

CENTRAL VERMONT RUNNERS NEWSLETTER



MAY 1990
VOL. 11 NO. 4



President: Dana McCarthy
Vice President: Darragh Ellerson
Treasurer: Norm Robinson
Secretary: Sue Drapp
Editor: Tim Noonan

"Run, Walk For The Health Of It" Big Success

MAY 12, 1990



THE WORLD MAY 16, 1990

Beautiful weather greeted the big turnout for the 5th Annual Blue Cross/Blue Shield's "Run/Walk For The Health Of It" last Saturday at U32 High School. Keith Woodward (above right) won the men's title with a time of 18:12; Debbie Brunelle-Tirrito (above right) won the women's division with a time of 18:21; John Brodhead and Gina Campoli won the men's and women's walking divisions with times of 25:59 and 33:19 respectively. Judy Bennett accepted a memorial award for her late husband, Don Bennett who was a big enthusiast for the walking division in preceding years. The event was also sponsored and coordinated by the Central Vermont Rotary Club and the Central Vermont Runners Club.

WORLD Photos By Gary Hass

RUNNERS

Male 0-12

Nathan Shenk-Boright, 22:31; Tom White, 25:11; Brian Dube, 25:20; Mike Tirrito, 30:54.

Male 13-17

Hugh Pierce, 18:54; Chris Kilmurry, 23:50; Josh Cookson, 24:01; Greg Needle, 25:58.

Male 18-29

Sam Davis, 16:30; Kyle Bujnicki, 16:53; Jim Douglas, 17:19; Dick Milar, 18:31; Jamie Sikora, 20:24; Tim Kruger, 20:49; Larry Martin, 22:15; William Hayden, 22:19; Dick Dube, 23:17; Gary Ouellette, 24:18; John Santamore, 27:02.

Male 30-39

Keith Woodward, 16:11; Chip Butten, 16:40; Mark Chaplin, 16:45; Pascal Gravedi-Cheng, 17:10; Dennis Shaffer, 18:01; David Foster, 18:12; Tim Noonan, 18:19; Jerry Manney, 19:15; Gregg Balcheler Adams, 19:17; David White, 20:24; Jeff Sievwright, 20:33; Kevin North, 20:34; Robert Bent, 20:49; Elden Dube, 21:04; Larry Wilk, 21:39; Jim Willmont, 21:47; Steve Wing, 22:03; Gary Hill, 22:11; Randy Witlick, 22:43; Peter McCarthy, 23:23; Ryan Cotton, 25:23; Tom Corbett, 26:06; Gary Hass, 27:41.

Male 40-49

John Valentine, 17:54; George Seivwright, 18:08; Howie Atherton, 18:57; Chris Lynn, 19:25; Greg Gerdel, 19:49; Robert Burtree, 20:47; Newton

Baker, 21:13; Greg Wight, 21:49; William Miller, 21:54; Bob Howe, 22:08; Peter Aylward, 22:09; Bruce McDonald, 22:15; Harry Demanski, 22:16; Wayne Hunter, 22:24; Jim Francke, 23:52; Cedric Royea, 26:11.

Male 50 and Over

Ed Frihauf, 21:48; Bob O'Donnell, 24:36; Don Lyons, 25:30; Floyd Hewett, 26:13; Alan Rogers, 27:35; Wallace Farnum, 28:55; Phil Wolff, 31:52.

Female 0-12

Cassie Manney, 31:49.

Female 13-17

Debbie Troiano, 26:14; Jeanette Mauney, 33:20.

Female 18-29

Lisa Schmidt, 18:30; Michele McGinney, 24:22; Karen Rapalje, 25:35; Nanette Dube, 25:50; Diane Sherlock, 27:13; Dorothy Faessler, 28:28; Lisa Weller, 30:20.

Female 30-39

Debbie Brunelle-Tirrito, 18:20; Moira Durmin, 19:06; Trish Arbogast-Kluge, 19:40; Carol VanDyke, 22:56; Nina Heyd, 24:35; Besty LaFlame, 25:33; Robin Edelman, 25:36.

Female 40-49

Sue Christiansen, 23:56; Heidi Smith, 25:49; Sandra Shenk, 26:16; JoAnn Troiano, 27:45; Katherine Kilmurry, 29:33; Suzanne Sargent, 31:50; Marsha Ackerle, 34:37; Sylvia Nichols, 45:37.

