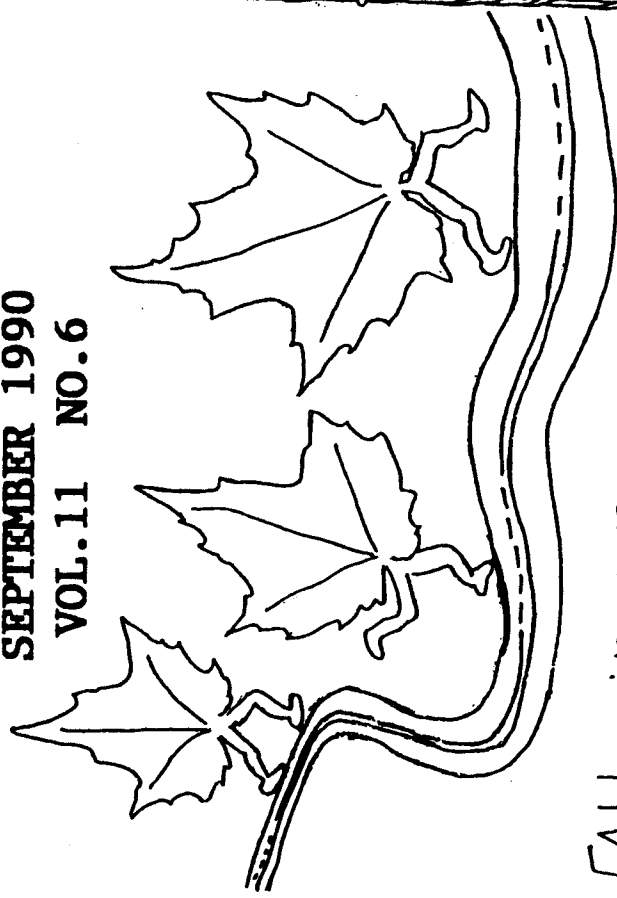


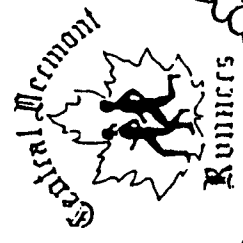
**CENTRAL VERMONT
RUNNERS
NEWSLETTER**

**SEPTEMBER 1990
VOL. 11 NO. 6**

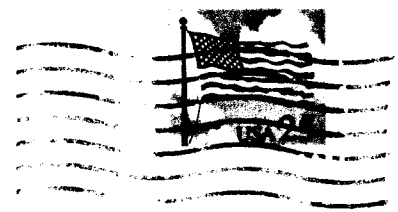


**FALL-OWING ALONG TO
LEAF PEEPERS 1/2 MARATHON!**

**President: Dana McCarthy
Vice President: Darragh Killerson
Treasurer: Norm Robinson
Secretary: Sue Drapp
Editor: Tim Noonan**



**Tim Noonan
2 Pinewood Road
Montpelier, VT 05602**



RACE SCHEDULE

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

SEP 1 Northfield 5K Adult Race and 1 Mile Children's Race, 9:30 a.m. for 1 Mile, 10:30 a.m. for 5K. Dr. Joe Zuzaro, 10 Crescent Avenue, Northfield, Vt 05663 (485-5100).

CVR SEP 4 Cross Country Fun Run (See elsewhere in newsletter for details)
CVR SEP 11 Cross Country Fun Run (See elsewhere in newsletter for details)

SEP 15 Archie Post 5 Miler, 23rd annual. Burlington. 9:00 a.m. Bruce Cunningham 482-2933.

CVR SEP 18 Cross Country Fun Run (See elsewhere in newsletter for details)

SEP 22 Bear Swamp Run, 13th annual run, 9:30 a.m. 5.7 miles. Rumney Memorial School, Shady Hill, Middlesex. Kemp Saunders 223-6026.

SEP 22 GMAA Ten Miler, 9:00 a.m. Essex Elementary School. Bruce Cunningham 482-2933.

SEP 23 13th Gosben Gallop, 4.5 miles. 247-6535.

CVR SEP 25 Cross Country Fun Run (See elsewhere in newsletter for details)

SEP 29 Round Church Women's Run, 10:00 a.m. 5K and 10K. Richmond. John Schear (862-0122).

CVR OCT 2 Cross Country Fun Run (See elsewhere in newsletter for details)

CVR OCT 7 Leaf Peepers Half Marathon and 5k, Waterbury. Darragh Ellerson (223-2080) and Jeff Shutak (433-6776)

OCT 13 Green Mountain Marathon, 8:30 a.m. Folsom School. South Hero. Howie Atherton 434-3228.

