

Come join us on the 26th for a special fun run treat. We will be having a predict your time run with a different twist. In addition to no watches allowed (of course!), ALL RUNNERS MUST COMPLETE THE FIRST MILE AS A GROUP. Runners may complete the 2, 4 or 6 mile course. A prize will be awarded to the runner who most closely predicts his average PACE PER MILE. So pencil in this event on your calendar now before you forget it. Remember: 5:30pm at the Liquor Control Warehouse on Green Mountain Drive. It will be a time for strategy, fun and a bit of luck.

Bob Murphy
September Fun Run Director

Triathletes Find Time For Fitness

By JONAH HOUSTON
Times Argus Staff

There just aren't enough hours in the day. How many times has that excuse, or some variation thereof, been used to duck something good for you, like a new exercise plan or diet?

It's a familiar excuse, and one which all working people know too well. Few people have the luxury of time, and fewer still have the gumption to use what free time they have to do something which is (yuck) good for them.

Yet three local professionals — two police officers and a doctor — not only find the time, but make the time to train and compete in triathlons.

John Martin, 37, and Dorothy (Dot) Graham, 28, are both Montpelier police officers who have finished their second competitive season as triathletes. Dr. Michael Mason, 40, a general surgeon at Central Vermont Hospital, is winding down his sixth triathlon season with three victories along with a second, fifth- and 11th-place finish in his age division under his

All three athletes maintain full work schedules and train whenever they can. "I keep an ideal training schedule in my head," says Mason, "and I have a realistic schedule based on my workload. Then I have my actual workouts, which often fall short of both."

Mason is only half-joking when he says he doesn't train as much as he'd like. He's always on call as well as having office hours, but still tries to get in two hours of training per day, usually two of either swimming, cycling, or running.

Martin and Graham try to train between 18 and 26 hours per week, but because of their schedules can't always count on training on a daily basis. Martin takes one day off per week as a rest day while Graham never rests.

Graham says she has no problem finding the time to train. "You make the time," she says, "once you find you've booked, you just plan your day around it. I may not eat dinner until 8 or 9 o'clock because I'm still training."

All three triathletes started competing as a way of gauging their efforts against their peers and for the fun of competition.

Martin started running to help shave off a few extra pounds, and his natural competitiveness led him to start racing. His first triathlons were club length — a half-mile swim in the pool, 10-mile bike ride and a 5-mile run, designed so nearly anyone can finish. Martin not only finished his first triathlon but thought it was "the nicest thing I had ever seen."

Graham was in good running shape before she started competing in triathlons. Martin suggested the two of them train and compete together. Ironically, Graham has now posted better finishes than Martin.

Mason was also a road runner before he started triathlons. Mason and his brother Tim plan their race schedules together and have competed in all the same races for their six year careers. (See Fitness, Page 10)

CROSS-COUNTRY FUN RUNS COMING IN OCTOBER

For those of you who miss high school cross country runs, or have never done cross-country runs but have been waiting for an opportunity, or simply like to run in the woods, now is your chance. On Tuesday, October 10 and 17, we will be having cross-country fun runs instead of the regular fun runs.

The runs will take place in Hubbard Park in Montpelier, and will cover a three-mile course. I promise plenty of uphill and downhill running, numerous turns and narrow trails. The runs will start at 5:30 p.m., in the area of the picnic shelter near the Hubbard Park Drive entrance. In order to ensure that you know the course, it is important that you show up early when course directions will be given. At 5:00 p.m., we will run part of the course as a warmup. This will be a team event. Teams will be selected at random the nights of the runs.

So, if you are looking for something different, pass the word around and we'll see you on October 10 and 17. Give me a call (229-4658) if you want more information on the runs.

Tim Noonan

SEPTEMBER CVR MEETING

Norm Robinson, Dana McCarthy, Darragh Killerson, Chris Whalen and I met on September 19 at Norm's house...Norm reported that there was \$530 in the treasury, which is deceptively low because \$400 in incurred Leaf Peepers expenses will be recouped and it does not include proceeds from the Berlin Pond Race...Norm also indicated that we had 115 members. It was agreed that anyone who joined from September on would be considered a member through 1990...We tentatively decided that we would have group runs on Saturday mornings during the Winter months, starting the beginning of January at 9:30 a.m...Darragh reported that there were 150 pre-registrants for Leaf Peepers, which is 50 ahead of last year at the same time...We decided to do cross-country fun runs on October 10 and 17 in Hubbard Park instead of the regular fun runs...The next meeting will be October 17, after the cross-country fun run, at Darragh's house on Upper North Street in Montpelier.

Tim Noonan



Photo by Chris Orr

Despite busy professional lives, John Martin, Mike Mason and Dorothy Graham (from left to right) have all opted to train for and run in triathlons in their spare time.

