

CVR Newsletter

November 2000

News and announcements:

Newsletter back. No, you were not dropped from the mailing list. This is the first newsletter since the June issue.

CVR off-season Fun Runs These are informal gatherings hosted by CVR members usually introducing their favorite running loops near their homes – different distance options and refreshments afterwards. See the schedule on back page for some already scheduled. If other folks are interested in doing this in the future, and throughout the winter, Norm has offered to announce them via email. Contact Norm at 223-7351 or normr@adelphia.net. If you know of someone who would like to be on this list, get them to join the club!!

Central Vermont Race Series – final event. The First Night 5K on Dec 31 is the fifth and final event of the inaugural 2000 Central Vermont Race Series sponsored by Onion River Sports. The winners in many closely contested classes will be decided. You don't want to miss it! Application on p. 12.

New look for the CVR Web site. As of September. Check it out when you have the chance at the same ol' address – <http://www.cvrrunners.org/>. Let our webmaster Dave Kissner know if you find any problems or "broken" links. (Techie Note: You'll need to select reload

or refresh under your view option if you still see the old design on the home page.) See related story on page 2.

Next CVR meeting. It will be held on Nov. 28, Tuesday, at 6:30 p.m. at the home of Norm Robinson, 66 Terrace St., Montpelier. Call 223-7351 for directions. It will be a pot luck meeting. The main agenda items will be: The First Night 5K, report from the Leaf Peepers wrap up meeting, and plans for Annual Meeting in January (Date to be set).

Vermont City Marathon. As of mid-November over 1000 marathoners and 400 relay teams have signed up. If you want to run you should probably sign up before Jan. 1. Info at www.vcm.org. If you are interested in participating on a CVR team, read on.

VCM-CVR Relay Team. Richard Cleveland is interested in organizing one or more CVR relay teams for the Vermont City Marathon. Teams can have a maximum of 5 members (there are 5 legs to the relay) and there are many age/gender category combinations. If you are interested in running, contact Richard at vqf@drbs.com, or phone at 485-8892.

Think about it. Do we want to have a volunteer appreciation dinner as we had last year? Should we combine this with a Central Vermont Race Series awards banquet? Two separate banquets? These are ideas being tossed around and will probably be resolved at the Nov. 28 meeting.

New website address for CVR

By Kitchard Reveland

CVR's website has a new address, according to Cave Dissner, the Club's website administrator.

"People complained that the old address was too complicated," Dissner explained, "so I tried to simplify it. The problem was that the Plainfield Bypass took them too far out of their way (Reporter's note: Not far enough, according to some people who have an aversion to Plainfield.), and lots of folks ended up in South Walden. We even had reports of a few poor souls who found themselves in Brunswick Springs and Stevens Mills. Of course," Dissner said with a chuckle, "I don't recommend the scenic route every day, but it's fun once in a while."

Pointing at a large-scale topographical map covering an entire wall of the Situation Room in CVR's palatial clubhouse, Dissner traced the new route.

"I call this the Marshfield Underpass," he said, "because it starts at the bovine underpass on Route 2 in Marshfield. It's laid out so runners can have fun getting to the website. It proceeds east on Route 2 for 3.1 miles, then jumps the fence and heads northwest through the woods for 6.2 miles before joining Route 14 in Woodbury.

"From there it's 26.2 miles north, west and south along Routes 14 and 15 through Hardwick to Wolcott and then down the North Wolcott Road to Route 12 and Worcester village. There's a cool-down jog of ten miles into Mountpeculiar, finishing up with a circumambulation of the roundabout and post-run stretching on the lawn of the Masonic Temple."

Responding to the suggestion that the distance to the website was right up there and that perhaps none but ultra-marathoners would attempt it, Dissner said the trip could be broken down into several manageable segments.

"That's why I chose those distances," he said. "There's a 5K, a 10K, a marathon (or two halves), and a ten-miler. What could be easier than that?"

The website itself is charming and gracious. Upon entering, each visitor is shown to a virtual easy chair in the Club lounge, where a virtual waiter offers choices of virtual libations. A virtual cordon bleu chef is on hand every day from 6:00 a.m. until midnight to prepare virtual-award-winning meals for virtually every taste. Virtual room service is available from midnight 'til dawn.