OCT 20 Arthur Tudhope Memorial 10K, 11:00 a.m. Shelburne Beach. Ellen Rainville 864-9165.

OCT 27 GMAA 50 Miler, 7:30 a.m. Relay is 8:30 a.m. Essex Elementary School. Bill Everett 879-1687.

CVR NOV 3 Juniper Hill 12K, Barre. Bob Murphy (476-4328).

CROSS COUNTRY FUN RUNS ARE BACK,
AND THERE'S MORE OF THEM!

Last Fall, we had two cross country fun runs in Hubbard Park. Since those runs were popular, we have decided to have more cross country runs this year. On Tuesday, September 4, 11, 18 and 25, and October 2, we will be having cross country fun runs instead of the regular fun runs. So, 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.

The runs will take place in Hubbard Park in Montpelier, and will cover a 2.7 mile course. The course has plenty of uphill and downhill running, numerous turns and narrow trails (in other words, a typical cross country course). The runs will start at 5:30 p.m. in the area of the picnic shelter and foot bridge near the Hubbard Park Drive entrance. 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 evenings of the runs.

So, if you are looking for something different, pass the word around and we'll see you at the runs. Give me a call if you want more information.

Tim Noonan



JUNIPER HILL 12KM RACE
Barre, Vermont

Saturday, 10am, 3 November 1990



Sponsored by Central Vermont Runners
Sanctioned by RRCA and TAC/USA

COURSE: TAC certified course. Challenging, hilly loop course; 1/2 gravel, 1/2 paved. Starts and finishes on Birchwood Park Drive in Barre Town. No aid stations. No traffic control. All miles, 5km and 10km marked.

Awards: Prizes to first male and female plus drawn prizes. Post-race refreshments will be provided.

Entry Fee: \$4.00 preregistration postmarked before 28 Oct 90. \$5.00 on race day. Race proceeds to benefit the CVR Scholarship Fund.

Registration: By mail or register between 9:00am and 9:45am on race day.

How to Get There: From I-89 Exit 6, go 1.5mi on VT 63, turn left at crossroad, go 0.2mi, turn left onto dirt rd, 4th house 1/2 mi on right.

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

NAME (Please Print) _____ SEX: M F

STREET _____ CITY _____

STATE _____ ZIP _____ AGE ON RACE DATE _____ BIRTHDATE _____

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 Towns of Barre and Berlin 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 my negligence or carelessness on the part of persons named in this waiver.

Signature of entrant _____ date _____

If entrant under 18, parent or guardian must sign _____ date _____

Mail with \$4.00, checks payable to Central Vermont Runners, to Bob Murphy, RR3, Box 6866, Barre, VT 05641



THE SEVENTH ANNUAL LEAF PEEPERS HALF-MARATHON AND 5 Km RACE

SUNDAY, OCTOBER 7, 1990
11 A.M., WATERBURY, VERMONT



Central Vermont Runners
140 North Street
Waterbury, Vermont 05678

SPONSORED BY WDEV Unique radio coverage of race from start to finish 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 RRCA. Sanctioned Co-directors Daragh Ellerson and Jeffrey Shutzak

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, 19-29, 30-39, 40-49, 50 and over

ENTRY FEE: \$9.00 (U.S.), entries postmarked by September 25 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

Check appropriate box: Half Marathon 5 Km SHIRT SIZE: S M L XL

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 Towns of Barre and Berlin 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 my negligence or carelessness on the part of persons named in this waiver.

Signature of entrant _____ Date _____

If entrant under 18, parent must sign _____ Date _____

Make checks payable to Central Vermont Runners.

Upper North Street, Box 170
Waterbury, Vermont 05678

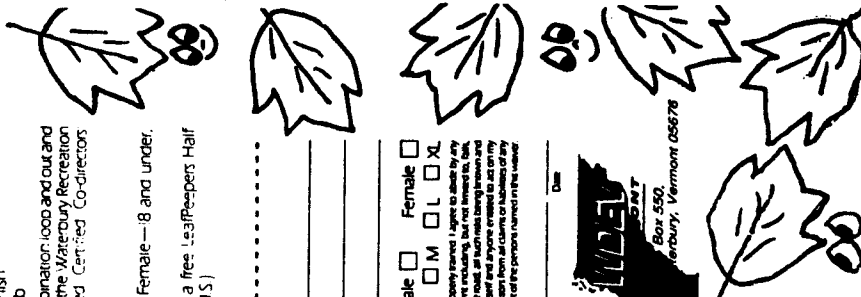
RRCA logo

Box 550
Waterbury, Vermont 05678

Harwood Union Boosters Club



Runners



Central Vermont Runners 1-Hour Track Run
August 14, 1990

In the first of this year's two 1-Hour Track Runs, nine individuals attempted to see how far they could go in one hour. Unlike many running events, where all start at once and finish at different times, everyone starts and finishes together. The race is also unique in that, although challenging, it offers runners continuous support and encouragement from other runners and spectators throughout the event.

