



APRIL
1986



Pres. - Norm Robinson
V.P. - Geoff Lindemer
Treas. - Darragh Ellerson
Sec. - Tim Noonan

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NEWSLETTER

The next meeting of CVR will be held at the home of Dot Helling and John Peterson at 6:30 p.m. on April 21. This will be a working meeting to make Fun Run posters to announce the beginning of another fun run season. Dot's and John's home is located at 24 Pearl St., Montpelier. To get there you go up Elm St. and Pearl is the second left after Downings Market. It is a blue duplex, the third house on the right.

NEWSLETTER EDITOR

We are still looking for a newsletter editor. This job requires 5-7 hours per month. It gives the editor a chance to find out about the inner working of CVR and exhibit some creative talents if so inclined. You don't have to be a great writer or artist, just someone who wants to make CVR better. If interested contact Norm at 479-1968.

WANT TO GO TO THE RRCA CONVENTION?

Are you interested in going to the RRCA Convention on May 16-18 but don't want to spend a lot of money? Norm Robinson has reserved a room at the Holiday Inn Convention Center and is looking for someone to share expenses. Cost of the room is \$48 a night for double occupancy so your cost would be \$24 for each of the two nights. If interested call Norm at 479-1968.

MONTHLY MEETING

MARCH MEETING NOTES

The March CVR meeting was held on St. Patrick's Day at Darragh Ellerson's house with approximately a dozen members in attendance.

Treasurer's Report

Darragh reported there was \$718.41 in the Treasury. However, \$472.30 of that is already committed (\$300 for the High School Scholarship and \$172.30 for t-shirts).

RRCA Footnotes

All CVR members are entitled to receive Footnotes, which is the quarterly publication of the Road Runners Club of America. Some members reported they were not receiving it. If you are not receiving it, contact Norm.

Liability Insurance

As of the date of the meeting, RRCA still had not been able to obtain liability insurance to cover races, Norm and Darragh reported. CVR has been protected through RRCA for such liability insurance in the past. This means, as of now, our races for 1986 are not insured. Norm and Darragh have been in frequent contact with RRCA officials and they are working frantically to get an insurance company to cover races. Much discussion occurred as to what CVR should do. It was agreed race directors would check with sponsors to see if they have insurance policies which would cover us. It was also agreed there was no need to take immediate action since the first CVR-sponsored race will not occur until May. Hopefully, by then RRCA will have obtained insurance. This topic will be further discussed at the April meeting.

RRCA Convention

Darragh reported 7 rooms are booked by CVR members for the annual RRCA convention, which is being held May 16-18 in Portland, Maine. If anyone is interested in booking a room, contact Darragh soon.

Newsletter Editor

Norm reported that we still need a newsletter editor. If you are interested in this important club position, contact Norm.

Upcoming Races

Wade Walker had applications for the 5K race and reported everything was going smoothly. Tim Noonan confirmed Oxygen and Welding Supply Co. definitely was sponsoring the 10-miler and that, once again, the race was going to be the RRCA Eastern Regional 10 Mile Championship. Darragh indicated Running Times was going to do a pre-race article on the Leafbeepers Half-Marathon.

MARCH MEETING NOTES (CONT.)

Singlets

Mary Labate indicated a dozen members had ordered racing singlets. Mary will be ordering them in early April and they should be ready by mid-May.

Classified Section

Norm proposed and it was agreed that the CVR newsletter would contain a classified section. Members, for no cost, will be able to advertise running-related merchandise they would like to sell.

Advertising

It was agreed CVR would attempt to obtain local businesses' advertising in the newsletter. Rates will be \$15 for a full page and \$10 for a half page.

Sportsmedicine Column

It was agreed the CVR newsletter would contain a Sportsmedicine column, where John Peterson would respond to inquiries, if John was interested.

Mailing List

It was agreed that CVR would do a joint mailing of entry forms for the 10-Miler, Howard Bank 10K, Berlin Bond Couples Race and the Leafpeepers race. The mailing will go out in mid-May and will be done by Tim.

Busy Meeting!

