

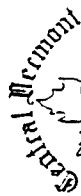
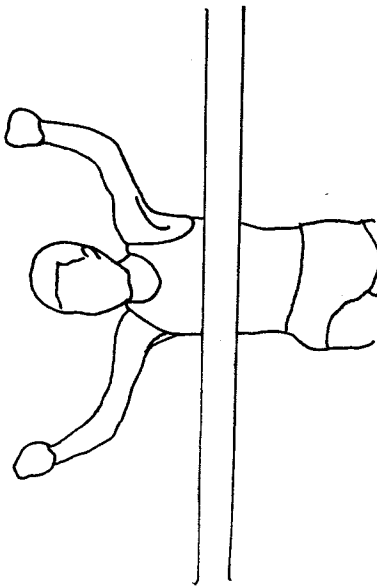
CENTRAL VERMONT RUNNERS
NEWSLETTER

1991

JUNE: 1991

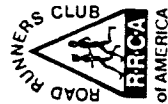
Vol. 12 No. 3

RACE: TIME



RUNNERS

PRES. DARRAGH ELLERSON
V. PRES. TIM NOONAN
TREAS. NORM ROBINSON
SEC. SUE DRAPP
EDITOR DANA MCCARTHY



Some Running events traveling through Central Vermont soon.

Bob Murphy reports all local runners are invited to join in the June 30 leg of the Follow Us Home to Vermont Relay from City Park in Barre to Montpelier. This leg is about 7 miles and runners should meet at the Barre City Park at about 1:30 to prepare for the 2:00 p.m. start. In addition anyone who wishes may join the July 1 run from Montpelier City Hall to the State House at about noon.

Note** in the Press Release about Follow Us Home to Vermont Relay, one of the members of the core unit running the 15 days is Morgan Gerdel of Maui, Hawaii is C.V.R. member Greg Gerdel's son. There may be other C.V.R. relatives running, let the Editor know!

In the Spring 1991 issue of the UVM Quarterly there were two articles of running interest. One called, Calling all UVM Runners is seeking UVM runners for legs of the UVM Bicentennial Relay. The Relay begins in Windsor, Vermont (because it is the site of the chartering of UVM) and concludes at the Celebration Convocation on the UVM campus September 14. Organizers are Roger Zimmerman class of '61 and Shelly Weiner class of '60 and Tom Weaver the editor of UVM Record. Needed are students, faculty, staff and alumni runners. Medical and support team volunteers are also needed. Contact the Bicentennial Office to sign up.

C. V. R. pot luck - June 11th

6:30 p.m. at Jeff & Viki Shatakis

5:30 - fun run of 6 miles
with Jeff. Please let him know
if planning to run - work: 229-9121
home: 433-1776 -

PRESS RELEASE

The 1991 FOLLOW US HOME TO VERMONT RELAY event takes place from June 15 through July 1st, 1991. We begin our journey with the torchlighting ceremony at the White House in Washington, D.C., and end by presenting our Vermont Statehood Bicentennial Friendship Torch, and the proclamations and flags we receive from the 11 states we visited en route, to Governor Richard Snelling on the State House steps in Montpelier, Vermont on Monday, July 1st at 12:30 p.m..

In total, there are 27 athletes working hard to be part of this team. We are set up in such a way that there is a base team of 12, who will run the entire distance. The addition of 5 athletes per section will greatly enhance the team. The boys and girls, ages 12 through 17 years, come from many parts of the state of Vermont, as well as from Ontario, Canada. Each team member brings many personal skills to the team in addition to their athletic abilities. We have two debaters, two Eagle Scout candidates, one bareback bronco rider, eighteen choral singers, one cellist, one equestrienne, eighteen basketball players, five baseball players, six field hockey players, and the list goes on...

The twelve core team members are: A. J. Alsop (Woodstock), Sam Carrara (Pittsford), Amity Clifford (Brandon), Pat Donnelly (Rutland), Mike Foulds (Owen Sound, Ontario, Canada), Jason Gibbs (Forestdale), Wendy Hession (Pittsford), Andy Litt (Hanover, Ontario, Canada), Rob Mitchell (Worcester), Lawton Redman (Pittsford), Chick Tamboer (Brandon), and Val Zimmer (Brandon).

