

CVR Summer

Busy season: CVR is winding down from its busiest season - staging 5 events in central Vermont in June and July - while gearing up for its biggest event, the Leaf Peepers Half-Marathon and 5K on October 3. Also, the Berlin Pond Couples Race (application in this issue) and Northfiled Observances Races are fast approaching.

The summer season went quite well, with the established 10K and 10-mile races in Montpelier drawing their normal crowds (somewhat less than 100 runners each), and the new 1-mile race on the July 4 weekend slightly up in attendance over last year's inaugural race. The Kids' Track Meet in early June was down from last year's record crowd, but still had solid participation. The big surprise was the low-key Bear Swamp Race, which was moved to a Thursday night and attracted 48 runners, about double the norm of recent years. Race Director Tim Noonan was at a loss to explain the race's sudden popularity, but don't be surprised if the race is held in the evening again next year.

Heat and Humidity: If you've done well in road racing this summer, you must be immune to high temperatures. With the exception of the Bear Swamp Race, all the CVR races have been held under blazing sun and high humidity. A few CVR members who also ran the Boston Marathon and the Vermont City Marathon, which were also held on unusually hot and humid days, must be thinking they have somehow been transplanted to south Florida.

Request for Results: This is the first issue of the newsletter since early June. It contains mostly race results from CVR races. Some CVR members ran in the Cannonball Run on July 3 and the Stowe 8-miler on July 18. I ran out of time and space, but I will get these results in the next issue. If you have a race result from out of the area which I would not normally come across, please send it to me so I can include it in the newsletter. See return address on back page or email to jshanley@usgs.gov.

Interest in relay? CVR member Linda Hallinger is looking for people interested in fielding a team for the 200-mile Reach the Beach relay in New Hampshire on October 1-2. The race is sponsored by Running Times magazine. For more info see their website at www.rtbrelay.com. Teams comprise 6-12 members. Unfortunately this is the same weekend as Leaf Peepers, but if you are interested, call Linda at 883-5415.

CVR website: If you have not checked out the new CVR website, I recommend it. Dave Kissner has continued Bob Murphy's excellent tradition of providing an extensive race schedule, race results, and just about everything you'd like to know about CVR, and even links to other running sites. Photos too! When everyone gets internet access I will be out of a job. Visit the site at www.cvrrunners.org.

Membership: Renewal rate from 1998 is 70% (61 of 87 households). With this newsletter we make a final plea especially to those members with a history of being active in CVR. We hope you do not want your membership to lapse; we include an application inside. We do make mistakes. If you believe you have renewed and we missed it, please let Laura or me know (as the club president recently did).

