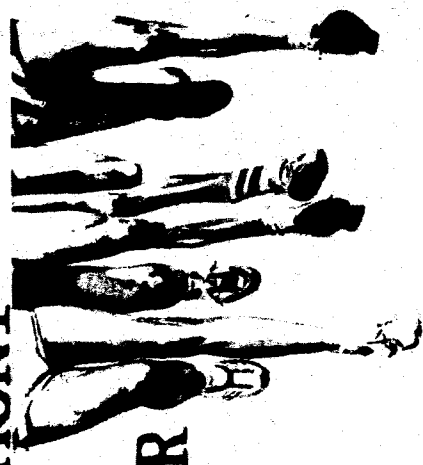


**CENTRAL VERMONT
RUNNERS
NEWSLETTER**



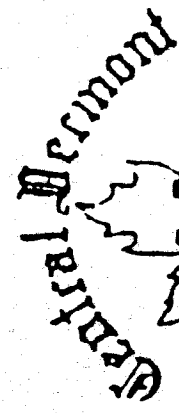
**JANUARY 1991
VOL. 12 NO. 1**

HOPE TO SEE YOU AT CVR ANNUAL MEETING

JANUARY 26, 1991

JEFF AND VICKI SHUTAK'S HOME

(SEE INSIDE FOR DETAILS)



RUNNERS

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

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

3

CVR ANNUAL MEETING DETAILS

The CVR Annual Meeting will be January 26, at Jeff and Vicki Shutak's home on Palmer Road in Williamston. To get there, get off Exit 5 of I-89 and head east on Route 64. Palmer Road is the third road on the right (the road after Maloney Road), approximately 1 1/2 miles from the interstate. The house is a light brown, wood-finished home, and is the 2nd house on the left. We will get together for running/skiing at 2:00 p.m. The meeting will begin at 4:00. Eating will begin at around 6:00 p.m. This is a Potluck affair, so bring your favorite food.

Among other items, we will elect officers, decide dues, firm up the race schedule and decide the future of fun runs. Also, we need a new newsletter editor.

If you get lost, call the Shutaks at 433-6776. See you there!

C.V.R. MINUTES FOR NOVEMBER 1990

Picture it. Monday November 12. It's snowing. A lot. Phone rings and it's Darragh Ellerson to say she's not venturing off her hill for the meeting. Understandable. The meeting is supposed to be at Norm Robinson's house. Couldn't

reach him over the weekend, better try again. Ah-ha the answering machine is on, sort of. Hmm. Must be they received a lot of phone messages over the weekend. The darn thing didn't even beep at me. It just hung up. Well, they probably went away for the long weekend. Try again later.

Later. Tim Noonan calls to say he'll walk over to Norm's if there is still a meeting. He can't reach Norm. Okay I'll try again as soon as I peel the apples for the apple crisp dessert.

5:15 p.m. Still no answers at Norm's. Better check with Sue Drapp. Hope she isn't planning to drive from Duxbury in this storm. Busy line. Apple crisp is ready 'or the oven.

5:30 p.m. still no answer at Norm's. Okay, so the snowstorm is delaying their return. Better check with Bob Murphy. He answers and with the wisdom of only a runner says, "No, I don't think I'll be there tonight. I just got back from my run and it's pretty bad out there." Runners will run through anything, but mess with driving, no way! Hey, at least he answered his phone.

5:45. No Norm at home. Boy, the apple crisp smells really good. But I guess Tim and I shouldn't break into Norm's. Meeting postponed.



ROAD RUNNERS CLUB OF AMERICA

Cold Weather Running

Damien Howell

Chairman of the RRCA Sports Medicine Committee

One week later we met at my house without Sue who was helping her husband celebrate his birthday. Norm said the power outages rendered his answering machine inoperable and claims he arrived at home at 6:00p.m. He thought it was funny nobody called or showed up.

Nov. 19, 1990 at McCarthy's. Those in attendance: Darragh Ellerson, Norm Robinson, Dana McCarthy, Bob Murphy, new member Chris Fortner, and Tim Noonan. Juniper Hill: Bob Murphy is disappointed. He hoped for 30 runners. 7 runners participated. Quote, "we lost our shirts again." Bob and we are puzzled why so few runners race Juniper Hill. Let us know your reasons. The future of Juniper Hill will be low key, like a Fun Run. Certificates instead of prizes, refreshments and a reduced entry fee.

Leaf Peepers: Darragh received an official complaint about the half-marathon. She said the complaints were not C.V.R.'s fault. She will reply to the letter and plans to talk with those responsible for the problems. She said the addition of the 5K race was a success. 42 racers ran the 5K. Almost 400 runners participated in both races.

The dates for the 1991 races were set:

- May June 8 Capital City Stampede
- June 22 10-Miler
- August 3 Berlin Pond
- October 6 Leaf Peepers
- November 2 Juniper Hill

The Sub-Ultimate took a rest this year, (punishing little devil that it is). But fear not, Norm says he'll revitalize it for 1991, sometime.

Fun Runs have gone "piff". We will discuss it further at the Annual Meeting. It appears however, we will ask the RRCA World newspaper to print the day, times, and place of our weekly gatherings. But there will no longer be monthly coordinators, time keeping, publishing the times, and water will be the responsibility of the individual runners.

