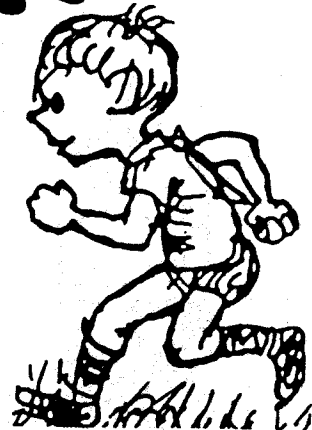


# Kids' Track MEET



Saturday, June 5, 1999  
9:30 a.m. - noon  
Montpelier High School track  
(Registration: 8:30 - 9:15 a.m.)

*Open to all Central Vermont kids from pre-school through 6th grade. Age groups are: pre-school-kindergarten, 1st - 2nd grade, 3rd - 4th grade, and 5th - 6th grade. Grade based on school year just completed.*

*Fourth annual event! Last year's meet attracted 180 kids from throughout Central Vermont.*

*Many different events! - mile run (3rd grade and older), half mile run (1st and 2nd grade), quarter mile run, 100 yard dash, long jump, and softball throw.*

*Free admission to all events! Medals and ribbons to all participants!*

*Liquid refreshments will be provided. For more information, call Norm Robinson (223-7351) or Tim Noonan (223-6216). A parent should be present at the track to grant permission for a child to participate. All participants need to register by 9:15 a.m. to allow the meet to start on time. Parking is available in the Department of Employment and Training parking lot adjacent to the track.*

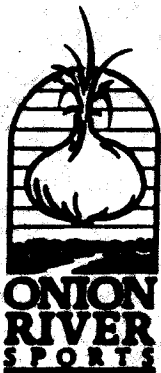
***Come Join the fun!!!***

**Sponsored by Central Vermont Runners Club**

22nd Annual!!

# CAPITAL CITY STAMPEDE

10 KILOMETER ROAD RACE  
VERMONT'S FASTEST 10K  
SATURDAY JUNE 12, 1999  
MONTPELIER, VERMONT



SPONSORED BY:



RACE-DAY REGISTRATION: 7:30 AM, CORNER OF SCHOOL STREET AND  
MAIN STREET, MONTPELIER, VT (Unitarian Church Parking lot)



**RACE START TIME: 9:00 AM SHARP!**

ENTRY FEE: \$6.00 UNTIL JUNE 8TH, \$9.00 ON RACE DAY  
(T-SHIRT IS ADDITIONAL \$7.00 - LIMITED QUANTITY)

**FLAT AND FAST: Out-and-Back Course; Half Pavement, Half Dirt. USAT&F CERTIFIED**  
Water Stops at approximately 2 and 4 miles

**AWARDS: Gift Certificate Prizes to Top 3 Male and Female Finishers**  
Awards Presented to Top 3 Finishers in Categories:  
Male & Female; 19 and under, 20-29, 30-39, 40-49, 50-59, 60+

**\*REFRESHMENTS PROVIDED AFTER THE RACE\***

Name: \_\_\_\_\_ Age on Race Day \_\_\_\_\_ Sex: M F

Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

T-SHIRT SIZE (please enclose additional \$7.00) M L XL

### OFFICIAL ENTRY BLANK

Deliver or Mail with Entry Fee to: Sam Davis, 7 Valleyfield Drive, Colchester, VT 05446  
(Checks must be made payable to *CENTRAL VERMONT RUNNERS*)

I HEREBY WAIVE, RELEASE, AND DISCHARGE ANY AND ALL CLAIMS FOR DAMAGES FOR DEATH, PERSONAL INJURY OR PROPERTY DAMAGE WHICH I MAY HAVE, OR WHICH MAY  
HEREAFTER ACCRUE TO ME AS A RESULT OF MY PARTICIPATION IN THE CAPITAL CITY STAMPEDE. THIS RELEASE IS INTENDED TO DISCHARGE THE PROMOTERS, THE  
SPONSORS, THE OFFICIALS, AND ANY PUBLIC ENTITIES, FROM AND AGAINST ANY AND ALL LIABILITY.

