

Come celebrate the 25th anniversary of the GMAA !

GMAA-CVR Challenge and Picnic

3-6 p.m. Saturday July 21, 2001

Catamount Family Center at Williston, VT

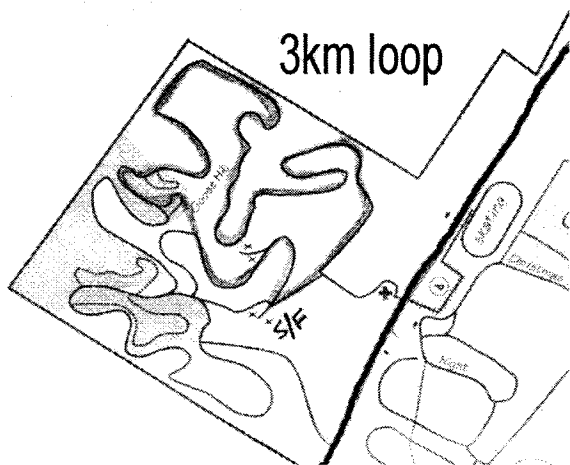
Featuring:

Relay for CVR and GMAA club members (3 x 3km)

Picnic for all after the relay

The Green Mountain Athletic Association was formed on July 4, 1976 by Leighton Walker and has grown into the club it is today by the efforts of many, many runners. This event is to celebrate our past, honor all the volunteers over the last 25 years and look forward to our future. What better way to celebrate a running club than with a relay competition with our neighbor running club, Central Vermont Runners! Then all runners, volunteers and spectators will have a picnic on a pleasant summer afternoon.

Relay details (4 p.m.):



- ◆ There will be four divisions: male <40, male masters, female <40, female masters
- ◆ Teams will consist of runners from either the GMAA or CVR
- ◆ Each of the three legs will be a loop on Goose Hill (house side) - cross country running but not too hilly and with decent footing.
- ◆ There will be no formal prizes (only bragging rights) for this fun run.

Picnic details (5 p.m.):

- ◆ The GMAA will provide ice cream, desserts and basic beverages.
- ◆ Runners, volunteers and spectators should bring other picnic items.

Cost: \$5 for all runners and picnickers, free for volunteers

Pre-registration encouraged, but not required! Race day registration is from 3-3:40 p.m. You can still pre-register even if you don't know who is on your team!

To volunteer please call Steve at 878-4385 or e-mail: info@gmaa.net

Clip and mail the following to: GMAA Picnic, PO Box 194, Essex Junction, VT 05453

GMAA RACE REGISTRATION FORM

Last Name _____ First Name _____ Town _____ Club _____ Age _____

Other team members (if known before race day): _____ , _____

WAIVER : By signing the above, I agree to follow all GMAA and RRCA rules, including not using skates, bicycles, skateboards, baby joggers, or radio headsets in club running events and for myself, heirs, executors, and administrators waive and release any rights and claims for damages I may have against the sponsors, directors, staff, towns, GMAA, USATF and RRCA for any injuries suffered by me in GMAA activities.

SIGNATURE: _____ DATE: _____ COST: \$5

Competitor (parent/gaurdian if under 18)

Central Vermont Runners
Meeting Minutes
June 6, 2001
Michael Chernick, secretary

The June business meeting convened at Darragh Ellerson's, shortly after 7:00 P.M., following an ample pot-lick supper. The fully nourished assembly of CVR members, whose attendance was pleasantly supplemented by the presence of long-time member and Capital Stampede Director Sam Davis, reviewed forthcoming plans for club events and other matters that were brought before the group for discussion.

Capital Stampede - The meeting opened with a review of the Capital Stampede scheduled for the subsequent Saturday June 9. After reviewing the total Onion River Sports' Grand Prix Race Series prize money allocation, it was determined that the Stampede is entitled to \$350.00 for prizes. Onion River, it was assumed (and later confirmed) would supply the bib numbers. Race day volunteers were to assemble at 7:30 on Saturday morning at the starting position, the Montpelier Unitarian Church. Sam Davis requested additional marshals for placement at critical intersections along the race course. The temporary suspension of Vermonter passenger train service will alleviate the need to coordinate with Amtrak, but Sam will still check with New England Central regarding freight train schedules. The Green Mountain Athletic Association race clock (which unfortunately malfunctioned on race day) was scheduled for use. The cones for marking the roads were set as were refreshments for the post-race gathering at the Unitarian Church. The event was to be enhanced with trophies for division winners courtesy of a generous anonymous donor.

Kids' Track Meet - Despite inclement meteorological conditions (it rained much of the morning) the Kids' Track Meet was held on Saturday June 2. A smaller than usual crowd of approximately 50 young, slightly drenched, but nevertheless enthusiastic participants, ran their hardest and fastest to impress their parents and demonstrate their future competitive potential. The poor weather forced the cancellation of the softball throw. Roughly a dozen volunteers assisted in the event's management and the club greatly appreciates their efforts.

Paul Mailman 10 Miler- Race Director Dave Kissner returns for another summer racing spectacular starting at Montpelier High School on Saturday June 23. Dave is in need of additional volunteers. Shawn Bryant, who resides in the blue house at the 1 mile Fun Run marker, will again volunteer his home as a water stop. His family members will be out in force to quench the thirsty runners. Shawn has been performing this role for both the Capital Stampede and the 10 Miler for many years. In special recognition of this service beyond the call of duty, on behalf of the thirsty racers in these events, Tim Noonan moved, and the club unanimously voted, to award him a \$50.00 gift certificate for Sarducci's restaurant. It will be presented to him at the conclusion of the Capital Stampede.