Track runs and Cross Country frolics through Hubbard Park will continue as both Bob Murphy and Tim Noonan have agreed to coordinate them again.

Annual Meeting: Date: January 26
 Place: Jeff and Vicki Shutack's house in Williamstown
 Time: 2:00 Run or Ski
 4:00 Meeting
 6:00 Pot Luck Eating

The agenda for the Annual Meeting will be mailed to members prior to the meeting.

*Revised by Submittin;
 Dana P. McArthur
 10/29/90*

The onset of winter needn't bring a seasonal halt to a runner's enthusiasm or routines. Outdoor exercise in the winter can be a pleasurable experience. The major risk posed by running in subfreezing air is frostbite and minor irritations to the respiratory tract. With some minor precautions these risks can be eliminated.

1. Wear clothing in layers so that warm air can be trapped between the layers. Depending on the weather conditions, 2 to 4 layers on the trunk and 1 to 2 layers on the legs are appropriate. It is helpful if the outer layers have vents and zippers to allow excess heat to escape as you become warm. On windy days the outer layer should be of wind resistant material.
2. Clothing made of material which carries the sweat away from the body is best, like wool, silk, or "space age" synthetics like polypropylene or polyester. Avoid cotton as it tends to hold the sweat.
3. Hat and gloves are crucial as these regions of the body have a substantial role in the regulation of body temperature. Mittens tend to be warmer than gloves. On very cold days mittens worn over gloves are very effective. Stocking caps or ski masks are desirable. On very windy days goggles or eye glasses can provide additional protection.
4. The outer layer should be light colored and have reflective material if you are running during darker hours. Reflective material works only if there is a light source. Blaze orange becomes poorly visible brown at night. Light colored material is visible even without a strong light source. During snowy days dark colors provide visible contrast and attracts solar energy.
5. Pin to your clothes or shoes emergency identification, preferably of a waterproof material. Let someone know where you are going to run and when you expect to return. Do not run with headphones.
6. Plan your run so that you run into the wind during the beginning portions and with the wind behind you in the latter portions. Otherwise, built-up sweat may cause you to become too cold when you turn into the wind. Be alert when running in snowy, icy conditions particularly near vehicular traffic.
7. Avoid overdressing. Feel a bit underdressed and chilly as you start, knowing that later as you run in your layered environment the temperature will rise about 20°.

THIS ARTICLE IS A SERVICE FROM THE ROAD RUNNERS CLUB OF AMERICA
 IT MAY BE REPRINTED WITH CREDIT TO THE RRCA

LEAFPEEPERS HALF MARATHON
7 OCTOBER 1990
RACE SUMMARY

Age Group Winners:

Men's Open	1:15:52	Randy Slightler (31)	Winooski, VT
Boys 16-17	1:31:01	Keith Savers (17)	Northfield, VT
Men 18-19	1:27:31	Greg Tosi (19)	Lyndonville, VT
Men 35-39	1:20:27	Gordon R. Moat (36)	Chesterville, VT
Men 40-44	1:20:22	Gordon MacFarland (42)	Burlington, VT
Men 45-49	1:26:53	Bill Johnson (49)	East Burke, VT
Men 50-54	1:26:04	Bob Murphy (50)	Barre, VT
Men 55-59	1:54:45	Jerry Taub (55)	Patterson, NY
Men 60-64	1:50:48	Maynard Mickelson (64)	Ashtabula, OH
Men 65-69	1:42:12	Hugh Short (68)	Chittenden, VT
Men 70-74	1:52:47*	Howard Jaffee (71)	Underhill, VT
Women's Open	1:31:37	Ruthie Davis (28)	Waitsfield, VT
Women 35-39	1:32:01	Moirs Durnin (39)	Stowe, VT
Women 40-44	1:35:33	Barbara Capen (41)	Starksboro, VT
Women 45-49	1:46:12	Rosanne K. Pappas (47)	Denver, CO
Women 50-54	1:51:24	Celeste Fondaco (50)	Charham, NJ
Women 55-59	2:31:53	Dorothy C. Stockard(55)	Antioch, TN
Women 60-64	1:57:02**	Darragh Ellerson (60)	Montpelier, VT

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

Vermont Runner Rankings:

Race finishers:	Male	Female
Open	195	77
40-49	55	15
50-59	23	7
60-69	0	1
70-79	1	-

Ranking points were earned by the following runners:

Men's Open:	Winooski	100 (1st)
Randy Slightler	Williston	40 (4th)
Monte Pappas	St. Johnsbury	30 (5th)
Chip Langmaid	Essex Junction	25 (6th)
Reg Bowley	Lowell	20 (7th)
Todd Taska	Burlington	12 (9th)
Gordon MacFarland	Northfield	7 (11th)
John Valentine	Williston	5 (12th)
Ric Schaaaf	Rutland	3 (13th)
Wayne M. Flewelling	Swanton	2 (14th)
Tony Treasurer		
Men 40-49:	Burlington	25 (1st)
Gordon MacFarland	Northfield	20 (2nd)
John Valentine		

LEAFPEEPERS HALF MARATHON
7 OCTOBER 1990
RACE SUMMARY

Vermont Runner Rankings (Continued):