In addition to the core unit who will be with us for the entire 15 days of the event, there are three additional groups who will be running through one section. The sections are from Washington to Philadelphia, Philadelphia to Boston, and Boston to Montpelier. Members running one section include Brian Albert (Pittsford), Zoe Cawfield (White River Junction), Corey Flynn (Benson), Morgan Gerdel (Maui, Hawaii), Josh Griffin (Forestdale), Rob McDougall (Quechee), Josh Martin (Brandon), Jay Moody (White River Junction), Karyn Peabody (Worcester), Casey Sherrill (Goshen), Jeremiah Smith (Brandon), Karen Torrey (Brandon), Noah Vhinen (Brandon), and Ben Weiss (Worcester).

The team will be in final training sessions the weekend of May 17-19, in Quechee, and will leave for Washington the morning of June 15th. They are ambassadors in track suits. They will represent Vermont in a fine fashion, and encourage everyone they meet to "FOLLOW US HOME TO VERMONT! JOIN IN THE CELEBRATIONS!"

For additional info contact Myles Caskie, at 802-247-3827.

-30-

C.V.R. APRIL MEETING MINUTES

All of the members who were there were present!!
A reminder will be sent to the members who did not pay their dues. (We have 20 delinquent debtors to date).

Races: Locomotion 5K in Waterbury on April 28th. A motion was made and moved to let Locomotion use the finish chute, mile markers, printer-timer and stopwatch for a \$25.00 fee.

Run or Walk for the Health of It 5K and 1K for kids. May 11th.
C.V.R. will sponsor.

Capital City Stampede June 8th will also be sponsored by C.V.R., with Union River Sports, and State Street Market. As always...looking for helpers.

Montpelier 10-Miler is set for June 22 sponsored by C.V.R. and the Montpelier Recreation Department.

Bear Swamp Race July 13 at Middlesex's Rumney Elementary School with picnic at Wrightsville beach after...bring your own food!

Berlin Pond Race August 3rd and Chris Whalen is the race director (again, yeah Chris!).

Leaf Peepers Half-Marathon will be on October 6th, Darragh and Jeff are working out the details.

Juniper Hill 12K set for the First Sat. in November (Nov. 2) and is the only official 12K in the State!

In other business: Scholarships will be awarded to area students for, two scholarships at \$200.00 each and one at \$100.00.

A motion was made and approved for Adopt-A-Team. Adopt-A-Team will be where C.V.R. uses the services of an area track team in at least three races with a minimum of 6 workers. For the school team's cooperation they will be given \$300.00.

F.Y.I.....If you are looking to run with someone...some members get together on Tuesdays at 5:30 p.m. for the Fun Runs at the Liquor Control Warehouse, bring your own water and choose your distance of 2, 4, or 6 miles. On Wednesdays Norm Robinson and Bob Howe meet at 4:45p.m. at Montpelier High School, come join them. On Thursdays also at 4:45p.m. Bob Murphy and anyone else meet at the Berlin Town Clerk's office to run around the pond. And on Sat. mornings a group meets at the former Stockyard to run between 5 and 12 miles.

Sue Drapp
Secretary

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MONTPELIER TEN MILE ROAD RACE



17TH ANNUAL RACE
 ONE OF VERMONT'S OLDEST RACES
 SATURDAY, JUNE 22, 1991 - 9:00 A.M.

PLACE: Montpelier High School, Montpelier, Vermont.
 SPONSORS: Central Vermont Runners and Montpelier Recreation Department. Sanctioned by Road Runners Club of America and The Athletics Congress.

REGISTRATION: To pre-register, make checks payable to Central Vermont Runners and mail entries to: Tim Noonan, 2 Pinewood Road, Montpelier, Vermont 05602. Post registration at Montpelier High School June 22, from 7:30 a.m.-8:45 a.m. Dressing and bathroom facilities available.

FEE: \$6.00 for pre-registrants. \$7.00 for post-registrants. Pre-registration must be made by June 17.

START TIME: 9:00 A.M.

COURSE: Starts at front of High School. Flat to rolling out and back course over primarily dirt road. Finishes at Dept. of Employment and Training building. Four water stations. Miles accurately marked. Course is certified.

