

1995 CENTRAL VERMONT RUNNERS ANNUAL REPORT

CVR ended the 1995 fiscal year with a balance of \$3345.58. This compares to \$2,480.42 at year end 1994. We have one \$200 scholarship check that has not been cashed at this point in time.

The clubs continues to be very healthy financially, and the races this year were generally very successful. The newsletter was much less expensive this year.

Below is a detailed summary of major categories vs. the previous year. If anyone is interested, or has questions about specifics. please feel free to contact me.

1995 Financial Summary

Description	Credits	Debits	Total	'94 total
Administration	\$1,187.00	\$1,737.02	(\$550.02)	(\$534.19)
Newsletter		\$153.18	(\$153.18)	(\$413.62)
Leaf Peepers	\$8,837.00	\$7,959.00	\$878.00	\$1,361.98
Berlin Pond	\$620.00	\$433.47	\$186.53	\$154.10
Capital City	\$1,453.50	\$1,042.34	\$411.16	(\$163.13)
10 Miler	\$893.00	\$1,002.14	(\$109.14)	(\$127.26)
Total	\$12,990.50	\$12,327.15	\$663.35	\$277.88

Respectfully Submitted

Norm Robinson
Treasurer

CVR ON THE WORLD WIDE WEB
by Bob Murphy

Check out the newest URL on the internet! Central Vermont Runners has gone high-tech, and now has its own home page on the World Wide Web. You internet surfers can find the site at <http://plainfield.bypass.com/~bmurphy/>. Check it out!

What will you find? So far, there is information on the following topics:

- . CVR Organization, including officers, addresses and phone numbers.
- . CVR Membership, info on why and how to join. May add a membership application soon.
- . CVR Meetings, including information on where and when the next meeting is being held.
- . CVR Newsletter, including an appeal for articles, etc., and where to send them.
- . CVR Fun Runs, info on when, where, fun run distances, with directions how to get to the start/finish area.
- . CVR Races, the complete 1996 CVR race schedule, including dates and race directors. Possible additions here include separate pages for each CVR race, with very complete information, including course description (course map maybe?), race entry form, record holders, etc.
- . Other Vermont Races, including as much information as I can get on all Vermont running events. This race schedule will contain only the basics, such as date, time, name of event, distance, race director and phone number. CVR races are listed here as well, and may have links to separate race information pages.

All pages are text only at the moment, but I plan to add some graphics (probably nothing really fancy, but at least the club logo on the home page). Links are presently being planned between our home page and the State of Vermont home page. Hopefully, this will increase the club's exposure and generate more interest in joining. Having race entry forms available on-line will make it very simple for surfers to apply to our races, and should make it easier for us to promote them to a growing number of internet users. Information on our races is no longer limited to those in the immediate area, but is now available world-wide!

I welcome suggestions for improving the CVR sites. Only those with access to the internet will be able to actually see the pages, of course, but others may have ideas as well, and I'd be interested in hearing them, too. If there are errors in names

or phone numbers, please let me know and I'll correct them as soon as possible. And if club officers and race directors have e-mail addresses, I'd appreciate learning of them. Call me at 476-4328, write me at RR 3, Box 6866, Barre, VT 05641, or e-mail me at bmurphy@plainfield.bypass.com.

1996 ANNUAL MEETING
MINUTES
January 21

Elected CVR officers for 1996.

Nancy Schulz - President
Dave Kissner - Vices President
Norm Robinson - Treasurer
Maureen Carr - Secretary
Jamie Shanley - Newsletter Editor

Discussed this year's races and set race dates.
Capital City Stampede, June 8, 9:00, Sam Davis race director.
Paul Mailman 10 Miler, June 22, Tim Noonan.
Bear Swamp (5.7 miles), July 13, Tim Noonan.
Berlin Pond Couples Race, Aug 4, Michael Chernick.
Leaf Peepers, Oct 6, Darragh Ellerson, Newton Baker.