Steve Herrero	Shelburne	15 (3rd)
Bill Johnson	East Burke	12 (4th)
Jack Vaughan	Springsfield	10 (5th)
Bruce R. Meader	Vergennes	7 (6th)
Dick Nelson	White River Jct.	5 (7th)
Glenn Gershaneck	Montpelier	3 (8th)
Greg Gerdel	Montpelier	2 (9th)
Men 50-59:		
Bob Murphy	Barre	7 (1st)
Peter Teachout	Norwich	5 (2nd)
Douglas W. Witham	So. Burlington	2 (4th)
Richard J. Furlong	Morrisville	1 (5th)
Men 60-69:		
Hugh Short	Chittenden	3 (1st)
Men 70-79:		
Howard Jaffee	Underhill	3 (1st)
Women's Open:		
Ruthie Davis	Waitsfield	70 (1st)
Moirs Durnin	Stowe	50 (2nd)
Merill Gray	Lake Elmore	40 (3rd)
Barbara Capen	Starksboro	30 (4th)
Shari Bashaw	St. Albans	20 (6th)
Patty Girouard	Stowe	15 (7th)
Susan R. Jones	Jericho	10 (9th)
Lucy Van Hollebeke	Waterbury	7 (10th)
Kathy A. Burczak	Montpelier	3 (12th)
Gail C. Favreau	Johnson	2 (13th)
Suzanne D. Sargent	Burlington	1 (14th)
Women 40-49:		
Barbara Capen	Starksboro	5 (1st)
Patty Girouard	Stowe	3 (2nd)
Patricia J. Yandow	So. Hero	2 (3rd)
Women 50-59:		
Pauline Sicard	Burlington	1 (3rd)
Women 60-69:		
Darragh Ellerson	Montpelier	3 (1st)

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

LEAFPEEPERS 5 KILOMETER RACE
7 OCTOBER 1990
RACE SUMMARY

LEAFPEEPERS 5 KILOMETER RACE
7 OCTOBER 1990
RACE SUMMARY

Age Group Winners:

Men's Open	15:18*	Todd Boonstra (28)	Norwich, VT
Boys 8-9	20:41**	Nathan Sherk-Boright (9)	Middlesex, VT
Boys 10-11	22:33**	Dominick Donza (11)	Stowe, VT
Boys 12-13	24:28	Nathaniel Finucane (12)	Waterbury, VT
Boys 14-17	19:14	Steve Meader (17)	Bristol, VT
Men 35-39	20:55	J. Atchinson (38)	Waterbury, VT
Men 40-44	19:02	John Jamison (42)	Malden MA
Men 45-49	21:09	Gene Nichols (47)	Clifton Park, NY
Men 50-54	25:03	Jerry Kilcourse (50)	Montpelier, VT
Men 55-59	23:53	Richard Schumacher (55)	Hoosick Falls, NY
Men 60-64	21:51	Bill Heminger (62)	Toledo, OH
Men 65-69	29:06*	Don Osborne (68)	Bloomfield, CT
Women's Open	18:37*	Roxann Polo (26)	Dallas, TX
Girl's 10-11	28:13	Khadeja Mousa (10)	Waterbury, VT
Women 35-39	19:20**	Susan Drapp (35)	Duxbury, VT
Women 40-44	24:44	Jude Whalen (42)	Montpelier, VT
Women 45-49	26:27*	Sandra Shenk (45)	Middlesex, VT

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

Other new Single-Age records were set by:
18:10* Robert Stirewalt (27M) Williston, VT
23:09* Rosemary Shea (25F) Craftsbury Common, VT

Vermont Runner Rankings:

Race finishers:	Male	Female	
Open	43	34	
40-49	6	9	
50-59	4	-	
60-69	2	-	

Ranking points were earned by the following runners:

Men's Open:			
Todd Boonstra		Norwich	15 (1st)
Robert Stirewalt		Williston	12 (2nd)
Steve Meader		Bristol	7 (4th)
Craig Schneider		Hinesburg	5 (5th)
Hugh Pierce		Jericho	3 (6th)
Men 40-49:			
Frank Short		St. Albans	1 (3rd)
Men 50-59:			
Jerry Kilcourse		Montpelier	2 (2nd)
John Petersen		Underhill	1 (3rd)

Vermont Runner Rankings (Continued):

Women's Open:			
Susan Drapp		Duxbury	10 (2nd)
Diane Chandler		Shelburne	7 (3rd)
Rosemary Shea		Craftsbury	5 (4th)
Jude Whalen		Montpelier	1 (7th)
Women 40-49:			
Jude Whalen		Montpelier	3 (1st)
Sandra Shenk		Middlesex	2 (2nd)
Kathy Lawrence		Rutland	1 (3rd)

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



CHILDREN'S RUNNING--
A GUIDE FOR PARENTS AND KIDS

GIVE A CHILD A GIFT OF HEALTH AND FITNESS FOR CHRISTMAS AND 1991

Published in 1989 for both parents and children, the booklet answers numerous questions that will help kids enjoy the sport that so many adults have discovered over the years: How safe is running? What equipment do I need? Should I run alone or with a group? How far should I run? "Numerous studies have shown that children in the United States are unfit and sedentary, more apt to tune into TV than exercise. The RRCA published this booklet in the hopes that kids will try non competitive running and a tiny seed will be sown for the joy of this sport and the better health of our future generations," says Henley Gibble, RRCA Executive Director.

