

Central Vermont Runners membership application

Name (please print) _____

Street _____

City _____ State _____ Zip Code _____

Sex: M F Age _____ Birth Date _____ Phone _____

Names and 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 - Capitol City Stampede _____ June - Montpelier 10 Miler _____

July - Berlin Pond Couples Race _____ Oct.- Leaf Peepers _____

May-Oct. Tuesday fun runs _____ Dec - First Night _____

Annual dues are \$10 for individual or family, \$2 for students. 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.



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

Mid-winter
1997

Vol. 18, No. 1

Please recycle this newsletter (or pass it on).

Annual Meeting Minutes

January 12, 1997

The Annual Meeting coincided with the NFL playoffs and being the avid football fans that runners typically are, we gathered around Norm's big-screen color TV to watch the Patriots. After a considerable amount of armchair quarterbacking, we got down to CVR business and began a rather lengthy discussion of the derivation of Sigh Searles' name and his use of aliases at races. The conversation turned to the small numbers of runners in the 20-29 year old age group. Some insightful CVR member attributed this to these folks being raised during the Reagan era.

First Night 5k: Everyone agreed that Dave did an excellent job directing the race. Next year Dave would like to see more volunteers on the race course. He plans to check with the First Night organizers to see if they can help out. Also, more signs on the course would be helpful. We agreed that the Pavilion is a good facility. The police and the volunteers did a good job and held-up well under the extreme cold.

Sixty people pre-registered for the race and another forty signed up on race day. Dave attributes this high turn out to good advertising, newspaper coverage, sending out mailers, and race applications printed in *The World*.

Winter Fun Runs:

Jan 25: Donna Smyers, Riverton, 9:00.

Feb 2: Maureen Carr, E.Montpelier, 10:00.

Feb 16: Michael Chernick, Montpelier (La Brioche), 10:00.

Mar 2: Dave Kissner, E.Montpelier, 10:00, ski if snow.

Details on
page 5

1997 CVR Officers

President: Dave Kissner
VP: Norm Robinson
Treasurer: Laura Medalie
Secretary: Maureen Carr
Editor: Jamie Shanley
(Norm to continue membership)

Everyone is encouraged to send articles, recipes, poems, etc., to Jamie to be included in the newsletter. Jamie is going to check into copying the race schedule from *Vermont Sports*.

Annual Meeting minutes, continued

Race Schedule

Kids Track Meet: Norm Robinson/Tim Noonan, June 7 (tentative).
Capital City Stampede: Sam Davis, June 14 if OK with Sam.
Montpelier 10 Miler: Tim Noonan/Dave Kissner, June 28.
Bear Swamp: Tim Noonan, July 12.
Berlin Pond: Michael Chernick, July 27.
Northfield: Tim Noonan, Aug 30.
Leaf Peepers: Gordan MacFarland, Oct 5.
First Night 5K: Dave Kissner, Dec 31.

The group discussed race prizes and possible problems with NCAA eligibility. Michael Chernick checked into it and determined that gift certificates, T-shirts and other apparel are OK, but not cash. He questioned how TAC would feel about gift certificates for hotel rooms, but Donna thought that as long as there weren't any prostitutes involved it would probably be OK.

Tim Noonan's suggestion that CVR have joint sponsors for the three Montpelier races was well received. Dave and Tim will check into it. Tim expressed some concern over the dwindling number of runners in the 10 Miler. Maybe CVR races should be promoted more around Burlington, or liaison with GMAA through Gordan.

Mutt Strut. Donna and Jamie agreed to co-direct this race if we think it can happen. They will check into the liability question and use of Hubbard Park. The race is tentatively set for April 20 at 12:00. Not everyone in attendance at the meeting agreed that a dog race was a great idea. As Michael says, "Dogs can be temperamental."

We agreed not to increase membership dues.

The next meeting is set for March 17th at Tim Noonan's (223-6216). There will be a run at 5:00 and a meeting and pot-luck at 6:00 with green beer.

