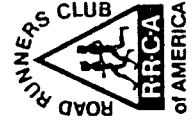


OCTOBER 1991
VOL. 11 No. 7?
12



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



McCarthy
Box 3315 Towne St.
Montpelier, VT-05602

C.V.R. SEPTEMBER MEETING
MINUTES

The Sept. meeting was held at Darragh Ellerson's house with Norm Robinson, Tim Noonan, Duncan Robb, Dana McCarthy (and kids), and prospective new member Kate Halvorson.

This informal gathering began with Darragh demonstrating her shin-strengthening, arch-strengthening, Plantar-facia injury preventing foot exercises to one ailing Duncan. These foot contortions are humbling efforts which make one "painfully" aware there are certain short circuits between brain and muscle control.

"Now move just your little toe (known as Pinky to some) to the right. Then have the others follow individually and finally bring the big toe over to join the others." Darragh instructed. Okay, the thoughts are programmed and processing down the leg into the foot. Bee-ee-ee! Short Circuit! Short Circuit!
No movement in the toes. They just sitting there with no idea any command has been given to move. Or if they have received the message, it's in a foreign language and they're playing dumb. Dumb is the way you feel trying to do these exercises. Then the instructor gives those encouraging words, "It's okay. After about three weeks of just trying to move your toes, you are accomplishing something. They will begin to move in four to six weeks!" And then she showed us more tricks for the toes! Darragh says they work (actually I confess I have also used some of these exercises and realized their benefit). But we did more!

We ate!

We talked!

And this is more or less what transpired.
Money. Always an attention grabbing topic. Treasurer Norm reported Berlin Pond Couples race made money this year after suffering a loss last year. The Treasury has about \$1,700.00. Tim Suggested we inquire about a digital clock for the finish line from Granite State Racing Systems. We nodded approval, but never voted to take any action on the purchase.

Darragh reported the number of phone requests for Leaf Peepers race applications is down. The reason is unknown since state tourism figures indicate more Peepers are coming.

MORE MINUTES!!!!

She noted the least economical advertising was in Vermont Sports monthly publication. We decided next year to advertise C.V.R.'s entire race schedule in Vermont Sports rather than an individual race. Some concerns about the Leaf Peepers race:

- Apparently WDEV is struggling to sell ads to cover the expense of the T-shirts.
- The race course will have to be re-routed and remeasured next year because of bridge construction on part of the course. It was suggested changing the site to Harwood Union High School. The advantages are: better parking, an indoor area with shower facilities during inclement weather.
- The disadvantages are: the course will be hilly and the location will be less convenient for out-of-towners and out-of-staters to find.

HOWEVER, the biggest concern about the race is.....it may not have a race director next year. Darragh announced she is retiring to enjoy Vermont in September. Darragh has directed or co-directed Leaf-Peepers for eight years; since it's beginning. She says the race has become almost a year round activity because of it's popularity. She says she is willing to continue to coordinate the phone requests for applications and has already submitted the advertisement for next year's race in national running publications.

OTHER RACES:

Bear Swamp -- Tim reported the race broke even. It was held Aug. 17 at the Rumney Elementary School in Middlesex. 35 people ran. A considerable increase from 4 runners last year! Tim credits the surge of runners to the early summer mailer of race applications. The only problem occurred when runners discovered they needed to go to the bathroom and the found the school door locked. Tim said the school's rural setting provided enough trees for everyone. Tim was so enthused with the race he re-volunteered to be "publicity director, as he calls it, again.

10-MILER -- Tim said this June race profitted by \$300.00- plus without a sponsor. Ah-ha! Sponsorship! A new twist to the meeting!

AND STILL MORE MINUTES!! (It will end soon, I promise.)

It was noted any race, even a large race like Leaf-Peepers could be run without a sponsor, which sometimes is a hassle. But the race would lack money for national advertising and t-shirts. Norm reported there are more than 800 addresses on our mailing list and by next year it could grow to 1,000. If the mailing list reaches 1,000, would it be sufficient just to send a packet of race applications and forget advertising? The question was left unresolved.

