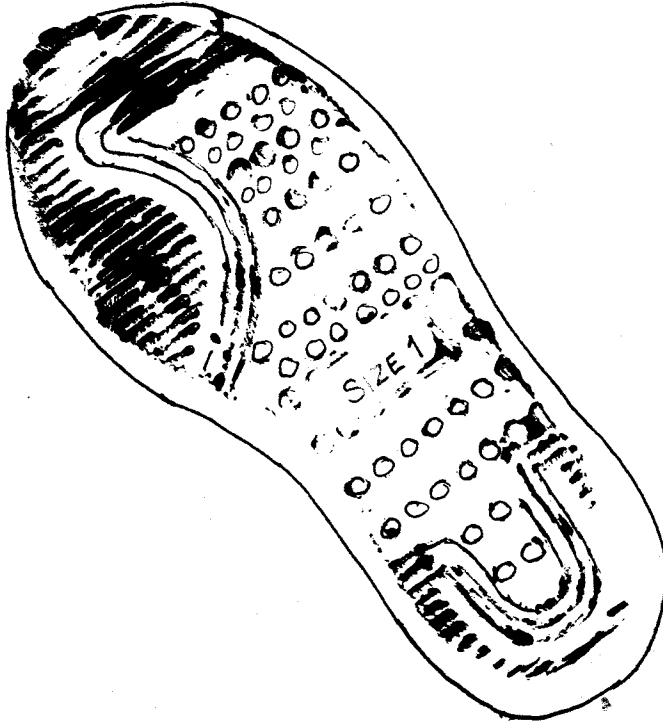


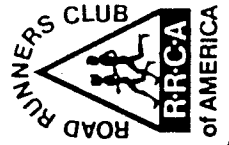
CENTRAL VERMONT RUNNERS
NEWSLETTER

¹²
VOL. 4
No. 34

JULY 1991



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



NEXT C.V.K. MEETING WILL BE JULY 16 TUESDAY AT BOB MURPHY'S HOUSE IN BARRE.
5:30 PM RUN AND 6:30 PCT LUCK DINNER.

If you're unsure how to get to Bob's house, he lives on Birchwood Park Drive in Barre, and his phone number is 476-4328. We had a great turnout for the June meeting at Jeff Shutak's house. Let's see if July's meeting can be just as numerous!

Speaking of the June C.V.K. meeting....let's see if I can recollect what transpired. We missed Sue Drap our official Secretary and knowing nobody could fill her shoes (don't ask with what), we just sort of rambled on and made chicken scratch for notes. Ah-hal President Larragh will know precisely what we did. I remember seeing her with pen in hand and writing on paper.

Hmm. Well, Larragh sort of doodles when she takes notes too. Oh well, here is sort of what happened as best we can figure out.

Those attending were: Larragh, Tim Noonan, Jeff and Vicki Shutak, Norm Robinson, Dana, J.E., Kerry, and Collin McCarthy, Dot Helling, Duncan Kobb, Bob Howe, Bob Murphy, Chris Whalen and what a spread we ate! Thank you Shutaks for the great burgers and dogs and salad and hospitality. And thanks to the other good cooks, too!

The Bear Swamp race will have a picnic afterward at the Wrightsville Beach. Bring your own food and drink.

There will be a Move-Along-thon sponsored by the American Cancer Society on Aug. 24th. They have asked C.V.K. to provide course monitors. The idea is for anyone with any mobility, crutches, wheelchairs, canes to just get out and move along the streets of Montpelier. If you can help call Jeff Shutak.

Bob Murphy is looking for someone to learn about course ~~management~~ (oh boy, we need new fingers to type this!) management. He claims he may not always be around to certify courses for us. Hal Vive le Bob! If you are interested call him. We also talked about investing in a second Jones counter. It's the device Bob uses on the courses.

We discovered two runners ran illegally in the last Capital Stampede. One ran pushing a baby stroller, the other ran wearing earphones connected to a Walkman. The baby stroller could force CVR to lose liability insurance if anything happened. IRCA strongly encourages people to leave baby carriers/strollers out of races. But TAC has ruled them illegal. So announcements will be made at the start of races and signs will be posted on the course.

Thus endth the meeting.

Later...at the 10-Miler it was voted to adopt Williamstown High School's cross country team. They will help at our races and we will give them \$300.00.

Much later....Your Editor discovered the Montpelier High School team is also interested

1991 CAPITAL CITY STAMPEDE RESULTS

June 8, 1991

Place Time Name Age Town, State

Women 0-12 Age Division

83 44:58 Greenfield, Kelly 15 St. Albans, Vt.
 109 50:42 Manlatty, Grace 12 Morrisville, Vt.

