



May 2003  
Volume 24, Issue 1

# Central Vermont Runners

## May 2003 Newsletter

### What's Inside:

- Upcoming Events
- CVR Summer Fun Runs
- Minutes of Annual Meeting and Officer Elections
- Results of the 7<sup>th</sup> Annual Mutt Strut

### Boston or Bust!...or...Boston a Bust?

Dot Helling

Everything is about perspective. Going into Boston this year I really had no idea what to expect. My condition seemed good and I was excited about this annual spring rite and being down there with so many good friends. It was also my first Boston since my knee surgery and the 15th time I've run the event. But it was not to be a race or even a run, but a "walk in the park" with my good friend Eric Ryea.

We started out overwhelmed by the commotion. John Martin noted later that he was exhausted before we even started after the expo, the pasta feed, the starting ado and all the noise. This year's corrals were narrowed so that the runners were strung back further than I ever recall. Even in the 100th, when I had a higher (meaning slower qualifying time) number than this year, I was not as far back in starting as in 2003. Additionally, at each corral they placed a loudspeaker. A loud deep voiced (*continued on page 5*)

### President's Message

Richard Cleveland

Somebody else would be writing this to you if things had turned out at the CVR annual meeting as they were supposed to - but they didn't, and instead of a bright, shiny new president, you have the dull, old '02 model. My term expired at the end of March, and after two years in office I'm ineligible to serve another consecutive term. We elected all the other officers - vice president, secretary and treasurer - but no one stepped forward to run for president, so here I am. I'll continue in office only until we have a volunteer - which I hope will be soon.

This points up a problem in the Club, that of getting new blood involved in our activities (or at least in interesting some of the older blood to become active again). We've seen this for the last three or four years in both Club business and in our races, where the same faithful core of about a dozen people show up to help at all the events. You might remember my plea two years ago for new people to help run our premier event, the Leaf Peepers half-marathon and 5K. Faced with the prospect of the collapse of this event because so many volunteers were burned out, a number of new people turned out to help and saved the race.

This is more or less the situation in which we find ourselves with regard to the Club and our other events. The Club is over 20 years old now, and we have a number of members who've been with it all or most of that time, who have helped year in and year out, who have held most of the offices at one time or another, and who have directed races year after year. Several of these folks were at the annual meeting, and they all declined the presidency - and no one criticized them for doing so. (*continued on page 2*)

**President's Message** (continued from page 1)

The Club needs a president - the hours are not long, the duties are not onerous, and if the pay isn't great, the companionship is wonderful. There are enough ex-presidents at meetings to keep you pointed in the right direction. If you're interested in serving the Club for a year, please e-mail me at [markii@tds.net](mailto:markii@tds.net), or give me a call at 485-8892.

But more than this, we need new people to help at our races through the year. The races simply cannot take place without the assistance of volunteers. We have several coming up in the next two months, and the directors desperately need your help to keep these going. I don't want to sound melodramatic, but without new blood, some of these races may fold. Please call or e-mail me if you want to help.

## Central Vermont Runners 2003 Summer Fun Runs & Walks

Central Vermont Runners summer fun runs are held every Tuesday evening, from April through October, during the Daylight Savings Time period. Distances are on an out-and-back course of 2, 4 and 6 miles. Runners and walkers are welcome.

**When?** Tuesday evening fun runs start at 5:30 pm *sharp*. The first fun run for 2003 will be on **April 8**, and the last one will be on **October 21**. (Join us for dinner at Julio's Restaurant to celebrate the end of the fun run season after the October 21st run!). Timed Fun Runs begin the first Tuesday in May; however we can't guarantee that every Fun Run will be timed.

**Location:** Unless otherwise noted, fun runs begin and end at the parking lot of the Vermont State Liquor Control Warehouse at the end of Green Mountain Drive in Montpelier, VT. Visit our website ([cvrunners.org](http://cvrunners.org)) for directions.

Come join us for a fun time!