Berlin Pond Couples Race -- Chris found several mile markers had been up-rooted and thrown in the bushes along the course. One marker had been run over by a vehicle and damaged. It was reported Jeff Shutak is making new mile-markers. (I forgot to mention Chris Whalen was in attendance. Sorry Chris.)

The conversation rambled off onto running around Berlin Pond and many dog "tales". The meeting deteriorated to what happens when a runner tries to run past Toby the dog, who is either old and crotchety or just mean and nasty. Then there are Sasha and Jake who appear to be semi-harmless.

If you are planning a run around the pond and are suddenly met by barking fur, whose disposition your are uncertain, try using one of these names, Toby, Sasha, Jake in soothing tones and perhaps you can complete your run unscarred! Good luck!

There will not be an October meeting. C.V.R. will meet in November on the 19th at Dana McCarthy's house on Towne St. in Montpelier at 6:30 P.M. Pot-Luck dinner. Call 229-4650 for directions.

Respectfully submitted,
Dana McCarthy
Dana McCarthy

4

THE EIGHTH ANNUAL LEAF PEEPERS HALF-MARATHON AND 5 KM RACE

October 6, 1991 5 KM TAC CERTIFIED #V7910018T Waterbury, VT
Timing By: GRANITE STATE RACE SERVICES, NEWPORT, NH (603)863-2837

Table with columns: PLACE, DIV, NAME, AGE, CITY, ST NO., TIME, FACE. Lists race participants and their details.

6

THE EIGHTH ANNUAL LEAF PEEPERS HALF-MARATHON AND 5 KM RACE

October 6, 1991 5 KM TAC CERTIFIED #V7910018T Waterbury, VT
Timing By: GRANITE STATE RACE SERVICES, NEWPORT, NH (603)863-2837

Table with columns: PLACE, DIV, NAME, AGE, CITY, ST NO., TIME, FACE. Lists race participants and their details.

* Under: TACSTATS Age-Group guidelines

THE EIGHTH ANNUAL LEAF PEEPERS
HALF-MARATHON AND 5 KM RACE
October 6, 1991
Timing By: GRANITE STATE RACE SERVICES, NEWPORT, NH (603)863-2537
Waterbury, VT

Table with columns: PLACE, DIV, NAME, AGE, CITY, ST, NO., TIME, PACE. Lists race participants and their performance metrics.

* Under TACSTATS Age-Group guideline

ACE

Table with columns: PLACE, DIV, NAME, AGE, CITY, ST, NO., TIME, PACE. Lists race participants and their performance metrics.

THE EIGHTH ANNUAL LEAF PEEPER HALF-MARATHON AND 5 KM RACE

October 6, 1991 Half-Marathon TAC CERTIFIED #V187004B1 Waterbury, VT
Timing By: GRANITE STATE RACE SERVICES, NEWPORT, NH (603)863-2537

Table with columns: PLACE, DIV, NAME, AGE, CITY, ST, NO., TIME, PACE. Lists race participants from 51 to 100, including names like RICHARD HEIKKINEN, SCOTT TOSI, JAMES PELS, etc.

THE EIGHTH ANNUAL LEAF PEEPER HALF-MARATHON AND 5 KM RACE

October 6, 1991 Half-Marathon TAC CERTIFIED #V187004B1 Waterbury, VT
Timing By: GRANITE STATE RACE SERVICES, NEWPORT, NH (603)863-2537

Table with columns: PLACE, DIV, NAME, AGE, CITY, ST, NO., TIME, PACE. Lists race participants from 201 to 237, including names like MAELEN CAPLOW, CINDY BARRARD, PATRICIA CONNELLY, etc.