This booklet is available by sending \$1.50 to:
RRCA NATIONAL OFFICE
629 SOUTH WASHINGTON ST.
ALEXANDRIA, VA 22314

GREEN MOUNTAIN MARATHON, SO. HERO, VT
13 OCTOBER 1990
RACE SUMMARY

All Group Winners:

Men's Open	2:38:42*	Scott Jaynes (24)	So. Burlington, VT
Men 35-39	2:45:44*	Bruce Glasspoole (38)	Point Claire, QUE
Men 40-44	2:48:54*	Charles White (41)	Burlington, VT
Men 45-49	3:12:15	William Jones (48)	Bedford, QUE
Men 50-54	3:14:42	Douglas Witham (52)	So. Burlington, VT
Men 55-59	3:59:12	Russell Laste (56)	Westford, MA
Women's Open	2:56:57*	Doreen Friedman (36)	Montreal, QUE
Women 35-39	2:56:57*	Doreen Friedman (36)	Montreal, QUE
Women 40-44	4:16:53	Marky Ferguson (42)	Cambridge, VT
Women 45-49	4:06:08	Rosemary Rusin (47)	Florence, VT

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

Other new Single-Age records were set by:
3:37:24* Sylvie Vachereau (26F) Huntington, VT

Vermont Runner Rankings:

Race finishers:	Male	Female
Open	62	11
40-49	19	2
50-59	7	-

Ranking points were earned by the following runners:

Men's Open:	Scott Jaynes	So. Burlington	30 (1st)
	Shane Bowley	Burlington	15 (4th)
	Charles White	Burlington	12 (5th)
	Ed Drapp	Waterbury	7 (7th)
	Jim Paulsen	Underhill	2 (10th)
	Murray Seaman	Colchester	1 (11th)
Men 40-49:	Charles White	Burlington	5 (1st)
Men 50-59:	Doug Witham	So. Burlington	3 (1st)
	Jerry Shepard	Franklin	1 (3rd)
Women's Open:	Gail Center	Richmond	2 (2nd)
Women 40-49:	Rosemary Rusin	Florence	3 (1st)
	Marky Ferguson	Cambridge	2 (2nd)

Compiled by:
Bob Murphy
Vermont Running Data Center
PR3, Box 6366
Barre, VT 05641

GREEN MOUNTAIN HALF MARATHON, SO. HERO, VT
13 OCTOBER 1990
RACE SUMMARY

All Group Winners:

Men's Open	1:13:35	Randy Sichtler (31)	Winooski, VT
Men 18-19	1:32:24	Owen Baird (18)	Paul Smith, NY
Men 35-39	1:26:08	Thomas Grace (38)	Fairfax, VT
Men 40-44	1:18:36	Gordon MacFarland (42)	Burlington, VT
Men 45-49	1:30:08	Tom Crowe (47)	Jeffersonville, VT
Men 50-54	1:28:29	Staven Bralish (51)	Williston, VT
Men 55-59	1:34:22	Don Waiten (55)	La Salle, QUE
Men 60-64	1:53:34	R.J. Noonan (60)	Shelburne, VT
Women's Open	1:24:47	Debbie Brunelle-Tirrito (35)	Winooski, VT
Women 35-39	1:24:47**	Debbie Brunelle-Tirrito (35)	Winooski, VT
Women 40-44	1:38:56	Pat Yandow (40)	So. Hero, VT
Women 45-49	1:40:33	Linda Coffin (47)	Grand Isle, VT
Women 50-54	2:17:47	Jean Baralle (52)	Williston, VT
Women 55-59	1:46:34*	Sylvia Weiner (59)	Montreal, QUE

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

Other new Single-Age records were set by:
1:27:29* Moira Durnin (39F) Stowe, VT

Vermont Runner Rankings:

Race finishers:	Male	Female
Open	121	58
40-49	40	14
50-59	11	2
60-69	4	-

Ranking points were earned by the following runners:

Men's Open:	Randy Sichtler	Winooski	100 (1st)
	Terry Gilmore	Burlington	70 (2nd)
	Gordon MacFarland	Burlington	40 (4th)
	Zane Scott	Essex Junction	30 (5th)
	Paul Ode	Burlington	20 (7th)
	Robert Miller	Burlington	15 (3th)
	Kevin Rapsajic	Essex Junction	10 (10th)
	Doug Garey	Colchester	7 (11th)
	Thomas Grace	Fairfax	3 (13th)
Men 40-49:	Gordon MacFarland	Burlington	15 (1st)
	Don Haggerty	So. Burlington	10 (3rd)
	Tom Crowe	Jeffersonville	5 (5th)
	Ian Janike	Quechee	2 (7th)

GREEN MOUNTAIN HALF MARATHON. SO. HERO, VT
13 OCTOBER 1990
RACE SUMMARY

Vermont Runner Rankings (Continued):