(Continued from Page 9)

For Mason, as with Martin, the swim was, and continues to be, the most challenging part of the triathlon. "The swim is intimidating for a non-swimmer," Mason said. "When you have 200 people crawling all over you, you tend to let people go by and swim by yourself. As I see it, the race starts when I get out of the water."

All the athletes are relatively new to the sport, but have been very successful. Mason chalks up part of his success to being the youngest in his new age category. And to date, he has run only half Ironman length, or Timman, which is a 1 1/4-mile swim, 60-mile bike and 13-mile run.

Martin and Graham ran their first full-length Ironman two weeks ago in Sunapee, N.H. While all have done well in recent months, none see themselves as major fixtures in the triathlon community.

"I'm really just a minor player in the whole triathlon scheme," said Mason. "There are a lot of triathletes from the Burlington area who I only know from the rear."

Martin, too, is realistic about where he figures in to the grand scheme of the sport. In the Sunapee race, Martin had trained for a full-length triathlon (2 1/4-mile swim, 120-mile bike, 26-mile run) and had figured himself for a time of 13 hours, but was slowed by the heat.

there are bills to pay, the career must come first.

Yet none of the triathletes/professionals see their career as being in conflict with their sport. In fact, the opposite is true.

"There's no question about it," says Mason. "My involvement with sports helps my job. I feel better. I can work longer hours and I feel I can do a better job."

Not only does Mason feel better, but says he prescribes exercise to his patients as well. "I talk to my patients quite a bit," he added, "and I encourage them to work at whatever level is most appropriate for them. Mostly it is to just get out and walk more. To just get outside and make them appreciate how fortunate we are to live in Vermont."

Martin concurs. "It's a great stress reliever," he said. "I enjoy the training as much as I enjoy the competition. I use the training time as time for myself. Nobody bothers me."

All three competitors will continue to train through the winter in order to face the new season stronger and faster. The time constraints each of their careers puts on their athletic pursuits necessitates that they become more efficient in their training. Able to put longer and more intense workouts into the same amount of time.

"It helps you on the job," Graham adds. "I feel pretty good at this time of the year, it can help anybody."

Even his projected pace was two-and-a-half hours behind what he would have needed to qualify for the most famous of all triathlons, the Ironman, held every year in Hawaii.

Graham, on the other hand, finished a remarkable third overall for the women in Sunapee.

A male triathlete in the 35-39 age group is in the largest and most competitive section. Martin keeps having fun in the front of his mind rather than winning.

"I'll never win," he says. "I'll never be competitive in the top ten percent and I don't need that. I'm part of the 80 percent who are not the top or the bottom ten. In all my races I've been in the top 30 or 40 percent and I'm where the sport is, I'm the pack."

Graham is less sure of her long-term goals in the sport, though to date she has fared significantly better than her training partner, Martin. But like Martin, she does them mostly for fun.

"They are great fun and I enjoy the competition," she said, "the winners change all the time and new people come out of the blue all around and I just want to do as well as I can and keep my job."

Let us not forget that triathlons are priority number two for these particular competitors. While all are seriously devoted to their sport, all compete on an amateur level. And as long as

BUD LIGHT ENDURANCE TRIATHLON Sunapee, N.H.

By John Martin

Early this spring when Dot Graham and I set our sights on the September 9th Bud Light Endurance Triathlon in Sunapee, N.H. we both got more than what we bargained for. The prospect of a 2.4 mile swim, 112 mile bike ride and a marathon to cap that off, seemed ominous. The training that would have to proceed such an undertaking seemed equally ominous; a summer of swimming, biking and running with little time for anything else. We made the commitment, did the training and finished the race.

Last year a CVR member commented that triathlons aren't as tough as marathons. Well dear member, you never trained for one! The race is hard, but let me assure you, the training is far worse. Our house still smells like a locker room. But what's scary is, we are beginning to enjoy the fragrance.

As for the race, the swim was the only thing that was flat, except for my feet. The bike course, five loops of Lake Sunapee, was, in a word, exceptionally challenging. Mountain goats were seen at every aid station! To add to this insult of the Ice Age, it was 85 degrees and humid, not exactly my cup of tea.

Dot surprised the field, except me, by finishing the course in 12 hours and 15 minutes to place third in the women's rank and 57th overall, out of a starting field of 300. About 60 starters did not finish.

After eight hours of dry heaves, leg cramps and two-plus hours of naps along the course, I finished the race in a blistered 15 hours and 55 minutes. My consolation being that my finisher medal looks exactly like the medal they gave to the guy who won!

Now to qualify for Boston!

