

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.)

JUN-Capital City Stampede _____ JUN-Montpelier 10 Miler _____

AUG-Berlin Pond Couples Race _____ OCT-Leaf Peepers _____

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

Annual dues are \$10 for individual or family. \$2 for a student. Enclosed are dues for the following years: 1997 1998 1999 2000 Please make checks payable to Central Vermont Runners and mail to Norm Robinson, 66 Terrace St., Montpelier, VT 05602.

CVR Annual Meeting

The Central Vermont Runners annual meeting will take place Sunday, January 12, 1997 at the home of Norm Robinson, 66 Terrace St., Montpelier (223-7351). At the annual meeting we elect officers and plan the race schedule for the year. All members and potential members are urged to attend. The meeting begins at 4:00 pm with running or cross-country skiing in nearby Hubbard Park, or snow-tubing (weather permitting). Meet at Norm's. The business meeting/pot luck supper will begin around 5:30. Hope to see you there!

Renew your membership!

CVR membership is on a calendar year basis. Please renew soon, using the handy form on back of this page. Keep informed, and support running in central Vermont. Join Central Vermont Runners today!

Mutt Strutt?

A 5K running race for dogs and their owners, scheduled for mid-November in Richmond, generated some interest among CVR members. Unfortunately the organizer decided to cancel the event when the beneficiary organization withdrew support. He is still offering \$150 seed money if someone identifies a beneficiary. Is this something that CVR might want to take on? Let's discuss at the annual meeting.

Feature athlete

John Kaeding is interviewed in the December issue of Vermont Sports Today. Pick up a copy!

GREEN MOUNTAIN MARATHON & HALF-MARATHON

October 19, 1996

South Hero, Vermont

**CVR at
South Hero**

Here, as printed in Vermont Sports Today, are top 10 finishers in each age group at the Green Mountain marathon and half-marathon in South Hero.

Tim Noonan ran a tactical marathon. He went out in 1:31 for 15th place at halfway, then ran the second half in 1:30, passing people all the way back to take 4th place overall.

Gordon MacFarland and Michael Chernick finished well up in their age group in the half-marathon.

