

CVR Volunteer Banquet

**Trinity United Methodist Church
Main Street, Montpelier
Thursday, March 18, 6:30 p.m.**

CVR is hosting this banquet to express appreciation to all CVR members and others who volunteered at a CVR race during 1998. If you helped out at a race, we hope you can join us at this runners' feast of spaghetti (meatless), salad, rolls and, of course, dessert. Also, if you know a person who is not a CVR member who volunteered, we would appreciate it if you let them know they are welcome at the banquet.

The banquet is free of charge to all volunteers, but we would appreciate it if you would bring an interesting item of running memorabilia (e.g., oldest race shirt, most "unusual" race shirt, ancient running shoes, etc.) for our entertainment. Other entertainment is welcome and encouraged!

IMPORTANT: If you are planning on attending, you need to call Tim Noonan(223-6216) by March 13 so he can let the caterer know how many will be attending.

HOPE TO SEE YOU THERE!

FIRST NIGHT

MONTPELIER 5K

December 31, 1998
Official Race Results

Women's Finishers

Division & Place	Time	Overall
0-19		
1. Fiona Harrison - Narberth, Wales	20:56	25 (F4)
20-29		
1. Leslie Gold - Ile Perrot, QUE CN	19:20	8 (F2)
2. Lisa Duff - Barre	26:44	69
3. Jennifer Mazingo - Hattiesburg, MS	28:25	80
30-39		
1. Tracey Serratelli - Parsippany, NJ	20:37	20 (F3)
2. Caroline Lonergan - Brookside, NJ	22:45	37 (F7)
3. Laura Medalie - E. Montpelier	23:06	41 (F8)
4. Pamela Lowe - Waterbury	23:15	43 (F9)
5. Mary Williams - Colchester	23:23	46
6. Lori LaCroix - Barre	23:46	48
7. Beth Schwarz - Montpelier	24:43	51
8. Jean Kissner - Williston	25:20	55
9. Laura Nelson - Topsham	26:16	66
10. Laurie Pellon - Barre	26:45	70
11. Robin Reed - Rutland	28:03	75
12. Ellie Breitmaier - Montpelier	28:17	77
13. Chris Axten - Enfield, NH	28:22	79
14. Angela Lavoy - E. Corinth	32:12	90
15. Diane Tayeby - E. Dover	32:48	91
40-49		
1. Cindy New - Montreal, QUE CN	19:15	7 (F1)
2. Donna Smyers - Montpelier	21:52	31 (F6)
3. Dot Helling - Montpelier	23:16	44 (F10)
4. Ann Bushey - Montpelier	23:28	47
5. Betsy LaFlame - Waitsfield	25:32	59
6. Laurelae Oehler - White River Jct.	26:27	68
7. Karen Gerdel - Montpelier	27:12	71
8. Marlene Williamson - Barre	29:08	82
9. Milly Archer - Montpelier	29:34	84
10. Denise McCord - Underhill	31:49	88
11. Denise Joy - N. Montpelier	32:09	89
50-59		
1. Patty Foltz - Stowe	21:44	30 (F5)
2. Ruth Harrison - Narberth, Wales UK	25:08	53
3. Gail Lawson - Northfield	27:16	72