Men 50-59:	Steven Bradish	Williston	3 (1st)
	Jim Arnold	Stowe	2 (2nd)
Men 60-69:	R.J. Noonan	Shelburne	3 (1st)
	Armand Chicoine	Burlington	2 (2nd)
Women's Open:	Debbie Brunelle-Tirrito	Winooski	30 (1st)
	Maira Durbin	Stowe	25 (2nd)
	Carol Blattspieeler	So. Burlington	7 (7th)
	Suzanne Sargent	Burlington	5 (8th)
	Pat Yandow	So. Hero	3 (9th)
	Susan Mercier	So. Hero	2 (10th)
	Linda Coffin	Grand Isle	1 (11th)
Women 40-49:	Pat Yandow	So. Hero	3 (1st)
	Linda Coffin	Grand Isle	2 (2nd)
	Mimi Whitney	Colchester	1 (3rd)
Women 50-59:	Jean Batelle	Williston	2 (2nd)

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

MANCHESTER FALL FOLIAGE 10KM FOOTRACE
20 OCTOBER 1990
RACE SUMMARY

Age Group Winners:

Men's Open	34:03*	Rick Stark (41)	Manchester Ctr., VT
Boys 16-17	38:13	Zach Chambers (17)	No. Clarendon, VT
Men 35-39	34:20	Dave Johnston (36)	Brattleboro, VT
Men 40-44	34:03**	Rick Stark (41)	Manchester Ctr., VT
Men 45-49	39:37	Bruce Meader (47)	Vergennes, VT
Men 50-54	36:19	John Felton (51)	W. Rupert, VT
Men 70-74	1:01:14*	John Ragone (72)	Manchester, VT
Women's Open	40:42*	Laurie Sigloch (26)	Manchester, VT
Women 35-39	43:27	Nancy Okun (39)	Peru, VT
Women 45-49	48:55	Rosemary Rusin (47)	Florence, VT
Women 50-54	54:37	Laney Davis (54)	Manchester, VT
Women 55-59	1:02:44	Virginia Coy (57)	Manchester, VT
Women 60-64	58:50**	Barbara Reed (60)	Dorset, VT
Women 65-69	1:19:23*	Hilda Robbins (69)	Manchester Ctr., VT
Women 70-74	1:26:53**	Mary Sarvis (70)	Shaftsbury, VT

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

Vermont Runner Rankings:

Race finishers:	Male	Female
Open	35	23
40-49	7	2
50-59	2	2
60-69	-	2
70-79	1	1

Ranking points were earned by the following runners:

Men's Open:	Rick Stark	Manchester Ctr.	12 (1st)
	Dave Johnston	Brattleboro	10 (2nd)
	Shane Mason	Windsor	7 (3rd)
	Bill Colvin	Shaftsbury	5 (4th)
	John Felton	W. Rupert	3 (5th)
	Wayne Flewelling	Rutland	2 (6th)
	Mitch Cole	Rutland	1 (7th)
Men 40-49:	Rick Stark	Manchester Ctr.	3 (1st)
	Bruce Meader	Vergennes	2 (2nd)
	Edward Brown	Windham	1 (3rd)
Men 50-59:	John Felton	W. Rupert	3 (1st)
	John Thomson	No. Bannington	2 (2nd)

MANCHESTER FALL FOLIAGE 10KM FOOTRACE
 20 OCTOBER 1990
 RACE SUMMARY

Vermont Runner Rankings (Continued):

Men 70-79:	John Ragone	Manchester	3 (1st)
Women's Open:	Leurie Sigloch	Manchester	7 (1st)
	Mary Massucco	So. Londonderry	5 (2nd)
	Margaret Dwyer	Manchester Village	3 (3rd)
	Nancy Okun	Peru	2 (4th)
	Sandy Giesler	Stratton	1 (5th)
Women 40-49:	Rosemary Rusin	Florence	3 (1st)
Women 50-59:	Laney Davis	Manchester	3 (1st)
	Virginia Coy	Manchester	2 (2nd)
Women 60-69:	Barbara Reed	Dorset	3 (1st)
	Hilda Robbins	Manchester Ctr.	2 (2nd)
Women 70-79:	Mary Sarvis	Shaftsbury	3 (1st)

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

MOHAWK-HUDSON RIVER MARATHON
 SCHENECTADY TO ALBANY, NY
 28 OCTOBER 1990

Central Vermont was well represented at this year's running of the HMRRC Marathon. Billed as a low-key "runners'" marathon, it is exactly that. No frills, but a delightful, gently rolling to downhill course that is about 70% bike paths. Traffic control was excellent where the course crossed highways, and there was water about every two miles. Spectators like the course also, because of the many locations where access to the race route is easily obtained.

The race started in Schenectady's beautiful Central Park under threatening skies. Cold temperatures (low 40's) and a stiff headwind convinced all but the super-hardy that tight's were a good idea. After 6 miles of residential streets and a brief light rainfall, the runners entered a bikepath, where they remained until just before mile 18. The bikepath parallels the Mohawk River for much of its length, and is a great place to run. The cutoff for registration for this race is 400. It's easy to see that a larger crowd could tax the capacity of this bikepath, which in places gets quite narrow. After leaving the bikepath, the course wanders through Cohoes and eventually heads south, paralleling the Hudson River. On this day, that's where the going got tough. While on the bikepath along the Mohawk, we were pretty much sheltered, and the wind was not a factor. However, once we headed south, the wind was directly in our faces, and the mile splits began to lengthen. The last four miles were on bikepath again, and the race ended near the D&H building in Albany. Over-all winners were Koichi Araki of Albany (originally of China) in 2:34:04, and Carol Hervey of Westerly, RI, in 3:06:27.

