



THINK SPRING
**CENTRAL VERMONT
RUNNERS
NEWSLETTER**

APRIL
1991
VOL. 11 NO. 2
12 2



C.V.R. Officers
Pres. Darragh Ellerson
V. Pres. Tim Noonan
Treas. Norm Robinson
Sec.
Editor Dana McCarthy



**CENTRAL VERMONT RUNNERS
MEMBERSHIP APPLICATION**

NAME (Please Print) _____

STREET _____ CITY _____

STATE _____ ZIP _____

AGE _____ BIRTH DATE _____ SEX: MALE ___ FEMALE ___

PHONE NO. _____

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

MAY- RUN FOR THE HEALTH OF IT 5K _____

JUNE- MONTPELIER TEN MILER _____

JULY- CAPITAL CITY STAMPEDE _____

AUGUST- BERLIN POND COUPLES RACE _____

OCTOBER- LEAF PEEPERS HALF MARATHON _____

FUN RUNS (EVERY TUESDAY, MAY-OCTOBER) _____

Names, ages and birth dates of additional CVR household members:

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

Annual membership dues are \$8 for individual membership and \$10 for family membership. Enclosed are dues for the following year(s):

1988 1989 1990 1991 1992

Send completed membership form with membership dues to:

**CENTRAL VERMONT RUNNERS
Norm Robinson
66 Terrace Street
Montpelier, Vermont 05602**

4

ANNUAL MEETING'S MINUTES - JAN. 26, 1991

The Annual Meeting of the Central Vermont Runners was held at Jeff and Vicki Shutak's home in Williamstown on a pleasant, powdery snow conditioned Saturday in January. Great cross country skiing through the wilds of Williamstown! Yummy Italian cuisine! And a productive business meeting.

In attendance were Jeff Shutak, Darragh Ellerson, Bob Murphy, Tim Noonan, Norm Robinson, Bob Howe, Dana McCarthy.

OLD BUSINESS: The long absent Timer-Printer has returned in good repair from the factory.

Norm received a few responses from late dues notices sent out earlier. Also a few new members joined.

Leaf Peepers: Darragh said the Harwood Boosters are still willing to participate, despite concerns and complaints. The vehicle parking problem will be investigated by Darragh, Bob Murphy and Jeff this spring. Bob says the course will have to be recertified because of bridge construction causing a change in the route.

Juniper Hill: No new ideas out inspiring a larger turnout for Bob Murphy's race organizing efforts. Bob says the 1991 version will be very low-key: advance advertising, no advance entry blanks, and perhaps one prize.

New Business: Tim suggested C.V.R. sponsor the Middlesex Bear Swamp Run with the Middlesex Recreation Department. He explained it would only involve making applications, which he volunteered to make, and the Recreation Department will supply the bear road markers, water and timing.

It was agreed to plan the race for July 13, Saturday at 9:00a.m. This led to discussion of the U-32 race held in May. It is somewhat sponsorless and directorless. Dana volunteered to call Gary Haas at the World newspaper who has been helpful in publicity and organizing the race in the past. A committee of Jeff, Darragh, Tim, Bob M., and Norm agreed to be co-directors.

Speaking of race publicity(sort of)...K.R.C.A. awarded the title of Eastern Region 10-Mile Race to the Freehold area Running Club of N.J. for their St. Paddy's Day race. Unfortunately, C.V.R. was never contacted and apparently our famous and veteran 10-Miler was completely overlooked. Darragh plans to communicate to K.R.C.A. our displeasure with their lack of consideration.

Racing along into May....Bob Murphy noted the Corporate Cup race 5k will be May 23rd.

As for the nitty-gritty of racing, Darragh persuaded the quorum to join T.A.C. Her reasons included their helpful information, keeping the ultimate source of race records, notifying clubs of races and for \$50.00 we join the New England branch and the bulk of the money stays in New England.

Scholarships: Bob Howe says people are already requesting applications for the two \$200.00 and one \$100.00 scholarships. It was agreed to continue with these scholarships until we decide about a grant proposal at the March 18 meeting.

Norm Robinson provided the Treasurers's report. He called it "unbelievable" with \$1,892.00 in C.V.R. coffers for fiscal year 1990. Currently there are 102 members and 700 names on our mailing lists. For a detailed financial picture look for Norm's full report on the next page or two of this newsletter. Thanks Norm.

The subject of Dues popped up as it always does at these Annual affairs. And what a deal we decided on! No changes! It's still one of the best bargains to join C.V.R. Just \$10.00 per family or \$8.00 for an individual.

ELECTIONS: Dana hurriedly vacated the Presidency and she and Norm politely haggled over Newsletter editor versus Treasurer versus Secretary. Everyone agreed (especially Dana since she claims an allergy to math-related endeavors) Norm's business accounting acumen superbly qualified him for another stint as Treasurer.