Covered Bridges Half Marathon

Sunday, May 11, 11 a.m.
6th annual, Woodstock, VT

For entry forms send a self-addressed stamped envelope to:

P.O. Box 722, Woodstock, VT 05091

CAVEAT EMPTOR

Selling Nutrition in a Can

Manufacturers of liquid nutritional supplements such as Ensure, Sustacal, Boost, and ReSource would have consumers believe that all middle-aged and older adults can benefit from using these products. According to them, liquid supplements (which are also available as puddings and powders) can help nearly everyone in this age group lose weight, gain weight, maintain weight, build muscle, or boost energy.

Such claims are unfounded. Virtually all nutritionists agree that liquid supplements are a poor choice for the average person when used as a substitute for meals on a regular basis. According to the American Pharmaceutical Association (APA), "although dietary supplements can be obtained without a prescription, they are complex agents with specific indications, and medical assessment should precede their use." In other words, supplements should be reserved for situations in which they're medically necessary (see box).

Once distributed primarily through hospitals, supplements can now be purchased at pharmacies, supermarkets, and convenience stores. Many manufacturers have gone so far as to promote them as meal substitutes, both for the well and the ill. And they're spending millions of dollars to drum up business just as the first wave of baby boomers turns 50. According to *The Wall Street Journal*, the advertising budget for Ensure, the market leader, rose from \$3.6 million in 1991 to \$44 million last

When Supplements Make Sense

Liquid supplements were developed for those who are undernourished, not for people in good health with sound diets. Those most likely to benefit are the frail elderly (many of whom live alone and are thus more likely to eat poorly than those who are less isolated) and patients who are severely underweight. Others who may benefit include those with:

- **chronic illness**, such as colitis, diabetes, or congestive heart failure, accompanied by weight loss, weakness, and fatigue;
- **mobility problems** caused by illnesses such as arthritis, which may make food preparation difficult;
- **swallowing and chewing problems**, which may be caused by Parkinson's disease, stroke, or other illness;
- **weight loss**, caused by chemotherapy, cancer, or illnesses such as AIDS.


year. In each of the past two years, sales have risen almost 50%, for an estimated total of \$500 million in 1995.

The ingredients found in supplements are almost certainly not harmful, but they do not provide the "balanced nutrition" manufacturers promise. Many products contain skim milk, water, sugars, vegetable oil, thickeners, and flavoring agents. One 8-ounce serving has about two-dozen vitamins and minerals, 10 to 16 grams of protein, 200 to 360 calories, 35 grams of carbohydrates, and 10 grams of fat. While this usually provides 15 to 50% of the rec-

ommended daily allowances for minerals and vitamins, it leaves out carotenoids, isoflavones, fiber, and many other important nutrients found in fruits, vegetables, and other wholesome foods.

Regularly substituting one of these drinks for a meal is a bad idea because you won't get the complete array of nutrients you need. And if you simply add a supplement to your regular diet without exercising more, you'll gain weight. Some people find the taste of supplements to be oily or medicinal, and a few experience side effects (primarily diarrhea). Furthermore, at \$1 to \$2 a serving, they're expensive.

If you're looking for a nutritious snack or drink, it makes far more sense to reach for a piece of fruit, a container of non-fat yogurt, a glass of juice or skim milk, some nuts, or a slice of whole-grain bread spread with peanut butter. Such foods are much more nutritious—and often less expensive—than any liquid supplement the industry has yet to offer.

If you still think you need a supplement, consider taking a multivitamin instead and see your doctor, especially if you retain water, have diabetes or kidney problems, take blood-thinning medications such as warfarin or aspirin, or have a medical condition that requires regular monitoring. 

CAVEAT EMPTOR—"buyer beware"—is a new column. It will run occasionally and report on drugs and products marketed to the health consumer.

Winter Fun Run Schedule

Feb 2. Maureen Carr's, East Montpelier, 229-1753. 10 a.m. About 6 miles on quiet East Montpelier roads. Directions: County Road north about 5 miles, left on Horn of the Moon Road, about 1 mile to crossroads, right on Sanders Circle, about 1/2 mile to mailbox #5100 on right.

Feb 8-9. Open

Feb. 16. Michael Chernick, 223-0918. (rescheduled from 12/28). Meet at Statehouse front steps at 10 a.m. Post-run refreshments at LaBrioche or somewhere downtown.