Women 20-29 Age Division

25 37:50 Loritski, Karen 29 Etna, NH
 57 41:18 Wilson, Laura 21 Montpelier, Vt.
 64 42:29 Bashaw, Shari 29 St. Albans, Vt.
 70 43:21 Douglas, Jen 21 Wolfeboro, NH
 73 43:31 Painter, Kay 28 Williston, Vt.
 81 44:44 Lehoullier, Joan 29 S. Burlington, Vt.
 87 46:27 Plante, Louise 27 Johnson, Vt.
 91 47:19 Infurna, Dawn 23 Brookfield, Vt.
 110 50:57 Farr, Sara 26 Bristol, Vt.
 124 56:39 Dean Wulff, Gweneth 25 E. Montpelier, Vt.
 127 57:11 Meshane, Beth 22 St. Albans, Vt.

Women 30-39 Age Division

17 36:43 Sperry, Gina 30 S. Burlington, Vt.
 47 40:24 Manley, Sue 34 Cambridge, Vt.
 49 40:41 Drapp, Sue 35 Duxbury, Vt.
 52 40:54 Roach-Davis, Patty 30 E. Calais, Vt.
 56 41:16 Brus, Johanne 34 Ayers Cliff QUE
 78 44:10 Van Dyke, Carol 35 Stowe, Vt.
 84 46:00 Heininger, Nancy 31 Montpelier, Vt.
 88 46:38 LaFlame, Betsy 39 Waitsfield, Vt.

95 48:31 Edelman, Robin 39 Montpelier, Vt.
 115 52:42 Boemer, Christina 34 Essex, Vt.
 117 53:41 Yarnell, Mary Lou 39 Swanton, Vt.
 119 54:11 Kammerer, Debbie 36 Duxbury, Vt.
 121 54:29 McIntosh, P. 39 Cambridge, Vt.

Women 40-49 Age Division

100 49:03 Noel, Margaret 48 Etna, NH
 104 50:00 Newman, Jude 43 Montpelier, Vt.
 108 50:39 Gilbert, Joyce 49 Waitsfield, Vt.
 112 51:16 Slattery, Eleanor 48 S. Burlington, Vt.
 114 52:25 Gerdel, Karen 40 Montpelier, Vt.
 118 54:10 Nagy, Laura 42 Hanover, NH
 125 56:46 Gilbert, Janet 49 Barre, Vt.

Women 50-59 Age Division

129 57:55 Nuquist, Reidun 50 Montpelier, Vt.

Women 60+ Age Division

113 51:19 Ellerson, Darragh 60 Montpelier, Vt.

4

Stampede Results Continued

1991 CAPITAL CITY STAMPEDE RESULTS

June 8, 1991

Place	Time	Name	Age	Town, State	Place	Time	Name	Age	Town, State
Men 0-19 Age Division									
132	66:34	Goodeil, Moe	10	Morrisville, Vt.	1	31:56	Davis, Sam	30	E. Calais, Vt.
Men 20-22 Age Division									
2	33:12	Daly, John	22	Pitsford, Vt.	6	35:26	Eichhorn, Bill	37	So. Burlington, Vt.
3	33:56	Galanes, Joe	26	So. Burlington, Vt.	7	35:38	Weith, Peter	37	Hinesburg, Vt.
5	34:55	Davis, Michael	20	Morrisville, Vt.	13	36:25	Dean, Edward	30	St. Johnsbury, Vt.
8	35:40	Powell, Doug	29	Stowe, Vt.	14	36:31	Sykes, Joe	35	South Hero, Vt.
9	35:59	Czaplinski, Matthew	25	Allston, MA	19	37:00	Kaiden, Tom	32	Montpelier, Vt.
10	36:16	Boisjoli, Alain	22	Milton, Vt.	26	37:53	Halpert, Russ	30	Vt.
12	36:24	Langmaid, Chip	29	St. Johnsbury, Vt.	28	38:09	Roerg, Rick	34	Stowe, Vt.
21	37:27	Shapiro, Paul	28	Colchester, Vt.	30	38:30	Scott, Zane	35	Essex Jct., Vt.
22	37:36	Spaulding, Troy	29	Swanton, Vt.	31	38:32	Gilbert, Tim	34	W. Lebanon, NH
23	37:41	McDermott, John	28	Montpelier, Vt.	32	38:35	Dale, Peter	37	Montpelier, Vt.
29	38:25	Millar, Dick	29	Montpelier, Vt.	33	39:11	Mauney, Jerry	37	Roxbury, Vt.
55	41:13	Shanley, Kevin	25	St. Albans, Vt.	35	39:20	Skinner, Mike	33	Essex, Jct. Vt.
61	41:45	Kruger, Tim	25	Waterbury, Vt.	40	39:52	Bell, Wayne	34	Montpelier, Vt.
2	41:50	Moody, Brian	26	Morrisville, Vt.	43	40:05	Ummer, Chris	30	St. Johnsbury, Vt.
63	42:28	Kutner, Joel	28	Shelburne, Vt.	45	40:16	Mazzucco, John	38	Randolph, Vt.
107	50:38	Nicholson, David	27	Jericho, Vt.	48	40:28	Porto, Brian	39	Bethel, Vt.
111	50:58	Fisher, E. Kirk	29	Starksboro, Vt.	50	40:44	Fatnassi, Ezzeddine	37	Burlington, Vt.
122	54:59	Davis, Joseph	22	Morrisville, Vt.	51	40:50	Shanley, Jamie	38	Montpelier, Vt.
					53	41:02	Martin, John	39	Barre, Vt.
					54	41:05	Sanborn, Lee	31	Wilder, Vt.
					58	41:22	Dayvie, Rik	34	Colchester, Vt.
					59	41:36	North, Kevin	36	E. Montpelier, Vt.