Results of local folks are as follows:

- 2:56:07 John Valentine (25th, 4th in 40-44 group)
- 3:00:20 Bob Murphy (40th, 1st in 50-54 group)
- 3:28:03 Jeff Shutak (134th, 16th in 45-49 group)
- 3:40:13 Duncan Robb (179th, 13th in 50-54 group)

This was Duncan's first marathon, and he did a terrific job under far from ideal running conditions!

Bob Murphy

JUNIPER HILL 12KM RACE
3 NOVEMBER 1990

On a beautiful day for running (65 degrees, cloudy), most apparently stayed home to rake leaves. That seems a good reason as any for the light turnout at this year's running of the challenging Juniper Hill Race in Barre town. Despite the small crowd, however, the race was a competitive one, and Ralph Cote of Winooski established a new course record of 44:21. Last year's winner, Bob Miller of Burlington, finished nearly a minute behind. Complete results follow.

- Ralph Cote, Winooski, 29 44:21
- Bob Miller, Burlington, 32 45:41
- Tim Noonan, Montpelier, 34 47:40
- Bob Murphy, Barre, 50 48:17
- John Valentine, Northfield, 41 52:10
- Ezzeddine Fatnassi, Burlington, 37 52:20

Special thanks go out to those volunteers who worked at the race. They included Darragh Ellerson, Paschal DeBlasio, Jo-Ann Beaudin DeBlasio, Shannon Murphy, Vicki Shutak, Jeff Shutak and Duncan Robb.

Bob Murphy
Race Director

AGE GROUP WINNERS

- Men's Open 44:21** Ralph Cote, 29 Winooski, VT
- Men 35-39 52:20** Ezzeddine Fatnassi, 37 Burlington, VT
- Men 40-44 52:10* John Valentine, 41 Northfield, VT
- Men 50-54 48:17** Bob Murphy, 50 Barre, VT

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

Other new Single-Age records were set by:
45:41* Bob Miller, 32 Burlington, VT
47:40* Tim Noonan, 34 Montpelier, VT

Vermont Runner Rankings

Race finishers:	Male	Female
Open	6	-
40-49	1	-
50-59	1	-

Ranking points were earned by the following runners:

- Men's Open:
 - Ralph Cote Winooski 3 (1st)
 - Bob Miller Burlington 2 (2nd)
 - Tim Noonan Montpelier 1 (3rd)
- Men 40-49:
 - John Valentine Northfield 3 (1st)
- Men 50-59:
 - Bob Murphy Barre 3 (1st)

1990 RANKINGS OF VERMONT RUNNERS

Ranking of Vermont resident runners in 1990 has been completed. Road race performances at all standard certified distances are eligible for ranking; 1990 Rankings of Vermont Runners include performances on the following courses.

Bennington 10K Road Race, Bennington	13May90
Vermont City Marathon, Burlington	27May90
Capital City Stampede 10Km, Montpelier	9June90
Montpelier 10-Miler, Montpelier	23June90
Berlin Pond 9Km Couples Race, Berlin	1Aug90
CVR 1Hr Track Run, Montpelier	14Aug90
SVR 1Hr Track Run, Montpelier	21Aug90
Northfield 10Km Race, Bennington	30Aug90
Leafpeepers Half Marathon, Waterbury	15Sept90
Leafpeepers 5Km Race, Waterbury	7Oct90
Green Mountain Marathon, South Hero	7Oct90
Manchesster 10Km Fall Foliage Footrace, North Hero	13Oct90
Juniper Hill 12Km Race, Barre	23Oct90

Several new events appear in this year's listings, indicating a growing number of certified Vermont courses. We'll love to see the list expanded even further. Keep certifying those courses!

Ranking scores awarded for race performances are based on the following table. An individual may receive ranking scores for as many distances as he/she competes in, but will receive only one score (his/her best) at a given distance. Scores are determined by individual race, based on the number of finishers in the group in question. Although Vermont residents and non-residents are considered for the purpose of ranking score awarded in a given event, only Vermont residents are eligible for comparative ranking.

Finishing Place

Finishers	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11	12	13	14	15
80+	100	70	50	40	30	25	20	15	12	10	7	5	3	2	1
75-80	70	50	40	30	25	20	15	12	10	7	5	3	2	1	
69-74	50	40	30	25	20	15	12	10	7	5	3	2	1		
63-68	40	30	25	20	15	12	10	7	5	3	2	1			
57-62	30	25	20	15	12	10	7	5	3	2	1				
51-56	25	20	15	12	10	7	5	3	2	1					
45-50	20	15	12	10	7	5	3	2	1						
39-44	15	12	10	7	5	3	2	1							
33-38	12	10	7	5	3	2	1								
27-32	10	7	5	3	2	1									
21-26	7	5	3	2	1										
15-20	5	3	2	1											
14 or less	3	2	1												

This year witnessed the largest number of Vermont runners yet competing for State rankings. The largest number of qualifying events was the reason. It was gratifying to see new certified race courses in Manchester, So. Hero and Waterbury this year.