Men's Finishers

0-19		
1. Jacob Metayer - Barre	25:52	64

Division & Place	Time	Overall
20-29		
1. Francois LeCot - Montreal, QUE CN	18:19	3
2. Kurt Swenson II - Parsippany, NJ	19:39	10
3. Erik Johnson - Andover NH	19:56	14
4. John Schrader - W. Glover	25:23	56
30-39		
1. Eric Morse - Berlin	16:01*	1
*New Course Record		
2. Chip Langmaid - St. Johnsbury	17:55	2
3. Jeff Mullen - Richmond	19:41	11
4. Michael Lonergan - Brookside, NJ	19:50	13
5. Dale Slack - Randolph	21:01	26
6. Todd Sternbach - Montpelier	21:04	27
7. Mack Gardner-Morse - Calais	21:31	29
8. Tony Mazingo - Hattiesburg, MS	22:39	35
9. Dave Henderson - Essex Jct.	23:12	42
10. Craig Graham - Montpelier	24:47	52
11. Scott McDonald - Enfield, NH	28:22	78
12. Paul DeLuca - Barre	28:54	81
13. Jake Brown - Montpelier	29:27	83
40-49		
1. Pat Miner - Barre	18:53	4
2. Raffi Antepyan - St.-Laurent, QUE CN	19:08	5
3. John Valentine - Roxbury	19:13	6
4. Steve Burkholder - Montpelier	19:45	12
5. Charles Lavergne - Montreal, QUE CN	20:09	16
6. Tim Noonan - Montpelier	20:14	17
7. Jamie Shanley - Montpelier	20:16	19
8. Michael Smith - Essex Jct.	20:42	21
9. Harvey Lavoy - E. Corinth	20:45	22
10. Peter Dale - Montpelier	20:52	24
11. Andy Lowe - Elmore	21:13	28
12. Jim Passburg - Montpelier	22:32	34
13. Paul Harrington - Middlesex	22:49	39
14. Bill Reynolds - Roxbury	23:02	40
15. Michael Chernick - Montpelier	23:22	45
16. Breck Campbell - Montpelier	24:25	50
17. Michael Shover - Bradford	25:11	54
18. Lazy Bob Searles - Wolcott	25:32	57
19. George Belcher - Barre	25:32	58
20. Brent Burgee - Randolph	25:41	61
21. Marc Metayer - Barre	25:52	63
22. Stephen Roy - Montpelier	27:57	74
23. Bob Robinson - Montpelier	30:23	86
24. Hisham Tayeby - E. Dover	32:48	92

Eric Morse & Cindy New Win Their Last Races of 1998

The usual winter-like weather brought in the New Year but did not deter the runners in this New Year's Eve First Night Montpelier 5K.

Despite the cold and snow, Eric Morse bested his time of last year by over 40 seconds to win in a new course record of 16:01. Masters runner Cindy New of Montreal set the pace for the women in 19:15, but fell short of Tara Chaplin's course record of 18:58 set in 1997. A total of 92 runners and 2 walkers participated.

Special thanks goes out to Onion River Arts Council for their support and for organizing the entire First Night Montpelier celebration. Make plans to ring in the new millennium by running in the First Night Montpelier 5K on New Year's Eve 2000!

Men's Finishers continued

<u>Division & Place</u>	<u>Time</u>	<u>Overall</u>	<u>Division & Place</u>	<u>Time</u>	<u>Overa</u>
<u>50-59</u>			<u>60 +</u>		
1. John Hackney - Randolph	19:30	9	1. Bert Moffat - Williston	22:16	33
2. Harry Curth - Ferrisburg	20:01	15	2. Bob Mercier - Montpelier	26:02	65
3. Tom Foltz - Stowe	20:15	18	<i>Thank You's! —</i>		
4. John Elkins - Stowe	20:51	23	Volunteers: Newton Baker, Bonnie Burkholder, Ann & Dick Bushey, Maureen Carr, Sue Ceglowski, Michael Chermick, Richard Cleveland, Darragh & David Ellerson, Christine & Ariel Klaine, Dot Martin, Jenna McCarthy, Laura Medalie, Tim Noonan, Cindy Gardner-Morse, Norm Robinson, Kris & Nathan Shaw, Jim Sheridan, Buzz Surwilo, John Thrasher, Greg Wight John Martin (& Montpelier Police Dept.), Red Clover Cafe, Ruth Frost (& State of VT—Buildings & General Services), Diane Marion (& ORAC), SmartFuel, VT Pure Spring Water		
5. Greg Gerdel - Montpelier	21:55	32			
6. Charles Johnson - E. Montpelier	22:42	36			
7. Greg Wight - Brookfield	22:46	38			
8. Newton Baker - Montpelier	24:03	49			
9. Chico John Kaeding - Worcester	25:32	60			
10. Richard Hale - Brookfield	25:43	62			
11. Glenn Gershaneck - Montpelier	26:26	67			
12. Mike Smith - Essex Jct.	27:41	73			
13. Neal McBain - Lebanon, NH	28:03	76			
14. Al Robitaille - Northfield	30:13	85			
15. Stephen Turnbull - Northfield	31:24	87			

