

The Eastern States 20-mile race

Laura Medalie

The Central Vermont Runners who participated in the Eastern States 20-mile race on March 26 were stunned when the day emerged as gloriously warm and sunny, with a refreshingly cool sea breeze. Those who ran the race last year were expecting a repeat of cold heavy rain, or at least, clouds and drizzle as the forecast warned. One runner in that category would have melted in the tights she'd brought, had another not conveniently had a spare pair of shorts. The day was a beaut for running from Kittery, Maine, through Portsmouth and then the entire length of the New Hampshire seacoast, and finishing up in Salisbury, Massachusetts. The course was well marked and traffic control was flawless, especially through the busy Hampton Beach area. One criticism is that 5 water stops along the way were inadequate for the race, especially for central Vermonters unacclimatized to the heat (maybe this is being picky, but its worth mentioning for folks thinking about running next year). Race organizers added a 10-mile race this year, which started the same time as the 20-mile race, and went the second (less scenic) part of the course. This race is considered by most to be a training run for the Boston marathon. Donna Smyers finished 151st overall, in a time of 2:34; Ann Gilbert and Melodie LaPorte were not too far behind with times of 2:39 and 2:40. John Martin and Dot Helling also finished in the top half of the pack (577 total finishers), with times of 2:48 and 2:49.

(Ed. note. We welcome contributions to the newsletter. I thank Laura for her write-up on the Eastern States race. Let me also take this opportunity to acknowledge Laura for her frequent help in getting out the newsletter.)

New Race Series with Onion River Sports

Onion River Sports has teamed up with CVR to combine some of our most popular and historic races into an exciting new race series. See page 7 for details on the Central Vermont Race Series 2000!

Membership Renewals

CVR membership is on an annual basis. A colored dot on your label means we still need your renewal for 2000. Renewals received after April 8 have not yet been processed. Pick up an application at Fun Runs or races, or send \$10 to CVR, c/o Laura Medalie, 150 Barnes Rd., Montpelier VT 05602. Please note any changes in address, phone no., etc.

FOURTH ANNUAL

MUTT STRUTT



~A fun 3-mile race for dogs and their owners~
A Central Vermont Runners event
to benefit



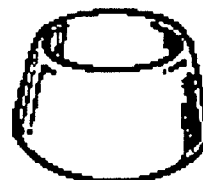
Sunday, April 30, 2000, 10 am
Little River State Park

From Waterbury, Rt. 2 West for 1.4 miles, right on Little River Rd., follow signs

Prizes by dog weight and owner age/gender classes

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 (1999): 19:00

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

Send to: CVR, c/o Donna Smyers, 4 St. Paul 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

Race Roundup

CVR Runner	Class	Time	Class place \total	Gender place \total	Overall place \total
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• **St. Paddy's Day 2-Miler, Shelburne, VT 3/17/2000**

Gordon MacFarland	M5059	12:02	1\4	7\27	8\50
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• **New Bedford Half Marathon, New Bedford, MA 3/19/2000**

I'm not sure Dave and Sue even knew each other, but they finished seconds apart for some very high CVR finishes (top 5%) in this large field.

David Birse	M4049	1:24:07	14\189	52\	58\1420
Sue Barber	F4049	1:24:22	1\74	7\	62\1420

• **Kaynor's Sap Run, 21st running, 6 Miles, Westford, VT 4/9/2000**

No sap flow today. The race was held in 10" of new snow and blizzard still raging.

John Valentine	M5059	46:39	1\3	5\12	5\16
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• **Boston Marathon, 4/17/2000**

A cool day with a headwind, but it beats the heat!

Actual elapsed (chip) times shown below official times

David Birse	M4049	3:20:58 3:19:16	1190\	3768\	4085\
Mike Feulner	M4049	3:22:35 3:20:44	1315\	4010\	4379\
Donna Smyers	F4049	3:25:44 3:22:54	74\	462\	4919\
Ann Straka Gilbert	F4049	3:39:44 3:34:23	213\	1318\	7572\
Sigh Searles	M5059	3:43:51 3:39:24	756\	6672\	8348\
Dot Helling	F5059	3:45:23 3:40:13	29\	1821\	8643\
Eric Ryea	M4049	3:50:31 3:46:42	2794\	7219\	9508\

CVR March meeting minutes

Michael Chernick

The Central Vermont Runner's Club gathered at the home of Darragh Ellerson on March 14 for a regularly scheduled meeting. The business session began with a race calendar review. It was noted that preparations for the season's first event, the Mutt Strut, to be held at Little River State Park in Waterbury on Sunday April 30, were proceeding according to plan, It was too early in the year for detailed status reports on the clubs other races including the Capitol Stampede and Ten Miler in June, Bear Swamp in July, Berlin Pond in August, Northfield on Labor Day Weekend and First Night on December 31.