SIGNATURE OF ENTRANT \_\_\_\_\_ DATE \_\_\_\_\_

PARENT OR GUARDIAN if under 18 \_\_\_\_\_

# Central Vermont Runners - Meeting Minutes

Tuesday, April 13, 1999

Club President Norm Robinson called the meeting to order. Treasurer Laura Medalie reported a current balance of approximately \$3,200. The majority of the current funds belong to the club and are not accounts payable.

The meeting then turned to the 1999 race schedule. Donna Smyers reported on preparations for Mutt Strut and that she and Jamie would arrange with Darragh for all the necessary supplies. A portable toilet that is being subsidized by the Mt. View Physicians group. A May 2<sup>nd</sup> community race that is receiving assistance from individual club members has acknowledged CVR assistance in print. There was a brief discussion of the importance, for insurance liability purposes, that only Club sanctioned races be listed as having CVR support or assistance.

The Kids' Track Meet is tentatively scheduled for June 5. Sam Davis will once again direct the Capital Stampede and Dave Kissner is set to head the 10 miler on June 12 and 26 respectively. Norm Robinson is assuming technical responsibility for the Montpelier 1 miler on July 4 and Michael Chernick will once again supervise the Berlin Pond 8 kilometer race on August 8.

Leslie Davis will direct Leaf Peepers in coordination with the gang of 11 (or whatever the floating number of associates is any particular week). The registration fee will be raised to cover the cost of a long sleeve race shirt. The primary sponsor will be Green Mountain Coffee Roasters.

Turning to topics other than the race schedule, Dave Kissner demonstrated the new website prototype and reported that the site will be back up very shortly. The URL will be listed in the newsletter. It was decided to periodically mail out postcard reminders concerning fun runs and to add space for e-mail addresses to the club application

form. Donna Smyers will be conducting a clinic for new runners, and in a similar vein thought was given to a flyer for new runners.

Norm proposed that fun runs no longer be timed. But it was decided that the publicity gained from the weekly race reports was valuable for the club. The members in attendance voted to finance a new CVR Banner at a cost of approximately \$250.00. Nancy expressed interest in organizing a speed work out on Thursdays. The meeting adjourned at 8:41 P.M. and the next meeting will be held at Tim and Maureen's on May 18.

Tuesday, May 18, 1999

The Central Vermont Runners held a pot luck supper and business meeting on Tuesday May 18 at Tim Noonan's home. Attendance was small, consequently, the group decided that during the Fun Run season business meetings should not be held on Tuesday evenings. A brief and informal work session reviewed several topics.

The Kids' Track Meet, according to Tim, is on target for June 5 at Montpelier High School. Tim distributed flyers promoting the event and asked everyone to spread the word that volunteers are essential for the event's success. Once again, the Capital Stampede, on June 12, will be under the capable leadership of Sam Davis. Dave Kissner reaffirmed that the 10 miler, that he is directing on June 26, will use cards for tracking the runners places of finish. Tim also reported that Bear Swamp will be held on Thursday July 8 at 6:00 P.M. at the Rumney School in Middlesex. This is a new day and time for a long standing CVR summer favorite. Lastly, it was announced that there will be a Northfield 5K planning meeting at the Northfield Savings Bank on Tuesday June 1 at 7:00 P.M.

Michael Chernick, CVR Secretary

25th Annual!!



# The Paul Mailman Montpelier Ten Miler

Saturday, June 26 1999 at 8:45 am  
One of Vermont's Oldest Races

- Place:** Montpelier High School, Montpelier Vermont
- Sponsor:** Central Vermont Runners.  
Call Dave Kissner if you have any questions: 802 229-4523
- Registration:** To pre-register, make checks payable to Central Vermont Runners and mail entries to: Dave Kissner, 150 Barnes Road, Montpelier VT 05602.  
Post-registration at the High School, June 26 1999 from 7:30 am - 8:30 am.  
Bathroom facilities available.
- Fee:** \$10 pre-registration, \$12 post-registration.  
Pre-registration must be made by June 21 1999.
- Starting Time:** 8:45 am
- Course:** Starts at front of Montpelier High School. Flat to rolling out and back course over primarily dirt roads. Finishes at Department of Employment and Training building, a quarter mile from the start. Four water stations. Miles accurately marked.  
Course is certified.
- Divisions:** FEMALE - Under 18, 18-29, 30-39, 40-49, 50-59, 60+  
MALE - Under 18, 18-29, 30-39, 40-49, 50-59, 60+
- Prizes:** Trophy and gift certificate/merchandise prize to top male and female.  
Gift certificate/merchandise prize for top finishers in each age division.

