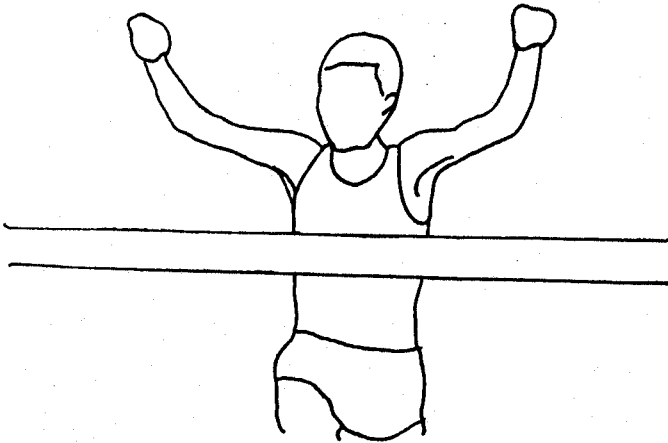


CENTRAL VERMONT RUNNERS
NEWSLETTER

JUNE: 1989

VOL. 10 NO. 3

RACE: TIME



PRESIDENT: Tim Noonan
VICE PRESIDENT: Darragh Ellerson
TREASURER: Norm Robinson
SECRETARY: Merrill Cray
EDITOR: Dana McCarthy



RACE SCHEDULE

CVR - indicates CVR-sponsored race. If you do not plan to run,
your help would be greatly appreciated by the race director and
crew.

* - indicates that date is tentative. Check with contact person to
ensure that the race is being held on that date.

- JUN 3 **Bear Swamp Run, 5.7 miles, Rumney School, Middlesex
223-5429.**
- CVR JUN 10 **Capital City Stampede, 10K, School Street, Montpelier,
9:30 a.m. Geoff Lindemer 253-7835 & JoAnn Fortier
476-4835.**
- CVR JUN 24 **Montpelier 10 Miler, Montpelier High School, 10:00
a.m. Tim Noonan 229-4658.**
- JUL 4 **Essex Junction 5K, 9:00 a.m., A.D. Lawton School, Bruce
Cunningham. 878-3875.**
- JUL 8 **Partners Race, 8:30 a.m., 4.8 miles, Jerico Center
Green, Nancy and Tom McGann. 899-4594.**
- JUL 23 **Stowe 8 Mile Union Bank Road Race. 253-9009.**
- CVR AUG 5 **Berlin Pond Couples Race, 8K, Nancy Maloney
485-6026.**
- CVR OCT 1 **Leaf Peepers Half Marathon, Waterbury, Darragh
Ellerson 223-2080 & Jeff Shutak.**
- CVR NOV 4 **Juniper Hill 15K, Barre. Bob Murphy 476-4328.**
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THERE'S MORE OF US!

After a period of declining numbers of runners and racers, maybe things are looking up. The CVR-sponsored Run for the Health of It 5k had more runners and walkers than last year and the State Agency Race/Corporate Cup Challenge showed a dramatic increase in runners and walkers this year. Also, the Burlington Marathon and Marathon Relay has attracted a great deal of interest.

A positive sign of an upward trend is the number of CVR members. Currently, we have 93 members whom have paid dues for 1989. This is way above where we were last year at this time and, in fact, represents more members than we had at the end of 1988. We have set a goal of 100 members for this year, and it is likely that we will easily surpass the goal.

On behalf of CVR, I would like to welcome all new members. Since 1980, CVR has endeavored to present quality running events in the Central Vermont area and provide a means for runners to interact. In addition to the six races we now sponsor, we have weekly fun runs May-October, monthly meetings and, of course, the infamous Sub-Ultimate Runner. The input and support of all members is encouraged and greatly appreciated. The more active members we have, the more likely it is that our club will remain strong.

Tim Noonan



TWELFTH ANNUAL BEAR SWAMP RUN

PLACE: Rumney Memorial School - Shady Hill, Middlesex, VT

BENEFIT: Middlesex Recreational Facilities

DATE & TIME: June 3, 1989 8:30 Registration Opens
9:30 Race Time

COURSE: 5.7 miles of scenic gravel road climbing over 450 feet for the first three miles and gradually descending back to the starting point.

