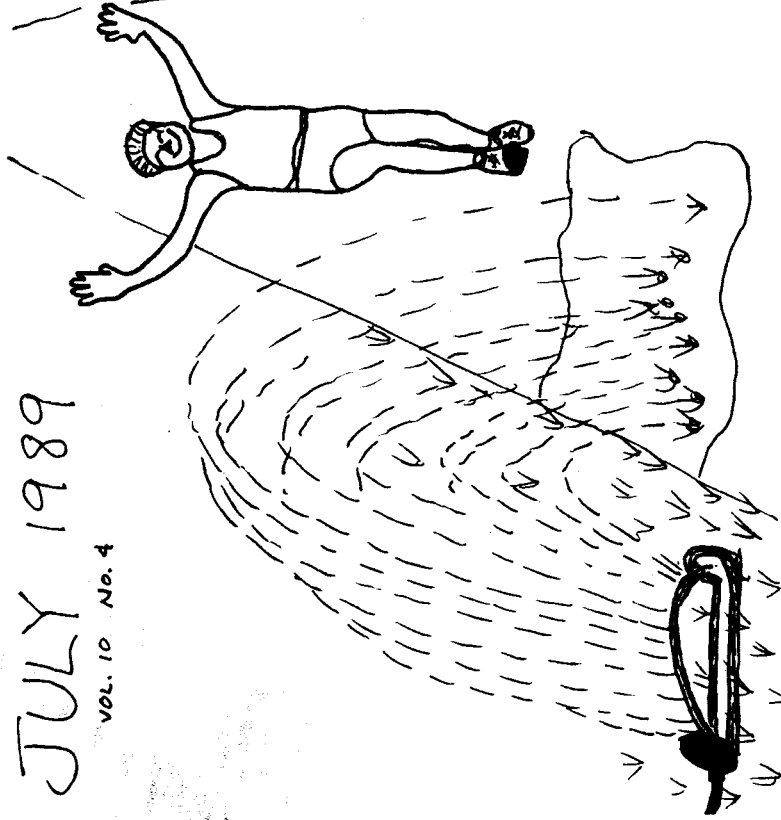


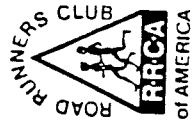
CENTRAL VERMONT RUNNERS
NEWSLETTER

JULY 1989

VOL. 10 No. 4



PRESIDENT: Tim Noonan
VICE PRESIDENT: Darragh Ellerson
TREASURER: Norm Robinson
SECRETARY:
EDITOR: Dana McCarthy



12th NSB 12th

12th ANNUAL 1989 NORTHFIELD LABOR DAY OBSERVANCES 5000 METERS RACE AND 1 MILE CHILDRENS' RACE

***** NOTE: REDUCED ENTRY FEE PRIOR TO AUGUST 27, 1989 *****

PLACE

The Northfield Savings Bank on the Common

DATE - TIME

Saturday, September 2, 10:30 A.M. for the 5K race and 9:30 A.M. for the 1 mile race for those 13 and under

COURSE

The Northfield Savings Bank and Northfield Observances are sponsoring this twelfth annual 5000 meters (3.1 miles) foot race as well as a 1 mile race for those 13 and under. Mileage markers will be posted at each mile. The Northfield Savings Bank on the Common will be open at 8:30 A.M. for registration. Registration will cease half an hour before each race. Refreshments served to participants. A map of the course will be posted at the registration area.

DIVISIONS

Age groups for males and females are as follows: 1 mile race - 9 and under, 10-13: 5000 meters race - 14-19, 20-29, 30-39, 40-49, 50-59, 60 and over

PRIZES

In addition to the prizes for first, second, and third place in each of the 16 classes, the Northfield Savings Bank, in conjunction with Onion River Sports of Montpelier, will again give a new pair of running shoes to any runner who wins his or her class and sets a new record for that class. The class records are:

ONE MILE RACE

Age	Female	Male
9 and under	Amy Schroyer 6:38 ('85)	Richard Taylor 5:54 ('85)
10 - 13	Jessica Christian 5:47 ('85)	Troy McBride 5:25 ('84)

5 K RACE

Age	Female	Male
14 - 19	Patty Roach 18:22 ('82)	Shawn Gardner 15:01 ('85)
20 - 29	Jennifer Mynter 19:18 ('86)	Eric Morse 14:35 ('88)
30 - 39	Merill Cray 19:48 ('86)	Mark Chaplin 15:04 ('82)
40 - 49	Patty Girouard 19:30 ('88)	Bob Murphy 16:26 ('82)
50 - 59	Darragh Ellerson 21:48 ('82)	Jerry Carlson 19:00 ('84)
60 +	Vivian Bryan 38:00 ('86)	John Toby 19:39 ('88)

12th NSB 12th

VERMONT CITY MARATHON

In my view, Vermont's first attempt at an upscale marathon on May 28 in Burlington was an unqualified success. A major financial sponsor backed the race, allowing for amenities for the runners (e.g., t-shirts, finish medallions). The organization was tremendous, from registration through the finish line. Traffic control was good, aid stations were plentiful, every mile was marked, medical services were present, the finish line generally seemed to go smoothly. The course was well-laid out and scenic. The marathon relay generated enthusiasm, provided camaraderie and gave much-needed support to the marathoners. Even the weather mostly cooperated. It was a dry, cool day, although it was blustery. Congratulations to Race Director Gordon MacFarland and crew for an impressive first effort.