CAPITAL CITY STAMPEDE 10K ROAD RACE RESULTS

HELD ON JUNE 12, 1999 IN MONTPELIER, VERMONT

CLASS OVERALL

PLACE	PLACE	NAME	AGE	HOME TOWN	TIME
WOMEN 19 and under					
1	10	CAITLIN COMPTON***	18	WARREN, VT	38:56
2	59	SARAH WATERMAN	15	MONTPELIER, VT	48:25
3	63	LIZ LONGWORTH	15	NORTHFIELD FALLS, VT	49:40
WOMEN 20-29					
1	13	ALYSIA WADE	27	WATERBURY, VT	39:37
2	18	KELLY SCHALK	24	LARAMIE, WY	41:07
3	34	AMY SCHROYER	23	WATERBURY CTR., VT	43:36
4	36	TARA NELSON	25	GLOVER, VT	44:03
5	51	KATHY MCDONNELL	26	NORTHFIELD, VT	46:59
6	76	LORI BESSERY	26	STOWE, VT	52:35
7	80	LISA PEMBROKE	27	MONTPELIER, VT	54:27
8	82	LISA DUFF	29	BARRE, VT	55:09
WOMEN 30-39					
1	22	CHARLOTTE BRYNN	33	STOWE, VT	41:35
2	46	DEB DOYON	31	CHARLOTTE, VT	46:03
3	49	ELLIE FERGUSON	39	N. HAVERHILL, NH	46:31
4	60	ALICIA LEAHY	33	MIDDLESEX, VT	48:38
5	64	COLLEEN LEBARON-BRIEN	35	WAITSFIELD, VT	49:51
6	68	CHRYSANNE ZELKO	33	BARRE, VT	51:05
7	77	GABRIELLE ROGERS	34	BURLINGTON, VT	53:26
8	81	LAURIE PELLON	36	BARRE, VT	55:08
9	83	MELANIE SIMON	39	WARREN, VT	55:26
WOMEN 40-49					
1	39	CATHY MARTELL	41	ST. ALBANS, VT	44:50
2	52	CARYN ETHERINGTON	42	MIDDLEBURY, VT	47:17
3	56	CAROL VAN DYKE	43	STOWE, VT	47:46
4	72	DAWN LEBARON	45	FOXBORO, MA	51:37
5	79	KAREN GERDEL	48	MONTPELIER, VT	54:03
MEN 19 and under					
1	5	CALEB VALLENCOURT	18	WATERBURY, VT	37:49
2	8	NEAL MAKER	15	CALAIS, VT	38:17
3	26	WILLIAM BENNETT	19	ALTAMONT, NY	42:04
MEN 20-29					
1	1	JOE GINGRAS***	23	BERLIN, VT	34:30
2	3	JOSH FISHER	20	ALTAMONT, NY	37:10
3	7	AARON DIETZ	22	WATERBURY, VT	38:14
4	28	DANIEL SCHEIDT	27	BURLINGTON, VT	42:44
5	31	DAVE SEILER	27	ENFIELD, NH	43:03
6	48	ANDREW BUNK	27	WATERBURY, VT	46:16
7	71	DAVID HEMMERLING	28	ENFIELD CTR., NH	51:29
MEN 30-39					
1	20	DICK MILLAR	37	MONTPELIER, VT	41:22
2	27	MARK BURNS	34	ESSEX JCT., VT	42:09

3	29	TIM KRUGER	33	HARDWICK, VT	45:45
4	41	TOM HECIMOVICH	39	WORCESTER, VT	45:07
5	50	DOUG MANN	39	MIDDLESEX, VT	46:39
6	57	CHARLES TROTTIER	38	NORTHFIELD, VT	48:12
7	61	ERIK SCHWARZ	39	MONTPELIER, VT	49:01
8	66	ED HAVARD	38	MONTPELIER, VT	50:26
9	73	MIKE SEILER	30	ENFIELD, NH	52:02
10	78	MARK BRIER	30	BARRE, VT	53:30

MEN 40-49

1	2	DAVE WILHIDE	41	HYDE PARK, VT	36:31
2	4	ED DRAPP	43	WATERBURY CTR., VT	37:28
3	6	STEVE BURKHOLDER	47	MONTPELIER, VT	38:06
4	9	MARK FLINN	40	WARREN, VT	38:21
5	11	MIKE FEULNER	46	DUXBURY, VT	39:25
6	12	TIM NOONAN	43	MONTPELIER, VT	39:31
7	14	JAMIE SHANLEY	46	MONTPELIER, VT	39:49
8	15	BILL DYSART	46	BURLINGTON, VT	39:55
9	16	LARRY ALLARD	41	BARTON, VT	40:23
10	21	DAVID RIPLEY	42	BARRE, VT	41:28
11	23	DAVID VANDERLINDE-ABERNATHY	47	BARRE, VT	41:40
12	24	MIKE DESANTO	49	MILTON, VT	41:43
13	25	FRED ROGERS	46	BURLINGTON, VT	41:49
14	30	CRAIG WHIPPLE	46	BARRE, VT	42:56
15	32	GUNNAR STEATES	41	MILTON, VT	43:17
16	37	JIM PASSBURG	43	MONTPELIER, VT	44:04
17	40	MIKE FRAYSIER	45	BARRE, VT	45:07
18	42	RICK COYNE	42	BARRE, VT	45:28
19	43	MARK KUTLER	43	S. BURLINGTON, VT	45:31
20	44	RUSS COOKE	47	WILLISTON, VT	45:56
21	65	MARK RENKERT	40	S. BURLINGTON, VT	50:02
22	67	BUDDY LONGWORTH	49	NORTHFIELD FALLS, VT	50:49
23	69	MARK SKELDING	40	MONTPELIER, VT	51:06
24	70	JEFF JONES	43	NORTHAMPTON, MA	51:13
25	74	PASCHAL DEBLASIO	49	WILLISTON, VT	52:11
26	84	JOHN MAHONEY	45	BURLINGTON, VT	55:46

