

# CENTRAL VERMONT RUNNERS NEWSLETTER

AUGUST  
1989  
Vol. 10 No. 5

# FUN RUN

EVERY TUESDAY AT 5:30 P.M.

MAY - OCTOBER

CHOOSE YOUR DISTANCE: 2 MILES  
4 MILES  
6 MILES

START/FINISH:

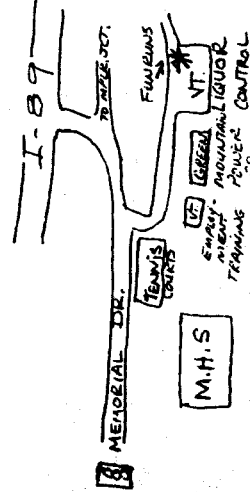
VT. LIQUOR CONTROL WAREHOUSE PARKING LOT

at the end of GREEN MOUNTAIN DRIVE

MONTPELIER, VT.

LOOK FOR  
← THESE PAMPHLETS  
AROUND MONTPELIER  
AND BARRE

SPREAD THE  
WORD - FUN RUNS  
ARE FUN!



C.V.R. OFFICERS:  
PRES. TIM NOONAN  
V. PRES. DARRACH ELLERSON  
TREAS. NORM ROBINSON  
SEC. YOUR NAME HERE!  
EDITOR DANA MCCARTHY



SPONSORED BY CENTRAL VERMONT RUNNERS

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Dana McCarthy  
10 Towe  
Montpelier, Vt 05602

**FUN RUNS: WHERE IS EVERYBODY? WHAT CAN WE DO?**

That was the main topic of discussion at CVR's July meeting, held on July 18 at my house. Darragh Ellerson, Norm Robinson, Dot Helling, Dana McCarthy, Newton Baker, Polli Flanders, Chris Lynn and I were in attendance. It is no secret that there has been a rather precipitous decline in fun run participation during recent years, and most dramatically this year. Gone are the days in the late 70's when over one hundred people would frequently participate. This year, we are down to 6-12 fun runners on a weekly basis. This has occurred even though race numbers and club membership are on the rise.

At the meeting, we discussed reasons for the decline and ways to hopefully revive fun runs. We decided lack of publicity was one problem. Dana agreed to come up with an information sheet on fun runs, which she will distribute throughout the area. She also will be looking into having a banner put up at City Center, advertising the runs. Newton agreed to ensure fun run results are sent to The World, with a brief description of fun runs. Changing the time and format of fun runs was discussed at length as a way to increase participation. We decided to keep things as they are for this year, but if participation does not pick up during the rest of the year we will actively explore changes for next year. Lets hope we can find a way to revive this summer running staple.

Other items discussed...

It was decided that we would have a few cross-country fun runs in Hubbard Park this Fall. Tim will coordinate. It was agreed that CVR would not absorb more than \$50 in cost for the runs. Details will follow in the next newsletter.

Tim reported that the Ten Miler made a profit of \$230, which is the most CVR has gained from the race in recent memory. Darragh indicated that she was getting many more inquiries for Leaf Peepers than past years, and that everything was on track.

Norm volunteered to construct a finish line chute which we can use at all our races. We agreed to let him do this at a cost not to exceed \$75 (Big of us!).

Norm also gave a Treasurer's Report, but I can't for the life of me remember how much he said was in the treasury. Anyway, we're in good shape financially. Norm also indicated that our current membership was over 100, and continually growing.

Tim Noonan

**NEXT CVR MEETING**

September 19, at Norm Robinson's house, 66 Terrace Street, Montpelier. 6:30 p.m. Potluck. Main item of discussion: Safeguards for women runners.

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BERLIN POND COUPLES RACE

August 5, 1989

8-K

RESULTS

Oh, what a day! Through the water and mud we slogged and played and some folks thought it was a race day! Before the start of the race CVR Pres. Tim Noonan took the bull (by the) horn and announced there were some quote, "unavoidable puddles" along the course. Tim should run for a higher political office. It was a nice way of saying, we would be running through the pond. Since the pond decided to (over)run its banks and ~~across~~ the road, due to the 3 to 5 inches of rain we received the night before. Some speedy folks were heard to complain of slippery footing and weighted wet socks. Tsch, tsch, tsch. Those of us who slog (SLOG: slow jog) in dry weather anyway enjoyed the cool ankle deep "puddles" and a change to a high stepping pace through the rivelets.

Race director Nancy Maloney did an admirable job for her first race to direct under very testy conditions. Applause, hooray and thank you Nancy

HERE IS HOW WE DID.....