1989 SUB-ULTIMATE RUNNER

Name	5k	44c	Mile	100 yd.	10K
Ed Drapp	17:52	1:00:35	5:18:52	12:36	45:29
Tim Noonan	18:23	1:04:23	5:18:18	12:51	42:45
Greg Gerdel	20:32	1:01:76	5:52:94	11:80*	46:51
Bob Murphy	21:53	1:33:14	5:30:40	18.49	44:00
Bob Howe	25:41	1:07:78	6:18:94	13.50	55:29
Henry Marcy	22:45	1:09:76	6:32:00	13.82	-----
Norm Robinson	23:07	1:07:14	-----	-----	-----
Sue Drapp	20:48*	1:13:82	6:00:79	15.50	46:28
Merill Gray	21:03	1:19:11	6:03:47	13.70	46:59
Nancy Maloney	21:48	1:11:32	6:24:00	13.61*	49:07
Dot Helling	21:48	1:27:81	6:33:00	17.86	47:54

I should have known the day was off to a bad start when I woke to find that the MHS track wouldn't be suitable for the race due to a field hockey game scheduled. Because of the conflict our group ran the 5K on the normal course and then moved the rest of the events up to U-32. After much discussion it was decided that the track was a metric track so all old records still stand.

The day continued to make for interesting activities as it heated up into the high 80's by the time the last two events were run. I dropped out one lap into the mile run due to a bad leg; which was just as well. The last-minute 10K course was set out by Bob Murphy and while he tried to make it a flat one, it was anything but. I took water out to try to keep everyone alive, and picked up Henry at the one mile mark. He hadn't been running much and took the smart course of helping me with the water. In the 5K with a new record of 20:48; Nancy Maloney's 1:11 in the 440, Sue's 6:00 in the mile and another record in the 100 yd. dash for women with a 13:61 by Nancy. Also, a new record in the men's 100 yd. of 11:80 by Greg Gerdel. Even with all the moving from one site to another, the heat and the hills everyone seemed to enjoy themselves and you can bet there will be another one next year. I guarantee it will be back at MHS.

Norm

1 - HOUR TRACK RUN
5 Sep 89

The first ever CVR 1-Hour Track Run went off amazingly well. Seven enthusiastic runners showed up at Montpelier High School to discover that although the track was not in use, the playing field inside the track was being used for field hockey. An understanding Charlie Phillips allowed as how we could probably run our event simultaneously, so the magnificent seven were sent on their way.

Lap counters soon discovered that boom boxes and lawn chairs would have made sitting and counting laps (and recording elapsed times) much more pleasant. The weather was terrific, though, so no one complained too much. With runners passing by every 90 seconds to 2 minutes or so, the lap counters did not get too bored with the proceedings. Mini-competitions developed at various points throughout the event, keeping things interesting. The hour was soon over, and the CVR bullhorn brought all participants to a screeching halt. A quick trip around the track with a wheel to measure the final partial lap for each runner and the event was over. Final results are as follows:

Mi/Yds	Name	Hometown	Sex	Age
9/ 677	Tim Noonan	Montpelier	M	33
8/ 768	Bob Howe	Williamstown	M	42
8/ 710	Norm Robinson	Montpelier	M	33
8/ 462	Jeff Shutak	Williamstown	M	44
8/ 443	Newton Baker	Montpelier	M	47
6/1193	Linda Hallinger	Washington	F	36
6/ 646	Reidun Nuquist	Montpelier	F	49

Congratulations to all who participated! Another run will be held on the MHS track Tuesday, 12 Sep 89. Instead of the regular fun run. We will once again be in competition with the MHS field hockey team. It's already been decided that the 1990 version of this event will be held in the summer when competition for the track will not be a factor.

Bob Murphy
Race Director

1 - HOUR TRACK RUN
12 Sep 89

The second CVR 1-Hour Track Run of 1989 took place without competition from the MHS field hockey team. Sunny skies greeted the seven runners who participated (including two repeaters from the previous week). This week featured a very close race between Ed Drapp and Geoff Lindemer, both of whom covered more than 10 miles during the hour. Complete results are as follows.

Mi/Yds.	Name	Hometown	Sex	Age
10/ 706	Ed Drapp	Duxbury	M	33
10/ 549	Geoff Lindemer	Stowe	M	36
9/1025	Bob Murphy	Barre	M	49
8/ 361	Dot Helling	Montpelier	F	39
8/ 136	John Mallery	Montpelier	M	46
7/1726	Newton Baker	Montpelier	M	47
5/ 0	Bob Howe	Williamstown	M	42

Bob Howe wins Iron Man of the Week award. He ran both this and the previous week's 1-Hour track runs, and in addition completed CVR's Subultimate Runner competition last Saturday (5 events in one day, including 5k, 440yd, 1mi, 100yd & 10k). Regular Tuesday night fun runs will resume next week on the 19th, with timed 2, 4 and 6 mile runs beginning at 5:30pm. On the 26th, a predict-your-own-time run will be held. Come join in the fun!