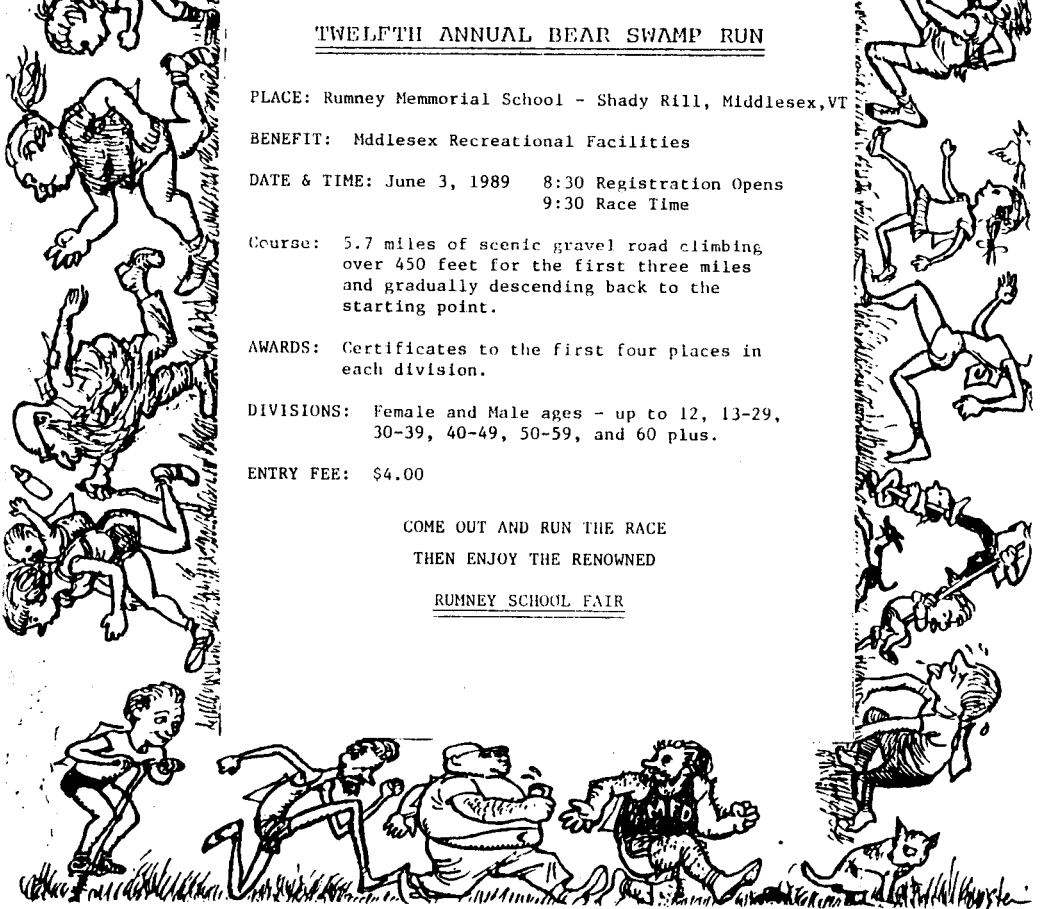
AWARDS: Certificates to the first four places in each division.

DIVISIONS: Female and Male ages - up to 12, 13-29, 30-39, 40-49, 50-59, and 60 plus.

ENTRY FEE: \$4.00

COME OUT AND RUN THE RACE
THEN ENJOY THE RENOWNED

RUMNEY SCHOOL FAIR



TWELFTH ANNUAL BEAR SWAMP RUN

PLACE: Rumney Memorial School - Shady Rill - Middlesex, VT
 BENEFIT: Middlesex Recreational Facilities
 DATE & TIME: June 3, 1989 8:30 A. M. Registration opens
 9:30 A. M. Race Time
 COURSE: 5.7 miles of scenic gravel road climbing over 450 feet in the first three miles and gradually descending back to the starting point.
 AWARDS: Certificates to the first four places in each division.
 ENTRY FEE: \$4.00

REGISTRATION

Name _____

Address _____

Division (circle one)

Up to 12 years 13-29 30-39 40-49 50-59 60 plus

FEMALE

MALE

In consideration of acceptance of this entry, I do hereby forever release all sponsoring organizations and persons from all claims and causes of action which I require at anytime as a result of participating in this event.

