

# CENTRAL VERMONT RUNNERS

## AUGUST 1993 NEWSLETTER

Vol. 14 No. 4?

### August Meeting to be Held in Hubbard Park

Mark your calendars and reserve Wednesday, August 4 for an especially fun evening. We'll gather at the Hubbard Park shelter (near the Winter St. entrance and the sledding hill) at 5:30. A fun run on the trails from 5:30 until 6:00 will be followed by a potluck and a business meeting. Please bring your own plate, utensils, and drink as well as a dish to share. Bring along your friends, too, and introduce them to the Club!

### Newsletter Staffed by New Editors

New CVR Editors Maureen Carr and Nancy Schulz were passed the baton by former Editor Norm Robinson at a momentous meeting on July 9. Media coverage was heavy as Robinson relinquished the duties he has carried on for many months. Although the crowd chanted "Not Now, Norm!", Robinson said it's time to pass responsibility of the newsletter to others although he will continue to act as treasurer and monitor the mailing list. Thanks, Norm, for your long and loyal service to CVR!

### Upcoming Birthdays!

Best wishes for an enjoyable birthday and a great year go out to the following members born in August:

Mike O'Mara	8/3
Janet Gilbert	8/3
Bill Perreault	8/10
Hope Crifo	8/13
Maureen Carr	8/17

Lowell VanDerlip	8/17
Mark Cioffi	8/19
Henry Marcy	8/27

### New Faces!

The Club welcomes the following folks who have joined since the last newsletter was issued:

Mark Cioffi of Barre  
The O'Mara Family (Barbara, John, John Q., and Timmy) of Northboro  
Carole Hillman Van Dyke of Stowe  
Tom Bachman of Montpelier  
Bill Perreault of Montpelier

Congratulations on joining. The next step is to come out and meet your fellow members. We look forward to seeing you at meetings, races, and/or fun runs.

### Need an Answer?

Feel free to contact any club representative with any questions you may have:

President	Tom Kaiden, 223-1325
Vice President	Darragh Ellerson, 223-2080
Treasurer	Norm Robinson, 223-7351
Secretary	Bonnie Burkholder, 223-2625
Editor	Nancy Schulz, 223-7035
Editor	Maureen Carr, 223-4841

## Stretch for Success

Many thanks to Lynn Monterose, a physical therapist who enlightened members to the importance of stretching both before and after running. Lynn gave a talk and demonstration at the June meeting. The handout she provided is included with this newsletter.

## Green Mountain Hash House Harriers Issue Invitation

The Green Mountain Hash House Harriers (based in the Burlington area) is a group that truly believes in the concept of running for fun. The group holds a "hash" approximately every two weeks in which a "hare" sets a trail for the "hounds". The hounds (i.e., runners) follow a trail of flour wherever it may lead them--through woods, meadows, perhaps even a shopping mall. Along the way, they encounter plenty of false trails just to keep the intrigue high. Hashes are designed for runners of all abilities and are traditionally followed by a shared meal (pizza or perhaps a barbeque). Hashes have been enjoyed in countries throughout the world for many years. For more information or a current schedule, see the most recent issue of Vermont Sports Today or call Elizabeth Bassett at 425-4030. (If you'd be interested in car pooling with other CVR members to participate in an upcoming hash, let Nancy Schulz, 223-7035, know.)



Nancy Schulz and Maureen Carr train vigorously to get in shape for their new duties as CVR newsletter editors. They welcome your ideas and criticisms so don't hesitate to speak up!

## CVR Race Calendar

(all information should be verified with race directors for accuracy)

- July 31- SODOM POND RUN,  
Adamant, Vt., Richard  
Czaplinski (229-4534).
- Aug. 1- GREEN MTN ROAD RACE  
10K, 10:00 A.M., Bill Bauer  
(442-3535).
- Aug. 1- RACE FOR THE CURE 5K,  
Run/Walk, For women only.  
Manchester, Vt., Sandy  
Levesque (234-5039). \*\*\*\*\*

- Aug. 7- BERLIN POND COUPLES RACE, 8K, 9:00 A.M., Berlin, \$6 prior to race day, \$8 on day of race, Chris Whale (496-9703) or Dot Helling (223-5797), T-shirts to first 30 entries.
- Aug. 28- E.K. 10K, 8:30 A.M., Mount Mansfield Union HS, Jericho, Marty Andersen (434-3118), \$5.
- Sept. 4- NORTHFIELD 5K, 16TH ANNUAL, 10:30 A.M., 1 mile fun run for kids at 9:30 A.M., Northfield, \$3 prior to Aug. 28, \$6 after. \$6 extra for t-shirt, Joe Zuaro (485-5100). \*\*\*\*\*
- Sept. 6- MT MANSFIELD TOLL ROAD, 8:00 A.M., bring food to share, Bill Everett (879-1687).
- Sept.18- ARCHIE POST 5 MILE, 26TH ANNUAL, 9:00 A.M., Bruce Cunningham (482-2933), \$4.
- Sept.25- SCHOLARSHIP CROSS COUNTRY RACE, 9:00 A.M., 5K, Red Rocks Park, S. Burlington, Rick Blount (434-3829), \$5.
- Sept.25- VERMONT NATIONAL BANK 10K WALK/RUN FOR CYSTIC FIBROSIS, 10:00 A.M., Oakledge Park, Burlington, Ted Fischer (863-8900).
- Sept.26- QUALITY K'S FOR COTTAGE HOSP. 10K & 5K FITNESS WALK, 1:30 P.M., Woodsville, NH, Glenn Reed (603-747-2761).
- Oct. 3- LEAF PEEPERS HALF MARATHON AND 5K, Waterbury, Judy Colombo (223-7967).
- Oct. 9- ROUND CHURCH WOMEN'S RUN, 9:00 A.M., 5K and 10K, Richmond, Ann Straka (864-5495), \$5.
- Oct. 16- GREEN MT MARATHON AND HALF MARATHON, 8:30 A.M., Folsom School, S.Hero, Howie Atherton (434-3228), \$15.
- Oct. 23- ARTHUR TUDHOPE MEMORIAL 10K, 9:00 A.M., Shelburne Beach, flat and fast! \$5.
- Nov. 6- JUNIPER HILL 12K, Barre, Bob Murphy (476-4328).