Personally, I was very pleased with my race. I was hoping to break 3 hours, and was able to do so. I ran with Denis Ibey from the Lebanon area, off and on, from 15 miles to 24 miles. We broke the wind for each other on the Connector stretch from 16 to 19 miles, which helped both of us immensely. I was able to run even pace until about 23 1/2 miles, when my lack of mileage caught up to me. I am planning next year's race already. Complete results for CVR members are as follows:

Tim Noonan	2:55:29	Tom Potter	3:24:17
Dot Graham	3:17:16	Newton Baker	4:09:38
John Martin	3:19:19	Ernie Flanders	4:43:58
Nancy Maloney	3:22:29	Polli Flanders	4:43:58
Merill Gray	3:22:30		

Tim Noonan

BOSTON QUALIFYING TIMES CHANGE

For those of you who ran in Burlington or are planning to run a Fall marathon to attempt to qualify to run the Boston Marathon, you should be aware that the Boston Athletic Association recently relaxed qualifying standards for the next Marathon, on April 16, 1990. The new standards are:

<u>Men:</u>	Age 18-34, 3:10	Age 35-39, 3:15	Age 40-44, 3:20
	Age 45-49, 3:25	Age 50-54, 3:30	Age 55-59, 3:35
	Age 60-64, 3:40	Age 65-69, 3:45	Age 70+, 3:50
<u>Women:</u>	Age 18-34, 3:45	Age 35-39, 3:45	Age 40-44, 3:50
	Age 45-49, 3:55	Age 50-54, 4:00	Age 55-59, 4:05
	Age 60-64, 4:10	Age 65-69, 4:15	Age 70+, 4:20

NEXT CVR MEETING

The next CVR meeting will be July 18, right after Fun Run, at Tim Noonan's house: 2 Pinewood Road, Montpelier. Potluck. The main item of discussion will be Fun Runs - Where is everybody? What can we do about it? Come out and express your views.

MINUTES OF MAY 16 CVR MEETING

The May meeting of CVR was held the 16th after the end of the Fun Run, Norm, Tim, Darragh, Bob H. Newton and Stu stayed around to discuss the upcoming summer events and enjoy day-old bagels.

The membership was reported approaching 100 and climbing each day. The Treasurer's report showed \$672.07 in the treasury with money due from the U-32 5-K, and money due out (\$400.00) to cover the scholarships.

Planning is on track for the Capital City 10-K and the 10 Miler scheduled for June 24. Pre-entries for the 10 Miler are up from previous years.

The Harwood Union Boosters Club has joined as a sponsor for the Leaf Peepers Half-Marathon. They bring with them needed people power. Darragh indicates, "This year we've really rolling" with advertising, sponsors, etc. coming together.

Stu has picked up the Fun Run co-ordinator job for and Newton boldly stepped forward to be the semi-co-ordinator for some unspecified Fun Runs maybe this summer or fall.

All members expressed strong support for Dot's upcoming Western States 100 and expressed "bon Voyage".

Next meeting was set for June 20 at Darragh's immediately following the finish of the Fun Run.

Bob Howe

Fill in Secretary

MEETING UPDATE *** MEETING UPDATE ***

The June 20 CVR meeting consisted of Darragh and Tim having dinner at Darragh's house and talking about Fun Runs. Guess what the topic for the July 18th meeting will be? Right, Fun Runs. If you enjoy them come and tell us. Next CVR meeting July 18 after the Fun Run.

(AT TIM NOONAN'S HOUSE)

IN OTHER NEWS.... Dot Helling has returned from her 100 mile race, and despite broken ribs finished in 28 hours. Hopefully Dot will provide us with the details in the next news letter. Great going Dot!!