WOMEN UNDER 20-29			9 Heather Murray	2:17:36	Norwell MA	
1	Rebecca Sendak	3:32:56	Ithaca NY	10 Hillery Williams	2:25:34	Burlington VT
2	Signe Swanson	4:04:03	Miami Beach FL	WOMEN 30-39		
3	Kendra Connely	4:07:30	Rumney NH	1 Sue Barber	1:23:09	Johnson VT
4	Heather Lemos	4:09:12	Richmond VT	2 Susan Dodge	1:26:31	Burlington VT
5	Zapata Courage	4:26:46	Burlington VT	3 Janet McCullough	1:28:41	Latham NY
6	Jodi Russell	5:06:26	Burlington VT	4 Sheila Foley	1:31:21	Ville St Lauren PQ
7	Ah Cohen	5:24:12	Jericho VT	5 Bobbi Zinck	1:37:13	S Berwick ME
WOMEN 30-39			6 Diane Morgan	1:37:20	Milton VT	
1	Lisa Magnant	3:14:13	St Albans VT	7 Diane Kunigis	1:39:13	Milton VT
2	Dorothy Graham	3:16:21	Barre VT	8 April Martin	1:40:13	Potsdam NY
3	Sandra Welner	3:33:09	Blandford MA	9 Jodi Frank	1:45:03	Storr CT
4	Fluery Millstone	3:36:13	Burlington VT	10 Debbie Weiner	1:45:34	Montreal PQ
5	Kamala Gambie	3:53:32	Milton MA	WOMEN 40-49		
6	Carrie Goldin	4:04:04	Homestead FL	1 Cindy New	1:21:39	Montreal PQ
7	Leslie Bilek	4:09:12	Richmond VT	2 Johanne Deboer	1:35:20	Ayers Cliff PQ
8	Jane Grice	4:29:30	Jeffersonville VT	3 Betsy Frazier	1:46:35	Essex Junction VT
9	Kendel Melin	5:24:12	Clarkston GA	4 Ann Wittpenn	1:47:01	S Burlington VT
WOMEN 40-49			5 Madeline Mann	1:49:58	Fairfax VT	
1	Kathy Gruber	3:18:38	Indian Rocks Be FL	6 Laurie Fleming	1:50:52	S Hero VT
2	Anne Keppler	4:03:37	Miami FL	7 Ellen Shackford	1:51:10	Shelburne VT
3	Lesley Morrison	4:05:07	Hudson PQ	8 Lyn Short	1:51:50	Canton NY
4	Jill Barra	4:15:47	Ilion NY	9 Kathy Allott	1:54:03	Potsdam NY
5	Joanne Mosher	4:21:53	Hemingsford PQ	10 Joan Bleikamp	1:54:35	Greenwich NY
WOMEN 50-59			WOMEN 50-59			
1	Celine Rodrigue	3:19:34	Quebec PQ	1 Dottie Foster	1:40:07	Lafo FL
2	Rosemary Rusin	4:06:24	Florence VT	2 Sally Howe	1:47:39	
3	Martha Tebbutt	4:28:07	Rainbow Lake NY	3 Linda Coffin	1:53:07	Grand Isle VT
MEN UNDER 20-29			4 Eleanor Slattery	1:53:16	Winooski VT	
1	Troy McBride	3:07:28	S Hadley MA	5 Helen Hill	2:21:09	Cuttingville VT
2	Steve Urish	3:11:18	Burlington VT	6 Nancy Skiff	2:27:33	Lisbon NY
3	Andrew McBride	3:15:01	McLean VA	7 Charlene Gammell	2:38:38	Columbus OH
4	Brian Woodcock	3:18:28	Kalamazoo MI	WOMEN 60+		
5	John Folmsbee	3:21:42	Storrs CT	1 Sylvia Weiner	1:55:08	Montreal PQ
6	Reg Wilcox	3:29:17	Braintree MA	2 Betty Lacharite	2:07:45	Winooski VT
7	Mark Linton	3:43:34	Berkeley CA	MEN UNDER 19		
8	Jonathan Lucas	4:16:23	Columbus OH	1 Kevin Hall	1:26:37	Potsdam NY
9	Jeffrey Kafka	4:23:30	Burlington VT	MEN 20-29		
10	John Tully	4:28:14	Cambridge MA	1 Joshua Brown	1:17:15	Burlington VT
MEN 30-39			2 Mike Turner	1:28:28	Essex Junction VT	
1	Randall Welner	2:45:16	Blandford MA	3 Daren Nicholson	1:28:38	Burlington VT
2	Robert Brimacombe	2:56:38	Kanata ON	4 Steve Eustis	1:29:15	Essex Junction VT
3	James Demay	3:04:33	Beverly MA	5 Jon Reidel	1:30:40	Montpelier VT
4	Hendrik Moorlag	3:12:33	Nanuet NY	6 Adiga Dash	1:31:13	S Burlington VT
5	Kenneth Pidgeon	3:13:57	Woburn MA	7 Michael Reece	1:33:10	Montreal PQ
6	Benoit Joly	3:15:08	Outremount PQ	8 John Burns	1:34:59	Burlington VT
7	David Groening	3:15:09	Fairfax VT	9 Alan Tang	1:35:06	Hillsboro NH
8	Tim Grover	3:19:08	Waterbury VT	10 Chad Pidgeon	1:40:29	S Hero VT
9	Ian Davis	3:24:31	Johnstown NY	MEN 30-39		
10	Hugh Wright	3:24:57	Kanata ON	1 Joe Menamara	1:12:56	Burlington VT
MEN 40-49			2 Chip Pierce	1:14:23	Newport VT	
1	Bruce Glasspoole	2:50:40	Pointe Claire PQ	3 Robert Evans	1:15:30	Burlington VT
2	Tim Noonan	3:01:05	Montpelier VT	4 David McCullough	1:18:01	Latham NY
3	Rodney Pearson	3:02:57	Starkville MS	5 Jonathan Rodd	1:23:10	Williston VT
4	Jesse Pietras	3:03:08	New Britain CT	6 Hunter White	1:25:27	Colchester VT
5	James Dolan	3:03:48	Bristol VT	7 Ed Manna	1:26:08	Jeffersonville VT
6	Ralph Swenson	3:06:44	S Burlington VT	8 Bill Ralston	1:26:20	Greenwich NY
7	Keith Richards	3:10:06	Andover MA	9 David Mayhew	1:27:20	Freedom NH
8	Bob McDonald	3:10:57	S Burlington VT	10 Jeff Mullen	1:29:26	Richmon VT
9	Fred Rogers	3:13:13	Burlington VT	MEN 40-49		
10	Paul Leblanc	3:13:38	Gardner MA	1 Dan Vogt	1:18:55	Colchester VT
MEN 50-59			2 Gordon MacFarland	1:19:36	Montpelier VT	
1	Bill Lord	3:16:41	Wilbraham MA	3 Pascal Crevedy-Cheng	1:20:42	Burlington VT
2	John Williams	3:24:28	Fairfax VT	4 Stan Shatenstein	1:22:53	Montreal PQ
3	John Elkins	3:31:11	Stowe VT	5 Bill Amberman	1:24:52	Saranac Lake NY
4	David Pedley	3:50:37	Kanata ON	6 Bob Bortree	1:29:35	Waterbury VT
5	K Silva	3:51:19	Lasalle PQ	7 Michael Boucher	1:30:02	Dorval PQ
6	Lance Cornman	3:53:32	Oklahoma City OK	8 Tag Carpenter	1:30:06	Shelburne VT
7	George Linton	3:53:58	Coventry VT	9 Michael Chanick	1:32:14	Montpelier VT
8	Michael Ladd	3:57:05	Glover VT	10 Patrick Burke	1:32:18	Winooski VT
9	Ken Best	4:00:57	Kailua HI	MEN 50-59		
10	Gerry Boren	4:05:16	S Burlington VT	1 Paul Sullivan	1:29:08	Beie D'urfe PQ
11	Jack Carlock	4:06:32	Chester VT	2 Jerry Sphur	1:30:01	Peru NY
MEN 60+			3 Bruce Meader	1:32:04	Vergennes VT	
1	Milton Taylor	4:19:17	Odenton MD	4 Veikko Kammonen	1:34:50	Montreal PQ
Half Marathon			5 Daniel McCormick	1:35:07	Westport NY	
WOMEN UNDER 19			6 Steven Shackford	1:35:23	Shelburne VT	
1	Caitlin Kelley	2:26:05	Lake Placid NY	7 Norman Webster	1:38:56	Westmount PQ
WOMEN 20-29			8 Butch Dutra	1:39:19	S Burlington VT	
1	Ann Sargent	1:42:02	Burlington VT	9 Ted Fulton	1:40:58	St. Laurdendale FL
2	Ann-Marie Cannucci	1:43:13	Burlington VT	10 Lee Bradley	1:41:56	Newington CT
3	Halle Sobel	1:46:57	Richmond VT	MEN 60+		
4	Sue Kelley	1:47:37	Underhill VT	1 Bert Moffatt	1:37:53	Williston VT
5	Shaloo Sachdev	1:51:46	Burlington VT	2 David Henschberg	1:51:41	Burlington VT
6	Jessica Alliston	2:08:19	S Burlington VT	3 Doug Henderson	2:04:11	Stoddard NH
7	Jennifer Ingersoll	2:12:27	S Burlington VT	4 Armand Chicoino	2:09:10	S Burlington VT
8	Jennifer Rockwell	2:15:27	Burlington VT	5 Don Lacharite	2:11:16	Winooski VT