Race Roundup

CVR Runner/ friend	Class	Time	Class place \total	Gender place \total	Overall place \total
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18th MTC Mid-Winter 10-Mile Classic, S. Portland, ME, 2/7/99
Gordon and Sue outrun most Mainiacs

Gordon MacFarland	M5059	1:02:54	3\39	28\	30\501
Sue Barber	F4049	1:03:40	1\28	3\	38\501

Jones -- Town & Country 10-miler, Amherst, MA, 2/28/99
Ok, 4 seconds slower but it was hilly!

Gordon MacFarland	M5059	1:02:58	3\108		139\1000+
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5th Winter Challenge Road Race (5K), Penacook, NH, 2/28/99
Bob's first race as a 59-year old

Bob Murphy	M5059	20:58	6\22		48\189
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Central Vermont Runners member list, March 1999

Name	Address	City	Zip	Phone
Armstrong, Ella	235 Doyon Road	Northfield VT	05663	485-4930
Austin, Ken	6 Prouty Parkway	S. Burlington VT	05403	862-3010
Bachman, Tom & Molly	30 Bailey Ave.	Montpelier VT	05602	223-3984
Baginski, Michael	26 Hubbard St.	Montpelier VT	05602	223-6514
Ball, Jennifer	R.R. 1 Box 2135	Fayston VT	05660	496-5628
Barber, Susan	21 Bailey Ave.	Montpelier VT	05602	229-6379
Bates, Bill	RR 1 Box 52B	E. Calais VT	05650	456-1007
Beaudin, Jo-Ann	129 Tamarack Drive	Williston VT	05495	878-3690
Bonacorsi, Mario	248 Windywood Rd.	Barre VT	05641	479-0324
Burkholder, Steve & Bonnie	PO Box 163	Montpelier VT	05601	223-2625
Bushey, Ann & Richard	15 Mountainview	Montpelier VT	05602	
Carlip, Freddi	566 Fairfield Road	Lewisburg PA	17837	
Carr, Maureen	2 Pinewood Road	Montpelier VT	05602	223-6216
Chernick, Michael	7 Baird #15	Montpelier VT	05602	223-0918
Cleveland, Richard	Box 349	Northfield VT	05663	485-8892
Clisbee, Lisa	P.O. Box 145	Williamstown VT	05679	433-9859
Cranse, Roger	One Summer St.	Montpelier VT	05602	223-6997
Dale, Peter	19 Clarendon Ave.	Montpelier VT	05602	223-0709
Davis, Hamilton	26 Henry St.	Burlington VT	05401	864-1755
DeBlasio, Paschal	129 Tamarack Drive	Williston VT	05495	878-3690
Deluca, Paul	30 Cano Drive	Barre VT	05641	476-7987
Dube, Rebecca & Elden	12 Wilson St.	Montpelier VT	05602	229-5234
Ellerson, Mai-lis	1 South St.	Northfield VT	05663	
Ellerson, Deidre	Box 92	Sharon VT	05065	
Ellerson, Darragh & David	Upper North St.	Montpelier VT	05602	223-2080
Eustis, Steve & Cathy	18 Wilkinson Drive	Essex Junction VT	05452	878-4385
Fair, Candy	RR 1 Box 52B	E. Calais VT	05650	456-1007
Feulner, Mike	RR 1, Box 155	Duxbury VT	05676	244-5898
Fuqua, Jerry	Run Sport/2137 Richmond	Houston TX	77098	