Of the eight competitors who finished this event, four are new Vermont single-age record holders, and two of those are age-group record holders. The big news, however, was Susan Drapp's shattering of the previous State record for women overall. Her 9 miles and 223 yards (that's an average pace of 6:34 per mile) eclipsed the old record of 8 miles 880 yards, set by Chris Lundy at the SVRRC 1-Hour Track Run in Bennington in 1988.

Complete results follow for the eight who finished.

Age	Mi./Yds.	Name	Hometown
34M	9/1103	Tim Noonan	Montpelier
34F	** 9/ 223	Susan Drapp	Duxbury
31M	8/1216	Stu Slose	Randolph Center
48M	* 7/1516	Newton Baker	Montpelier
43M	7/1347	Bob Howe	Williamstown
37F	* 7/ 494	Linda Hallinger	Washington
60F	** 7/ 181	Darragh Ellerson	Montpelier
34M	5/ 0	Norm Robinson	Montpelier

* = New Vermont single age record

** = New Vermont single age and age group record

Central Vermont Runners 1-Hour Track Run
August 21, 1990

In the second edition of this year's 1-Hour Track Run, Vermont State records continued to fall. This week's star performer was turned in by Montpelier's Tom Kaiden, with a 9 mile and 1565 yard effort that bettered the previous mark for 31-year old men. Darragh Ellerson and Newton Baker both outdid their performances of last week and established new marks for their ages. Darragh's was once again a new age group (60-64) record for women. Bob Murphy filled a gap in the record books by claiming the best performance for 50 year old men and the 50-54 year age group (no previous performers in this group).

As was the case last week and last year, several people showed up during the event and expressed interest in participating. Mark your calendars now for next year. We plan to repeat this event on two successive Tuesdays in August of 1991.

Complete results follow.

Age	Mi./Yds.	Name	Hometown
31M	* 9/1565	Tom Kaiden	Montpelier
44M	8/ 270	Rick Reilly	Boston, MA
47M	8/ 239	John Mallery	Montpelier
48M	* 8/ 903	Newton Baker	Montpelier
50M	** 9/ 970	Bob Murphy	Barre
60F	** 7/ 290	Darragh Ellerson	Montpelier

* = New Vermont single age record

** = New Vermont single age and age group record

VOLUNTEERS NEEDED FOR LEAF PEEPERS

Volunteers are needed to help out at the Leaf Peepers Half Marathon and 5K on October 7. Since this year we have added the 5K to the Half Marathon, and both races will be starting at the same time, there is an even greater need for more workers to help out throughout both races. If you are not running either race, your assistance would be greatly appreciated by the race directors. If you are running either race, maybe a family member or a friend accompanying you to enjoy this peak foliage weekend would be willing to help out. In either event, please contact Darragh Ellerson (223-2080) as soon as you know that you, a family member or a friend can help at this largest CVR event of the year.

UPCOMING CVR MEETINGS

The next two CVR monthly meetings will be held as follows:

September 17, 6:30 p.m., Darragh and David Ellerson's home, Upper North Street, Montpelier.

October 15, 6:30 p.m., Dana and J.B. McCarthy's home, 10 Towne, Montpelier.

Both meetings are potluck. Hope to see you there!

Bear Swamp Run
is being held after all -
on September 22 -
See race schedule for
more details



13th

13th ANNUAL

1990 NORTHFIELD LABOR DAY OBSERVANCES

TAC CERTIFIED 5000 METERS ADULT RACE AND 1 MILE CHILDRENS' RACE

***** NOTE: REDUCED ENTRY FEE PRIOR TO AUGUST 24, 1990 *****

PLACE

The Northfield Savings Bank on the Common

DATE - TIME

Saturday, September 1, 10:30 A.M. for the 5K ADULT TAC certified 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 thirteenth 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 certified race - 14-19, 20-29, 30-39, 40-49, 50-59, 60 and over

PRIZES

NSB, in conjunction with Northfield Wood Products, will award prizes for first, second, and third place in each of the 16 classes. In addition, Northfield Savings Bank, along 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 9 and under 10-13 Female Amy Schroyer 6:38 ('85) Jessica Christian 5:47 ('85) Male Richard Taylor 5:54 ('85) Troy McBride 5:25 ('84)