DIVISIONS: FEMALE- Under 18, 18-29, 30-39, 40-49, 50-59, 60+
 MALE- Under 18, 18-29, 30-39, 40-49, 50-59, 60+
 TEAMS- 1-39 Open Male, 1-39 Open Female, 40+ Masters Male, 40+ Masters Female (3 member teams).

PRIZES: Trophy and gift certificate/merchandise prize to top male and female. Gift certificate or merchandise prize for top finishers in each age and team division.

 OFFICIAL ENTRY FORM - MONTPELIER 10 MILE ROAD RACE JUNE 22, 1991

NAME _____ SEX M F AGE _____ BIRTH DATE _____
 STREET _____ CITY _____ STATE _____
 ZIP _____ CLUB or TEAM (if applicable) _____

I KNOW THAT RUNNING A ROAD RACE IS A POTENTIALLY DANGEROUS ACTIVITY. I SHOULD NOT ENTER AND RUN UNLESS I AM ABLE TO SAFELY COMPLETE THE RACE. I KNOW ALL RISKS ASSOCIATED WITH THIS ACTIVITY AND I AGREE TO WAIVE MY RIGHT TO BE LIMITED TO, FALLS, CONTACT WITH OTHER PARTICIPANTS, THE EFFECTS OF THE WEATHER, INCLUDING HIGH HEAT AND/ OR SUN, AND THE EFFECTS OF BEING STRUCK BY A CAR OR TRUCK WHILE RUNNING. I AGREE TO WAIVE MY RIGHT TO BE LIMITED TO BEING STRUCK BY A CAR OR TRUCK WHILE RUNNING. I AGREE TO WAIVE MY RIGHT TO BE LIMITED TO PARTICIPATING IN THIS RACE UNDER ANY CIRCUMSTANCES OR LIABILITY THAT MAY BE ASSERTED BY ANY OTHER PARTY ON THE DATE OF THE PERSON MADE IN THIS STATEMENT.

SIGNATURE _____ DATE _____

Signature of Parent or Guardian if under 18 years of age

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Our Mega-mileage CVR runners Dot Helling and Sue Christensen are signing and training for the Vermont 100 on July 27. They are looking for interested folks to help out at the race or just cheer them on. The race starts at 4:00 a.m. at the Smoke Rise Farm in South Woodstock, Vermont. There is a horse race on the trail at about the same time the runners are on the trails! Anyway Dot and Sue would appreciate support around 6:00P.M. when the runners tend to fade and need a boost.

Results - Lake Waramug 50-miler
 New Preston, Conn.
 April 28, 1991

Men 1. Colin Corkery 5:32:43 *
 Needham, Mass.
 * Course Record - previous record held by our own Burlington's Ralph Swenson

2. Roger Welch 6:07:12
 Marshfield, Mass.
 3. Ray Krolewicz 6:18:23
 (went on to win 100K in 8:39:11)

Women 1. Dot Helling 8:04:52
 2. Barb McLeod 8:40:00
 Gloucester, Ontario, Canada
 All the other women dropped.

50 starters

Very hot day with headwinds off the Lake.
 Note that for the women, it was "as Northerners" who hung on. Keep up that mental toughening, eh? See you soon

Northeast Trailrunners Circuit

5/19/91 Soapstone Mountain Trail
Half Marathon, 13.3 rugged miles
Somers, Connecticut

Top Men

1. Andy Moffatt, NY 1:26:32
2. Dave Dunham, Conn 1:26:34
3. Rich Fargo, Conn 1:31:39

Women

1. Sarah Wright, Mass (age 28) 2:02:48
2. Lisa Valardi (26) 2:04:25
3. Ann Fallon, Mass. (27) 2:06:04

- *Vermontus: 8. *Dot Helling (41) 2:20:02
(1st master)
11. *Sue Christensen (47) 2:24:08
(2nd master)

6/2/91 NipMuck Trail Marathon, 26.2 even
more rugged miles, Ashford, Conn.