Female 50 and Over

Jackie Schmidt, 26:19; Bev Nolan-Cannata, 27:19; Anne Batten, 31:16.

WALKERS

Female 0-39

Gina Campoli, 33:19; Rosemary Shea, 34:00; Lori Grant, 34:47; Karen Gerdel, 35:53; Debra Austin, 36:08; Sarah Commito, 42:08; Anne Coates, 42:08; Deborah Armstrong, 43:22; Mary Parker, 43:24; Judy Cookson, 51:23; Tracy Willey, 51:47.

Female 40 and Over

Kathy Cook, 41:00; Anne Scarfi, 41:00; Judy Colby, 45:37; Wanda Mehlman, 48:49; Winnie McCormick, 51:45; Jerri Merolli, 51:50; Noelia Matte, 52:25.

Male 0-39

Frank Altermann, 29:26; Michael Sherbrook, 51:48.

Male 40 and Over

John Brodhead, 25:59; Ron Merolli, 42:10; Ray Colby, 42:23; James McGrath, 43:29; Phil Cookson, 45:16; Richard Barnaby, 50:29; Fred Mehlman, 52:06.

Youth 1K

Brian Dube 4:10; Joel Cookson 4:13; Tara Chapin 4:36; Nicole Dube 4:42; Sarah Commito 4:54; Anne Coates 4:56; Mousa Khadeja 4:58; Tyler Shene-Boright 5:12; Kelly Chaplin 5:13; Marissa Domanski 5:15; Maura Commito 5:19; Cabriez Cravedi-Cheng 5:27; Caitlin Hill 5:30; Scott Sergeant 5:34; Kim Chaplin 6:05; Sasha Gerdel 6:25; Kasie Seivwright 7:25; and Josh Seivwright (nta).

CONGRATULATIONS TO THE CVR SCHOLARSHIP RECIPIENTS

At the CVR monthly meeting on May 14, CVR scholarships were awarded to three area high school students. Stacey Smith of Harwood Union High School received the \$200 top female scholarship. Joshua Neudorfer, also of Harwood Union High School, received the \$200 top male scholarship. The \$100 merit scholarship went to Jennifer Hutchins of Lamolille Union High School. The primary selection criteria were scholastic achievement in high school, along with track and/or cross-country accomplishments and a statement of career goals. The awarding of scholarships was not an easy task, as there were many worthy candidates. A brief summary of each of the scholarship recipients follows:

Stacey Smith - Stacey has been an honor roll student during her junior and senior years. She has been captain of both track and cross country teams during her junior and senior years. She was state champion last year in 800 meters and was 2nd in the 400 meters. Her third place finish in the state cross country championships this year led her team to the state title. She plans to major in physical therapy in college and continue running at the college level. Her career goals include being a successful physical therapist and "to run a marathon and be glad I did it!"

Joshua Neudorfer - He has been an honor roll student during all four high school years and is a member of the National Honor Society. He has won several awards and is active in work, community and school affairs. He has been a member of the cross country and track teams throughout his high school years. He was captain of the cross country team this year, and has been co-captain of the track team the past two years. The track team won the 1989 state championship, as did the cross country team. He finished third in the state cross country championships, and was 22nd in the New England championships. He is interested in becoming an environmental lawyer.

Jennifer Hutchins - Jennifer has a 3.8 grade point average, and her class rank is third out of 110 students. She has been on the track team since her sophomore year. In her junior year, she qualified for the state championships in the javelin, high jump, 100 meter hurdles and 300 meter hurdles. She qualified for the New England championships in the 100 meter hurdles, the javelin and the 4 X 400 meter relays. She is planning on attending either Amherst or Middlebury College, and is interested in becoming a physical therapist.

THE STAMPEDE IS ON!!! CAPITAL CITY STAMPEDE

13th Annual 10K Road Race
Saturday, June 9, 1990
Montpelier, VT

Sponsored By:



Race-day Registration: 8:00 AM, June 9, 1990, 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: \$6.00 until June 1, 1990, \$7.00 after June 1.

