



6-13-82
CVR NEWSLETTER



May 1982

Vol. 3, No. 3

MINUTES OF MARCH MEETING

FOR: Central Vermont Runners, Inc.
DATE: March 17, 1982 - 7:00 p.m.
PLACE: Norm and Martha Robinsons' Home - 48 Westwood Parkway, Barre, VT
ATTENDED BY: Norm and Martha Robinson; Jeff Shutak; Bob Oatley; Roger Whitcomb; Bob O'Donnell; Larry Willard; Bob Howe; Darragh Ellerson and Joe McEntyre

The following items were discussed:

1. The Howard Bank Race will be handled by Chip Stone and is scheduled for July 17, 1982.
2. The Treasurer's report from Roger indicated that \$299.94 was in the Treasury.
3. Roger proposed and the group accepted a fiscal year (July to July) for membership and accounting purposes.
4. A brief discussion was had concerning the status of the possible involvement of CVR with the Montpelier Track Meet.
5. Darragh indicated that Paschal DeBlasio did not want to handle the Berlin, VT Pond Race this year, but that Byron Hill might in conjunction with Cox Cable TV.
6. Roger reported that he and Wade Walker would be running the Montpelier Recreation Department Ten-Mile Race, scheduled for June 26, 1982 at 10:30 a.m.
7. Darragh proposed and the group accepted the use of Cox Cable TV building for future meetings, with the possible exception of wintertime.
8. The next meeting was set for the Cox Cable TV building at 7:00 p.m: on April 27, 1982.
9. Jeff Shutak reported that he had little success in finding out whether the Barre Town Police Department still wanted CVR to sponsor a race for them or not.
10. Joe McEntyre indicated that he was dropping further plans for a Fourth of July race in Plainfield, due to other personal commitments.

Respectfully Submitted,

Joe McEntyre
JOE McENTYRE, Secretary
3/18/82

Sorry, folks! Not much of a newsletter this month. (I'm right in the midst of finals!) All articles received typed have been included in this issue. Other good ones received, but handwritten, so will have to wait until June issue. Keep those cards and letters coming!

Bob M.

Next meeting: 7 PM, May 19, Cox Cable TV in Berlin

RACE SCHEDULE: (*) indicates that I have entry blanks. Please send
SASE when requesting entry blanks from me (Bob Murphy, RD3, Barre,
VT 05641) or from race directors listed.