Visitors may stroll through the Virtual Art Gallery and admire the larger-than-virtually-life-size Carrara-marble statues of Club founders, portraits of its Presidents, and oil-on-ivory miniatures of its Most Famous Runners. Not to be missed is the mural of Great Moments in Club History (the inaugural running of Bear Swamp, close calls with trains, and the epic Struggle to Build the Clubhouse, to name just a few).

One may also browse in the archives, which trace the Club's roots to the first European exploration of Central Vermont in 1486 (Giovanni Battista Maratonna, the noted Genoese lay-about and ne'er-do-well, who got blown off course during a routine trip to the Seven-Eleven and ended up in the Winooski River. Whilst waiting for the tide to rise enough to lift his ship off the rocks, he went out for a little run, encountered some hostile natives, and set a new world record for

the distance which bears his name. Unfortunately, so great was his haste that he ran 7.9 miles past his vessel and ended up in the infamous Bare Swamp [so-named for a tribe of nudists who dwelt therein], thereby inaugurating the Great Bare Swamp Run. Signor Maratonna eventually made his way back to his ship and departed, vowing that he would run no more races and make no more trips to the Seven-Eleven. As far as can be determined, he stuck to his vows.)

The site contains biographies and family trees of all Club members past and present, as well as mug shots and vital statistics. The results of every race ever managed by the Club are included, with photos of the winners, losers, race officials and family members (and the occasional dog). It's well worth the time and trouble it takes to get there, and Club members (and assorted thrill-seekers, too) are encouraged to visit early and often.

Oh, yes, and by the way, the address is:

Central Vermont Runners Constitution and By-Law Change

By Norm Robinson

I am suggesting the following changes to our constitution. The purpose of such changes, is to move the start of our "year" from Jan. 1 to April 1. I feel this better reflects the operations of the club. Also, currently we carry a number of new members for many months because the club is nearly inactive for much of the winter. When members join in the fall, we give them all of the next year free for the most part. We will not have to do this in the future.

I am proposing these changes be voted on at the annual meeting to be announced in the next newsletter. I wanted to get this information out so that everyone would have an opportunity to give it some thought.

I would also propose that the officers elected at the annual meeting in Jan. carry the term to April of 2002. In effect it would be about a 15 month term. If you have concerns or questions feel free to contact me, and come and vote!

The following changes are proposed to the CVR constitution and by-laws.

For these to be adopted 3/4 of the members present must vote in the affirmative.

Currently Article Three, Section 2 reads, "By payment of dues the individual shall be a member from January 1st to December 31st" The suggested change would be from April 1, to March 31.

Currently Article Five, Section 2 reads, "If a member fails to pay his dues by the 1st of March, membership shall end." The suggested change would be "by the 1st of June"

Currently Article Seven, Section 3 reads, "The term of office shall be one year from January 1st to December 31st." The suggested change would be "from the annual meeting date in March of each year, to the following annual meeting approximately one year later."

Currently Article Nine, Section 2 reads, "The fiscal year shall start on January 1st and end on December 31st." The suggested change would be from April 1 to March 31.

Lake Winnepesaukee Relay a Great Time!

By Norm Robinson

Thirteen runners from central Vermont took part in the 12th annual relay around Lake Winnepesaukee on Sept. 23rd. The 64 mile relay is designed for 8 runners racing legs varying in length from four to eleven miles. CVR had both men's and women's open teams competing this year. Unfortunately neither team had a complete team, but in the true spirit of competition, we had several folks double up and both teams finished.

The women's team ran 9:00:08 for a 8:15/mile average. Most of the team were newcomers to the event for CVR. Only Darragh Ellerson and Maureen Carr were on the 1997 team. Linda Halinger filled in at the last moment and ran the first leg in a fine time. The iron woman of the team was Sandy Colvin, who ran both the second and third legs, totaling 21 miles. Sandy had planned to run long to train for the marathon, but when the ladies lost a runner at the last moment, she really had to step up and did a great job.

Darragh Ellerson, Laura Medalie and Sue Bradt ran the 4,5,6 legs and Sue finished just as the rain started to fall. Lea Hayer ran a great seventh leg in 1:02:16 for 8.5 miles in nasty weather. Then, with the rain and wind still making a mess, Maureen did a great job on the incredibly hilly last 4.4 mile leg to finish up for the women.

