

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.)

- April - Mutt Strutt _____ May-Oct. Tuesday fun runs _____
- June - Capitol City Stampede _____ June - Montpelier 10 Miler _____
- July - Berlin Pond Couples Race _____ Sept - Northfield 5K _____
- Oct.- Leaf Peepers _____ 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

**April
1997**

Vol. 18, No. 2

Please recycle this newsletter (or pass it on).

CVR injury report

by Jamie Shanley

I wish there were no need to write this column, but it seems the winter has been hard on CVR members. With the running season about to get into full swing, the lucky ones who have managed to stay healthy may find it lonely out there. Here's a rundown, and these are just the ones I know about!:

Carol Van Dyke - chronic problem with her right shoulder - after the fourth dislocation she finally went in for surgery on the rotator cuff.

Nance Smith - herniated disk in lower back, surgery last summer went well, Nance tried a few ski races and feels ready to phase into running this spring.

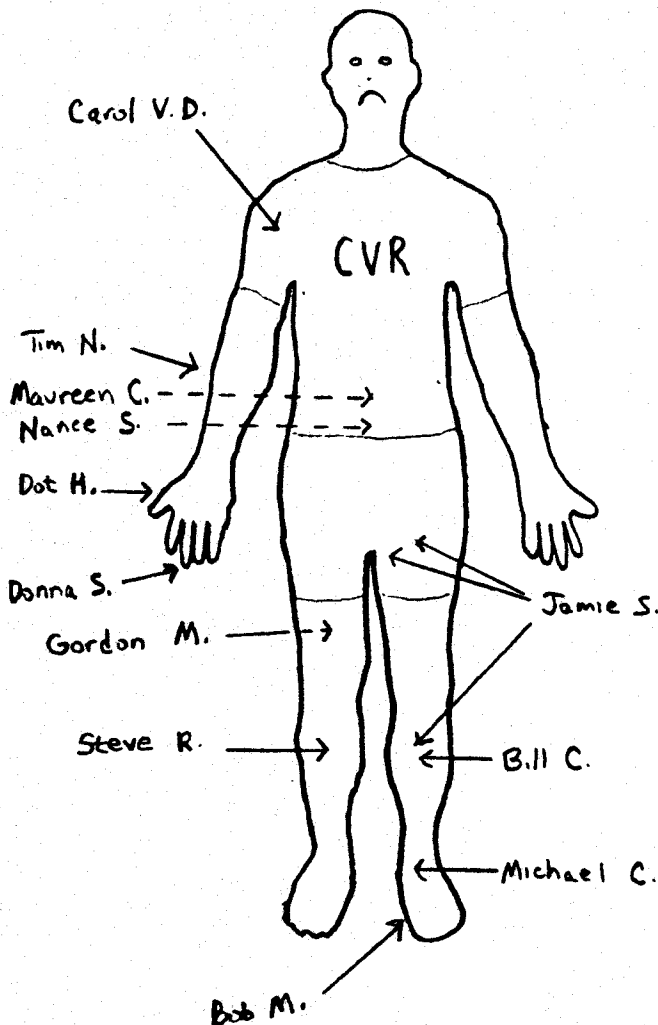
Maureen Carr - a less serious back injury kept Maureen lying low this winter but she's feeling better and has started some easy running.

Gordon MacFarland - Minor tendonitis, but primarily sidelined with a right hamstring pull. Gordon is getting his running in a mile or two at a time.

Steve Roy - Tendonitis in right knee - never completely recovered from injuring it at a Fun Run last July.

Bill Clinton - regrets he's out for the entire CVR season with his knee injury.

Michael Chernick - Tendonitis, left ankle. Will Michael be our rabbit this year?



Tim Noonan - Tim's injury won't affect his race results unless he needs to elbow his way to the front of the pack. He fell on the ice on his right elbow this winter.

Dot Helling - Dot had a more serious fall on the ice, rupturing a ligament in her right thumb, requiring surgery.

Bob Murphy - Out with plantar fasciitis.

