

Vermont Special Olympics 2000

by John Martin

The 2000 Vermont Special Olympics will be held at Middlebury College on Sunday June 11th. Competition for the Special Athletes with developmental disabilities is a very special time in the athletes' lives and for those who rally around to support the Special Athletes and Special Olympics. For the athlete with developmental disabilities, the Special Olympics experience is much more than the athletic training and competition. It is an important and life changing accomplishment.

Each year more than 450 Vermont law enforcement officers from over 80 different agencies take part in a three day long relay to pass the Special Olympics' "Flame of Hope" across the state of Vermont. The relays, from the four corners of the state, will converge in Middlebury on June 10th for the Opening Ceremonies of the 2000 Summer Games. Special Olympics of Vermont receives no government funding and is entirely dependent on donations to support its programs. No athlete ever pays a fee to participate. The law enforcement Torch Run is one of the premier fund raising events held to support Special Olympics. One way the law enforcement community helps raising money is by the sale of Torch Run t-shirts and comemorative Torch Run pins. The t-shirts are available for a \$15 donation and the pins are available for a \$5 donation.

These handsome t-shirts, available in sizes Small to XXL, are 100% cotton Fruit of the Looms by Lofteez. The shirts and pins will be available for inspection and sale at most Tuesday night Fun Runs.

You may be surprised to know that there are eleven (11) Montpelier High School students who will be participating in the Vermont 2000 Summer Games.

The Montpelier Police Department, a long time Special Olympics supporter, will be carrying the "Flame of Hope" from Montpelier to Waterbury on Friday June 9th. Additionally, two individual Montpelier officers and one 3-policeman team will be participating in the Special Olympics Mountain Challenge on Saturday June 10. The Mountainmen will be running from the intersection of Routes 100 and 125 in Hancock, up and over Middlebury Gap to the opening ceremonies in Middlebury some 21 miles to the west. National Life has made a generous donation to Vermont Special Olympics for this new event perhaps in an effort to rid the state of 36 of its finest.

The t-shirts and pins will be available at Fun Runs, the Special Athletes will thank you for your donation and you can proudly wear your Torch Run t-shirt on your next run.

Race Roundup

Overall place	CVR runner	Time	Class	Class place/ total in class	Comments
• 19th Annual Mid-Winter Classic 10-Miler, Cape Elizabeth, ME Feb. 6, 2000					
<i>Total runners: 447</i>					
30	John Hackney	1:04:01	M5059	3 /	
37	Sue Barber	1:05:15	F4049	1 /	3rd woman, just 26 secs out of 1st
• 5th Annual Shamrock Shuffle 5K, Burlington, VT, March 18, 2000					
<i>Total runners: 83</i>					
8	John Valentine	18:52	M5059	1 / 7	
9	Keith Nunziata	18:55	M1418	2 / 11	
	Russ Patelle	21:23	M5059	4 / 7	
	Bruce Nunziata	24:14	M5059	5 / 7	
	Bob Murphy	25:47	M60+	4 / 4	
	Janet Nunziata	31:27	F4049	5 / 6	
• Champlain Classic 15K, Shelburne, VT, April 16, 2000					
<i>Total runners: 118</i>					
12	Sue Barber	0:59:40	F4049	1 / 11	2nd woman, just 12 secs out of 1st
16	Dot Martin	1:02:48	F3039	2 / 19	
	Charlie Windisch	1:07:33	M4049	6 / 19	
	John Martin	1:10:54	M4049	12 / 19	
	Janice Kulak	1:25:25	F4049	9 / 11	
	Cristine Maloney	1:30:21	F2029	13 / 14	
• Champlain Classic 5K, Shelburne, VT, April 16, 2000					
	Pashal DeBlasio	27:03	M4049	13 / 17	
• GMAA Rollin Irish Half-Marathon, Essex Center, VT, April 29, 2000					
<i>Total runners: 120</i>					
7	Matt Czaplinski	1:23:57	M3039	5 / 30	
9	Gordon MacFarland	1:25:32	M5059	1 / 11	
	Charlie Windisch	1:37:31	M4049	9 / 30	
	Dot Helling	1:45:11	F5059	1 / 5	
	John Kaeding	1:49:51	M5059	3 / 11	
• GMAA Trollheim 5K, Essex Center, VT, May 6, 2000					
<i>Total runners: 67</i>					
5	Gordon MacFarland	18:13	M5059	1 / 11	
	Charlie Windisch	20:13	M4049	3 / 11	
	Cathy Eustis	23:05	F3039	1 / 6	
	Ken Austin	23:44	M5059	5 / 11	
	Bruce Nunziata	25:34	M5059	7 / 11	
	Janet Nunziata	29:56	F4049	7 / 7	
• Vermont Children's Forum 5K, Montpelier, Vermont, May 6, 2000					
<i>Total runners: about 35</i>					
3	John Valentine	~18:30	M5059	1 /	
5	Jamie Shanley	19:13	M4049	1 /	
~8	Dot Martin	~19:55	F3039	1 /	Top woman