1989 CAPITAL CITY STAMPEDE RESULTS

		PLACE			
AGE	NAME	HOME	OVERALL CATEGORY	TIME	PACE
---FEMALE 18-29---					
23	HEATHER MACKINNON	JEFFERSONVILLE	27	39 :12	6 :19
28	PATTY ROACH-DAVIS	WOBURN, MA	35	40 : 8	6 :28
28	DOROTHY GRAHAM	BARRE	37	40 :25	6 :31
22	JACKIE GIBBS	BARRE	4	43 :48	7 :23
27	KIMBERLY PIERCE	E. CALAIS	70	46 :59	7 :34
24	KATE LARSON	NORTHFIELD	82	48 :37	7 :50
23	CAMILLE SHORT	BROWNVILLE	82	49 : 0	7 :54
25	BETSY MARTIN	BARRE	98	56 :47	9 : 9
---FEMALE 30-39---					
38	MOIRA DURBIN	STOWE	29	39 :20	6 :20
36	MERILL CRAY	LAKE ELMORE	31	39 :49	6 :25
33	MARCIA DESY	WINDSOR	43	42 : 7	6 :47
34	LISA POWERS	ESSEX JUNCTION	4	43 : 4	6 :56
32	ZOE ERDMAN	WILLISTON	55	43 :32	7 : 1
33	DEBI LINDEMER	STOWE	57	43 :44	7 : 3
33	CAROL VAN DYKE	STOWE	73	47 :11	7 :36
37	ROBIN EDELMAN	MONTPELIER	85	50 :10	8 : 5
34	SUSAN LEDREW	SPRINGFIELD	102	57 :42	9 :18
---FEMALE 40-49---					
40	JANE BANKS	BETHEL	47	42 :39	6 :52
47	KAREN MONSEN	STOWE	66	45 : 7	7 :16
40	SYLVIA AYLWARD	WATERBURY	71	46 :17	7 :27
45	SUE CHRISTIANSEN	MONTPELIER	75	47 :16	7 :37
41	TESS ZIMMERMAN	MONTPELIER	79	48 : 4	7 :45
47	JANET GILBERT	BARRE	100	57 :13	9 :13
46	JUDY COLOMBO	MONTPELIER	101	57 :14	9 :13
42	PATTY TESCHMACHER	EAST MONTPELIER	103	59 :53	9 :39
---FEMALE 50-59---					
51	MARY DOUGHTY	MADISON, NJ	91	53 :11	8 :34
54	BEV TUCKER	NORTHFIELD	97	56 :35	9 : 7
---MALE 0-17---					
17	ERIN BARROUR	MORRISVILLE	11	35 :36	5 :44
16	COPE BRADLEY	MONTPELIER	34	40 : 7	6 :28
---MALE 18-29---					
28	SAM DAVIS	WOBURN, MA	1	32 :38	5 :15
23	ALEX MC HENRY	BURLINGTON	2	32 :51	5 :17
20	ALLEN MEAD	SHELburne	3	34 :20	5 :32
20	ADAM VERRIER	LANCASTER, NH	4	34 :51	5 :37
21	DAVE MEAD	SHELburne	5	35 :58	5 :38
28	KEVIN LA RUE	STOWE	6	35 : 5	5 :39
23	MARK WANNER	SO. BURLINGTON	14	36 :42	5 :55

SPONSORED BY CENTRAL VERMONT RUNNERS, UNION RIVER SPORTS & STATE STREET MARKET

1989 CAPITAL CITY STAMPEDE RESULTS

		PLACE			
AGE	NAME	HOME	OVERALL CATEGORY	TIME	PACE
---MALE 30-39---					
22	MAURICE BROWN	E. MONTPELIER	15	36 :48	5 :56
21	TODD KINGSBURY	WATSFIELD	16	37 :21	6 : 1
21	STEVE TOSI	E. MONTPELIER	17	37 :25	6 : 1
23	STEVE ROBINSON	WARREN	26	39 : 0	6 :12
29	STU SLOTE	MONTPELIER	30	39 :47	6 :17
28	AL SOCHARD	MERRIMACK, NH	32	39 :55	6 :26
29	DOUG HOWELL	WINDOSKI	38	41 :20	6 :40
27	JAMES GEBBIE	W. DANVILLE	44	42 :14	6 :48
26	DAN DOWLING	MONTPELIER	49	42 :55	6 :55
20	MARK COOPER	BURLINGTON	53	43 :21	6 :59
29	AARON SCHARK	BARRE	59	44 :11	7 : 7
28	LARRY MARTIN	BARRE	67	45 :30	7 :20
19	BRAD HERSHMAN	BURLINGTON	69	45 :44	8 :20
29	ROBERT GRUBBS	NORTHFIELD	93	53 :44	8 :40
---MALE 40-49---					
30	BOB MILLER	BURLINGTON	7	35 : 6	5 :39
33	ED DRAPP	DUXBURY	8	35 :15	5 :41
39	JOHN VALENTINE	NORTHFIELD	9	35 :22	5 :42
36	BILL DYARS	BURLINGTON	12	35 :45	5 :45
32	KEN THEIS	KILLINGTON	24	38 :47	6 :15
38	GREG SAMSON	BURLINGTON	25	38 :50	6 :15
32	TIM GILBERT	ENFIELD, NH	28	39 :16	6 :20
36	JOHN MAZZUCCO	RANDOLPH	33	39 :57	6 :26
31	JEFF JACKSON	STOWE	36	40 :14	6 :29
31	J.B. MC CARTHY	MONTPELIER	39	41 :23	6 :40
37	JOHN MARTIN	BARRE	46	42 :36	6 :52
31	PAUL DARO	PLAINFIELD	51	43 :14	6 :58
36	GARY HILL	ASCUTNEY	52	43 :17	6 :58
34	KRENT LE DREW	SPRINGFIELD	54	43 :23	6 :59
38	TOM PAULIDIS	MANCHESTER, NH	61	44 :37	7 :11
38	STEPHEN KENDALL	RANDOLPH	62	44 :40	7 :12
38	BILL PERREAULT	MONTPELIER	64	44 :58	7 :15
34	JOHNATHAN KOHN	BURLINGTON	65	45 : 7	7 :16
32	RYAN COTTON	MONTPELIER	76	47 :33	7 :40
37	PASCAL DE BLASIO	COLCHESTER	77	47 :39	7 :41
32	ED TRACEY	LEBANON, NH	78	47 :57	7 :44
31	MARK LAHTI	ALLSTON, MA	94	54 : 7	8 :43
31	WILLIAM O'NEIL	?	99	56 :48	9 : 9
---MALE 40-49---					
41	JOE BARTON	LANCASTER, NH	10	35 :23	5 :42
41	PETER DAVIS	UNDERHILL CTR	13	36 :22	5 :51
41	KICK SCHWERTFEGER	WINDSOR	18	37 :32	6 : 3
47	PHIL VERRIER	LANCASTER, NH	19	38 : 2	6 : 8
45	TOM CROME	JEFFERSONVILLE	20	38 :20	6 :10
40	RICK PRICE	MORRISVILLE	21	38 :39	6 :14
41	LLOYD HURLBURD	SO. BURLINGTON	22	38 :44	6 :14
41	BILL YOUNG	HYDE PARK	23	38 :45	6 :15
49	PETER MONSEN	STOWE	40	41 :39	6 :43
41	BARRY DE CARLI	MILTON	41	41 :42	6 :43
?	KOD DAVIS	MONTPELIER	42	42 : 3	6 :46