WOMEN'S OPEN:

Ruthie Davis was the top Vermont woman runner of 1990. Her win at Leafpeepers Half Marathon and a respectable 10th place finish at Vermont City Marathon edged out Lisa Schmidt for the top spot. Lisa earned her points with 2nd place finishes at the Vermont City Marathon and the Montpelier 10-Miler. Moira Durnin, on the verge of turning master, held a solid third with strong performances at Capital City Stampede, Montpelier 10-Miler and the Leafpeepers Half Marathon.

Ruthie Davis	80	Waitsfield
Lisa Schmidt	77	Proctorsville
Moira Durnin	58	Stowe
Merrill Gray	43	Lake Elmore
Patty Girouard	40	Stowe
Gerrit Gollner	40	Montpelier
Barbara Capen	38	Starksboro
Susan Drapp	38	Duxbury
Debbie Brunelle-Tirrito	35	Winooski
Gina Sperry	30	So. Burlington

WOMEN 40-49:

Barbara Capen moved up from a fifth place in 1989 to capture the top master award for 1990 on the strength of wins at Capital City Stampede, the Montpelier 10-Miler and Leafpeepers Half Marathon. Patty Girouard, last year's top master, took first in the Northfield 5Km Race, but finished second to Capen at Leafpeepers.

Barbara Capen	11	Starksboro
Patty Girouard	7	Stowe
Rosemary Rusin	7	Florence
Susan Bronson	3	So. Burlington
Janet Chaffee	3	Bennington
Elizabeth Meiklejohn	3	East Calais
Karen Monsen	3	Stowe
Jude Whalen	3	Montpelier
Pat Yandow	3	So. Hero

WOMEN 50-59:

Darragh Ellerson remained 59 just long enough to nail down top spot for 50-year olds. First place finishes at Capital City and Montpelier 10-Miler were enough to hold off Milly Rhoades. Jackie Schmidt and Pelli Flanders, all tied for second. Rhoades took a first at Northfield and a third at the Stampede. Schmidt took second at both of those races, and Flanders finished second at Berlin Pond, and third at Northfield and the 10-Miler.

Darragh Ellerson	6	Montpelier
Milly Rhoades	4	Bethel
Jackie Schmidt	4	Ludlow
Pelli Flanders	4	Montpelier
Laney Davis	3	Manchester

WOMEN 60-69:

Moving into the sixties mid-season, Darragh Ellerson blew away the competition, taking first in this category as well. First place finishes at Northfield, Berlin Pond, the CVR 1-Hour Track Run and Leafpeepers Half Marathon left no room for close seconds. Barbara Reed placed second on the strength of her win at the Manchester 10Km Race.

Darragh Ellerson	12	Montpelier
Barbara Reed	3	Dorset
Hilda Robbins	2	Manchester Center

WOMEN 70-79:

Mary Sarvis went unchallenged for honors in the 70-79 category in 1990. Her performance at the Manchester Fall Foliage Footrace earned her the ranking points shown.

Mary Sarvis	3	Shaftsbury
-------------	---	------------

MEN'S OPEN:

Sam Davis earned top honors among Vermont men in 1990 with wins at the Capital City Stampede and the Montpelier 10-Miler. Randy Sightler was red-hot at the end of the season, winning both the Leafpeepers Half Marathon and the Green Mountain Half Marathon. His second place finish at the 10-Miler, however, kept him from overtaking Davis in the standings. Eric Morse took third with wins at Northfield and Berlin Pond.

Sam Davis	140	East Calais
Randy Sightler	130	Winooski
Eric Morse	107	Waterbury
Mark Chaplin	70	Montpelier
Terry Gilmore	70	Burlington
Edward McSweeney	53	Montpelier
Michael Davis	50	Morrisville
Wayne Flewelling	43	Bennington
John Valentine	41	Northfield
James Falcone	40	Northfield
Gordon MacFarland	40	Northfield
Patrick Miner	40	Burlington
Monte Pappas	40	Barre
	40	Williston

MEN 40-49:

First place finishes at Northfield, Capital City and Juniper

Hill, as well as seconds at the Montpelier 10-Miler and Leafpeepers Half Marathon catapulted John Valentine into the top masters spot in 1990. Charles White was close on his heels with his 3rd place finish at Vermont City Marathon. John Morton, top ranked master in 1989, finished just behind White at Vermont City and in these rankings.

John Valentine	58	Northfield
Charles White	50	Burlington
John Morton	40	Thetford Center
Stephen Herrero	35	Shelburne
Gordon MacFarland	25	Burlington

MEN 50-59:

Bob Murphy was on a roll this past year, with wins at Northfield, Berlin Pond, Juniper Hill, Leafpeepers Half Marathon, and the CVR 1-Hour Track Run, as well as seconds at Montpelier 10-Miler and the Capital City Stampede. Doug Witham moved up from fourth place in 1989 with a third place at Vermont City Marathon and a fourth at Leafpeepers Half Marathon. Jerry Shepard's 5th place finish at Vermont City Marathon and Peter Teachout's 2nd place at Leafpeepers Half Marathon left them deadlocked for 3rd place ranking.