• **Race for the Cure 5K, New Britain, CT, May 13, 2000**

Men and women ran separately; 900 men and 1700 women

53 Jamie Shanley 19:22 M4049

• **GMAA Williston Women's 5K, Williston, VT, May 13, 2000**

Janet Nunziata 29:56 F4049 19/27

• **Covered Bridges Half-marathon, Woodstock, VT, May 13, 2000**

Total runners: 1803

52	John Valentine	1:25:28	M5059	2/144
89	Dot Martin	1:28:44	F3039	6/334
294	Dot Helling	1:39:15	F5059	3/49
321	Bill Perrault	1:39:52	M4549	41/118
490	Greg Wight	1:45:24	M5059	46/144
500	Bruce Westcott	1:45:39	M5059	47/144
615	Tom Bachman	1:48:49	M4044	74/123
635	John Martin	1:49:13	M4549	64/118
736	Pamela Stephens	1:51:29	F5059	6/49
818	Jennifer Miller-Arsenault	1:53:23	F2029	98/323
819	Daniel Miller-Arsenault	1:53:23	M3039	190/294
919	Elden Dube	1:55:13	M4044	100/123
1127	Paul DeLuca	1:59:44	M4044	108/123
1257	Paschal De Blasio	2:03:23	M4549	100/118

• **Vermont Corporate Cup, Montpelier, VT, May 18, 2000**

Total runners: 656

7	Patrick Miner	18:15	M4049	3/	
17	John Valentine	19:06	M5059	1/	
31	Dave Kissner	19:57	M3039	13/	
35	Steve Eustis	20:04	M2029	6/	
41	Peter Dale	20:19	M4049	11/	
42	Peter Kelly	20:20	M4049	12/	
73	Donna Smyers	21:00	F4049	3/	7th women overall
82	Bill Perrault	21:19	M5059		
98	Bill Bates	21:52	M3039		
104	Bob Murphy	21:55	M6069	1/	
116	Tom Bachman	22:08	M4049		
137	Dot Helling	22:33	F5059	2/	
156	Lori LaCroix	22:56	F3039		
175	Mike Baginski	23:15	M4049		
178	Greg Wight	23:19	M5059		
181	Sigh Searles	23:22	M5059		
182	Andrea McLaughlin	23:23	F3039		
189	Carol Van Dyke	23:32	F4049		
197	Dick Mansfield	23:35	M6069		
206	Elden Dube	23:43	M4049		
218	Michael Chernick	24:03	M4049		
225	Neil Van Dyke	24:07	M4049		
292	Kate Mueller	25:10	F4049		
339	Maureen Carr	25:45	F3039		
377	Jennifer Miller-Arsenault	26:12	F3039		
475	Jennifer Bail	28:25	F4049		
495	Reidun Nuquist	28:56	F5059		
601	Roger Cranse	32:32	M5059		

CVR May 25 meeting

Secretary's Report

Michael Chernick

Club Vice President Richard Cleveland called the meeting to order in the absence of CVR President Norm Robinson. The discussion opened with a review of upcoming events, namely the Kids' Track Meet on June 3rd, the Capital Stampede on June 10, and the 10 Miler on June 24. Dave Kissner, the 10 Miler's director, discussed finish line issues, and stated that remaining logistic decisions will be decided at a later date.

With respect to Leaf Peepers, the pre-registration deadline and guaranteeing a race tee shirt will be September 25. The shirt's color, as previously decided will be heather gray. Race Director Curtis Picard will relay race information to online services. However, the race will not be available on the detcom server that charges an extra fee for enabling applicants to pay their entry fees by credit card. It was also decided that all Leaf Peepers organizing meetings will be listed on the CVR website.

Norm Robinson and Darragh Ellerson joined the meeting and the discussion turned to the posting of race applications on the club's web site and the upcoming mailing of applications for the two June races, Capitol Stampede and the 10 Miler. Laura Medalie is maintaining a list of potential volunteers for the three June CVR events. Norm reported that a supply of new medals and sports drink has been received for the Kids' Track Meeting.