The men went into the event knowing they were one runner short, and had made plans for Tim Noonan to run the 10.7 first leg, and the four mile fourth leg; which he did. Tim ran a remarkable 24:46 for the four mile leg, AFTER

running 10.7, and then helping crew the next two legs. How rigamortis didn't set in is beyond me.

Pat Miner performed very well with a 1:10:11 time in the 11 mile second leg. Dick Millar's 1:10:26 third leg of 10 miles kept the team looking good. The fifth leg is 10.8 miles and Dave Kissner ran a solid 1:17:52. I had originally planned to run the anchor leg, but we had a drop out just hours before. After lots of discussion, I planned to run the 6.4 mile sixth leg, and come back and do the anchor. BAD CHOICE! While I was pleased with my 46:11 time, I was wasted! Fortunately, Dick Millar was more than eager to run the anchor. I handed the baton off to Richard Cleveland, who also stepped up from the 6.4 to the 8.5 mile leg and ran a great 1:13:38 on very little training. Dick brought us home with a 31:29 last leg. The team's time was 7:43:53, which was only about 4 minutes slower than our 1998 time when we had a full eight runners. The men finished 42nd out of 140 teams and 16th/55 in the open division.

While all the times are interesting, it is the camaraderie, and teamwork that makes Lake Winni so much fun. Having to crew your teammates, and cheer them on is unique to my running experiences, and one I thoroughly enjoy. After the race 14 runners and family members had a great meal.

Guess what? We will be going again next year! Maybe we can get three teams together. Wouldn't it be fun to have a masters team?

We'll let you know all about it!!

See CVR split times in this year and past years, p. 8.

Race and "Fun Run" Notices

Recently we have started to send email messages to fellow CVR members. This is a quick and efficient way to let your friends know about races or friendly get together that you are taking part in. If you have an event you are planning to attend, and want some company, if you are looking for training partners, or just getting together for a run let us know and we will spread the word.

Norm Robinson has been gathering email addresses and will send out a message for you, or you can get the list from him and do your own. Are you on the list? If you got a email message a few weeks ago about a fun run that Dave and Laura put on, or a message about Vermont City Marathon updates you are probably on the list.

Norm's email is normr@adelphia.com. Feel free to drop him a line and verify if you are on the list, or if you want to be added. Hopefully more of us can stay in touch through the winter this way. If you want to plan a run let us know!

Late-Breaking News

As we go to press this message from Donna Smyers: Send an email to "cvrrunners-subscribe@egroups.com" to subscribe to a running email group. I'm not clear if this is CVR-exclusive, or whether it would take the place of the list Norm wants to organize. Stay tuned.

CVR Moment on Mt. Washington

Near the 5-mile mark, two-thirds of the way up Mt. Washington in the annual footrace in June, Dave Kissner caught up to Jamie Shanley, and both then caught up to Donna Smyers. A CVR moment. Somewhere in our files there's a photo to prove it. Donna then pulled away and led us to the finish line. The results prove that (See p. 13).

Secretary's Report - Business Meeting July 26, 2000 By Michael Chernick

Berlin Pond Run Around- Michael Chernick, race director of the Berlin Pond Run Around, reviewed the final preparations for the race and reported that all was set for the Sunday Aug 6, 2000 event. He reminded everyone that registration for this year's race will occur, as in previous years, at the Maplewood Convenience Store between 7:30 and 8:45 on Sunday morning.

Mailing - Norm Robinson said that the multiple event mailing was sent in June as planned.

Leaf Peepers - Curtis Picard, Leaf Peeper Race Director, and CVR members involved in the organization of the race reported on the status of preparation and plans for the weeks ahead.

The banner, to be displayed across Route 2, will be updated to reflect the calendar 2000 race date. Curtis will order race numbers and review the numerical sequencing of racers for both the 5K and the half-marathon. Sue Barber reported that as of July 26, 7 runners were registered for the 5K and 31 for the half-marathon. Dave Kissner has arranged for

biker coverage from the Green Mountain Bike Patrol which has previously given similar support to the Vermont 100-Mile Ultra Marathon. The patrol will provide a maximum of six bikers and Curtis will verify the fee.