Stampede Results Continued

Place	Time	Name	Age	Town, State
Men 40-49 Age Division				
4	34:31	Bridge, Bill	44	Thetford, Vt.
16	36:39	Barton, Joe	43	Lancaster, NH
20	37:19	Valentine, John	41	Roxbury, Vt.
24	37:49	Burtoix, Lex	41	Randolph, Vt.
27	37:57	Bennett, Crocker	40	Essex, Vt.
34	39:13	Vaughan, Jack	46	Springfield, Vt.
36	39:27	Petelle, Russell	43	Derby Line, Vt.
38	39:39	Gerdel, Greg	44	Montpelier, Vt.
39	39:41	Peterson, Bradley	49	Montpelier, Vt.
41	39:53	Ruess, Norman	43	Williston, Vt.
42	39:55	Heikkinen, Richard	44	Claremont, NH
44	40:14	Johnson, Gordon	49	Ayers Cliff, Que
46	40:16	Verrier, Phil	49	Whitefield, NH
67	42:53	Brown, Rich	40	Elmore, Vt.
69	43:08	Van Dulip, Lowell	44	Adamant, Vt.
72	43:26	Baker, Newton	49	Montpelier, Vt.
75	43:39	Betit, Greg	42	Crown Point, NY
77	43:47	Hall, Chris	44	Kensington, CA
79	44:36	Kaeding, John	43	Worcester, Vt.
82	44:51	Klein, Tony	44	Montpelier, Vt.
85	46:04	Accorsi, Ron	47	Burlington, Vt.
86	46:22	Caffrey, Richard	48	Brownsville, Vt.
89	46:42	Perreault, Bill	40	Montpelier, Vt.
90	46:55	Davis, Rod	48	Morrisville, Vt.
93	47:44	Farnsworth, Richard	43	St. Johnsbury, Vt.
102	49:25	Miller, Mel	44	Montpelier, Vt.
60	41:44	Seivwright, Jeff		
65	42:42	Billings, Bob		
66	42:52	Dube, Eiden		
68	43:00	Johnson, Bruce		
74	43:36	McCarthy, J.B.		
76	43:42	McCarthy, Joe		
80	44:43	Wilk, Larry		
92	47:26	Roberts, Rob		
94	47:47	Menard, Michael		
97	48:39	Lindemann, Robert		
99	48:43	Fenner, Dana		
101	49:04	Burkholder, Steven		
103	49:44	Cotton, Ryan		
105	50:27	Wray, Jim		
116	52:49	Von Schoppe, Ted		
130	60:39	Ottina, Tom		
131	62:38	Graves, Jay		



ROAD RUNNERS CLUB OF AMERICA



Stampede Results Continued

Place	Time	Name	Age	Town, State
106	50:31	Shover, Michael	42	Bradford, Vt.
120	54:21	McIntosh, R.	40	Cambridge, Vt.
126	56:46	Gilbert, Townsend	46	Barre, Vt.
133	66:38	Clement, George	44	Morrisville, Vt.
Men 50-59 Age Division				
11	36:17	Pelton, John	51	West Rupert, Vt.
15	36:35	Teachout, Peter	50	Norwich, Vt.
18	36:49	Murphy, Robert	51	Barre, Vt.
37	39:35	Noel, Gordon	50	Etna, NH
71	43:23	Cunningham, Tim	59	Hartland 4 Corn. Vt.
96	48:35	Chase, Ted	51	W. Danville, Vt.
98	48:39	O'Donnell, Bob	52	Montpelier, Vt.
123	55:23	Hewett, Floyd	58	Moretown, Vt.
Men 60+ Age Division				
128	57:24	Mitchell, Robert	61	Hanover, NH

9

For July

May 13, 1991

CONTACT: Henley Gibble
(703) 836-0558

FOR IMMEDIATE RELEASE:

The Road Runners Club of America (RRCA) has again received a generous grant from The Athletics Congress (TAC). The \$17,500 grant will be used to expand RRCA educational efforts, to encourage the formation of new road running clubs, to increase support for children's fitness programs and to generally enhance development of more grassroots running awareness in the United States. The RRCA is an organization of long distance runners with over 480 chapters and 150,000 members.

The Athletics Congress' grant was approved in December at that organization's annual meeting in Seattle, Washington. In some ways the grant is extraordinary because in the late 60's and early 70's, the Amateur Athletic Union, the previous governing body for the sport, and the RRCA often feuded over the governance of the sport. Conflicts have diminished over the years and RRCA officials have assumed leadership roles in TAC, as TAC recognized the growing prominence in the United States of road running and the RRCA's critical role. Meanwhile, The Athletics Congress has evolved into a progressive national governing body for long distance running and track and field.