Top Men

1. Dave Dunham ^{New} ^{Carryse} ^{Recorded} 3:01:51
 2. Keith Turner 3:10:45
 3. Rich Fargo 3:11:44
- *Vermontus: 10. *Shane Bowley 3:40:37
11. *Ralph Swenson 3:40:37

Women

1. *Dot Helling 4:48:09
2. *Sue Christensen 4:54:48
3. Holly Massucco 5:09:45

MOTHERS DAY 5 KILOMETER ROAD RACE
12 MAY 1991
RACE SUMMARY

Age Group Winners:

Men's Open	15:18*	Eric Morse (26)	Waterbury, VT
Boys 8-9	27:44*	Justin Bryer (8)	So. Ryegate, VT
Men 18-19	21:41	Eric Meyette (18)	Essex Junction, VT
Men 35-39	23:17	Jim Wray (36)	Montpelier, VT
Men 40-44	20:38	Rich Brown (40)	Elmore, VT
Men 45-49	20:46	Newton Baker (49)	Montpelier, VT
Men 50-54	18:49*	Bob Murphy (51)	Barre, VT
Men 60-64	22:05*	Robert Shelton (61)	Bradford, VT
Women's Open	20:29	Katherine Greenia (16)	Morrisville, VT
Girl's 14-15	22:55	Kelly Greenfield (15)	St. Albans, VT
Girl's 16-17	20:29	Katherine Greenia (16)	Morrisville, VT
Women 18-19	27:36	Kim Carey (18)	Essex Junction, VT
Women 35-39	20:30*	Marill Gray (38)	Elmore, VT
Women 40-44	31:06	Marge Michaud (43)	So. Burlington, VT
Women 45-49	26:03*	Heidi Smith (49)	Moretown, VT
Women 50-54	28:02	Pollie Flanders (54)	Montpelier, VT

* = New Vermont Single-Age Record

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

Other new Single-Age records were set by:
24:06* Karen Rabelje (23) Colchester, VT

Vermont Runner Rankings:

Race finishers:	Male	Female
Open	28	20
40-49	6	6
50-59	3	1
60-69	2	-

Ranking points were earned by the following Vermont runners:

Men's Open:	Waterbury	10 (1st)
Eric Morse	Montpelier	7 (2nd)
Dick Millar	Stowe	5 (3rd)
Eric Montminy	Barre	3 (4th)
Bob Murphy	Marshfield	2 (5th)
Chris Aguda-Brown	Shelburne	1 (6th)
Matt Chandler		
Men 40-49:	Elmore	3 (1st)
Rich Brown	Montpelier	2 (2nd)
Newton Baker	Barre	1 (3rd)
Townsend Gilbert		

MOTHERS DAY 5 KILOMETER ROAD RACE
12 MAY 1991
RACE SUMMARY

Vermont Runner Rankings (Continued):

Men 50-59:	Barre	3 (1st)
Bob Murphy	So. Burlington	2 (2nd)
Tom Sissel	West Danville	1 (3rd)
Ted Chase		
Men 60-69:	Bradford	3 (1st)
Robert Shelton	Montpelier	2 (2nd)
Ernie Flanders		
Women's Open:	Morrisville	5 (1st)
Katherine Greenia	Elmore	3 (2nd)
Merill Cray	St. Albans	2 (3rd)
Kelly Greenfield	Jericho	1 (4th)
Claudia Sullivan		
Women 40-49:	Moretown	3 (1st)
Heidi Smith	Montpelier	2 (2nd)
Judy Utton Colombo	Barre	1 (3rd)
Janet Gilbert		
Women 50-59:	Montpelier	3 (1st)
Poll Flanders		

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

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FIRST ANNUAL MOTHERS DAY 5K ROAD RACE
PRESENTED BY ADELPHIA CABLE COMMUNICATIONS & N.E. CABLE TELEVISION ASSOC.
MAY 12, 1991 5KM TAC CERTIFIED #VT87C05BT Montpelier, VT
Timing By: GRANITE STATE RACE SERVICES, NEWPORT, NH (603)863-2537