Barbara Maynard is arranging for ice cream, water (Vermont Pure has been contacted) and toilets at the site. She is also attempting to assure a greater presence of adults at the road stops, a long standing public safety concern for the club. Curtis will e-mail Barbara to request that she obtain road cones, and he will contact the town of Duxbury to request the written authorization confirming the selectboard's approval of the race route.

The manufacturer of Power Bars has indicated it is not interested in supplying product to the race. As an alternative, Smart Food will be asked to provide high energy bars for the race. Curtis commented that he has extra Gatorade in stock and may use it for the end of the race.

It was noted that the state needs the Road Runners Club of America insurance certificate as a condition for the club's utilizing the state office complex in Waterbury. and that a copy will be forwarded to the appropriate state officials. On a related topic Richard Cleveland reviewed the state form the club must complete in order to use the facility. He will also write to Waterbury town authorities to obtain permission for the use of the town's streets for the race.

Sue has received overpayments from several early registrants and these will be remitted. The club has mailed individual applications with the bulk stamp postage, a practice that should not have been permitted, and will immediately cease. Issues related to the

public address system, including the power source, were discussed but not decided.

The Leaf Peeper application will soon be posted on the CVR website. Dave will try to locate an existing digitalized version of the application. He will also contact vendors for cream cheese and cookies.

Having finished the discussion of Leaf Peeper logistics, arrangements and edibles, the meeting was adjourned. The next CVR potluck/business meeting will occur on Thursday August 31 at Michael Chernick's 75 Cityside Drive in Montpelier (223-0918; chernick@together.net).

Secretary's Report - CVR Meeting August 31, 2000

By Michael Chernick

Except for a brief mention that all was set for the Northfield 5K Race to be held on September 2, 2000, the August 31 business meeting of the Central Vermont Runners' Club was devoted exclusively to reviewing preparations for the Leaf Peepers 5K/Half-Marathon Race scheduled for October 1, 2000.

Leaf Peepers race director Curtis Picard reported that arrangements for use of the state office building are complete, and that six 8-foot tables for registration will be provided by the Vermont Department of Buildings and General Services. Chris will contact the town of Duxbury to finally expedite release of the letter, confirming the selectboard's vote, permitting the race to be run along the river road in Duxbury.

As for advance registration, Sue Barber reported that as of August 31, she had recorded 22 5K and 136 half-marathon registrations. She will continue to process the registrations in Excel software. Granite State Racing systems has requested that we transmit a test form two weeks prior to race day and that the bulk transmission occur 7 days before the race.

As for promotional items, Curtis will contact Leslie regarding laminating and updating the banner that will be prominently displayed in Waterbury prior to race day. The tee shirt design and color, a shade of gray for runners, are set and the shirts will be ordered shortly. The long sleeve shirts will be for race entrants and the short sleeve shirts for volunteers.

Barbara, representing the Hardwood High School Boosters, was present and the important topic of locating adult volunteers, in addition to Harwood students, at every water stop was emphasized. Conversely, it has been decided that only adults will be present at the Waterbury-Duxbury Bridge. Based on the traffic situation, it has been decided that this is too dangerous a spot to station youngsters. Tim will also bring the Gatorade jugs for water use in Waterbury. Arrangements are in process for obtaining water from Vermont Pure. Barbara will also be responsible for the renting and placement of the portable toilets in the parking lot.

As for public safety issues, there will be two sheriffs this year, one at Camel's Hump Road at the top of the hill, and the second at the Waterbury-Duxbury Bridge. Additional cones will also be obtained. Signs announcing the race time will be placed along the Duxbury Road. A welcome addition to

the safety plan for the race will be the presence of Green Mountain Bike Patrol members. The GMBP will assume the safety duties that were ably performed in past years under John Martin's supervision. Travis, from the patrol, attended the meeting and reviewed plans for his organization's role.

As for edibles, Dave Kissner reports that bagels from K.C.'s and cider from Cold Hollow are set and that cream cheese will be separately purchased. The next CVR meeting which will be a final Leaf Peeper work session is scheduled for Dave Kissner's home in East Montpelier on Thursday September 21, potluck supper at 6:30 P.M. and business session starting at 7:00 P.M.