Bear Swamp/Berlin Pond Run Around - Bear Swamp. under the capable leadership of Tim Noonan will be held on Thursday July 12 at the Rumney

School with a starting time of 6:00 P.M. Registration will commence at 4:30. The second half of this midsummer duo, the Berlin Pond Run Around will take its first step at 9:00 A.M. on Sunday August 5 at Berlin Pond. Registration for this event is at 7:30 A.M. in the Maplewood Convenience Store's parking lot. The two races will be jointly advertised in a combined regional mailing.

Mailing Lists - Mailing coordinator Donna Smyers is updating the lists.

Northfield 5k & Kids' 1 Miler - This Labor Day weekend event, under the continued and outstanding sponsorship of the Northfield Savings' Bank, joins the Onion River Race Series (the 5k event) for the first time. All preparations are set and as of this date, no further preparatory meetings were scheduled until the night before the races.

Leaf Peepers - The club was informed that race director Curtis Picard has accepted a full-time position with the Vermont Chamber of Commerce. Curtis anticipates continuing his Leaf Peepers role.

GMAA Picnic - The first annual (we hope) GMAA picnic and relay to which CVR has been invited will be held on Saturday July 21 in Williston. Registration forms are posted on the GMAA website and attendance and relay participation are highly encouraged.

Foot Scanner - A Providence, R.I. firm is seeking volunteer feet to demonstrate a new foot scanning device. The company hopes to be present at the GMAA party. Sam Davis will try to arrange for a location.

Hubbard Park Work Day - In addition to a monetary contribution to the Kellog Hubbard Library in Karen Kitzmiller's memory, the club will explore the possibility of a CVR work day in

Hubbard Park which would occur in the early fall. In the meantime, Michael Chernick moved that the club donate \$100 in Karen Kitzmiller's memory to the Kellog Hubbard Library. The motion was approved unanimously. Karen recently died after a valiant struggle against breast cancer. She was one of Montpelier's representatives to the Vermont House of Representatives. An avid outdoor enthusiast and promoter of the Montpelier Recreation Path, Karen was also the wife of now state representative Warren Kitzmiller, the long-time owner of Onion River Sports and a generous friend of the club's.

Age Groups - It has been noted that the age group classifications vary in different CVR races. In the future we will try to set a single standard for all races. Norm Robinson suggested that the 19 year olds be grouped with the 20-29 age category.

RRCA Insurance - Richard Cleveland, CVR President, will supply any race director with the club's Road Runner's Club of America Insurance Policy should it be required.

Lake Elmore Gathering - Norm Robinson has invited CVR members to a barbecue at his summer residence on Lake Elmore to be held Sunday July 15 following the Stowe 8 Miler. Contact Norm for details. Stowe 8 Miler applications are posted at www.stowe8miler.com.

Adjournment/ Next Meeting: Prior to the meeting's adjournment at approximately 8:15 P.M., it was announced that the next CVR meeting will occur on Wednesday July 18 at Michael Chernick's home, 330 Cityside Drive #75 at Murray Hill in Montpelier, 223-0198, chernick@together.net.



Fifth Annual Mutt Strutt (3 Miles) -- April 22, 2001

Central Vermont Runners



Once again the weather was beautiful for the Mutt Strutt, with sunny skies and temperatures in the 60s. And for the first time since the first Mutt Strutt in 1997, the dogs had snow to cool off in. In fact there was so much snow on the ground that we had to alter the course -- the campground was still under a foot of snow. Tim Noonan and Gus, the only human - canine team to compete in all 5 Mutt Strutts, took first place overall in 19:42. Tim and Gus won the very first Mutt Strutt, and have placed 2nd, 3rd, and 4th in the others. Bill Lorenz and Koda have competed 4 times as have Libby Hale and Olive. John Halpin and Kim Kendall have participated in 4 Mutt Strutts but not always with the same dog. Sandy and Clay have competed in all 5, but not always with the same human. We thank our generous sponsors: Onion River Animal Hospital, Julio's Mexican Restaurant, Guy's Farm and Yard, House Mouse Designs, and K.C.'s Bagels for the prizes and refreshments. This event would not be possible without the help of our volunteers -- Norm Robinson, Eric Ryea, Michael Chemick, Richard Cleveland, Dave Kissner, Laura Medalie, Maureen Carr, and Bob who works with Donna. Thanks finally to the runners and their best friends. Your participation made possible a donation to the Central Vermont Humane Society. See you again next year!