## CVR Member Results from Recent Local and Regional Events

<b>GMAA 24<sup>th</sup> Kaynor Sap Run</b>		<b>April 13, 2003</b>
Susan Hackney	Montpelier	41:54
Dot Martin	Montpelier	43:15
Steve Eustis	Essex Junction	44:17
John Martin	Montpelier	47:26
 <b>BAA 107<sup>th</sup> Boston Marathon</b>		 <b>April 21, 2003</b>
John Valentine		4:03:37 / 3:57:19
Dot Helling	Montpelier	4:57:26 / 4:51:09
 <b>GMAA 25<sup>th</sup> Rollin Irish Half Marathon</b>		 <b>April 26, 2003</b>
Dot Helling	Montpelier	1:46:45
Tina Sutton	Barre	1:49:11
Joe Loga	Montpelier	1:52:34
Dick Millar	South Burlington	1:56:26
Beth Eliason	Waitsfield	2:05:13



## Seventh Annual Mutt Strutt Results

3-mile race for canine-human teams

Waterbury, VT, -- April 27, 2003

A beautiful day made up for last year's rain/snow mix and brought out a record crowd to the Mutt Strutt this year. Chris Howard and Cinder led the way over the 3-mile course in 19:21. Ed McSweeney with Roxy and Bruce Linton with Noah were in close pursuit. Fourth overall and topping the women's chart was the team of Dot Martin and Kona, who have run this race many times and won outright in 1999. Hannah Spitz (8th overall) and Lisa Kingsbury (10th overall) were second and third for the women. Tim Noonan and Gus continued their unbroken string, having competed in all seven Mutt Strutts, but after winning 3 times including 2001 and 2002, they were pack in the pack this year. Is it the end of a dynasty?

We express our sincere gratitude to our faithful longstanding 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. Thanks also to the volunteers -- Eric Ryea, Pavel Cherkasov, Andrea Donlon, Mitchell Stupp, and an unidentified male volunteer who helped at the finish. And a special thanks to Michael Chernick for filling in for Donna Smyers on race day. Thanks finally to the human-canine teams. Your entry fees and additional contributions made possible a donation of over \$300 to the Central Vermont Humane Society. See you again next year!

Donna Smyers and Jamie Shanley, co-Directors

Place Overall	Place Category	Owner	Dog	Sex	Age Group	Home Town	Dog Size	Time
1	1	Chris Howard	Cinder	M	40-49	Underhill	Large	19:21
2	1	Ed McSweeney	Roxy	M	50-59	Montpelier	Large	19:33
3	2	Bruce Linton	Noah	M	40-49		Large	19:45
4	1	Dot Martin	Kona	F	40-49	Montpelier	Small	20:32
5	1	Brian Beakey	Rosie	M	30-39	"Hampton, NH"	Small	21:21
6	1	Jeff Kennan	Jack	M	30-39	"Wayland, MA"	Large	21:23
7	2	Bill Heigis	Jake	M	30-39	Montpelier	Large	21:30
8	1	Hannah Spitz	JoJo	F	0-19	Essex Jct.	Large	21:36
9	2	Tom Foltz	Jammer	M	50-59	Stowe	Large	21:50
10	1	Lisa Kingsbury	Sipps	F	30-39	Stowe	Large	22:00
11	2	Sue Drapp	Nuggett	F	40-49	S. Duxbury	Small	22:17
12	3	Roger Clapp	Blueberry	M	40-49	Waterbury	Large	22:20
13	4	Jerry McMahan	C-Core	M	40-49	Duxbury	Large	22:25
14	2	Bob Stohl	Gemma	M	30-39	Colchester	Small	22:39
15	5	Tim Noonan	Gus	M	40-49	Montpelier	Large	23:30
16	1	Lori Hennessey	Heidi	F	30-39	Hinesburg	Small	24:22
17	1	Dot Helling	Smoochie	F	50-59	Montpelier	Large	24:32
18	2	Heidi Hales	Oliver	F	30-39	Burlington	Small	26:20
19	3	Pamela Clapp	Alex	F	30-39	Waterbury	Small	26:28
20	3	Neil Nussbaum	"Poppet, Balthazar"	M	30-39	Moretown	Large	26:46
21	2	Laura & Jim Byrne	Norie	F	30-39	Warren	Large	27:16
22	1	Phyllis Boltax	Shayna	F	50-59	Montpelier	Small	27:20
23	2	Merill Cray	Mako	F	50-59	N. Middlesex	Large	27:30
24	2	Andrea McMahon	Redwood	F	50-59	Duxbury	Small	27:55
25	1	Phyllis Arsenault-Berry	Mikk	F	40-49	Duxbury	Large	29:45
26	1	Gregory Snow	Fal	M	0-19	North Clarendon	Small	30:09
27	2	Deb Roderer	Muddy	F	40-49	Richmond	Large	30:10
28	1	Emily Noyes	Melody	F	20-29	Berlin	Large	34:25
29	2	Derek Lowe	Kenzie	M	0-19	Waterbury	Small	35:38
30	3	June Middleton	Lucy	F	50-59	Waterbury Center	Small	36:25
31	3	Alex Hennessey	Chubby	M	0-19	Hinesburg	Small	39:30
32	1	Shannon Hennessey	Lucky	F	0-19	Essex Jct.	Small	39:31
33	3	Kim Kendall	Sandy	F	30-39	E. Montpelier	Large	40:20
34	2	Randi Lowe	Yanta	F	0-19	Waterbury	Small	43:00
35	2	Carole Frey	Bear	F	0-19	Moretown	Large	45:24
36	3	Nancy Frey	Frisbee	F	40-49	Moretown	Small	45:26
37		Fred Frey	no dog	M	40-49	Montpelier	Small	45:26
38	4	Robin Perez	Willy	F	30-39	Winooski	Large	46:04
39	3	Ashley Robbins	Sled	F	0-19	Waterbury	Small	46:46
40	4	Danielle Hampton	Daisy	F	30-39	Waitsfield	Small	47:32
41	5	Cathy Fetten	Rita	F	30-39	Waitsfield	Small	47:34
42	4	Vicky Viens	Angel	F	50-59	Waterbury	Small	49:30
43	4	Amy Roderer	Khaja	F	0-19	Richmond	Small	50:02
44	5	Katie Baxton	Brooke	F	0-19	Richmond	Small	50:04
45	1	Ethan Cody	Libby	M	0-19	Barre	Large	52:24
46	3	Betsy Cody	Madaker	F	40-49	Barre	Large	52:26
47	4	Cindy Isabelle	Oakley	F	40-49	Barre	Large	52:29
48	4	Andrea Stander	Blueberry	F	50-59	Montpelier	Small	63:07
49	3	Ashley Fisk	Mocha	F	0-19	W. Berlin	Large	63:07
DNS		Michelle Anderson	Bo	F	20-29	S. Burlington	Large	
DNS		John Halpin III	"Rise, Shine"	M	50-59	Thetford Center	Small	