Bob Murphy
Race Director

MANY RECORDS SET AT CVR TRACK RUNS

Up until this year, the only recorded 1 Hour Track Runs were conducted by Southern Vermont Road Runners. Results are available for only a handful of those performances, so single-age records are somewhat spotty. SVRR track runs generally feature teenage runners, with a few of the older folks joining in occasionally. As a result, many single age records in the "middle ages" were up for grabs.

CVR is helping to fill the gaps in the record books. Of the 12 individuals who participated in the two recent 1 hour runs at the Montpelier High School track, 10 are now holders of Vermont single age records. In addition, 3 of those are new age-group records. The following are new recordholders.

Age	Mi/Yds.	Name	Single	Age Gp
33M	10/ 706	Ed Drapp	X	
36M	10/ 549	Geoff Lindemer	X	X
42M	8/ 768	Bob Howe	X	
44M	8/ 462	Jeff Shutak	X	
46M	8/ 136	John Mallery	X	
47M	8/ 443	Newton Baker	X	
49M	9/1025	Bob Murphy	X	X
36F	6/1193	Linda Hallinger	X	
39F	8/ 361	Dot Helling	X	X
49F	6/ 646	Reidun Nuquist	X	

For your information, current 1-Hour Track Run Age Group records are summarized below.

Men	Mi/Yds.	Name	Hometown	Date
Open	10/ 910	Bannon Corbett	No. Bennington	15Sep88
6-7	6/1210	Boston Corbett	No. Bennington	15Sep88
8-9	8/1125	Brett Corbett	No. Bennington	23Aug84
10-11	9/1280	Bannon Corbett	No. Bennington	25Aug83
12-13	10/ 641	Bannon Corbett	No. Bennington	29Aug85
14-15	8/ 940	Paul Page	?	26Aug81
16-17	10/ 910	Bannon Corbett	No. Bennington	15Sep88
18-19	9/ 238	Alex Perkins	?	25Sep87
35-39	10/ 549	Geoff Lindemer	Stowe	12Sep89
40-44	9/ 238	Mark Donavan	?	27Aug87
45-49	9/1025	Bob Murphy	Barre	12Sep89
50-54	none			
55-59	8/1252	Dan Geer	Bennington	16Aug79
60-64	8/ 390	Dan Geer	Bennington	26Aug81
65-69	8/ 152	Dan Geer	Bennington	29Aug85
70-74	7/1160	Bob Matteson	Bennington	25Aug88

Northfield Labor Day Race

Men's 5K

Rank	Name	Time
1	Chris Hillis, 29	20:32
2	Nichal Allen, 21	20:44
3	Robert S Ferguson, 29	20:53
4	Paul Knox, 21	20:56
5	Brian Bowles, 23	21:05
6	Blann Walker, 24	21:19
7	Christian Skashly, 21	21:19
8	Mark Gardner-Horse, 28	21:27
9	Ernest Larrabee, 21	21:31
10	Robert W Grubbs, 29	21:36
11	Raymond J Wood, 25	21:41
12	Andrew W Vinopal, 22	21:48
13	Ken Sullivan, 21	22:07
14	Russ Miller, 21	22:18
15	Robert Heiss, 20	22:39
16	Philip Forrichak, 28	23:02
17	Mark Spier, 20	23:11
18	Andrew W Vinopal, 22	24:13
19	Craig Mayo, 26	25:02
20	Robert O'Keefe, 28	25:20
21	Alan Listak, 29	26:20
22	John 30 - 39	
23	James Miller, 30	19:21
24	Tony Sato, 30	19:40
25	Mark Chaplin, 38	16:24
26	Gregory Kachanov, 32	16:28
27	John Valentine, 39	17:04
28	Jack Faher, 37	17:04
29	Geoff Lindeman, 34	17:14
30	Bill Dybart, 37	17:17
31	Donald Shepard, 33	18:00
32	Michael Coleman, 32	18:36
33	John Mazzucco, 34	18:55
34	Eric Larson, 33	19:27
35	Robert Buchholz, 34	19:29
36	Mark Prosser, 33	19:43
37	Wayne Bell, 32	20:09
38	Robert Brown, 38	20:20
39	Joseph Blatchford, 35	20:21
40	John Mrobel, 37	20:25
41	Larry Milk, 34	20:26
42	Norm Robinson, 33	20:39
43	Nick Bergerson, 35	20:45
44	Eric Hill, 34	20:50
45	Jim Mirold, 34	21:03
46	Artur Halpern, 19	21:24
47	Chris Marvahal, 38	21:29
48	Mike Gonneville, 34	21:39
49	Nick Bergerson, 35	21:47
50	George Hall, 30	21:48
51	Jack Garvin, 38	21:58
52	Brent Surves, 39	22:03
53	Michael Jewett, 30	22:06
54	Peter Cobb, 37	22:09
55	Ed Tracy, 32	22:24
56	David Florsen, 38	22:24
57	Debbie Paschal, 39	22:39
58	Douglas Powell, 32	23:13
59	Franklin Hallack, 34	23:29
60	Eileen Baker, 34	23:34
61	Tom Petrucci, 34	23:39
62	Earl Blatchford, 31	24:17
63	Kevin Dorn, 33	24:26
64	Brian O'Regan, 38	24:37
65	James Sarvits, 30	24:42
66	John Wright, 38	24:52
67	Andrew McBride, 20	25:03
68	Aaron L Schanz, 29	25:12
69	Steve Schapiro, 39	25:33
70	Greg Sylvain, 33	26:32
71	Robert Fluke III, 31	26:33
72	Blann Beatty, 37	26:38
73	William James, 39	28:38
74	Men 40 - 49	
75	Mike Neam, 40	18:47