Under TACSTATS Age-Group guidelines

THE EIGHTH ANNUAL LEAF PLEPERING
HALF-MARATHON AND 5 KM RACE

October 6, 1991
Timing By: GRANITE STATE RACE SERVICES, NEWPORT, NH (603)861-2537
Waterbury, VT

PLACE	DIV	NAME	AGE	S	CITY	ST	NO.	TIME
101	49	M3039 JAMES ATCHINSON	39	M	WATERBURY	VT	313	1:35:48
102	18	M4049 EDWARD DURGIN	48	M	WOODSTOCK	VT	299	1:35:50
103	50	M3039 BRUCE JOHNSON	38	M	MIDDLEBURY	VT	130	1:36:06
104	7	M5059 KENNETH THOMPSON	54	M	AKRON	OH	200	1:36:17
105	51	M3039 JEFF BLANCHARD	34	M	ESSEX JCT	VT	126	1:36:32
106	19	M4049 NEWTON BAKER	49	M	MONTPELIER	VT	171	1:36:36
107	5	F3039 LIZ CHAPMAN	33	F	S.O. BURLINGTON	VT	56	1:36:48
108	20	M4049 RUSSELL POLLIN	49	M	MONTPELIER	VT	159	1:37:00
109	21	M4049 JOSEPH PARE	46	M	BEACONSFIELD	VT	177	1:37:03
110	52	M3039 JEFF SEIVARIGHT	33	M	MONTPELIER	VT	270	1:37:19
111	3	F4049 MARTI ANDERSON	34	F	HUNTINGTON	VT	94	1:37:26
112	6	F3039 SUSAN JONES	35	F	JERICHO	VT	47	1:38:34
113	8	M5059 PATRICK JIRON	53	M	CAMBRIDGE	VT	287	1:38:35
114	7	F3039 BETSY LARLAW	39	F	WATSFIELD	VT	239	1:38:50
115	8	F3039 MAURA McDONALD	32	F	N KINGSSTON	RI	210	1:39:05
116	22	M4049 ROBERT STURRIER	43	M	EXETER	NH	230	1:39:16
117	23	M4049 THOMAS STEVENSON	45	M	SUBURY	MA	180	1:39:31
118	9	F3039 ANN STRAKA	33	F	S.O. BURLINGTON	VT	55	1:39:35
119	10	F3039 DIANE KUNIGIS	34	F	MILTON	VT	39	1:39:41
120	24	M4049 BERNIE JUSKIEWICZ	48	M	CAMBRIDGE	MA	158	1:39:42
121	2	F1929 MICHELLE GABOURY	24	F	BELMONT	MA	32	1:39:50
122	53	M3039 JONATHAN SANDS	36	M	S.O. BURLINGTON	VT	268	1:39:50
123	54	M3039 RICHARD McKENNA	37	M	HYDE PARK	VT	251	1:40:03
124	25	M4049 JOHN KAEDING	43	M	Worcester	VT	204	1:40:32
125	26	M4049 RICHARD CAFFREY	49	M	BROOKSVILLE	VT	162	1:40:36
126	31	M1929 BRAD GRESHAM	28	M	WATERBURY	VT	83	1:40:40
127	55	M3039 MICHAEL KANFER	36	M	HILLISTON	VT	95	1:40:57
128	27	M4049 DOUGLAS MACLEAN	42	M	NEWTON	MA	229	1:41:10
129	56	M3039 BOB HICKEY	30	M	PLATTSBURGH	NY	99	1:41:29
131	57	M3039 TOM TORTI	50	M	CAMBRIDGE	VT	233	1:41:34
132	28	M4049 RIC HYSLOP	36	M	MONTPELIER	VT	226	1:41:45
133	11	F3039 JACKIE HUGHES	46	F	OTTAWA, ONTARIO	CD	188	1:41:46
134	10	M5059 BRIAN BRADLEY	36	F	CABOT	VT	58	1:41:50
135	58	M3039 THOMAS LADLEY	53	M	NEPEAN	ON	263	1:42:15
136	29	M4049 HAL BOARDMAN	32	M	STOLE	VT	223	1:42:18
137	30	M4049 JAY LEDERMAN	44	M	SWANTON	VT	228	1:42:30
138	59	M3039 JOHN SLAYMAKER	46	M	UNDERHILL CTR	VT	170	1:42:42
139	60	M3039 STEPHEN ROY	32	M	BROOKLYN	NY	34	1:42:44
140	31	M4049 BILL GERLACK	37	M	MONTPELIER	VT	114	1:42:56
141	3	F1929 B.E. MUMF	41	M	WESTFORD	VT	174	1:43:06
142	11	M1929 ENIC PLIUP	21	F	MONTPELIER	VT	71	1:43:07
143	24	M1929 RICHARD HEMOND, JR.	52	M	MONTPELIER	VT	171	1:43:14
144	61	M3039 JUDG ALLEN	23	M	WINDSOR	VT	143	1:43:14
145	4	F1929 JENNIFER WEST	32	M	CUMBERLAND	RI	86	1:43:25
146	12	F3039 JEAN KIZNETI	21	F	BURLINGTON	VT	267	1:43:50
147	32	M4049 MICHAEL CUSUMANO	32	F	S HADLEY	MA	278	1:43:56
148	62	M3039 GEORGE MORGAN	46	M	HILLISTON	VT	77	1:44:08
149	4	F4049 LANE DUNN	38	M	GLOVER	VT	184	1:44:09
150	13	F3039 NANCY SCHACHINGER	45	F	BOSTON	MA	105	1:44:12
			39	F	SHELBURNE	VT	62	1:44:20
					STRATON MT	VT	254	1:44:24

