

Send in 1998 dues

It has been a while since the last CVR newsletter. You probably thought you were cut off for not paying your dues. Not to worry, we wouldn't do that without a warning. But now is the time - if you have not paid your dues for 1998 -- there will be a green circle on your address label -- please take a minute and renew your membership. There is a form on the back page. CVR membership is on a calendar year basis, and is only \$10 per individual or family, \$2 for students.

If you read the minutes from our last meeting, you noticed we are trying to increase CVR membership. Norm and Dave have sent out a letter to many of our non-member race participants. In it they make the point that we have a pretty ambitious agenda for a small club. We hold our 8 or so events each year with a current membership of about 75. We receive a lot of help from non-members too, but a broader membership base would help. Below is a flyer enclosed in the recent mailing that lists some of the benefits of CVR membership. Show it to a friend!

When you join Central Vermont Runners you'll —

- Meet, run with, and socialize with other area runners of all abilities
- Keep up-to-date on area running races and events
- Be informed of ride sharing and carpool opportunities to races
- Receive a regular newsletter containing information on the above, as well as other running news
- Join a club that's part of the Road Runners Club of America organization, which
 - insures CVR races
 - publishes a quarterly magazine, *Footnotes*, available to all members free of charge

A brief history of Central Vermont Runners —

- Founded in 1980 with a primary objective of promoting and encouraging physical fitness through running
- For several years CVR supported local high school runners through a scholarship program for college-bound runners. In recent years CVR has instead held a Kids Track Meet with the objective of introducing children to running and track events through fun activities.
- During the race season, CVR holds monthly business meetings which always commence with a pot luck meal and the opportunity to discuss the latest news.
- CVR now has one of its busiest race schedules ever, with 8 events during the course of the year. CVR also directs the ever-popular Fun Run series in Montpelier on every Tuesday evening from May through October.

CVR Meeting

The next Central Vermont Runners meeting is on Monday, April 13 at the home of Norm Robinson, 66 Terrace St., Montpelier, 223-7351. The meeting begins at 6:30 with a pot luck dinner, with business starting around 7:15. All are welcome.

Race Roundup

CVR Runner/friend Class Time Class place\total Overall place\total

First Run 5K, Burlington, VT, 1/1/98

Sam Davis	M3039	16:26	1\48	2\200
Gordon MacFarland	M4049	18:07	2\76	12\200
Sue Barber	F4049	19:26	2\28	3\85
Gus Kaeding	M0113	22:55	1\10	93\200
John Kaeding	M4049	22:56	35\76	94\200
Ken Austin	M5059	23:20	7\20	105\200
Newton Baker	M5059	23:22	8\20	106\200
Christine Maloney	F1929	26:27	8\14	37\85

Winter Festival 5K, Burlington, VT, 2/15/98

Gordon MacFarland	M4049	18:02	2\16	7\62
Dick Millar	M3039	19:18	3\15	13\62

D.H. Jones 10-Miler, Amherst, MA, 2/22/98

Gordon MacFarland	M4049	60:56	9\137	27\528
-------------------	-------	-------	-------	--------

Law Enforcement Half-Marathon, Melrose, MA, 3/15/98

Russ Petelle	M5059	1:38:11	40\122	469\1478
--------------	-------	---------	--------	----------

(21\110 in Police Division)

New Bedford Half-Marathon, New Bedford, MA, 3/15/98

Gordon MacFarland	M4549	1:19:37	2\138	29\934
Sue Barber	F4044	1:28:05	1\59	11\408
Jon Reidel	M3034	1:29	24\112	132\934

Upcoming events

April 7 (Tuesday), 5:30 pm. Informal start of Fun Runs. 2, 4, or 6 miles. Every Tuesday. Meet at start of bike path at end of parking lots beyond Montpelier High School athletic fields. Official start (with timer) May 5.

April 13 (Monday) CVR meeting, 6:30 pm at Norm Robinson's, 66 Terrace St., Montpelier (223-7351).

April 19 (Sunday) Champlain Classic 15K / 5K, Shelburne.

April 25 (Saturday) GMAA Rollin' Irish Half Marathon, Essex.

April 26 (Sunday) CVR - 2nd annual Mutt Strutt, Little River State Park, Waterbury. (See application this issue.)

May 2 (Saturday) GMAA Trollheim 5k, Essex Center.

May 9 (Saturday) GMAA Spring Women's Run 5K, Williston.

May 10 (Sunday) Covered Bridges Half Marathon, Woodstock.

May 17 (Sunday) Spring Fling 5K, Hanover, NH.

May 21 (Thursday) Corporate Cup 5K (team event), Montpelier.

May 23 (Saturday) Vermont Marathon Warm-Up Hardwick Spring Festival Run 5K / Kids' 1K.

May 24 (Sunday) Vermont City Marathon & Marathon Relay, Burlington.

June 6 (Saturday) CVR Kids' Track Meet, Montpelier High School.

June 13 (Saturday) Tomato Cross-Country 5K/10K, Burlington.