## OFFICIAL ENTRY FORM - JUNE 26, 1999 PAUL MAILMAN MONTPELIER TEN MILER

Name \_\_\_\_\_ Sex M F Age \_\_\_\_\_ Birthdate \_\_\_\_\_  
 Street \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Tel. \_\_\_\_\_

I know that 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, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, 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 entitled to act on my behalf, waive and release the Central Vermont Runners, the City of Montpelier and all sponsors, their representatives and successors from all claims and liabilities of any kind arising out of participation in this event even though that liability may arise out of negligence or carelessness on the part of persons named in this waiver.

Signature \_\_\_\_\_ Date \_\_\_\_\_

(Signature of parent or guardian if participant under 18 years of age)

# Remaining 1999 Race Schedule

## CENTRAL VERMONT RUNNERS

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 8, 6 pm. Bear Swamp Run 5.6 mile (Tim Noonan, 223-6216). Note date change!

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

October 3, 11 am. Leaf Peepers 5K and Half Marathon (Darragh Ellerson, 223-2080).

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

## GMAA

Jul 10 Partner's Race 4.8 miles 8:30 Jericho Center green. Male and female partners' times are combined. Bring a partner or get one at the start. Barb and Dave Capen 372-4993. \$4 members/\$5 non-members

Aug 7 Scholarship 5K 9:00 Red Rocks Park, South Burlington. Cross Country race on the dirt trails in the park. Benefits the GMAA scholarship. Roberta Kisebach 863-3658. \$5 members/\$6 non-members

Aug 21 Round Church Women's Run 5k or 10K 9:00 Round Church, Richmond. Fast and flat out and back on Cochran Road. Andrea Houlihan 862-5903. \$5/\$12 members without or with shirt, \$6/\$13 non-members without or with shirt

Sep 6 Mount Mansfield Toll Road Fun Run 8:00 Toll Road Gate. Casual run, not a race. Bring some food to share. Bill Everett 879-1687. FREE!

Sep 18 Archie Post 5 Miler 9:00 Gutterson Field House, UVM. Oldest race in the state. Point to point course - take a bus or run to the start. Steve and Cathy Eustis 878-4385. \$6 members/\$7 non-members

Oct 9 Tudhope 10K 9:00 Shelburne Beach. Fast, scenic run through Charlotte along the lake. Linda and Tom Rhoads 865-0137 \$5 members/\$6 non-members

Oct 16 Green Mountain Marathon and Half Marathon 8:30 Folsom School, South Hero. Run on the colorful shores of Lake Champlain. Howard and Nan Atherton 434-3228. Half: \$15, Marathon: \$20

Nov 25 Turkey Trot 5K 11:00 Gutterson Field House, UVM. Ralph Swenson (864-4952) and Neil Stout (862-5872) . \$2 or food donation for the Burlington Emergency Food Shelf.



# THE MONTPELIER MILE

Second Annual Road Race  
Part of the Montpelier Independence Day Celebration  
Sponsored by the Vermont State Employees Credit Union  
Organized by the Central Vermont Runners Club  
Saturday July 3, 1999 at 9:00 a.m.



PLACE: Recreation Center- Barre St., Montpelier, Vt. Take Exit 8 off I-89. Take a left at the fourth light, and a right onto Barre St. Rec. Ctr. is 1/4 mile.

COURSE: A loop course run down Stone Cutter's Way and back the adjoining bike path. "The flattest mile in Vermont!"

DIVISIONS: Male and Female for Kid's and Adult Races  
KID'S RACE- Ages 6-9, 10-11,12-13  
ADULT RACE- Separate Races for Men and Women.  
Age groups: 14-19,20-29,30-39,40-49,50-59,60+

FEE: Preregistration- \$4.00 for Kid's Race, \$5.00 for Adult (postmarked by June 27). \$6.00 for Kid's and \$7.00 for Adults after June 27.

REGISTRATION: To Preregister, make checks payable to Central Vermont Runners and mail entries to: Norm Robinson, 66 Terrace St., Montpelier, Vt. 05602. Post registration will be from 7:45-8:45 a.m. at the Recreation Dept. building on Barre St. Registration will STOP SHARPLY AT 8:45.