Tim Noonan
Secretary

LAST ISSUE
This is your last issue of 1986 if you have not paid your dues. The CVR entry blank is located elsewhere in this issue and should be filled out completely prior to April 28 if you don't want to miss an issue.

FUN RUNS
Fun Runs begin on Tuesday May 6 at 5:30 p.m. in the parking lot of the Liquor Control Warehouse in Montpelier. The director for May is Mary Labate. We hope everyone will sign up to work during the course of the summer. If you do nobody should have to work more than once. A 25¢ donation is requested to help defray the cost of the runs.

ADVERTISING
At the last monthly meeting the club decided to attempt to raise revenues to help pay for the newsletter by selling advertising. A full page of the newsletter will be \$15 with a half page \$10. We will also reproduce other club's race entry forms for this price. If interested in helping us sell or collect ads contact Norm at 479-1968. We will have a pamphlet prepared to introduce to retailers.

I would like to publicly thank Carol Howe for giving me a hand with some of the typing that comes my way as president of the club. Thanks Carol!!

NORM'S NOTES

I have held off writing this column in hope of some news from the RRCA on the status of our insurance program. As of this writing on April 3, I have still nothing new to report. As many of you may know, the RRCA doesn't have an insurance policy so far this year. The skyrocketing rates are only part of the problem. I quote from a recent letter from RRCA president Harold Tinsley. "Our greatest problem in dealing with insurance companies is that they want to know what they are insuring; i.e. how many races, what size, the race distance and other event risks, how they are conducted from the standpoint of safety, are participants warned of safety hazards and do they sign a waiver that is comprehensive enough to be legally useful. Our previous collection system did not give an insight to the insurance risk acceptable to most companies, i.e. their desire to have a reporting/collecting from each event..... We know that we must keep the sport simple and that includes insurance, as necessary as it may be, for the sport to remain attractive to these participating in and conducting the events."

As of now we have three options: obtain our own insurance, cancel the event, or run it without insurance. Actually there is also the possibility that some of our events may be able to be covered under one of the sponsor's insurance plans. Our race directors are working in that area now.

So what does CVR do if we can't get insurance? Can CVR officers be sued? Yes, and while chances are slim of first, an accident happening; and secondly, anyone suing; that can happen. Because the club is incorporated it is generally believed that officers' personal assets cannot be touched. The corporation can still be sued and found liable, for example, if a race official is negligent. The race director can also be sued and found liable. This causes some concern in many club members' minds, including my own. While I feel the chances of anything like this happening are slim, as a responsible club official I have to worry about the effect it could have on members.

The next meeting on April 21 will be vital in answering the questions in all of our minds as to where we go from here. Hopefully this will be met by then and we can find adequate insurance. In the meantime, I urge each of you to attend this meeting. If it is the only meeting you ever attend, it promises to be one that will directly effect each one of us. If for some reason you can't attend, please call me evenings and let me know your feelings or suggestions. We need your input!

Healthy Habits

A new column will begin in our May newsletter titled "Healthy Habits". Our own Dr. John Peterson will answer a question each month. In order for this to be a success we need members to send their questions to John Peterson, 24 Pearl St., Montpelier, Vt. 05602 by the 15th of each month to get into the following month's newsletter. Remember this is your newsletter and to make it better we need your input.

Classifieds

Yes, another new addition to your newsletter. This classified section is for CVR members only free of charge. Only fitness related items will be advertised such as bikes, shoes, weights, etc. Items must be received by the newsletter editor no later than the 25th of the month to be in the next month's newsletter. Send to Norm Robinson, 48 Westwood Parkway, Barre, VT. 05641.

MEMBERSHIP DISCOUNT

The Athlete's Foot at the University Mall in S. Burlington will give CVR members a 15% discount on shoes if you present your 1986 membership card. This applies to footwear only and not to sale items.

HOWARD BANK RACE DIRECTOR

Wade Walker informs me that he will not be the race director for Howard Bank 10K next year. We will need someone to take over that post in '87. It would be very helpful to work with Wade in '86 to learn the ropes. If interested call Wade at 223-7674.