Lake Winnepesaukee Relay
CVR results present and past
 Best CVR performance for each leg in bold

MEN		2000		1998		1997	
Leg	Distance (mi.)						
1	10.7	Tim Noonan	1:09:23	Steve Burkholder	1:10:06	Tim Noonan	1:07:48
2	11.0	Pat Miner	1:10:11	Norm Robinson	1:18:18	John Martin	1:24:29
3	10.0	Dick Millar	1:10:26	Dick Millar	1:11:15	Dave Kissner	1:06:19
4	4.0	Tim Noonan	24:46	Ted VanZandt	25:44	Tim Heney	29:52
5	10.8	Dave Kissner	1:17:52	Dave Kissner	1:15:32	Norm Robinson	1:18:58
6	6.4	Norm Robinson	46:11	M. Gardner-Morse	43:16	Richard Cleveland	47:39
7	8.5	Richard Cleveland	1:13:38	Bill Perrault	1:04:15	Steve Burkholder	56:40
8	4.4	Dick Millar	31:29	Mike Bonneau	30:37	Mack Gardner Morse	31:27
Total	65.8		7:43:53		7:39:02		7:43:12
Average pace			7:05		7:00		7:04
Overall place			42/140		35/150		56/165
In Division			16/55 open		16/56 open		31/70 open
 WOMEN							
1	10.7	Linda Hallinger	1:27:01			Donna Smyers	1:12:51
2	11.0	Sandy Colvin	1:24:30			Dot Martin	1:14:16
3	10.0	Sandy Colvin	1:14:13			Christine Maloney	1:21:59
4	4.0	Darragh Ellerson	48:47			Mai-Lis Ellerson	33:40
5	10.8	Laura Medalle	1:22:22			Merrill Cray	1:20:01
6	6.4	Sue Bradt	1:00:57			Maureen Carr	<not avail.>
7	8.5	Lea Hayer	1:02:16			Mary	<not avail.>
8	4.4	Maureen Carr	39:54			Darragh Ellerson	49:09
Total	65.8		9:00:08				8:24:33
Average pace			8:15				7:41
Overall place			118/140				99/165
In Division			10/10 open				11th open

Berlin Pond 2000 Run Around - August 6, 2000

Top Male Finisher

Name: Thorin Markinson Age: 17 Time: 28:37

Top Female Finisher

Name: Kathy Barrows Age: 42 Time: 34:13

FEMALE

Age Group: Under 18

Name:	Age	Time	Rank (overall/class)
Sasha Gerdel	15	41:11	32/1
Christina Rossi	15	42:10	34/2

Age Group: 18-29

Melodie LaPorte	29	36:16	23/1
Jessica Bolduc	24	36:28	24/2
Carla Provost	19	37:49	25/3

Age Group: 30-39

Laurie Medalie	37	35:59	22/1
Kathy McArdle	38	39:00	30/2
Lori Bisson	32	41:19	33/3
Elaine Nadeau	34	42:24	34/4
Sandra Spaulding	38	42:24	35/5
Lisa Windhausen	36	45:29	39/6
Maureen Carr	35	45:51	40/7
Baib Cote	35	50:58	44/8

Age Group 40-49

Kathy Barrows	42	34:13	15/1
Nina Aitken	45	35:47	20/2

Age Group: 50-59

Elizabeth Mikeljohn	52	47:42	41/1
Susan Bradt	59	48:42	42/2

MALE

Age Group: Under 18

Thorin Markinson	17	28:37	1/1
Patrick Wales Dinan	17	29:38	3/2

Age Group: 18-29

Damion Bolduc	23	30:33	5/1
Jameson Fitzpatrick	27	32:19	9/2
Tellmar Knudson	23	32:56	12/3
Patrick Strom	24	35:20	18/4
Roy Belcher	18	43:37	37/5

MALE (cont.)**Age Group: 30-39**

Name:	Age	Time	Rank (overall/class)
Chip Langmaid	38	29:15	2/1
Matt Czaplinski	34	29:45	4/2
Dave Kissner	34	32:33	11/3
Bob Bisson	35	34:43	16/4
Chris Cote	37	35:20	19/5
Steve Robinson	34	35:48	21/6