13TH LEAF PEEPERS HALF-MARATHON & 5K

October 6, 1996

Waterbury, Vermont

Leaf Peepers

Darragh Ellerson, with help from her friends, pulled off another class event. The day got off to a frosty start, but warmed up to ideal running temperatures by race time, and turned into a beautiful sunny fall day perfect for enjoying the post-race festivities on the lawn.

There were 304 finishers in the half-marathon and 132 in the 5-K race. At right, reproduced from Vermont Sports Today, are the top age-group finishers. The 5K was won by U-32 standout Nathan Shenk-Boright, 15, who ran a blistering 15:56 (5:08 mile pace). Cathy Martell of St. Albans won for the women. Tim Noonan was 5th overall.

In the half-marathon, U.S. x-c ski team hopeful Marc Gilbertson won in 1:10:01, just 33 seconds shy of Eric Morse's 1986 course record. Cindy New won for the women, a minute back of her own course record set last year. Top CVR showings were Sam Davis, 3rd overall, and Linda Hallinger, 10th woman overall.

CVR finishers in the half-marathon just outside their age group top-10 were Steve Burkholder (41st overall, 12th in 40-49) and Dave Kissner (52nd overall, 17th in 30-39).

5 Kilometer Race

WOMEN 18 & UNDER

1 SARAH KELLER	ESSEX JCT VT	24:05
2 LINDY DEMERS	SO BURLINGTON VT	25:10
3 KASEY GRIFFITH	MORETOWN VT	30:50

WOMEN 19-29

1 WHITNEY KAULBACH	MORRISVILLE VT	22:12
2 DAWN SWENSON	MORETOWN VT	22:42
3 LORI BESSEY	SO BURLINGTON VT	24:01
4 ANGIE RICHARDSON	MONTPELIER VT	24:03
5 TAMMY ATWOOD	SO BURLINGTON VT	24:07
6 JULIE THOMPSON	NEW YORK NY	26:38
7 MELODIE LAPORTE	MONTPELIER VT	26:52
8 ZENAIDA DE LA ROSA	LEBANON NH	27:33
9 JULIE WARWICK	BURLINGTON VT	27:50
10 NICOLE MILLER	NEW YORK NY	28:10

