



CENTRAL VERMONT RUNNERS

JANUARY 1994 NEWSLETTER

Vol. 15 No. 1

Frolic and Feast at the Annual Meeting

CVR's annual meeting will be held on **Sunday, January 16** at 2:00 pm at the home of Norm Robinson. If there is adequate snow cover, we'll cross country ski in Hubbard Park. Running is an alternative for those who don't wish to ski. A potluck dinner will follow the outdoor activities. Finally, we'll discuss business, including setting the race schedule for the year and electing new officers. (How about starting the new year by introducing a friend to the joys of CVR membership?) Norm lives at 66 Terrace St. in Montpelier and can be reached at 223-7351.

Congratulations Are in Order

Congratulations to Sam Davis who won the Juniper Hill 12K race in a course record time of 42:08. In the process, Sam also set a Vermont state record for the 12K distance as he bettered Ralph Cote's previous Juniper record of 44:21 set in 1990. ~~This was the sixth annual running of this race which is famous for its challenging hills.~~ Bob Murphy placed second with a time of 42:04 (after age/sex adjustments were made).

Congratulations to Nat Goodhue on his performance in two recent Alaska long distance races. The Klondike Relay 110 mile course began in Skagway, Alaska and finished in Whitehorse in Canada's Yukon Territory. Nat's team placed 11th out of 91 ten-person teams. Nat also placed 8th overall in the Equinox Marathon; Nat reports that snow was falling the entire time.

Our President: Now a Proud Pop

Tom Kaiden and his wife, Sue, recently became parents of a baby boy, Andrew. We look forward to seeing Tom running with Andrew in baby jogger!

Light the Candles

Happy Birthday to the following members born in January:

Timmy O'Mara	1/2	Bob Murphy	1/21
Judy Colombo	1/6	Don Lyons	1/24
Jane Valentine	1/7	Molly Bachman	1/24
Sam Davis	1/9	David Ellerson	1/27
Carol Hillman Van Dyke	1/14	Robert Searles	1/31
Newton Baker	1/16		

CVR Spotlight on: Steve Burkholder

Steve Burkholder joined CVR 2 years ago with his wife, Bonnie, and his two daughters, Katie, age 15, and Melissa, 12. Steve enjoys being a member because the opportunities for camaraderie and meeting new people continually spark his enthusiasm for running. Steve has participated in several triathlons and he'd like to compete in a 1/2 marathon triathlon. Another goal of his is to run a marathon. In addition to running, Steve is very involved with soccer. He manages the Montpelier Soccer Club which is one of 8 teams in the Central Vermont Soccer League. The team plays summer and winter and their home base is Montpelier High School. This year at Wedgewood, Steve's managing the fitness swim club. By profession, Steve is a heating technician for Agway Energy Products. Steve commented that he "can't say enough good things about the club". (Thanks, Steve. We're glad you joined!)

Thanks for Joining!

We welcome new members Gordon Miles, William Miles, and Barbara James Connor, all of Montpelier.

Need an Answer?

Feel free to contact any club representative with any questions you may have:

President	Tom Kaiden, 223-1325
Vice President	Darragh Ellerson, 223-2080
Treasurer	Norm Robinson, 223-7351
Secretary	Bonnie Burkholder, 223-2625
Editor	Nancy Schulz, 223-7035
Editor	Maureen Carr, 223-4841

Contributions Always Welcome

The newsletter editors welcome contributions from members. If you have race results, drawings, articles, suggestions, cartoons, etc. that you'd like to submit, please send them to Nancy Schulz, 157 State St., Montpelier. We'll fit them in as space allows.

CVR Race Calendar

(all information should be verified with race directors for accuracy)

- Jan 1- FIRST RUN 5K & 1 MILE FOR KIDS, 11AM, Burlington, Andrea Riha at Burlington Parks and Rec. (864-0123).
- Jan 15,16- BERMUDA MARATHON, HALF MARATHON AND 10K, Marathon Tours and Travel (617-242-7845). *
- Apr 7-10 NORTHERN TELECOM CHERRY BLOSSOM 10 MILE ROAD RACE, Washington, DC (held in conjunction with the 1994 RRCA National Convention). Call Darragh Ellerson at 223-7351 for registration forms and information. Register by Feb. 15.