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

Record Holders:	Jim Miller	30:29	1983	Lea Hayer	35:27	1983
1989 Winners:	Sam Davis	32:38		Heather Mackinnon	39:12	

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

Refreshments: Fruit, and drinks — served after the race.

Bicycle Caps: To the first 150 entrants.

OFFICIAL ENTRY BLANK

Deliver or Mail with fee to Norm Robinson, 66 Terrace St., Montpelier, VT 05602
(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 _____

Signature of Parent or Guardian of under 18 years of age



CAPITAL CITY STAMPEDE
****** WANTED - VOLUNTEERS ******
June 9- 9:30 a.m.

Duties include:

Traffic control
Water stops
Pre-registration
Post race results
Timers
Score keepers
Chute attendants

No experience required
Equal opportunity race director
if interested contact:

Norm Robinson
66 Terrace St.
Montpelier, Vt. 05602
or call: 223-7351

*Without you races like
these won't continue*



ROAD RUNNERS CLUB OF AMERICA

1990 RRCA WOMEN'S DISTANCE FESTIVALS

Within the months of July through October 1990, women, children, and men will run races to celebrate the eleventh year of the Road Runners Club of America's Women's Distance Festivals. These races are organized exclusively by local Road Runners Club of America chapters throughout the United States. In 1989 over 60 clubs in seventy different cities hosted Women's Distance Festivals.

The first Women's Distance Festivals were organized in 1980 as a celebration of women's running and to publicize the fact that, at that time, women did not have the same running opportunities in the Olympics that men enjoyed. During the past eleven years when the women's Olympic marathon was added in 1984 and the 10k in 1988, and the WDF series has been effective in publicizing that fact to hundreds of thousands of women runners in the United States.

The first festivals in 1980 were all held on the third Saturday in July, for that was the weekend closest to the men's Olympic marathon in Moscow. The RRCA continued that tradition through 1989, when the RRCA membership voted to allow a "window" of time (July 1 through October 31) so that more clubs could accommodate a Women's Distance Festival into their annual schedules.

The WDF Program gives support to all RRCA Clubs who choose to host a Festival no matter what size race they hold. This program has enabled many smaller clubs to hold a race for women who otherwise would not have been able to do so. The RRCA encourages clubs to keep their fees small and the race distance short to attract more beginners or first-time racers. The WDF program gives women members in an RRCA Club a chance to get involved in their club as well as a chance to compete. As they become involved they have inspired other women and children to take up the sport of running.

The RRCA offers support to each race by providing specially designed awards, advertisements and editorial support in Footnotes, race numbers, banners, stationery and other benefits provided by sponsors. Moving Comfort, Women's Sports & Fitness, Runners World, and Tom's of Maine will all be Women's Distance Festival sponsors in 1990. This year we have a new logo designed by Polly Caprye, a graphics artist and runner from Colorado Springs, Colorado.

This is a Road Runners Club of America chapter club's opportunity to celebrate women's running with other RRCA clubs around the country and to do something special for the women in the running community. Clubs have made this race whatever they want. Participating clubs have adapted their races to their own locales by adding special touches unique to their own communities.



If your club has hosted a Women's Distance Festival in the past it is time to commit to this year's event. If your club has not hosted a festival in the past why not take this opportunity to sign up for 1990? You may choose any date between July 1 and October 31.

Each club will receive:

race numbers
finish banner
top 3 award medals
finish tape (to the first 40 clubs that sign up)
Moving Comfort outfit for top woman finisher
Moving Comfort commemorative shirt to race director
"goodie bags" for each finisher
subscription to Runner's World
subscription to Women's Sports and Fitness
free advertising for your race in Footnotes, Runner's World, and Women's Sports and Fitness

Please fill out the form attached and return to me no later than March 1, 1990, so that your event will be listed in all national ads in Runner's World, Women's Sports and Fitness and Footnotes.

Yes! Our club would like to host a Women's Distance Festival.