June 13 (Saturday) Whiteface Mountain Hill Climb, 8.3 miles, Wilmington, NY.

June 13 (Saturday) CVR 21st annual Capitol City Stampede 10K, Montpelier.

June 20 (Saturday) Mt. Washington Hill Climb, 7.6 miles, New Hampshire.

June 27 (Saturday) CVR Paul Mailman 10-miler, Montpelier.

July 11 (Saturday) GMAA Partner's Race, 4.8 miles, Jericho Center.

July 11 (Saturday) CVR Bear Swamp Run, 5.7 miles, Middlesex.

July 19 (Sunday) Stowe 8-miler, Stowe, VT.

SECOND ANNUAL

MUTT STRUTT



~A fun 3-mile race for dogs and their owners~
 A Central Vermont Runners event
 to benefit



Sunday, April 26, 10 am
 Little River State Park

From Waterbury, Rt. 2 West for 1.4 miles, right on Little River Rd., follow signs

Prizes to dogs by weight class and owner's age

Thanks to the generous support of:

K.C.'s Bagel Cafe
 Ide's Feed Store
 Onion River Animal Hospital
 House Mouse Designs



Course records: Tim Noonan and Gus, 18:33
 Caitlin Compton and Clover, 19:20

Entry fee: \$6 (\$1 per paw and foot)

Send to: CVR, c/o Donna Smyers, 25 E. State St., Montpelier VT 05602. More info: 802-229-4393/223-4856

Owner name (please print) _____
 Address _____
 City _____ State _____ Zip Code _____
 Sex: M F Age _____ Birth Date _____ Phone _____
 Dog name _____ weight (lbs.) _____ Age _____ Breed _____

ALL DOGS MUST BE LEASHED. ALL ENTRANTS MUST SIGN A WAIVER.

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, contact with dogs and leashes, the effects of the weather, including heat and/or humidity, traffic and the condition of the road and other running surfaces, 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 else entitled to act on my behalf, waive and release the Central Vermont Runners, the State of Vermont and all sponsors, their representatives and successors from all claims of liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence and carelessness on the part of the persons named in this waiver.

 Signature of entrant

 Date

 If entrant under 18, parent must sign

 Date

Minutes from CVR Annual Meeting, January 18th **by Maureen Carr**

Laura Medalie and Dave Kissner hosted the 1998 Annual Meeting at their home in East Montpelier. About 15 members attended bringing a variety of tasty pot-luck entrees. Richard Cleveland outdid himself, and everyone else, with an abundance of delicious home-made soups and cookies. Yum.

We began the meeting discussing the First Night 5K. Dave Kissner, race director, had a few comments. The trail portion in the rec area was a bit tricky with the loose snow so Dave is considering getting someone to pack it down next year with a snowmobile. We discussed the safety of the course and recognized that under winter conditions it is going to be difficult to design a safe course anywhere. The Montpelier Police expressed concern over the safety of the course. Tim Noonan suggested an alternate course in the Clarendon Road area where there is less traffic should the club decide to change the course .

Although Dot Helling was unable to attend the meeting she sent along some items to discuss. Dot is working with a group of others to organize the Central Vermont Enduro Challenge. The event is tentatively scheduled for this August. Dave Kissner has offered to attend Enduro Challenge meetings as a CVR representative. Perhaps CVR could monitor a running portion of the course.

Dot suggested that CVR do something special to honor Marc Gilbertson who is competing in the Olympics. Marc was the first recipient of the CVR scholarship and often competes in CVR races. After some discussion we agreed to send \$100 to both Marc Gilbertson and Laura Wilson, along with a letter recognizing their accomplishments. Dave Kissner will draft the letter.

A friend of Dot's is interested in working with CVR to organize a 5K race to raise money for a local women's shelter. We will ask Dot to invite her friend to a meeting so that we can discuss.

Jamie Shanley suggested buying a storage box for newsletters. Everyone agreed that was a good idea.

Michael Chernick reported that the Berlin Pond race will be held during the first week in August and will not conflict with the Race for the Cure.

As the RRCA representative for Vermont, Norm Robinson plans to attend the Battenkill runners club meeting in Manchester on Sunday afternoon, February 1. Richard Cleveland offered to drive down with him.

Mark Chaplin has offered the use of the U32 cross-country ski course to any interested CVR members.

Tim Noonan suggested that CVR recognize Tara Chaplin for her outstanding cross-country running season. Perhaps we could do that at a CVR race that we know she will be attending.

We elected the following officers: President - Dave Kissner, VP - Norm Robinson, Secretary - Nance Smith, Treasurer - Laura Medalie, Newsletter Editor - Jamie Shanley, and PR Person - Mack Gardner-Morse.

Race Schedule

Mutt Strut - April 26, Little River State Park, 3-miles (?), Jamie Shanley and Donna Smyers. Proceeds to Central Vermont Humane Society.

Capital City Stampede - June 13, Montpelier, 10k, Sam Davis.

Kids Race - June 6, Montpelier High School, Tim Noonan and Norm Robinson.