Gardner-Morse, Mack & Cynthia	8197 County Road	Calais VT	05648	223-5738
Gershaneck, Glenn	12 Mountainview St.	Montpelier VT	05602	223-2705
Gillis, Mike & Maryke	86 Notch Road	Middlesex VT	05602	223-5559
Hallinger, Linda	1325 Poor Farm Road	Washington VT	05675	883-5415
Harrington, Paul & Elaine	R.F.D. 3, Box 4170	Montpelier VT	05602	223-2502
Helling, Dot	29 E. State St.	Montpelier VT	05602	223-5797
Howe, Sally	P.O. Box 1444	Stowe VT	05672	253-8544
Hubbard, Rick	P.O. Box 1444	Stowe VT	05672	253-8544
Kaeding, John & Toni	Fiddlehead Farm	Worcester VT	05682	229-0176
Kaiden, Tom	1095 Bliss Road	E. Montpelier VT	05651	223-1325
Kendall, Kim	Box 152	Montpelier VT	05602	223-4856
Kissner, Dave	150 Barnes Road	Montpelier VT	05602	229-4523
Kulak, Janice	P.O. Box 1492	Waitsfield VT	05673	496-4246
LaCroix, Lori	2 Owen Drive	Barre VT	05641	479-2938
Lemery, Edward	R.R. 1, Box 8410, Ripley Rd.	Waterbury VT	05677	244-6312
Lukasiewicz, Mark	2 1/2 Cliff St.	Montpelier VT	05602	223-2815
Lyons, Don	258 Towne Hill Road	Montpelier VT	05602	223-7676
MacFarland, Gordon	21 Bailey Ave.	Montpelier VT	05602	229-6379
Mad River Path Assoc. (Kevin Russell)	P.O. Box 683	Waitsfield VT	05673	496-7877
Maker, Tim	P.O. Box 78	Calais VT	05648	223-6918
Maloney, Cristine	49 S. Main St., Apt. E	Randolph VT	05060	728-0095
Marcy, Henry	4 Summit Dr. #508	Reading MA	01867	617-944-2194
Martin, Dot & John	5 Hunter Ave.	Barre VT	05641	479-5333
Mayo, Will	7 1/2 South Main St.	Northfield VT	05663	485-4425
Mayo, Bill	76 South Main St.	Northfield VT	05663	485-8855
Medalie, Laura	150 Barnes Road	Montpelier VT	05602	229-4523
Meiklejohn, Elizabeth	71 LeGrande Ave.	Greenwich CT	06830	203-629-4476
Mercier, Bob	8 1/2 Foster St.	Montpelier VT	05602	223-7225
Miles, Bill	48 Southfield Dr.	Williston VT	05495	879-7782
Miles, Gordon	36 East State St.	Montpelier VT	05602	223-6621
Millar, Dick	18 George St.	Montpelier VT	05602	229-0570
Miner, Patrick	192 E. Cobble Hill Rd.	Barre VT	05641	476-5772
Mueller, Kate	Shipman Place	Montpelier VT	05602	223-4865
Murphy, Bob	35 Birchwood Park Drive	Barre VT	05641	476-4328
Noonan, Tim	2 Pinewood Road	Montpelier VT	05602	223-6216
Nunziata, Janet & Bruce	44 Memphramagog Views	Newport VT	05855	334-7273
Nuquist, Reidun & Andrew	29 Bailey Ave.	Montpelier VT	05602	223-3550
O'Meara, Tim	R.R. 3 Box 1833-4	Waterbury VT	05676	244-6951
Olkin, Bob	RR 1 Box 172, Glen View Road	Waitsfield VT	05673	496-5222
Perrault, Mark	186 Elm St.	Montpelier VT	05602	229-2092
Perrault, Bill	35 Colonial Dr.	Montpelier VT	05602	229-4162
Petelle, Russ	Box 547	Derby Line VT	05830	766-4011

