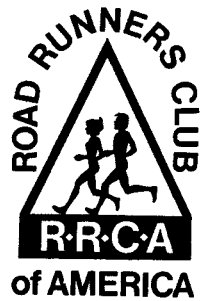


# Central Vermont Runners NEWSLETTER

VOL 6 FEB MAR '85 NO 2



"...the promotion and encouragement of physical fitness through running."  
(Art. 2-Sect. 1)

" If a member fails to pay his dues by the 1st of March, membership shall end."  
(Art. 5-Sect. 2)

KEEP YOUR NEWSLETTER COMING AND SUPPORT  
CVR BY SENDING THE COMPLETED FORM BELOW AND  
YOUR MEMBERSHIP FEE TO:

Darragh Ellerson  
Upper North St.  
Montpelier, Vt. 05602

ANNUAL MEMBERSHIP - RENEW OR JOIN

Rates: \$4 for single member  
\$4 plus \$1 for each additional member for family membership  
\$6 for CVR T- shirts

## CENTRAL VERMONT RUNNERS - Membership Form

Last Name                      First Name                      Middle Initial

Street                              City/Town                      State                      ZIP

Date of Birth \_\_\_\_\_ Sex \_\_\_\_\_

Phone No (Home) \_\_\_\_\_ (Office) \_\_\_\_\_

T-Shirt size: S M L XL

Dues Paid: 80 81 82 83 84 85 86 87 88

Additional Members \_\_\_\_\_

### MEMBER DISCOUNTS

Present your membership card  
at the following establishments and  
receive discounts on running gear  
as indicated.

MILLER SPORTS-Montpelier  
10% off running shoes  
DOWNHILL EDGE-Burlington  
15% off running equipment  
ATHLETE'S FOOT-Burlington  
15% off running shoes  
VERMONT NORTH-Berlin  
20% off Head running shorts

NEXT CVR MEETING WILL BE MAR. 18th AT DARRAGH & DAVID ELLERSON'S; 6:30 PM  
" POT LUCK SUPPER " BRING YOUR FAVORITE DISH !

DEADLINE FOR APRIL NEWSLETTER ...APRIL 2

**C. V. R. Annual Meeting January 12, 1985**

The annual meeting was held at Jerry Carlson's house in Waterbury following running and skiing outdoors.

Dot Helling reported that eight or nine members had signed up for Wedgewood membership. Ten are needed to get the special membership.

The following members were nominated and elected:

President - Jeff Shutak  
Vice President - Norm Robinson  
Treasurer - Darrah Ellerson  
Secretary - Jerry Carlson  
Newsletter editor - Bob Howe  
Standards Committee Chairman - Bob Murphy (apparently appointed unanimously by acclamation.

Bob Howe requested some help with the newsletter and Dot and Debby volunteered. Norm volunteered to help with typing.

Volunteers for "running" fun runs were as follows:

Jeff for May;  
Dot & John for June;  
Darrah for July.  
August, September & October will be selected later.

Bob Murphy suggested that number of volunteers to handle a fun run could be reduced if a recording timer could be purchased & that it would also be especially useful for club runs. Bob will get information regarding cost of timer and of bull horn. He is authorized to purchase timer if cost is less than \$200; (It was alleged that he already has authorization to purchase bull horn.)

Darrah gave treasurer's report showing balance of \$769.07 which should be reduced by \$110 which we have committed to and tried to give for U-32 track fund. That will soon be reduced by \$150 due in dues.

Bob M. reported that G. M. A. A. has large digital clock which they will rent for races. We should consider renting for our big races.

Jeff reported many compliments on how well the Waterbury Leaf-Peepers (half-marathon) race was conducted.

Jeff and Darrah reported on plans for 10-miler. Hope was expressed that we could have a sponsored race with money prizes. Two possible sponsors have expressed interest; a third is sought.