MEN 50-59

1	17	PAUL MUNN	52	LYME, NH	40:56
2	19	JOHN LAZENBY	50	MONTPELIER, VT	41:21
3	33	GREG GERDEL	52	MONTPELIER, VT	43:23
4	35	JEFFREY FISHER	56	ALTAMONT, NY	44:02
5	45	CHARLES JOHNSON	56	E. MONTPELIER, VT	46:00
6	47	GORDIE JOHNSON	57	STANSTEAD, PQ	46:08
7	53	DANIEL ST. JOHN	50	S. WOODBURY, VT	47:26
8	54	RUSS PETELLE	51	DERBY LINE, VT	47:29
9	55	MICHAEL SHOVER	50	BRADFORD, VT	47:39
10	58	GENE NICHOLS	56	STOWE, VT	48:21
11	62	TIM MAKER	53	CALAIS, VT	49:30
12	75	BOB AIKEN	59	ESSEX JCT., VT	52:28
13	85	MIKE SMITH	51	ESSEX JCT., VT	58:56

MEN 60+

1	38	BERT MOFFATT	64	WILLISTON, VT	44:48
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*** OVERALL WINNERS

25th Annual PAUL MAILMAN MONTPELIER TEN-MILER

Montpelier, Vermont

Saturday, 26 June 1999

1999 Race Results

Name	Hometown	Age	Time	Overall

FEMALE UNDER 18				

Mary Peck	Clifton Park, NY	17	1:12:17	29

FEMALE 18-29				

Caitlin Compton	Warren, VT	18	1:08:57	22
Leslie Gold	Montreal, QUE	24	1:10:27	24
Sarah Osgood	Burlington, VT	24	1:11:43	26
Amy Schroyer	Waterbury Ctr., VT	23	1:15:23	35
Katie Bell	Burlington, VT	22	1:17:50	42
Jen Parker	Montpelier, VT	28	1:19:50	48
Liz Munn	S. Burlington, VT	24	1:22:37	58
Teresa Benevento	Essex Junction, VT	28	1:28:21	66
Ann Marie Vannucci	S. Burlington, VT	25	1:29:32	67

FEMALE 30-39				

Anne Nicol	Montreal, QUE	32	1:15:52	39
Janet Dell'Orto	Montreal, QUE	39	1:19:49	47
Ingrid Jonas	St. Albans, VT	32	1:21:56	55
Laura Medalie	E. Montpelier, VT	36	1:22:24	57
Karin Kasupski	S. Burlington, VT	35	1:24:15	60
Michelle Koller	Jericho, VT	33	1:30:53	69
Laura Nelson	E. Corinth, VT	38	1:35:25	76

FEMALE 40-49				

Cindy New	Montreal, QUE	42	1:04:16	11
Sue Barber	Montpelier, VT	42	1:05:21	12
Cathy Martell	St. Albans, VT	41	1:15:05	34
Diane McNamara	S. Lee, MA	45	1:20:18	49
Dot Helling	Montpelier, VT	49	1:20:32	50
Ann Bushey	Montpelier, VT	41	1:35:26	77
Jeanie Ferreira	Arlington, MA	44	1:37:05	80
June Benoit	Montpelier, VT	45	1:37:48	81
Jean Barella	Barre, VT	43	1:39:43	83

FEMALE 50-59				

Rosemary Rusin	Florence, VT	56	1:33:30	75

MALE UNDER 18				

Mint Henk	Braintree, VT	15	1:03:16	8
Chris Mallory	Colchester, VT	17	1:14:56	33

MALE 18-29

Joe Gingras	Berlin, VT	23	59:14	2
Jeremy Davis	E. Montpelier, VT	19	1:01:00	5
Charles Donnellan	Brighton, MA	23	1:03:43	10
Hjalmar Westje	Jericho, VT	18	1:08:21	20

MALE 30-39

James Paige	Morrisville, VT	38	1:00:04	4
Kevin Allen	Winooski, VT	38	1:07:18	17
Jim Bixby	Winooski, VT	36	1:08:44	21
Ron Proud	Montreal, QUE	35	1:09:09	23
Eric Dague	Swanton, VT	39	1:11:57	27
David Koller	Jericho, VT	34	1:12:20	30
Christian Latulippe	Laval West, QUE	36	1:12:24	31
Tim Kruger	Hardwick, VT	33	1:13:54	32
Rich Steckle	E. Topsham, VT	39	1:15:53	40
Bruce Charbonneau	Dorset, VT	39	1:18:00	43
John Burns	Burlington, VT	32	1:21:26	51
Antony Cook	Burlington, VT	33	1:21:44	54
Ron Tetu	Shelburne, VT	36	1:22:17	56
Barry Metayer	Milton, VT	39	1:27:07	62
Richard Duke	Williamstown, VT	35	1:27:43	63
Erik Schwarz	Montpelier, VT	39	1:27:44	64
Paul DeLuca	Barre, VT	39	1:38:39	82