Donna Smyers and Jamie Shanley, Race Directors

Place Overall	Place in Category	Human	Dog	Sex	Cat*	Age Group	Home town	Time
1	1	Tim Noonan	Gus	M	L	40-49	Montpelier, VT	19:42
2	1	Dave Fields	Dakota	M	S	40-49	Underhill, VT	20:00
3	2	Stuart Ashley	Gromit	M	S	40-49	Westford, VT	20:57
4	1	Ashley Robinson	Shana	F	L	20-29	Charlotte, VT	21:10
5	1	Jessica Cover	Bernie	F	S	30-39	Richmond, VT	21:11
6	1	Sue Drapp	Nuggett	F	L	40-49	Moretown, VT	22:27
7	2	Merill Cray	Mako	F	L	40-49	Middlesex, VT	22:36
8	3	Chuck Landry	Margaret	M	S	40-49	Plainfield, NH	22:48
9	1	Dot Helling	Smoochie	F	S	50-59	Montpelier, VT	22:49
10	1	Cris Cote	Twilight	M	S	30-39	Duxbury, VT	24:10
11	2	Prudence Krasofski	Jake/Zach	F	L	20-29	Waitsfield, VT	24:19
12	1	Dave Kissner	Sandy	M	L	30-39	East Montpelier, VT	24:22
13	1	Laura Medalie	Clay	F	L	30-39	East Montpelier, VT	24:23
14	1	Dan St. John	Butterfly	M	S	50-59	S. Woodbury, VT	24:34
15	2	Heidi Hales	Oliver	F	S	30-39	Burlington, VT	25:28
16	3	Jennifer Rowe	Kata Moe	F	L	20-29	Jeffersonville, VT	25:36
17	2	Jim O'Riordan	Nina	M	L	30-39	East Calais, VT	25:49
18	2	Bill Lorenz	Koda	M	S	50-59	Richmond, VT	26:00
19	3	Mike Nelson	Miles	M	L	30-39	Middlesex, VT	26:09
20	4	Hillary Nelson	Miles	F	L	20-29	Middlesex, VT	26:10
21	1	Phyllis Boftax	Shayna	F	S	40-49	Montpelier, VT	26:36
22	1	Hal Leyston	Loki	M	L	50-59	Middlesex, VT	27:11
23	3	Hope Crifo	Bammer	F	L	40-49	Middlesex, VT	27:18
24	3	John H. Halpin III	Rise	M	S	50-59	Theford Center, VT	27:57
25	2	Pamela DeAndrea	Clover	F	L	30-39	East Calais, VT	27:59
26	3	Marcy Nisenholtz	Sam	F	L	30-39	Morrisville, VT	30:50
27	4	Phyllis Arsenaault-Berry	Stumpy	F	L	40-49	Duxbury, VT	32:07
28	2	June Middleton	Lucy	F	S	50-59	Waterbury Center, VT	32:20
29	3	Barb Cote	Pepper	F	S	30-39	Duxbury, VT	33:58
30	2	Penny McKinnon	Jack	F	S	40-49	Littleton, NH	38:22
31	1	Elizabeth McKinnon	Jack	F	S	0-19	Littleton, NH	38:22
32	4	Peter Zakrewski	No dog	M	S	40-49	Barre, VT	38:24
33	5	Mary Clay Thomas	Lily	F	L	20-29	Burlington, VT	41:41
34	1	Matt Trybus	King	M	L	20-29	Burlington, VT	41:49
35	4	Paul Hennessey	Gravy	M	S	50-59	Melrose, MA	Fun Run
36	1	Joseph Hennessey	Gravy	M	S	0-19	Melrose, MA	Fun Run

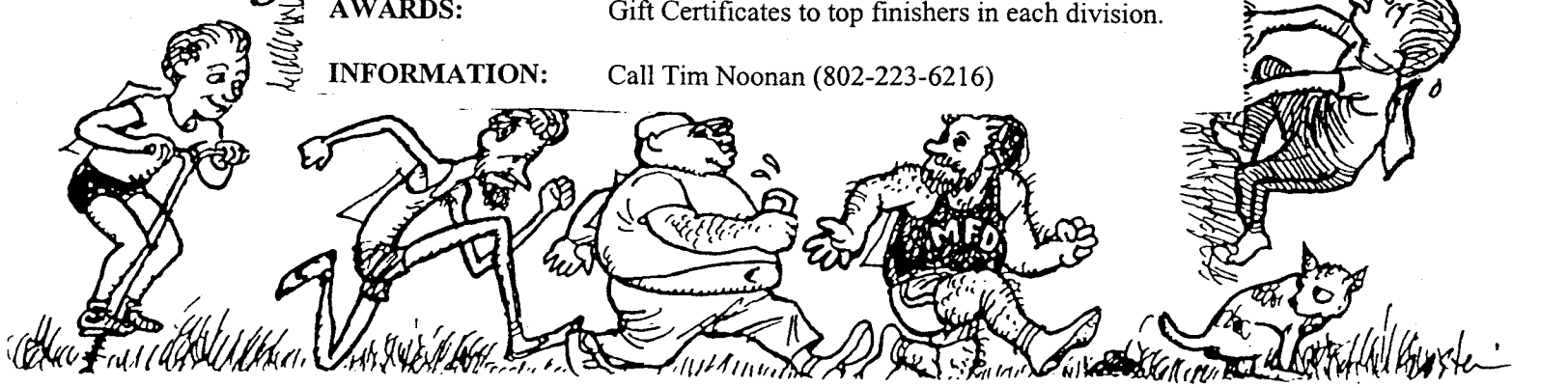
* L = large dog, over 50 pounds; S = small dog, 50 lbs. or less



23rd ANNUAL BEAR SWAMP RUN
THURSDAY, JULY 12, 2001 - 6:00 P.M.
(Note: This is a different day and time from past years)



- PLACE:** Rumney Memorial School
Shady Rill, Middlesex, Vermont
- SPONSORS:** Central Vermont Runners, Middlesex
Recreation Committee and Onion River Sports
- REGISTRATION:** 5:00 - 5:45 p.m., July 12, Rumney Memorial School
- FEE:** \$5.00
- START TIME:** 6:00 p.m.
- COURSE:** 5.7 miles of scenic gravel road climbing 450
feet over the first three miles and gradually
descending back to the starting point.
- DIVISIONS:** Female and male – Under 18, 18-29, 30-39,
40-49, 50-59, 60+
- AWARDS:** Gift Certificates to top finishers in each division.
- INFORMATION:** Call Tim Noonan (802-223-6216)



