

Annual Meeting of the Central Vermont Runners Club

At 4:30 p.m., on Sunday January 16, the Central Vermont Runners Club convened for the organization's annual meeting at the home of Michael Chernick in Montpelier. The annual meeting's two primary purposes are to elect officers for the upcoming year and to plan the race schedule. The club members present unanimously elected the following slate of officers: President, Norman Robinson, Vice President, Richard Cleveland, Secretary Michael Chernick and Treasurer Laura Medalie.

Jamie Shanley has agreed to continue as newsletter editor and Dave Kissner will remain as the CVR webmaster. Norm will contact Mack Gardner-Morse to request his continuing as the club's publicity director. Donna Smyers volunteered to assume Norm's long standing duties as mailing coordinator. It was decided to maintain annual club dues at the \$10.00 level for regular memberships and \$2.00 for students. On a related issue, there was discussion of mailing a recruiting letter to increase membership. The last personnel matter was Tim and Maureen's assumption of responsibility for course certification activities.

Laura's treasurer's report in sum stated that after the \$1,774 payment that the club owes to the Harwood Boosters for services performed at the Leaf Peepers Half Marathon, the remaining balance is approximately \$4,500.00. Norm also announced that the Road Runners' Club of America dues for this year are paid.

It was mentioned that several runners at the First Night 5K complained that there was not a clock at the finish line. The topic of CVR purchasing a clock has been discussed at prior meetings. While there was no immediate interest expressed in purchasing a clock, Norm will investigate the possibility of renting a clock from the Green Mountain Athletic Association in Burlington. The three races that this would possibly affect are the Capital Stampede and the Ten Miler in June and First Night in December. Both Northfield and Leaf Peepers have a clock as part of the contract with Granite State Racing, and the remaining races are too small to warrant its use.

Norm and Dave reported that they have met with Andy Brewer, the new owner of Onion River Sports. In a cooperative effort that would mutually benefit both CVR and Onion River, Andy has proposed donating \$1,600.00 in gift certificates to the club for use as prizes at a series of grand prix events that Onion River would sponsor. CVR would pay for trophies for the overall winners in the series for each age and gender category. The designated races would most likely include: Capital Stampede, Ten Miler, Bear Swamp, Berlin Pond, and First Night. After discussion, the club voted to authorize Norm and Dave to finalize this proposal with Andy Brewer.

The meeting then decided the following race calendar and assigned race directors for 2000:

Race	Date	Time	Director
Mutt Strut	April 30	10:00 a.m.	Donna Smyers
Kids' Track Meet	June 3	9:00 a.m.	Tim Noonan
Capital City Stampede	June 10	9:10 a.m.	Sam Davis
Ten Miler	June 24	8:45 a.m.	Dave Kissner
Bear Swamp	July 13	6:00 p.m.	Tim Noonan
Berlin Pond Run Around	August 6	9:00 a.m.	Michael Chernick
Northfield	September 2	9:30 a.m.(Kids) 11:00 a.m.(Adults)	Tim Noonan
Leaf Peepers	October 1	11:00 a.m. (slight delay between the start of the 5k and Half Marathon)	Leslie Davis
First Night	December 31		Dave Kissner

As for specific races, Norm has not committed to directing the July 4 1-miler, and the future of this race remains uncertain. As a result of its success in 1999, Bear Swamp will remain a Thursday evening race. Berlin Pond will no longer be advertised as a couple's race and will be operated as a standard race for individual runners under a new name the Berlin Pond Run Around. Registration for the race may be moved to the race site. Leslie Davis will be meeting with the Duxbury Select Board to secure a written agreement for the Leaf Peepers race course to pass through that town. In recognition of her outstanding work, it was decided to increase Leslie's compensation.

Dave reported that website hits continue to increase as the site's popularity grows. The meeting was adjourned at 6:30 after deciding to reconvene for the next CVR business session on March 14 at 6:30 at Darragh's.

Central Vermont Runners

Membership application

Name (please print) _____ email _____

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: 2000 2001 2002 2003 2004 2005

Please send checks payable to Central Vermont Runners to
Laura Medalie, 150 Barnes Road, Montpelier, VT 05602

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Membership renewal

CVR membership is on a calendar year basis and dues are now due. Two membership applications are included in this issue. Fill one out and give one to a friend. A new benefit of CVR membership this year is discounted prices on running-related purchases at Onion River Sports in Montpelier. See the Meeting Minutes in this issue and stay tuned for details. The following members/families have already paid for 2000. If you are not on this list please renew your membership by April 1.