## Central Vermont Runners Meeting Minutes

Annual Meeting  
March 30, 2003

*Betty Rose, Secretary*

The Annual Meeting of the Central Vermont Runners was called to order by President Richard Cleveland at 4:45 pm on Sunday, March 30, 2003, at the home of Betty Rose. Ten club members attended the meeting.

**Election of Officers:** The following club officers were nominated and approved:

Vice President:	Michael Chernick
Secretary	Betty Rose
Treasurer	Laura Medalie

The office of President was not filled at the meeting. Rowly Brucken was nominated but was not present to accept the nomination and could not be reached by phone. It is hoped that either Rowly or another club member will step forward to fill this office.

**Appointments:** Beth Eliason was appointed to be the new newsletter editor. Dave Kissner was appointed to continue as Webmaster.

**Meeting dates:** 2003 CVR meetings will be held as follows:

June 2<sup>nd</sup>, 6:30 pm at the home of Darragh Ellerson  
August 4<sup>th</sup>, 6:30 pm at the home of Michael Chernick  
September 22<sup>nd</sup>, 6:30 pm at the home of Tim Noonan  
November 17<sup>th</sup>, 6:30 pm at the home of Betty Rose

**Annual dues:** A discussion was held regarding dues. Currently the annual rate for both an individual and a family is \$10.00 but RRCA is charging per person with no family rate. A motion was made and seconded to charge \$10.00 for an individual and \$15.00 for a family. During the discussion on this motion, problems with RRCA were raised. It was also determined that currently CVR has sufficient money to support operations without raising the dues. Therefore, the Motion was withdrawn and there will be no change in dues at the current time.

**Spending Club funds:** Two suggestions were made for spending the Club funds. The first was a charitable activity for the collection of old running shoes to ship to third world countries. The second was the purchase of a timing clock. This item (clock purchase) will be placed on the agenda for the next meeting. Tim Noonan will check on prices of clocks.

**Website:** Dave Kissner reported that he has been paying \$25/month for a website (\$12.50 is CVR portion) but there is a new non-profit plan with a discounted \$16.00 rate. The monthly fee must be electronically withdrawn from a bank account. A Motion was made, seconded and approved to authorize CVR's payment for this website access at the nonprofit discount rate.

**Race applications:** Donna Smyers requested that all race directors have the race applications ready to be mailed by May 1<sup>st</sup>.

The meeting adjourned at 6:00 pm.