24th Annual CAPITAL CITY STAMPEDE

10K Road Race Results

June 9, 2001

USATF #VT97002WN

OVERALL Men's & Women's Winners:

RANDY FEELEY, 33:58 and MOIRA DURIN, 41:41

DIV./ OVRALL / NAME / AGE CITY / TOWN TIME

WOMEN 19 and under

1	TEE GINGRAS	19	BARRE, VT	43:34
2	KRYSTAL JENKS	19	VERSHIRE, VT	46:51
3	CRYSTAL RIPORELLA	16	PLAINFIELD, VT	59:34

WOMEN 20-29

1	NATASHA LEIGHTON	27	COLCHESTER, VT	44:31
2	JESSICA BOLDOC	25	MONTPELIER, VT	46:31
3	JOCELYN PARISI	23	WAITSFIELD, VT	47:58
4	ERIKA URBANSKI	27	BANGOR, ME	50:32
5	MONIKA MORAN	27	ESSEX JCT., VT	51:30
6	KIRSTEN TRANBERG	29	STOWE, VT	54:26
7	JESSE RENNAU	22	FAYSTON, VT	58:16
8	ELIZABETH WEST	26	MONTPELIER, VT	65:16
9	KERI BEGNOCHE	25	BURLINGTON, VT	65:16
10	CHRISTI GUILMETTE	25	COLCHESTER, VT	65:17

WOMEN 30-39

1	KAROLE MYERS	39	COLCHESTER, VT	43:53
2	LAURA MEDALIE	38	MONTPELIER, VT	47:46
3	J.J. BOGGS	30	DUXBURY, VT	47:53
4	KATHY McARDLE	39	BARRE, VT	48:13
5	THERESA MARTELL	30	SHELBURNE, VT	49:23
6	TINA SUTTON	31	BARRE, VT	50:13
7	GAIL PELKEY	36	WATERBURY, VT	50:25
8	MEGHAN HESS	37	SHELBURNE, VT	52:26
9	BETSY MARTIN	37	WATERBURY, VT	52:45
10	LAURA VALLEY	30	BURLINGTON, VT	53:29
11	RONETTE MALONE	33	PUTNEY, VT	53:33
12	TESS KESSLER	37	MONTPELIER, VT	53:42
13	REBECCA DIEDRICH	36	BERLIN, VT	54:41
14	JULIE PRIOR	32	MILTON, VT	54:42
15	SUSAN THAYER	36	WATERBURY, VT	60:09
16	CAROLINE GIBSON	34	BURLINGTON, VT	64:30
17	WHITNEY BRICE	35	MONTPELIER, VT	64:44
18	BECKY LONGE	32	SHELBURNE, VT	64:49
19	GINA RAVAGO	37	WATERBURY CTR., VT	67:56

WOMEN 40-49

1	DONNA SMYERS	43	MONTPELIER, VT	42:32
2	SUSAN ALEXANDER	42	RICHMOND, VT	44:43
3	ELLIE FERGUSON	41	N. HAVERHILL, NH	45:37
4	DEBBIE TIRRITO	46	WINOOSKI, VT	46:08
5	CATHY MARTELL	43	ST. ALBANS, VT	47:12
6	ANN BUSHEY	43	MONTPELIER, VT	47:51
7	NANCY JOHNSON	41	MONTPELIER, VT	48:12
8	CAROL AYER	41	MONTPELIER, VT	48:44
9	THEA VAN DER GEEST	44	PLAINFIELD, VT	49:29
10	ANN WHITTPENN	44	CHARLOTTE, VT	50:14
11	CAROL VAN DYKE	45	STOWE, VT	50:54
12	KATHLEEN HASSEY	40	S. ROYALTON, VT	55:00
13	CLAUDIA SULLIVAN	47	JERICO, VT	55:10
14	SUSAN BUSSIÈRE	44	MONTPELIER, VT	56:44
15	P. ARSENAULT BERRY	44	DUXBURY, VT	57:33
16	LINDA KING	46	S. DUXBURY, VT	58:15
17	PATRICIA O'REGAN	42	MONTPELIER, VT	61:53
18	JULIE LONGCHAMP	40	JERICO, VT	62:27

WOMEN 50-59

1	MOIRA DURIN	50	STOWE, VT	41:41
2	MARY HAKEY	50	ST. ALBANS, VT	50:43
3	PAM KANE	52	SHELBURNE, VT	52:55
4	VERA NICHOLS	52	STOWE, VT	59:46
5	DEE REEVER	52	STOWE, VT	62:21
6	PATRICIA RENNAU	52	N. FAYSTON, VT	62:26
7	ELIZABETH MEIKLEJOHN53	53	E. CALAIS, VT	63:23
8	LINDA BRADISH	53	WILLISTON, VT	66:11

MEN 19 and under

1	THORIN MARKISON	18	DANVILLE, VT	35:55
2	AARON GRIGGS	14	ORANGE, VT	44:36

MEN 20-29

1	RANDY FEELEY	20	HIGHGATE CTR., VT	33:58
2	ANDREW BAIRD	28	STOWE, VT	34:14
3	CHRIS VALLARO	29	HINESBURG, VT	36:09
4	PETER CHRISTOPHER	25	E. RANDOLPH, VT	37:39
5	JOE GINGRAS	25	BERLIN, VT	37:43
6	DAMIAN BOLDOC	24	MONTPELIER, VT	39:21
7	STEVE COMOLLI	26	MONTPELIER, VT	46:06
8	PETER BELANGER	29	SUTTON, VT	47:13
9	DAN BYRNE	21	NORTHFIELD, VT	51:42