Rank	Name	Time
1	Bob Murphy, 49	17:46
2	Tom Foltz, 41	17:54
3	Butch Dutra, 44	18:18
4	Narty Slom, 40	18:44
5	Blann Gernshaneck, 41	19:08
6	Peter Hanson, 49	19:17
7	Gregory Gardel, 42	19:22
8	Fred Kowitzky, 41	19:25
9	Robert Drotree, 42	19:32
10	Ken Austin, 46	19:47
11	Tom Karrow, 45	19:59
12	Steven Ingram, 48	20:11
13	Navey Hunter, 43	20:30
14	Greg Wight, 43	20:37
15	Robert Howe, 42	20:47
16	Bob Kibball, 48	20:47
17	Newton Baker, 47	20:51
18	John Lusser, 48	21:11
19	William Mayo, 48	21:25
20	Michael Faher, 42	21:57
21	Joe Besselin, 48	22:25
22	Richard Hale, 49	22:27
23	Jim Francke, 41	22:35
24	Frank Ruffe, 40	23:09
25	Sary Long, 48	23:13
26	Caric Kovac, 48	23:17
27	Steve Cane, 42	23:55
28	Joseph Faher, 40	24:00
29	Wallace McLean, 44	24:00
30	Kinsley Boyd, 45	24:05
31	Frank Picora, 42	24:05
32	Jeffrey Fowler, 41	24:45
33	Bruce Pearson, 43	24:47
34	William Barrett, 47	25:01
35	Tom McKay, 41	25:12
36	Guy Welch, 43	25:15
37	Stephen Turnbull, 41	25:16
38	Roger Crane, 48	25:57
39	Tom Elroy, 44	26:05
40	Steve Mittala, 42	26:09
41	William Bernard, 44	26:29
42	Frank Woods, 48	26:40
43	Frederick White, 43	27:30
44	William O'Hara, 41	28:18
45	Robert Lynn, 45	28:33
46	Don Dilana, 49	31:11
47	Men 50 - 59	
48	Jerry Toub, 54	20:42
49	Tom Marsden, 50	21:28
50	Bob Collins, 53	21:48
51	Jane Perry, 51	23:19
52	Robert Hunter, 45	23:44
53	Robert Fluke, 58	24:43
54	Alan Rogers, 54	25:12
55	James Vandenberg, 53	25:48
56	Charles Garrity, 53	28:40
57	Men 60 & Up	
58	Jonathan Tobey, 42	19:30
59	Donald Lyons, 43	23:50
60	Dave Baffa, 60	24:25
61	Doug Allen, 42	26:00
62	Steve Hillman, 44	26:25
63	Men 10 - 13	
64	Emily Byrne, 13	29:18
65	Lauren Ingram, 13	33:59
66	Men 14 - 19	
67	Kellie Dutra, 17	19:08
68	Gregory Weathers, 18	19:28
69	Gerrit Gollner, 14	19:50
70	Danika Johnson, 14	20:20
71	Stacey Smith, 17	20:29
72	Kia Blodgett, 14	21:37
73	Elisa Withers, 16	21:39
74	Loni Blodgett, 14	21:41
75	Cindy Enean, 15	22:12
76	Kelly Bishop, 16	22:50
77	Sarah Flinn, 15	23:18
78	Jennifer Troiano, 14	23:26
79	Elizabeth Hurtough, 15	25:31
80	Julie Flinn, 15	25:58
81	Nikki Atwood, 15	25:59
82	Helissa Gregory, 17	26:02
83	Susan Byrne, 16	26:33
84	Allison Maclean, 16	26:35
85	Karen Peake, 16	27:02
86	Krista Ingram, 16	27:05
87	Hendy Boyd, 15	27:11
88	Willi Bricker, 15	28:31
89	Joanna Tenney, 14	28:48
90	Molly Mistala, 14	28:54
91	Diane Lumber, 15	29:17
92	Katie Boyd, 14	30:08
93	Heidi Orr, 15	30:49
94	Nathan Atwood, 15	32:40
95	Allison Tenney, 14	33:12
96	Jacqui Delolice, 15	33:14
97	Sara Holub, 14	33:42
98	Sarah Elwell, 14	33:58
99	Cheri Cadev, 19	34:30
100	Men 20 - 29	
101	Ingrid Cyrus, 24	19:45
102	Kathleen Kahon, 29	21:17
103	Lindsay Brown, 20	21:25
104	Paola Payne, 25	23:42
105	Rebecca Toune, 22	23:44
106	Mai-Lis Ellerman, 28	24:07
107	Karen Anderson-Schaefer, 24	24:31
108	Norman Murphy, 23	24:59
109	Nichelle Leman, 24	25:47
110	Teresa Bennett, 27	26:24
111	Cristina Davila, 25	26:36
112	Shana Ferguson, 27	27:09
113	Bessie Bates, 26	27:17
114	Bus Crain, 23	28:11
115	Paola Arnold, 25	28:19
116	Men 30 - 39	
117	Sibers Leatrice, 34	17:34
118	Marill Gray, 37	19:24
119	Susan Drapp, 34	19:36
120	Debi Lindeman, 33	20:45