As for Leaf Peepers, held on the first Sunday in October, Leslie Davis reported that Green Mountain Coffee has once again committed to serve as the primary sponsor. In addition, the town of Duxbury Selectboard has voted to approve the race's running on the course through the town. However, John Martin, who so ably directed the course safety aspects of the race, has decided to no longer serve this role. Anyone who is interested in assuming this critically important responsibility should contact CVR President Norm Robinson.

Turning to other matters, Norm presented a draft letter that will be mailed to approximately 800 area runners inviting each of these enthusiasts of our sport to join CVR. The mailing will include the letter, a CVR application and information concerning the 2000 Onion River Race Series. With respect to the series, Norm has recently met with the staff of Onion River Sports to finalize plans for this exciting new sponsorship project for CVR races. As agreed upon between CVR and Onion River, the store will donate \$1,600.00 in gift certificates and cash, as sponsorship for 5 races including Capitol Stampede, the Ten Miler, Bear Swamp, Berlin Pond and First Night.

Since the meeting, Norm has met with Steve Eustis, the President of Green Mountain Athletic Association, the road racing club in the Burlington area. Norm has arranged for CVR to rent the GMAA finish line display clock for both the Capitol Stampede and the Ten Miler. Runners will appreciate having this added attraction at each of these races.

On March 24, Leslie Davis, who served as the outstanding director of the 1999 Leaf Peepers, informed Norm that she is resigning from this position. The ad hoc Leaf Peepers Committee held an emergency meeting on March 30 at Norm's home to determine its course of action. The group authorized Norm to contact Curtis Picard of Woodbury as a replacement for Leslie. Subsequent to the March 30 meeting, Norm, Tim Noonan and Darragh met with, and hired, Curtis to be the new 2000 Leaf Peepers race director. Curtis is well prepared for his new duties, having served as a race official with the New York City Marathon, directed the 1999 Woodbury 5k and as an avid runner. We welcome him and wish him the very best of success with his new CVR responsibilities.

The ad hoc committee, at the March 30 meeting, also discussed the need to find a replacement for John Martin as course safety director. Equally important, the committee looked at the race's long term future. Many of the persons who have so faithfully volunteered their time to ensure Leaf Peeper's success have served that role for an extended period.. They may wish to pass on their leadership batons to other CVR members over the next year or two. Other CVR members who have not actively worked on Leaf Peepers are cordially invited to become involved. This is the club's premier event and largest revenue producer. Its future depends on broad club support.

CVR April meeting minutes

Michael Chernick

A Central Vermont Runners' Club business meeting was convened at approximately 7:00 P.M. on Thursday April 20 at the home of Tim Noonan and Maureen Carr. CVR President Norm Robinson opened the meeting with an update on a variety of topics.

The organizers of the Children's Forum 5k in Montpelier, scheduled for Sunday May 7, have requested to borrow finish line equipment for the event. Tim and Norm will serve as liaisons between CVR and the race's organizers and will arrange for the loaning of the requested materials. A website at the Internet address www.runnerscircle.com is now on the web. It is intended to facilitate accommodations for runners who race in communities away from home. In exchange, the participating runner would be responsible to host a person who visits the runner's hometown to run in a race. The Pace Band Company is promoting a line of wrist bands that list the pace for marathons with a specific overall time goal. If interested, Norm has the details.

Norm has produced a new hard copy membership application that will be available for distribution at fun runs, at other CVR events and from club members. To minimize costs, the applications will be photocopied and not printed. The application provides a space for listing an e-mail address. It is hoped that this addition to the form will enable the club to expand the e-mail list. Norm has also updated the membership letter that will be sent out by early May as part of a spring mailing to include applications for both the Capital Stampede and the 10 Miler in June as well as an announcement introducing the Central Vermont Races 2000 Series."