Bob Murphy	25	Barre
Douglas Witham	12	So. Burlington
Jerry Shepard	5	Franklin
Peter Teachout	5	Norwich
Steven Bradish	3	Williston
Robert Kelley	3	So. Hero
Peter Monsen	3	Stowe
John Pelton	3	West Rupert

MEN 60-69:

Don Lyons, upended by Hugh Short in 1989 for top spot, ended up in a tie with him in 1990. Don's firsts at Northfield and Capital City earned him 6 points, as did Hugh Short's wins at Vermont City Marathon and Leafpeepers Half Marathon. Ed Doucette nailed down third spot with a first at the SVRR 1-Hour Track Run and a second-place finish at the Bennington Road Race.

Hugh Short	6	Chittenden
Donald Lyons	6	Montpelier
Edward Doucette	5	Bennington
Doug Allen	4	Bethel
R.J. Noonan	3	Shelburne

MEN 70-79:

Individual performances by five in their seventies resulted in a five-way tie for top ranking in this category. Gear, Jaffee, Matteson, Morse and Ragone won their points, respectively, at the SVRR 1-Hour Track Run, Leafpeepers Half-Marathon, Bennington Road

Race, Northfield and Manchester.

Dan Geer	3	Bennington
Howard Jaffee	3	Underhill
Bob Matteson	3	Bennington
David P. Morse, Sr.	3	Montpelier
John Ragone	3	Manchester

Bob Murphy
Vermont Running Data Center

VERMONT CERTIFIED COURSE LIST as of 15 Nov 1990

<u>5 Kilometers</u>					
Montpelier	"Vt Cable TV Turkey Trot"	27Oct87	VT87005BT		
Northfield	"Northfield Observances 5Km"	13Oct89	VT89001BT		
Waterbury	"Leafpeepers 5Km"	11Sep90	VT90003WN		
<u>8 Kilometers</u>					
Berlin	"Berlin Pond Couples Race"	13Jul87	VT87002BT		
Burlington	"Stroh's Run for Liberty"	14Jul84	VT84001JMC		
<u>10 Kilometers</u>					
Bennington	"Bennington Road Race"	23Apr87	VT87001BT		
Brattleboro	"Brattleboro"	4May85	VT85013JMC		
Manchester	"Fall Foliage Footrace"	12Aug90	VT90001WN		
Montpelier	"Capital City Stampede"	14Jun87	VT87003BT		
<u>12 Kilometers</u>					
Barre	"Juniper Hill Race"	13Oct89	VT89002BT		
<u>10 Miles</u>					
Montpelier	"Montpelier 10 Miler"	23Aug86	VT86023JMC		
<u>20 Kilometers</u>					
Manchester Ctr	"Maple Leaf" (split)	28Jun85	VT85001WN		
<u>Half Marathon</u>					
Brownsville	"Ascutehy Mtn Foliage Classic"	12Oct86	VT86001BT		
Manchester Ctr	"Maple Leaf"	28Jun85	VT85001WN		
South Hero	"Green Mountain Half Marathon"	11Sep90	VT90002WN		
Waterbury	"Leaf Peepers"	28Sep87	VT87004BT		
<u>Marathon</u>					
Burlington	"Vermont City Marathon"	21Apr89	VT89001WN		
South Hero	"Green Mountain Marathon"	14Oct88	VT88001BT		

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.

APR 7 Adelphia Cable 5k, Contact Adelphia Cable for details.
 CVR JUN 8 Capital City Stampede, 10k, School Street, Montpelier 9:30 a.m., Norm Robinson (223-7351).
 CVR JUN 22 Montpelier 10 Miller, Montpelier High School, 9:00 a.m. Tim Noonan (229-4658).
 CVR AUG 3 Berlin Pond Couples Race, 8k, Chris Whalen (496-9703).
 CVR OCT 6 Leaf Peepers Half Marathon and 5k, Waterbury, Darragh Ellerson (223-2080) and Jeff Shutak (433-6776)
 CVR NOV 2 Juniper Hill 12K, Barre, Bob Murphy (476-4328).



ROAD RUNNERS CLUB OF AMERICA

(703) 836-0558

DOES YOUR CITY OR COMMUNITY SUPPORT SPORTS? Thanks to a meeting with the national office of the President's Council on Physical fitness and Sports, we have an excellent guide on how to go about establishing a local council on physical fitness and sports. It will show you, step by step, how to approach your local government to get support for such a council. A local council on physical fitness, made up of influential citizens, can do much to advance fitness in its populace. It is a logical extension of the work your club does in running, and your club can be a leader in forming such a council. If you would like a copy of this pamphlet, send a SASE to the RRCA office, and say "ATTN: Local Council booklet."

RAILS TO TRAILS: Interested in having your club take an active part in the development of our railroad tracks to a nationwide network of trails? Tell your club members that they can join Rails to Trails Conservancy by sending \$18 (individual) or \$25 (family) to RTC, PO BOX 96582, Washington, DC, 20077-7560, or call (202) 797-5400.

SPECIAL OLYMPICS: The Special Olympics has a program called "Unified Sports" where distance runners (and other sports) integrate with individuals with mental retardation to compete with teams of similar age and ability. Unified Sports is an important program because it expands sports opportunities for athletes seeking new challenges. If you would like to know more about how your club can participate in this program, or to get more information on it, write to Special Olympics, International Headquarters, 1350 New York Ave., NW Suite 500, Washington, DC 20005, or call (202)628-3630.