HANDOUTS AND PRIZES: Caps will be given to the first 200 entries. Prizes will awarded for first, second and third place in each age group.

COURSE RECORDS: Girls- Elizabeth Chase-6:48 (1998) Boys- Keith Nunziata- 5:34 (1998)  
Women- Bethany Ogilby- 6:01 (1998) Men- Tony Bates- 4:38 (1998)

\*\*\*\*\*  
**OFFICAL ENTRY FORM -JULY 3,1999- MONTPELIER MILE ROAD RACE**

NAME \_\_\_\_\_ STREET \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
SEX M F AGE \_\_\_\_\_ BIRTH DATE \_\_\_\_\_

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, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, 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, for myself and anyone entitle to act on my behalf, waive and release the Central Vermont Runners Club, its officers and agents, the City of Montpelier, all sponsors, their representatives and successors, including the Road Runners Club of America, its officers, directors, agents and employees, from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_  
PARENT'S SIGNATURE \_\_\_\_\_  
IF UNDER 18 YEARS \_\_\_\_\_ DATE \_\_\_\_\_



## Third Annual Mutt Strutt, April 25, 1999

A Central Vermont Runners event at Little River State Park, Waterbury, Vermont  
to benefit the Central Vermont Humane Society

For the third year in a row, the weather was ideal for the Mutt Strutt. The women runners ruled the day.

Caitlin Compton, fresh from a successful season of nordic ski racing at the national level, was in shape to win - the only question mark was her 10-year old dog Clover. Clover kept pace and the pair topped the entire field in 19:00, beating their own course record for women of 19:20 set in 1997. Dot Martin and Kona, who edged out Caitlin and Clover last year in the women's competition, were second overall in a fast 19:21. Former winners Tim Noonan and Gus were third overall and top men's team.

We appreciate the great support from our sponsors: Ide's Feed Store, Onion River Animal Hospital, Julio's Restaurant, House Mouse Designs, and KC's Bagel Cafe. The Vermont Department of Forests, Parks, and Recreation kindly waived the permit fee for use of the park, and The Hartigan Company gave us a reduced rate for the portable toilet service. Because of the generosity of these parties, most of the race entry fees went directly to support the Central Vermont Humane Society. Thanks also to Eric Ryea, Dave Kissner, Cristine Maloney, Richard Cleveland, Mack Gardner-Morse, John Martin, Bruce Westcott, Patty Welsh, and Michael Chernick for volunteer help on race day. See you again next year!

Place	Human	Dog	Residence	Time	Runner M/F	Runner class	Dog class	Place in class
1	Caitlin Compton	Clover	Warren	19:00	F	Open	Large	1
2	Dot Martin	Kona	Barre	19:22	F	Open	Med	1
3	Tim Noonan	Gus	Montpelier	20:06	M	Masters	Med	1
4	Geoff Hurwitch	Riley	Middlesex	22:34	M	Open	Large	1
5	Laura Medalie	Arlo	East Montpelier	22:56	F	Open	Med	2
6	Kimberly Walsh	Bandit	Enfield, NH	23:51	F	Open	Med	3
7	Kathy Dragon	Rosie	Waterbury Center	24:39	F	Open	Small	1
8	Marcy Nisenholtz	Sam	Morrisville	24:43	F	Open	Large	2
9	Bill Lorenz	Koda	Richmond	24:57	M	Masters	Med	2
10	Maggie Anderson	Tish	Stowe	25:36	F	Open	Med	4
11	Nance Smith	Clay	East Montpelier	25:55	F	Masters	Large	1
12	Kim Kendall	Sandy	East Montpelier	25:56	F	Open	Large	3
13	Carol Simon	Sparkey	Stowe	26:03	F	Masters	Large	2
14	Karen Kane	Tango	Williston	26:08	F	Masters	Large	3
15	Libby Hale	Olive	Waterbury Center	26:56	F	Open	Large	4
16	John Halpin	Chris	Thetford Center	27:25	M	Masters	Small	1
17	Hope Crifo	Loki	Middlesex	28:25	F	Masters	Large	4
18	Matt Bijun	Sage	Burlington	28:26	M	Open	Med	1
19	Roger Murphy	Kota	Stowe	28:27	M	Open	Large	2
20	Tom Slayton	Alice	Montpelier	29:21	M	Masters	Med	3
21	Cynthia Gardner-Morse	Jacob	Calais	29:51	F	Masters	Large	5
22	Ruth Lazenby	Belle	Montpelier	30:15	F	Under 18	Med	1
23	Mary Roux	Star	Northfield	31:04	F	Open	Small	2
24	Katie Greenleaf	Sully	Waterbury Center	32:15	F	Open	Med	5
25	Dylan Kane	Jazzy	Williston	32:51	M	Under 18	Med	1
26	Elen Roux	Benny	Northfield	34:53	F	Under 18	Med	2
27	Chelsea Welsh	T.C.	East Montpelier	37:12	F	Under 18	Large	1
28	Cassandra Brush	~stroller~	Woodbury	39:12	F	Open		1
29	Scott Skinner	Coco	Montpelier	41:59	M	Masters	Large	1
30	Maureen Carr	Lily	Montpelier	44:08	F	Open	Med	5
31	Andrea Stander	Blue & Mocha	Montpelier	51:22	F	Masters	Med	1
32	Chuck Sontheimer	Chelsea	Northfield	51:23	M	Masters	Small	2
33	Fred Dunan	Jake	Somersworth, NH	DNF	M	Open	Med	

