FOR THE CURE

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VERMONT RACE FOR THE CURE
P.O. BOX 2496
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05255

RUNNING CLUBS:

JOIN US JULY 28TH FOR
THE RACE FOR THE CURE®
IN BEAUTIFUL MANCHESTER, VERMONT

The Susan G. Komen Foundation's Race For the Cure® in Vermont in 1996 will be held on Sunday July 28th in the beautiful mountain setting of Hildene Meadows in Manchester, Vermont. The Race consists of a variety of events: a 5K Run for Women, a 5K Run for Men, a 5K Walk for Women and Men and a One-Mile Steeplechase for children and families. The goal of the Race is to heighten awareness and raise funds for breast cancer research, screening, education and treatment. Last year's Race in Manchester drew over 1,300 participants.

We can offer your Club reduced rates for groups when you sign up before July 15th. Your group can also take part in the Team Challenge (see enclosed sheet.) Group rates are $12.00 per person if you register before July 15 and $17.00 per person after July 15th.

Please include us in your regular newsletter mailings to your group members. And, hopefully, it's not too late to add us to your monthly calendar of events.

Breast cancer is the leading cause of death, from all causes, of women between the ages of 35 and 54. In 1996, it is estimated that 184,300 women will be diagnosed with breast cancer (one every 3 minutes); during this same time, 44,300 will die (1 every 12 minutes). All women are at risk! Early detection is the key to survival.

The Race is for all of us! Give us a call for more information. Hope to see you all there!

The Vermont Committee Against Breast Cancer

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Extension 237

May 1996

Vol. 17 No. 2?

Central Vermont Runners
c/o Jamie Shanley
Box 152
Montpelier, VT 05601

Minutes from April 30, 1996 CVR Meeting

Norm Robinson and Tim Noonan have been busy planning the Kids' Track Meet which is scheduled for June 15th. They have drafted a poster for distribution and Bob Murphy will post it on the INTERNET. Each child will wear bib #1 and will receive a medal for participating.

Bob Murphy was presented with the RRCA Volunteers award for 2000+ hours of service. Congratulations Bob!

Bridge construction on the River Road in Montpelier Junction should not interfere with the fun runs or the 10-Miler.

Dave Kissner designed a new poster for the fun runs. It was well received and will be posted around town.

The Montpelier 10-Miler has been rescheduled for June 29, rather than June 22. Registration forms for both the 10-Miler and Capital City Stampede will be sent out this week.

Some discussion regarding more interaction with GMAA; maybe some friendly competition.

It was agreed that it would be a good idea to form a committee to direct the Leaf Peepers race in the future. Too much work for one person (except Darragh!).

The next meeting is scheduled for May 22 at 6:00 at Maureen Carr's and Gordon MacFarland's house at 18 North St in Montpelier.

CVR Well-Represented at 100th Boston

Several Central Vermont Runners made the trip south to compete in the 100th running of the Boston Marathon on April 15th. The race usually attracts about 10,000 runners who must qualify for the event within a year before the race by running target marathon times, which vary by age and gender. This year, the occasion of the 100th running attracted more qualifiers than usual, and additional runners were allowed in by a lottery system as well, swelling the field to 37,000. This made it the largest marathon ever held. Another interesting statistic is that more people ran Boston in 1996 than the total number of competitors in the first 83 runnings -- through 1979!

The weather was one of the top stories. Five days before the race, an unusually late and heavy snowstorm dumped 15" of snow at the start in Hopkinton. By race day the melted snow had turned the start area into what CVR's Dot Helling termed "the Woodstock of running." Race organizers had worked overtime to prepare the muddy start area for the onslaught of runners. The snow was gone but winter weather wasn't on the day before the race, a cold and blustery day which had a high of only 39 degrees in Boston. Jump to the day after the race and we have an intense frontal storm that dumped 1-2" of cold rain on the area. But race day itself found a window of near perfect conditions, sunny with highs near 60. A moderate headwind in the second half of the course kept the elite runners a few minutes off the record pace but was of minor consequence to the masses behind.

CVR runners had a range of experiences. **Sigh Searles** was impressed by the upbeat mood and spirit of collaboration among everyone - runners, volunteers, and spectators. He also enjoyed the international flavor of the event, and as for the running itself, he credits his CVR partners for the motivational pull through the winter in preparing for the marathon.