* Indicates Maureen Carr (223-4841) has race forms and/or additional information available.

If anyone knows of any other races please forward information to Maureen at 34 1/2 Liberty St., Montpelier, Vt., 05602.

Hash House Harriers Report

CVR members Nancy Schulz and Nat Goodhue participated in the November 14 "hash" in Stowe, organized by the Green Mountain Hash House Harriers. Nat volunteered his services as a "hare", helping in advance to set a maze of trails with handfuls of flour. The "harriers" then arrived and began to find their way, often going down false trails set by the wiley hares. The group was treated to hot cider about halfway through the course, which included running through a country store, a playground, and an ice skating arena. After the 90-minute adventure, most participants moseyed on to Kowloon for inexpensive but tasty Chinese food. (As this newsletter goes to press, GMHHH is holding a Christmas caroling run in Burlington.) If you'd like to participate in an upcoming hash (possibly on skis!) or if you'd like to help plan a hash in Montpelier, call Nancy at 223-7035.

Thanks to First in Fitness

The enclosed three routes are reprinted courtesy of First in Fitness health club in Montpelier. At this time of year, it may be easier to run downtown where road surfaces and lighting are better.

CVR Needs to Know

In order to offer a newsletter which appeals to members, the editors would welcome your feedback to the following questions:

Please check the following features which you think the CVR newsletter should include:

recipes_____	guest editorials_____
spotlight on members_____	medical column_____
classifieds_____	running tips_____

Would you personally be willing to contribute or work on any of the above?

Do you have any other ideas for features?_____

Please submit your responses to either Maureen Carr or Nancy Schulz. Thanks!

**Central Vermont Runners
Minutes
November 3, 1993**

In the absence of President Tom Kaiden and Vice President Darragh Ellerson, Treasurer Norm Robinson called the meeting to order.

Bob Murphy announced that 5 individuals had paid the \$2.00 advance registration for the Juniper Hill race. Fifteen to twenty are expected on race day, when \$5.00 will be the fee.

This year's Leaf Peepers race was declared a success.

Mac Gardner-Morse suggested that thank you letters be sent to The World and The Times-Argus expressing appreciation for their coverage of CVR news this past season.

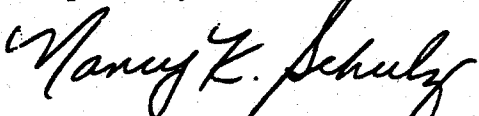
The CVR bank account currently contains \$5,000, but the invoices from the Leaf Peepers race have not yet been paid.

Norm brought up the discussion of the end of the season dinner celebration at Julio's. Tom Kaiden picked up the tab for the group and later submitted it to the club. Norm asked for feedback and opinions were expressed. Ultimately, a motion was made and seconded to reimburse Tom. For future social functions, it was agreed that whether or not the club will pay will be advertised in advance. Rather than make a strict policy about payments, the club will decide on an ad hoc basis.

Traditionally, the club has skipped a December meeting. The next gathering will be the Annual Meeting on January 16, 2:00 pm at Norm Robinson's house. Come prepared to x-country ski or run prior to the pot luck. We'll be electing officers at this meeting; the comment was made that the President and the Vice President are not permitted to extend their terms beyond 2 years.

The last discussion of the evening centered around those individuals who come to races and/or fun runs but haven't yet joined the club. Bob Murphy suggested that a targeted mailing be sent to them to solicit their membership.