Rader, Anya	24 Wilson St.	Montpelier VT	05602	223-7842
Reidel, Jon & Marce	188 Main St.	Montpelier VT	05602	223-1822
Renfro, Dan	71 Prospect	Montpelier VT	05602	229-4537
Robinson, Norm	66 Terrace St.	Montpelier VT	05602	223-7351
Rogstad, Mary Labate	P.O. Box 144	E. Calais VT	05650	456-8163
Schiavone, Linda & George	196 Pierson Dr.	Shelburne VT	05482	985-2886
Searles, Sigh & Sally	R.D. 2, Box 1210	Wolcott VT	05680	888-5895
Shanley, Jamie	Box 152	Montpelier VT	05602	223-4856
Skinner, Scott & Mary Just	P.O. Box 1363	Montpelier VT	05601	
Smith, Nance	RD 1, Box 5100	Montpelier VT	05602	229-6384
Smyers, Donna	25 E. State St.	Montpelier VT	05602	229-4393
Suskin, Jim & Susan	RR 5, Box 295	Montpelier VT	05602	223-7427
Thayer, Susan	P.O. Box 415	Waterbury VT	05676	241-2361
Towle, Karen	P.O. Box 106	Waterbury Ctr. VT	05677	244-8755
Valentine, John	440 Northfield Rd.	Roxbury VT	05669	485-3777
Van Dyke, Carol & Neil	Box 1090	Stowe VT	05672	253-4500
Van Zile, Brady	147 Washington St.	Barre VT	05641	476-8193
Wallace, Jim	Shipman Place	Montpelier VT	05602	223-4865
Westcott, Bruce	14 First Ave.	Montpelier VT	05602	223-7074
Wight, Greg	Box 429	Brookfield VT	05036	276-3173
Windisch, Charlie	4 Forest Road	Essex Jct. VT	05452	879-3299
Witherspoon, Tracy	7 1/2 South Main St.	Northfield VT	05663	485-4425
Zuaro, Joe	RR 1 Box 2095	Northfield VT	05663	485-8541

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, 150 Barnes Road, Montpelier, VT 05602

Upcoming events (for complete list visit our web site)

- Wednesday, March 17, 5 pm. **St. Paddy's Day 2-Miler**, Burlington, VT.
- Thursday, March 18, 6:30 pm. **CVR Volunteer Banquet**, Trinity United Methodist Church, Montpelier
See page 1 of this newsletter for details.
- Saturday, March 20, 11 am. **St. Albans Shamrock Shuffle 5K**.
- Tuesday, April 5, 5:30 pm. Celebrate Daylight Savings Time with start of "unofficial" **Fun Runs** (official start May 3). 2,4, or 6 miles, Liquor Control Building, Montpelier.
- Sunday, April 11, 10 am. **Sugarbush Triathlon** (run, canoe/kayak, bike, x-c ski).
- Tuesday, April 13. 7:00 pm. **CVR meeting**, Laura and Dave's. Call 229-4523 for directions. The meeting follows an unofficial Fun Run.
- Sunday, April 25, 10 am. **3rd annual CVR Mutt Strutt**, Little River State Park, Waterbury, VT.
- Any day now ...New CVR webmaster Dave Kissner will be moving the CVR website to a new address. Stay tuned. Meanwhile, the old site may still work for a while

News in brief: The annual meeting was held on Jan. 17. New officers are listed below. At another CVR meeting in February, plans began to take shape to for running the Leaf Peepers race by committee. Details in upcoming issues.

Renew your membership. CVR membership is on a calendar year basis. See form inside. Membership fee is \$10 for the whole family. A red dot on your label means you've already renewed for 1999. Thanks!



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

President: Norm Robinson
Vice President: Richard Cleveland
Secretary: Michael Chernick
Treasurer: Laura Medalie
Webmaster: Dave Kissner
<http://plainfield.bypass.com>
/~bmurphy/

March 1999

Vol. 20, No. 2

You did not miss the February newsletter, there was none.....