Dot Helling was an unlikely competitor; she simply doesn't like crowds. She said the start was wild, she felt claustrophobic and was running "like a scared jackrabbit," going for any opening she could find. Fear had its dividends as Dot turned in a very fast time in spite of the heavy traffic. Dot had a somewhat different take on the CVR comeraderie of training through the winter. "They made me do it!" she said of her training partners Sigh, Eric and Donna.

Donna Smyers recently moved to central Vermont from Connecticut and has quickly become active with CVR. Her marathon seemed to be an enjoyable experience; she was running for the fun of it and ran into lots of friends. Donna commented on how well the race was organized and was surprised at how quickly she got to the start line.

Boston #100 was marathon #1 for **Linda Hallinger** and it got her nerves and emotions going. She got only 3 hours sleep, but things started going well for her at race time. From her start number in the 25,000's, Linda gradually found some running room, and developed the slow start into a comfortable but steady pace. She didn't push it, but she still managed to qualify for next year's race by three minutes.

Laura Medalie had never thought about running a marathon until she watched Boston in 1995. That inspired her to train for Boston this year. Her long runs in the fall paid off at the Bay State Marathon in Lowell, where she achieved a qualifying time with 11 seconds to spare. Her training this spring was hampered by an Achilles problem which cleared up just in time for her to run the race, but the setback in her training caused her to run with no expectations, she just relaxed and enjoyed the day.

Eric Ryea was a Jack Nicholson look-alike as his race photo proofs attest. He managed to be caught by the photo-service camera no less than 6 times and he had on his shades start to finish. Eric was motivated during the race to meet his friend who is a Tyco drummer - they were drumming on Heartbreak Hill. He realized afterwards that setting his goal to reach the 21-mile mark may not have been the best idea, the last 5 miles to the finish were pretty rough. He had run a lot of the race with Donna, but pulled ahead of her around mile 17. But then, "She blew by me around mile 24." Like many other CVR runners, Eric said the marathon helped motivate him to run through the winter.

I had an unusual surprise during the race. Around Mile 6 I spotted a sign that read "Go Shanley!" It had my name and race number and one other name and number and was held by someone I did not know. It turned out to be a local Shanley family - no relation - who had surfed the internet to find there were 2 Shanleys in the race, and decided to go out and cheer them on. I hardly stopped. I was still fresh at mile 6.

John Valentine suffered no pain as a result of the marathon, just a minor inconvenience. John had qualified and had entered the race, but wasn't able to train as much as he had hoped and decided to let a friend run with his number. Because of the tight security this year at the race number pick-up area (race numbers had a market value in the hundreds of dollars in the days before the race), John also had to lend his friend his drivers licence and credit card, and spent the long marathon weekend without them.

Carol van Dyke and **Sam Davis** also ran but could not be reached.

Renew your Membership!

CVR membership is on a calendar year basis. If you have a red "X" on your mailing label, you have not paid your 1996 dues (as of April 30). Please renew to continue receiving your newsletter and support the club. A membership form is included in this newsletter.

Fun Runs Begin

Attendance at the first 2 fun runs has been high. Come join us for runs of 2, 4, or 6 miles. A lot of people are running the full 6 miles this year. The course now has attractive yellow mile markers, thanks to Bob Mercier. Keep your head up or you may miss the turnaround at the 3-mile mark.

CVR races

June is a big month with the Capital City Stampede on June 8, the Kids. track meet on the 15th, and The Montpelier 10-miler on June 29. Come on out and support road racing in Montpelier.

Fun Runs • Walks • Fun Runs

2, 4 and 6 miles

Open to All

(Runners & Walkers)

Meet at the State Liquor Control Building
(Just beyond Green Mountain Power
off of Memorial Drive in Montpelier)

Every Tuesday* Evening at
5:30 PM

*From the first Tuesday in May to the last Tuesday in October

Sponsored by
Central Vermont Runners Club

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) _____ DEC-First Night 5K _____

Annual dues are $10 for individual or family, $2 for a student. Enclosed are dues for the following years: 1996 1997 1998. Please make checks payable to Central Vermont Runners and mail to Norm Robinson, 66 Terrace St., Montpelier, VT 05602.