MONTPELIER SUMMER FUN RUNS

Every Tuesday, May thru October.
5:30 PM at Liquor Control Warehouse on Green Mountain Drive.
2, 4, and 6 mile runs.
Flat, pleasant course, with little traffic.
Accurately measured and well-marked course.
Accurate finishing times given.
25¢ weekly donation requested.
Note: Fun Runs may be cancelled without prior notice in the event of hazardous conditions such as electrical storms.

FUN RUN RULES

1. Run on the left, no more than two abreast.
2. Give traffic a wide berth and stop for trains.
3. Parents are responsible for the safety of their small children.
4. Younger runners start at the side or toward the rear of the pack.
5. Keep away from Liquor Control Offices and Warehouse, including porch and lawns.
6. No stretching on cars or trucks without owner's permission.
7. No littering!
8. Have fun!



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.

 C - indicates races with CVR involvement. If you aren't running your help would be greatly appreciated by the race director and crew.

* - indicates that Bob Murphy (476-4328) has an entry blank. Please send CASE when requesting an entry blank from either Bob (RR3, Box 6866, Barre, VT 05641) or from the race directors listed.

* 13APR86 SWANTON, VT VT. MAPLE FESTIVAL ANNUAL SAP RUN, 8.5M1.
 10:30am at Swanton High School. Finish in Taylor Park, St. Albans.
 \$4 preregistration, \$8 on race day. For info, call 868-2951 or 527-7194.

26APR86 ST. JOHNSBURY, VT 10Km and 2M1 MAPLE SAP RACES
 \$3 preregistration or 9:30am to 10:30am on race day. Races start at 11am. T-shirts on sale. Prizes to top finishers in each age group. Prize drawing for non-winners.

* 27APR86 BURLINGTON, VT SUPER RUN II - AMERICA'S RACE - 10Km
 10am(?) at Leddy Park(?). \$5 entry fee due 15 days prior to race date. Winning male & female will compete for \$1,000,000 grand prize at America's Race National Championship at Lake Tahoe, NV, on 27 Oct 86. Call Ray Tanguay of Burlington Parks and Recreation to verify time and place. 864-0123

 C 10MAY86 EAST MONTPELIER, VT RUN FOR THE HEALTH OF IT 5Km & 1Km
 11am (5km), 10am (1km) at U-32 High School on Gallison Hill Road.
 Fee: 5km-\$5 by 3 May, \$6 after. 1km-\$1 (must be 12 or younger).
 T-shirts to first 200 registrants for 5km. Cash prizes (\$100 for first male & female finishers). Ribbon, hat & ice cream for 1km.
 Wade D. Walker, P.O. Box 244, Montpelier, VT 05602

11MAY86 BRATTLEBORO, VT MOTHER'S DAY 5 MILE ROAD RACE & FUN RUN
 9am at the Children's Place. Mothers who run receive flowers.
 Wayne London (802-257-5622) may have more info.

18MAY86 SOMERS, CT SOAPSTONE MOUNTAIN HALF-MARATHON
 Rugged trail race to top of Soapstone Mountain within first 1/2 mile, then narrow, rocky footpaths and old logging roads. 9am at parking lot at entrance to Shenipsit State Forest. \$5 entry.
 Jerry Stage, RFD1, Bowles Rd, Stafford Springs, CT 06076. Phone (203) 875-0559

24MAY86 BURLINGTON, VT BURLINGTON PARKS & RECREATION 5Km & 10Km
 8:30am downtown to coincide with parade. Call Ray Tanguay to confirm time and place. 864-0123

* 25MAY86 KENNEBUNK, ME MAINE COAST MARATHON
 7am @ Kennebunk High School. \$10 by 1 May, \$15 after. No race day registration. T-shirts and certificates to all finishers. Joe Cesta, P.O. Box 1333, Biddeford, ME 04005

29MAY86 MONTPELIER, VT STATE OF VERMONT CORPORATE CUP 5KM CHALLENGE
 5:30pm at State House. State Agency and Corporate Team competition. George Plumb (Agency of Environmental Conservation) is the coordinator of the event.