Tim Noonan almost as hurriedly vacated the Newsletter Editor's job but was easily persuaded to become Vice President.

Dana cited the need for a veteran C.V.R. member, with wisdom and experience to move into the President's chair. Darragh said quietly how perhaps she wouldn't mind...A rapid vote elected her before she could pause to change her mind!

And in Sue Drapp's absence we left the Secretary's position open for her to return to or allow someone in attendance to fill in.

So here are your newly elected officers; President Darragh Ellerson
Vice President Tim Noonan
Treasurer Norm Robinson
Secretary Sue Drapp ??
Editor Dana McCarthy

Meeting adjourned at 5:30 p.m.

6

CVR 1990 ANNUAL REPORT

UNBELIEVABLE!! That's the way I would characterize the 1990 fiscal year for the Central Vermont Runners Club. We saw a net increase of \$640.59 to our balance for the year. Our year end total being \$1892.80. The major success stories financially were the Capital City Stampede, and Leaf Peepers. The Stampede made over \$200 more in 1990 than in '89; while Leaf Peepers made \$158 more.

In the area of expenses, the newsletter was \$606.92 in 1989 and only \$377.88 in 1990; with one less issue. A savings of \$229.04.

Below is a summarized report for 1990. Anyone wishing to see or have a copy of the entire, 1990 report please let me know.

Description	Credit	Debit	Total
Administration	\$825.00	\$1065.10	-\$240.10
Newsletter		\$377.88	-\$377.88
U-32 5K	\$826.00	\$582.00	\$244.00
Capital City	\$851.00	\$542.50	\$308.50
10 Miler	\$401.00	\$247.46	\$153.54
Berlin Pond	\$259.00	\$279.24	-\$ 20.24
Leaf Peepers	\$3783.60	\$3188.02	\$595.58
Juniper Hill	\$13.00	\$35.89	-\$22.89
TOTAL	=====	=====	=====
	\$6958.60	\$6318.09	\$640.51

As of 1/26/91 we have 102 members with 18 having signed up for 1991. This number obviously grows quickly in the early spring.

Mar Robinson

Want to know what other runners around the country think about racing or training?
What does R.R.C.A. Do anyway?

Like to travel?

If you answered yes to any of these questions (even if yes wasn't the appropriate answer) we have a ticket (figuratively speaking) for you!!

The 34th Annual Road Runners Club of America Convention is May 30 - June 2 in Kansas City, Missouri. Now normally our Northeastern delegate Darragh Ellerson would attend. But she can't this year and is wondering if any club member would like to take her place? Anybody have a business trip scheduled around the same time somewhere in the same area? Just never been to Kansas City, Mo.? Well, here are some enticing tidbits to whet your carbon rubber soles!

May 30 Thursday: From 12:00 noon on delegates check-in
5k race to remove jet lag at 6:15p.m. and it's an age-graded handicapped race, too! It's free for delegates, but if you just drop in it'll cost \$10.00.

Following there is a Bar-B-Q and Jazz party.

Later still there is an R.R.C.A. auction.

And more!

May 31 Friday: Rise and shine! 7:00 a.m. Fun Run!!
After breakfast there are workshops, expos and informative events all day.

Take a running break at noon for another Fun Run (in case you slept through the earlier one).

That evening the Banquet and awards presentations take place.

June 1 Saturday: Most of the day is free for you to attend more workshops and to pick up race packets for the Trinity Hospital Hill Half-Marathon or 7.7 mile race.

A free spaghetti dinner that evening.

June 2 Sunday: Half-Marathon starts at 7:00 a.m.

If you are interested in representing C.V.R. and regions beyond, or just going call Darragh Ellerson for more information.

North Downs Challenge

October 7

Plan: 10:00 start. Three cross-country races. 10k (yellow numbers), 20k (blue numbers), 30k (green numbers). 25k walk (?).

Strong warning: Follow the colored arrows! Those following the wrong colors or deviating from the course will be disqualified!!

The starting points were in a vineyard (you never know) south of London. I was signed up for the 30k and found the green starting area a little before 10:00. We waited. At 10:20 we were joined by the people with blue numbers. Then the yellow numbers walked through us. (They had set up the start with the 30k's in front and the 10k's at the back. The runners reorganized themselves.) At 10:45 we took off.

The road was very narrow with hedges on both sides and immediately went up a steep hill which some people walked so everyone behind them walked. There were lots of marshals and army personnel directing the way at first and soon the 10k's split off. The scenery was lovely - mostly forest paths going by farms, horses, cows, sheep, walkers, and kids on mountain bikes. It seemed all up and down with steep inclines in many places.