Fun Runs
have started!
5:30 PM, Tuesdays
Montpelier

- 9 MAY - ESSEX CENTER, VT - TRULLHEIM SPRING OPENER, 5KM, 11AM,
SLEEPY HOLLOW ROAD, ESSEX CENTER. AL DUVAL, 899-3398.
- 15 MAY - PLATTSBURG, NY - CHAMPLAIN VALLEY/YMCA MARATHON. DATE UNDER-
TAIN. RACE CHAIRMAN, YMCA, 13 OAK ST., PLATTSBURG 12901.
(518-561-4290)
- * 15 MAY - MANCHESTER, VT - 4TH EQUINOX MTN. FOOTRACE, 5.25 MI., 11AM,
\$4 BY 8 MAY, \$8 POST. INDIVIDUAL AND TEAM COMPETITION.
(3-PERSON TEAMS ; OPEN, WOMEN AND MASTERS) ALWAYS A GOOD
RACE, ORGANIZER FRED ROSS PUTS A LOT OF WORK INTO THIS ONE.
INFO: 802-257-4745
- 22 MAY - BURLINGTON, VT - THOMPSON/CHITTENDEN BANK HEART 10KM, 10AM,
CHITTENDEN TRUST BLDG., BURLINGTON SQUARE. STEVE HERRERO,
899-3695.
- * 23 MAY - NEWTON, MA - SIX SMILE RUN, 10KM, 11AM, \$5 BY 15 MAY, LIMIT
3000 ENTRIES. ARNOLD E. BONK, DMD, RACE DIRECTOR, METROPOLITAN
DISTRICT DENTAL SOCIETY, 93 UNION ST., NEWTON 02159. (617-969-6665)
- * 23 MAY - NEWPORT, VT - 4TH ANNUAL LAKE MEMPHREMAGOG ROAD RACE, 10KM,
1PM, \$4 BY 21 MAY, \$5 ON RACE DAY. FOR RACE INFO, CALL 802-
334-8185 ON SCHOOL DAYS, OTHER DAYS 334-6980 OR 334-6252.
- 30 MAY - KENNEBUNK, ME - NIKE/MAINE COAST MARATHON. N/MC MARATHON,
BOX 728, SACO, ME 04072. (207-284-8401)
- * 31 MAY - MONTREAL, QUE - MONTREAL MARATHON. COMIM, CP1570, SUCCURSALE
8, MONTREAL, QUE. H3B 3L2.
- 5 JUN - MIDDLESEX, VT - BEAR SWAMP RUN, 5.7MI., DATE TENTATIVE.
- 6 JUN - ENDSBURG, VT - DAIRY FESTIVAL 10KM, ENDSBURG, TOWN CLERK.
- 12 JUN - SO. BURLINGTON, VT - COURT CLUB 5-MILER, 11AM, 70 FARRELL ST.,
SO. BURLINGTON. PETER HAWKES, 862-0428. (POOL AND SAUNA
AFTER RACE.)
- * 13 JUN - MT. WASHINGTON, NH - 22ND MOUNT WASHINGTON ROAD RACE, 8MI.
HILLClimb. 11AM, \$4 ENTRY, \$6 POST IF ALLOWED. (LIMIT 600
RUNNERS) INFO: 603-225-6760
- * 13 JUN - SODDURY, MA - 1982 WOMEN'S 25KM NATIONAL ROAD RACE CHAMPIONSHIP,
9AM, \$4 BY 6 JUN, \$5 POST. (617-864-9479/617-623-3727)
- 19 JUN - FAIRLEE, VT - LAKE MOREY RUN, 10KM, 3PM, SOUTH END OF LAKE,
\$3, T-SHIRT, KENN BOYD. 864-5455.
- 20 JUN - GREENSBURG, VT - CASPIAN LAKE RUNAROUND, 7MI., DATE TENTA-
TIVE.
- 26 JUN - MONTPELIER, VT - MONTPELIER 10 MILE ROAD RACE, 10:30AM, RUGER
WHITCOMB, 6 TRACT ST., MONTPELIER, VT 05602. (802-229-9895)
THIS IS THE NERRC 10 MILE CHAMPIONSHIP!
- 3 JUL - WILLISTON, VT - FIRECRACKER 3.25MI., 6PM, \$3, T-SHIRTS,
WILLISTON BANDSTAND. STEVE LATULIPPE, 879-6625.

4th EQUINOX MTN. FOOT RACE



Sunday May 16, 1982 - 11 am - 5.25 miles - Manchester, Vermont

SPONSORED BY: **The Factory Point National Bank** OF MANCHESTER CENTER, VT.

SANCTIONED BY: The ROAD RUNNERS CLUB of AMERICA

HOST CLUB: RED CLOVER ROVERS, Brattleboro, Vermont

INFORMATION/ENTRIES: Equinox Mtn Foot Race, 9 Chestnut St.
Brattleboro, Vermont 05301 (Phone 802-257-4745)

ORGANIZER/DIRECTOR: Frederick "Mountain Goat" Ross III



COURSE RECORDS: Gary Crossan: 41:46 and Mary Heller Osgood 52:15 Team: BAA 130:28

PRIZES (Individuals): Entrants will receive results (overall, age group and club/team results). Many finishers will receive a picture of themselves at the race. Specially designed certificates of accomplishment to all finishers. The first 50 runners to reach the summit will receive a loaf of homemade bread. Men's and Woman's winners will receive an engraved silver plated or pewter bowl, a \$50 savings bond and choice of the merchandise. The 2nd and 3rd finishers, followed by the 1st finisher in each age group (male & female), will get their choice of the merchandise. Remainder of the merchandise given out by pulling runners numbers out of a hat. (CLUBS): First 3 finishers from each club will have their times added together, lowest times will place 1st, 2nd, etc. First 3 teams will divide gift certificates valued at \$60 for 1st, \$45 for 2nd and \$30 for 3rd. Likewise, the 1st woman's team and 1st master's team will each divide gift certificates valued at \$45. NOTE: All master's automatically compete in OPEN & MASTER'S category's in club competition. So conceivably a master (40+) could be on one of the 3 winning teams and also on the winning master's team.