	HOMETOWN	AGE	TIME
1st Male Finisher	Eric Morse Waterbury	23	24:16
1st Female Finisher	Elizabeth Bissell Putney	32	33:26
Fastest Couple	Stacy Smith & Waitsfield	17	35:30
	Eric Morse Waterbury	23	24:16

CATEGORY	NAME	AGE	HOMETOWN	TIME	OVERALL PLACE
Couples 40-59	Stacy Smith & Eric Morse	17	Waitsfield	35:30	24
	Fatty Roach-Davis & Sam Davis	28	Woburn, Ma	33:46	19
	Dawn Angrey & Jim Pels	26	Woburn, Ma	26:32	2
	Beth Lane & Tom Lane	26	Burlington	42:44	47
Couples 60-79	Elizabeth Meiklejohn & Colin Meiklejohn	41	East Calais	38:58	39
	Elizabeth Bissell & Richard Bissell	32	Putney	33:26	17
	Nina Aitken & Alan Aitken	34	Hinesburg	34:36	22
	Dana McCarthy & Chris Lynn	31	Montpelier	36:45	32
	John Niazucco & Ginny Richburg	36		22:37	13
			30	38:50	37

ONE-HOUR TRACK RUN

One-Hour Track runs will be held on Tuesday, 5 September, and Tuesday, 12 September, at the Montpelier High School Track. These events will be held at 5:30pm INSTEAD OF the regularly scheduled fun runs. Be as serious or as non-serious as you'd like. All that's required is for you to show up and be ready to run for one hour (or less, if you desire). There is no entry fee: complete results will be published in the CVR newsletter. Participation in this event will count toward points in the annual VRDC rankings of Vermont runners.

IMPORTANT: EACH RUNNER MUST FURNISH HIS/HER OWN LAP COUNTER. Two events are being run on consecutive Tuesdays so that those who count laps the first week can run the second week and vice versa. Lap sheets will be provided - bring a pencil or pen, and something hard to write on, like a clipboard. Race director Bob Murphy will collect lap sheets at the end of the hour. Runners may have their lap sheets back (if they wish) after compilation of results.

All runners will start at the same time (5:30pm). At precisely one hour later, the CVR bullhorn will announce the end of the run. (Runners will be warned a short time before so they can stop immediately upon hearing the horn.) Runners must stop immediately at the horn and stay in place until their partial lap distances can be measured. This is the first time we've tried an event like this, folks, so bear with us. I'm sure we'll learn a thing or two. If anyone has participated in or organized a similar event, the race director would appreciate any helpful hints you may have.

So bring your lap counter and your running shoes. No showers (unless it rains). No traffic! No entry fee. Water will be available.

Bob Murphy  
Race Director

BERLIN POND RACE RESULTS continued....

CATEGORY NAME AGE HOMETOWN TIME OVERALL PLACE

CATEGORY	NAME	AGE	HOMETOWN	TIME	OVERALL PLACE
Couples 60-79 (continued)	Kathy Kretz & Dave Freeman	20	Stowe	35:48	25
	Merill Gray & Rich Brown	50	"	35:51	26
	Maureen Murphy & Bob Murphy	37	Elmore	36:25	30
		38		36:26	31
		22	Barre	41:48	45
		49	"	31:14	9
		24	Cabot	38:56	38
		33	Montpelier	36:18	29
		35	Lebanon, NH.	53:00	55
		33	Warren	38:13	35
Couples 80-99	Patty Girouard & Tom Foltz	41		34:47	23
		40		30:46	7
	Sally Searles & Sigh Searles	40	North Wolcott	43:31	49
		40	"	32:32	12
Couples 100+	Elizabeth Ireland & Bob Manning	41		39:18	41
		52		40:10	42
	Shelia Davis & Joe Robb	42	Montpelier	47:39	53
		47	"	42:42	46
	Pat Hoyer & Don Hoyer	48	Madison, NJ.	41:40	43
		53	"	41:46	44
Individual Female	Mary Doughty & Darrell Doughty	51	Madison, NJ.	43:56	51
		53	"	43:05	48
	Beverly Nolan-Canneta & Bob Canneta	54	Wolcott	48:56	54
		58	"	43:32	50
	Nancy Bell	29	Stowe	37:48	33
Individual Female	Jean Eisenhardt	19		39:10	40
	Lori Blodgett	15		47:20	52
	Helene Arnold	30	Stowe	36:14	28
Individual Male	Eli Walker	19	Montpelier	32:19	11
	Jeff Bouffard	18	Montpelier	34:32	21
	Tim Kruger	23	Stowe	34:18	20

BERLIN POND COUPLES RACE RESULTS continued....

CATEGORY	NAME	AGE	HOMETOWN	TIME	OVERALL PLACE
Individual Male	John Valentine	39		28:55	3
	Bill Dusart	36	Burlington	29:29	5
	Tim Noonan	30	Montpelier	29:52	6
	Jeff Jackson	31		33:25	16
Individual Male	Jeff Shutak	44		36:08	27
	Jim Seemann	50	S. Burlington	32:47	15

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ADAMANT CO-OP FUN RUN  
JULY 29 4.2 MI.  
(formerly known as Sodom Pond Micro-Marathon)