SPONSORED BY CENTRAL VERMONT RUNNERS, UNION RIVER SPORTS & STATE STREET MARKET

1989 CAPITAL CITY STAMPEDE RESULTS

AGE	NAME	HOME	OVERALL	CATEGORY	TIME	PACE
42	BOB HOWE	WILLIAMSTOWN	45	12	42 :24	6 :50
44	TOWNSEND GILBERT	BARRE	56	13	43 :39	7 :12
47	NEWTON BAKER	MONTPELIER	58	14	43 :54	7 :14
45	PETE DONAGHY	MONTPELIER	60	15	44 :16	7 :18
42	PETER DONAGHY	WATERBURY	63	16	44 :40	7 :12
40	JOHN MC KEON	RANDOLPH	68	17	45 :34	7 :20
44	HARRY COLOMBO	MONTPELIER	69	18	45 :38	7 :21
45	RON ACCOISI	CTR RUTLAND	74	19	47 :14	7 :37
45	DENNIS DOWNS	MONTPELIER	81	20	48 :40	7 :50
46	MIKE ZIMMERMAN	MONTPELIER	83	21	49 :16	7 :53
47	J. ROBB	MONTPELIER	86	22	50 :13	8 :15
40	EDWARD FREEMER	RANDOLPH	87	23	51 :12	8 :15
42	DAVID HABER	MONTPELIER	88	24	51 :20	8 :16
---MALE 50-59---						
57	TIM CUNNINGHAM	HARTLAND	48	1	42 :43	6 :53
52	DARRELL DOUGHTY	MADISON, NJ	90	2	53 :11	8 :34
52	FRED BERTRAND	MONTPELIER	92	3	53 :35	8 :38
54	ALAN ROGERS	BARRE	95	4	55 :27	8 :56
---MALE 60+---						
63	DON LYONS	MONTPELIER	84	1	49 :29	7 :58
61	DOUG ALLEN	BETHEL	96	2	56 :20	9 :15
103						

MONTPELIER TEN MILE ROAD RACE (JUNE 24, 1989)
RACE SUMMARY AND RACE RESULTS

**WOODWARD AND SIKORA WIN TEN MILLER,
BANKS AND MACGREGOR SET AGE GROUP RECORDS**

High humidity and threatened high temperatures did not keep the largest field in three years from participating in the 15th annual Montpelier Ten Mile Road Race, which for the 5th consecutive year served as the Eastern Regional Ten Mile Championship of the Road Runners Club of America. Overcast skies kept the temperature down to around 70 degrees, and provided some relief for the runners. 115 runners registered for the race, and 105 actually completed the distance.

Keith Woodward of East Corinth topped the men's field in a time of 54:55. Ray Kelleff of Brattleboro finished second in 56:37, and Matt Guild of Bellows Falls was third in 57:09. Gordon MacFarland was top Master in 58:32, finishing fifth overall. 50 year old Doug MacGregor turned in the best time ever for anyone 50 years of age or older, finishing sixth overall in a remarkable 58:39. Ed Drapp and Geoff Lindemer were the top finishers for the Central Vermont Runners. Drapp finished 8th in 59:09 and Lindemer was 11th in 59:40.