Parent/Guardian signature if under 18 _____

Participant's signature _____

Advance registrations may be mailed to: Kemp Saunders
RD#1 Box 2150
Worcester, VT 05682

Run or Walk For The Health Of It

5-km Races Saturday, May 13

5 KM RUN

0 — 12 Male

Eric Maas, 21:52
Andrew Johnson, 24:58

13 — 17

Cope Bradley, 17:33
Pete Johnson, 17:57
Keith Sayers, 18:48
Ben Gage, 21:30
Wally Hartman, 23:44
Andy Skeg, 25:02.

18 — 29 Male

Kevin LaRue, 16:38
Greg Tosi, 17:30
Dick Miller, 18:55
Mickey Tanner, 21:06
Tim Kruger, 21:15
Larry Martin, 22:55
Bryan Shanley, 23:17
Lee McGrea, 24:21
Mark Desareau, 26:47
John Hodgdon, 39:37

30 — 39 Male

Keith Woodward, 15:40
John Valentine, 17:24
Pat Miner, 17:26
John Scheer, 17:46
George Seiwright, 18:34
Greg Batchelder Adams, 19:12
Jerry Mauney, 19:17
Larry Wilk, 21:12
Kevin North, 21:20
Norm Robinson, 21:35
Jim Wilmott, 22:47
Bill Perrault, 22:57
Michael Woodfield, 23:01
Nick Bergeron, 23:24
Earle Blotchford, 24:14
Ryan Cotton, 24:37
Anthony Petrucci, 24:39
Todd Fitch, 30:38
Gary Hass, 30:29

40 — 49 Male

Steve Herrero, 18:25
Rod Davis, 20:36
Robert Bartree, 20:50
John Mallery, 21:45
Greg Wight, 21:52
Newton Baker, 21:57
Wayne Hunter, 22:52
Harry Demanski, 23:03
Peter Aylward, 23:13
Mike Zimmerman, 23:37
Richard Shanley, 24:21
Joe Rob, 25:06

5 K Walk

0 — 39 Male

Olav Troschinski, 32:05
Tom Smith, 32:14
Stephen Roy, 35:59
Jim Lacillade, 66:00

40 + Male

John Brouhead, 27:13
Steve Sease, 33:10
Wallace Farmer, 41:23
James McGrath, 44:45
Don Bennett, 50:37
Fred Mehlman, 51:26

50 + Male

Bob O'Donnell, 22:47
Don Lyons, 25:00
Doug Allen, 27:52
Alan Rogers, 29:11

0 — 12 Female

Debbie Triano, 26:25
Cassie Mauney, 40:20

13 - 17 Female

Gerrit Gollner, 22:29
Amy Schroyer, 23:43
Jessica Baker, 25:01
Katie Rob, 29:00
Jessica McNaughton, 31:44
Jeanette Mauney, 39:41

18 — 29 Female

Sue Dodge, 19:02
Gretchen Naltthers, 20:57
Adrienne Cannata, 25:09
Laurie Batchelder-Adams, 25:42

Bryn Fisher, 28:36

Caroly Nihler, 27:09

Amy Schoolcraft, 39:55

30 — 39 Female

Lee Anne Sikora, 18:06
Moirá Durin, 19:46
Carol VanDyke, 23:17
Ginny Richburg, 23:39
Jackie Hughes, 24:26
Linda Hallinger, 24:57
Robin Edelman, 25:10
Betsey Tucker, 25:27
Laurel Gould, 26:59

Maribeth Domanski, 27:07

Holly Leach, 28:50

Ellen Selkonitz, 29:36

Paula Petrucci, 31:25

Susan Hamilton, 37:40

40 — 49 Female

Barbara Nash, 22:44
Tess Zimmerman, 23:44
Sue Christiansen, 23:56
Sylvia Aylward, 23:59
Rosemary Rusin, 24:46
Garet Allen-Malley, 25:42
Milly Mildred Rhoades, 26:35
Billie Maas, 26:41
Shelia Davis, 29:25
Jane Blanchard, 32:24
Eleanor Woodfield, 33:21
JoAnn Troiano, 34:36