9am. Old Indian trail, containing a few rocky areas, but generally good footing. Post race refreshments. No prizes. Also a half-marathon run concurrently with the last half of the marathon. \$5 entry. Dave Raczkowski, P.O.Box 191, Willington, CT 06279. Phone (203) 429-5120

C 21JUN86 MONTPELIER, VT MONTPELIER 10-MILE ROAD RACE
10:30am at Montpelier High School. Tim Noonan, Race Director.

21JUN86 BURLINGTON, VT BURLINGTON PARKS & RECREATION 5Km & 10Km
10am at Leddy Park. Call Ray Tanguay to confirm time and place.
864-0123

04JUL86 BURLINGTON, VT BURLINGTON PARKS & RECREATION 5Km
10am at Leddy Park. Call Ray Tanguay to confirm time and place.
864-0123

06JUL86 ADAMS, MA GREYLOCK GALLOP, 10 MILES
Rugged trail run on trails near Mt. Greylock, tallest mountain in Massachusetts. Much of run in rocky terrain. 9am at bottom of the Cheshire Harbor Trail. \$5 entry, \$6 post. Greylock Gallop, P.O. Box 1517, North Adams, MA 01247

C 12JUL86 MONTPELIER, VT HOWARD BANK 10Km ROAD RACE
9:30am at School & Main. Wade Walker, Race Director.

27JUL86 WINDHAM, NY ESCARPMENT TRAIL RUN, 30 KM
Rugged and rocky hiking trail run with up and down sections so steep that it not only challenges your running ability, but your balance and agility as well. 9am. Must meet qualifying standards. Dick Vincent, c/o Dick's Sports, 604 Ulster Ave, Kingston, NY 12401. Phone (914) 338-4633

C 16AUG86 BERLIN, VT BERLIN POND COUPLES RACE (6mi)
9am at Berlin Elementary School. Dot Helling, Race Director.

14SEP86 CHESTERFIELD, NH PISGAH WILDERNESS TRAIL RACE, 18.7 MILES
9am at Roads End Ski Touring Center. Variety of foot trails, X-C ski trails, dirt roads and old logging trails. Post race snacks. \$5 entry (pre-entry requested; post entry allowed). Fred Ross, 9 Chestnut St, Brattleboro, VT 05301. Phone (802) 257-4745

28SEP86 BURLINGTON, VT BURLINGTON PARKS & RECREATION 5Km & 10Km
10am at Leddy Park. Call Ray Tanguay to confirm time and place.
864-0123

C 05OCT86 WATERBURY, VT LEAF PEEPERS HALF-MARATHON
11am @ Waterbury Recreation Field. Darragh Ellerson, Jeff Shutak and Tony Dimauro, Race Directors.

RACE SCHEDULE NOTICE

Bob Murphy is once again preparing the Race Schedule. Help him out now and throughout the year. If you know of an upcoming race (or races), let him know. Many of our members feel the race schedule in our monthly newsletter is one of the greatest benefits of membership in CVR. Let's not let them down. Give Bob a call at 476-4328 evenings or 828-2695 weekdays, or send info and race entry blanks to him at RR3, Box 6866, Barre, Vt. 05641. Thanks!

Central Vermont Runners Membership Application

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: 85 86 87 88 89 90 91 92 93 94

As a responsibility of club membership, I agree to be available to work on at least one club race during the year. My preferred month is indicated below. (Directors will call for help.)

___ Mar ___ Apr ___ May ___ Jun ___ Jul ___ Aug ___ Sep ___ Oct ___ Nov

As an alternative, I prefer to work on the race checked below:

May Rotary 5km

June Montpelier 10 miler

July Howard Bank 10k

August Berlin Pond Couples Race

September

October Leaf Peepers Half Marathon

Fun Runs (every Tuesday May-October)

Newsletter

Annual Banquet

Initial membership fee is \$5 (\$1 for subsequent members from the same household). T-shirts — \$6.00.

Send completed Membership Form with initial membership fee to:

Central Vermont Runners
Darragh Ellerson
Upper North St., Box 170
Montpelier, VT 05602

*Noam Robinson
48 Westwood Pky.
Barre, VT. 05641*