Feb. 22-23. Open

Mar. 2. Dave and Laura's (prez and treas.). 229-4523. Meet at 10 a.m. Ski or run. County Road north 3+ miles to Barnes Road (first right after Morse Sugar Farm). Second house on right on Barnes.

Mar 8-9. Open

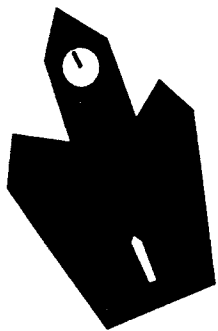
There are plenty of open dates. Volunteer to host a run! Call Donna Smyers at 485-5215.

First Night Run *(complete results on next 2 pages)*

93 brave and hardy souls braved the cold (nearly zero degrees F!) to participate in the second annual 5K race which is co-sponsored by CVR and First Night Montpelier. Participation was up from 54 runners who ran the first annual race on New Year's Eve 1996.

Shawn Gardner of Dallas, Texas, a former standout at U32 High School, set the pace with a winning time of 16:40. Gardner now has two straight victories in CVR sponsored 5Ks with his previous win at the Northfield Labor Day Observances 5K. Donna Smyers of Riverton (20:40) edged Dot Graham-Martin (20:48) for the women's race. Snow and icy conditions slowed all of the runners.

Many thanks to runners and volunteers, all who helped make the 1997 First Night Montpelier 5K both a fun and successful event!



FIRST NIGHT

Montpelier 5K



December 31, 1996
Official Race Results

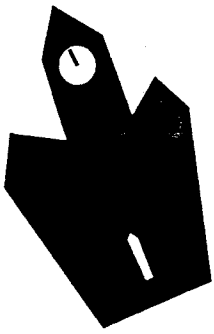
Women's Finishers

Division & Place	Time	Overall
0-19		
1. Kelly Joy	22:22	36 (F4)
2. Kate Douthat	23:03	41
3. Bethany Ogilby	25:31	59
4. Cara Krauss	31:43	87
5. Jesse Rennau	35:20	92
20-29		
1. Francesca Bistarelli	32:41	89
2. Kerry Orr	32:41	90
30-39		
1. Donna Smyers	20:40	16 (F1)
2. Dot Graham-Martin	20:48	17 (F2)
3. Betsy Martin	22:33	38 (F5)
4. Peggy Kostrzewa	23:11	42
5. Laura Medalie	23:21	44
6. Dana McCarthy	23:35	48
7. Kim Kendall	23:43	50
8. Lisa Clisbee	24:15	53
9. Alison Partridge	24:33	55
10. Jean Kissner	25:57	63
11. Nance Smith	26:59	65
12. Ann Gilbert	27:46	69
13. Holly Gardner	28:06	70
14. Maryke Gillis	28:34	73
15. Mary Roux	28:52	75
16. Katherine Williams	29:06	77
17. Tricia O'Regan	29:20	79
18. Heather Shouldice	30:07	82
19. Cheri L'Esperance	30:15	83
20. Margaret Foster	31:35	85
40-49		
1. Dot Helling	22:18	35 (F3)
2. Carol Van Dyke	24:38	56
3. Laurelae Oehler	25:52	61
4. Phyllis Boltax	25:56	62
5. Sheila McLean	27:02	66
6. Mel Kopecky	29:44	81
7. Patricia Rennau	30:39	84
8. Beverly Krauss	31:43	86