Tom Bachman	Dot Helling	Mad River Path Association
Jennifer Ball	Peter Kelly	Sigh and Sally Searles
David Birse	Gordon MacFarland	Scott Skinner
Richard Cleveland	Bob Mercier	John Kaeding
Ann Straka Gilbert		

Race Roundup

Catching up with some of the races from last summer and fall....

<u>CVR Runner</u>	<u>Class</u>	<u>Time</u>	<u>Class place</u> <u> total</u>	<u>Gender place</u> <u> total</u>	<u>Overall place</u> <u> total</u>
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22nd Whiteface Mountain 8M Uphill Footrace, Whiteface, NY, 6/12/99

Dave Kissner	M3039	1:29:19	12\		65\220
Nance Smith	F4049	1:42:53	3\		136\220

Mt. Washington Road Race, 7.6M, Mt. Washington, NH, 6/19/99

Donna Smyers	F4044	1:25:12	1\40	10\195	103\918
Mike Gillis	M4044	1:34:35	57\160	210\723	241\918
Dot Helling	F4549	1:39:11	3\30	45\195	349\918
Maryke Gillis	F3539	2:06:01	44\49	143\195	788\918

Batten Kill Road Race 12K, Arlington, VT, 6/19/99

Quite the battle for 2nd place between CVR members in southern VT

Gordon MacFarland	M5059	44:44			2\67
David Birse	M4049	44:45			3\67

Cannonball 4-mile Run, Morrisville, VT, 7/5/99

Justin Skinner	M1929	25:43	9\12		27\105
Carol VanDyke	F4049	30:06	3\10		51\105
Paschal DeBlasio	M4549	34:10	4\5		75\105
Scott Skinner	M5559	42:53	8\8		102\105

<u>CVR Runner</u>	<u>Class</u>	<u>Time</u>	<u>Class place</u> <u>total</u>	<u>Gender place</u> <u>total</u>	<u>Overall place</u> <u>total</u>
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Stowe 8-Miler, Stowe, VT, 7/18/99

Sue Barber	F4049	52:08	2\35	10\	48\440
Tim Noonan	M4049	52:36	13\101		54\440
Mike Feulner	M4049	52:49	14\101		56\440
John Valentine	M4049	53:07	15\101		58\440
Dot Martin	F3039	53:24	1\46	11\	61\440
Michael Gillis	M4049	54:54	19\101		74\440
Ann Straka Gilbert	F4049	58:39	3\35		116\440
Charles Windisch	M4049	58:53	38\101		120\440
Elden Dube	M4049	59:04	39\101		124\440
Gus Kaeding	M17-under	59:19	6\9		133\440
John Kaeding	M5059	1:01:52	16\51		171\440
Carol Van Dyke	F4049	1:03:34	8\35		192\440
John Martin	M4049	1:03:57	64\101		194\440
Greg Wight	M5059	1:04:27	19\51		199\440
Neil Van Dyke	M4049	1:06:07	70\101		229\440
Nance Smith	F4049	1:09:37	13\35		270\440
Paschal Deblasio	M4049	1:13:11	84\101		323\440
Elizabeth Meiklejohn	F5059	1:15:36	7\23		347\440

**Susan G. Komen Breast Cancer Foundation Race for the Cure 5K,
Manchester, VT, 7/25/99**

Gordon MacFarland	M5059	17:29	2\		6\
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Yankee Homecoming 10M, Newburyport, MA, 8/3/99

Gordon MacFarland	M5059	59:09	2\		42\~2000
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USATF National Half-Marathon Championship, Parkersburg, WV, 8/21/99

Gordon MacFarland	M5054	1:18:41	1*\		100\1033
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*This makes Gordon M5054 national half-marathon champ, but he notes Bill Rogers was a no-show

USATF National 20-K Championship, New Haven, CT, 9/6/99

Gordon MacFarland	M5054	1:15:11	1*\		91\2034
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*National 20-K champion, still no Bill Rogers

USATF NE Grand Prix Brewery 5K, Lowell, MA, 9/12/99

Gordon MacFarland	M5054	17:07	3\		92\680
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Philadelphia Marathon, Philadelphia, PA, 11/21/99

Linda Hallinger	F4549	3:42:38	6\75		1145\~5000
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Race Results