Womens 5K

Rank	Name	Time
1	Nancy Melaney, 32	20:56
2	Bruce Bullis, 32	21:50
3	Louise Sarvits, 35	22:47
4	Betsy Tucker Cody, 32	22:50
5	Linda Hallinger, 34	23:04
6	Nancy Gonneville, 35	23:48
7	Robin Edelman, 38	24:30
8	Laurel Soule, 35	24:34
9	Fay Anderson, 33	27:22
10	Barbara Sarvin, 36	27:25
11	Nathia J O'Hara, 36	28:17
12	Caroline Vassar, 37	28:18
13	Paula Petrucci, 35	28:20
14	Cathy White, 39	29:02
15	Connie Leach, 31	30:22
16	Men 40 - 49	
17	Patty Girouard, 41	19:41
18	Karen Hanson, 47	21:20
19	Faye Guerin, 44	25:25
20	Linda Hall, 40	25:33
21	Sandra Stone, 44	26:17
22	Caren Billings, 42	26:24
23	Susan Brozell, 41	26:48
24	Jo-Ann Beaudin, 40	26:53
25	Elizabeth N Pearson, 42	29:29
26	Mildred Knoedes, 49	29:54
27	Jane Valentine, 42	30:10
28	Jane Blachard, 47	30:28
29	Judy Toub, 45	30:46
30	Hein Short, 40	32:59
31	Jane Dilana, 49	33:04
32	Cara M Parry, 49	34:03
33	Men 50 - 59	
34	Jacqui Schuest, 51	25:47
35	Patti Flanagan, 52	26:48
36	Jane Vandenberg, 54	26:28
37	Beverly Tucker, 54	27:19
38	Men 60 - 69	
39	Hee Brough, 9	6:50
40	Malinda Hall, 9	7:44
41	Krista Hall, 8	8:28
42	Jennifer Day, 9	8:45
43	Stacy Livingston, 9	9:01
44	Nicole McKenney, 7	9:27
45	Katrina Ahlstrom, 7	9:34
46	Lindsay Novitsky, 7	9:36
47	Kate Waite, 5	11:43
48	Rebecca Drapp, 5	12:08
49	Bridget O'Hara, 5	12:55
50	Allison Maxham, 5	17:09
51	Men 10 - 13	
52	Amy Schrover, 13	6:14
53	Rosalee C Taylor, 10	6:53
54	Hagan Valentine, 10	7:12
55	Jennifer Hunter, 12	7:19
56	Malissa Hall, 11	7:19
57	Louise Delia, 12	7:25
58	Laura Power, 10	7:25
59	Handy Enman, 11	7:26
60	Rebekah Berr, 12	7:47
61	Kerri Duquette, 13	8:41
62	Kathleen Holt, 11	9:47
63	Pratixa Cranse, 10	9:54
64	Bara Davidson, 10	9:56
65	Jacqui Livingston, 11	10:05
66	Heather McLean, 10	11:14
67	Men Under 10	
68	Nathan Shenk-Boriant, 6	6:04
69	Billy James, 9	6:45
70	Harrison Bell, 8	7:17
71	Kevin Corvino, 8	7:21
72	Matthew Sullivan, 7	7:52
73	Sean Enman, 9	7:40
74	Eli Jolly-Schapiro, 7	7:51
75	William Taylor, 6	7:53
76	Scott James, 7	7:54
77	Eric Juaro, 8	7:57
78	Sean O'Regan, 8	7:58
79	Dick Waite, 8	8:09
80	Matthew Holt, 9	8:17
81	Amon Paquette, 6	8:14
82	Tyler Shenk-Boriant, 10	8:00
83	Nicholas Santiago, 7	10:02
84	Zachary Novitsky, 5	10:27
85	Brandon Faher, 7	10:46
86	Brad Maxham, 8	12:11
87	Grant Novitsky, 3	13:51
88	Nick Sloman, 4	15:55
89	Men 10 - 13	
90	Chris Kaweck, 13	5:37
91	Richard S Taylor, 13	6:39
92	Andrew Johnson, 11	7:10
93	Kurt Motyka, 11	6:15
94	Christopher Brozell, 6	6:20
95	Matthew Stratford, 13	6:22
96	Tim Livingston, 13	6:27
97	Timothy Stratford, 13	6:27
98	Ethan Bernard, 11	6:30
99	Joshua Stahl, 13	6:37
100	Derek Walker, 10	6:41
101	Peter G Pearson, 12	6:42
102	Eric Parker, 13	6:45
103	Joshua Jolly-Schapiro, 7	7:02
104	Nathaniel Stahl, 11	7:02
105	Markus Bean, 12	7:05
106	Philip Christian, 13	7:36
107	Chris Guertin, 12	7:39
108	Lucas Holub, 13	7:52
109	Neo Woods, 11	8:41
110	Men 10 - 13	
111	Alexander Gustave Eiffel, the man who designed the Eiffel Tower, also designed the inner structure of the Statue of Liberty in New York Harbor.	