MALE 40-49

Jim Miller	Essex Junction, VT	40	55:29	1
Gordon Horner	Jeffersonville, VT	42	1:02:03	6
Richard Charbonneau	Manchester Ctr., VT	43	1:03:22	9
John Valentine	Roxbury, VT	49	1:06:10	14
Steve Burkholder	E. Montpelier, VT	47	1:06:20	15
Mike Faulner	Duxbury, VT	46	1:06:44	16
Tim Noonan	Montpelier, VT	43	1:07:51	18
Jamie Shanley	E. Montpelier, VT	46	1:07:57	19
D. Vanderline-Abernathy	Barre, VT	47	1:12:00	28
Elden Dube	Montpelier, VT	43	1:16:32	41
J. Atchinson	Waterbury, VT	47	1:18:26	45
Gunnar Steates	Milton, VT	41	1:19:23	46
Marc Metayer	Montpelier, VT	42	1:21:31	53
Glenn Gaetano	Burlington, VT	46	1:26:06	61
Mike Benoit	Montpelier, VT	49	1:32:32	71
Paschal DeBlasio	Williston, VT	49	1:33:28	74
Gene Nelson	Essex Junction, VT	46	1:35:27	78
John Mahoney	Burlington, VT	45	1:43:30	85

MALE 50-59

William Dixon	Brattleboro, VT	52	59:54	3
Mike Mason	Northfield, VT	50	1:02:26	7
Bill Springer	Keene, NH	59	1:05:47	13
Paul Munn	Lyme, NH	52	1:11:15	25
Dave Chioffi	Woodstock, VT	56	1:15:30	36
Ted McKnight	Jericho, VT	54	1:15:52	38
Flip Connell	New York, NY	50	1:18:07	44
Peter Wallan	Sharon, MA	56	1:21:27	52
Jim McWilliam	Worcester, VT	59	1:23:45	59
Mike Shover	Bradford, VT	50	1:28:11	65
Newton Baker	Montpelier, VT	57	1:29:41	68
Peter Buhl	N. Easton, MA	58	1:31:13	70
Russ Petelle	Derby Line, VT	51	1:32:39	72

MALE 60+

Bert Moffatt	Williston, VT	64	1:15:49	37
Bob Mercier	Montpelier, VT	63	1:33:06	73
David Hershberg	Burlington, VT	66	1:35:33	79
Tom Sissel	S. Burlington, VT	60	1:40:06	84