Respectfully submitted,



Nancy Schulz (for Bonnie Burkholder)

JUNIPER HILL 12 KM RACE
6 NOVEMBER 1993
RACE SUMMARY

Vermont Runner Rankings:

Race Finishers:	Male	Female
Open	17	8
40-49	7	3
50-59	4	-

Ranking points were earned by the following runners:

Men's Open:

Sam Davis	Calais	5(1st)
Morgan Laidlaw	Johnson	3(2nd)
Tom Kaiden	East Montpelier	2(3rd)
Jamie Shanley	Montpelier	1(4th)

Men 40-49:

Jamie Shanley	Montpelier	3(1st)
Tony Treanor	Swanton	2(2nd)
John Valentine	Roxbury	1(3rd)

Men 50-59:

Bob Murphy	Barre	3(1st)
Tom Crowe	Jeffersonville	2(2nd)
Gene Nichols	Stowe	1(3rd)

Women's Open:

Caryn Etherington	Middlebury	2(2nd)
Merill Cray	Lake Elmore	1(3rd)

Women 40-49:

Merill Cray	Lake Elmore	3(1st)
Dot Helling	Montpelier	2(2nd)
Vera Nichols	Stowe	1(3rd)

Compiled by:

Bob Murphy
Vermont Running Data Center
RR3, Box 6866
Barre, VT 05641

1993 CVR Grand Prix Series - Final Standings

Name	CCS	MTM	BSR	BPC	L5K	LHM	JHR	Total