Age Group 40-49

Jonathan Rodd	40	30:34	6/1
William Dysart	47	30:38	7/2
Tim Noonan	44	30:56	8/3
Jamie Shanley	47	32:21	10/4
Walter Greenberg	44	37:58	26/5
Tony Sykes	45	38:10	27/6
Fred Flint	42	40:41	31/7
Kevin Russell	45	43:54	38/8
Michael McArdle	41	49:40	43/9

Age Group: 50-59

Ted McKnight	56	33:35	13/1
Greg Gerdel	53	34:48	17/2
Syd Champany	57	38:24	28/3

Age Group: 60 and Over

Bob Murphy	60	33:55	14/1
Charles Christiansen	60	38:25	29/2

Bear Swamp Run Results
Middlesex, July 12, 2000

Overall Female Winner – Kathy Barrows 41:30
 Overall Male Winner – Joe Gingras 33:56

Female Under 18 Cady Kintner 42:14
 Christina Ross 49:35

Female 18-29 Tracy Mancini 44:16
 Maggie Hooker 59:13

Female 30-39 Laura Medalie 42:56
 Sandy Colvin 43:01
 Lori Lacroix 43:06
 Andrea McLaughlin 43:32
 Lori Bisson 49:41
 Dawn Seibert 52:22
 Maryke Gillis 55:33

Female 40-49	Kathy Barrows	41:30
	Sue Drapp	42:45
	Merill Cray	43:24
	Nance Smith	47:07
	Carol Van Dyke	48:11
	Nancy Tintle	52:22
	June Benoit	54:53
Female 50-59	Elizabeth Meiklejohn	58:29
	Norleen Jones	59:41
Male Under 18	Steven Bell	50:17
Male 18-29	Joe Gingras	33:56
	Steve Camolli	46:24
Male 30-39	Matt Czaplinski	34:01
	Roger Krussman	40:23
	Bob Bisson	41:28
	Bill Morvan	43:17
	Larry Satawitz	44:32
	Bill Bates	45:50
	Andrew Starzec	47:00
Male 40-49	Bill Dysart	35:42
	Dave Birse	36:48
	Tim Noonan	37:05
	Mike Feulner	37:57
	Steve Burkholder	38:59
	Mike Gillis	39:52
	Tom Hecimovich	40:36
	Tom Mehuron	42:36
	Norm Robinson	44:43
Paul Deluca	53:47	
Male 50-59	John Elkins	39:18
	Nat Goodhue	40:53
	Ted McKnight	41:00
	Greg Gerdel	41:37
	Mike Benoit	49:23
	Henry Hinton	52:22
	Bill Jones	59:41
Roger Cranse	65:57	
Male 60+	Bob Murphy	41:48
	Charlie Christiansen	44:37
	Dick Mansfield	47:11

FIRST NIGHT

MONTPELIER 5K

December 31, 2000 • Race start: 3:00 pm

A 5 kilometer road running race in downtown Montpelier.

Part of the First Night Montpelier events.

Co-sponsored by the Central Vermont Runners club.

Course Description: Starts on Court Street near the Pavilion State Office Building. Relatively flat first half mile, uphill to the mile and a half point, and downhill on the return!

Please see <http://www.cvrunters.org/frstnite.htm> for a course map.

Race day registration: 1:15 to 2:45 pm, basement auditorium, Pavilion Building.

Prizes: merchandise from Sports Image / Saucony, Karhu, & gift certificates from Onion River Sports.

All registrants will receive a pair of First Night Gloves as well as a First Night Montpelier button good for admission to all First Night events!

First Name _____ **Last Name** _____

Sex _____ **Age on Race Day** _____

Street _____

City _____ **State** _____ **Zip** _____

Telephone Number _____

I know that running is a potentially hazardous activity. I should not enter and run the race 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 risk associated with running including, but not limited to, falls, contact with other participants, the effects of the road and traffic on the course, all such risks being known and appreciated by me.

Having read this waiver and knowing these facts, I, for myself and anyone entitled to act on my behalf, waive and release First Night Montpelier, Central Vermont Runners, Onion River Arts Council, the City of Montpelier, all sponsors, their directors, officers, employees, agents and representatives from all claims or liabilities of any kind or nature arising out of my voluntary participation in this race even though that liability may arise out of negligence or carelessness on the part of the persons named on this waiver.