The next CVR-Leaf Peepers planning meeting was scheduled for Norm Robinson's home on Thursday June 22 with the pot luck at 6:30 P.M. and the business meeting at approximately 7 p.m. Norm's address is 66 Terrace Street and phone is 223-7351.


23rd Annual!! CAPITAL CITY STAMPEDE

10 KILOMETER ROAD RACE
VERMONT'S FASTEST 10K
SATURDAY JUNE 10, 2000
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: 9:10 AM SHARP!**
ENTRY FEE: \$7.00 UNTIL JUNE 7th, \$10.00 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 _____

LAKE WINNIPESAUKEE RELAY IS ON AGAIN!!

Norm Robinson

CVR is planning on sending at least one team, and maybe more to Lake Winnepesaukee, NH, for the 12th Annual Relay around the lake. This is a 66 mile relay race with 8 member teams. The legs vary in distance from 4.4 up to 11 miles. Cost is \$130 per team (\$16.25 per person) which includes a T-shirt. There are a number of different age/sex categories.

In the past we have taken several different teams. Usually we go for the fun and camaraderie, but we can put together a "fast" team if people are so inclined. Many of us make accommodation arrangements for the night before, after, or both. We have a cottage that we have used in the past, with a pool and outdoor hot tub. It is several hundred yards from the start / finish and has very reasonable rates. Others come over and back the day of the event. Either myself or Richard Cleveland can give you details of Sun Valley Cottages.

As in the past, the first 8 people to ante up will be put on a team. If we can come up with more, we can then rearrange the teams based on sex, age etc.

What we need to know right now is who is interested, and some idea of what leg you would be willing to run. The following are the legs of the race, in order (in miles). 10.7, 11, 9.3, 4, 10.8, 6.4, 8.5, 4.4.

This is a somewhat hilly area, and challenging. Again, we aren't looking for the fastest eight people (or I wouldn't be doing it). You can look at the web site: www.northmedfordclub.org for additional information.

Come and join us.

You can call me at 223-7351, or email me at normr@adelphia.net.



26th Annual!! One of Vermont's Oldest Races...

The Paul Mailman Montpelier Ten Miler

Saturday, June 24 2000, 8:45 am

Part of the Central Vermont Race Series 2000*!



Place: Montpelier High School, Montpelier Vermont

Sponsor: Onion River Sports & 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 24 2000 from 7:30 am - 8:30 am. Bathroom facilities available.

Fee: \$10 pre-registration, \$12 post-registration. Pre-registration must be made by June 19 2000.

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.

** See www.cvrrunners.org/racesrs.htm for more information on the race series.*

OFFICIAL ENTRY FORM - JUNE 24, 2000 PAUL MAILMAN MONTPELIER TEN MILER

Name: _____ Sex: M ___ F ___ Age: _____ Birthdate: _____

Street: _____

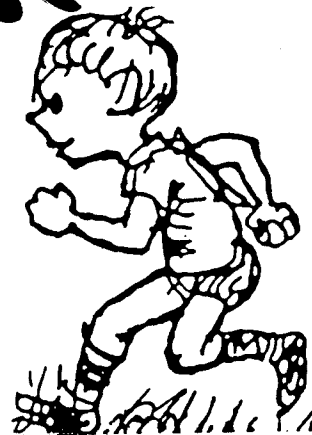
City: _____ State: _____ Zip: _____

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, 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 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 _____

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

Kids' Track Meet



Saturday, June 3, 2000
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.

Fifth annual event! Past meets have each attracted well over 100 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



Fourth Annual Mutt Strutt -- April 30, 2000

Central Vermont Runners

A storm that was forecast to bring us cold rain and even snow never materialized, and race day was mostly sunny and well into the 50's. Tom Thurston and Rocket led the pack over the challenging 3 miles in Little River State Park. Tim Noonan and Gus, who have competed in all 4 Mutt Strutts, claimed second place overall. Betsy LaFlame and Buckshot led for the women, closely followed by Dawn Seibert and Mako. Thanks to our sponsors: Onion River Animal Hospital, Julio's Mexican Restaurant, Ide's Feed Store, House Mouse Designs, and K.C.'s Bagels for the prizes and refreshments. The Vermont Department of Forests, Parks, and Recreation once again waived the permit fee for use of the park, and The Hartigan Company gave us a reduced rate on the portable toilet. We greatly appreciate the help of the volunteers -- Norm Robinson, Eric Ryea, Patty Welsh, Mack Gardner-Morse, and Maureen Carr. Thanks finally to the runners and their furry friends. Your participation made possible a donation to the Central Vermont Humane Society. See you again next year!