Male 0-39								
Sam Davis	5*	10		10		10	10	45
Tom Kaiden		7	10		5*	5*	7	34
Tim Noonan	5*	5*	7	7				24
Mack Gardner-Morse	5	5*	2	5	5*	0*		22
Elden Dube	7				10	5*		22
Norm Robinson	5*			3				8
Chris Whalen				5*				5
Male 40+								
John Valentine	5*	10	10	10		10	10	50
Bob Murphy	5*		5			7	7	24
Bob Howe	3	5*			10			18
Harry Colombo					5*	5*		10
Townshend Gilbert					5*	5*		10
David Ellerson					5*	5*		10
Doug Allen	5*	3						8
Female 0-39								
Maureen Carr			10	7	5*	5*		27
Patty Roach-Davis	5*			10				15
Diane Sherlock Baker					5*	5*		10
Katie Burkholder		5*						5
Melissa Burkholder		5*						5
Colleen Noonan	5*							5
Female 40+								
Dot Helling				5*		10	10	25
Bonnie Burkholder	7	5*			10			22
Darragh Ellerson	5*	5*		5	7	0*	0*	22
Janet Gilbert					5*	5*		10
Judy Colombo					5*	5*		10

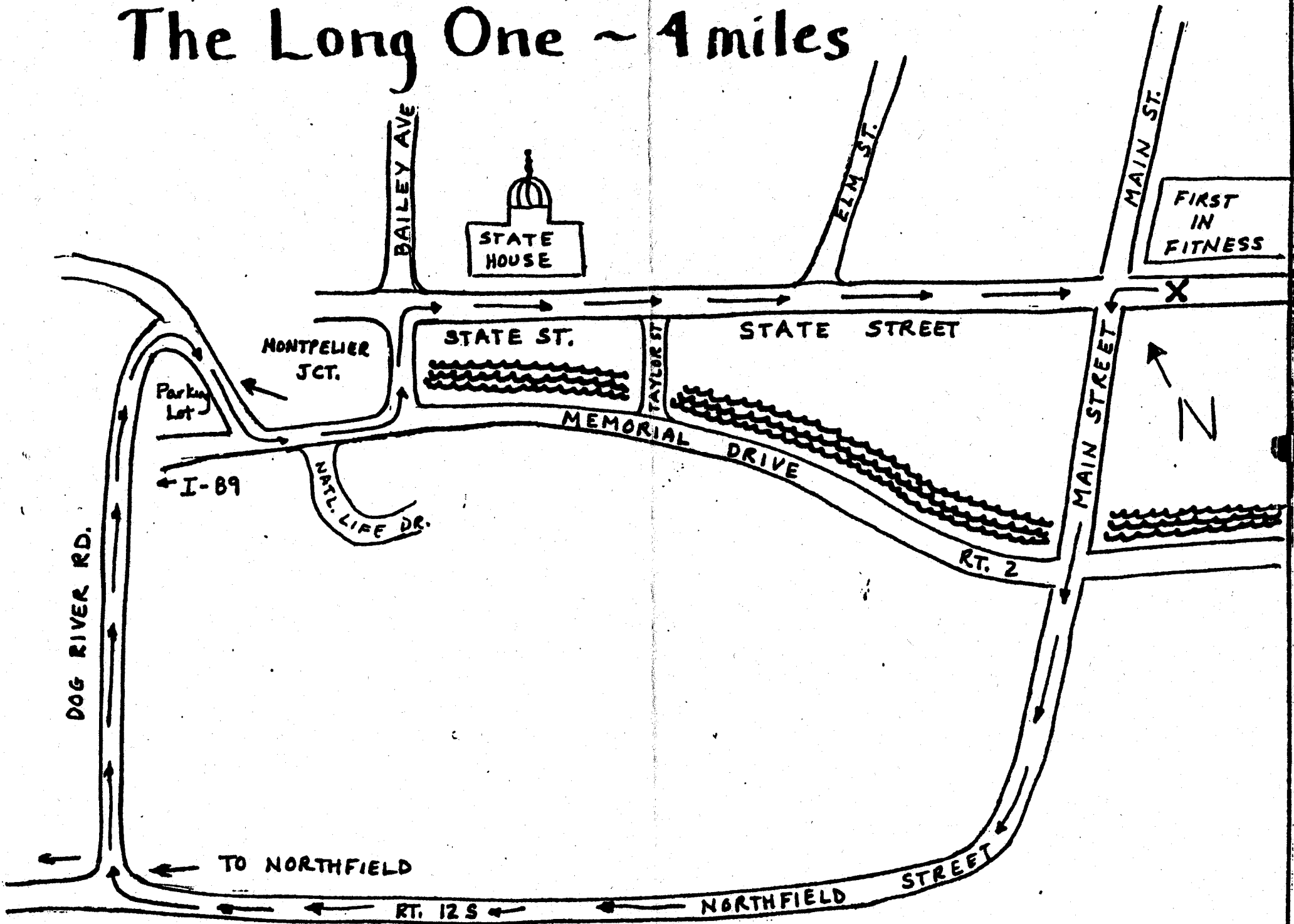
* = volunteer work during a race (5 points each for up to two races only)