DATE OF EVENT _____

RRCA Club Name _____

ADDRESS (no box numbers) _____

CITY _____ STATE _____ ZIP _____

RACE DIRECTOR'S NAME _____

ADDRESS (no box numbers) _____

CITY _____ STATE _____ ZIP _____

PHONE # _____ H _____ W _____

ESTIMATED NUMBER OF PARTICIPANTS _____

RETURN TO:

Women's Distance Festival Director
Dianne Zellner
4325 NW 9th Place
Gainesville, FL 32605

Phone: (904) 374-6749

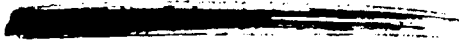
■ Bank of Vermont

vermont

C • I • T • Y

== *marathon*

BURLINGTON • MAY 27, 1990



Burlington, Vermont's
2nd Annual Marathon
& Marathon Relay

Sunday, May 27, 1990

Starting 8:05 a.m.

Memorial Auditorium

Downtown Burlington



NEXT CVR MONTHLY MEETING

The next CVR monthly meeting is Monday, June 11 at Norm and Martha Robinson's house, 66 Terrace Street in Montpelier. The meeting will begin at 6:30 p.m., and is Potluck.

HRLP, HELP, HELP !!!

Your help is needed as a volunteer at the Montpelier Ten Miler on June 23. If you are not racing and are available, please call Tim Noonan (229-4658). We need 20 volunteers to make things go smoothly.

ARTICLES, ETC. ANYONE?

We welcome any articles, race results and summaries, etc. which you would like to share with other runners. The deadline for submission of materials for the next newsletter is July 1. Send to me at 2 Pinewood Road, Montpelier 05602.

Tim Noonan
Newsletter Editor

MONTPELIER TEN MILE ROAD RACE

16TH ANNUAL RACE

ONE OF VERMONT'S OLDEST RACES



SATURDAY, JUNE 23, 1990 - 9:00 A.M. (Note: This is an earlier starting time than past years.)

PLACE: Montpelier High School, Montpelier, Vermont.

SPONSORS: Central Vermont Runners and Montpelier Recreation Department. 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 23, from 7:30 a.m.-8:45 a.m. Dressing and bathroom facilities available.

FEES: \$6.00 for pre-registrants. \$7.00 for post-registrants. Pre-registration must be made by June 18.

START TIME: 9:00 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 gift certificate/merchandise prize 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 Race Thirst Quencher

 OFFICIAL ENTRY FORM - MONTPELIER 10 MILE ROAD RACE JUNE 23, 1990

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 SUNBURN, TRAFFIC AND THE CONDITIONS OF THE ROAD. ALL SUCH RISKS BEING KNOWN AND APPRECIATED BY ME. I HAVE 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 _____

 Signature of Parent or Guardian if under 18 years of age

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.

In addition to the following races, CVR has fun runs every Tuesday, May through October, at 5:30 p.m., starting at the Department of Liquor Control on Green Mountain Drive in Montpelier. Distances are 2, 4 and 6 miles.

- MAY 27 Bank of Vermont/Vermont City Marathon and Marathon Relay, 8:00 a.m., Burlington, Vermont City Marathon, Box 152, Burlington, VT 05401-0152 658-1810.
- JUN 2 Warbler Ramble. 4.6 Miles. 10:00 a.m. Green Mountain Audubon Center, Huntington.
- CVR JUN 9 Capital City Stampede, 10K, School Street, Montpelier 9:30 a.m. Norm Robinson (223-7351).
- JUN 16 Catamount X-C Run, 6:00 p.m., Catamount Family Ctr., Williston. Don Dresser 434-3811.
- JUN 17 Caspian Lake Runaround, 10:30 a.m. Caspian Lake Beach, Greensboro. Umbrella Office 748-8645.
- CVR JUN 23 Montpelier 10 Miler, Montpelier High School, 9:00 a.m. Tim Noonan (229-4658).
- JUL 4 Essex Junction 5K, 9:00 a.m. A.D. Lawton School. Bruce Cunningham 482-2933.
- JUL 14 Partners' Race, 8:30 a.m. 4.8 miles. Jericho Ctr. Green. Chris & Bill Griffin. 985-8304.
- JUL 22 Stowe 8 Mile Union Bank Road Race, 253-9009.
- CVR AUG 4 Berlin Pond Couples Race, 8K. Chris Whalen (496-9703).
- CVR OCT 7 Leaf Peepers Half Marathon, Waterbury. Darragh Ellerson (223-2080) and Jeff Shutak (433-6776).
- CVR NOV 3 Juniper Hill 12K, Barre. Bob Murphy (476-4328).

Tim Noonan
2 Pinewood Road
Montpelier, VT 05602