ENTRIES: Entry fee \$4, Post-entries \$8. PLEASE DON'T MAIL ENTRIES AFTER MAY 8th.
Number pickup & post-entry will be @ toll house 9 to 10:30 a.m. PLEASE ARRIVE EARLY!
Checks payable to "Equinox Mtn Foot Race"

LODGING: North Shire Motel (362-2336), Stamford Motel (362-2342), Skyline Inn (362-1113),
Chalet Motel (362-1622), Ottercreek Campground (293-5041), Camping on the Battenkill (375-6663)

RESTAURANTS: Sirloin Saloon, and Friendly's Family Restaurant

--PLEASE COMPLETELY FILL OUT BOTH SIDES OF ENTRY BLANK--

Please enter me in the 4th Equinox Mtn Foot Race. In consideration of your accepting this entry, I hereby for myself, my heirs, executors and administrators waive and release any and all right's and claims for damages I may have against the Carthusians, the Equinox Skyline Drive and Inn, the sponsoring and supporting organizations, the organizers and directors, the cities and towns in which the race is contested and everyone else associated with the race, for any and all injuries suffered by me in said event. I also understand that no medical assistance or traffic control will be provided at the race. I also give permission for the free use of my name and/or picture in any broadcast, telecast or other account of this event. I further attest and certify that I am physically fit and have sufficiently trained for competition in this event and my physical condition has been verified by a licensed medical doctor (except where the latter is in violation of religious principles).

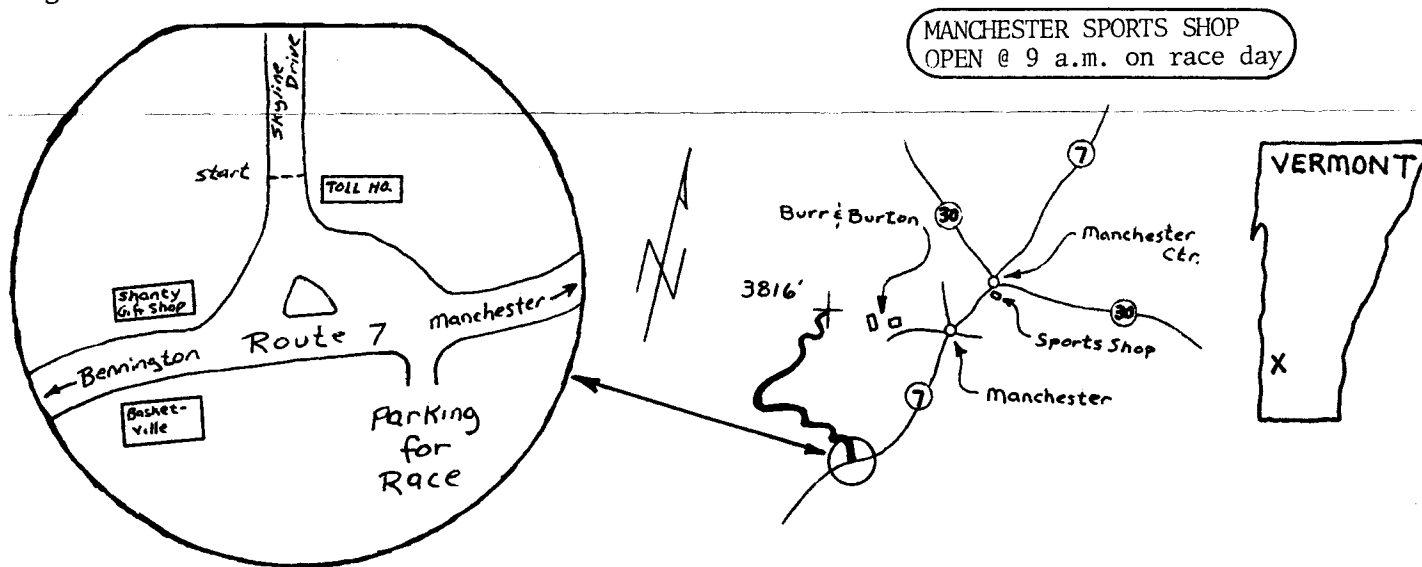
DATE: _____ SIGNED: _____
(Parent's/Guardian's Signature, if under 18 years old)

COURSE: Beginning at the Skyline Drive Toll Gate, 5.3 miles south of Manchester Ctr., on Rte. 7 (Elev. 650') and following the 5.25 mile paved toll road to the summit (elev. 3816'), where the Skyline Inn is located: Food, drink and lodging is available (802-362-1113). There are parking and picnic areas along the course. Each mile will be ACCURATELY marked and water stops are provided.