RESULTS

AGE	SEX	NAME	TIME	PLACE	CATEGORY PLACE
14-29	Male	Richard Millar	25:34	3rd	1st
		Mark Gardner Morse	29:01	7	2nd
30-39	Female	Dana McCarthy	29:22	8	1st
		Jerry Richardson	22:30	1st	1st
30-39	Male	Larry Wilk	28:35	5	2nd
		Van Nadar	31:30	11	3rd
40-49	Female	Elizabeth Meiklejohn	33:50	13	1st
		Chris Lynn	25:14	2	1st
40-49	Male	Bob Murphy	26:13	4	2nd
		Jeff Shutak	28:47	6	3rd
		Newton Baker	31:37	12	4th
		Roger Cranse	36:10	14	
50-59	Male	Lowell VanDerlip non-entry but ran most of the course anyway!			
		Gerow Carlson	30:05	9	1st
		Bob O'Donald	30:31	10	2nd

Course Records: Male:Eric Gilbertson 22:14 1988  
Female: Mary Lebate 26:50 1986

VERMONT RUNNER RANKINGS UPDATE

The 1989 racing season is in full swing. I've received results of only two certified races to date: the Capital City Stampede and the Montpelier 10-Miler. Here are points earned by Vermonters in those two events toward 1989 rankings.

Capital City Stampede

Women's Open: Heather MacKinnon, Jeffersonville 10  
Moira Durnin, Stowe 7  
Merill Cray, Lake Elmore 5  
Dorothy Graham, Barre 2  
Marcia Desy, Windsor 1

Women 40-49: Jane Banks, Bethel 3  
Karen Monsen, Stowe 2  
Sylvia Aylward, Waterbury 1

Women 50-59: Bev Tucker, Northfield 2

Men's Open: Alex McHenry, Burlington 50  
Allen Mead, Shelburne 40  
Dave Mead, Shelburne 25  
Kevin LaRue, Stowe 20  
Bob Miller, Burlington 15  
Ed Drapp, Duxbury 12  
John Valentine, Northfield 10  
Erin Barbour, Morrisville 5  
Bill Dysart, Burlington 3  
Peter Davis, Underhill Center 2  
Mark Wanner, So. Burlington 1

Men 40-49: Peter Davis, Underhill Center 5  
Rick Schwertfeger, Windsor 3  
Tom Crowe, Jeffersonville 1

Men 50-59: Tim Cunningham, Hartland 3  
Fred Bertrand, Montpelier 1

Men 60-69: Don Lyons, Montpelier 3  
Doug Allen, Bethel 2

Montpelier 10-Miler

Women's Open: Moira Durnin, Stowe 3  
Jane Banks, Bethel 2  
Dot Graham, Montpelier 1

Women 40-49: Jane Banks, Bethel 3  
Rosemary Rusin, Florence 1

Women 50-59: Bev Nolan-Cannata, Wolcott 3

Men's Open:

Keith Woodward, East Corinth 100  
Ray Kellett, Brattleboro 70  
Matt Guild, Bellows Falls 50  
Dave Johnston, Brattleboro 40  
Gordon MacFarland, Shelburne 30  
Reg Bowley, Essex Junction 20  
Ed Drapp, Duxbury 15  
Bob Miller, Burlington 12  
Chad Couto, Waterbury 10  
Geoff Lindemer, Stowe 7  
Rick Blount, Burlington 5  
Ralph Cote, East Corinth 3  
Bill Dysart, Burlington 2  
John Valentine, Northfield 1

Men 40-49:

Gordon MacFarland, Shelburne 10  
John Brodhead, Craftsbury Common 7  
Lloyd Hurlburd, So. Burlington 5  
Joe LaFerriere, Jericho 3  
Robert Searles, Wolcott 2  
Norm Reuss, So. Burlington 1

Men 50-59:

Jim Seemann, So. Burlington 2

Men 60-69:

Doug Allen, Bethel 3

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VRDC still needs results from the Bennington Road Race and the Vermont City Marathon. Please send to Bob Murphy, RR3, Box 6866, Barre, VT 05641.

Races recently measured for certification include the Northfield Observances 5Km and the Juniper Hill 12Km in Barre. I'll keep you posted when certification is actually completed.

Bob Murphy  
VRDC

CVR AWARDS SCHOLARSHIPS

At graduations in June, two outstanding area students recieved \$200 schlorships from the Central Vermont Runners Club. These awards were based on athletic and academic achievements, and came from a field of a dozen highly qualified candidates.

The athletic accomplishments of the top female applicant, Gretchen Walthers of Northfield, take on special meaning because she trained on her own without the support of a school team and set the record for the 3000m at 10:42.

Gretchen plans to study mechanical engineering through a scholarship at the University of Vermont.

The top male applicant, Gregory Tosi, will be attending Lyndon State College in the fall majoring in Physical Education and Athletic Training.

A student at U32, Greg ran both cross country and track, placing 11th at the State Meet in both his sophomore and senior years and finishing 3rd as a junior. His times for the 1500 and 3000 are 4:20 and 9:18. Greg is a regular at many club races.