It was the unanimous consensus of those present that we should add no more service groups to our races (other than those already involved with races). There seemed to be general agreement that it would be good if we were able to give running-related gifts to outstanding high school runners & to support local runners as in attending important races.

Annual banquet will be February 2 at Lobster Pot. We will try to telephone members to remind them to sign up.

Next meeting at Norm Robinson's house. "Turn right at Allen Lumber and go to the end of the road" - - - 48 Westwood Parkway, in Barre.



MONTPELIER SUMMER FUN RUNS - 1984

Personal Records by Distance and Age Group

Female 0-13	2mi	4mi	6mi				
Aja, C.	23:31			Wright, Barbara			35:41
Cano, T.	23:34			Young, Judi	16:33		34:42
DePetelli, M.	18:12						
Christiansen, Mary	25:09						
Donovan, H.	28:02			Female 30-39	2mi	4mi	6mi
Mitchell, C.	23:26						
Mitchell, R.	17:12			Austin, Betsy	13:39		
Mitchell, T.	22:01			Beaudin, Jo-Ann		34:29	51:40
Saudek, Holly	24:41			Behn, R.		34:17	
Stewart, Christine	18:48			Blow, Rhoda		35:39	
Tremblay, Karen	25:09			Corriean, Molly		29:09	
				Cray, Merrill			41:19
				Creswell, Nancy		32:25	45:32
Female 14-29	2mi	4mi	6mi	Eaton, Muriel			53:09
				Flanders, Polli	16:56		
Anney, Dawn	14:20			Gomu, S.		35:01	
Block, Alexia		31:44		Helling, Dot	13:13	28:49	41:10
Briham, Diane	14:21	33:38		Jacobs, Claudia	16:41	40:49	
Chickering, Sue	15:00	30:45		MacIntyre, Carole	17:35		
Creswell, Nancy			46:44	McKinney, Caroline		37:26	
Denis, Lori	13:37	30:56		Meiklejohn, Eliz.	14:26		
Dustin, Holly	16:42			Pirie, Jo Ellen	26:50		
Eardensohn, C	13:36			Racicot, Cindy	16:31	36:23	
Eaton, Muriel			52:56	Siderelis, Marianne		37:56	
Erdman, Zoe	12:28	26:39	41:45				
Fortier, Jo-Ann		29:48		Female 40-49	2mi	4mi	6mi
Gonneville, Nancy	16:36	34:45					
Hartson, Dorothy	15:29			Anders, Ellen			51:46
Hutchinson, Nancy	14:44			Christiansen, Sue	14:03	27:53	44:12
Kinsey-Warnock, N.			41:38	Flanders, Polli	15:48		
Labate, Mary	17:37	27:53	40:54	Hoiska, Elaine	14:40		
Lindemer, Deb	14:45	29:20	44:26	Nuquist, Reidun	16:40		
Liss, Mary	16:48			Plunket, Nancy	16:15		
McEntyre, Holly	20:47			Smith, Heidi	14:37	33:04	
Merwin, Kelly	15:58			Sumner, E.	20:46		
Nicholson, Lee		29:42		Tucker, Bev	15:43	33:24	49:50
Peterson, Joy		30:58					
Schamaun, C.	13:36			Female 50-59	2mi	4mi	6mi
Smith, Andrea	13:53	33:19	52:48				
Smith, Ellen		27:28		Batten, Anne		35:59	
Stackpole, Katie	14:09			Ellerson, Darragh	14:02	30:19	46:25
Stafford, Cindy	16:33			Kelley, Wilma	16:32		
Tucker, Betsy	15:54			Peterson, Jean	25:03		
Tulecke, Kim	17:59			Wilson, Marilyn	15:56	33:46	52:21
Wilson, L.	15:40						
Wisner, Leslie	18:35	38:13	59:19	Female 60-69	2mi	4mi	6mi
				Bryan, Vivian	20:54		