Place Overall	Place in Category	Owner	Dog	Sex	Cat*	Dog Weight	Age Group	Home town	Time
1	1	Tom Thurston	Rocket	M	S	52	30-39	Waterbury Center	18:29
2	1	Tim Noonan	Gus	M	S	51	40-49	Montpelier	18:59
3	1	Tim Grover	Toby	M	L	75	30-39	Waterbury Center	20:20
4	1	Betsy LaFlame	Buckshot	F	S	44	40-49	Waitsfield	21:49
5	1	Dawn Seibert	Mako	F	L	90	30-39	Montpelier	21:57
6	2	Kim Walsh	Bandit	F	S	56	40-49	Enfield, NH	22:53
7	1	Dot Helling	Smoochie	F	S	45	50-59	Montpelier	23:32
8	1	Bill Reynolds	Buster	M	L	100	40-49	Plainfield	24:28
9	2	Cris Cote	Twilight	M	S	55	30-39	Waterbury	24:45
10	2	Bill Heigis	Jake	M	L	80	30-39	Berlin	25:10
11	2	Andrea McLaughlin	Utah	F	L	77	30-39	Barre	25:12
12	3	Jean Kissner	Zach	F	S	60	40-49	Williston	25:38
13	1	Shelby McKnight	Bently	F	S	45	20-29	Yonkers, NY	26:04
14	1	Janice Kulak	Buff	F	L	95	40-49	Montpelier	26:24
15	1	John H. Halpin III	Rise	M	S	35	50-59	Thetford Center	27:23
16	1	James Snyder	Duke	M	L	85	20-29	Danbury, CT	28:24
17	2	Nance Smith	Clay	F	L	108	40-49	E. Montpelier	28:48
18	3	Kim Kendall	Sandy	F	L	78	30-39	E. Montpelier	28:49
19	1	Pamela DeAndrea	Clover	F	S	50	30-39	E. Calais	29:36
20	1	Chelsea Welsh	T.C.	F	L	100	0-19	E. Montpelier	30:59
21	2	Barbara Cote	Pepper	F	S	13	30-39	Waterbury	32:19
22	4	Tricia Dwyer	OJ	F	L	75	30-39	Berlin	32:26
23	3	Cynthia Gardner-Morse	Jacob	F	L	80	40-49	Calais	34:38
24	5	Libby Hale	Olive	F	L	85	30-39	Waterbury Center	35:23
25	2	June Middleton	Lucy	F	S	30	50-59	Waterbury Center	35:31

* To even up the classes, dogs 60 pounds and under were classed as small

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, June 3, 9:30 a.m. **CVR Kids' Track Meet**, Montpelier. *Flyer on p. 8.*
- Saturday, June 10, 9:10 a.m. **CVR Capitol Stampede 10K**, Montpelier. *Application on p. 5.*
- Saturday, June 10, **Whiteface Mountain Hill Climb**, 8 miles, Lake Placid, NY. Call 1-888-944-8332.
- Saturday, June 17, 10 a.m. **Mt. Washington Road Race**, 7.6 uphill miles. *Entries closed.*
- Thursday, June 22, 6:30 p.m. **CVR meeting**. Norm Robinson's, 66 Terrace St., Montpelier (223-7351).
- Saturday, June 24, 8:45 a.m. **CVR Paul Mailman 10-Miler**, Montpelier. Dave Kissner, 229-4523. *Application on p. 7.*
- Sunday, June 25, **Bolton Valley X-C Run 10K/5K/Kids' Run**. Call 802-434-3444, x1076.
- Tuesday, July 4, **GMAA Clarence Demar 10K/5K**, S. Hero, Call 802-879-2553.

Central Vermont Race Series -- Volunteers needed!

The running season is in full swing with 3 CVR events in the month of June. The Capitol Stampede on June 10 kicks off the all-new Central Vermont Race Series sponsored by Onion River Sports. The 10-miler on June 24 is the second of the 5 races in the series. Remember, runners need to volunteer at at least one CVR event for eligibility in the series. If you can spare time to volunteer at any of CVR's June events, please contact race directors.

Colored dot on label means please renew; send \$10 to Laura Medalie, 150 Barnes Rd., Montpelier, VT 05602



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>

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Kids' Track, June 3; Capitol Stampede 10K, June 10; 10-Miler, June 24