The First Night Race which was held on Dec 31, 1995 and directed by Dave Kissner was a big success. Although the race was not a CVR race, CVR was mistakenly credited for the event. Dave is going to check with the First Night Committee to see if the race can officially be a CVR race.

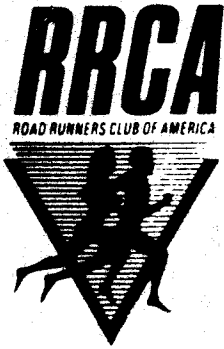
Norm Robinson and Tim Noonan suggested hosting a kids' track meet on a Saturday in May, rather than give out scholarships. This event would promote fitness at the middle school and younger age group. All the kids would receive medals and there would be no charge to compete.

Some discussion regarding a time clock. Gordan MacFarland offered to look into renting one from GMAA as needed.

There was agreement to buy another printer timer.

The next meeting was scheduled for March 24 at Darragh's house at 6:00.

Time to pay 1996 dues!



ROAD RUNNERS CLUB OF AMERICA

1150 S. WASHINGTON STREET • SUITE 250 • ALEXANDRIA, VA 22314-4493
(703) 836-0558 FAX (703) 836-4430

Contact: Henley Gibble
Executive Director
Road Runners Club of America
(703) 836-0558

FOR IMMEDIATE RELEASE
January 24, 1996

RRCA ROADS SCHOLARS PROGRAM FUNDRAISING PROGRESSES: COMMITTEE NAMED

ALEXANDRIA, VA. The Road Runners Club of America today announced that fundraising for the 1996 Road Scholars Program is more than one third of the way toward its goal. According to former RRCA President Jeff Darman, who is coordinating initial fundraising efforts, "Over \$12,000 has been received or pledged so far. This is a good start since we have only been actively fundraising for about six weeks. However, we still need \$18,000 more in the next 6-8 weeks to meet our 1996 goal of \$30,000."

The RRCA Roads Scholars program is designed to assist and develop American male and female long distance road runners. The program is aimed at post-collegiate runners who, while struggling financially, show great promise to develop into accomplished national and world class athletes.

As now planned, qualifying American athletes will be awarded cash stipends to help meet their basic financial needs. Priority will be given to those who have shown a willingness to compete on the roads against the best athletes in the world.

Early donations have come from diverse groups and include generous contributions from several races, running clubs, individuals and corporations. "While early donations have mostly been in the \$250 - \$1000 range, we encourage and are eager to have donations of any size," said Darman.

Carl Sniffen, RRCA President, also announced the names of the committee chaired by former Olympian Don Kardong, that will oversee the coordination of the program and allocation of grants. It includes, in addition to Kardong, Jeff Darman, a past RRCA President; Henley Gible, past RRCA president and present RRCA Executive Director; Bill Rodgers, the winner of both the Boston and New York Marathons; Joan Samuelson, Olympic Marathon Gold Medalist and Phil Stewart, Editor and Publisher of *Road Race Management*.

It is anticipated that applications forms for the first grants will be available in March, 1996, and the first grants will be made in early summer. Anyone interested in making a donation should send a check made out to RRCA, c/o Jeff Darman, 2300 Ninth Street South, Suite 300B, Arlington, VA 22204. ###

CONTRIBUTORS SO FAR:

Anonymous
Badgerland Striders
Gordon Bakoulis
Roy Benson's Running Camps
Bolder Boulder
John Chaplin
District of Columbia RRC
Jeff Galloway
Jim Hage
Henry Heymann
Lynn Jennings and David Hill
Janssen Pharmaceuticals
Knoxville Track Club
Craig Masback
Mid-America Running Association
Steve Miller
Montgomery County Road Runners Club
Al Morris
New York Road Runners Club
Nortel Cherry Blossom Inc.
Sandy Perlmutter
Claudia & Mike Piepenburg
PowerFoods (PowerBar)
Larry Rawson
Toni Reavis
Dan Rosenblatt
RRCA
Runner's World
Running Network
Running Times

Carl Sniffen
Chris Tatreau
Norman Thomas, Jr.
Trinity Hospital Hill Run
Utica Road Runners Club
Ellen Wessel

First annual First Night Montpelier 5K: Exclusive post-race interview with Dave Kissner, race director

(Editor's note: Since Dave was interviewed by Vermont Sports Today before the race, CVR can only claim this post-race interview to be "exclusive")

CVR Newsletter: We couldn't come up with any good questions to ask you. Can you think of any?