"The Athletics Congress' grant is greatly appreciated," said Jane Dolley, RRCA President, "as it is a symbol of the continued cooperation between TAC and the RRCA, which significantly benefits our sport. In particular, Ollan Cassell, TAC's Executive Director, Henley Gibble, the Executive Director of the RRCA, and Jeff Darman, a former president of RRCA and current executive board member, should be congratulated for working to make this grant possible."

Frank Greenberg, TAC/USA's President said, "We at TAC/USA look for ways to help grassroots running programs, both on and off the track. RRCA has demonstrated its ability to introduce road running to children throughout our country, and we are pleased to be able to help them again to show kids that the fun of running can be continued as a lifetime recreational activity."

This is the fifth year that TAC has supported the RRCA with a grant.

MONTPELIER TEN MILE ROAD RACE (JUNE 22, 1991)

**PFLIEFER AND DUNHAM OVERALL WINNERS.
MACGREGOR AND DURMIN SET MASTERS RECORDS**

Kathy Pfiefer won for the second consecutive year and Dave Dunham won in his first attempt to take the overall women and men titles, and Doug MacGregor and Moira Durnin broke the Masters records set last year, to highlight the 17th annual Montpelier Ten Miler on June 22.

Dunham, 27, of Londonderry, New Hampshire, overtook Jeff Staab of Natick, Massachusetts, over the second half of the course, to win in 53:33. It was tight at the front as only 27 seconds separated the first three men. Staab held on to finish second in 53:50, and Art Demers of Pelham, New Hampshire, followed closely behind in 54:00. MacGregor, 52 years old, from Lebanon, New Hampshire, turned in another remarkable performance. He finished in 56:53, breaking the Male Masters record which he set last year. Other male age group winners were Mike Cronauer (under 18), Demers (30-39), Mark Chaplin (40-49), who also was first finisher for the host team, the Central Vermont Runners, and Armand Chicoine (60+).

Pfiefer, 31, of Burlington, bettered her winning time of last year by 29 seconds, in finishing in 59:00. Moira Durnin, 40, of Stove, was second women overall and shattered the Female Masters course record, set last year by Barbara Capen, by nearly five minutes in finishing in 63:09. Other female age group winners were Shari Bashaw (18-29) and Mildred Rhoades (50-59).

The Greater Lowell Road Runners dominated the Open Male team competition, with its first three finishers setting a course team record in 2:43:51 (Dunham, Demers, Dave Lapierre). The North Country Runners (MacGregor, Joe Barton, Phil Verrier) won the Masters Male team title. There were no complete female teams.

121 runners registered for the race, and 112 actually completed the distance, a 20 percent increase over last year. As usual, the field was fast. 18 runners finished in under an hour, 35 finished in under 65 minutes, and 59 (more than half the field) completed the distance in under 70 minutes. The weather was relatively cooperative for a change, with partly sunny skies, low humidity and temperatures in the 60's. Nearly 30 percent of the runners were from out of state (many no doubt enticed by the race being the first in the Hockomock Swamp Rat's New England Race Series). Out-of-staters were treated to not only the typical scenery of a rural Vermont course, but also a very large and very dead porcupine which they had to run by twice on the out and back course. Also, they had to run around a construction crane on the bike path at the 9 1/2 mile point. It turned out the crane was only a minor nuisance as the construction company, Beck & Belluci, was very cooperative in stopping construction and clearing the path as much as possible for the runners.

Many thanks to the Montpelier Recreation Department who helped sponsor the race this year. Also, the support of the following organizations and businesses was much appreciated in defraying race expenses: Hockomock Swamp Rat, Onion River Sports, Runner's World, Road Runner Sports and Kinney Drugs. Last, but far from least, many, many thanks to the race volunteers who, as

usual, did a great job. The majority of volunteers were made up of the "CVR regulars" who help out at many club races: Pat Deblasio, David and Darragh Ellerson, Don Lyons, J.B. and Dana McCarthy, Bob Murphy, Duncan Robb, Norm Robinson, Jeff and Vicki Shutak and John Valentine. The turnaround was handled by Cheryl Eaton, daughter of the coach of the Williamstown High girls cross-country team, and the water stops were staffed by five members of the Williamstown team.