MEN 30-39

1	TODD DROLETTE	34	BURLINGTON, VT	41:55
2	BOB BRISSON	36	BARRE, VT	42:04
3	DICK MILLAR	39	S. BURLINGTON, VT	43:18
4	PAUL ALEXANDER	39	WATERBURY CTR., VT	43:58
5	RODGER KRUSSMAN	34	MONTPELIER, VT	44:06
6	SCOTT HAKEY	35	ST. ALBANS, VT	45:37
7	MIKE MALONE	31	PUTNEY, VT	45:59
8	JOHN BURNS	34	MONTPELIER, VT	46:15
9	DAVID CAMERON	30	BERLIN, VT	46:30
10	SCOTT GRIGGS	39	ORANGE, VT	47:35
11	ANDREW STARZEC	34	BARRE, VT	51:53
12	NOEL BOUTIN	31	WESTFORD, VT	52:16
13	FRANK DRURY	30	S. BURLINGTON, VT	52:42
14	DWIGHT CROSS	34	MONTPELIER, VT	54:09

MEN 40-49

1	RANDY SIGHTLER	42	BURLINGTON, VT	34:00
2	MARK MADIGAN	40	ROCHESTER, NY	37:52
3	PAT MINER	43	BARRE, VT	38:20
4	RICK KELLEY	43	HINESBURG, VT	39:31
5	CHARLES WINDISCH	47	ESSEX JCT., VT	40:21
6	MACK GARDNER-MORSE	40	CALAIS, VT	42:42
7	MARC KUTLER	45	S. BURLINGTON, VT	43:38
8	NORM ROBINSON	45	MONTPELIER, VT	44:34
9	RUSS COOKE	49	WILLISTON, VT	44:40
10	GUNNAR STEATES	43	MILTON, VT	44:57
11	STEPHEN BERGERON	44	COLCHESTER, VT	45:15
12	BRUCE GOULD	49	LYNDON CTR., VT	45:43
13	TOM HECEMOVICH	41	E. CALAIS, VT	46:43
14	MICHAEL NOONE	41	MONTPELIER, VT	47:22
15	JEFF JOHNSON	47	MONTPELIER, VT	48:28
16	STEVE BARROWS	47	WORCESTER, VT	49:16

17	MARIO BONACORSI	48	BARRE, VT	51:11	11	GENE NICHOLS	58	STOWE, VT	48:59
18	MARK SKELDING	42	MONTPELIER, VT	51:13	12	RON RIDLON	54	MORRISVILLE, VT	49:22
19	DAVID KRAUS	45	STOWE, VT	52:23	13	JOHN KAEDING	53	WORCESTER, VT	49:46
20	DENNIS CASEY	42	WATERFORD, VT	54:25	14	TIM MAKER	55	CALAIS, VT	49:48
21	PAUL DE LUCA	41	BARRE, VT	59:26	15	MIKE BENOIT	51	MONTPELIER, VT	52:56
22	JEFF NERNEY	44	CASTLETON, VT	59:46	16	PIERRE ST. ONGE	53	STOWE, VT	56:16

MEN 50-59

1	TOM FOLTZ	52	STOWE, VT	42:21
2	GREG GERDEL	54	MONTPELIER, VT	43:26
3	LOWELL VANDERLIP	54	ADAMANT, VT	44:36
4	BILL JONES	58	BEDFORD, QUE	44:49
5	PETER FARR	51	JOHNSON, VT	45:17
6	GLENN GERSHANEK	53	MONTPELIER, VT	45:25
7	BILL HELLA	59	ESSEX JCT., VT	45:29
8	DAN ST. JOHN	52	E. CALAIS, VT	47:12
9	MIKE SHAVER	52	BRADFORD, VT	48:07
10	ROBERT SEARLES	52	WOLCOTT, VT	48:20

MEN 60-69

1	BERT MOFFATT	66	WILLISTON, VT	47:08
2	WENDELL CARR	61	S. BURLINGTON, VT	51:27
3	STEVE BRADISH	62	WILLISTON, VT	52:28
4	TOM SISSEL	61	S. BURLINGTON, VT	61:23
5	BOB OLKIN	61	WAITSFIELD, VT	63:19
19	JOHN TOBIN	56	WILLISTON, VT	60:30
20	RICHARD FERNO	57	WILLIAMSTOWN, VT	63:49
21	JOHN MALTER	53	WATERBURY CTR., VT	68:33

27th Annual PAUL MAILMAN MONTPELIER 10 Miler

June 23, 2001

Official Race Results

USATF #VT97003WN

OVERALL WINNERS: Male: GREG WENNEBORG, 55:06;
 Female: SUMMER SETTELL, 1:09:20

DIV./ OVRALL / NAME / AGE CITY / TOWN TIME

WOMEN 18-29

1	24	Summer Settell	24	Medford, MA	1:09:20
2	29	Stephanie Schnakenber	28	Tuscon, AZ	1:11:22
3	47	Meredith Getler	24	Brookline, MA	1:15:43
4	52	Brianne Fowles	22	Tunbridge, VT	1:16:22
5	81	Carrie Webber	25	Salem, MA	1:22:10
6	95	Kara Barbalunca	23	Burlington, VT	1:24:04
7	111	Abby Moskowitz	27	Starksboro, VT	1:26:52
8	116	Krystal Jenks	19	Vershire, VT	1:28:02
9	120	Monika Moran	27	Essex Jct., VT	1:29:18
10	124	Laurie Coe	27	Cambridge, MA	1:30:35
11	134	Juliana Barbalunca	21	Burlington, VT	1:34:49
12	138	Ellen Parker	26	Malden, MA	1:35:57
13	141	Jesse Rennau	22	Moretown, VT	1:39:21
14	155	Caroline Cole	26	Brooklyn, NY	1:50:59