This is the officially agreed upon title for the newly organized sponsorship project of Onion River Sports. The series will consist of the Capital Stampede and Ten Miler in June, the club's two midsummer events, Bear Pond Swamp and the Berlin Pond Circular Race (note: no longer a couple's race) and concluding with First Night on December 31. In order to be eligible for end of year awards, the runner must be both a CVR member and participate as a volunteer at a minimum of one CVR event other than a fun run. That event, as of this writing, need not be one from the race series. Scores will be tallied utilizing a system based on a percentage of the 100 points allocated to the winner in each category. Onion River Sports has designed a sharp looking new logo to accompany all of the printed materials associated with the series.

Onion River Sports is providing as prizes \$1,400.00 worth of gift certificates that will be allocated on the following basis. \$350.00 worth of certificates will be awarded to top finishers at the Capital Stampede, the Ten Miler, and First Night. At the series' two smaller races, Bear Pond Swamp and Berlin Pond, there will be certificate prizes totaling \$175.00. Additionally, Onion River Sports is donating \$200.00 in cash to the club's treasury for operating expenses.

On a membership related matter, consideration will be given to developing membership cards for CVR. Bob Murphy also reminded the gathered group that the next day, April 21, 2000 was the final date for mailing Corporate Cup applications. Brief mention, with no decision taken, was made concerning the placement of an informational bulletin board at fun run each week.

Turning to Leaf Peeper news, Norm discussed the very productive interview and hiring meeting that Darragh Ellerson, Tim and he conducted with Curtis Picard, the new Leaf Peeper Director, as reported in the March meeting notes. He related that Curtis intends to develop a Vermont version of the Cool Running racing information web site. Permission was granted to list all Leaf Peeper matters on this proposed site as well as CVR's. Norm announced that a meeting-potluck devoted exclusively to Leaf Peepers will be held at Darragh's home at 6:30 P.M. on Wednesday May 10. Curtis has extensive event organization experience and is an enthusiastic runner. His assumption of the directorship of CVR's largest race will set the event on a steady course for the year 2000.

Tim reported that the Montpelier High School track and football field has been secured for Kid's Track Meeting on Saturday morning June 3. Restroom facilities will be available inside the Montpelier High School. However, parking will be at the Department of Employment and Training lot because of other events scheduled at the school that morning.

Finally, and most immediately, discussion focused on the Mutt Strut scheduled for Sunday April 30. This is the first event of the season. Race directors Donna Smyers and Jamie Shanley reviewed plans for this inspiring human and canine competition that will be held at Little River State Park in Waterbury. They examined the final details and arranged to retrieve, from Norm and Tim, the necessary equipment for the race. An application is enclosed with this newsletter. The directors could use volunteer assistance. If you are not the owner of a lovable pouch, and would enjoy lending a hand for this worthy event (proceeds, after expenses, are donated to the Vermont Humane Society), contact Donna (229-4393) or Jamie (223-4856).

The next regular CVR potluck and business meeting will occur on Thursday May 25 at Michael Chernick's home 75 City side Drive in Montpelier. (223-0918). CVR President Norm Robinson moved to adjourn the meeting at 8:00 P.M. and the motion was unanimously approved.

Benefit for Jim and Shari Bashaw, April 30

(Ed. Note: The text below was enclosed with an application for the race. If you are interested in either the individual or relay events, I have applications – Jamie 223-4856. If you cannot run, an address is given to send a donation.)

Thank you, Jim!

Greetings Runners! The 2000 Sap Run has a different theme than in past years. It is still a celebration of spring and maple sugaring in Vermont, but this year the race takes on added importance as it is a benefit for the Jim and Shari Bashaw family. Jim has run into some serious medical problems. With that in mind, we are using this year's Sap Run to raise money to help Jim and Shari with some of their expenses. It is a way for the running community to say thank you to two individuals who have given so unselfishly of themselves over the years. If you would like to make a contribution above the entry fee, please make checks payable to: "RUN FOR JIM". Any amount is appreciated. A support ribbon will be with your race packet. There will also be support ribbons available at the start and finish lines.