My Personal Reflections on the 1989 Western States 100-Mile Endurance Run

As I sit here 3 days post-race - along a creek about 2 miles up the initial climb in the Western States (#S) 100, it's still hard to believe I completed the distance (and it's still hard to believe as I type this on July 14 - #S took place June 24-25). Here follows what memorable recollections I have retained from my adventure.

Preface I was a bag of nerves, more so than when I did the Ironman in 1986. I had never done the full distance of the #S - never run more than 50 miles consecutively. I was concerned about pain from the ribs I had cracked on a training run on this trail a month before and whether or not I'd had appropriate rest. I had no idea what it would be like to put together the entire package. Far better runners had never reached the finish line. And I wanted to have fun.

The Start/Emigrant Pass. The 5AM start was cool and dark as the gun went off and 370 participants began to wind our way up the service roads and trails of the Squaw Valley Ski Area to the monument at Emigrant Pass 4.7 miles straight up and representing the highest point on the trail at 8,700 feet. Most of us speed-walked and chatted, jogging the few flat stretches. I used it as a time for camaraderie, wishing folks luck and enjoying what might have been some of the last lighter moments of the day. Some were serious. The climb took me 65 minutes and I crested the pass chilled but refreshed. My ribs hurt only slightly the last 500' or so.

Red Star Ridge. This is billed as 16 miles without water and includes about 10 miles of high country above 7200' where we navigated Cougar Rock, Elephant Rock and bypassed Hodgdon's Cabin. The terrain is rocky. There was some snow cover and a lot of runoff making for mucky going. For me it remained cool throughout these miles and I realized I'd made a mistake not starting with tights or windpants as my quads tightened up. In addition, this was the only time during the race where I really felt my taped-up ribs and was causing me some concern as pain takes a toll later on. The views from this section are spectacular although few runners take the time on race day to look. This was my first time on this section of trail and I couldn't resist. My new friend Tony Cosby-Rossman from San Francisco stopped me dead in my tracks when he gasped at a breathtaking look at the snowcapped Crystal Range. NBC and the race photographer filmed us at Cougar Rock. I got my first TLC from Crew A (Jean & Chuck Held and Melanie & Sheldon Roesch) at Red Star Aid Station, including a fresh bagel. Um!

Robinson Flat (30.2 miles). We travelled through Duncan Canyon and up to Robinson Flat for more spectacular views, again new ground for me. The terrain here was continuously up and down but no serious climbs or descents. Lots of lovely forested sections and wildflowers. The aid station was our first medical check and first access to Crew A. My huddle John Peterson and my brother Curt). Very festive station. I weighed in 3 lbs. under - early sign of dehydration - changed my shoes, ate and left feeling great and on a 2 1/2 hour pace. Reports on the other Vermonters - Ralph Swenson and Elaine Bowley - were good with Ralph out front.

Deep Canyon I and II (Dusty Corners) and Last Chance. Steep descents and steep climbs. Hot and dusty. The view I picked up at Robinson Flat was a blessing. Temperatures were in the 90's and the sun unrelenting. Still, I was feeling good and holding my pace. At Dusty Corners I took advantage of the cold shower. The race volunteers wrapped your feet in plastic and hosed you down front and back. Crew A was there and also my 2nd pacer Shariene Kelley who would join me later in the night for the final 20 miles, still far away.

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Devil's Thumb (47.8). First signs of trouble. The climb up to Devil's Thumb is approx. 1 1/2 miles long and consists of 47 switchbacks in the heat of the day a couple of thousand feet straight up. I started strong, excited to get to the top and see John and Curt. Approx. halfway I was hit by a wave of nausea and dizziness, a new experience. My water bottles were empty and I couldn't move on. I sat on a rock. About 20 min. passed when a runner came by and offered me some of his Exceed. I drank it but felt worse because it was too concentrated. A woman came along and asked how I was feeling. I was clearly dehydrated and sodium-depleted. She offered salt tablets and water, which I took. Within 10 min. I recovered and continued to the top where I sucked on pretzels for the salt and drank 4 bottles of liquid (water and Max). Now I was only 40 min under a 2 1/2 hour pace but feeling good and sure to gain time in what were now somewhat familiar sections. I had covered the last 70 miles of the trail at the Memorial Day training camp. From Devil's Thumb I focused on drinking, bottle after bottle of water, Max and diluted Exceed. At the next medical check (Michigan Bluff) I was 2 lb. over my starting weight but the liquid was filling me up so much that my appetite was down and I wasn't eating well.

Michigan Bluff (55.7). The descent into Deadwood and El Dorado Canyons prior to reaching the town of Michigan Bluff were the hottest and dustiest of the day. I felt good though and was picking up time again. I was having fun and looking forward to seeing both crews at M.B. I tried to keep a gap between myself and other runners to minimize dust inhalation. Up to this point I had been leapingfrogging with the woman who ended up winning the Masters Division in a time of 23:15. The 3-mile climb up to M.B. was another hot one and steep but I was well-hydrated this time and climbed strong, leading approx 10 men up the trail to the top. Melanie Roesch was a wonderful picture at the crest of the climb where the whole crew awaited me and the party was on. I weighed in heavy and sought a podiatrist's aid for a broken blister. Ouch. Made my second sock change and changed my clothes. Ate a little and ran out of M.B. strong and happy. I was under 2 1/2 hours, had run more than I ever had before, and would soon pick up my first pacer Pat Oden.