Tim Noonan, Race Director

OFFICIAL COMPLETE RESULTS

Overall Place	Age Group	Place	Time	Name
Female 18-29				
55	1	1:09:15	Shari Bashaw	
81	2	1:17:41	Louise Plante	
83	3	1:17:51	Jodie Bisson	
93	4	1:20:12	Karen Papalje	
95	5	1:20:45	Kate Kelly	
96	6	1:21:25	Kelly McKenzie	
102	7	1:25:19	Sara Farr	
Female 30-39				
14	1	59:00	Kathy Pfiefer	
54	2	1:09:12	Sue Manley	
69	3	1:11:40	Mary Mancuso	
73	4	1:12:53	Marcie Saganov	
85	5	1:18:51	Cindy Pentony	
87	6	1:19:04	Jean Kissner	
98	7	1:22:53	Pat Driscoll	
Female 40-49				
29	1	1:03:09	Moira Durnin	
52	2	1:08:33	Barbara Capen	
100	3	1:23:56	Judy Shaw	
101	4	1:24:49	Jude Newman	
107	5	1:36:12	Judy Columbo	
108	6	1:36:13	Janet Gilbert	
Female 50-59				
103	1	1:30:28	Mildred Rhoades	
104	2	1:31:09	Pauline Sicard	
106	3	1:35:00	Pollie Flanders	
112	4	2:27:55	Bev Nolan-Cannata	
Male 0-17				
22	1	1:01:00	Mike Cronauer	

Montpelier Ten Miler (6/22/91) - Official Complete Results(cont.)

Overall Place	Age Group Place	Name	Time
Male 18-29			
1	1	Dave Dunham	53:33
2	2	Jeff Staab	53:50
3	3	Dave Lapierre	55:58
4	4	David D'Arcangelo	56:03
5	5	David Thornbrough	56:51
6	6	James Mackenzie	57:58
7	7	Jeff Phillips	1:01:27
8	8	Kevin Repalje	1:02:35
9	9	Jeff Gould	1:02:52
10	10	Lance Gill	1:04:55
11	11	Brian Moody	1:06:46
12	12	Tim Kruger	1:07:44
13	13	Bob Martens	1:08:09
14	14	Tom Hartshorn	1:09:45
15	15	Brad Hershman	1:41:29
Male 30-39			
3	1	Arthur Demers	54:00
4	2	Jim Miller	55:08
11	3	Reg Bowley	58:36
12	4	Kevin Martell	58:47
13	5	Pascal Cravedi-Cheng	58:54
17	6	Joe Sykes	59:57
19	7	Monte Pappas	1:00:18
20	8	Charlie Buttrey	1:00:51
21	9	Bill Dysart	1:00:54
23	10	Ralph Cote	1:01:11
24	11	Tom Kaiden	1:01:23
30	12	Vic Tirrito	1:03:31
31	13	Peter Yates	1:03:47
32	14	Kurt Short	1:04:10
33	15	Peter Brook	1:04:18
36	16	Wayne Bell	1:05:21
37	17	Dave Garner	1:05:43
38	18	Ezzeddine Fatnassi	1:05:55
39	19	Jamie Shanley	1:06:13
43	20	Bill Everett	1:06:52
48	21	Lee Sanborn	1:08:02
53	22	Ron MacBruce	1:09:10
56	23	Steven Green	1:09:18
65	24	Richard Coyne	1:11:01
66	25	Mike Bachand	1:11:05
70	26	Bruce Johnson	1:11:46
71	27	John Donnelly	1:12:43
72	28	J. Atchinson	1:12:44
74	29	Steven Trubacz	1:12:55
78	30	Larry Wilk	1:15:59
79	31	Jeff Seivwright	1:17:02
91	32	Paul Mitro	1:19:54

Overall Place	Age Group Place	Name	Time
Male 40-49			
10	1	Mark Chaplin	58:24
15	2	Joe Barton	59:26
16	3	Peter Dane	59:31
34	4	Vern Forter	1:04:50
40	5	Phil Verrier	1:06:26
41	6	Joe Tomaselli	1:06:41
44	7	Richard Heikkinen	1:06:56
45	8	Rick Price	1:07:13
47	9	Russ Petelle	1:07:49
50	10	Patrick Burke	1:08:27
51	11	R.E. Searles	1:08:30
57	12	John Elliot	1:09:29
58	13	Howie Atherton	1:09:29
60	14	Pete Lorusso	1:10:23
61	15	Stewart Robertson	1:10:35
63	16	Newton Baker	1:10:53
67	17	Bert Villemaire	1:11:25
68	18	Lloyd Huriburd	1:11:38
75	19	David White	1:13:00
76	20	Jerry Lasky	1:14:08
77	21	Tony Klein	1:14:43
80	22	Townshend Gilbert	1:17:02
82	23	Ron Accors	1:17:46
84	24	Rod Davis	1:18:05
89	25	Doug Maclean	1:19:20
92	26	David Breault	1:19:58
99	27	Bernie Shaw	1:24:55