WOMEN 30-39

1 CATHY MARTELL	ST ALBANS VT	21:16
2 LELIA LANE	MONTPELIER VT	21:47
3 DEBBIE WEINER	MONTREAL PQ	22:20
4 WENDY MCKINNON	BURLINGTON VT	23:31
5 LIZ MUCKERMAN	STOWE VT	23:40
6 J GOORMAN	WATTSFIELD VT	23:59
7 RHONDA SHIPPEE	PLAINFIELD VT	24:21
8 MONIQUE BROCK	EXETER NH	24:42
9 CAROL NAMKOOING	SOMERVILLE MA	24:55
10 BARBARA ROY	BONFIELD ON	25:15

WOMEN 40-49

1 JENNIFER RANEY	ST. JOHNSBURY VT	23:30
2 PEGGY KELLER	ESSEX JCT VT	24:06
3 VERA NICHOLS	STOWE VT	25:58
4 DEIRDRE ELLERSON	SHARON VT	27:02
5 MARIE BROCK	BARRE VT	27:31
6 KAREN KANE	WILLISTON VT	28:25
7 SUSAN BETTS	BARRE VT	30:48
8 BARBARA HUEBNER	BOSTON MA	31:17

WOMEN 50-59

1 APRIL HUBBASRD	NEWARK DE	27:37
2 SANDRA SHENK	MONTPELIER VT	27:40
3 CYNTHIA BARNARD	NORWICH VT	29:29
4 MARY MCKHANN	WATTSFIELD VT	37:32

WOMEN 60+

1 SYLVIA WEINER	MONTREAL PQ	25:43
2 SHIRLEY BUNTIN	BARRE VT	58:25

MEN 18 & UNDER

1 N SHENK-FORIGHT	MONTPELIER VT	15:56
2 CALEB VALLENCOURT	WATERBURY CTR VT	17:36
3 BRIAN LETOURNEAU	BARRE VT	19:07
4 MATT WINDISCH	ESSEX JCT VT	19:58
5 RYAN KERRIGAN	MORETOWN VT	20:11
6 LANCE STUART	MACHIAS ME	21:34
7 ELLIOT ROBERTS	BURLINGTON VT	21:48
8 MATT LEIVA	NEWPORT NH	24:39
9 KEESE LANE	WESTFORD VT	31:14

MEN 19-29

1 FRANCOIS LECOT	ST-LAURENT PQ	16:14
2 JOSHUA DEFLORIO	RANDOLPH CTR VT	17:43
3 J SEROTA-WINSTON	ADAMANT VT	19:57
4 ERIC HUDSON	SO ROYALTON VT	19:58
5 KURT SWENSON	MORETOWN VT	20:43
6 BARRY EDWARDS	MORRISVILLE VT	23:33
7 LEW RADONOVICH	BURLINGTON VT	25:09

MEN 30-39

1 DAVID CASEY	BURLINGTON VT	17:03
2 DANIEL LAMOUREUX	ST-SAVUEUR PQ	17:29
3 KEVIN HEFFERNAN	SO BURLINGTON VT	19:27
4 TIM KEUGCK	HARDWICK VT	19:47
5 BYRON HENRY	BURLINGTON VT	20:12
6 WINSTON ROST	N. DUXBURY VT	20:24
7 JOHN MADIGAN	CRAFTSBURY VT	20:35
8 JOHN STREKER	ST ALBANS VT	20:59
9 MIKE GAUDING	SO BURLINGTON VT	21:22
10 DAVID JOSSELYN	RUTLAND VT	21:40

MEN 40-49

1 FRANCOIS MARTEL	LACHENAIE PQ	16:53
2 TIM NOONAN	MONTPELIER VT	17:23
3 PETER WEITH	CHARISLTLE VT	17:41
4 HARRY CURTH	FERRISBURGH VY	18:59
5 LLOYD HULBURD	SHELBURNE VT	19:37
6 KEVIN O'NEILL	WHITE RIV JCT VT	20:10
7 MICHAEL CHUSICK	MONTPELIER VT	20:12
8 TOM MALONE	SO BURLINGTON VT	21:21
9 ELDEN DUBE	MONTPELIER VT	21:43
10 JERRY PAGANO	MONTPELIER VT	21:46