Volcano Canyon all alone. (It always surprises me to be on a trail with hundreds of people and travel a long distance without seeing anyone.) This is the 6-mile stretch between M.B. and Foresthill, pacer central. It wasn't as hot as usual because of some mild breezes which had kicked up while I was in Deadwood Canyon, although the sun continued to bake us. Here I was feeling my tight quads and constantly aware that I was now in the "unknown zone". The downhill were slow. I figured out later that the tight quads were symptomatic of the initial chill up Emigrant and the dehydration before Devil's Thumb. When I started up Volcano to Foresthill, I relished the climb and made good time. I ran the paved one-mile Bath Road hill and the mile into town and felt super. My pacer was waiting.

Foresthill (62 miles). I blasted into Foresthill still on a 2 1/2 hour pace into the arms of both my pacers and John and Curt. No food appealed to me. I grabbed a PBJ sandwich but tossed it after 2 bites to a supporter. I had now gone through 5 aid stations - about 25 miles - with nothing substantial to eat. The thought of my favorite Powerbars made me green. They were beginning to rank with Exceed and I normally love them. I picked up my flashlight and Pat and I headed out chattering away and feeling puffed up. It was just before 8PM. Pacers are allowed at Foresthill because there is no easy access until Highway 49 at approx. 93 miles and the race organizers encourage runners to have someone out there with them after dark in case of an emergency.

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California Street Loop (miles 62-78). Fat and I started into this section strong. This is the most remote and inaccessible part of the trail and, because of darkness and the many dropoffs, considered the most treacherous. This was where I had fallen and cracked my ribs the month before. This area is also chock full of poison oak.

My legs had loosened up. We were talking. We were sure we could get off the cliffs in this section before darkness. We passed through California Aid Station #1 (65.6 miles) where I filled up on liquids and ate 5 Pepperidge Farm goldfish - again nothing substantial. I'd left Foresthill without my Powerbars and nothing looked appetizing. From there I experienced the longest 4 miles of my life to the California Aid Station #2. About 2 miles down the trail from #1, darkness had fallen and we were still on the cliffs when I hit a "wall." I was out of fuel. All the meals I'd passed up and now I was on the trail needing food desperately. I staggered my way over the next 2 miles with fat keeping constant vigil. When we arrived at #2 it had been 3 hours since we'd left Foresthill, a distance of less than 8 miles. Normally we would have run the entire loop section in that time and we still had 8 miles to go in the dark. California #2 was a war zone. People stretched out on cots and lawn chairs with gray faces. The doctor told me to lie on a cot or lawn chair and bundle up in blankets. I was trembling. Nevertheless I insisted on a straight backed chair. No lying down. I would never get up. I put on an extra shirt, head covering, socks on my hands, two space blankets and requested tea or coffee. None. They had chicken soup but I'm vegetarian. Nothing available was substantial - cookies, candies, crackers, so forth. Finally I succumbed to the chicken soup and ate 3 bowls of noodles off the bottom of the pot since I wasn't responding to anything else. Fat was worried. I was worried. I knew John and Curt would be worried. I was so late. A wave of nausea hit. I kept nibbling and drinking. Took some Maalox. Finally, a good hour or more later we were able to press on. We wouldn't make good time and we wouldn't make the River crossing before midnight. And there were more cliffs. What I term "cliffs" are one foot wide sections of trail which descends along the California Loop to the American River - the banks climb to the right or you steeply upwards while sheer drops of more than 1000' can greet you on your other side. Because of my previous fall, I was especially concerned in this night's condition. As Fat and I made our way along this section at what was way past bedtime, I started falling asleep. I'd read other runner's accounts of "sleep-running" but never thought I would struggle with it, but here it was. The sleep demon. The WS sandman. Later Fat described to me how I staggered. She kept talking to me, kept me alert. Situations like these are why pacers are so important and why the race directors encourage them. The cliffs went on forever. We stopped at one more aid station before finally reaching the river at 2:30 AM or thereabouts. The temperature had dropped significantly as we moved closer to the river and I savored thoughts of extra clothing and coffee.

Rucky Chucky River Crossing (78 miles). I passed through the medical check, said my goodbyes to Fat and picked up my second pacer Sharlene. The river crossing was ominous - dark and rocky - but the cold water felt wonderful on my legs and sore feet. John and Curt waited anxiously on the other side and I wanted to do nothing but embrace them both and have them carry me out. But I knew they were very worried and I didn't want to make them moreso. They seemed as relieved to see me as I was then. I got more podiatric care and changed my wet shoes, added clothes, ate, and finally got the cup of coffee I wanted so badly. Sharlene and I stormed out of Rucky Chucky immediately climbing 2 miles up to Green Gate. John & Curt

were walking up behind us on their way back to the car for a nap. We waved goodbye into the night. Sharlene suggested we speed walk for awhile because it was very dark and the light sand on that section of the trail made negotiating difficult. I got sleepy again between 3AM and 5AM, waiting for the sunrise. Periodic cups of coffee would boost me for awhile but all I really wanted to do was lie down and sleep.