5 K RACE

Age 14-19 20-29 30-39 40-49 50-59 60+ Female Patty Roach 18:22 ('82) Jennifer Myrner 19:18 ('86) Skora Leatrice 17:35 ('89) Patty Girouard 19:30 ('88) Darragh Ellerson 21:48 ('92) Vivian Bryan 38:00 ('86) Male Eric Morse 15:20 ('86) Eric Morse 14:26 ('89) Mark Chaplin 15:04 ('82) Bob Murphy 16:26 ('82) Jerry Carlson 19:00 ('84) John Toby 19:31 ('89)

13th



BERLIN BOND COUPLES RACE - 4 AUGUST 1990 OFFICIAL COMPLETE RESULTS

Overall Place Time Name Age Hometown State

Female 39 & under

Table with 6 columns: Place, Time, Name, Age, Hometown, State. Lists female participants aged 39 and under.

Female 40+

Table with 6 columns: Place, Time, Name, Age, Hometown, State. Lists female participants aged 40 and over.

Male 39 & under

Table with 6 columns: Place, Time, Name, Age, Hometown, State. Lists male participants aged 39 and under.

Male 40+

Table with 6 columns: Place, Time, Name, Age, Hometown, State. Lists male participants aged 40 and over.

BERLIN POND COUPLES RACE
4 AUGUST 1990
RACE SUMMARY

BERLIN POND COUPLES RACE
4 AUGUST 1990
RACE SUMMARY

Age Group Winners:

Men's Open 24:32 Eric Morse (24) Waterbury, VT
 Men 18-19 30:16 Greg Tosi (19) E. Montpelier, VT
 Men 35-39 35:07 Rich Brown (39) Lake Elmore, VT
 Men 40-44 32:38 Alan Aitken (40) Hinesburg, VT
 Men 45-49 34:13 Newton Baker (48) Montpelier, VT
 Men 50-54 30:58** Bob Murphy (50) Barre, VT
 Men 55-59 44:03* Ernie Flanders (59) Montpelier, VT
 Women's Open 32:51* Susan Drapp (34) Duxbury, VT
 Women 18-19 39:14* Stacey Smith (18) Waterbury, VT
 Women 35-39 33:32* Merrill Cray (38) Lake Elmore, VT
 Women 40-44 39:22* Elizabeth Meiklejohn(42) East Calais, VT
 Women 50-54 41:06** Mary Doughty (52) Madison, NJ
 Women 60-64 41:38** Darragh Ellersbn (60) Montpelier, VT

* - New Vermont Single-Age Record
 ** - New Vermont Single-Age and Age-Group Record

Other new Single-Age records were set by:
 37:17* Caroline Biddle (22) Middlebury, VT
 43:34* Maureen Murphy (23) So. Burlington, VT
 35:24* Laurie Grover (24) Lake Placid, NY
 41:24* Kate Larson (25) Northfield, VT
 43:02* Polli Flanders (53) Montpelier, VT
 29:22* Joey Curtis (20) Montpelier, VT
 28:34* Ed Drapp (34) Duxbury, VT
 42:00* Trim Conklin (42) No. Wolcott, VT
 43:35* Darrell Doughty (54) Madison, NJ

Vermont Runner Rankings:

Race finishers:	Male	Female
Open	22	18
40-49	6	4
50-59	3	2
60-69	-	1

Ranking points were earned by the following runners:

Men's Open:
 Eric Morse Waterbury 7 (1st)
 Ed Drapp Duxbury 3 (3rd)
 Joey Curtis Montpelier 2 (4th)
 Greg Tosi East Montpelier 1 (5th)

Men 40-49:
 Alan R. Aitken Hinesburg 3 (1st)
 Newton Baker Montpelier 2 (2nd)
 Russ Poulin East Montpelier 1 (3rd)

Vermont Runner Rankings (Continued):

Men 50-59:
 Bob Murphy Barre 3 (1st)
 Ernie Flanders Montpelier 1 (3rd)

Women's Open:
 Susan Drapp Duxbury 5 (1st)
 Merrill Cray Lake Elmore 3 (2nd)
 Nina Changelian Aitken Hinesburg 2 (3rd)

Women 40-49:
 Elizabeth Meiklejohn East Calais 3 (1st)
 Sally Searles No. Wolcott 2 (2nd)
 Mimi Benedict Hyde Park 1 (3rd)

Women 50-59:
 Polli Flanders Montpelier 2 (2nd)

Women 60-69:
 Darragh Ellerson Montpelier 3 (1st)

Compiled by:
 Bob Murphy
 Vermont Running Data Center
 RR3, Box 6866
 Barre, VT 05641