WOMEN 30-39

1	33	Jessica Cover	31	Richmond, VT	1:12:52
2	41	Sandy Colvin	33	Montpelier, VT	1:14:47
3	49	Gail Martin	35	Sharon, MA	1:16:03
4	61	Nancy McDonald	36	Weymouth, MA	1:18:50
5	63	Laura Medalie	38	E. Montpelier, VT	1:19:09
6	66	Sharon Fine	38	Danville, VT	1:19:51
7	69	Leslie Myers	33	Burlington, VT	1:20:27
8	79	Andrea McLaughli	38	Barre, VT	1:22:00
9	80	Kathy McArdle	39	Barre, VT	1:22:02
10	84	Katrina Phillips	30	Montpelier, VT	1:22:38
11	94	Sarah Winkley	34	Belmont, MA	1:23:53
12	104	Gail Pelkey	36	Waterbury, VT	1:25:33
13	130	Rebecca Diedrich	37	Berlin, VT	1:33:08
14	143	Christine Seyfrie	33	New York, NY	1:38:41
15	147	Dee Jones	34	Middlesex, VT	1:42:16
16	153	Elizabeth Doughty	33	Warren, VT	1:49:13

WOMEN 40-49

1	27	Donna Smyers	43	Montpelier, VT	1:10:37
2	82	Ann Bushey	43	Montpelier, VT	1:22:18
3	90	Carol Ayer	41	Montpelier, VT	1:23:22
4	99	Milly Archer	44	Montpelier, VT	1:24:54
5	108	Linda Wheatley	42	Montpelier, VT	1:26:15
6	131	Linda King	46	S. Duxbury, VT	1:33:19
7	135	Denise Bean	41	Chelsea, VT	1:35:03
8	142	Laura Nelson	40	Topsham, VT	1:37:41
9	144	Susan Bussiere	44	Montpelier, VT	1:38:43

WOMEN 50-59

1	54	Patty Foltz	53	Stowe, VT	1:16:40
2	59	Judy Romuos	50	Billerica, MA	1:17:45
3	71	Wendy Burbank	58	Boxford, MA	1:20:48
4	109	Mary Hakey	50	St. Albans, VT	1:26:25
5	110	Lane Dunn	54	Burlington, VT	1:26:44
6	118	Dot Helling	51	Montpelier, VT	1:28:37
7	137	Rosemary Rusin	58	Florence, VT	1:35:46
8	151	Elizabeth Meiklejohn	53	E. Calais, VT	1:47:23
9	154	Patricia Rennau	52	Moretown, VT	1:49:14
10	157	Vera Nichols	52	Stowe, VT	1:54:57
11	158	Babette Kulka	58	Hallandale, FL	1:58:40

MEN 18-29

1	3	Nick Richardson	23	Boston, MA	58:01
2	5	Andrew Baird	28	Fairlee, VT	58:58
3	6	Kevin Gorman	24	Brockton, MA	1:00:17
4	7	Jeremy Davis	21	E Montpelier, VT	1:02:46
5	16	Tyler Sperry	27	S Burlington, VT	1:08:07
6	38	Peter Christopher	25	E. Randolph, VT	1:14:21
7	50	Anthony Iarrapino	25	S. Royalton, VT	1:16:19
8	86	Weston Donehower	28	Burlington, VT	1:23:09
9	89	Matthew Mazloff	23	Burlington, VT	1:23:20
10	93	Robert MacDougall	26	Quechee, VT	1:23:51
11	106	David Coe	23	Mashpee, MA	1:26:08

12	107	Scott Imperatore	26	Arlington, MA	1:26:10
13	112	Mark Moskovitz	28	--	1:26:52

MEN 30-39

1	1	Greg Wenneborg	33	Tucson, AZ	55:06
2	2	Marc Gilbertson	32	Hyde Park, VT	56:15
3	8	Kevin Hayes	36	Medford, MA	1:03:13
4	15	Richard Craigen	33	Fitchburg, MA	1:07:40
5	30	Jeff Gould	36	Westminster, MA	1:11:35
6	32	Todd Drolette	34	Burlington, VT	1:12:23
7	34	Domenick D'Amico	33	Brookline, MA	1:12:54
8	40	Mark Sferrazza	37	N. Easton, MA	1:14:28
9	51	Bill Morvan	36	Northfield, VT	1:16:19
10	58	Scott Hakey	35	St. Albans, VT	1:17:37
11	65	Rodger Krussman	34	Montpelier, VT	1:19:35
12	96	David Cameron	30	Berlin, VT	1:24:06
13	105	Jamie Sikora	35	Henniker, NH	1:25:45
14	117	Andrew Starzec	34	Barre, VT	1:28:31
15	121	Curtis Picard	32	E. Calais, VT	1:29:24
16	139	Greg Menounos	35	Watertown, MA	1:35:56
17	159	David Boyle	35	Montpelier, VT	2:05:42