The 1999 Mutt Strutt raised nearly \$200 for the Central Vermont Humane Society. Thanks to all the runners and sponsors!

# Race Roundup

CVR Runner	Class	Time	Class place \total	Gender place \total	Overall place \total
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## Boston Marathon, 4/23/99

*Nobody had a particularly good time in the heat*

Donna	Smyers	F4044	3:38:58		
Tim	Noonan	M4044	3:40:54		
Russ	Petelle	M5054	3:50:45		
Eric	Ryea	M4549	3:59:38		
Carol	VanDyke	F4044	4:08:46		
Sigh	Searles	M5054	4:15:44		

## Corporate Cup 5K, Montpelier, VT, 5/20/99

*Nice conditions for this twisty turny race*

TIM NOONAN	M4049	18:51	7\132	24\380	24\639
JOHN VALENTINE	M4049	18:59	9\132	26\380	26\639
DAN RENFRO	M3039	19:09	9\133	28\380	28\639
PETER DALE	M4049	20:05	22\132	52\380	53\639
DAVE KISSNER	M3039	20:08	18\133	56\380	57\639
TOM BACHMAN	M4049	20:13	24\132	60\380	61\639
JAMIE SHANLEY	M4049	20:19	27\132	64\380	65\639
DONNA SMYERS	F4049	20:42	1\72	5\259	82\639
MARK PERRAULT	M4049	21:06	37\132	94\380	100\639
BOB MURPHY	M5059	21:52	6\55	125\380	138\639
LISA CLISBEE	F3039	22:10	12\117	18\259	155\639
LAURA MEDALIE	F3039	22:21	13\117	19\259	168\639
LINDA HALLINGER	F3039	22:28	4\72	21\259	172\639
CAROL VAN DYKE	F4049	22:38	6\72	26\259	183\639
MICHAEL CHERNICK	M4049	22:43	63\132	160\380	188\639
RICK HUBBARD	M5059	22:46	14\55	162\380	190\639
GREGORY WIGHT	M5059	22:49	16\55	167\380	195\639
KATE MUELLER	F4049	23:17	12\72	39\259	223\639
MARY LABATE ROGSTAD	F4049	25:07	19\72	67\259	311\639
BOB MERCIER	M6069	25:19	2\6	254\380	325\639
JENNIFER BALL	F4049	25:23	21\72	73\259	327\639
BRADY VAN ZILE	M2029	25:26	37\51	255\380	330\639
REIDUN NUQUIST	F5059	27:31	3\16	129\259	440\639
STEPHEN ROY	M4049	27:50	122\132	320\380	455\639
SCOTT SKINNER	M5059	29:55	45\55	348\380	533\639
SUSAN THAYER	F3039	30:31	92\117	196\259	549\639
ROGER CRANSE	M5059	33:35	52\55	372\380	611\639



**GMAA Kaynor's Sap Run 6-Mile, Westford, VT, 4/11/99**

John	Valentine	M4049	39:20		6\35	6\42
Russ	Petelle	M5059	47:02		22\35	25\42
Steve	Eustis	M2029	49:34		29\35	34\42