8

**MALONEY & HELLING DOMINATE AT
1ST ANNUAL BRAINTREE BASH**
10:04 AM, Sept. 7, 1991
Upper Branch School
West Braintree, Vermont

On a glorious picture-perfect day, Nancy Maloney and Dot Helling took early advantage of their hill climbing abilities and immediately pulled away from the field. They were never challenged by anyone - only the mountain. After an arduous 3-mile climb, with a dirt biker taking up the rear, they crested Braintree Gap with no one in sight and nearly missed the trail marker to the right. It was a peak experience!

Unable to find the aid stations, Nancy and Dot munched on transparent apples at a small hunting camp, surrounded by an orchard, before plummeting down "some rocks" or what appeared to be an old river bed. Several river crossings later, after running past "natural waterfalls and gorges," they emerged into the bright sun with the finish line in sight. Alas, they were so fleetfooted that race director Jeff Shutak never had the time to put up the chute. The only finishing cheers came from a Florida family hiking up the trail from which they'd just emerged.

Nancy and Dot not only finished first overall, but Nancy took the open title and Dot the masters division. In addition, they both set A COURSE RECORD! As a reward, they drove home with a free entry into next year's race when they will return to defend their title and record run of 1:34:54.

by A. Anonymous

11

MANCHESTER FALL FOLIAGE FOOTRACE



10K and 1 Mile Fun Run
Saturday, October 19, 1991

Sponsored by the Manchester Recreation Department

REGISTRATION: Mail entry form to pre-register for either race. Pre-registration must be received prior to 4:00pm, Friday, October 19. Pre-registrants may pick up race packets at the Dana L. Thompson Memorial Park between 10:00am and 4:00pm, Monday, Friday, or at the registration desk on race day between 8:00am and 9:30am.

ENTRY FEES: Pre-registration is \$10 per race. Race day registration is \$12 per event. All registration fees are non-refundable. Race T-shirts will be issued to the first 80 registrants. Please make checks payable to the Manchester Recreation Department.

CATEGORIES: Based on Pre-registration. There will be six standard male and female divisions. They will be as follows:
18 & UNDER, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 & OLDER
Open, Submaster, Master, Veteran, Grandmaster

STARTING TIME: The 10K race and the 1 Mile Fun Run will start simultaneously at 10:00am. Race day registration will be held from 8:00am to 9:30am at the Dana L. Thompson Memorial Park.

COURSE: TACUMA certified, starts and finishes at the Dana L. Thompson Memorial Park. The 10K race is relatively flat with a couple of gently rolling hills. The Fun Run is a loop within the park. See Course Map.