Male 50-59			
8	1	Doug MacGregor	56:53
18	2	Peter Teacout	59:58
26	3	Bob Murphy	1:02:20
62	4	Pat Hutton	1:10:37
64	5	Douglas Witham	1:10:56
86	6	Ted Chase	1:18:55
90	7	Gary Cunningham	1:19:48
94	8	Peter Buhl	1:20:27
Male 60+			
88	1	Armand Chicoine	1:19:09
97	2	George Schiavone	1:21:52
105	3	Robert Mitchell	1:33:25
109	4	Doug Allen	1:39:02
111	5	Bob Cannata	1:55:43
TEAM RESULTS: Male 0-39			
- 1. Greater Lowell Road Runners 2:43:51			
(Dunham, Demers, Lapierre)			
2. Green Mtn. Athletic Assoc. 2:59:09			
(Cravedi-Cheng, Sykes, Pappas)			
Male 40+			
1. North Country Runners 3:02:45			
(MacGregor, Barton, Verrier)			
2. Central Vermont Runners 3:11:37			
(Chaplin, Murphy, Baker)			
3. Green Mtn. Athletic Assoc. 3:28:33			
(Burke, Atherton, Hutton)			

14

Vermont Bicentennial Relay

When Morgan and I joined the "Adventure in Friendship Relay" in Philadelphia on Thursday June 20, we were among nine fresh recruits to the team — six young runners and three parents who would serve as bus driver, nurse, and all-around go'er. The latter was my specialty.

The core group of twelve runners plus the six running only the first leg began the relay in Washington D.C. with a torch-lighting send-off from Willard Scott, live on the Today Show. We soon discovered that Willard has quite a few viewers. "Are these the kids who are running to Vermont?" we would be asked again and again.

The relay, the 17th organized by Myles Caskie of Brandon, passed through ten of the original thirteen states. In each, the team had a ceremonial meeting with state officials and gathered Bicentennial proclamations which were delivered to Governor Snelling at the Statehouse on July 1.

But the running was the heart of the matter for the kids, who were ages 13-17. The relay was run in a sort of leap-frogging strategy with a school bus or van always protecting runners when police escort was not available— which in a time of tight government budgets, proved to be about half the time.

Usually, the kids ran in pairs, a mile at a time. On that cycle, even the younger runners could easily put in six or eight miles a day. On the longest running day, a stretch from New Haven, CT to Newport, RI, some of the older, stronger kids did nearly 20 miles.

The two oldest runners were Canadians who had done several relays with Caskie earlier. The majority of the group were from the Brandon, Pittsfield, Rutland area, with other runners from Woodstock, White River Jct. and Montpelier/Worcester. In addition to Morgan, local runners included Ben Weiss, Rob Mitchell, and Karyn Peabody, who attend U-32.

Highlights of the second section included a lunch at Sardi's in New York, a run around the Central Park reservoir, and the rest day on the beach at Newport — although I was on the phone arranging the details of the next day's run and official presentations.

The final leg of the relay included a dramatic crossing of the Connecticut River with a group of international students from St. Michael's College on Saturday June 29. Sunday, most of the team ran the full 6.7 miles from Barre's City Park to downtown Montpelier with police escort and perfect running weather. Russ Poulin of Plainfield joined the group after jogging down to Barre from his home.

An official Bicentennial event, sponsors for the relay included Saucony, Bill Rogers running clothes, Gatoraide, Holiday Inns, Nabisco, Jogbra, MAX, Ocean Spray, PowerBar, Casella Waste Management, Papa Gino's, Promotion Technologies of Putney, Merrimaids of Vermont, Cabot Cheese, the Hard Rock cafes in Washington D.C. and Boston, and Foster Motors of Middlebury. Woody Jackson provided custom T-shirts and a life-size Holstein on wheels.

A training weekend in May was hosted by the Quechee Resort. Organizing an event of this scale was monumental. Myles Caskie has quite a vision. But the important result was a lot of personal growth and new friendships for a talented group of young Vermonters. Wish more of you had been able to meet them.

--Greg Gerdel

CENTRAL VERMONT RUNNERS CLUB ANNOUNCES SCHOLARSHIPS

The Central Vermont Runners Club, with over 100 members in the Central Vermont area, has awarded three scholarships this year to area high school seniors.

The top student/athletes are selected on the basis of scholastic achievement, track and/or cross country accomplishments and career goals. This year two of the three scholarships have been awarded to students from Montpelier High School.

Erin Smyth and Matthew Lindley, both from Montpelier, will be receiving \$200 scholarships. Erin plans to major in early childhood education at St. Michaels College, while Matthew will be attending the University of Vermont. Both plan to run competitively at the college level.

Keith Sayers of Northfield will be receiving a \$100 scholarship toward his college career at the University of Vermont. Keith has been a member of the Central Vermont Runners Club in addition to his participation in school athletics.

12 TH ANNUAL BERLIN POND 8K COUPLES RACE

Berlin, Vermont
 Saturday, August 3, 1991 - 9:00 a.m.
 Sponsored by Central Vermont Hospital and Central Vermont Runners
 Sanctioned by TAC/USA

Course: 8 kilometers (4.93 mi.) around Berlin Pond. First half hilly, second half flat and fast; all dirt road. Water stop at mid point. Course is TAC certified; all distances marked.

Awards: Since this is a couples race, the combined time of both entrants will determine the winner. Prizes to fastest couple, as well as fastest male and female runners.