Kid's 1K

Rank	Name	Time
1	Hee Brough, 9	6:50
2	Malinda Hall, 9	7:44
3	Krista Hall, 8	8:28
4	Jennifer Day, 9	8:45
5	Stacy Livingston, 9	9:01
6	Nicole McKenney, 7	9:27
7	Katrina Ahlstrom, 7	9:34
8	Lindsay Novitsky, 7	9:36
9	Kate Waite, 5	11:43
10	Rebecca Drapp, 5	12:08
11	Bridget O'Hara, 5	12:55
12	Allison Maxham, 5	17:09
13	Men 10 - 13	
14	Amy Schrover, 13	6:14
15	Rosalee C Taylor, 10	6:53
16	Hagan Valentine, 10	7:12
17	Jennifer Hunter, 12	7:19
18	Malissa Hall, 11	7:19
19	Louise Delia, 12	7:25

Womens 5K

Women	Mi./Yds.	Name	Hometown	Date
Open	8/ 880	Chris Lundy	?	25Aug88
10-11	6/ 980	Dorothy Wallace-Senft	?	26Aug81
12-13	6/1600	Melissa Canning	?	25Aug88
14-15	6/1320	Sara Hurley	?	15Sep88
16-17	8/ 880	Chris Lundy	?	25Aug88
18-19	none	none	?	25Aug88
35-39	8/ 361	Dot Helling	Montpelier	12Sep89
40-44	5/1651	Barbara Wagner	?	16Aug79
45-49	6/1185	Grace Jarecki	?	16Aug79
50-54	none	none	?	25Sep87
55-59	6/ 660	Grace Jarecki	?	25Sep87
60-64	none	none	?	25Sep87
65-69	5/ 102	Mary Sarvits	Shaftsbury	27Aug87

For those who missed out on the fun on the track this year, be assured that this event will be repeated in 1990. Probable time will be late summer (August?) to avoid conflicts with school sports and other local races. I'd appreciate suggestions as to preferred day of week and time of day.

Bob Murphy

Schedule of Events September 24th

- 00:10:30 Race Day Registration at Base Lodge
- 0:30-11:00 Pre-Race Meeting
- 1:00-12:00 START/FINISH Pushups & Sit ups
- 2:00 2:00 START/FINISH Delayed Mass Start Run/Bike
- 00:3:00 AWARDS

ENTRY FEES

PRE-REGISTRATION POSTMARKED BY SEPTEMBER 10, 1989

- Registration for Individuals, \$10.00
- Registration for Teams, \$20.00
- Pre Registration includes FREE T-SHIRT
- Day of Event for Individuals, \$15.00
- Day of event for Teams, \$30.00

MAIL RELEASE FORMS, WITH CHECK PAYABLE TO:

BAC/GOLD'S GYM
ATTN- Vermont Fittest
74 Hegeman Ave.
Colchester, VT 05446

For Information Contact-

802-865-3387 802-655-3232
ENDURANCE BAC/GOLD'S GYM
SPORTS

VERMONT'S FITTEST IS FOR EVERYONE...

This will mark the first year that Bolton Valley Resort has hosted VERMONT'S FITTEST CONTEST. We at Bolton Valley, Gold's Gym and Endurance Sports along with Hood are proud to be hosting this exciting new event that will be fun for individuals and teams alike.

The competition will combine the strength aspects of push-ups and sit-ups, with the endurance of running and cycling.