MEN 50-59

1 GENE NICHOLS	STOWE VT	21:22
2 JOHN HORNE	WATERBURY VT	21:49
3 BILL MAYO	NORTHFIELD VT	22:29
4 BOB STILLER	SHELBURNE VT	23:44
5 ROD DAVIS	MORRISVILLE VT	23:52
6 WINSTON PIDGEON	SO HERO VT	25:32
7 JOHN SPAULDING	MANCHESTER CT	28:35
8 BOB OLKIN	WATTSFIELD VT	30:24
9 DENNIS DRAPER	ENFIELD NH	32:58
10 CHAS LAFAYETTE	ST ALBANS BAY VT	33:32

MEN 60+

1 SIG BALTUCH	STOWE VT	22:24
2 BOB MERCIER	MONTPELIER VT	23:46
3 WEB WILLIAMS	BURLINGTON VT	23:54

4 ARMAND CHICOINE	SO BURLINGTON VT	26:37
5 ROBERT BING	BURLINGTON VT	29:59
6 ERNEST BUNTIN	BARRE VT	58:23

Half Marathon

WOMEN 20-29

1 SIRI ROONEY	MORRISVILLE VT	1:34:51
2 LAUREL DOUGLASS	JERICHO VT	1:36:53
3 CHRIS SHANER	HANOVER NH	1:40:21
4 MICHELLE BARNES	YORKVILLE NY	1:40:32
5 SARAH HOLMBERG	BRUNSWICK ME	1:43:00
6 KRISTIN KLINE	SO ROYALTON VT	1:44:03
7 JENNIFER FOULKROD	SO ROYALTON VT	1:44:16
8 HEATHER COLLINS	BURLINGTON VT	1:44:16
9 ANNE HINKO	BRIDGEWATER MA	1:44:17
10 REBECCA PADERA	ARLINGTON MA	1:46:03

WOMEN 30-39

1 SUSAN BARBER	JOHNSON VT	1:23:31
2 SUSAN DODGE	BURLINGTON VT	1:25:13
3 D GRAHAM-MARTIN	BARRE VT	1:27:07
4 LISA MAGNANT	ST ALBANS VT	1:33:50
5 CINDY KILIC	CATTLETON VT	1:38:08
6 DEBORAH ASKEW	MONTREAL PQ	1:38:53
7 EVE WHITELEY	PALISADES PK NJ	1:41:38
8 LAURA MEDALIE	MONTPELIER VT	1:44:24
9 STACIE ZEIGLE	COLCHESTER VT	1:47:19
10 ALICE HALL	LYNDONVILLE VT	1:47:29

WOMEN 40-49

1 CINDY NEW	MONTREAL PQ	1:20:36
2 LINDA HALLINGER	WASHINGTON VT	1:39:32
3 CINDY BERNHARDT	JERICHO VT	1:46:08
4 CAROL VAN DYKE	STOWE VT	1:46:44
5 M LABATE-ROGSTAD	E CALAIS VT	1:47:54
6 CORINNE GAUGLER	RIVER JCT VT	1:48:21
7 CONNIE EPPICH	DOVER NH	1:50:24
8 MARIANNE MARTELL	WILLISTON VT	1:52:46
9 GERALDINE LIEBERT	KEENE NH	1:54:38
10 LYNN MATHER	ETNA NH	1:56:33

WOMEN 50-59

1 B MACARTHUR	CARLISLE MA	1:49:26
2 ROSEMARY RUSIN	FLORENCE VT	1:51:28
3 ELEANOR SLATTERY	S BURLINGTON VT	1:55:08
4 PATRICIA CONNELLY	WILLISTON VT	2:11:52
5 LINDA DRAPER	ENFIELD NH	2:19:19

WOMEN 60+

1 BETTY LACHARITE	WINOOSKI VT	2:11:26
-------------------	-------------	---------

MEN 19-29

1 MARC GILBERTSON	MORRISVILLE VT	1:10:01
2 JAMES A. DALEY III	SO ROYALTON VT	1:13:45
3 NATHAN ALSOBROOK	BRUNSWICK ME	1:20:58
4 CORY SMITH	LITTLETON NH	1:21:12
5 STEPHANE MARCOUX	ABERCORU PQ	1:21:47
6 ERIC MAAS	NEWPORT VT	1:22:10
7 ERIC PHANEUF	BURLINGTON VT	1:23:41
8 SALIM HAJI	WASHINGTON DC	1:24:09
9 STEVEN URISH	BURLINGTON VT	1:26:15
10 JOHN LAMIE	FULTON NY	1:29:16