Entry Fees: \$6.00 per person pre-registration, \$7.00 post-Race Day
 Registration: 7:30 a.m. August 3, 1991; Maplewood Convenience Store, Rt. 62, Berlin, Exit 7 off I-89, right at 1st light.
 T-Shirts to the first 30 entrants (15 couples).

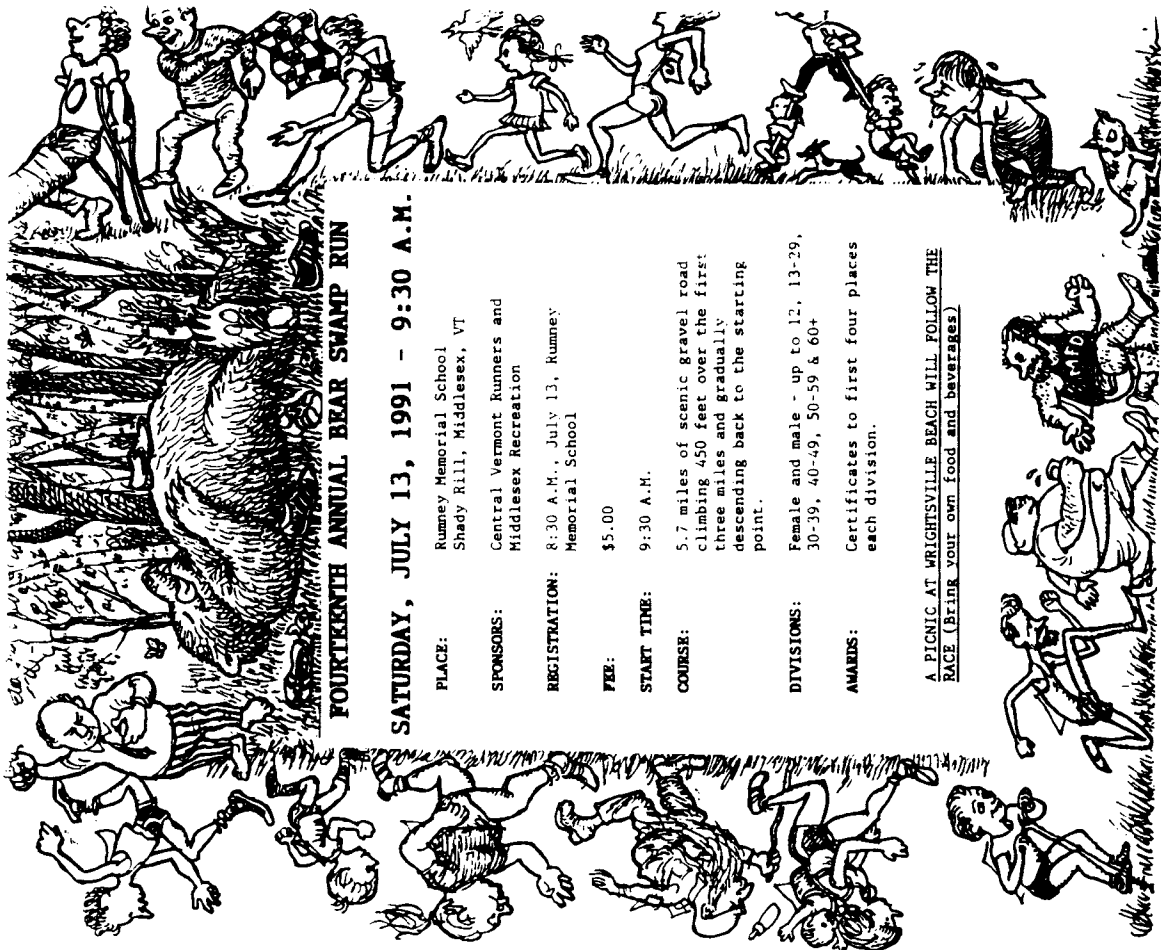
Official Entry Blank
 Berlin Pond 8k Couples Race \$6.00 per person pre-registration
 Mail with fee to Chris Whalen, P.O. Box 1067, Waitsfield, VT
 05673 (Make checks payable to Central Vermont Runners)

Name #1 _____ M/F_Age _____ D.O.B _____
 Name #2 _____ M/F_Age _____ D.O.B _____
 Street _____ City _____
 State _____ Zip _____

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 Town of 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 negligence or carelessness on the part of the persons named in this waiver.

Signature of entrants _____ date _____
 if entrant under 18, parent or guardian must sign _____ date _____

17



FOURTEENTH ANNUAL BEAR SWAMP RUN

SATURDAY, JULY 13, 1991 - 9:30 A.M.

- PLACE: Rumney Memorial School
 Shady Hill, Middlesex, VT
- SPONSORS: Central Vermont Runners and
 Middlesex Recreation
- REGISTRATION: 8:30 A.M., July 13, Rumney
 Memorial School
- FEES: \$5.00
- START TIME: 9:30 A.M.
- COURSE: 5.7 miles of scenic gravel road
 climbing 450 feet over the first
 three miles and gradually
 descending back to the starting
 point.
- DIVISIONS: Female and male - up to 12, 13-29,
 30-39, 40-49, 50-59 & 60+
- AWARDS: Certificates to first four places
 each division.