**The Next CVR Meeting and Pot-luck dinner will be Monday June 2 at 6:30 pm**

The meeting will be held at the home of Darragh Ellerson. Please contact Darragh at (802) 223-2080 or visit our website at [cvrunners.org](http://cvrunners.org) for directions.

**Boston or Bust!...** *(continued from page 1)*

Bostonian male was yelling orders and directions at a volume that hurt the ears and made everyone frantic. To me, the experience was awful compared to the 100th or any other Boston I have run. The field was the second largest ever, 20,000 official runners plus thousands of bandits. The spectating crowd was at least 10 deep most of the way to Boston. It was a very warm day in the 70's with a warm headwind that eliminated most signs of perspiration. Eric and I shared the same corral, #10, and started together. Our first 10 miles were what we wanted but I knew that I was not going to enjoy the run. A sore throat and head congestion were taking its toll. Surprisingly Eric felt the same for different reasons. So we determined to jog our way to the finish line in each other's company and enjoy the day. Alas, at mile 12, Eric had to walk and, by mile 14, I was trying to convince him to drop. We stopped for a conference with our friend Diane at mile 16. Eric wanted to grit it out and walk to Boston. I wanted to stay with him. So, that's what we did, walked and slowly jogged our way to the finish. Eric was extremely dehydrated and experiencing some kind of electrolyte or chemical imbalance but his spirits were good. Neither of us cared much about time at that point.

I found it incredibly inspiring to be at the back of the pack and in a state of mind and body where I could comfortably take in all the sights. The physically challenged runners were amazing. A woman named "Suze" who had either a prosthetic leg or a massive leg brace leapfrogged with us and was full of determination to keep going, and she did! We were surrounded by MS runners and cancer survivors and body types that no one would ever guess could run any where close to 26 miles. But they were all doing it! And the crowd, even though the noise level was more than Eric or I could stand, the enthusiasm for the runners, and particularly the disabled ones, was awesome. Each kid wanted to touch us and thousands of spectators wanted to take care of us with offerings of food, drink, sponges, and more. I almost grabbed a beer climbing up Heartbreak Hill but thought better of it. The Belmont water on the course was disgusting and I was not drinking much so that alcohol would not have been a good choice in the heat with so many miles to go.

At 22 miles I told Eric that we had to break 5 hours. We never worry about breaking 4 hours so it seemed pretty funny to be going for five as a goal. Eric looked at his watch and said "no problem." Except, his watch was at chip time, and I said "no, 5 hours official time." He responded "oh no, that means I have to run more." "Yes, you do!" was my response and off we went. We jogged for a couple of miles before the next walk and then off and on until mile 25 or so. At that point we planned that we would run the stretch to the finish and that we should prepare for that. First it would be the right turn onto the side street before the final stretch. Then it became the left turn onto the final stretch. The jog began just before the left turn and down the stretch until just about 20 feet from the finish line when Eric's upper body went into a freak distortion of cramps and he seized up. I raised his right arm and pulled him across the line in 4:57. He claims he won't go back but we're both qualified for 2004 and I'm working on him. Seems like we should RUN Boston at least one more time.

There were many more Vermonters running this year than in the past, and many of them from Central Vermont. Congratulations to all who participated and made it! Some of the Vermont participant times were truly great given the conditions. Take a look at the results on the Web, in Vermont Sports Today, or in our newsletter. See you at the races!



## Upcoming Events

Date TBA, 8:30 am CVR Kids' Track Meet, Montpelier.  
Norm Robinson 802 223-7351, Tim Noonan 802 223-6216.

Saturday June 14, 9:10 am Capital City Stampede 10K, Montpelier.  
Sam Davis 802 655-3611.

Saturday June 28, 8:45 am Paul Mailman Montpelier Ten-Miler.  
Dave Kissner 802 229-4523.

Thursday July 10, 6 pm Bear Swamp Run 5.7 miles, Middlesex.  
Tim Noonan 802 223-6216.

Thursday, August 14, Time TBA Berlin Pond Run Around 8K.  
Mike Chernick 802 223-0918.

Saturday, August 30, 9:30 / 10:30 am. Northfield Savings Bank 5K  
Foot Race and Children's 1-Mile Race. Northfield Savings Bank,  
802 485-5227.

### 2003 Officers:

President: Vacant  
Vice President: Michael Chernick  
Secretary: Betty Rose  
Treasurer: Laura Medalie  
Webmaster: Dave Kissner

Visit the CVR Website at [www.cvrrunners.org](http://www.cvrrunners.org) for more information



c/o Beth Eliason  
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May 2003