MONTPELIER MILE 1999 RESULTS

The second annual, held on July 3, 1999 under a hot morning sun

Overall Place	Class Place		Time	Overall Place	Class Place		Time	
Girls				Age 50-59				
				12	1	REIDUN	NUQUIST	8:11
				15	2	JOANN	TROIANO	9:59
Age 6-9				Men				
5	1	GUINEVIVE HALSTEAD-JOHNSON	7:31 #					
8	2	LAURA RIPLEY	7:55					
9	3	CHELSEA EVANS	12:43					
Age 10-11				Age 14-19				
	Age			4	1	RANDY	FEELEY	4:51 #
1		DANIELLE FURLONG	6:36 *	10	2	DANIEL	LAW	5:18
4	2	SOPHIE MILES	7:22	11	3	STEPHEN	BELL	5:19
6	3	RUTH LAZENBY	7:36	22	4	JEFF	VALENTINE	5:45
7	4	NATASHA YANDOW	7:40	23	5	HUNTER	KARNEDY	5:45
Age 12-13				Age 20-29				
	Age			2	1	JOE	GINGRAS	4:37 #
2		ELIZABETH CHASE	6:42 #	3	2	MATT	HOLTEN	4:42
3	2	EMILY TURNER	7:17	26	3	MORGAN	GERDEL	6:25
Boys				Age 30-39				
Age 6-9				1	1	FRANCIS	BURDETT	4:31 *
6	1	JIM LAZENBY	7:03	6	2	DALE	SLACK	5:10
10	2	MAX FURLONG	8:01	7	3	DANIEL	RENFFO	5:13
11	3	PHILLIP WILLIAMS	8:23	8	4	WARD	JOYCE	5:14
12	4	BRETT TREMBLAY	8:39	14	5	STEVE	YANDOW	5:28
Age 10-11				16	6	DAVE	KISSNER	5:33
	Age			20	7	JERRY	FIELD	5:41
4		ADAM RIPLEY	6:42	29	8	SCOTT	GRIGGS	6:34
5	2	COPEY GRIGGS	6:47	Age 40-49				
7	3	OWEN MANLEY	7:10	5	1	PAT	MINER	4:58 #
8	4	JOSHUA TOWN	7:32	9	2	JOHN	VALENTINE	5:16
9	5	PETER MAURAIS	7:50	13	3	TIM	NOONAN	5:25
Age 12-13				15	4	STEVEN	BURKHOLDER	5:30
	Age			17	5	JAMIE	SHANLEY	5:34
1		ROWAN CORNELL-BROWN	5:56	19	6	CHARLES	EVANS	5:40
2	2	AARON GRIGGS	6:12	24	7	MARIO	BONACORSI	6:06
3	3	ANDREW RIPLEY	6:33	25	8	RAY	ZIRBLIS	6:12
Women				27	9	EVAN	LONGWORTH	6:28
Age 14-19				30	10	MICHAEL	CHERNICK	6:47
				36	11	FRANK	HOY	7:19
1	1	BETHANY OGLBY	5:53 *	Age 50-59				
2	2	LIZ LONGWORTH	6:10	12	1	DONNY	WILCOX	5:23
3	3	CARRIE NICHOLSON	6:28	18	2	GREG	GERDEL	5:40
Age 20-29				21	3	MARK	ADAIR	5:42
				28	4	WILLIAM	ARRAND	6:33
5	1	HOLLY HAYFORD	7:13 #	31	5	NEWTON	BAKER	6:48
6	2	LISA PEMBROKE	7:13	32	6	RICHARD	BROCK	6:54
7	3	LAUREN COLE-JOHNSON	7:31	33	7	ROB	APPLE	6:57
Age 30-39				Age 60+				
				34	1	BOB	MERCIER	7:07
8	1	PAULA TREMBLAY	7:37	35	2	TIM	CUNNINGHAM	7:16
11	2	KATHY TOWN	7:46					
13	3	NICOLE DEWING	8:56					
14	4	DIANE BAKER	9:38					
Age 40-49								
4	1	CAROL VASSAR	6:53 #					
9	2	DEBORAH DWYER	7:38					
10	3	KATHERINE WILLIAMS	7:41					

* New course record
New age group record

Bear Swamp Run
Middlesex, July 8, 1999

48 runners participated in the 21st annual Bear Swamp Run on July 8, the largest field for this race in many years. The race was held on a cool Thursday evening. In past years, the race was held on Saturday morning but, given the turnout, it appears having the event on a weekday evening is a more popular choice. Dave Birse of New Hampshire and local stalwart Dot Martin were the overall male and female winners of the 5.7 mile race.

This was the ninth year the Central Vermont Runners have sponsored this low key, fun event along with the Middlesex Recreation Committee. The race is most notable for its hills and rustic nature. The loop course climbs 450 feet in the first 2 1/2 miles, and then is mostly flat or downhill for the remaining three plus miles. Many thanks to Norm Robinson for providing invaluable assistance. Thanks also to the Middlesex Recreation Committee for arranging to have the school open.