50 + Female

Bev Tucker, 28:28

0 — 39 Female

Gina Campuli, 33:38
JoAnn Gross, 35:07
Elizabeth Ewins, 37:03
Shelia Emerson, 43:59
Dana Lee Bury, 50:40
Mary North & daughters, 60:53
Monga Laulau, 66:00

40 + Female

Vicky Litchfield, 34:20
Mary Ann Rob, 37:06
Carole Hagan, 37:26
Kristi Smith, 38:39
Sandy Batchelder, 43:26
Cathy Rice, 50:40
Wanda Mihlman, 51:25

MINUTES - April 24, 1989 meeting held at Norm Robinson's house. Potluck supper.

Present: Norm, Darragh Ellerson, Nancy Maloney, Bob Howe, Tim Noonan, Bob Murphy, Geoff Lindemer and Dot Hellings.

First item of business was election of a new secretary. Merrill Cray has had to resign because of professional commitments. Bob Howe will take over beginning next month.

Treasurer's Report: \$674.17 in the till. "Good for this time of year," says Tim. Norm also reported that there are now 75 members as the result of our membership drive. "Fabulous for this time of year," says Tim. Thanks are in order to our PR director Nancy Maloney for getting articles in the Times Argus and The World about the drive and to Norm and Tim for doing up the applicant forms and disbursing them. Norm also has volunteer listings from the applications broken down by race so call him, race directors, when you need help. We have a member signed up until 1992!

Fun Runs begin in two weeks, on May 2. Fun Runs will go forward as usual, beginning every Tuesday at 5:30 PM at the Liquor Control Warehouse at the foot of the bike path. We have coordinators for May and June. Still need a coordinator for July. Dot and Geoff will share August. Darragh is the May coordinator so talk to her if you can help. Change of format has been tabled until we see this year's response and participation level.

Tim did a mailing of Capital City Stampede, Ten Miler and the U32/5K race forms along with membership applications. Members got them in the last news-letter which, by the way, also reminds you if you haven't paid your 1989 dues. (If not, pay up soon or you won't get another newsletter.) Tim will be doing another mailing in mid-July for Berlin Pond, Leafpeepers and Juniper Hill. Race directors should get him their applications by July 1 to be included in the mailing.

RACE REPORTS: 1. U32 is May 13, just around the corner. Race director Larry Miller wasn't here so we couldn't get a report although we know the advertising is out. Tim spoke to Larry and thinks everything is "going fine." Alas, the posters say this course is certified which it is not. Take heed, race directors, this is a boobo that does not go unnoticed. 2. Montpelier Ten Miler (June 24) - Tim reported that we almost lost Athletic Attic as a sponsor but, thanks to Larry Cruz, they're in for 1989. Tim also said he expects attendance will be up this year. 3. Leafpeepers (October 1) - Darragh met with WDEV regarding some format changes for this year. For one, they are looking to replace the Lions Club which pulled out this year with the High School Boosters Club. The Boosters have personed the water stops in past years. They are also considering using a local milk operation like Booth Brothers instead of going statewide with Milk again. Leafpeepers has been written up in the June 1989 Running Times magazine in its Fall Guide to Marathons and Half Marathons. A gold mine of advertising which, alone, should raise participation. Darragh will be sure to present WDEV with a copy. 4. State Agency 5K takes place May 18. CVR is not a sponsor, although members are asked to help. Bob Murphy reported that this year the State has hired Granite State Racing System to do the finish line results for \$175. He suggested it's something for us to take a look at for our future races. 5. Capital City - June 10 - Geoff reported things are on schedule and that Onion River Sports and State Street Market are the sponsors once again. We will have the same financial arrangement with them and things are "going fine." 6. Juniper Hill - Nov. 4 - Bob Murphy has officially altered the distance from a 15K to a 12K for traffic control reasons. Otherwise, all goes smoothly. No report on Berlin Pond (August 5) or the Subultimate (Sept. 9). Remember, we are doing the Subultimate this year in conjunction with GMAA members. Yay, competition!