DK: Ask me how the weather was.

CVR: What kind of day did you have for the race?

DK: It was sunny, fairly warm, one of the nicest afternoons we had during the holidays.

CVR: That probably helped with the turn out. How many runners did you have?

DK: We had 54 registered and 1 unofficial. Entrants came from several different towns in central Vermont.

CVR: Any from out of state?

DK: A few from New Hampshire, and the farthest away was Thomas Lavoy of Southbury, Connecticut.

CVR: Who traveled the least to come to your race?

DK: Steve Roy, of 24 Main St.

CVR: Did you have good volunteer help?

DK: It was excellent. The police support was also great.

CVR: There was talk after the race that the course may have been a little short. Could you comment on that?

DK: It may have been. We were working out the exact route with the Montpelier Police nearly up until race day. Next year, we hope to have that sorted out and be able to measure more accurately. Of course, if we did lengthen the course, breaking the newly-established age group course records will be more of a challenge.

CVR: Other than length adjustments, will the course stay the same?

DK: I hope so. It's nice and flat. It depends partly on snow conditions on the unpaved section from the end of Cummings Street to the footbridge. If necessary, we could do an out-and-back on Elm St.

CVR: Next year, New Year's Eve is on a weekday. Would you change the start time to accommodate people who may not have the day off?

DK: That would be up to the First Night committee. I'd prefer to move it to 4:00, just before dark, but it would all depend on the overall First Night schedule, where we could best fit the race in.

CVR: At the Annual Meeting in January, CVR expressed an interest in taking over this race. Where does that stand?

DK: It just has to be approved by the First Night committee.

CVR: Would you still be race director?

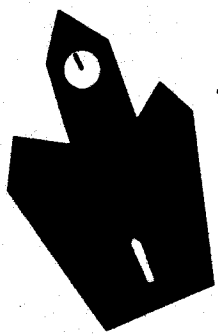
DK: Yes.

CVR: You mentioned earlier you had an unofficial runner. I can't help but think of the Boston Marathon next month, and the strict precautions they are taking to prevent unofficial runners. How do you plan to combat this unofficial runner craze, and prevent it from turning the First Night 5K into a veritable runners' free-for-all?

DK: This has always been a community of trust, and racers are on their honor to pay their entry fee. Let's give the honor system a chance and hope we don't have to resort to an enforcement policy. There's no such thing as a free run.

CVR: Dave, your success this year has clearly put you in the limelight. What if that parlays into a massive popularity, and entries double and triple each year for a few years, as happened with the Covered Bridges Half-Marathon in Quechee?

DK: Someone else could be race director.



FIRST NIGHT MONTPELIER 5K



December 31, 1995
Official Race Results

Women's Finishers

20-29		
1.	Anya Rader	24:00
2.	Emily Byrne	28:57
3.	Kerry Orr	29:09
30-39		
1.	Dot Graham	19:48
2.	Ann Straka-Gilbert	21:51
3.	Nance Smith	21:59
4.	Dana McCarthy	22:00
5.	Judy Ianelli	23:59
6.	Patricia O'Regan	24:59
7.	Cathy Frey	25:15
40-49		
1.	Dot Helling	20:18
2.	Linda Hallinger	21:23
3.	Pam Stephens	23:54
4.	Pat Driscoll	24:16
5.	Sally Searles	25:04
6.	Nina Sharp	25:59