Last Night Montpelier 5K



New Year's Eve 2000

Last Night Montpelier 5K				New Year's Eve 2000			
	Age	Time	Overall place (Female place)		Age	Time	Overall place (Female place)
FEMALE UNDER 18				FEMALE 40-49			
1 Tee Gingras	17	21:11	31 (F-5)	1 Cindy New	42	19:38	14 (F-1)
2 Jenna Allard	14	22:34	50	2 Susan Barber	42	19:54	19 (F-2)
3 Katie Taylor	16	25:12	85	3 Cathi Koehler	42	21:31	37 (F-6)
4 Amy Taylor	14	28:27	118	4 Donna Smyers	42	21:55	41 (F-7)
5 Simone Rutkowitz	12	37:10	150	5 Nina Aitken	45	22:25	46 (F-9)
6 Yasmin Tayeb	11	40:10	153	6 Nancy Rappaport	40	22:57	55
FEMALE 18-29				7 Raeann Rose	40	23:55	70
1 Meg Valentine	21	20:45	26 (F-4)	8 Kate Mueller	43	24:54	80
2 Jen Parker	29	22:33	48 (F-10)	9 Kate Willard	43	25:07	83
3 Angela Gingras	20	23:01	57	10 Jean Kissner	40	25:23	90
4 Pamela Hatin	28	24:35	77	11 Janice Kulak	43	25:47	94
5 Tracy Mancini	26	25:14	86	12 Maureen Sievwright	42	26:00	97
6 Jen Misetic	26	26:52	107	13 Marlene Williamson	41	26:07	99
7 Tonya Gingras	19	28:17	114	14 Thea van der Geest	43	26:31	102
8 Renee Ross	27	28:52	122	15 Sue Dellipriscoli	42	29:12	124
9 Emily Byrne	24	32:29	144	16 Ann Bushey	41	29:13	126
10 Rebekah Coble	21	35:42	147	17 Meredith Bernstein	48	30:24	132
FEMALE 30-39				18 Karen Taylor	40	31:41	138
1 Dot Martin	39	20:23	23 (F-3)	19 Nancy Fowler	40	31:48	139
2 Laura Medalie	37	22:16	45 (F-8)	20 Wendyll Behrend	43	32:00	142
3 Carolyn Stames	35	23:00	56	21 Patricia O'Regan	40	39:16	152
4 Theodosia Grayson	35	23:22	63	22 Diane Tayeb	40	40:12	154
5 Sandy Colvin	31	23:28	65	FEMALE 50-59			
6 Lori Lacroix	37	24:30	75	1 Patty Foltz	51	22:43	53
7 Andrea McLaughlin	37	24:48	79	2 Linda Wall	50	29:40	131
8 Betsy Martin	35	25:02	81	3 Susan Bradt	58	30:39	134
9 Robin Seaman	37	25:32	91	4 Reidun Neuquist	59	30:42	135
10 Laura Nelson	38	25:35	92	5 Sue Erbe	53	31:13	137
11 Debra Wells	33	26:32	103	FEMALE 60+			
12 Robin Reed	35	26:37	105	No Participants			
13 Christine Axten	37	27:44	113				
14 Christine Hein	37	28:25	116				
15 Clare Potter	31	28:26	117				
16 Carol Ayer	39	29:11	123				
17 Sharon Bickford	37	34:29	145				

	Age	Time	Overall place
MALE UNDER 18			
1 Mike Griffith	17	18:47	7
2 Corey Pulsifer	16	19:22	11
3 Stephen Bell	14	21:20	33
4 Joe Bickford	16	24:07	72
5 Ian Blake	11	25:06	82
6 James Bickford	15	25:18	87
7 Barry Phillips	13	26:25	101
8 Sten Kaeding	9	36:01	148
9 Charlie O'Regan	9	39:16	151

	Age	Time	Overall place
MALE 18-29			
1 Nathan Shenk-Boright	18	17:04	2
2 Joe Gingras	24	17:31	3
3 Jon Floyd	27	19:36	13
4 Jameson Fitzpatrick	27	20:17	22
5 Steve Prefountain	20	22:37	52
6 Phil Sarnoff	21	23:52	69
7 Mike Burzycki	23	25:44	93
8 Mike Gilbert	27	32:23	143
9 Craig Manning	24	35:40	146

	Age	Time	Overall place
MALE 30-39			
1 Eric Morse	34	16:09	1
2 John Funk	38	18:03	4
3 Rich Hartford	30	18:06	5
4 Larry O'Toole	36	18:11	6
5 John Schmeltzer	39	19:45	16
6 Tim Kruger	34	20:15	21
7 Dick Millar	38	21:08	30
8 Mack Gardner-Morse	38	21:21	34
9 Chris Walczak	31	22:02	42
10 Rich Steckler	39	22:06	43
11 David Brennan	34	22:28	47
12 Bill Bates	34	23:04	59
13 Tom Audette	37	24:00	71
14 John Perreault	35	24:14	73
15 Mark Brier	30	25:19	88
16 Raymond Wells	33	25:50	95
17 Kevin Bracey	37	25:59	96
18 Craig Graham	37	26:52	106
19 Dave Henderson	37	27:30	112