* MEN'S RESULTS *

PLACE	DIV	DIV	NAME	AGE	S	CITY	ST	NO.	TIME	PACE
1	1	M1929	ERIC MORSE	26	M	WATERBURY	VT	176	0:13:18	4:55
2	2	M1929	DICK MILLAR	29	M	MONTPELLIER	VT	185	0:18:02	5:48
3	3	M1929	ERIC MONTMINY	26	M	STONE	VT	148	0:18:12	5:51
4	1	M5059	ERIC MURPHY	51	M	BARRE	VT	15	0:18:49	6:03
5	1	M3039	CHRIS AGUDA-BROWN	31	M	MARKSHFIELD	VT	79	0:19:42	6:20
6	4	M1929	MATT CHANDLER	27	M	SHELburne	VT	145	0:19:50	6:23
7	1	M4049	RICH BROWN	40	M	ELMORE	VT	173	0:20:38	6:38
8	2	M4049	NEWTON BAKER	49	M	MONTPELLIER	VT	12	0:20:46	6:41
9	1	M0118	ERIC MEYETTE	13	M	ESSEX JCT.	VT	178	0:21:41	6:59
10	2	M3039	FAT MCDONOUGH	33	M	FECHAN	VT	166	0:21:59	7:05
11	1	M6099	ROBERT SHELTON	61	M	BRADFORD	VT	42	0:22:05	7:06
12	5	M3039	MARK RENKERT	31	M	BURLINGTON	VT	145	0:22:29	7:14
13	5	M1929	MARK VOSSLER	28	M	SO. BURLINGTON	VT	37	0:22:36	7:16
14	3	M4049	TOWNSEND GILBERT	46	M	BARRE	VT	182	0:22:54	7:22
15	4	M4049	DAN AGUDA	40	M	WESTFIELD	MA	80	0:23:06	7:26
16	6	M1929	DANIEL CASEY	28	M	SHELburne	VT	183	0:23:16	7:29
17	4	M3039	JIM WRAY	36	M	MONTPELLIER	VT	66	0:23:17	7:30
18	2	M5059	TOM SISSEL	51	M	S. BURLINGTON	VT	170	0:23:28	7:33
19	3	M5059	IED CHASE	51	M	W. DANVILLE	VT	143	0:24:20	7:50
20	7	M1929	JOE MCHALE	29	M	MONTPELLIER	VT	161	0:24:35	7:55
21	5	M3039	DANA FENNER	32	M	SO. WOODSTOCK	VT	82	0:25:12	8:07
22	8	M1929	ANDREW GESHAN	27	M	MONTPELLIER	VT	50	0:26:35	8:33
23	2	M6099	ERNIE FLANDERS	50	M	MONTPELLIER	VT	24	0:26:49	8:38
24	5	M4049	CEDRIC ROYEA	49	M	FARRE	VT	74	0:26:56	8:40
25	6	M3039	ROLAND BILLINGS	32	M	MORRISVILLE	VT	67	0:27:43	8:55
26	2	M0118	JUSTIN BRYER	8	M	SO. RYEGATE	VT	64	0:27:44*	8:56
27	7	M3039	JAY GRAVES	32	M	MONTPELLIER	VT	162	0:30:28	9:48
28	6	M4049	RON MICHAUD	48	M	S. BURLINGTON	VT	175	0:31:05	10:00

* Under TACSTATS Age-Group guideline

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MALE AGE-GROUP RESULTS
FIRST ANNUAL MOTHERS DAY SK ROAD RACE
 PRESENTED BY ADELPHIA CARLE COMMUNICATIONS & N.E. CARLE TELEVISION ASSOC.
 May 12, 1991 SKM TAC CERTIFIED WVT67005BT Montpelier, VT
 Timing By: GRANITE STATE RACE SERVICES, NEWPORT, NH (603)863-2537

MALE AGE GROUP: 18 AND UNDER

PLACE	O'ALL NAME	AGE	CITY	ST	BIB NO.	TIME
1	ERIC MEYETTE	18	ESSEX JCT.	VT	178	0:21:41
2	JUSTIN BRYER	8	SO. RYEGATE	VT	64	0:27:44

MALE AGE GROUP: 19 - 29

PLACE	O'ALL NAME	AGE	CITY	ST	BIB NO.	TIME
1	ERIC MORSE	26	WATERBURY	VT	176	0:15:18
2	DICK MILLAR	29	MONTPELIER	VT	185	0:18:02
3	ERIC MONTMINY	26	STONE	VT	148	0:18:12
4	MATT CHANDLER	6	SHELburne	VT	145	0:19:50
5	MARK VOSSLER	28	SO. BURLINGT	VT	37	0:22:56
6	DANIEL CASEY	28	SHELburne	VT	183	0:23:16
7	JOE MCMALE	29	MONTPELIER	VT	161	0:24:35
8	ANDREW GESHAN	27	MONTPELIER	VT	50	0:26:55