Norm wants to have a club get-together at the Burlington City Marathon. Once again, we discussed the need for a July Fun Run Coordinator. Dot Graham, where are you??? We need you, and John can job-share.

Bob Murphy has the ability to print out a membership list, phone list and mailing labels on his new computer. Let him know if you need this stuff. Move on to page 2.....

4/24/89 Minutes, page 2

The last item of business was to decide on the scholarships. Applications were down this year but all eligible schools, except Harwood, were represented. Bob Howe surmised that the schools may be preselecting. He knows there was good recognition of our scholarships in all the schools (Northfield, Spaulding, U32, Montpelier, Peoples' Academy and Harwood). Each of the seven (7) candidates we reviewed had extremely high qualifications. In fact, each one was fully qualified for the scholarship. The decisions were very tough. The winners of the 1989 CVR high school scholarships were for males Gregory Tosi of U32 and for women Gretchen Walthers of Northfield. Both students ranked at the very top of their class scholastically and are excellent runners. Both will be going on to college in the fall.

Next CVR meeting: after Fun Run, between 6:30-7:00 PM on Tuesday, May 16, at the home of Dot Helling and John Peterson, 34 St. Paul Street, Montpelier. Heading through town west on Main Street, take a right onto School St. at the corner where the Kellogg Hubbard Library sits, take your very next left onto St. Paul. Dot and John's is the next to the last house on the left, green with a white picket fence. Phone #223-5797. POTLUCK.

Minutes by Dot Helling, acting secretary.



Everyone who completes a marathon is a winner. No matter how long it takes, the finisher is rewarded for the effort.

CAPITAL CITY STAMPEDE

12th Annual 10K Road Race Saturday, June 10, 1989

Sponsored By:



Post Registration: 8:00 AM, June 10, 1989, Corner of School Street and Main St., Montpelier, VT (in front of the Howard Bank Drive thru)

Race Start Time: 9:30 AM

Entry Fee: \$5.00

FLAT AND FAST: Certified Course: Half Pavement, Half Dirt: Two Aid Stations

Record Holders:	Jim Miller	30:29	1983	Lea Hayer	35:27	1983
1988 Winners:	Eric Morse	31:35		Susan Manley	40:52	

Categories: Male & Female; 0-12, 13-17, 18-29, 30-39, 40-49, 50-59, 60+
Gift Certificate Prizes

Refreshments: Fruit (melons, oranges, etc.), drinks — served after the race.

Bicycle Caps: To the first 150 entrants.

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OFFICIAL ENTRY BLANK

Deliver or Mail with \$5.00 fee to Geoffrey Lindemer, RR 1 Box 7099, Stowe, VT 05672
(Checks must be made payable to Central Vermont Runners.)

NAME _____ AGE _____ D.O.B. _____
 STREET _____ CITY _____ STATE _____
 ZIP _____ MALE _____ FEMALE _____

I KNOW THAT RUNNING A ROAD RACE IS A POTENTIALLY HAZARDOUS ACTIVITY. I SHOULD NOT ENTER AND RUN UNLESS I AM MEDICALLY ABLE AND PROPERLY TRAINED. I AGREE TO ABIDE BY ANY DECISION OF A RACE OFFICIAL RELATIVE TO MY ABILITY TO SAFELY COMPLETE THE RUN. I ASSUME ALL RISKS ASSOCIATED WITH RUNNING IN THIS EVENT INCLUDING, BUT NOT LIMITED TO, FALLS, CONTACT WITH OTHER PARTICIPANTS, THE EFFECTS OF THE WEATHER, INCLUDING HIGH HEAT AND/OR HUMIDITY, TRAFFIC, AND THE CONDITIONS OF THE ROAD. ALL SUCH RISKS BEING UNKNOWN AND APPRECIATED BY ME. HAVING READ THIS WAIVER AND KNOWING THESE FACTS AND IN CONSIDERATION OF YOUR ACCEPTING MY ENTRY, I, FOR MYSELF AND ANYONE ENTITLED TO ACT ON MY BEHALF, WAIVE AND RELEASE THE CENTRAL VERMONT RUNNERS, THE CITY OF MONTPELIER AND ALL SPONSORS, THEIR REPRESENTATIVES AND SUCCESSORS FROM ALL CLAIMS OR LIABILITIES OF ANY KIND ARISING OUT OF MY PARTICIPATION IN THIS EVENT, EVEN THOUGH THAT LIABILITY MAY ARISE OUT OF NEGLIGENCE OR CARELESSNESS ON THE PART OF THE PERSONS NAMED IN THIS WAIVER.