	Age	Time	Overall place
MALE 40-49			
1 Bill Dysart	47	19:01	8
2 Tim Noonan	43	19:19	9
3 Larry Allard	41	19:35	12
4 George Seivwright	49	19:50	17
5 William Hein	44	19:53	18
6 D. Vanderlinde-Abernathy	47	20:09	20
7 Charles Lavergne	42	20:37	24

	Age	Time	Overall place
MALE 40-49, continued			
8 Harvey Lavoy	44	20:42	25
9 Jamie Shanley	46	20:52	28
10 Mike Fritz	41	21:06	29
11 Dan Snipes	41	21:18	32
12 Andy Lowe	45	21:22	35
13 Charlie Windisch	46	21:24	36
14 Colin Flavin	42	21:43	39
15 Eric Ryea	46	21:54	40
16 Bill Ludlow	43	22:34	49
17 Mark McGowan	44	22:35	51
18 Brian Tremback	42	23:03	58
19 Jim Passburg	44	23:04	60
20 Elden Dube	44	23:17	62
21 Alan Aitken	49	23:39	67
22 Brad Blackburn	42	24:34	76

23 Michael Chernick	45	24:43	78
24 Rod Taylor	43	25:11	84
25 Fran Cook	47	25:21	89
26 Brent Burgee	49	26:06	98
27 Hisham Tayeby	42	26:22	100
28 Francois Daigneault	45	26:35	104
29 Jonathan Spencer	41	27:03	108
30 Mark Renkert	41	27:25	109
31 Bob Robinson	46	28:18	115
32 Scott McDonald	40	29:23	127
33 Tim Heney	40	29:29	128
34 Jeff Martin	48	29:33	130

	Age	Time	Overall place
MALE 50-59			
1 John Hackney	53	19:20	10
2 John Valentine	50	19:44	15
3 John Elkins	53	20:45	27
4 Tom Foltz	51	21:34	38
5 Lowell Van Derlip	53	22:14	44
6 Dick Patterson	50	22:53	54
7 Charles Johnson	56	23:09	61
8 Greg Wight	54	23:24	64
9 Neal McBain	52	23:37	66
10 Greg Gerdel	52	23:47	68
11 Dick Mansfield	59	24:22	74
12 George Belcher	50	27:27	110
13 Gary Fisk	52	27:28	111
14 Mike Smith	52	28:33	119
15 Richard Hale	59	28:34	120
16 Richard Ferno	56	28:35	121
17 Steve Weston	54	29:12	125
18 Harry Colombo	55	29:29	129
19 Jack Bradt	55	30:38	133
20 David Black	54	31:51	140
21 Steve Turnbull	51	31:54	141
22 John Kaeding	51	36:03	149

	Age	Time	Overall place
MALE 60+			
1 Leonard Lamoureux	63	31:04	136

Upcoming events (for complete list visit our web site)

- Tuesday, March 14, 6:30 p.m. **CVR meeting**. Darragh Ellerson's house, on Upper North St. in Montpelier. Call 223-2080 for directions.
- Friday, March 17, 4:00 p.m. **St. Patty's Day 2-miler**, Burlington (985-2229).
- Saturday, March 18, 11 a.m. **St. Albans Shamrock Shuffle 5K**, St. Albans (Mike, 527-6532).
- Tuesday, April 4, 5:30 p.m. and every Tuesday until October: **Fun Runs**: 2,4, or 6 miles, meet at end of Green Mtn. Drive, Montpelier.
- Sunday, April 9, noon. **GMAA Kaynor's Sap Run**, 6 miles, Westford, VT. (878-6392; 879-2052).
- Sunday, April 16, 9 a.m., **Champlain Classic Road Race 15K/5K**, Shelburne, VT (985-9551).
- Monday, April 17, noon. **Boston Marathon**.
- Saturday, April 29, 9 a.m. **GMAA Rollin' Irish Half-Marathon**, Essex, VT. (Jamie Eason, 658-0984).
- Sunday, April 30, 10 a.m. **CVR Mutt Strutt**, 3-mile run for human-canine teams (leashes required). Little River State Park, Waterbury (Donna Smyers, 229-4393; Jamie Shanley, 223-4856). Proceeds from this event are donated to Central Vermont Humane Society.
- **The Covered Bridges Half Marathon** (May 13) and the **Vermont City Marathon and Relay** (May 28) are already full and entries are closed.
- Saturday, June 17, 10 a.m. **Mt. Washington Road Race**, 7.6 uphill miles. Entries must be received by March 15 for entry in lottery. (I have application copies – call Jamie 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://www.cvrrunners.org>

March 2000

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CVR meeting, March 14; Mutt Strutt, April 30. Details above.