A PICNIC AT WRIGHTSVILLE BEACH WILL FOLLOW THE
 RACE (BRING YOUR OWN FOOD AND BEVERAGES)

18

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.

*** C.V.R. July 13 BEAR SWAMP RACE 9:00 A.M., 5.6 MILES,
RUMNEY ELEMENTARY SCHOOL, MIDDLESEX
TIM NOONAN (229-4658)

July 14 MT. CRANMORE HILL CLIMB 3 MILES
NORTH CONWAY, N.H. (603-447-2141)

July 20 STRATTONFEST TRIPLE CHALLENGE FOOTRACE SERIES
RED FOX 10K / 5K TOWN AND COUNTRY FUN RUN
BONDVILLE, VT. COLIN LAWSON (297-0100)

July 21 STOWE 8-MILER STOWE LEE LEBIER (253-9009)

July 21 ALPINE ANVIATION 3.6 MILES ROAD RACE
NORTH CLARENDON, ATHLETIC ENDEAVORS (483-6074)
OR (773-9168)

July 27 GOSHEN GALLOP 8 KM CROSS-COUNTRY RACE
BLUEBERRY HILL TOURING CENTER, GOSHEN
(247-6735)

*** C.V.R.
AUG 3 BERLIN POND COUPLES RACE 8 K BERLIN POND
CHRIS WHALEN (496-9703)

AUG. 4 10TH ANNUAL GREEN MOUNTAIN ROAD RACE 10K
KILLINGTON (422-3535)

AUG. 17 E K 10K 8:30 A.M. MT. MANSFIELD HIGH SCHOOL
JEFFERICH 8:30 DAVID JACOBOWITZ (656-4563)

19

RACE SCHEDULE CONTINUED!

AUG. 10 CRAFTSBURY 5K CLASSIC CRAFTSBURY COMMON
(586-7767)

AUG. 17 STRATTONFEST TRIPLE CHALLENGE FOOT RACE SERIES
JAKES MARKETPLACE CAFE 15K / 5K ROAD RACE
LONDONDERRY COLIN LAWSON (297-0100)

AUG. 28 BLUE CROSS-BLUE SHIELD / KIWANIS CHARITY CLASSIC
10K EXETER, N.H. (603-772-6839)

AUG. 25 GREEN MOUNTAIN CROSS-COUNTRY RUNNING
CHAMPIONSHIPS CATAMOUNT FAMILY CENTER
(879-6001)

AUG. 25 VERMONT EPILEPSY 5 MILE ROAD RACE
ATHLETIC ENDEAVORS, RUTLAND (483-6074 OR
773-9168)

AUG. 31 14TH ANNUAL LABOUR DAY 10K FOOT RACE
NORTHFIELD

SEPT. 7 ESSEX MAPLE LEAF HALF MARATHON
MANCHESTER VILLAGE COLIN LAWSON (297-0100)

SEPT. 14 ARCHIE POST 5 MILER 9:00 A.M. ESSEX ELEM.
SCHOOL BRUCE CUNNINGHAM (482-2933)

SEPT. 14 LAKE PLACID HALF MARATHON LAKE PLACID, N.Y.
(518-253-2591)

SEPT. 21 10 MILER 9:00 A.M. ESSEX ELEM. SCHOOL
CERTIFIED, BRUCE CUNNINGHAM (482-2933)

20

MORE RACES!

SEPT. 21 14TH ANNUAL BAR HARBOR HALF MARATHON
BAR HARBOR, MAINE (207-284-3511)

OOPS! AUG. 10 BIKE AND TIE TRIATHLON 9:00 A.M.
7 mi, 3 mi, 21 mi, 3 mi. 2 RUNNERS SHARE
ONE BICYCLE, HELMETS REQUIRED! GOVERNOR'S LANE,
SHELburnE (658-6536) \$2.00

SEPT. 28 ROUND CHURCH WOMEN'S RUN 5K AND 10K
RICHMOND JOHN SCHEER (862-0122 DAYS)

SEPT. 29 EAST LIME MARATHON, CONNECTICUT
(203-739-2864)

SEP. 29 FRIEDHOFFER'S RUN FOR WOMEN 10K AND 5K
SYRACUSE, N.Y. (518-273-0267)

***C.V.R.
OCT. 6 LEAF PEEPERS HALF MARATHON WATERBURY, VT.
11:00 A.M. DARRAGH ELLERSON (223-2080)

OCT. 12 ARTHUR TUDOR MEMORIAL 10K
SHELburnE BEACH 11:00 A.M. ALLEN RAINVILLE
(864-9165)

OCT. 19 GREEN MOUNTAIN MARATHON AND HALF MARATHON
SOUTH HERO (434-3228)

MORE MARATHONS IN AUGUST'S ISSUE!