MEN 30-39

1 PAULO SALDANHA	SUTTON PQ	1:11:12
2 SAM DAVIS	COLCHESTER VT	1:12:30
3 JOE MCNAMARA	BURLINGTON VT	1:13:10
4 J. DAVID BLODGETT	POUGHKEEPS NY	1:14:43
5 CHIP PIERCE	NEWPORT VT	1:15:18
6 CHRIS FILIPPI	NEW HAVEN CT	1:18:16
7 PAUL SCHWARTZ	BRIGHTON MA	1:18:19
8 ALFIE PAOLETT	MONTREAL PQ	1:24:30
9 STEPHEN YANDON	WATERBURY VT	1:25:18
10 ROBERT MCKINLEY	FREEHOLD NJ	1:26:58

MEN 40-49

1 JACK FAHEY	BELMONT MA	1:17:37
2 BRIAN DODGE	N. DUXBURY VT	1:18:05
3 G MACFARLAND	MONTPELIER VT	1:19:28
4 P CRAVEDI-CHENG	BURLINGTON VT	1:21:45
5 KEVIN ARTHUR	ESSEX JCT VT	1:23:41
6 PETER PATTEN	FAIRHAVEN VT	1:23:51
7 MARK SINCLAIR	WATTSFIELD VT	1:24:16
8 JAMIE SHANLEY	MONTPELIER VT	1:25:31
9 STEVE TITCOMB	RICHMOND VT	1:26:17
10 CHARLES WINDISCH	ESSEX JCT VT	1:26:37

MEN 50-59

1 TERRY VAN NATTA	GREENSBORO NC	1:18:11
2 DOUG MACGREGOR	LEBANON NH	1:18:48
3 BILL SPRINGER	KEENE NH	1:26:05
4 JOE MINICHELLO	WHITE RIV JCT VT	1:27:06
5 JIM GREENE	NEW YORK NY	1:30:00
6 BILL CONSIDINE	ST ALBANS VT	1:31:44
7 JOSEPH ALVIANI	W NEWTON MA	1:31:51
8 JOHN ELKINS	STOWE VT	1:32:20
9 DAVID CHIOFFI	WOODSTOCK VT	1:32:23
10 BRUCE MEADER	VERGENNES VT	1:32:41

MEN 60-69

1 DAVID BOUCHER	ESSEX JCT VT	1:38:01
2 DAVID HERSHBERG	BURLINGTON VT	1:51:18
3 PAUL PRESEAUT	BURLINGTON VT	1:55:57
4 GEORGE LITMAN	COTE ST-LUC PQ	1:59:58
5 DON LACHARITE	WINOOSKI VT	2:12:26
6 VICTOR HARWOOD	ORADELL NJ	2:12:56
7 BOB RONNER	KILLINGTON VT	2:16:14

Timing & Results by Granite State Race Services, 603-863-2537

Northfield Labor Day 5K Race

Northfield, VT. August 31, 1996

There were many CVR contestants in this local classic. Congratulations to Carol Van Dyke, who won her age group. Hope we didn't miss anybody!

Overall winners:

Men: Shawn Gardner 15:22
Women: Susan Barber 18:36

CVR overall place and (age group place).

3	(3)	Sam Davis	15:45
10	(3)	Gordon MacFarland	17:10
18	(5)	Tim Noonan	17:50
26	(8)	John Valentine	18:22
50	(14)	Buzz Surwilo	19:30
55	(4)	Bob Murphy	19:52
66	(19)	Mack Gardner-Morse	20:25
68	(15)	Michael Chernick	20:30
96	(9)	Kevin Cranse	21:41
111	(13)	Bill Mayo	22:12
112	(1)	Carol Van Dyke	22:14
126	(30)	Elden Dube	22:55
130	(15)	Newton Baker	23:00
156	(3)	Robert Mercier	24:03
229	(50)	Stephen Roy	27:55
281	(27)	Roger Cranse	37:02

Attention Race Directors:

Norm is requesting that all race directors for 1996 send him the names of entrants to your races for the mailing list. You can either send him hard copy, computer disk, or the entry forms themselves. He is updating the mailing list for 1997. It is important that runners from our 1996 races are on this list.

Send to:

Norm Robinson
66 Terrace St.
Montpelier, VT 05602

Call 223-7351 if you have any questions.

Winter Series Fun Runs

To keep you motivated through the dark months ahead, a series of winter fun runs is being planned. We've still got a lot of open weekends to fill beyond mid-January, so call Donna Smyers at 485-5215 and volunteer to host a run.

Nov. 24. Dave Kissner and Laura Medalie, 4.0 and 6.9 mile runs. This already happened and was a great success with more than a dozen runners, 3 dogs, and good food, coffee, and post-run fun.