Please note: Every entry is appreciated and beneficial. A special "RELAY" category has been added this year increasing the fun and participation. RELAY TEAM and regular entry forms are available through the St. Albans Recreation Dept., the St. Albans Daily Messenger, and local sports shops and fitness centers. Please hurry: The TOTAL FIELD IS LIMITED TO 400 RUNNERS. Non-runners who care to donate: Please make checks payable to "RUN FOR JIM" c/o The St. Albans Recreation Dept., P.O. Box 867, St. Albans, VT 05478

Central Vermont Race Series 2000 Sponsored by Onion River Sports

What is it? 5 race series of some of your favorite Central Vermont races, hosted by the Central Vermont Runners club, and sponsored by Onion River Sports. Onion River will provide prizes for individual races, and compile the results. CVR will host an end-of-the-season awards ceremony with prizes and bragging rights to the series winners.

Which races:

- June 10- Capital City Stampede
- June 24- Paul Mailman Montpelier 10 Miler
- July 12- Bear Swamp Run
- August 6 - Berlin Pond Run
- December 31- First Night Run

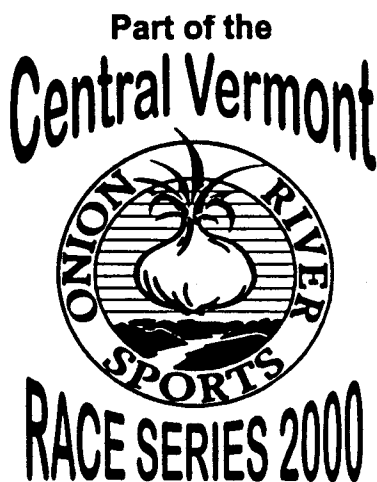
The format: CVR members in good standing will earn points, on a simple formula, at each race. The winner of each age and gender category, at each event, receives 100 points, regardless of time. Every other runner in that category receives points based on what percentage slower their time was from the winner.

Example; if your time is 8% slower that the category winner, you receive 92 points for the event. 12% slower= 88 points, etc.

This is a system that rewards attendance; if you miss an event, it will be difficult to recoup those lost points. In addition, if you volunteer for a race, and you compete in at least 3 races, we'll calculate your average points for the season, and you'll receive those points for your volunteer efforts. You must volunteer at a least one CVR event to be eligible for the Series 2000.

Quite often, the fast folks do *not* end up winning the series. Sometimes consistency pays off with a point schedule such as this.

Who is eligible? All competitors will be eligible for same-day race prizes. And, the points will be calculated for every competitor in each event. But, only CVR members will be recognized for the final points standings and awards(membership has it's priveleges).



Upcoming events (for comprehensive list visit www.cvrrunners.org)

- Tuesdays into October: **Fun Runs**: 2,4, or 6 miles, meet at end of Green Mtn. Drive, Montpelier.
- 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. (*Application on page 2.*)
- Sunday, April 30, 10 a.m. **21st Annual Sap Run 8.5-Mile**. Swanton, VT. A benefit for Jim Bashaw. *See news item on page 6.*
- Saturday, May 6, 11 a.m. **GMAA Trollheim 5K**, Essex Ctr., VT (Al and Sally Duval, 802-899-3398).
- Sunday, May 7, 10 a.m. **Vermont Children's Forum 5K Run/Walk**, Montpelier (229-6377).
- Saturday, May 13, 10 a.m. **GMAA Spring Women's Run 5K**, Williston, VT. (Jen Lucas, 658-4080).
- Thursday, May 18, 5:30 p.m. **Vermont Corporate Cup 5K**, Montpelier. *Entries closed.*
- **The Covered Bridges Half Marathon** in Woodstock (May 13) and the **Vermont City Marathon and Relay** in Burlington (May 28) are already full and entries are closed.
- Tuesday, May 25, 6:30 p.m. **CVR meeting**. Michael Chernick's, 75 Cityside in Montpelier (223-0918).
- Saturday, June 3, 9:30 a.m. **CVR Kids' Track Meet**, Montpelier.
- Saturday, June 10, 9:10 a.m. **CVR Capitol Stampede 10K**, Montpelier.
- Saturday, June 17, 10 a.m. **Mt. Washington Road Race**, 7.6 uphill miles. *Entries closed.*



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

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Mutt Strutt, April 30; CVR meeting, May 25. Details above.