MALE AGE GROUP: 30 - 39

PLACE	O'ALL NAME	AGE	CITY	ST	BIB NO.	TIME
1	CHRIS AGUDA-BROWN	31	MARSHFIELD	VT	79	0:19:42
2	PAT MCDONOUGH	33	PEACHAM	VT	166	0:21:59
3	MARK RINKERT	31	BURLINGTON	VT	165	0:22:29
4	JIM WRAY	36	MONTPELIER	VT	66	0:23:17
5	DANA FENNER	32	SO. WOODSTOC	VT	82	0:25:12
6	ROLAND BILLINGS	32	MORRISVILLE	VT	67	0:27:43
7	JAY GRAVES	33	MONTPELIER	VT	162	0:30:28

MALE AGE GROUP: 40 - 49

PLACE	O'ALL NAME	AGE	CITY	ST	BIB NO.	TIME
1	RICH BROWN	40	ELMORE	VT	173	:20:58
2	NEWTON BAKER	49	MONTPELIER	VT	12	0:20:46
3	TOWNSEND GILBERT	46	BARRE	VT	182	0:22:54
4	DAN AGUDA	40	WESTFIELD	MA	80	0:23:06
5	CEDRIC ROYEA	49	BARRE	VT	74	0:26:56
6	RON MICHAUD	48	S. BURLINGSTO	VT	175	0:31:05

MALE AGE GROUP: 50 - 59

PLACE	O'ALL NAME	AGE	CITY	ST	BIB NO.	TIME
1	BOB MURPHY	51	BARRE	VT	15	0:18:49
2	TOM SISSEL	51	S. BURLINGT	VT	170	0:23:28
3	TED CHASE	51	W. DANVILLE	VT	143	0:24:20

MALE AGE GROUP: 60 AND OVER

PLACE	O'ALL NAME	AGE	CITY	ST	BIB NO.	TIME
1	ROBERT SHELTON	61	BRADFORD	VT	42	0:22:05
2	ERNIE FLANDERS	60	MONTPELIER	VT	24	0:26:49

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FIRST ANNUAL MOTHERS DAY SK ROAD RACE
 PRESENTED BY ADELPHIA CARLE COMMUNICATIONS & N.E. CARLE TELEVISION ASSOC.
 May 12, 1991 SKM TAC CERTIFIED WVT67005BT Montpelier, VT
 Timing By: GRANITE STATE RACE SERVICES, NEWPORT, NH (603)863-2537

 * WOMEN'S RESULTS *

PLACE	DIV	DIV	NAME	AGE	S	CITY	ST	NO.	TIME	FACE
1	1	F0118	KATHERINE GREENIA	16	F	MORRISVILLE	VT	184	0:20:29*	6:36
2	1	F3039	MERTILL GRAY	38	F	ELMORE	VT	174	0:20:30	6:36
3	2	F0118	KELLY GREENFIELD	15	F	ST. ALBANS	VT	177	0:22:55	7:23
4	2	F3039	CLAUDIA SULLIVAN	37	F	JERICHO	VT	163	0:23:42	7:38
5	1	F1929	KAREN RUFALJE	23	F	COLCHESTER	VT	04	0:24:06	7:45
6	3	F3039	DIANE CHANDLER	31	F	SHELburne	VT	146	0:24:38	7:56
7	4	F3039	PAT HATTER	34	F	MONTPELIER	VT	172	0:24:42	7:57
8	5	F3039	DONNA SNOW	31	F	STONE	VT	81	0:25:33	8:13
9	1	F4049	HEIDI SMITH	49	F	MORETOWN	VT	167	0:26:03	8:23
10	2	F4049	JUDY UTTON	48	F	MONTPELIER	VT	169	0:27:16	8:47
11	3	F4049	JANET GILBERT	49	F	BARRE	VT	181	0:27:18	8:47
12	6	F3039	SHIRLEY REMETKA	38	F	MONTPELIER	VT	56	0:27:22	8:48
13	3	F0118	KIM CAREY	18	F	ESSEX JCT.	VT	179	0:27:36	8:53
14	7	F3039	PENNY MCINTOSH	39	F	CAMBRIDGE	VT	164	0:27:54	8:59
15	1	F5059	FOLLI FLANDERS	54	F	MONTPELIER	VT	22	0:28:02	9:01
16	4	F4049	JANET COON	49	F	FAIRFAX	VT	171	0:28:04	9:02
17	4	F0118	LISA MICHAUD	17	F	SO. BURLINGTON	VT	61	0:29:56	9:58
18	5	F4049	MARGE MICHAUD	43	F	SO. BURLINGTON	VT	58	0:31:06	10:01
19	6	F4049	LUCI MEYETTE	F	ESSEX JCT.			180	0:33:36	10:49
20	7	F4049	LAUREN CHASE	42	F	W. DANVILLE	VT	144	0:38:20	12:20