Tim Noonan, Race Director

RESULTS

Female 13-29	Carla Provost	48.41	Male 40-49	Dave Birse	35:27
	Margaret Edmonds	50:54		Steve Burkholder	36:13
	Pratima Cranse	52:20		John Valentine	36:49
	Shelly Smith	59:06		Jamie Shanley	36:49
	Meghan Farrington	65:26		Mike Gillis	38:27
				Eric Ryea	39:11
Female 30-39	Dot Martin	38:04		Pete Kelly	40:55
	Laura Medalie	43:51		Charles Evans	41:17
	Eori Lacroix	44:02		Charles Merriman	41:27
	Alicia Leahy	46:01		John Dunkling	42:39
	Maryke Gillis	52:39		Nekoma Cheyenne	42:54
				Neil Van Dyke	43:25
Female 40-49	Donna Smyers	39:40		John Martin	44:39
	Ann Gilbert	40:13			
	Merill Cray	43:16	Male 50-59	Bob Murphy	42:56
	Kathy Barrows	43:56		Jim McWilliam	45:26
	Carol Van Dyke	45:34		William Jones	56:59
	Nance Smith	48:08		Roger Cranse	66:15
	Ann Bushey	52:46			
	Hope Crifo	56:08	Male 60+	Bob Mercier	49:10
Female 50-59	Elizabeth Meiklejohn	55:18			
	Norleen Jones	56:59			
Male 13-29	Daniel Scheidt	38:03			
	Eric Cole-Johnson	39:14			
	Chris Wilkins	39:33			
	Steven Bell	40:03			
Male 30-39	Dave Kissner	37:37			
	Dick Millar	37:48			
	Tim Kruger	38:48			
	Mack Gardner-Morse	39:51			
	Matthew Czaplinski	40:06			
	Doug Mann	45:07			

Central Vermont Runners

Minutes from meeting of June 23, 1999

CVR President Norm Robinson called the meeting to order at approximately 7:15 p.m. The discussion began with a review of the year's remaining races. Dave Kissner reported that preparations for the Montpelier Ten Miler were proceeding except that an administrative problem had arisen with Montpelier High School's assignment of facilities for the race. The school listed the club as having reserved the auditorium but neither restrooms nor lockers. There was also confusion regarding the \$100.00 fee for use of the auditorium and if this fee was intended to constitute the club's full payment for use of the school. Dave indicated that he would contact the school, arrange for the appropriate facilities and clarify the payment obligation.

Continuing into July, Norm Robinson related the Montpelier One Miler was on target for Saturday July 3 at 9:00 A.M. and that he would require materials and remaining sports beverage from Dave after the 10 miler. The always challenging Bear Swamp Run is scheduled for its new time and day on Thursday July 9 at 6:00 P.M. at the Rumney Middle School. Requests for applications are being received. Volunteers for this race are not needed. There will be an unstaffed water stop along the course. To date, there has not been any negative reaction to the change of day from Saturday to Thursday. It was announced that the Stowe 8 Miler is scheduled for Sunday July 18.

Plans for Berlin Pond were on course as of the meeting, but subsequently suffered a setback when Central Vermont Medical Center decided not to renew its sponsorship. The race will go forward without tee shirts for individual entrants but only for prize winners. As usual, the fantastic support provided by the Northfield Savings Bank assures that the Northfield 5k will once again be a successful event. The Northfield liaison committee will meet with representatives from the bank later in the summer.

The discussion then turned to Leaf Peepers. The Gang of ? has previewed the tee shirt and it received rave reviews. The entire planning process under the great coordination of Leslie Davis is moving forward. The gang will reconvene on Tuesday July 20 to continue the planning for the club's largest event.

With respect to other matters, Dave Kissner announced that the website is now functioning at www.cvrrunners.org. The club has registered with the Secretary of State as a Vermont nonprofit. A new Federal EIN number has also been issued. While we have found the old sales tax purchase exemption number, it does not match with our new EIN#. There was discussion of filing an application for a new 501(c)(3). It was strongly suggested that Dot Helling carefully review any application before it is filed with the IRS. After the meeting, the secretary conducted a search on the IRS website confirming that the club is not currently listed as a 501(c)(3) federally tax exempt organization.

Norm mentioned that a decision is needed very shortly if the club wishes to enter a team or teams at the Lake Winnepesaukee relay on Saturday September 25. Norm also thanked the secretary for arranging for the purchase of a badly needed new club banner. The next CVR meeting is scheduled for Wednesday August 25 at 6:30 at Norm Robinson's. After adjournment, Norm announced that he is seeking a volunteer to assume his mailing duties after January. He is willing to work with the new person to assure a smooth transition. Volunteers should contact Norm.

**CENTRAL VERMONT RUNNERS CLUB PRESENTS THE
20th ANNUAL BERLIN POND COUPLES' RACE
TWO PERSON TEAMS (1 MALE -1 FEMALE)
INDIVIDUAL RUNNERS WELCOMED**

DATE: SUNDAY August 8, 1999

RACE TIME: 9:00 A.M.