Men's Finishers

Division & Place	Time	Overall
0-19		
1. Justin Skinner	18:49	6
2. Wilson Skinner	20:28	15
3. Ryan Kerrigan	23:34	47
4. Eric Marshall	29:39	80
5. Chris Rennau	35:07	91
20-29		
1. Josh DeFlorio	18:07	4
2. Jon Reidel	19:41	11
3. Elliot Gray	22:58	40
30-39		
1. Shawn Gardner	16:40	1
2. Chip Langmaid	18:02	3
3. Larry Lackey	19:38	10
4. Russ Halpern	19:55	12
5. Tom Hecimovich	20:52	18
6. Bill Shouldice IV	21:31	21
7. Mack Gardner-Morse	21:56	25
8. Tom Brownell	21:57	27
9. Mark Renkert	22:04	28
10. Bob Osborne	23:17	43
11. Alex McHenry	23:23	45
12. J.B. McCarthy	23:35	49
13. Edward Dean	27:25	67
14. Dave Horner	28:22	72
40-49		
1. Len Hall	17:41	2
2. Gordon McFarland	18:25	5
3. Tim Noonan	19:06	7
4. Jamie Shanley	19:31	9
5. John Mazzucco	20:26	14
6. Michael Chernick	21:15	20
7. Greg Gerdel	21:41	22
8. Dick Patterson	21:48	23
9. Norm Robinson	21:54	24
10. Tom Bachman	22:08	29
11. Mike Fraysier	22:09	30
12. Bill DeFlorio	22:10	31
13. Elden Dube	22:14	32

continued on next page



FIRST NIGHT Montpelier 5K



December 31, 1996
Official Race Results

Men's Finishers continued

<u>Division & Place</u>	<u>Time</u>	<u>Overall</u>
40-49 continued		
14. Bill Clinton	22:17	34
15. John Kaeding	22:25	37
16. Harvey Lavoy	22:34	39
17. Rik Robert	23:27	46
18. Richard Cleveland	23:58	51
19. Brent Burgee	24:14	52
20. Bob Opel	24:32	54
21. Gregg Gossens	24:59	57
22. William Arrand	25:12	58
23. Larry Gilbert	25:48	60
24. Steve Roy	27:31	68
25. Gordon Miles	28:59	76
26. George Belcher	29:14	78
50-59 _____		
1. John Hackney	19:22	8
2. Ted McKnight	20:05	13
3. Bob Murphy	21:02	19
4. Charles Johnson	21:57	26
5. Greg Wight	22:16	33
6. Harry Colombo	28:07	71
7. Scott Skinner	31:58	88
8. Hal Orr	37:11	93
60 + _____		
1. Bob Mercier	26:00	64
2. Bill Miles	28:43	74

Special Thanks to:

Course volunteers: Maureen Carr, Buzz Surwilo

Finish line: Newton Baker, Darragh Ellerson,
Cindy Gardner-Morse

Registration / results: Michael Chernick,
Laura Medalie, Tim Noonan, Norm Robinson,
Jamie Shanley

President's Message

Although the recent weather has been less than conducive for running, CVR has been hard at work gearing up for its 1997 schedule. Most of the highlights for this year's race season stem from events and races which were new to the 1996 season.

One of the new events from 1996 was the Kid's Track Meet. Replacing the CVR scholarship program, which had been seeing diminishing interest over the last several years, this meet proved to be one of 1996's most popular events with 115 participants. Event organizers Tim Noonan and Norm Robinson hope this year's Kid's Track Meet, tentatively scheduled for June 7, will once again be a fun way to introduce children to running.

At the end of the coming summer CVR will take over full technical aspects of the Northfield Labor Day Observances 5K. CVR's "adoption" of this extremely popular race (it annually attracts several hundred runners) was set in motion this past year.

CVR's signature race, Leaf Peepers Half Marathon/5K, will also see a change in its behind-the-scenes organization this coming fall. Darragh Ellerson, Leaf Peepers' race director every year since its inception in the early 1980s, will hand over chief race director's duties to Gordon MacFarland. Gordon is founder of Vermont's most popular sporting event, the Key Bank/Vermont City Marathon. Thus Leaf Peepers will still be in good hands.

You need not wait until summer or fall to participate in a new CVR event, though. Under Donna Smyers' direction a fall/winter fun run schedule has been started. Please look elsewhere in this newsletter for the complete schedule. And CVR may be near to adding a fun and slightly different race to its spring schedule. Please come to our next club meeting (scheduled for March 17, 6 p.m., at Tim Noonan's house) to learn more about this new event.

Finally, congratulations to the new CVR officers, elected at our annual meeting on January 12: Maureen Carr - Secretary; Laura Medalie - Treasurer; Norm Robinson - Vice President; and Jamie Shanley - Newsletter Editor. I thank you all for entrusting me the President's duties for this coming year of 1997.

Dave Kissner, President, CVR