Signature (Parent or Guardian if under 18)

Race Registration Before 12/25/00:

\$15.00 (includes First Night button)

Race Registration After 12/25/00:

\$18.00 (includes First Night button)

Please make checks payable to **Onion River Arts Council**

For More Information / Mail Entries To:

Dave Kissner, First Night Montpelier 5K
150 Barnes Road
Montpelier, VT 05602
(Tel. 802 229-4523)

For More Information, see the Central Vermont Runners Club Web site at www.cvrunters.org

Race Roundup

There are many summer and fall races still to cover, but here's a start

Overall place	CVR runner	Time	Class	Class place/ total in class	Comments
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• Jackson Covered Bridge 10K, Jackson, NH, June 3, 2000

Total runners: 196

This race is billed as the "toughest 10K in New England". The first 2 miles are uphill, much of it steep. All 3 CVR runners won their classes!

6	David Birse	39:08	M4044	1/16	
23	John Valentine	42:13	M5059	1/23	
49	Bob Murphy	46:12	M6069	1/7	

• Mt. Washington Road Race, Pinkham Notch, NH, June 17, 2000

Total runners: ~1000

A little windy, a little foggy, a little cold - nothing out of the ordinary
See Nance Smith's story in Vermont Sports Today, July issue, p. 17.
Vermont's Eric Morse was 4th overall

M50	Tim Noonan	1:25:24	M4044	12/149	
F9	Donna Smyers	1:29:27	F4044	2/46	
M83	Jamie Shanley	1:29:33	M4549	16/138	
M113	Dave Kissner	1:32:04	M3034	28/105	
M169	Mike Gillis	1:36:29	M4044	41/149	
F50	Dot Helling	1:46:41	F5059	1/97	
F77	Linda Hallinger	1:54:10	F4549	11/33	
F117	Nance Smith	2:05:52	F4044	28/46	

• Woodbury Firefighter's Day 5K, Woodbury, VT, August 19, 2000

Total runners: ~100

	John Valentine	19:46	M5059	1/	
	Ann Straka Gilbert	20:27	F4049	1/	
	Kathy Barrows	20:28	F4049	2/	
	Bob Murphy	20:47	M6069	1/	
	Megan Valentine	21:13	F2029	2/	
	Elizabeth Meiklejohn	28:46	F5059	2/	

• Quality K's For Cottage Hospital 5 Mile, Woodsville, NH, September 24, 2000

Total runners: 58

12	Bob Murphy	34:59	M6069	2/4	
25	Russ Petelle	38:32	M5059	5/11	

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

- Thursday, Nov. 23, 11:00 a.m. **GMAA Turkey Trot 5K** Gutterson Field House, UVM, Burlington, VT, Ralph Swenson, 864-4952.
- Sunday, Nov. 26, 10:00 a.m. **CVPS Shareheat Turkey Trot 10K / 5K**, 77 Grove Street, Rutland, Kyle Buzzell, 483-2694.
- Tuesday, Nov. 28, 6:30 p.m. **CVR meeting**, with pot luck, at Norm Robinson's, 66 Terrace St., Montpelier, 223-7351.
- Sunday, Dec. 3, 9:30 a.m. **CVR Weekend Fun Run**, meet at Michael Chernick's, 75 Cityside Drive, Montpelier, 223-0918. Light breakfast afterwards.
- Sunday, Dec. 31, 3 p.m. **First Night 5K**, Montpelier. This is the finale of the Central Vermont Race Series. Dave Kissner, 229-4523.
- Sunday, May 27. **Vermont City Marathon**, Burlington. Entries for marathon and marathon relay expected to fill *before January 1!* Register now, info at www.vcm.org.

Leaf Peepers 2000 – The club's biggest event of the year was a great success in 2000, with record numbers of participants. The weather was accommodating, if anything a bit on the warm side.

Our one last race of the year, First Night 5K on New Year's Eve, will decide the winners of the Central Vermont Race Series, sponsored by Onion River Sports.

To renew for 2001, send \$10 to Laura Medalie, 150 Barnes Rd., Montpelier, VT 05602



Central Vermont Runners
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Vice President: Richard Cleveland
Secretary: Michael Chernick
Treasurer: Laura Medalie
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<http://www.cvrrunners.org>

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CVR meeting, Nov. 28; First Night 5K, Dec. 31