Donna Smyers - Ruptured the tendon in her right middle finger. She has to keep the finger splinted for several weeks and hope the tendon grows back properly.

Jamie Shanley - If you thought Cat Scratch Fever was just the name of a song, so did I. Then I contracted a case of it. Seven weeks and six different antibiotics later, the swelling in my lymph node subsided enough for my doctor to discover I had... a hernia! But neither of these ailments has stopped me from running. That distinction goes to the tendonitis in my left knee, which makes anything more than a mile or two pretty painful.

Darragh Ellerson - She's running! Up to 3 miles. Maybe we can all hang out in the finish area and time Darragh.

So, keep up the physical therapy, do those stretches, ice down those joints, keep that bottle of ibuprofen handy, and ease back into your running. I'll see you out there . . . maybe.

Upcoming events

Ongoing (Tuesdays), 5:30 pm. Fun Runs. Though not officially starting until May 6, some CVR members decided to take advantage of Daylight Savings Time and have already started up. About 8-10 people came out on April 8 to run in a snow squall.

April 14 (Monday) 6 pm. CVR meeting, Norm Robinson's house, 66 Terrace St., Montpelier.

April 20 (Sunday), 10:15 am. Le Réveil du Coureur, 5K/10K, Sherbrooke, P.Q. (see Jamie for entry form).

April 20 (Sunday), 9:30 am. GMAA Champlain Classic, 5K/15K, Shelburne, VT.

April 21 (Monday), noon. Boston Marathon #101.

April 26 (Saturday), 9 am. GMAA Rollin' Irish Half Marathon, Essex, VT.

April 27 (Sunday), 10 am. Mutt Strutt, a first annual CVR event, 5K race for dogs and their owners. Little River State Park, Waterbury. See ad and entry form, this newsletter.

May 10 (Saturday), Walk for Animals, 10 am. 3.3-mile walk / 8.3-mile run, fun event to benefit Central Vermont Humane Society, see flyer, this issue.

May 10 (Saturday), 9 am. Prospect Mountain Hill Climb, Lake George, NY.(see Jamie for entry form).

May 10 (Saturday) Mt. Kearsarge Hill Climb, Warner, NH.

May 11 (Sunday) Covered Bridges Half Marathon, Woodstock, VT.

May 25 (Sunday) Vermont City Marathon, Burlington.

June 7 (Saturday) Capital Stampede 10K, Montpelier.

June 21 (Saturday) Mt. Washington Road Race.

June 28 (Saturday) Paul Mailman 10-miler, Montpelier.

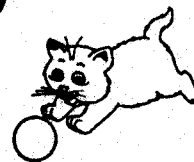
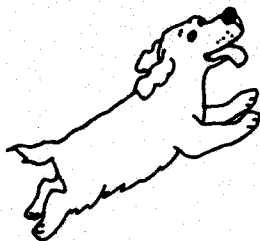
Central Vermont Humane Society



WALK FOR ANIMALS '97

**GREAT PRIZES!
GREAT FUN!
GREAT CAUSE!**

- Regular Course: 3.3 miles
- Short Course: 2.2 miles
- Runner's Course: 8.3 miles



Saturday, May 10

REGISTRATION & START

AT BLUE CROSS/BLUE SHIELD BEHIND WEDGEWOOD FITNESS

From 10:00 am until 11:00 am



PRIZES & CATEGORIES INCLUDE

"Spirit of the Walk" • Individual • Family • Group • Corporate & More

- Aiwa Walkman compliments of Exile on Main Street and A \$30 Gift Certificate compliments of Buch Spieler
- One year internet service from HCR On Line compliments of Helicon Cable Communications (two of these will be awarded)
- Group 1/2-day canoe excursion compliments of Umiak Outfitters
- Family Membership (1 month) compliments of Wedgewood Fitness
- Gift Certificate compliments of the Lobster Pot
- Brunch for 4 compliments of Jockey Hollow
- AND MORE!



FOR MORE INFORMATION CALL: 476-3811 (Tues.-Sat.)