AWARDS: Merchandise, trophies or sponsor products will go to the top three male and female finishers in each category. An awards ceremony will be held immediately following race finish.

ACILITIES: Water stations and medical personnel will be strategically placed along the running course. Mile markers will be displayed. Split times will be provided. Bathrooms and changing areas are provided at the finish.

POST RACE ACTIVITIES: Refreshments and award ceremony immediately following the race.

BABYSITTING: A babysitting service will be provided for those children that are 3 years of age and up. If you are interested please check the following information: YES I AM INTERESTED _____ NO I AM NOT INTERESTED _____ % OF KIDS _____ AGE/AGES OF THE CHILDREN _____

NOTE* TACUMA sanctioned events are subject to a drug testing program and this event may be randomly selected. Athletes who participate in this competition may be subject to formal drug testing in accordance with TAC rules and IAAF Rule 14.4. Athletes found positive for banned substances, or who refuse to be tested, will be disqualified from this event and will lose eligibility for future competitions. Some over-the-counter and prescription medications contained banned substances. Information regarding drugs and drug testing may be obtained by call the USOC Hot Line at 800-223-0353.

FOR ANY OTHER RACE INFORMATION CALL: (802) 362-1439

NAME _____ ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

PHONE NUMBER _____ SEX _____ BIRTHDATE _____

AGE ON RACE DAY _____

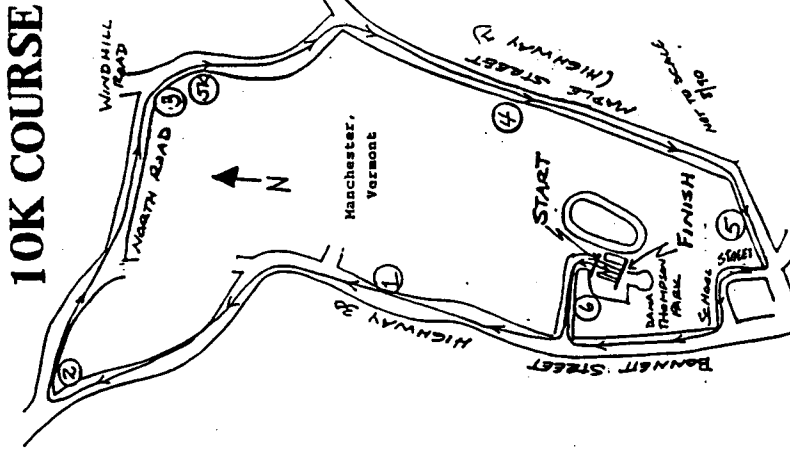
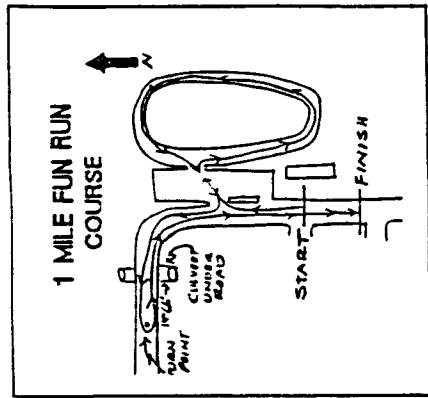
SHIRT SIZE S, M, L, XL _____ FOR OFFICIAL USE ONLY: BIB# _____

PLEASE SELECT THE RACE YOU ARE REGISTERING FOR: 10K FOOTRACE ___ 1 MILE FUN RUN ___

*NOTE** Entry form must be completed. Make checks payable to Manchester Recreation Dept. P.O. Box 909, Manchester Center, Vermont 05255.

In consideration of your accepting this entry, (hereby for myself, my heirs, successors and administrators, waive and release any and all rights and claims for damages (any) have against the Town of Manchester TAC/USA, New England Athletics Congress and any sponsors, organizing groups, and any individuals associated with this event, their representatives, successors, and assigns, and will hold them harmless, and any and all injuries suffered in connection with this event, including those which may be attributed to weather conditions, I accept that I understand that in this race that I entered, and have been authorized to represent for the completion of the event, including identification. Further, I hereby grant full permission to any and all of the foregoing to use my photograph, video tapes, or any other record of this event.