Sunrise about 5AM somewhere near Auburn Lakes Trails (85 miles) we were moving so slowly. My quads wanted no more downhill and it seemed as if that's all we got. Still, the morning was beautiful, the trail getting easier and the views of the American River pretty and hopeful of an end to the torture. Just before the Highway 49 crossing (93.4 miles) Diane McNamara and Fred Ellon from Massachusetts sped by us. They inspired me. I remember thinking - I don't want a 29:59 finish (30:00 is disqualification from finishing), so let's hussle. No more walking. I started to run and pretty much ran in from there. My last crew access was at No Hands Bridge (96.6 miles). John and Curt videotaped our crossing (this bridge spans the American River about 900' and at one time had no falls and it's only about 6' wide).

The Finish. WS is actually 100.6 miles because of some course alterations. The last 4 miles are an eternity because 2 miles is on relatively flat sandy trail ribboning along the river and the final 2 miles are practically all uphill. Diane & Fred were near us along with 4-6 men with whom I'd been leapfrogging for hours. When Sharlene and I started the rise up from the river to forested Robie Point, all these folks took off like a shot and soon were out of sight. Thinking about the Auburn streets ahead, I had no such motivation, and slowed to a speed walk up Robie Point's crest and onto the pavement. But it was a run from there. 4 more hills - steep up-hills. We spotted the group on the 3rd uphill and Sharlene said, "Come on, pick them off." We closed the gap and on the final hill I made my move after crossing a bridge and starting the 1/2 mile downhill onto the finishing track. I couldn't believe my legs - all of a sudden they wanted to fly. And fly we did, into the stadium. Curt ran with us the last 1/2 mile until I hit the track for the final lap. Where was this speed and power hours before? Someone yelled to me that this wasn't a 10K. I was soaring and felt great, finishing in an unofficial time of 28 hours, 38 minutes, a requalifying time for 1990.

Conclusion. After an hour with the podiatrist, a massage and lots of meals, I fell into a deep sleep at 8:30 PM, about 4 1/2 hours after my wakeup call on race day (the night before I think I only slept an hour). It would be wrong to say I was totally satisfied. I was relieved to have finished the race and felt accomplished but I was disappointed because of all the time I lost because I didn't pay attention to the basics - food and water. I had relaxed my practiced vigilance over baseline requirements. Otherwise, I am thrilled to have covered 100 miles and to have learned so much about the race and about myself and my limits. WS is an event no one can take lightly. Too much is at stake. This year an experienced endurance runner was helicoptered out after suffering seizures brought on by severe sodium depletion. A woman severely gashed her eye in a fall. There were purportedly 3 grizzly bear sightings, thankfully none by me. Although temperatures were cooler, the extremes between the starting and evening hours and the cloudless, bright sunshine day took their toll. Of 370 starters, only 238 finished the race. 96 of these were silver buckle earners (under 24 hours), the remainder brass.

This year the first three Vermonters ever to finish this race finished. I think the furthest any Vermonter had ever gotten before was to the top



# Endurance

7/28/89

## Vermont Trio Finishes 100-Mile Ultramarathon

By JONAH HOUSTON  
Times Argus Staff

Back in 490 B.C., the legend goes, an unnamed messenger ran 26 miles from Marathon to Athens to inform the local citizenry that the battle against the Persians had been won. That message came as a mixed blessing to the messenger, who died right after he spilled the beans.

That messenger would suffer greater problems these days, since they've devised foot races that are nearly four times the length of the original marathon.

Last month, three Vermonters — Dot Helling of Montpelier, Shane Bowley of Richmond and Ralph Swenson of Burlington — successfully completed the Western States 100, the most famous of these ultramarathon events.

This weekend will mark the debut of the first ultramarathon in the Green Mountains — the Vermont 100, set to begin Saturday morning in Windsor. 118 competitors from 27 states and two countries have entered the race.

Why suffer through the pain, dehydration, altitude, distance, heat, and length of 100 miles on foot?

Each had their own reasons, but all enjoyed a common goal — to see if they could make it, since none of the three had ever gone that distance before.

For Swenson, the race motto of "to finish is to win" rang most true. The 42 year-old business manager is an

avid runner, but he discovered 78 miles into the race, as he lay vomiting on the banks of the Rucky Chucky river, that 100 miles was not his favorite distance.

Helling and Bowley had their sights set higher on the possibility of a victory. Bowley was the first Vermont runner and 27th runner to cross the finish line, posting an impressive time of 21:26:55, just four-and-a-half hours off the winning time.