SIGNATURE _____ DATE _____



MONTPELIER TEN MILE ROAD RACE

15TH ANNUAL RACE

ONE OF VERMONT'S OLDEST RACES

SATURDAY, JUNE 24, 1989 - 10:00 A.M.

PLACE: Montpelier High School, Montpelier, Vermont.

SPONSORS: Athletic Attic at the Berlin Mall, Central Vermont Runners. Sanctioned by Road Runners Club of America and The Athletics Congress.

REGISTRATION: To pre-register, make checks payable to Central Vermont Runners and mail entries to: Tim Noonan, 2 Pinewood Road, Montpelier, Vermont 05602. Post registration at Montpelier High School June 24, from 8:30 a.m.-9:45 a.m. Dressing and bathroom facilities available.

FEE: \$6.00 for pre-registrants. \$7.00 for post-registrants.

NYLON ATHLETIC BAGS WILL BE GIVEN TO FIRST 70 ENTRANTS! REGISTER EARLY TO GET ONE.

START TIME: 10:00 A.M.

COURSE: Starts at front of High School. Flat to rolling out and back course over primarily dirt road. Finishes at Dept. of Employment and Training building. Four water stations. Miles accurately marked. Course is certified.

DIVISIONS: FEMALE- Under 18, 18-29, 30-39, 40-49, 50-59, 60+
MALE- Under 18, 18-29, 30-39, 40-49, 50-59, 60+
TEAMS- 1-39 Open Male, 1-39 Open Female, 40+ Masters Male, 40+ Masters Female (3 member teams).

PRIZES: Trophy and running shoes to top male and female. RRCA Championship Award to top finisher in each age division. Gift certificate or merchandise prize for top finishers in each age and team division.



RRCA EASTERN REGIONAL TEN MILE CHAMPIONSHIP

OFFICIAL ENTRY FORM - MONTPELIER 10 MILE ROAD RACE JUNE 24, 1989

NAME _____ SEX M F AGE _____ BIRTH DATE _____

STREET _____ CITY _____ STATE _____

ZIP _____ CLUB or TEAM (if applicable) _____

I KNOW THAT RUNNING A ROAD RACE IS A POTENTIALLY HAZARDOUS ACTIVITY. I SHOULD NOT ENTER AND RUN UNLESS I AM MEDICALLY ABLE AND PROPERLY TRAINED. I AGREE TO ABIDE BY ANY DECISION OF A RACE OFFICIAL RELATIVE TO MY ABILITY TO SAFELY COMPLETE THE RUN. I ASSUME ALL RISKS ASSOCIATED WITH RUNNING IN THIS EVENT INCLUDING, BUT NOT LIMITED TO, FALLS, CONTACT WITH OTHER PARTICIPANTS, THE EFFECTS OF THE WEATHER, INCLUDING HIGH HEAT AND/OR HUMIDITY, TRAFFIC AND THE CONDITIONS OF THE ROAD, ALL SUCH RISKS BEING KNOWN AND APPRECIATED BY ME. HAVING READ THIS WAIVER AND KNOWING THESE FACTS AND IN CONSIDERATION OF YOUR ACCEPTING BY ENTRY, I, FOR MYSELF AND ANYONE ENTITLED TO ACT ON MY BEHALF, WAIVE AND RELEASE THE CENTRAL VERMONT RUNNERS, THE CITY OF MONTPELIER AND ALL SPONSORS, THEIR REPRESENTATIVES AND SUCCESSORS FROM ALL CLAIMS OR LIABILITIES OF ANY KIND ARISING OUT OF MY PARTICIPATION IN THIS EVENT EVEN THOUGH THAT LIABILITY MAY ARISE OUT OF NEGLIGENCE OR CARELESSNESS ON THE PART OF THE PERSONS NAMED IN THIS WAIVER.

SIGNATURE _____ DATE _____

Signature of Parent or Guardian if under 18 years of age