The crowd thinned out and I ended up near a lady of seasoned look with an 80-miler tee shirt on so I settled in to try to stay with her. She was breathing quite hard but I was having to push right along to keep up. Then she said "You go first" so I did and after a while happily headed down a hill. There was a sweet elderly couple sitting on the hillside who told me to go back up. I did, and found the little green arrows (pointing over a stile) which blended well with the foliage. (English x-c races often include stiles; sometimes you have to queue up to get over.)

In the meantime the other lady had gotten ahead and I had a little job catching her. We crossed a road with a steep incline on the other side and she fell behind. There were no marshals (or runners) to be seen for a long time and I had to ask some kids on bikes where to go, (they were right). After finally spotting

a marshal I was directed down a road which was basically water and mud, and found some other runners. We emerged from the mud and found the 80 miler lady along with some other greens coming out of another road. Hmmm. We trotted along together until we came to a paved road. No marshal. We retreated and took a left (why not?). Two ladies from Ipswich kindly slowed down so I could join them until we were sure we were on the right track. We parted on a long uphill which I jogged and they walked. Marshals reappeared and I completed the long descent to the starting/finishing area.

The lead pack in the 10k ended up in the nearby town of Dorking. This was hard on the people with spikes.

I wrote a letter to the organizer saying that although I realized there were some problems I enjoyed the race and hoped he'd continue it in the future. I received a full page letter in reply listing some of the problems:

1. Fifty of the original marshals, who had been fully briefed, were in the services and had been deployed elsewhere due to the Gulf Crisis.
2. There were pirate marshals on the course sending people the wrong way.
3. The starter and time keeper were ill and couldn't make it.
4. The people with sound equipment broke down on the motorway on the way to the event, and then turned around and went home.
5. Course markers were removed by passers by and gale force winds and rain the day before meant some quick changes in the route.

My latest race was a very well organized (quite dull) 10 miler in Canterbury, which kept repeating the loup by the sewage treatment plant. Cheers.

Elizabeth Meiklejohn

New Bedford 14th Annual Half-Marathon

Some soon-to-be C.V.R members and one of our club founders set their sights on March 17th to jump into the racing season with the New Bedford Half-Marathon. The club founder, Darragh Ellerson didn't have the luck of the Irish for this race. The flu and a training mishap prevented her from running. But Janet and Townsend Gilbert did. Janet reports the weather on race day was great; 55-degrees, sunny and little breeze coming in off from the ocean. She said many other runners were surprised at the good weather. It's usually rainy and cold. but on this St. Patrick's day 2000 runners lined up. Janet, Townsend and one of Janet's sisters finished in 2:06. Another of Janet's sister zoomed ahead and finished in 1:44. Janet said this race was their first race or run outside. Being owners of First in Fitness gave them the incentive to do most of their training through the cold winter weather on the treadmill, stairmaster and Nautilus machines. Janet said the race was well organized and enjoyable. The long-sleeve t-shirt was also great!

*** **

THE...NEXT...C.V.R....MEETING.....IS COMING SOON!

WHEN? Tuesday April 2

TIME? 6:30 P.M.

WHERE? Ellerson's on Upper North St. in Montpelier

WHAT? Pot luck

Come join us for surprisingly good food from everyone, lively running discussions with a dash of humor, and a sense of belonging to the club who collects your dues!

RACE SCHEDULE

*** C.V.R. - INDICATES C.V.R. - SPONSORED RACE. IF YOU DO NOT PLAN TO RUN, YOUR HELP WOULD BE GREATLY APPRECIATED BY THE RACE DIRECTOR AND CREW.

C.V.R. MAY ? (T.B.A) RUN (OR WALK) FOR THE HEALTH OF IT
5K AND 1K

MAY 23 VERMONT CORPORATE CUP CHALLENGE
5K, VERMONT STATE HOUSE, STATE ST., MPLR.

C.V.R. JUNE 8 CAPITAL CITY STAMPEDE
10K, SCHOOL ST., MONTPELIER, 9:30 A.M.
NORM ROBINSON (223-7351)

C.V.R. JUNE 22 MONTPELIER 10-MILER
MONTPELIER HIGH SCHOOL 9:00 A.M.
TIM NOONAN (229-4658)

C.V.R. JULY 13 BEAR SWAMP RACE
RUMNEY ELEMENTARY SCHOOL, MIDDLESEX
9:00 A.M. 5.6 MILES
TIM NOONAN (229-4658)

OOPS..... MAY 26 BURLINGTON CITY MARATHON
26.2 MILES BATTERY PARK, BURLINGTON
8:05 A.M.

C.V.R. AUG. 3 BERLIN POND COUPLES RACE
8K CHRIS WHALEN (496-9703)