MEN 40-49

1	4	Sam Davis	40	Colchester, VT	58:24
2	10	Tom Linebach	42	Jericho, VT	1:06:16
3	11	Tony Treanor	49	Swanton, VT	1:06:22
4	12	Dave Birse	42	Hancock, NH	1:06:59
5	13	Jamie Shanley	48	E. Montpelier, VT	1:07:21
6	14	Peter Brook	41	S. Boston, MA	1:07:26
7	17	Charles Windisch	47	Essex Jct., VT	1:08:33
8	18	Tim Noonan	45	Montpelier, VT	1:08:36
9	19	Mark Nelson	47	Jericho, VT	1:08:43
10	20	Monte Pappas	42	Williston, VT	1:09:00
11	23	Don Burke	44	Mansfield, MA	1:09:14
12	25	Dave Tyler	42	N. Andover, MA	1:09:25
13	36	Jack Foley	48	Braintree, MA	1:13:50
14	39	Bradley Poster	46	Marlboro, VT	1:14:24
15	44	Tim Drolette	40	Morrisville, VT	1:15:10
16	46	Rick Baccus	48	Bristol, RI	1:15:26
17	53	Fred Rogers	48	Burlington, VT	1:16:34
18	55	Mike Moller-Marino	47	Middletown, CT	1:17:14
19	57	Joe Duvall	47	Kanata, ONT	1:17:23
20	60	Norm Robinson	45	Montpelier, VT	1:18:28
21	64	Gunnar Steates	43	Milton, VT	1:19:13
22	67	David Martin	41	Sharon, MA	1:20:02
23	72	Rick Jones	43	Billerica, MA	1:20:57
24	73	Greg Billington	45	Cambridge, MA	1:21:26
25	76	Jeff Murchie	49	Springfield, VT	1:21:51
26	78	Bruce Gould	49	Lyndon Ctr., VT	1:21:55
27	83	Rick Steckler	40	E. Topsham, VT	1:22:29
28	85	Gerard MacDonald	46	Springfield, VT	1:23:03
29	92	Michael Noone	41	Montpelier, VT	1:23:43
30	98	James Schneider	44	Weymouth, MA	1:24:31
31	100	Wayne Brownell	47	Essex Jct., VT	1:25:01
32	102	Ray Zirblis	47	Northfield, VT	1:25:24
33	114	Eric Levin	47	Waltham, MA	1:27:27
34	115	E. Dowling	45	Milton, MA	1:27:40
35	125	Steve Lanzilotta	45	Hanover, MA	1:30:48
36	129	David LeBlanc	40	Eden Prairie, MN	1:31:56
37	132	Dan Casey	42	Montpelier, VT	1:34:01
38	133	Peter Coleman	44	S. Burlington, VT	1:34:31
39	146	Erik Schwarz	41	Montpelier, VT	1:41:55
40	150	Paul DeLuca	41	Barre, VT	1:46:42

MEN 50-59

1	9	James Imprescia	52	Leominster, MA	1:03:30
2	22	John Valentine	51	Roxbury, VT	1:09:11
3	26	Hank Gediman	54	Newton, MA	1:10:29
4	28	Patrick Burke	53	Winooski, VT	1:11:06
5	31	Noel Robinson	53	Boston, MA	1:11:53

6	35	Robert Clark	50	Northfield, VT	1:13:46
7	37	Rick Paulsen	57	Woburn, MA	1:13:55
8	42	Joe Hayes	52	Randolph, VT	1:14:49
9	43	Manny Arruda	50	Somerville, MA	1:14:56
10	45	Glenn Gershanec	53	Montpelier, VT	1:15:21
11	48	Peter Orni	58	Fitchburg, MA	1:15:52
12	56	Chuck Arnold	54	Huntington, VT	1:17:15
13	62	Dave Simmons	50	Fairhaven, MA	1:18:51
14	68	Robert Searles	52	Wolcott, VT	1:20:19
15	74	William Jones	58	Bedford, QUE	1:21:45
16	77	Ray Boutotte	55	Pepperell, MA	1:21:53
17	87	John Kaeding	53	Worcester, VT	1:23:12
18	88	Dan St. John	52	E. Calais, VT	1:23:14
19	91	Gene Nichols	58	Stowe, VT	1:23:40
20	101	John Goldrosen	51	Whitman, MA	1:25:17
21	103	Peter Wallan	58	Sharon, MA	1:25:27
22	113	Dave Pedley	59	Ottawa, ONT	1:27:20
23	123	Tom Micka	50	Newtonville, MA	1:29:58
24	126	Newton Baker	59	Montpelier, VT	1:30:51
25	127	Ron Trippett	58	Topsfield, MA	1:31:00
26	128	Fred Bollen	53	Swampscott, MA	1:31:11
27	136	Pascal DeBlasio	51	Williston, VT	1:35:19
28	140	Steve Lomardo	52	Maynard, MA	1:37:16
29	145	Pierre St. Onge	53	Stowe, VT	1:40:44
30	148	Vince Feeney	58	Burlington, VT	1:42:59
31	149	Burt Bryan	57	Norwell, MA	1:44:23

MEN 60-69

1	21	Doug MacGregor	62	Lebanon, NH	1:09:05
2	70	Paul McDermott	66	Fitchburg, MA	1:20:30
3	75	Bert Moffet	66	Williston, VT	1:21:46
4	97	Chas. Christiansen	61	Berlin, VT	1:24:20
5	119	Albert Schlitter	62	Wallingford, CT	1:29:13
6	122	Peter Buhl	60	N. Easton, MA	1:29:33
7	152	Fred Gladu	61	Woonsocket, RI	1:48:25
8	156	Ham Davis	64	Burlington, VT	1:51:29

Central Vermont Race Series 2001

In its second year, and again sponsored by Onion River Sports, the Central Vermont Race Series has expanded from 5 to 7 races. Results from the first 2 races are printed in this newsletter. The next race is Bear Swamp on Thursday evening, July 18. Results are calculated for each gender/age group using a simple percent-back formula, but only CVR members are eligible to win - another incentive to join CVR!