- 10 = 1st CVR finisher in division
- 7 = 2nd CVR finisher in division
- 5 = 3rd CVR finisher in division
- 3 = 4th CVR finisher in division
- 2 = 5th CVR finisher in division
- 1 = 6th CVR finisher in division

Note: Total consists of best 5 scores out of the seven races.

- CCS = Capitol City Stampede 10 km Race
- MTM = Montpelier 10 Miler
- BSR = Bear Swamp Run 5.7 miles
- BPC = Berlin Pond Couples Race
- L5K = Leafpeepers 5 km Race
- LHM = Leafpeepers Half Marathon
- JHR = Juniper Hill 12 km Race

The Long One ~ 4 miles



The College Square

1.75 miles

NEW ENGLAND
CULINARY
INSTITUTE

MAIN ST.
SCHOOL

TO Rte. 12

STREET

EMMONS ST.

COLLEGE STREET



ANGDON ST.

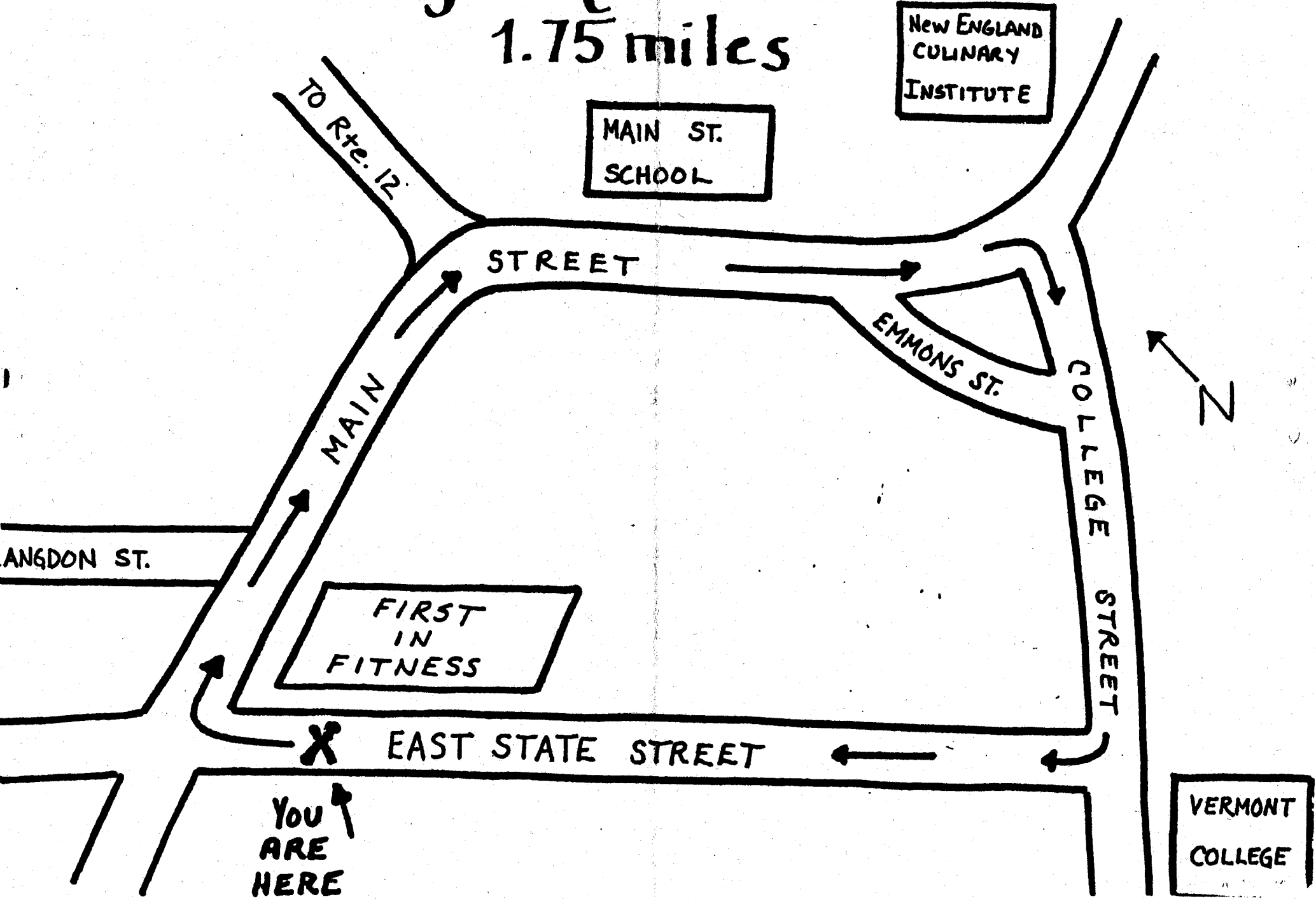
MAIN

FIRST
IN
FITNESS

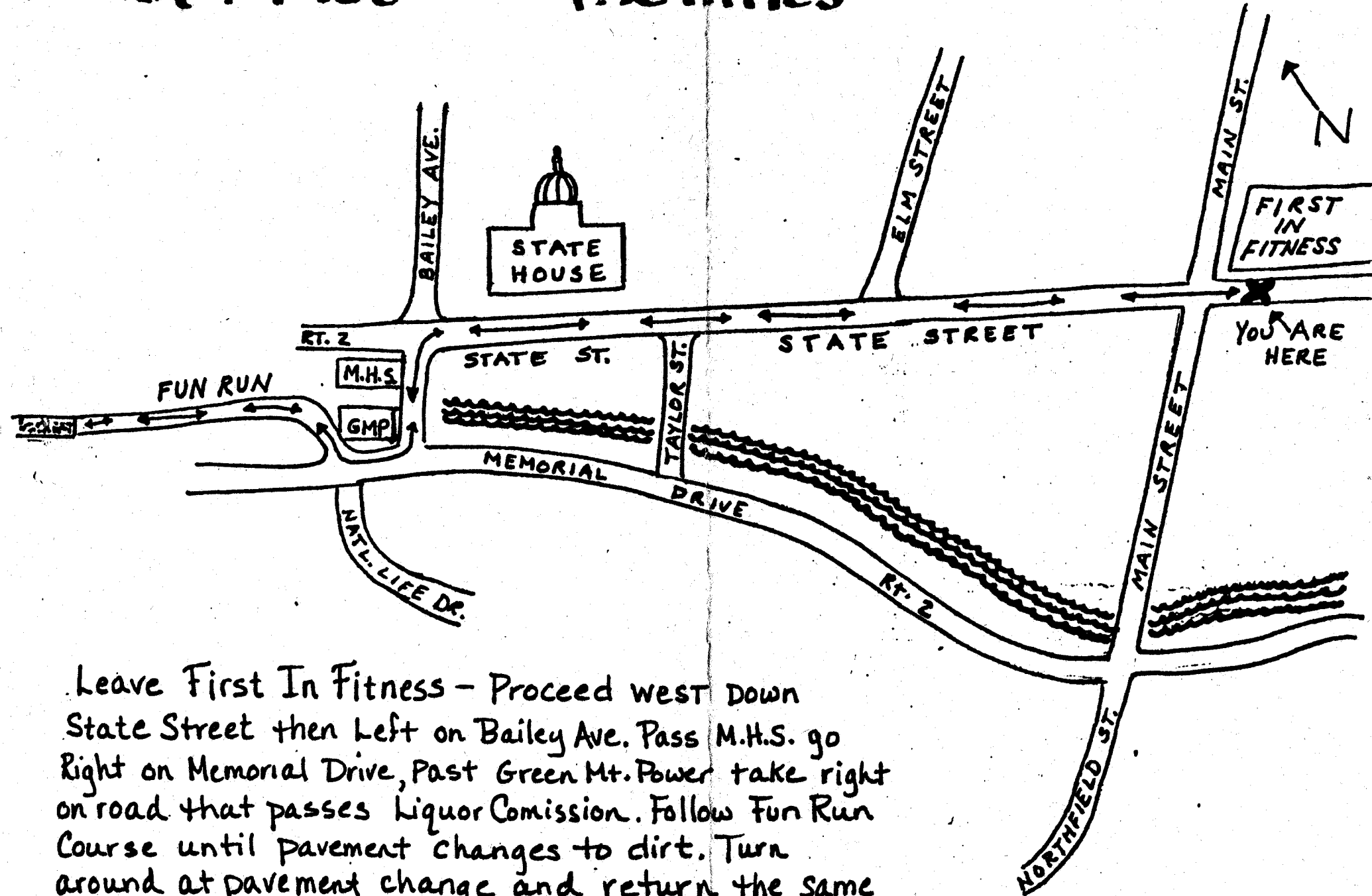
EAST STATE STREET

YOU
ARE
HERE

VERMONT
COLLEGE



Fun & Flat - 4.2 miles



Leave First In Fitness - Proceed west Down State Street then Left on Bailey Ave. Pass M.H.S. go Right on Memorial Drive, Past Green Mt. Power take right on road that passes Liquor Commission. Follow Fun Run Course until pavement changes to dirt. Turn around at pavement change and return the same way you came. Have Fun!!

Central Vermont Runners Membership Application

Name (please print) _____

Street _____

City _____ State _____ Zip _____

Age _____ Birth Date _____ Sex _____ Phone _____

Names, birth dates of additional household members of CVR:

1 _____ 2 _____

3 _____ 4 _____

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 contact you.)

June--Capital City Stampede _____

June--Montpelier 10 Miler _____

August--Berlin Pond Couples Race _____

October--Leaf Peepers _____

November--Juniper Hill 12K _____

Fun Runs (Tues, May-Oct.) _____

Annual dues are \$10 for individual or family; \$2 for a student. Enclosed are dues for the following years: 1994 1995 1996 1997 1998

Please make check payable to: CENTRAL VERMONT RUNNERS and mail to Norm Robinson, 66 Terrace St., Montpelier, VT 05602



Central Vermont Runners
c/o Nancy Schulz
157 State St.
Montpelier, VT 05602

For Files

January '94

Printed on recycled paper. Please pass this newsletter to a friend or recycle it!

CVR's Editors wish all Members a joyful Holiday Season and a Very Happy New Year!