Lindemer, Geoff		23:16	37:05	SIMPSON, Tim		23:09		
Malter, John	15:46	35:43		Slayton, Tom				44:54
McDonald, Bob		23:17	37:58	Smith, Trent	14:29	33:19		
McKay, Robert	15:03	29:39		Wallace, Jim		26:41		41:42
Miles, Gordon	13:23	28:23		Wass, Leighton				43:47
Morris, R.			44:41	West, Jim		29:52		
Murray, L.		26:20	38:34	Yucelt, U.	17:28			
Peterson, John	11:47	25:24						
Potter, Tom			35:39					
Rich, G.			45:19	Male 50-59	2mi	4mi	6mi	
Robinson, Norm		27:14		-----	-----	-----	-----	
Sargent, John			39:33	Carlson, Gerow	11:54	31:29	39:17	
Shapiro, J.			45:43	Damon, Larry		23:37		
Shepard, Mike	17:00			Flanders, Ernie	14:21			
Shutak, Jeff		27:53	42:02	Hanna, Jim		33:43	49:58	
Smith, David			35:58	Kelley, Dave	16:31	37:23		
Sweeney, S.			48:26	Wilson, Bob	14:00	30:07	44:32	
Unger, Richard			45:23					
Valentine, John		22:34	37:46	Male 60-69	2mi	4mi	6mi	
Vasser, Gary		33:15		-----	-----	-----	-----	
Warnock, Tom			41:26	Morse, Dave	15:05	30:48	48:23	
Weixel, John		39:26						
Wisner, Jay	12:43	27:43	41:36					
Woodfield, Mike		28:26	41:23					
Young, David		28:08						
Zirblis, Ray			44:47					

Male 40-49	2mi	4mi	6mi
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Aja, R.	15:56		
Baker, Newton	12:13	27:29	40:40
Bertrand, Fred	15:35	32:34	47:54
Cashman, John		32:33	52:42
Cranse, Roger		27:57	44:49
Czaplinski, Richard		30:10	35:49
Davis, R.			47:32
Davis, Rod			45:56
Dow, Dave		32:04	47:40
Hanna, Jim		34:41	52:14
Kilcourse, Jerry	13:10	26:43	40:34
Lynn, Chris	12:29	28:05	43:08
Mallory, John			39:00
Marcy, Henry		25:55	38:16
Marsden, Ted		26:01	39:46
Mayo, Bill		28:11	
McEntyre, Joe		26:41	41:32
Mercier, Bob	12:34	25:46	
Miller, Larry	14:23	29:40	44:06
Murphy, Bob	10:50	22:48	36:29
Nuquist, Andrew	16:56		
O'Donnell, Bob	17:40	29:18	
Ohman, Paul	25:39		

Fun Runs entered: 5/01, 5/08, 5/15, 5/22, 5/29, 6/05, 6/12, 6/19, 6/26, 7/03, 7/10, 7/17, 7/24, 7/31, 8/07, 8/14, 8/21, 8/28, 9/04, 9/11, 9/18, ----, 11/02, 11/09, 11/16, 11/23.

# RACE SCHEDULE

\*\*\*\*\*  
FUN RUN - 2, 4 and 6 mi, every Tuesday, May through October. Liquor Control Warehouse on Green Mtn. Drive in MontPelier. 5:30Pm. 25 cent donation.  
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\*\*\*\*\*  
C - indicates races with CVR involvement. If you aren't running, your help would be greatly appreciated by the race director and crew.  
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# - indicates last year's information and the best guess available as to this year's date. Make further inquiry if you Plan to attend the race.