* Under TACSTATS Age-Group guideline

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FEMALE AGE-GROUP RESULTS
FIRST ANNUAL MOTHERS DAY 5K ROAD RACE
 PRESENTED BY ADELPHI CABLE COMMUNICATIONS & N.E. CABLE TELEVISION ASSOC.
 May 12, 1991 5KM TAC CERTIFIED HW187005RT Montpelier, VT
 Timing By: GRANITE STATE RACE SERVICES, NEWPORT, NH (603)863-2537

FEMALE AGE GROUP: 18 AND UNDER

PLACE	O'ALL NAME	AGE	CITY	ST	BIB NO.	TIME
1	17 KATHERINE GREENIA	16	MORRISVILLE	VT	184	0:20:29
2	27 KELLY GREENFIELD	18	ST. ALBANS	VT	177	0:22:55
3	37 KIM CAREY	18	ESSEX JCT.	VT	179	0:27:36
4	43 LISA MICHAUD	17	SO. BURLINGT	VT	61	0:29:56

FEMALE AGE GROUP: 19 - 29

PLACE	O'ALL NAME	AGE	CITY	ST	BIB NO.	TIME
1	23 KAREN RUFALJC	23	COLCHESTER	VT	84	0:24:06

FEMALE AGE GROUP: 30 - 39

PLACE	O'ALL NAME	AGE	CITY	ST	BIB NO.	TIME
1	8 MERILL CRAY	38	ELMORE	VT	174	0:20:30
2	22 CLAUDIA SULLIVAN	37	JERICHO	VT	163	0:23:42
3	26 DIANE CHANDLER	31	SHELBOURNE	VT	146	0:24:38
4	27 FAT MATTER	34	MONTPELIER	VT	172	0:24:42
5	29 DONNA SNOW	31	STOWE	VT	81	0:25:35
6	36 SHIRLEY REMEIKI	38	MONTPELIER	VT	56	0:27:22
7	40 PENNY MCINTOSH	39	CAMBRIDGE	VT	164	0:27:54

FEMALE AGE GROUP: 40 - 49

PLACE	O'ALL NAME	AGE	CITY	ST	BIB NO.	TIME
1	30 HEIDI SMITH	49	MORETOWN	VT	167	0:26:03
2	34 JUDY UTTON COLOMBO	48	MONTPELIER	VT	169	0:27:16
3	35 JANET GILBERT	49	BARRE	VT	181	0:27:18
4	42 JANET COON	49	FAIRFAX	VT	171	0:28:04
5	46 MARGE MICHAUD	43	SO. BURLINGT	VT	58	0:31:06
6	47 LUCI MEYETTE	43	ESSEX JCT.	VT	180	0:33:36

FEMALE AGE GROUP: 50 - 59

PLACE	O'ALL NAME	AGE	CITY	ST	BIB NO.	TIME
1	41 POLLI FLANDERS	54	MONTPELIER	VT	22	0:28:02

FEMALE AGE GROUP: 60 AND OVER

PLACE	O'ALL NAME	AGE	CITY	ST	BIB NO.	TIME
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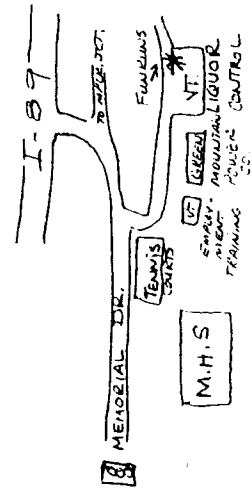
5K RUN

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.