Defending women's champion, and course record holder, Lea Sikora successfully defended her title with a time of 60:24, more than six minutes ahead of her nearest competitor. Sikora, a Montpelier High School graduate, now lives in Greenfield, Mass. Moira Durnin of Stowe was second in 66:38. Jane Banks of Bethel, and a CVR member, was third women finisher and top Master in 69:36. Banks set a Masters Female course record by nearly a minute.

Special thanks to Larry Cruz and Athletic Attic for sponsoring the race for the second consecutive year. Special thanks also to RRCA Eastern Regional Director Jane Dolley for coming over to help out and run the race. Many thanks to the following volunteers who performed the various functions needed for the race to proceed smoothly: Newton Baker, Cope and JoAnn Bradley, Rich Brown, Sue Christiansen and three children helpers, Molly Corrigan, Merrill Cray, Pat DeBlasio, Jerry Desmarz, Darragh Ellerson, David Ellerson, Linda Hallinger, Jerry Lindemer, Nick and Heather Marro, Buell Mitchell, Bob Murphy, Tom Potter, Jerry Richardson, Jeff Shutak and Jim Suskin.

See you next year!

Tim Noonan, Race Director

TEAM RESULTS

Male Open - 1. Green Mountain Athletic Association - 2:58:46
(Gordon MacFarland, Rick Blount, Bill Dysart)
2. Central Vermont Runners - 2:59:32
(Ed Drapp, Geoff Lindemer, John Valentine)

Female Open - 1. Central Vermont Runners - 4:13:01
(Jane Banks, Carol Van Dyke, Bev Nolan-Cannata)

Male Masters -1. Green Mountain Athletic Association - 3:10:59
(Gordon MacFarland, Lloyd Hurlburt, Norm Reuss)
2. Central Vermont Runners - 3:20:14
(John Brodhead, Bob Murphy, Glenn Gershaneck)

Female Masters - No teams



Course records:
 Eric Morse
 1:09:28, 1986
 Les Hayer
 1:21:15, 1985



THE SIXTH ANNUAL
**LEAF PEEPERS
 HALF-MARATHON**
 SUNDAY, OCTOBER 1, 1989
 11 A.M., WATERBURY, VERMONT

SPONSORED BY WDEV

Organized by the Central Vermont Runners and Harwood Union Boosters Club.

COURSE: 13.1 miles of scenic country in the shadow of the Camel's Hump. A combination loop and out and back on fast, flat to gently rolling, 60% dirt, 40% paved road. Starts and finishes at the Waterbury Recreation Field. Aid stations approximately every 3 miles. Traffic control. R.R.C.A. Sanctioned. Certified. Co-directors: Darragh Ellerson and Jeffrey Shutak.

AWARDS: At the Waterbury Recreation Field.

DIVISIONS: Male—18 and under, 19-29, 30-39, 40-49, 50-59, 60 and over; Female—18 and under, 18-29, 30-39, 40-49, 50 and over.

ENTRY FEE: \$9.00 (U.S.); entries postmarked by September 18 will receive a free LeafPeepers Half Marathon T-shirt. Post entries accepted 9 a.m. to 10 a.m. on race day, \$10.00 (U.S.).

PACKET PICKUP: 9 a.m. to 10 a.m. on race day at Waterbury Recreation Field.

 OFFICIAL ENTRY BLANK

NAME (Please Print) _____

STREET _____ CITY _____

STATE _____ ZIP _____

AGE _____ BIRTH DATE _____ SEX: Male Female

SHIRT SIZE: S M L XL (circle appropriate size)

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, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, 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 entitled to act on my behalf, waive and release the Central Vermont Runners, the City of Waterbury and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature of entrant _____

Date _____

If entrant under 18, parent must sign _____

Date _____

Make checks payable to Central Vermont Runners, and mail entries to:

Darragh Ellerson
 Upper North Street, Box 170
 Montpelier, VT 05602

WDEV
RADIO VERMONT

P.O. Box 550,
 Waterbury, Vermont 05676



**Harwood
 Union
 Boosters
 Club**



MONTPELIER 10 MILE ROAD RACE
JUNE 24, 1989
OFFICIAL RESULTS

Place	Overall	Age Group	Time	Name	Age	Address
	Female 0 to 17 (no finishers)					
	Female 18 to 29					
	48	1	70:11	Dot Graham	28	Montpelier
	66	2	74:05	Amy Kretz	18	Essex Junction
	Female 30 to 39					
	14	1	60:24	Lea Sikora	33	Greenfield, Ma.
	29	2	66:38	Maira Durnin	38	Stowe
	51	3	70:33	Deb Crow	38	Stowe
	72	4	75:32	Mimi Sander	33	Belmont, Ma.
	85	5	78:59	Kathy Farynarz	30	Norwich
	87	6	79:26	Anne Holmquist	36	Killington
	93	7	83:45	Carol Van Dyke	33	Stowe
	100	8	94:15	Linda Dion	35	Burlington
	Female 40 to 49					
	44	1	69:36	Jane Banks	44	Bethel
	67	2	74:26	Jane Dolley	41	Yarmouth, Me.
	96	3	85:04	Rosemary Rusin	46	Florence
	104	4	103:15	Mildred Rhoades	49	Bethel
	Female 50 to 59					
	103	1	99:40	Bev Nolan-Cannata	54	Wolcott
	Male 0 to 17					
	18	1	60:51	Erin Barbour	17	Morrisville
	63	2	72:47	Cope Bradley	16	Montpelier
	Male 18 to 29					
	3	1	57:09	Matt Guild	25	Bellows Falls
	12	2	59:43	Rick Blount	27	Burlington
	13	3	60:12	Ralph Cote	28	East Corinth
	17	4	60:48	Maurice Brown	22	E. Montpelier
	20	5	62:22	Steven Tosi	22	E. Montpelier
	21	6	63:30	Steve Robinson	23	Warren
	24	7	64:36	Dave Kissner	23	Underhill
	39	8	69:13	Doug Howell	29	Winooski
	47	9	70:06	Lee Sanborn	29	Wildier

1989 Montpelier 10 Mile Road Race, Results Cont.

Place	Overall	Age Group	Time	Name	Age	Address
	Male 18 to 29 (Cont.)					
	50	10	70:26	Eric Montminy	24	Stowe
	56	11	71:18	Tom Villemaire	23	Milton
	77	12	76:49	Tim Kruger	23	Waterbury
	80	13	77:36	Michael Allen	21	Bethel
	98	14	89:29	Brad Hershman	19	Burlington
	102	15	94:52	Phil Maglione	29	Waitsfield
	Male 30 to 39					
	1	1	54:55	Keith Woodward	38	East Corinth
	2	2	56:37	Ray Kellett	38	Brattleboro
	4	3	57:34	Dave Johnston	35	Brattleboro
	7	4	58:48	Reg Bowley	33	Essex Junction
	8	5	59:09	Ed Drapp	33	Duxbury
	9	6	59:12	Bob Miller	30	Burlington
	10	7	59:21	Chad Couto	35	Waterbury
	11	8	59:40	Geoff Lindemer	36	Stowe
	15	9	60:31	Bill Dysart	36	Burlington
	16	10	60:43	John Valentine	39	Northfield
	19	11	61:56	Ronald Johnston	37	N. Conway, N.H.
	23	12	64:21	Vic Tirrito	35	Winooski
	25	13	64:49	Gene Nelson	35	Essex Junction
	34	14	67:41	Rik Dayvie	32	Colchester
	35	15	67:42	Jim Scott	32	Huntington
	40	16	69:15	Bill Everett	37	Essex Junction
	43	17	69:35	Tom Potter	39	Northfield
	45	18	69:48	David Roberts	36	Quebec, Canada
	46	19	69:52	Jeff Jackson	31	Stowe
	53	20	70:44	David White	38	Montpelier
	54	21	71:05	Blaine Isham	34	Essex Junction
	55	22	71:07	Zane Scott	33	Essex Junction
	58	23	71:23	Brent Ledrew	34	Springfield
	60	24	71:38	Mike Bachand	31	So. Burlington
	65	25	73:11	John Martin	37	Barre
	69	26	74:53	Larry Cruz	36	Berlin
	70	27	75:14	Joe Blatchford	34	Montpelier
	71	28	75:32	Larry Wilk	36	Plainfield
	73	29	75:34	Peter Lorusso	38	Burlington
	75	30	76:30	John Donnelly	30	Colchester
	76	31	76:33	Jim Atchinson	37	Waterbury
	79	32	77:30	Jonathan Kohn	34	Burlington
	83	33	78:09	John Waite	32	Williston
	91	34	82:23	Greg MacDonald	39	Montpelier
	95	35	84:48	Murray Benner	37	Colchester



ROAD RUNNERS CLUB OF AMERICA

June 18, 1989

FOR IMMEDIATE RELEASE:

**CONTACT: Henley Gibble
(703) 836-0558**

ROAD RUNNERS CLUB OF AMERICA VOTES NATIONAL GUIDELINES ON BABY STROLLERS/JOGGERS IN RACES

COLORADO SPRINGS, CO. The Road Runners Club of America voted at its annual business meeting, June 10, 1989, to recommend guidelines against the usage of baby joggers or strollers in road races.

The approved guideline reads as follows:

"The Road Runners Club of America strongly recommends against the participation of baby strollers/joggers in road races and against race organizers creating baby stroller divisions.

The reason for this recommendation is that the inclusion of strollers in races increases the potential for injury to race participants and the children.

The RRCA has no objection to and does not discourage the safe and prudent use of strollers or baby joggers in training situations."

ATTENTION ALL C.V.R. RACE DIRECTORS: You should be aware we will have a problem if we permit registered entrants to use strollers or baby joggers in our races. Race liability insurance, which we get through The Athletics Congress, excludes coverage to race directors who knowingly permit this use. Anyone with further questions please feel free to call Barragh Ellerson who is our T.A.C. contact person.