PICK UP YOUR PLEDGE FORMS:

- CVHS Animal Shelter • Rinker's Communication in Barre • Barre Animal Hospital
 - All About Pets in Montpelier • Onion River Sports in Barre & Montpelier • Julio's
- OR CALL THE SHELTER IF YOU WOULD LIKE TO HAVE ONE MAILED TO YOU.

Kindly Sponsored By



Special Thanks to: Blue Cross/Blue Shield of VT, Wedgewood Fitness, Town of Berlin, L. Brown & Sons Printing and the Top Dog Team

Race results

Holyoke St. Patrick's Day 10K, Holyoke, MA. **Tim Noonan** finished 40th in a field of about 2000. To indicate the strength of field, Eric Morse managed only 6th.

Powerman Alabama Duathlon: In Alabama, **Donna Smyers** won her age class (2nd woman overall) in the amateur division and with it the honor of competing in the Powerman at Zofingen Switzerland on June 1.

Kaynor's Sap Run: **John Valentine** ran a sub-40 10K to take his age group.

Ringers: The easy path to fame and glory is to get sick (Donna Smyers) or injured (Jamie Shanley) and find someone to sub for you. Some speedy results for the 5-mile run leg of the April 6 Sugarbush Triathlon were published for Donna and Jamie in the Free Press. The real runners were Tara Chaplin and **Tim Noonan**.

CVR meeting

The next meeting will be Monday, April 14 at Norm Robinson's house, 66 Terrace St., Montpelier, at 6 pm. On the agenda will be planning for the busy upcoming race schedule, including the Mutt Strutt on April 27. Tim will have an update on CVR involvement in the Northfield 5K and Gordon will be there to talk about Leaf Peepers.

Walk for animals

On May 10 the Central Vermont Humane Society will hold their annual Walk for Animals. There is a special category for runners! Walkers walk from Blue Cross to Berlin Pond and back, 3.3 miles. Runners add on the 5-mile loop around Berlin Pond for a total of 8.3 miles. So keep the momentum from the Mutt Strutt and help out CVHS some more by participating in the Walk (Run) for Animals. See Jamie to make a pledge - or better yet, to get your own pledge form.

Renew your membership!

CVR membership is on a calendar-year basis. It is not tax-deductable but it's a great bargain at only \$10. Please renew now for 1997 if you have not already done so, and keep that newsletter coming. See registration form this issue.

FIRST ANNUAL MUTT STRUTT



~A fun 3-mile race for dogs and their owners~
A Central Vermont Runners event
to benefit

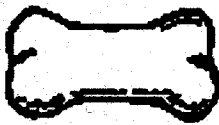


Sunday, April 27, 10 am
Little River State Park

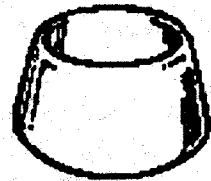
From Waterbury, Rt. 2 West for 3 miles, turn right, follow signs

Prizes to dogs by weight class and owner's age

Thanks to the generous support of:



VtSkate
Waterbury Agway
Ide's Feed Store
Onion River Animal Hospital
House Mouse Designs



Entry fee: \$4 (\$1/paw)

Send to: CVR, c/o Donna Smyers, R.R. 2, Box 2270-38, Northfield, VT 05663 802-485-5215

Owner name (please print) _____

Street _____

City _____ State _____ Zip Code _____

Sex: M F Age _____ Birth Date _____ Phone _____

Dog name _____ weight (lbs.) _____ Age _____ Breed _____

ALL DOGS MUST BE LEASHED. ALL ENTRANTS MUST SIGN A WAIVER.

I know that running a road race is a potentially hazardous activity. I should not enter and run 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 risks associated with running in this event including, but not limited to, falls, contact with other participants, contact with dogs and leashes, the effects of the weather, including heat and/or humidity, traffic and the condition of the road and other running surfaces, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone else entitled to act on my behalf, waive and release the Central Vermont Runners, the State of Vermont and all sponsors, their representatives and successors from all claims of liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence and carelessness on the part of the persons named in this waiver.

Signature of entrant

Date

If entrant under 18, parent must sign

Date