

First Night Montpelier 5K

Results of the 4th annual race, December 31, 1998

Following are the top 3 in each class. Complete results will be printed in the next issue.

Men 19 & under

1 Jacob Metayer 25:52

Men 20-29

1 Francois LeCot 18:19

2 Kurt Swenson 19:39

3 Erik Johnson 19:56

Men 30-39

1 Eric Morse (first overall) 16:01

2 Chip Langmaid 17:55

3 Jeff Mullen 19:41

Men 40-49

1 Pat Miner 18:53

2 Raffi Antepyan 19:08

3 John Valentine 19:13

Men 50-59

1 John Hackney 19:30

2 Harry Curth 20:01

3 Tom Foltz 20:15

Men 60 & over

1 Bert Moffatt 22:16

2 Bob Mercier 26:02

Women 19 & under

1 Fiona Harrison 20:56
(from Wales, UK!)

Women 20-29

1 Leslie Gold 19:20

2 Lisa Duff 26:44

3 Jennifer Mozingo 28:25
(from Hattiesburg, MS!)

Women 30-39

1 Tracey Serratelli 20:37

2 Caroline Lonergan 22:45

3 Laura Medalie 23:06

Women 40-49

1 Cindy New (first overall) 19:15

2 Donna Smyers 21:52

3 Dot Helling 23:16

Women 50-59

1 Patty Foltz 21:44

2 Ruth Harrison 25:08

3 Gail Lawson 27:16

CVR Meeting notes, December 7, 1998

(We had a slightly larger than normal turnout at Michael's house. As usual, Richard had brought a phenomenal soup, and homemade cookies as well.)

- Proposed volunteers banquet: Tim reported that the Trinity Methodist Church (main street next to the library) would charge \$6.50 per person for a dinner including pasta, dessert & coffee. This may be by invitation only, with invitations going out to anyone who has volunteered at a CVR race over the last year or so. A potential date of Thursday, March 4 was agreed upon. Tim was going to contact the church about this date, and final arrangements will be made at the annual meeting.

- 1st Night 5K: Parade permit not processed by city yet. John Martin had called Dave, indicating that a note had been left on his desk at the police station saying the race had been cancelled -- untrue! ORAC has given every indication that they plan to go ahead with the race, already having promotion for it in full swing.

Michael reported that the bagels and hot chocolate donation was still on with the statehouse cafeteria, the Red Clover Cafe, and that they'd deliver it to the registration site by 2:45.

Dave said that Diane at ORAC was going to pressure the city for a cleared footpath at the section between Cummings St. and the pool. At last resort, a volunteer "shovel crew" of Laura, Tim, and Dot Helling planned to be ready should a sudden snowstorm occur just prior to the race. And to avoid problems at this point on the course, Dave was going to monitor and prohibit any participants running w/ a jogging stroller. (POSTNOTE: Dave has decided to change the race course to avoid any off-street sections.)

- Tax exempt status: Dot and Michael will report on this next meeting.

- RRCA membership/insurance: Dave announced that the forms to renew these had been received. This bill seemed accurate given the increase in membership over the year and the "go-ahead" was given to pay it.

- Winter Fun Runs: The following weekend fun runs were announced:

 - Sat., Dec. 12, 9 am, Dave & Laura's House

 - Sat., Jan. 9, 1999, 9 am, organized by Donna, probably at Eric Ryea's house in Adamant

 - Sat., Jan. 31, organized by Michael Chernick

- CVR web site/Vermont State record keeping: Bob (not present) has indicated that he wants to drop these volunteer duties in 1999. Michael had expressed interest in maintaining the web site, but decided not to do it upon further learning about the work involved. Dave has also expressed interest, and is willing to do, but is unsure of his use of a computer. (POSTNOTE: Dave should be able to use a work computer for this.)

An unnamed GMAA member from Burlington area may be willing to take over the record keeping duties.

- '99 Leaf Peepers: Much discussion on the potential "committee" race direction approach. Gordon and Sue have indicated that they'd like to continue as registration coordinators; Darragh will again do preliminary duties, mailings/registration forms, & coordinate the finish line with Bob Teschak's crew; Richard will do all '98 race wrap-up stuff, including lining up the sponsors for Leaf Peepers '99. Also, Tim and John have both expressed great

interest in designing or refining the race course, with plenty of input and direction from Bob.

Norm expressed a great deal of concern with Barbara Maynard's late (i.e. race day) input on the direction of the water stops. He mentioned that she needs to be involved in at least one preliminary meeting so that water stop placement is taken care of prior to race day.

A gang of six was formed to plan the race committee. They were to meet at Darragh's house on Jan. 10 to discuss the breakdown of the committee and duties.

- 98 Leaf Peepers / discussion of half-marathon course: Despite all the problems just prior to this year's race, Richard has found Duxbury now to be very open and cooperative toward the race. He will continue to be our liason with the Duxbury Selectboard for the '99 race.

- The following course changes were discussed in light of the way the '98 race went: extend the turnaround about 1/2 mile west to lessen problems at Camels Hump Rd.; continue bikes as patrol and "lead vehicle" on course, but provide bikers with 2-way radios; modify or eliminate cones on the River Rd., as they proved confusing to drivers. Also, it was discussed that the current course is "at capacity." We discussed a limit to the number of half-marathon entrants. Although it was agreed that no limit is needed right now, as entrant numbers have been pretty constant over the last few years, we may need to plan for this in the future.