**Champlain Classic 15K, Shelburne, VT, 4/18/99**

Gordon	MacFarland	M5059	57:00	1\5	5\47	5\78
Sue	Barber	F4049	59:44	1\3	2\31	10\78
Bruce	Westcott	M4049	73:25	8\12	29\47	36\78

**Covered Bridges Half Marathon, Quechee, VT, 5/8/99**

Sam	Davis	M3039	1:13:29	5\346	5\	8\1883
Gordon	MacFarland	M5059	1:20:46	3\150	22\	22\1883
Steve	Burkholder	M4549	1:22:35	2\135	39\	40\1883
Sue	Barber	F4044	1:24:26	1\98	2\	56\1883
Dot	Martin	F3039	1:28:49	4\291	5\	98\1883
William	Perrault	M4549	1:31:53	16\135		134\1883
Mark	Perrault	M4044	1:32:46	25\149		153\1883
Dot	Helling	F4549	1:40:04	3\58		348\1883
Eldon	Dube	M4044	1:40:57	55\149		392\1883

**Vermont City Marathon, Burlington, VT, 5/30/99***Temperatures soared into the 80's. Some great CVR performances nonetheless.*

Pat	Miner	M4044	3:01:17	5\193		39\1598
Steve	Burkholder	M4549	3:09:15	6\140		70\1598
Mike	Feulner	M4549	3:09:44	7\140		73\1598
Dot	Martin	F3539	3:10:49	2\119	8\	83\1598
Donna	Smyers	F4044	3:18:44	3\79		124\1598
Tim	Noonan	M4044	3:26:36	35\193		192\1598
Mark	Perrault	M4044	3:32:10	45\193		250\1598
Dot	Helling	F4549	3:38:48	3\39		328\1598
Linda	Hallinger	F4549	3:42:57	4\39		375\1598
Bill	Perrault	M4549	3:43:45	39\140		389\1598
John	Kaeding	M5054	3:55:24	32\92		572\1598
Lisa	Clisbee	F3539	4:04:24	46\118		712\1598
Carol	VanDyke	F4044	4:09:22	25\79		794\1598
Russ	Petelle	M5054	4:09:59	54\92		801\1598
Michael	Chernick	M4549	4:21:05	86\140		941\1598
John	Martin	M4549	4:24:08	89\140		975\1598
Sigh	Searles	M5054	4:28:05	64\92		1039\1598
Cristine	Maloney	F2529	4:31:58	63\114		1092\1598
Bruce	Westcott	M4549	4:39:54	101\140		1162\1598

## **Upcoming events** (for complete list visit our web site)

- **Inside are the full remaining 1999 race schedules for both CVR and GMAA, plus applications for CVR events in the near future. Here are some other upcoming events:**
- **Tuesdays, 5:30 pm. Fun Runs: 2,4, or 6 miles, bike path off Green Mtn. Drive, Montpelier.**
- **Sunday, June 6. Lyndon Institute 5K, Lyndon Center, 802-626-9096.**
- **Saturday, June 12, 10 am, Whiteface Mountain Footrace, 8.3 miles w/3800' rise. 518-946-2256.**
- **Saturday, June 19, 10 am, Mt. Washington Road Race 7.6 miles w/4600' rise. Entries closed.**
- **Wednesday, June 23, 6:30 pm. CVR meeting at Michael Chernick's, 75 Cityside, Montpelier, 223-0918.**
- **Saturday, July 3, 8 am, Cannonball Run 4-Mile, Morrisville, 802-888-4312.**
- **Sunday, July 18, 9 am, Stowe 8-miler, 802-253-9009.**

**Volunteers needed!!** For the Kids' Track Meet in Montpelier on Saturday, June 5, 9:30 am at the high school. If you can spare an hour or two for this popular event, Norm (223-7351) and Tim (223-6216) would welcome your help. Thanks!!

The CVR lime bucket is missing in action just when it is needed most (summer race season). If you know its whereabouts, please contact Bob Murphy at 476-4328 or Jamie Shanley at 223-4856.



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/>

**June  
1999**

*Vol. 20, No. 4*

*Dot on label means please renew your membership for 1999.  
Send \$10 to Laura Medalie, 150 Barnes Road, Montpelier, VT 05602*