Men's Finishers

0-19		
1.	Morgan Gerdel	21:15
2.	Daniel Byrne	24:09
20-29		
1.	Richard Hartford	17:46
2.	Sean Murphy	22:20
30-39		
1.	Tom Kaiden	17:08
2.	Larry Hall	19:43
3.	Mack Gardner-Morse	20:50
4.	Tom Bachman	21:03
5.	Gregg Gossens	22:45
6.	Mark Lewis	23:33
7.	Thomas Lavoy	25:03
8.	Norris Holt	26:44
40-49		
1.	Len Hall	17:22
2.	Jamie Shanley	18:15
3.	Peter Dale	19:11
4.	Michael Chernick	19:47
5.	Harvey Lavoy	19:49
6.	Gregory Gerdel	19:53
7.	Robert Searles	19:55
8.	Dick Patterson	20:25
9.	Gregory Sharp	21:22
10.	Paul Harrington	22:07
11.	Bill DeFlorio	22:10
12.	Rick Melberth	23:50
13.	Jeff Squires	24:20
14.	Steve Roy	24:38
15.	George Belcher	25:00
16.	Brent Burgee	26:39
17.	Steven Turnbull	27:16
18.	David Black	27:40
50-59		
1.	Ralph Leonard	20:22
2.	Greg Wight	20:57
3.	Bob Murphy	22:27
4.	Newton Baker	23:28
5.	Richard Hale	24:52
6.	Harry Colombo	25:13
7.	Richard Katzman	25:45
8.	Hal Orr	31:08

Special Thanks to:

Darragh Ellerson, David Ellerson
Tim Noonan, Colleen Noonan,
and Bob Murphy for race timing
and results.

The Back Page

Boston Marathon 1996

The 100th running of the Boston Marathon will take place on April 15. Typical participation in the marathon is near 10,000, but for the 100th there are more than 37,000 registered entrants, among them a few CVR runners. Look for their experiences and impressions in the next CVR newsletter.

Here are some excerpts about the race extracted from the USA Track and Field Newsletter and provided by Darragh Ellerson:

BAA BOSTON MARATHON NOTES:

The big request from the Boston Marathon is to *please discourage any and all unofficial runners*. With over 37,000 official runners, there will be little room to move into and in Hopkinton. There will be little margin for error with the increased numbers, so please comply with this request. Thanks.



THE NUMBERS:

Over 65,000 applications were received for the various categories - qualified, open, and foreign. There were over 38,000 entries in for the final drawing for open division runners, where 1000 names were picked. Why so few? Because an overwhelming number of qualified runners entered. Expectations of 15,000 qualifiers gave way to a flood of mail in the final weeks as over 23,000 runners had races good enough to make their respective standards. Official entrants will exceed 37,000 on race day.

SPECIAL NOTE - Please respect the incredible work that is being done with this year's marathon. The limiting factor in setting the number of entrants is getting people into Hopkinton and through the course efficiently and safely. This race starts on a two lane Main Street, not on a 17 lane highway like the New York City Marathon. As it is, the estimated time for the final runners in the "Open Division" to cross the starting line is 30 minutes!

Unofficial, non-registered runners will not be tolerated! Access to Hopkinton, to the start boxes, and along the course will be strictly controlled. Please cooperate!

If you're not running or not qualified, please lend your support and give all runners the encouragement and courtesy for a memorable run through history. The cooperation of the entire New England running community will make this year's running of the Boston Marathon a success.

An informal survey of a few randomly polled CVR members revealed that everyone **THINKS** the Fun Runs begin the first Tuesday in May. See you there!

Next CVR meeting:

Sunday, March 24, at Darragh Ellerson's house on Upper North St., at 6 p.m.
Darragh's number is 223-2080.

Central Vermont Runners Membership Application

Name (please print) _____

Street _____

City _____ State _____ Zip _____

Age _____ Birth Date _____ Sex _____ Phone _____

Names, birth date 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 _____

December--First Night 5K _____ Fun Runs (Tues, May-Oct.) _____

Annual dues are \$10 for individual or family; \$2 for a student. Enclosed are dues for the following years: 1996 1997 1998 1999 2000

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



Central Vermont Runners
c/o Jamie Shanley
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Montpelier, VT 05601

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