Membership renewal

Last call to renew your CVR membership for 2001. A color sticker on your address label means you have not yet renewed. Please send \$10 for family or individual membership to Laura Medalie, 150 Barnes Rd., Montpelier, VT 05602. Make checks payable to Central Vermont Runners. By now, all current members should have received a membership card in the mail. If you believe you have joined CVR for 2001 but have not received a card, call Laura at 229-4523 and she will mail one out to you. Card-carrying CVR members receive a 10% discount on running supplies at Onion River Sports. Memberships for 2001 expire March 31, 2002.

22nd Annual Berlin Pond Run Around

Sunday, August 5, 2001, 9:00 am

Another race of the Central Vermont Race Series 2001

PLACE: Berlin Pond, Berlin, VT.

SPONSORS: Central Vermont Runners and Onion River Sports.

REGISTRATION: Pre-registration by mail. Race-day registration from 7:30 am to 8:30 am at Maplewood Convenience Store, Route 62, Berlin, VT (Exit 7 off Interstate 89, turn right at the light, the store is on the right just past the Maplewood Restaurant.)

FEE: \$6 pre-registration with completed entry blank (see below) -- must be received no later than 5 pm the day before the race; \$8 registration on race day.

COURSE: USAT&F certified course #VT87002BT. A single 8-km loop counter-clockwise around Berlin Pond. First half hilly, second half flat and fast, all dirt road. Water stop at midpoint. All kilometers are marked, as well as the first mile. No baby joggers or walkmans are permitted.

DIVISIONS: FEMALE - Under 20, 20-29, 30-39, 40-49, 50-59, 60+
MALE - Under 20, 20-29, 30-39, 40-49, 50-59, 60+

OFFICIAL ENTRY FORM

Name : _____ Age _____ Birthdate _____

Mailing 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 18 my parent or guardian, waive and release the Central Vermont Runners Club, the Town of Berlin, all sponsors, the USA Track and Field Association and the New England USATFA from all claims or liabilities arising out of my participation in this event.

Signature: _____ Date: _____

Signature of parent or guardian if entrant under 18 years of age.

Mail with entry fee (checks made payable to Central Vermont Runners) to: Michael Chernick, 11 Cityside Drive #75, Montpelier, VT 05602. (For more info call Michael at 223-0918.)

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

- Tuesdays, through October, 5:30pm. **CVR Fun Runs**, 2, 4, or 6 miles. Montpelier, Green Mountain Drive, Liquor Control Bldg. 0.2 miles west of high school.
- Thursday, July 12, 6pm. **CVR Bear Swamp Run**, Middlesex, VT. 5.7 hilly miles. Tim Noonan, 223-6216. *See application inside.*
- Sunday, July 15, 9am. **Stowe 8-miler**, Stowe, VT, John Elkins, 802-253-4146, www.stowe8miler.org
- Wednesday, July 18, 6:30pm. **CVR meeting**, Michael Chernick's, Murray Hill, Montpelier, 223-0918.
- Saturday, July 21, 3-6 pm. **GMAA-CVR Challenge and Picnic**. Fun event at Catamount Family Center, Williston, to celebrate GMAA 25th anniversary. 3x3K relay at 4 pm and picnic at 5 pm. Steve Eustis, 878-4385. *See flyer in this issue.*
- Sunday, August 5, 9am. **CVR 22nd Annual Berlin Pond Run Around 8K**, Berlin, VT, Michael Chernick, 802-223-0918. *See application inside.*
- Saturday, August 11, 9am. **GMAA 9th Annual Scholarship Cross Country 5K**, S. Burlington, VT, Mike Desanto, 802-893-0547, www.gmaa.net
- Saturday, August 25, 9am. **GMAA 23rd Round Church Women's Run 5K/10K**, Richmond, VT, Deb Tirrito, 655-5266, www.gmaa.net
- Saturday, September 1, 9:30/10:30am. **24th Annual Northfield Savings Bank 5K and Children's 1-Mile**, Northfield, VT, Carol Fugazy, 802-485-5265.
- Monday, September 3, 8am. **GMAA Mount Mansfield Toll Road Fun Run**, Bill Everett, 879-1687.
- Saturday, September 8, 9am. **GMAA 34th Annual Archie Post 5-Miler**, Burlington, VT. Vermont's oldest race! Steve and Cathy Eustis, 802-878-4385, www.gmaa.net.
- Sunday, October 7, 11am. **CVR 18th Annual Leaf Peepers Half Marathon and 5K**, Waterbury, VT, Darragh Ellerson, 802-223-2080, www.vermontrunning.com.



Central Vermont Runners
c/o Jamie Shanley
Box 152
Montpelier, VT 05601

President: Richard Cleveland
Vice President: Darragh Ellerson
Secretary: Michael Chernick
Treasurer: Laura Medalie
Webmaster: Dave Kissner
<http://www.cvrrunners.org>

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Bear Swamp, July 12 – application inside; CVR meeting, July 18.