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1989 RRCA CONVENTION
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COLORADO

1989 Montpelier 10 Mile Road Race, Results Cont.

Place	Overall	Age Group	Time	Name	Age	Address
5	1	58:32	Gordon MacFarland	41	Shelburne	
22	2	63:56	John Brodhead	45	Craftsbury	
26	3	65:46	Lloyd Huriburd	41	So. Burlington	
27	4	66:12	Joe LaFerrriere	40	Jericho	
28	5	66:21	Robert Searles	40	Wolcott	
30	6	66:41	Norm Reuss	42	So. Burlington	
31	7	67:16	Bradley Peterson	47	Montpelier	
32	8	67:21	Bob Murphy	49	Barre	
33	9	67:37	Rick Price	40	Monroe, NH	
36	10	67:50	Russ Poulin	47	E. Montpelier	
37	11	68:01	Richard Heikkinen	42	Claremont, NH	
38	12	68:57	Glen Gershaneck	41	Montpelier	
42	13	69:31	Dick Mable	41	Essex Junction	
52	14	70:43	Ken Austin	46	So. Burlington	
57	15	71:21	John Elliot	43	Lyndonville	
59	16	71:30	Rod Davis	46	Morrisville	
61	17	71:60	John Horne	42	Colchester	
62	18	72:15	Barry DeCarli	41	Milton	
64	19	72:51	Bob Hegeman	44	Essex Junction	
68	20	74:27	Bert Villemaire	47	Winooski	
78	21	76:52	Newton Baker	47	Montpelier	
81	22	77:40	Richard Morris	43	Chelsea	
82	23	78:04	Peter Terry	42	Barnet	
84	24	78:26	Gary Cunningham	48	Cambridge	
88	25	79:50	Michael Shover	40	Bradford	
89	26	81:05	Vince Feeney	46	Winooski	
90	27	81:20	Jerry Drown	48	So. Burlington	
92	28	83:19	Doug MacLean	40	Newton, MA	
94	29	83:52	Ted Chase	49	St. Johnsbury	
97	30	87:43	Kenn Boyd	42	So. Burlington	
Male 50 to 59						
6	1	58:39	Doug MacGregor	50	Lebanon, NH	
41	2	69:26	Jim Seemann	50	So. Burlington	
49	3	70:13	Don Walton	54	Quebec, Canada	
74	4	75:47	Doug Witham	51	So. Burlington	
86	5	79:18	Tom Sissell	50	So. Burlington	
99	6	92:10	Bob Cannata	58	Wolcott	
101	7	94:46	Alan Rogers	54	Barre	
Male 60+						
105	1	108:30	Doug Allen	61	Bethel	

1989 RRCA CONVENTION
JUNE 21-25
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Preventing Assault: What You Can Do

What can runners do to prevent harassment or assault—and to cope with it as effectively as possible if it does occur? The following guidelines were compiled by the editors of RUNNING TIMES from recommendations by the New York Road Runners Club, Washington Runners (a women's club that has given considerable attention to the problem), the Montgomery County (Maryland) Running Club and police experts on sexual assault.

When Running

- Try to run with a partner or group when running in unpopulated areas or during nondaylight hours.
- Let someone know where you're going and when you plan to return.
- Carry a whistle.
- Carry ID and change for a phone call.

• Don't run with earphones.

• Vary the route and (if possible) the time of day you run, but be familiar enough with the area to know the locations of emergency phones (and how they work), stores or businesses that are open or neighbors you can trust.

• Avoid secluded areas in cities, especially unlighted areas at night where a rapist has an escape route.

- Project self-confidence. Running contains its own body language, and a runner who appears hesitant or fearful is more likely to be attacked than one who is not. It's your park or street, so run like you belong there, not like you're not sure you do. This does not mean confidence can be *depended* upon to protect you (some runners go to the opposite extreme and develop an unrealistic sense of invulnerability); but remember that in a marginal situation—where the attacker himself is hesitant—looking "strong" can tip the balance in your favor.
- Give a wide berth to parked cars, alley entrances, bushes and loitering

men. Don't assume you can outrun an attacker just because you're a runner and he's not. Because long-distance training cultivates slow-twitch muscle fibers, untrained men may actually be able to outspurt a trained runner for short, aerobic distances of 20 or 30 yards. Furthermore, a sudden ambush may not even give you a chance to run away. So, as you run, try to surround yourself with a buffer zone of open space, but without looking too conspicuous about your avoidance of danger spots.

- Keep alert as you run, be aware of your surroundings, and pay attention to your intuitions. If anything seems "not right" about a man you see nearby, don't wait to find out whether you're just imagining things. Change direction and get out.

If Confronted

- Run toward populated areas, busy streets or open businesses.
- Ignore jeers and verbal harassment. Keep moving.
- Use discretion in acknowledging strangers. Be friendly, but keep your distance and keep moving.
- Do not approach a car to give directions or the time of day. Point toward the nearest police or information source, shrug your shoulders, but keep moving. If you feel you must respond, do it while moving.
- Do not panic. Do not run toward a more isolated area.