Teams are welcome as well as those who wish to compete for Vermont's Fittest Person honors.

So practice up on your push-ups and sit-ups, and put in some running and cycling miles. We look forward to seeing you there.

Your Hosts



RULES

PUSH-UPS AND SIT-UPS:

The competition will begin with performance of two strength testing events, push-ups and sit-ups. Each individual or team member will be timed for one minute at each exercise. The cumulative total will be used to determine the individual's start time, in the run in accordance with the following schedule:

Cumulative Total	Run Start Time
120 or more	12:00 pm
110-119	12:02 pm
90-99	12:04 pm
80-89	12:06 pm
70-79	12:08 pm
60-69	12:10 pm
59 or less	12:12 pm

NOTE: EACH REPETITION OF PUSH-UPS AND SIT-UPS MUST BE PERFORMED CORRECTLY TO RECEIVE CREDIT. PLEASE READ THE FOLLOWING INSTRUCTIONS CAREFULLY:

PUSH-UPS:

Competitors will start with hands flat on the ground, approximately shoulder width apart. Back and legs must be straight at all times. The push-up is performed by bending the arms and lowering the body until the upper back is level with the elbows. Arms should form a 90° angle. The body is then raised again until the arms are in a straight locked position. This completes one push-up repetition.

SIT-UPS:

Sit-ups will be performed by starting with the head and back flat on the ground. Knees bent at a 90° angle at the knee. Officials will hold competitor's feet firmly on the ground. Hands must be clasped behind the head, with fingers interlocked. The competitor will then raise their body until the upper body and back break a vertical plane. (90° angle with ground) They will then lower the upper body until the shoulders touch the ground, at no time may hips bounce off the ground. This completes one sit-up.

NOTE: OFFICIALS WILL CALL OFF REPETITIONS TO EACH COMPETITOR. IN THE EVENT OF AN INCORRECT REPETITION OFFICIALS WILL KEEP REPEATING THE PREVIOUS REPETITION'S NUMBER AND INSTRUCT THE COMPETITOR OF THE ERROR.

CROSS COUNTRY MOUNTAIN RUN: (Distance 8km)

After the results of the push-ups and sit-ups are completed, a start list will be made up, based on the push-up/sit-up cumulative total start sheet. Competitors will have their racing bibs marked with their start time and line up in their designated starting corral. For each start time, there will be a marked starting corral. As you can gather, the net result is a delayed mass start in the run based on the strength event.


At 12pm, the first competitors will leave the running corral. Then every two minutes another group of runners will leave until all competitors have started.

The course starts at the Bolton Valley Base Lodge and heads down a nordic ski trail called Broadway. When Broadway reaches the access road, competitors will turn right and continue down the access road until they reach the bottom. (Rte. 2) Once there, they will tag their cycling teammate or for an individual, continue on with cycling portion of the event.

BICYCLE HILL CLIMB:

(Distance 8 km)
Once tagged or the transition has been made from run to bike, cyclist will ride up the Bolton Valley Ski Area access road and finish at the base of the lodge. No drafting is allowed and ANSI approved helmets must be worn at all times. Because this is a delayed mass start, the first individual or team cyclist across the finish line at the top will be declared the winner.

PRINTING BY MESSENGER PRINT & DESIGN, ST ALBANS, VT



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

SPONSORED BY WIDEV

Organized by the Central Vermont Runners and Harwood Union Boosters Club

COURSE: 13 miles of scenic country in the shadow of the Camel's Hump. A combination loop and out and back on flat, 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 Shutek.

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 FEES: \$9.00 (U.S.). Entries postmarked by September 18 will receive a free Leaf Peepers 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 race is a potentially hazardous activity. I know that you enter and run unrescued and am properly warned. I agree to abide by any direction of race officials relative to my ability to safely complete the race. I understand that I am responsible for my own safety and that I am not insured. I will contact with other participants, the effects of the weather, including high heat and/or humidity, traffic, and the conditions of the road, and I will not attempt to bail out. I will not be held liable for any injury or damage to myself or others. I understand that I am entering the race at my own risk and I agree to accept full responsibility for my participation in this event even though the liability may be out of my control. I understand that I am not insured and I agree to accept full responsibility for my participation in this event.

Signature of entrant _____ Date _____

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

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

RADIO VERMONT
P.O. Box 550
Waterbury, Vermont 05676

Harwood Union Boosters Club

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.

- 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.
- CVR SEP 26 Predict Your Time Fun Run (See elsewhere in newsletter for details).
- 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.
- CVR OCT 10 Cross-Country Fun Run (See elsewhere in newsletter for details).
- OCT 14 Green Mountain Marathon, 9:30 a.m. Folsom School, South Hero. Howie Atherton, 434-3228.
- CVR OCT 17 Cross-Country Fun Run (See elsewhere in newsletter for details).
- 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.
- 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
