

Race Roundup

CVR Runner / friend	Class	Time	Class place \total	Gender place \total	Overall place \total
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St. Paddy's Day 2-miler, Burlington, VT, 3/17/99

Sam beats Biney Mitchell with a second to spare.

Sam Davis	M3039	9:15	1\	1\	1\
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Shamrock Shuffle, St. Albans, VT, 3/20/99

Bob ran the last mile with a pulled hamstring. "Not a pretty sight" he said.

Keith	Nunziata	M1318	18:45	2\12	9\68	9\94
Bob	Murphy	M5059	21:56	4\6	41\68	45\94
Bruce	Nunziata	M5059	24:05	5\6	53\68	62\94
Janet	Nunziata	F4049	29:16	3\4	20\26	83\94

Central Vermont Runners 1999 Race Schedule

April 25, 10 am. Mutt Strutt 3-mile, dogs on leashes and owners (Donna Smyers, 229-4393; Jamie Shanley, 223-4856)

June 5, 9:30 am. Kid's Track Meet, multi-discipline, Montpelier High School (Norm Robinson, 223-7351; Tim Noonan, 223-6216)

June 12, 9 am. Capital City Stampede 10K, Montpelier (Sam Davis, ? - S. Burlington).

June 26, 8:45 am Paul Mailman 10 Miler, Montpelier (Dave Kissner, 229-4523).

July 3, 9 am. Montpelier Mile (Norm Robinson, 223-7351; Tim Noonan, 223-6216).

July 10, 9 am. Bear Swamp Run 5.6 mile (Tim Noonan, 223-6216).

August 8, 9 am. Berlin Pond Couples Race 8K (Michael Chernick, 223-0918).

October 3, 11 am. Leaf Peepers 5K and Half Marathon (Sue Barber, 229-6379).

December 31, 3 pm. First Night 5K (Dave Kissner, 229-4523).

THIRD ANNUAL

MUTT STRUTT

~A fun 3-mile race for dogs and their owners~

A Central Vermont Runners event
to benefit



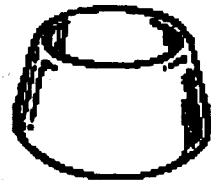
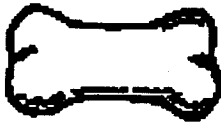
Sunday, April 25, 1999, 10 am
Little River State Park

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:

House Mouse Designs
Ide's Feed Store
Julio's Tex-Mex Cuisine
K.C.'s Bagel Cafe
Onion River Animal Hospital



Course records: Joe McNamara and Dillon (1998): 16:59
Caitlin Compton and Clover (1997): 19:20

Entry fee: \$6 (\$1 per paw or shoe)

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

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.)

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|---------------|---------------------------|-----------|-------------------------------|
| ____ 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

Renew your membership. CVR membership is on a calendar year basis. Membership fee is \$10 for the whole family.

The CVR website is in the process of moving. Dave Kissner is taking over the site from Bob Murphy and will have it operational soon. Meanwhile, try the old site given on the address page.

The CVR Volunteer Banquet was held on March 18 at the Trinity Methodist Church in Montpelier, to honor the volunteers who helped with CVR races during the past year. A pasta dinner was served but the greatest carbo-loading appeared to take place at the desert table. Bob Murphy composed a special sing-along song for the event. Bob Murphy and Dave Ellerson were awarded plaques in recognition of years of distinguished service to CVR. Bob easily won the oldest race T-shirt contest (1977) and most worn-out running shoes. Thanks to Tim Noonan for organizing this event.

Volunteers are needed to assist with the Mutt Strutt. Come to the CVR meeting on April 13 or contact Donna or Jamie.

Your story or news item could have gone here.
Contributions are always welcome!

Upcoming events (for complete list visit our web site)

- **Tuesday, April 6, 5:30 pm.** Celebrate Daylight Savings Time with start of "unofficial" **Fun Runs** (official start May 4). 2, 4, or 6 miles, Liquor Control Warehouse, Green Mtn. Drive, Montpelier.
- **Sunday, April 11, 10 am.** Sugarbush Triathlon (run, canoe/kayak, bike, x-c ski).
- **Sunday, April 11, noon.** GMAA Kaynor's Sap Run 6-miler, Westford, VT.
- **Tuesday, April 13. 7:00 pm.** CVR meeting, Laura and Dave's. Call 229-4523 for directions. Run the Fun Run and come to the meeting.
- **Sunday, April 18, 9:30 am.** Champlain Classic 15K / 5K, Shelburne, VT.
- **Saturday, April 24, 9 am.** GMAA Rollin' Irish Half Marathon, Essex, VT.
- **Sunday, April 25, 10 am.** 3rd annual CVR Mutt Strutt, Little River State Park, Waterbury, VT.
- **Saturday, May 1, 11 am.** GMAA Trollheim 5K, Essex center, VT.
- **Sunday, May 2, 5K Run/Walk** in Montpelier (CVR assisting - stay tuned for details).
- **Saturday, May 8, Covered Bridges Half Marathon**, Woodstock to Quechee, VT.
- **Saturday, May 15, 10 am.** GMAA Spring Women's Run 5K, Williston, VT.
- **Sunday, May 30, 8 am.** Vermont City Marathon and team relay, Burlington, VT.
- See inside for entire 1999 CVR race schedule!



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/

Jamie Shanley
Box 152
Montpelier, VT 05601

April
1999

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CVR meeting April 13.... *Dot on label means you haven't yet renewed for 1999.*