SPONSOR: CENTRAL VERMONT RUNNERS CLUB

PRIZES: Prizes will be awarded to the fastest **OPEN** (combined age under 80)) and **MASTERS** (combined age over 80) teams. Prizes will also be awarded to the fastest individual males and females in the **OPEN** and **MASTERS** categories.

COURSE: A single 8KM (4.93 mile) loop counter-clockwise around Berlin Pond in Berlin, Vermont. First kilometer of the course is flat followed by 3-4 hilly and rolling kilometers and, the concluding 3 kilometers are straight and flat. The entire course is along a dirt road and a water stop is provided at the approximate midpoint. Distances are marked and the course is USATFA certified. No baby joggers or walkmans are permitted. For further information contact Michael Chernick, Race Director (223-0918) or chernick@together.net

REGISTRATION: Pre-registration (\$6.00 per individual and \$12.00 per team) with completed entry blank must be received no later than 5:00 P.M. the day before the race. Registration on race day (\$8.00 per individual and \$16.00 per team)) from 7:30 A.M.-8:30 A.M. at the Maplewood Convenience Store, Route 62 Berlin, Vermont, Exit 7 of I-89. Turn right at the light by Shoney's and the store is on the right.

Berlin Pond Couples Race - Entry Blank

Mail with fee (see above) to: Michael Chernick, 75 Cityside Drive, Montpelier, VT 05602

Signed checks should be made payable to the Central Vermont Runners Club and must be accompanied by a completed and signed application.

Team _____ Individual _____

Name#1 _____ M/F _____ Age _____ Birth date _____

Name#2 _____ M/F _____ Age _____ Birth date _____

Address: _____

City/State/Zip _____

I recognize that road racing is potentially dangerous and that I should not enter and run in this race unless I am medically able and properly trained. I agree to abide by the decision of the race officials relative to my ability to safely complete the course. I assume all risks associated with running in this race including weather, traffic, road conditions and animals. I (and if under age 18 , my parent or guardian) waive and release the Central Vermont Runners Club, the Town of Berlin, all sponsors, the USATFA and the New England USATFA from all claims and liabilities arising out of my participation in this event. If either participant is under 18, a parent or guardian must also sign the appropriate line.

Signature of Entrant # 1 _____ Date _____

Par/Guardian Signature # 1 _____

Signature of Entrant #2 _____ Date _____

Par/Guardian Signature #2 _____

Upcoming events (for complete list visit our web site)

- Tuesdays, 5:30 pm. **Fun Runs: 2,4, or 6 miles**, bike path off Green Mtn. Drive, Montpelier.
- Sunday, August 1, 10 a.m. **Green Mountain Road Race 10K**, Killington. (Bill Bauer, 422-3535).
- Saturday, Aug 7, 9 a.m. **GMAA Scholarship 5K**. Red Rocks Park, South Burlington. Cross Country race on the dirt trails in the park. Benefits the GMAA scholarship. (Roberta Kisebach, 863-3658).
- Sunday, August 8, 9 am. **CVR Berlin Pond Couples Race 8K** (Michael Chernick, 223-0918). Details and application inside!
- Saturday, August 21, 9 a.m. **GMAA Round Church Women's Run 5k or 10K**, Round Church, Richmond. (Andrea Houlihan, 862-5903).
- Wednesday, August 25, 6:30 p.m. **CVR meeting**, Norm Robinson's house, 66 Terrace St., Montpelier.
- Saturday, September 4, 9 a.m. **Northfield Observances 5K and 1-Mile Kids' Fun Run** (Northfield Savings Bank, 485-5871; Tim Noonan, 223-6216).
- Monday, September 6, 8 a.m. **GMAA Mount Mansfield Toll Road Fun Run**. Toll Road Gate. Casual run, not a race. Bring some food to share. FREE! (Bill Everett, 879-1687).
- Saturday, September 18, 9 a.m. **GMAA Archie Post 5 Miler**. 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).
- Sunday, September 26, 10 a.m. **Mad Dash 4M**, Mad River Greenway, Waitsfield (Mad River Path Association, 496-7877).



Central Vermont Runners
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Box 152
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President: Norm Robinson
Vice President: Richard Cleveland
Secretary: Michael Chernick
Treasurer: Laura Medalie
Webmaster: Dave Kissner
<http://www.cvrrunners.org>

August 1999

Vol. 20, No. 5

Berlin Pond Couples Race August 8; CVR meeting, August 25. Details above.