- Wrap-up: Annual meeting was planned for Sunday, January 17 at Norm Robinson's house. 3:00 meeting to run or ski; 4:00 start to business meeting, and potluck to follow close of business part of meeting.

Also, in closing, Dot Helling mentioned that Vermont City Marathon is filling up with early registrants, and may have to close registration and start refusing runners as early as March this year.

Who is CVR?

In 1998 Central Vermont Runners had 142 members in 84 households. For the 121 members with birthdates listed in the database, the average age is 38 and the median age is 42. The youngest member listed is Jackson Bates of E. Calais at 2 years, 3 months, but we suspect Katharine Mayo of Northfield is younger (we don't have her age). The oldest member is 72. One organization, Mad River Path Association, is a member. Steve and Cathy Eustis of GMAA joined to get our newsletter.

Of the 84 households (i.e., the mailing list), there are 80 in Vermont and 1 each in Pennsylvania, Massachusetts, Connecticut, and Texas.

The 80 households in Vermont represent 26 cities and towns:

Montpelier	31	Brookfield	1	Roxbury	1
Barre	7	Burlington	1	S. Burlington	1
Northfield	6	Derby Line	1	Sharon	1
Calais	4	Duxbury	1	Shelburne	1
E. Montpelier	4	Essex Junction	1	Washington	1
Waterbury	4	Fayston	1	Williamstown	1
Waitsfield	3	Middlesex	1	Wolcott	1
Stowe	2	Newport	1	Worcester	1
Williston	2	Randolph	1		

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. _____

Volunteer

As a responsibility of club membership, I will try 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 3-mile	____ July	Montpelier 1 Mile Race
____ May-Oct.	Tuesday fun runs	____ July	Berlin Pond Couples 8K
____ June	Kids' Track Meet	____ Sept	Northfield 5K
____ June	Capitol City Stampede 10K	____ Oct.	Leaf Peepers 5K/half marathon
____ June	Paul Mailman 10 Miler	____ Dec	First Night 5K

Annual dues

____ \$10 individual or family ____ \$2 student

Enclosed are dues for the following years: 1999 2000 2001 2002

Please send checks payable to Central Vermont Runners to
Laura Medalie, R.R.1, Box 4230, Montpelier, VT 05602

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Race Roundup

CVR Runner/ friend	Class	Time	Class place \total	Gender place \total	Overall place \total
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Turkey Trot 10K, Hanover, NH, 11/22/98

This is a more complete version of results in last issue.

Dot Martin	F3039	39:08	1\16	1\57	17\123
Norm Robinson	M4049	40:52	7\17	24\66	27\123
Eldon Dube	M4049	41:42	8\17	28\66	32\123
John Martin	M4049	44:14	12\17	43\66	59\123

Reindeer Ramble 5K, Essex Junction, VT, 12/6/98

A big CVR turnout for this holiday costume classic.

Sam Davis	M3039	18:06		12\174	12\269
Dick Millar	M3039	18:06		13\174	13\269
Keith Nunziata	M1416	18:41		24\174	26\269
Donna Smyers	F4049	20:05		6\95	56\269
Eldon Dube	M4049	20:29		60\174	68\269
Norm Robinson	M4049	20:40		62\174	70\269
Gus Kaeding	M1416	20:42		63\174	71\269
John Kaeding	M5059	21:55		92\174	104\269
John Martin	M4049	22:01		94\174	108\269
Eric Ryea	M4049	22:02		95\174	110\269
Linda Hallinger	F4049	22:15		17\95	113\269
Bruce Nunziata	M5059	23:14		116\174	138\269
Sally Howe	F4049	23:28		23\95	140\269
Jean Kissner	F3039	24:54		31\95	155\269
Bob Olkin	M5059	28:23		154\174	216\269
Janet Nunziata	F4049	29:09		64\95	224\269

Jingle Bell Run 5K, Concord, NH, 12/5/98

Bob's first race of the year. Better late than never.

Bob Murphy	M5059	20:56	8\33		62\341
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3-Mile Sober Up Run, Albany, NY, 1/1/99

Bob's first race of the year. At 15 degrees and 25 mph winds, the race lived up to its name.

Bob Murphy	M5059	21:10	1\7		10\83
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Upcoming events (for complete list visit our web site)

- Saturday, Jan. 9. 9:00 am, **CVR weekend fun run**, start from Donna Smyers', 229-4393.
(Whoops, too late. Unfortunately, the timing of this run exactly coincided with the half hour of sleet and rain in the middle of a 9" snowstorm.)
- Sunday, Jan. 17. 3:00 pm, **CVR annual meeting**. Norm Robinson's house, 66 Terrace St., Montpelier. Call 223-7351 for directions. Meet at 3:00 to run or ski. The business meeting starts at 4:00 with a pot luck to follow. At the annual meeting we elect officers for the year and plan the race schedule. The meeting is open to all. Hope you can make it!
- Sunday, Jan. 31. 9:30 am, **CVR weekend fun run**, start from Michael Chernick's, 223-0918.

Renew your membership for 1999. CVR membership is on a calendar year basis. You will find two membership forms inside. Give one to a friend and send the other in, sign up the whole family for the low membership fee of \$10. A red dot on your label means you've already paid for 1999. Thanks!



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

President: Dave Kissner
Vice President: Norm Robinson
Secretary: Nance Smith
Treasurer: Laura Medalie

<http://plainfield.bypass.com/~bmurphy/>

January 1999

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Remember - CVR annual meeting - Sun, Jan. 17 - see above