Mar 16 - WILLIAMSTOWN, MA - Williams College 24 Hour Relay, inside track, 10am, \$5 fee, Pete Farrell, 1 Latham St., Williamstown, MA 01267, 413-458-3630

# Mar 17 - WESTFORD, VT - Kaynor's Sap Run. Chapin Kaynor, 879-7483

Mar 24 - SCHENECTADY to ALBANY, NY - Price Chopperthon 30Km Race, 10am, \$6 by 11 Mar, \$7 Post. RRCA National Championship, \$5,000 in Prizes. Ray Newkirk, 518-438-8807

Mar 31 - BURLINGTON, VT - Leddy Park 5Km, 1Pm, \$1, Burl. Parks & Recreation, 864-0123

Mar 31 - WAITSFIELD, VT - Tucker Hill Triathlon/Quadrathlon, individual or team. 6mi Paddle (canoe or kayak), 8mi bike, 3mi XC ski, 4mi run. Date tentative. To be first to hear, send SASE to Tucker Hill Lodge, Waitsfield.

Apr 6 - SALEM, NY - April Fool's Race, 5km & 10km. See Mary Labate for details.

# Apr 14 - SWANTON, VT - Sap Run, 8.4mi, Endurance Sports, 524-4685

# Apr 14 - ST. JOHNSBURY, VT - 10km & 2mi races. See Henry Marcy for details.

Apr 15 - BOSTON, MA - BAA Marathon

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C May 11 - BERLIN, VT - Central Vt Rotary 5km, start & finish at U-32 school. Call Jeff Shutak for details. 476-4583  
\*\*\*\*\*

# May 11 - ESSEX CTR, VT - GMAA Half Marathon, Dave Jacobowitz,

## DOUBLE CENTURY PLANS EVOLVE

Plans for the Double Century (200-mile bike ride) scheduled for Friday, June 21, 1985 (the Summer Solstice)(rain date: June 22) are being formalized to ensure a well-organized, safe and enjoyable excursion. Here's some further information for those of you who may be interested in joining us.

Commencing at Derby Line on the Vermont/Canadian border, we will proceed south on Routes 5/5A through West Burke, St. J, Wells River, White River, Bellows Falls, Brattleboro and down Rte 142 to the Mass./N.Hamp. border. Since that's only 172 miles, we have a 6-mile warmup at the start and a loop back into Vermont at the finish to round out a full 200 miles.

### THE GOALS

1) Hitting the first 100, 2) Border to Border - length of the state from Canada to Massachusetts, 3) Hitting 200K, and lastly, and finally, 4) Completing the full Double Century. Whhee!

### THE GROUP

We've planned for a maximum of eight (8) riders, with six (6) crew members and three (3) vehicles. Two or three of the crew will ride the first 100 miles (a Century) before hopping in their respective truck or van. Thus far we have six riders (Larry Miller, Paul Wishinski, Dot Helling, John Peterson, Jeff Shutak and Bob Murphy) and four crew persons (Darragh Ellerson, Zoe Erdman, Molly Corrigan and Bob Howe). So, two more of each and the ranks will be complete. Call Dot or Larry if you're interested ASAP.

We will be spending the night up near Derby Line and getting a pre-dawn start. We expect to eat while we ride and MOST IMPORTANTLY, as soon as the weather warms and the roads clear, we will be planning long training rides together and DRAFTING PRACTICE. We will have a doctor along and will be able to shuttle riders home early if necessary. Once the full group is formed, we'll have a planning meeting to make sure we all are on the same wavelength and cover all planning bases.

WEDGEWOOD GROUP FORMED!

The CVR Corporate Group is formed and in place thoroughly enjoying membership at Wedgewood. Remember, the advantage of forming this group was to have the initial membership fee waived. All the group members pay is the monthly dues at the first of each month.

CVR members who have been with CVR for at least six (6) months can add on as group members with the same benefits on the first of each month. If you're interested, telephone Dot Helling (223-5797) before the 25th of the month preceding the 1st of the month in which you want to start. Membership requires a "spirit of commitment" to join for a year. You can choose from four (4) available plans ranging from \$25 to \$45 dollars a month with discounts for additional family members.

Once again, a sincere thanks to Murray Banks for helping coordinate this opportunity.

CENTRAL VERMONT RUNNERS  
c/o Bob Howe  
RFD #1  
Graniteville, Vt. 05654



National Running Data Center  
Box 42888  
Tucson, AZ 85733