Signature _____ Parent's Signature if under 18 _____



Manchester
Fall Foliage
Footrace
Recreation Department
Town Of Manchester
(802) 362-1439

MANCHESTER FALL FOLIAGE FOOTRACE
RECREATION DEPARTMENT
Town of Manchester
P.O. Box 909
Manchester Center, Vermont 05255
VT900011W



The
Athletics Congress
of the USA

Special Section: Fall Footwear

When Are You Ready for New Running Shoes...

by Bob Beattie

How long should a running shoe last? As the manager of a running shoe store, I have that question. It's like picking up a book in a bookstore and asking, "How long is it going to take me to read this book?"

First, you measure a running shoe's life by distance, not time. Obviously, if you run 30 miles a week, they'll last about twice as long as someone running 60. But there's more.

If you weigh 190 pounds and I weigh 145, your shoes will not last as long as mine. Then there's the way you run. Some people pound the road, while others seem to glide. Still others shuffle. Then there's stride length. I've run alongside people who take two steps for every one of mine; their shoes are getting twice the beating, mile for mile. All of these factors change a shoe's life expectancy.

And there's still more. The surface on which you run plays a big role. Concrete's the worst; it has no give and its rough surface grinds at the outside

obvious reasons, lightweight shoes generally don't last as long as shoes built for durability.

But the question remains: How long will my shoes last?

Of course there are no stock answers—just guidelines. If you're of average size and have no biomechanical problems, most shoes should last over 600 miles. Lightweight models, about 400 miles. Heavy-duty stable shoes, with a solid rubber outsole and polyurethane midsole, may last twice as long.

Inspect your shoes often as you approach the 400-600-mile range, particularly if you think you're losing support and/or cushioning. Don't wait until every step is a jarring jolt. Check the outsole for wear. Is the midsole collapsing anywhere? Are the uppers breaking apart? Does the shoe lean to one side? If you're in doubt, visit your nearest running store and ask the salesperson to take a look.

In closing, just remember to take care of your shoes. The midsoles compress when you run and need a chance to expand, so don't wear them all day long if you're concerned about their longevity.

How's that for a long-winded answer?

...And What Do You Do With the Old Pair?

by Katy Williams

You probably have a pair of running shoes so old in the washer, then drop them in the mail to either of these organizations that are collecting running shoes for a luxury.

Shoes for Africa is the project of Mike Sandrock, a 2:25 marathoner who was invited through the U.S. Information Agency to run a marathon in Cameroon in 1986. Returning to Boulder, he called on some of Boulder's better-known runners—Arthur Barrios, Rub de Cavella and Priscilla Welch among them—to pass along their excess shoes in near-new condition. Sandrock had them shipped via USA back to Cameroon. He has since had another 5,000 pairs shipped to various African countries, where they are

distributed exclusively to runners. The address that you can ship them to: Shoes for Africa, Box 223, Boulder, CO 80502. Shoes received in mid-winter conditions are donated to the Boulder Shelter for the Homeless.

SportLees Shoes for the Needy is a newer program that began nationwide recycling of shoes last summer through November. Despite limited publicity, hundreds of pairs have been dropped off at each race site. These shoes go directly to the United Way in the respective cities, and United Way distributes them to various charities, including homeless shelters. You may instead ship them to: SportLees Shoes for the Needy, 20 Perceptive Products, 2438 31st St., Boulder, CO 80301; (800) 688-2656.

Why Do They Call It...?

by Karen Hunsaker

name when the company began making athletic products.

Mizuno. The Mizuno name comes from a Japanese family who established a shoe business in 1896.

The company is now headed by grandson Masato Mizuno.

Massachusetts as the New Balance Arch Company, which developed arch support and orthopedic shoes.