If Attacked

- Keep as calm as possible. Try to fix a description of the attacker in your mind.
- Do not show fear or plead; this intensifies aggression in most cases.
- Try to talk to the aggressor, while watching for an escape opportunity—a



moment of indecision or distraction on the aggressor's part.

- Do not fight or struggle with the attacker unless there is clearly no other way out, especially if you are untrained in self-defense.

What Running Clubs Can Do

- Organize group training runs during early morning or evening hours. Include "slow" or "noncompetitive" groups, so that joggers who would not normally join a running club can benefit from this protection. Publicize the runs in the local newspapers, not just in the club newsletter.
- Compile a roster of club members by zip code to help runners find partners to train with.
- Establish liaisons with city or park police to develop coordinated strategies for improving security.
- Establish liaisons with other organizations (such as bicycling or walking groups, women's groups, etc.) that have a common interest in dealing with the problem. Coalitions will have more clout with police and city officials than single clubs.
- Set up a police hot line by identifying a specific police officer to whom information on suspicious people or activities can be channeled.
- In major urban parks used by large numbers of runners, organize a Runner's Patrol (like that being organized in New York) equipped with radio communications to police. Establish specific courses for which the Patrol will provide surveillance.
- Compile or copy lists of safety guidelines such as these, and disseminate to club members and at running events. *Note:* As a public service, RUNNING TIMES grants permission to running clubs to reprint or copy this page, provided that the entire page is copied intact.

RACE SCHEDULE

CVR - Indicates CVR-sponsored race. If you do not plan to run, your help would be greatly appreciated by the race director and crew.

In addition to the following races, CVR has fun runs every Tuesday, May through October, at 5:30 p.m., starting at the Department of Liquor Control on Green Mountain Drive in Montpelier. Distances are 2, 4 and 6 miles.

JUL 4 Essex Junction 5K, 9:00 a.m., A.D. Lawton School, Bruce Cunningham. 878-3875.

JUL 8 Partners Race, 8:30 a.m., 4.8 miles, Jerico Center Green, Nancy and Tom McGann. 899-4594.

JUL 23 Union Bank/Crystal Light 8-Mile Road Race, Stowe. 9:00 a.m. No race day registration. Lee LaBier, 253-9009 and 888-3234.

JUL 29 Sodom Pond Run, 9:30 a.m. Adamant. 4.2 miles. Richard Czaplinski, 229-4534.

CVR AUG 5 Berlin Pond Couples Race, 8K. Berlin. Nancy Maloney 485-6026.

AUG 12 Maple Corner Fun Run, 9:30 a.m. 3 miles. Calais. Debbie Clark, 223-2879.

AUG 12 Bike and Tie/Biathlon, 7 miles/3 miles, 20 miles, 3 miles. Governor's Lane. 9:00 a.m. Dave Jacobowitz, 658-6536.

AUG 19 K.K. 10K, 8:30 a.m. Mount Mansfield Union H.S., Jericho. Jim Slinkman 223-2892.

SEP 2 Northfield Labor Day 5K and 1 Mile Races, 9:30 am. for the 1 mile race and 10:30 a.m. for the 5K race. Joe Zuaro, 485-5100.

SEP 9 22nd Annual Archie Post 5 Mile, 9:00 a.m. Burlington. Bruce Cunningham, 878-3875.

SEP 10 Cape Challenge, 13.1 miles. 9:00 a.m. South Portland, Me. Maine Track Club, Box 8008, Portland, Me 04104.

SEP 23 National Life Ten Miler, 9:00 a.m. Essex Elementary School. Bruce Cunningham, 878-3875.

*****SCHEDULE CONTINUED ON NEXT PAGE*****

RACE SCHEDULE (CONT.)

SEP 24 Montreal International Marathon, 514-879-1027.
CVR OCT 1 Leaf Peepers Half Marathon, Waterbury. Darragh
Ellerson, 223-2080.
OCT 7 Round Church Women's Run, 10:00 a.m. 5K and 10K.
Richmond. Ellen Rainville, 864-9165.
OCT 14 Green Mountain Marathon, 9:30 a.m. Folsom School, South
Hero. Howie Atherton, 434-3228.
OCT 21 Arthur Tudhope Memorial 10K, 11:00 a.m. Shelburne
Beach. John Kohn, 862-8514.
OCT 28 50 Miler, 7:30 a.m. Relay, 8:30 a.m. Essex Elementary
School. Bill Everett, 879-1687.
OCT 29 Cape Cod Marathon, Falmouth, Ma. 508-548-0348.
CVR NOV 4 Juniper Hill 12K, Barre. Bob Murphy, 476-4328.
NOV 19 Boston Peace Marathon, Carlisle to Boston.
617-524-5454.
NOV 24 Turkey Trot, 11:00 a.m. 5K, UVM, Gutterson Fieldhouse.
Ralph Swenson, 864-4952.

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