Helling made a diet mistake and was forced to stop at mile 70 for more than an hour while she recovered from dehydration and total carbohydrate depletion. Still, she came in well under the 30 hour cut-off at 28:40:01.

What's it like to run, walk and in some cases crawl 100 miles?

For his part, Swenson "doesn't understand the attraction" of running many 100-mile races. "I was curious to see what my limits were, but it's not something I want to make a habit of."

He is quick to add, however, that he was "glad I did it."

"When the race director said it would be the height of my running career," said Bowley, "he was right. It forced me to confront my fears about heat, altitude, and distance. The course was only accessible by horse and helicopter, so if you got sick, and that was a real possibility, you would have to wait a while to get medical attention."

Helling had her fears, too. A month before the race, while training on the course, Helling fell and cracked her ribs. She was afraid they hadn't healed enough in that time. But that was to be the least of her worries.

"The race was harder than I expected," admitted Helling. "It is very dusty and rocky and that makes it hard to get good footing. The conditions were more severe than what we are used to in the East."

Although the overall race was hard, Helling was pleased with her performance.

"At first I was surprised at the pace I was holding. It was fast and I felt good," Helling said.

Then, disaster.

Helling hadn't been eating or drinking as much as she needed. "Nothing looked appealing," she recalled. But her finickiness would come back to haunt her at mile 70.

"I didn't think I was going to make it when I got to the aid station," Helling said. "It looked like M\*A\*S\*H, people were asleep and lying everywhere." At that



Photo by Stephanie Corrier

Ralph Swenson (left) and Dot Helling talk during a training breakfast earlier this summer while preparing for June's Western States 100 ultramarathon. Both runners completed the 100-mile race.

point Helling forced herself to eat three bowls of soup, and drink lots of fluid. After a rest, she was back on the trail.

For any athlete who competes in this type of peripheral sport, the limiting factors are often those of money and time rather than ability or desire.

Helling is an attorney without a family. She wants to be competitive at the top of the master's (40-and-over) division and is prepared to make sacrifices to get there.

Bowley is a professional gymnast and trainer, his life revolves around sport. He has a degree in special education but he says his "heart is in running."

None of the three who ran in the Western States are going to run in this weekend's Vermont 100, but Helling and Bowley will pace (run with a competitor to keep them at speed) other runners.

Looking back at the Western States 100, Helling has fond memories.

"The overall experience was fun," she said, "I love challenges. I wouldn't go back to mile 70 and the aid station but there were more high points than low points."

of Devil's Thumb (47.8 miles). This year I made it to the finish as well as Ralph Swenson of South Burlington (23:15) and Shane Bowley of Richmond (21:26).

Woman's winner Ann Trason of Oakland, California set a new course record of 18:47 and Mark Brotherton of Roseville, California won in 16:53, well off Brian Purcell's course record of 16:24 set in 1988. Purcell was forced to drop out this year at 30 miles with stomach problems. This was Trason's third try at WS and she finished nearly 2 hours ahead of last year's winner and course record holder Kathy D'Onofrio. Trason had not finished WS on her two prior attempts. Mark honored us all at the awards ceremony by distinguishing a winner from a champion. In his mind, all those who finish this event are winners and he hoped he would always be a winner and not just a champion. It is that kind of humility that makes this race so special. Champions like Mark and Ann Trason do compete against others but the ultimate competition is with oneself, with nature and with all the unforeseeable and unpredictable obstacles along the way.

If I get through the lottery for 1990, I will try it again - using everything I learned - and just maybe at age 40 I will finish under 24 hours, win the Masters' title, or both! If I apply what I've learned, train as diligently as I did this time, and have a lucky day, I CAN DO IT!!! Especially if I get the wonderful support from my family, friends and community that I got this time around. I think the faces of my loved ones and the vibrations coming my way from Vermont got me through the darkest hours. I owe eternal thanks to all of you. Yes, I did have fun!

Dot Helling 7/14/89

HEC will televise the 1989 WS on October 28, 1989. Watch for it!

### Vermonters Successfully Complete 100-Mile Race

On June 24-25, Dot Helling, 39, of Montpelier, Shane Bowley, 30, of Richmond, and Ralph Swenson, 41, of South Burlington became the first Vermonters ever to complete the Western States 100-Mile Endurance Run. This was the 13th running of the event which traverses the High Sierras in northern California, beginning at Squaw Valley and finishing in Auburn, California. All three earned buckles and requalified for next year's event.

Bowley was the first to complete the race in a time of 21 hours 27 minutes, good enough for 27th place overall. Swenson finished in 23:13 and Helling in 28:38. Official standings have not yet been released. Both Swenson and Helling experienced physical difficulties during the event but were able to overcome them and finish.