New Balance Athletic Shoe Inc. was the result of a move into the hand-crafted running shoe market in the 1950s.

Nike. Nike is the Greek goddess of victory. The company's brand name came to employee Jeff Johnson in a dream the night before shoe boxes were to be printed. The founder Jerry Jurnet's name was changed to the "iveller 'Etonic'."

Brooks. Brooks is believed to be a family name given to a Pennsylvania shoe company, formerly known as the Quaker Shoe Company.

Etonic. Charles Eaton launched the Eaton Shoe Company in Massachusetts in the 1890s. Eaton changed to the iveller 'Etonic'."

Blue Ribbon Sports. Reebok has its roots in 19th-century England, when Joseph William Foster made himself a pair of running shoes with spikes. In 1958, two of the founder's grandsons started a companion company they named Reebok (for a species of African gazelle), which later absorbed the original J.W. Foster & Sons.

Saucony. This name comes from the Sacony River in Pennsylvania, and is an Indian term for "softly running waters." The parent company, Hyde Athletic Industries Inc., traces its roots to a 1912 cobbler's shop in Cambridge, Massachusetts.

Jurnet. Jurnet is a blending of founder Jerry Jurnet's name with "tec" (for "technology").

AN OPEN INVITATION TO ALL C.V.R. MEMBERS:

IF YOU PARTICIPATE IN ANY OF THE RACES LISTED IN OUR RACE SCHEDULE, RACES NOT LISTED, OR ANY EVENT WHICH INCLUDES RUNNING, LET THE EDITOR KNOW. IF YOU FEAR WRITING AN ARTICLE, JUST PASS ON THE INFORMATION BY PHONE. OR, ASK THE RACE DIRECTOR FOR A SET OF RESULTS AND PASS THEM ALONG TO THE NEWSLETTER.

OR IF YOU HAVE SOME TRAINING TIPS - PASS THEM ALONG, PLEASE.

THE NEWSLETTER IS AS INTERESTING AS MEMBERS WANT TO MAKE IT.

ED.

RACE SCHEDULE

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

- October 19 G.M.A.A. Marathon and Half Marathon South Hero, Vt. Howie Atherton 434-3228
- 19 Stowe Derby Hill Climb Stowe, Vt. Craig Sourbeer 253-7704
- 19 Manchester Fall Foliage 10K Footrace & 1 Mile Fun Run Manchester, Vt. Tom Lebiecki 362-1439
- 19 Walpole Village Nursery School Road Race/Walk-a-thon Walpole, N.H. (603) 756-9564 or (603) 756-9602
- 20 Culinary Quadrathlon, Bike/Run/Cook/Serve NewEngland Culinary Inst. Montpelier, Vt. Pam Matecat 223-6324
- 20 Pine Tree Marathon Waterville, Me. Central Maine Striders Jerry Saint Armand 873-6753
- 26 50 Mile Individual Race/ Team Relay Essex, Vt. Bill Everett 879-1687
- 26 Lake Shore Hospital 10K Road Race Manchester, N.H. (603) 645-6700 or (800) 322-3312
- 27 5th Annual Halloween 5K Fun Run (costume categories, too) Burlington Boat House 879-6001
- 27 Sam Gones Classic 15K/3M Andy Edwards (413) 844-4511
- 27 White Mountain Milers Half Marathon 10:00 a.m. North Conway, N.H. Gary Howard (603) 447-1974
- 27 Cape Cod Marathon 11:00a.m. West Falmouth, Ma. Courtney Bird (508) 548-0348
- November *** 2 Juniper Hill 12K Race (TAC) Earre, Vt. Bob Murphy 476-4328
- 3 New York City Marathon
- 3 14th Fred J. Hackett Autumn Run (TAC) 10K West Concord, N.H. (603) 863-2537
- 24 Annual Turkey Trot & Gobble Wobble 2.5M & 10K Rms Middlebury, VT. 388-4041 (weekdays)
- 28 G.M.A.A. Turkey Trot 5K Burlington UVM Ralph Swenson 864-4962