- 'S ARE UNOFFICIAL
- NEWTON BAKER WILL BE THERE ANYWAY
- BRING YOUR OWN WATER AND WATCH
- SAME COURSE

RRCA GATORADE

RACE HOTLINE

For the Greater Washington, DC Area

703-683-RRCA

The Race Hotline is a service provided by Gatorade and the Road Runners Club of America. Callers are given pertinent information regarding the coming week's running events. The hotline is updated weekly.



P.O. Box 501, Stratton, VT 05155 (802)297-0100

STRATTONFEST
1991 SUMMER ATHLETIC EVENTS

Colin J. Lawson

RUNNING EVENTS: Athletic Director-Stratton Resort Area Association

MULLIGANS 6K/3K CROSS COUNTRY RUN

SATURDAY, JUNE 29, 1991

START AND FINISH AT THE STRATTON VILLAGE SQUARE, STRATTON, VT.

RED FOX 10K/5K TOWN AND COUNTRY FUN RUN

SATURDAY, JULY 20, 1991

START AND FINISH AT THE RED FOX INN, BONDVILLE, VT.

JAKES MARKETPLACE CAFE 15K/5K ROAD RACE

SATURDAY, AUGUST 17, 1991

START AND FINISH AT THE MOUNTAIN MARKETPLACE, LONDONDERRY, VT.
 PROCEEDS FROM ABOVE RACES TO BENEFIT VERMONT SPECIAL OLYMPICS

MAPLE LEAF HALF MARATHON AT THE EQUINOX RESORT HOTEL

SATURDAY, SEPTEMBER 7, 1991

START AND FINISH AT THE EQUINOX RESORT HOTEL, MANCHESTER VILL., VT.
 PROCEEDS TO BENEFIT NORTHSHIRE YOUTH ACTIVITIES COMMITTEE

MOUNTAIN BIKING

THE SCRAMBLER MOUNTAIN BIKE RACE

SATURDAY, AUGUST 3, 1991

START AND FINISH AT THE STRATTON MT. BASE LODGE, STRATTON, VT.
 PROCEEDS TO BENEFIT THE VERMONT HANDICAPPED SPORTS FOUNDATION

FOR FURTHER INFORMATION, PLEASE CONTACT THE STRATTON RESORT AREA ASSOCIATION AT (802) 297-0100

Please accept an invitation to join us for one or all of the events. The cost to active club members will be \$10. per race or \$25. for the series. The cost for the Maple Leaf will be \$12. The only thing I ask is that members pre-register and send along a note as to their club affiliation.

RACE SCHEDULE

*** C.V.R. - INDICATES C.V.R. - SPONSORED RACE. IF YOU DO NOT PLAN TO RUN, YOUR HELP WOULD BE GREATLY APPRECIATED BY THE RACE DIRECTOR AND CREW.

JUNE 16 CASPIAN LAKE RUNAROUND 10:30 A.M.

7-MILE RACE, PRE-REGISTRATION \$4.00
 CALL 748-8645, RACE DAY REGISTRATION \$5.00
 AT CASPIAN LAKE BEACH

*** C.V.R. JUNE 22 MONTPELIER 10-MILER 9:00 A.M. AT

MONTPELIER HIGH SCHOOL
 TIM NOONAN (229-4658)

JULY 4 CANNONBALL RUN 8:30 A.M. 10K AND

2 MILE RUNS BY MORRISVILLE REC. DEPT.
 CALL ROD DAVIS (888-4312)

*** JULY 13 BEAR SWAMP RACE 9:00 A.M. 5.6 MILES
 C.V.R.

RUMNEY ELEMENTARY SCHOOL, MIDDLESEX
 TIM NOONAN (229-4658)

*** AUG. 3 BERLIN POND COUPLES RACE 8K
 C.V.R.

CARIS WHALEN (496-9703)

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 The Nike/RRCA Children's Program earlier funded a booklet targeted to the parent and the child, entitled, "Children's Running -- A Guide for Parents and Kids," which is available from the RRCA for \$1.50 for a single copy. Written by Don Kardong and Jim Fersile, the booklet answers many questions that will help children enjoy the sport. Bulk rates are available by writing to the RRCA at 629 S. Washington St., Alexandria, VA 22314.