### Triumphant Thanks

Editor, Times Argus:  
On June 24 I undertook and accomplished the most difficult adventure of my life. I completed the Western States 100-mile Endurance Run in 28.5 hours and became the first Vermont woman ever to complete the event.  
I owe my success to my family, friends and community, and I take this opportunity to thank you all. Your words of encouragement and support rang in my ears with each step. I appreciated the many miles some of you trained with me and the waves and acknowledgements from

Dot Helling  
Montpelier

7/24/89

The overall winner of the race was Mark Brotherton of Roseville, California in 16:53. Last year's winner Brian Purcell was forced to pull out with stomach problems at 30 miles. Purcell still holds the course record of 16:24.

Ann Trason of Oakland, California, won the women's division and set a new women's course record of 18:47. Trason was nearly two hours ahead of second place finisher and previous course record holder Kathy D'Onofrio-Wood.

# 3<sup>rd</sup> ANNUAL SUB\*ULTIMATE RUNNER

SATURDAY SEPT. 9th-9:30 a.m.  
Montpelier High School Track

5 events in one morning to determine the best all-around male and female runner. Come compete for the revolving trophies.

REGISTRATION: 9:00 am- at the track-- OPEN TO CYR MEMBERS ONLY

ENTRY FEE: bring a pot luck dish for lunch after

SPECIAL!!!- 100 yard kiddie dash for those 7 and under.

UNOFFICIAL CATEGORY: Family teams! Bring the family and "share the load"

- RECORDS: 5K- (17:24) Geoff Lindermer '87
- 440 yards (1:02) Tim Noonan '88
- 1 mile (5:20) Geoff Lindermer '87
- 100 yard (11:89) Tim Noonan '88
- 10K (37:40) Geoff Lindermer '87



Events run in the above order about 20 Minutes after last finisher

For more information or advance registration send the following form to: Norm Robinson, 66 Terrace St., Montpelier, Vt. 05602

----- OFFICIAL ENTRY BLANK -----

NAME (Please Print) \_\_\_\_\_

STREET \_\_\_\_\_ CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_

AGE \_\_\_\_\_ BIRTH DATE \_\_\_\_\_ SEX: Male  Female

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 absolve by my 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, risk of contact with other participants, the effects of the weather, including high heat and/or humidity, traffic, and the condition of the road, all such risks being known and appreciated by me. Having read the waiver and knowing these facts and in consultation of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release the Central Vermont Runners, Montpelier, Vermont, 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 \_\_\_\_\_

FROM THE DESK OF  
**Beverly Nolan-Cannata**



August 3, 1989

Dear Tim,

Wanted to report the results of "the only Vermonters" in the Vermont 100 Mile Endurance Run. Bob entered way back last year but I entered the day before the race when someone withdrew. Bob trained specifically for this and it's his best race (better even than his 623 miles walked in the Sri Chinmoy 700 mile race last May '88).

He stayed with me till dawn as he didn't want me running in the dark alone -- big mistake as he finished #70 of 94 finishers (120 starters) at 24 hours 14 minutes -- 14 minutes away from a belt buckle.

I did better than you'd expect as I didn't train for trail racing at all -- I was sailing along at about 62 miles on a flat (in Vermont!) dirt road and was day dreaming and caught my shoe on a tiny rock and fell. In trying to save myself I pulled the muscles in my chest and back -- legs were fine but it felt like some of the horses (who also ran the race-- 23 starters and 8 finishers) were sitting on my chest -- very hard to breathe. So I withdrew at 80 miles but had 7 1/2 hours and 20 miles yet to go -- possible, but not with having trouble breathing.



RACE SCHEDULE

\*\*\*\*\* 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.

- 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 a.m. for the 1 mile race and 10:30 a.m. for the 5K race. Joe Zuaro, 485-5100.
SEP 10 Cape Challenge, 13.1 miles. 9:00 a.m. South Portland, Me. Maine Track Club, Box 8008, Portland, Me 04104.
SEP 16 22nd Annual Archie Post 5 Mile, 9:00 a.m. Burlington. Bruce Cunningham, 878-3875.
SEP 23 National Life Ten Miller, 9:00 a.m. Essex Elementary School. Bruce Cunningham, 878-3875.
SEP 24 Montreal International Marathon, 514-879-1027.
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 Miller, 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.

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

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. Co-directors: Darragh Ellerson and Jeffrey Studak.
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) \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_
AGE \_\_\_\_\_ BIRTH DATE \_\_\_\_\_ SEX: Male  Female 
SHIRT SIZE: S M L XL (circle appropriate size)
I know that running a marathon is a potentially hazardous activity. I understand that you and your co-directors are providing me with a packet of information, 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 the waiver.
Signature of entrant \_\_\_\_\_ Date \_\_\_\_\_
Fees must be \$9.00
Male checks payable to Central Vermont Runners, and mail entries to Darragh Ellerson, Upper Horn Street, Box 170, Montpelier, VT 05602
WDEV RADIO VERMONT P.O. Box 550, Waterbury, Vermont 05678
Harwood Union Boosters Club
Central Vermont Runners

RACE SCHEDULE (CONT.)

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.

\*\*\*\*\*  
 Dana McCarthy  
 10 Towne  
 Montpelier, Vt 05602