SHOWERS, AWARDS, AND POST RACE REFRESHMENTS: Will be at the Burr & Burton Seminary, located on Seminary Ave., 3.7 miles north of the toll rd. just off rte. 7, awards about 1:30 p.m.

MISC.: It can be very cold at the summit so be sure to send dry clothing to the finish. This is a Toll Road and the fee is \$3.95 per vehicle, pedestrians not allowed on other days. Call ahead well in advance for lodging. Facilities at the Toll House are very limited. It is up to you to arrange transportation back down although most people that have room are usually glad to help, if you have room offer a ride to other runners. If you park in the Toll House area be sure you park in designated area. Since there will be more runners this year a finish chute will be used so be sure to stay in proper finish position until your # has been recorded and notice who is ahead or behind you in case of a possible mix up. Please don't bother the finish line officials as they are very busy keeping the results in order. Weather during past races has varied from 35° with cold rain to very hot, sunny in the 80°, so prepare yourself for the extremes. Remember the demands on the body running uphill are much higher than for a flat race. I created this race as a runner for runners, it is not a "Big Bucks" race although I've tried to give you as much or more than you receive from the "Big Races". There is not an overabundance of volunteers helping with the race so I ask for each of you to help us. If you could arrive by 10 a.m. to pick up your # or post-enter and try to leave the areas a little cleaner than when you arrived it would be a big help. With a little help from each of you this could continue to be a good race, drop me a line afterwards with your thoughts. Thank you and have a good race!! *Fred*

PARKING AND AREA MAP BELOW: Parking at the Toll House is very limited, so PLEASE park in the designated area.



PLEASE PRINT CLEARLY ALL THE INFORMATION ASKED FOR IN FULL-BOTH SIDES-NO ABBREVIATIONS

NAME: _____ PHONE #: _____
 (Signature required on reverse of application)

ADDRESS: _____ ZIP: _____

AGE (on 5-16-82): _____ DATE OF BIRTH _____ M/F _____ TAC MEMBER: YES ___ NO ___

CLUB (No Abbreviations Please!): _____

Entry Fee Must Accompany Entry Blank

A RECAP OF THE APRIL 27th MEETING OF CVR

With Joe McEntyre on vacation (in Florida I believe), yours truly volunteered to let the rest of you know what happened at the last meeting. Treasurer Roger Whitcomb reported a bank account of \$454.94 currently standing but with a bill of \$165.00 outstanding for 44 t-shirts. When asked about the Montpelier 10 miler Roger noted that application forms are now available for the June 26th race. There is ongoing work to have the course certified. Also, Wade Walker has volunteered to be race director for next year's race. He is currently working with Roger in organizing this year's contest.

Darragh Ellerson has been contacted by Brian Harwood of Stowe in hopes of CVR helping organize a charity race for Harwood Union High School (no relation) students going to Geneva in the Spring of 1983. The group felt more information as to what facilities would be available as well as what support the town and student body would be willing to give was needed before committing ourselves. Darragh said she would contact Brian and follow up on their initial meeting.

Good News! Fun Runs are starting again. The first one on the 2nd of May at 5:30p.m. at the liquor warehouse in Montpelier. It was decided that a donation of 25¢ would be asked again this year to help keep CVR floating. Also, anyone who can bring water to the runs would be appreciated. For more info. contact Jeff Shatak at 476-4583.

More Good News! The CVR Foxboro Marathon teams placed very well in last November's race. Information presented at the meeting showed us in 2nd place in the Open Division and 1st in the Masters! The Open team consisted of Mark Chaplin in 14th Place, Newtown Baker in 280, and Dick Millar in 297. Our Masters team had Chris Martin in 185th, Joe McIntyre in 449, and Bob Oatley in 501. Beautiful medals were presented to those present. Congrats from all of us to all of you!

Well that's a quick summary of the meeting. The next one is scheduled for May 19th at 7:00 p.m. at Cox Cable TV. This will be the last meeting before the Montreal Marathon, so anyone going should plan to attend.

See ya soon,

Norm Robinson

National Running Data
Center
Box 42888
Tucson, AZ 85733

CENTRAL VERMONT RUNNERS
c/o BOB MURPHY
RD 3, BIRCHWOOD PARK DRIVE
DANF, VERMONT 05641
Address Correction Requested