Dec. 8. Michael Chernick, 223-0918, is planning a 5-6 mile route. Meet at the Statehouse front steps at 11:00 am. Post-run refreshments out on the town.

Dec. 14. Early Bird Special: 8:00 am. (No dogs please). Meet at Bob Murphy's for a 4-mile cross-country run. Post-run breakfast at Bob's. Directions: I-89, Exit 6, Rt. 63 1³/₄ mile to left onto Miller, left onto Birchwood Park to #35. Bob's phone 476-4328. (Note to nostalgia-buffs: Sorry, this is not the Juniper Hill race course.)

Dec. 31. First Night 5-K Race, Montpelier, 3 pm. Almost same course as last year, only longer. Yes, it's been measured and now it really is 5K. Call Dave Kissner at 229-4523 - see flyer, this issue.

Jan. 5. Meet at Tim Noonan's at 2 Pinewood Rd. in Montpelier at 10:00 am. Distance unknown (6 miles??). Call Tim at 229-4658.

Jan. 12. Annual meeting at Norm Robinson's. Run or ski at 4 pm. See info elsewhere, this issue.

Jan. 25. Probable run/snowshoe options from Donna Smyers' apartment. Distances to be decided. Meet at 9:00 am. Pancakes post-run. Directions: From Montpelier, Rt. 12 south 6 miles. Left at Riverton General Store. Park at the church at the second driveway on left. Donna is at Apt. #3 in the Red Building next to the church. Phone 485-5215.

February. To be announced. Your house?? East Montpelier progressive run??

Ongoing: A group of 4-8 runners has been meeting at 6:15 am Tuesdays and Fridays at the roundabout on Main St., Montpelier for a 45-50 minute run in Hubbard Park.

Ongoing: A group meets Mondays at 4:00 pm at the Berlin Town Clerk's office for a 6-mile loop around Berlin Pond.

Make your New Year's resolution early! Run in the

FIRST NIGHT Montpelier 5K

December 31, 1996 • Race start: 3:00 pm

A 5 kilometer road running race in downtown Montpelier.
Part of the First Night Montpelier events.
Co-sponsored by the Central Vermont Runners club.

Course Description: Starts at the corner of Court Street and Gov. Davis Avenue, Montpelier.
Flat course on an out-and-back route along Elm St. (Rte. 12).

Early registration: First 30 registrants will receive a t-shirt.

Race day registration: 1:30 to 2:45 pm, basement auditorium, Pavilion Building.

All registrants will receive a First Night Montpelier button for admission to all First Night events.
(Race registration available to those not wanting a First Night button at reduced price.)

Prizes and food after the race!

First Name _____ Last Name _____

Sex _____ Age on Race Day _____

Street _____

City _____ State _____ Zip _____

Telephone Number _____

I know that running is a potentially hazardous activity. I should not enter and run the race 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 risk associated with running including, but not limited to, falls, contact with other participants, the effects of the road and traffic on the course, all such risks being known and appreciated by me.

Having read this waiver and knowing these facts, I, for myself and anyone entitled to act on my behalf, waive and release First Night Montpelier, Central Vermont Runners, Kids'Fest, the City of Montpelier, all sponsors, their directors, officers, employees, agents and representatives from all claims or liabilities of any kind or nature arising out of my voluntary participation in this race even though that liability may arise out of negligence or carelessness on the part of the persons named on this waiver.

Race Registration Before 12/25/96:

- _____ \$9.00 (includes First Night button)
- _____ \$5.00 (does not include First Night button)

Race Registration After 12/25/96:

- _____ \$12.00 (includes First Night button)
- _____ \$8.00 (does not include First Night button)

Please make checks payable to Kids'Fest

For More Information / Mail Entries To:

Dave Kissner, First Night Montpelier 5K
RR 1, Box 4230
Montpelier, VT 05602
(Tel. 802 229-4523)

Signature (Parent or Guardian if under 18)

Race Sponsors:



& Central Vermont Runners

MONTPELIER ROAD RACE
SEPTEMBER 23, 1975
2 MILE

1	MARK CHAPLIN	10:44
2	TROY SLACK	10:45
3	GREG DAWSON	10:49
4	JOHN JENKINS	11:45
5	SEAN GARDNER	13:26
6	DOUG JONES	13:26
7	EMILY DONAHUE	13:54
8	BOB COMI	14:02
9	DAVE MORSE	14:07
10	PAUL MAGNAN	14:11
11	WALTER JENKINS	14:19
12	SCOTT SKINNER	14:32
13	N. NOVOGRODSKY	14:50
14	BRAD KEYSER	14:58
15	RAY KINGSBURY	15:01
16	DARCEE SLACK	15:08
17	D. ELLERSON	15:30
18	REED RADTKE	15:30
19	UNKNOWN	15:56
20	DON HEISE	16:06
21	S. NOVOGRODSKY	16:21
22	NANCY DUESING	16:26
23	G. MEININGER	16:42
24	STEVE HANNA	16:46
25	F. COSTELLO JR.	17:00
26	BRAD STEWART	17:10
27	CHRIS ROMEYN	17:30
28	JULIE COSTELLO	17:42
29	JIM HANNA	17:43
30	CHRIS MAGNAN	17:53
31	F. COSTELLO SR.	18:20
32	ROBIN RICKER	20:19
33	ERIC NAESS	20:50
34	SUZANNE NAESS	21:04
35	C. COSTELLO	22:05
36	D. ALEXANDER	29:59

6 MILE RACE

1	CHARLES KELLOGG	34:30
2	DENNIS DONAHUE	34:31
3	TED THOMAS	36:07
4	PAUL MAILMAN	36:57
5	RANDY EDWARDS	37:03
6	LARRY FAFARD	37:07
7	MARK GRIFFITHS	38:24
8	BOB MERCIER	38:44
9	HENRY MARCEY	38:59
10	SAM JOHNSON	40:47
11	LOU DUESING	40:54



MONTPELIER ROAD RACE TIMINGS

Sponsored by
ONION RIVER SPORTS

"Your *mile*

Running Shoe Headquarters"

12	ALAN DAVIS	41:07
13	JOHN NAESS	41:27
14	JOHN MALLERY	43:44
15	G. NOVOGRODSKY	43:44
16	BOB MAGNUSON	44:58
17	KURT WOLFF	46:31
18	AMY DAVIS	46:31

SEPTEMBER 30th ROAD RACE

2 MILE

1	MARK CHAPLIN	10:29
2	TROY SLACK	10:55
3	GREG DAWSON	11:07
4	STEVE BARBOUR	11:54

5	JOHN JENKINS	11:55
6	ALDEN BARBOUR	12:25
7	DODI BRIGHAM	12:57
8	GREG JONES	13:12
9	DOUG JONES	13:15
10	EMILY DONCHUE	13:37
11	SCOTT SKINNER	13:39
12	WALTER JENKINS	13:46
13	UNKNOWN	13:58
14	DAVE MORSE	14:01
15	PAUL MAGNAN	14:21
16	ALEX ELLISON	15:09
17	RAY KINGSBURY	15:15
18	NANCY DUSING	15:20
19	UNKNOWN	15:25
20	UNKNOWN	15:55
21	JODINE SLACK	16:17
22	LAURA NYHOGEN	16:41
23	STEVE HANNA	16:44
24	DARCY PARKER	16:48
25	FRED COSTELLO	16:53
26	S. NOVOGRODSKY	16:58
27	CHAD HEISE	17:01
28	DON HEISE	17:24
29	JULIE COSTELLO	17:28
30	NORMA THOMAS	17:29
31	JIM HANNA	18:19
32	G. SPILLMAN	18:52
33	BRADLY STEWERT	19:55
34	CHRIS MAGNAN	19:58
35	ERIC NAESS	20:21
36	SUZANNE NAESS	21:43
37	JASON MALLERY	21:52
38	M. NOVOGRODSKY	21:57
39	G. NOVOGRODSKY	22:03
40	C. COSTELLO	25:54

6 MILE RACE

1	Ca. KELLOGG	34:24
2	DENNIS DONAHUE	34:51
3	STEVE SEASE	35:44
4	PAUL MAILMAN	38:54
5	BOB MERCIER	39:14
6	ALAN DAVIS	42:04
7	BOB OATLEY	42:39
8	JOHAN NAESS	42:39
9	LOU DUESING	42:49
10	BOB MAGNUSON	44:48
11	JOHN MALLERY	44:48
12	AMY DAVIS	46:20
13	JENNIFER DERICK	58:24

ONION RIVER SPORTS

Langdon St. Montpelier

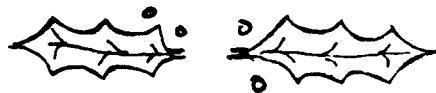
Fun runs in 1975

Who are these speedsters?



Central Vermont Runners
c/o Jamie Shanley
Box 152
Montpelier, VT 05601

Holiday issue 1996



Vol. 17 No. 5

Please recycle this newsletter (or pass it on).