10 Miler - June 27, Montpelier, Tim Noonan.

Bear Swamp - July 11, Rumney, 6ish miles, Tim Noonan.

Berlin Pond - Aug 2, 8k, Michael Chernick.

Northfield 5k and 1 Mile Kids Race- Sept 5, Tim Noonan. Kids course to change to avoid RR tracks.

Leaf Peepers Half Marathon and 5k - Oct 4, Waterbury, Richard Cleveland.

First Night 5k - Dec 31, Dave Kissner and Onion River Arts Council.

We discussed Leaf Peepers briefly. Darragh and Gordon will assist Richard with race directing. Maybe local high school cross-country teams would like to get involved.

Norm offered to organize Lake Winnepesaukee relay teams again.

Discussed holding a club membership meeting to talk about dues, T-shirts, mailings, etc. Not much interest in raising dues.

Agreed that it would be beneficial to publish GMAA schedule in CVR newsletter and vice versa. Rick Hubbard, Gordan MacFarland, and Sue Barber are members of both clubs and will check into it.

RRCA state championship races - Norm can nominate.

Next meeting is scheduled for March 9 at 6:30 at Darragh Ellerson's house in Montpelier.

Minutes from CVR Meeting, March 10th

by Nance Smith

The running club met for a pot-luck and business meeting at Darragh Ellerson's. The pre-meeting meeting was held to discuss Leaf Peepers, but we can't discuss that meeting here. (We saved them some food, though.)

At the general business meeting, Dave Kissner read a thank-you from Mark Gilbertson, one of our local athletes who skied at the Olympics this year. Mark sounded surprised we had noticed him at the CVR races. Hmm. . . winners do tend to get noticed, Mark. Hearsay reported that he had an excellent time in Nagano. He and Whitney Kaulbach have set up a fund for future Olympic trips with some money from donations. Good idea!

In regular business, the Corporate Cup was noted as being scheduled for 5/21 this year. Information forthcoming 3/25.

The Mutt Strutt will return on 4/26. There is some work yet to be done, but the hope is to hold it at Little River State Park again. Jamie Shanley and Donna Smyers are working on it. (Jamie was doing field research, running with dogs in Switzerland in late March.) It will be \$1/paw plus \$1 for the leash--\$5 per entry. Get your pup in shape quickly. *(Ed. note: Entry set at \$6 because we are not getting seed money. See application in this issue.)*

Fun Runs officially begin the first Tuesday in May (the timer will be there to time) but unofficially, runners may start the Tuesday after daylight savings time. (Run unofficially with no timer guaranteed, and practice starting and stopping your own wrist watch.) Runs are at 5:30, and are 2, 4, or 6 miles. This is an especially good way to meet CVR types. Many paces are run; fear not being "slow." We welcome anyone to come out for this and enjoy the group. It's very motivating to be around other runners, if you usually run alone.

The Montpelier city government and others are planning to hold lots of Fourth of July events this year. (Apparently those fireworks aren't enough.) CVR has been approached with an offer for it to hold a running race--one for kids and one for adults, actually--and Norm Robinson is on the committee. Logistics were discussed, as well as distances, with some favor going to a one mile distance for both races and a course along the Stonecutters Path and the road near the river. To be continued. Anyone who'd like to help with a new race should let Norm know.

Capital City Stampede is on for June 13 with Sam directing.

The main topic of the night, as scheduled, was Club Exposure and Club Membership. A variety of suggestions were discussed including: plans to mail a letter from the club to all race participants on our lists; distributing the newsletter more widely; dragging out the CVR banner more often; updating the CVR brochure; having CVR singlets to race in and sweatshirts to watch basketball or lounge in; putting a one-time ad in Vermont Sports Today listing all races; having CVR track speed sessions again this year; and being conscientiously friendly to new runners at fun runs.

The evening ended with Tim and Norm vowing to buy some more traffic cones and get back to us with a wish list for further equipment to make the race directors' lives easier. Do they have to be orange, guys? I suppose. . .

Special note was made of inviting new members to the next CVR meeting. The business portion of the meeting starts at 7:15 and the pot-luck at 6:30 p.m.

Y'all come, now!

Central Vermont Runners membership application

Name (please print) _____

Street _____

City _____ State _____ Zip Code _____

Sex: M F Age _____ Birth Date _____ Phone _____

Names and 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.)

April - Mutt Strutt _____ May-Oct. Tuesday fun runs _____
June - Capitol City Stampede _____ June - Montpelier 10 Miler _____
June - Kids' Track Meet _____ July - Berlin Pond Couples Race _____
Sept - Northfield 5K _____ Oct.- Leaf Peepers _____ Dec - First Night _____

Annual dues are \$10 for individual or family, \$2 for students. Enclosed are dues for the following years: 1998 1999 2000 2001 2002

Please make checks payable to Central Vermont Runners and mail to:
Laura Medalie, R.R.1, Box 4230, Montpelier, VT 05602.



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

April 1998

Vol. 19, No. 2

Green circle here ----->
means we have not received your 1998 dues.

Please recycle this newsletter (or pass it on).