ONGOING FUN RUNS, 5:30 P.M. every Tuesday evening through Oct., Montpelier High School parking lot.

\*\*\*\* Indicates Norm Robinson (223-7351) has race forms and/or additional information available.

If anyone knows of any other races please forward information to Maureen Carr, 34 1/2 Liberty St., Montpelier, Vt., 05602 (223-4841).

**CENTRAL VERMONT RUNNERS  
MINUTES  
JULY 7, 1993**

Tom Kaiden called the meeting to order at 7:00 after the few brave souls tolerating the 90 plus temperatures enjoyed a light pot luck dinner.

**UPCOMING RACES:**

We talked about the Bear Swamp race, which is history by the time you read this. Tim was unsure how many runners to expect because the race flyer did not go into the early summer mailing. The race has attracted 30-40 runners over the past few years. We'll see how many diehards will attempt the challenge of that hilly 5.7 mile course in 90 degree weather!

No one was present to talk about the Leaf Peepers. It will top next month's agenda.

The Fun Runs are going very well, attracting 15-25 runners each week. Those members who posted signs about the event should check to see if new signs need to be put up. Tom has plenty of posters available. Get in touch with him if you need signs to re-post or if you know of someplace where we should or could put new ones.

Bob Murphy will start tallying for the Grand Prix Series as soon as he gets results from the races. Look for standings in the next newsletter!

Tom reminded us of the Stowe 8 Miler race coming up on Sunday, July 18. This is not a CVR race, but is a challenging race attracting around 800 runners, including some big names. We also talked about the Corporate Cup, another non CVR race. This year's course presented some problems with traffic control and there was talk of moving the race to Waterbury. However, John Martin presented the race organizers with an alternate route in Montpelier that will be studied.

**OTHER BUSINESS:**

Mack Gardner-Morse spoke with Becky Snow, a former Vermonter who specializes in biomechanics for Reebok. We were hoping she could speak at a CVR meeting or before or after the Berlin Pond race. She is not available for either of those options. Mack will see if we can arrange to have her speak around the time of the Leaf Peepers race - possibly at a pre-race dinner. Stay tuned for further details.

Transfer of newsletter to new editors was discussed.

**NEXT MEETING:**

The next monthly meeting of CVR will be Wednesday, August 4 at Hubbard Park Shelter. See Page 1 of newsletter for more details.

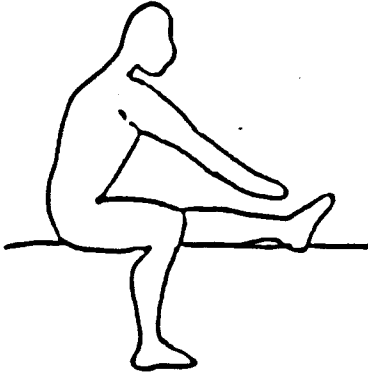
Respectfully Submitted,



Bonnie Burkholder

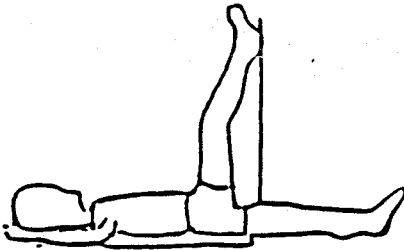
Lower Extremity Flexibility

\_\_\_\_ Sitting hamstring stretch



Sitting on the end of elevated surface, with one leg over edge, other leg straight reach down towards toes until you feel a stretch behind thigh; hold 15 seconds keep knee and back straight. Repeat 5 - 6 times each leg.

\_\_\_\_ Wall hamstring stretch



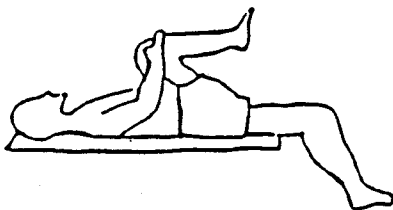
Lie on floor, one leg out straight through a doorway, other leg on the wall, knee straight, scoot bottom towards the wall until you feel a stretch at the back of thigh. Hold 10 - 15 seconds then push heel against wall for 6 seconds, relax, then scoot bottom closer. Repeat 5 - 6 times.

\_\_\_\_ Standing hip flexor stretch



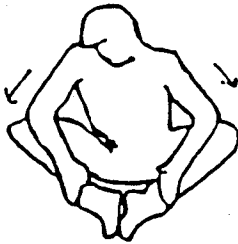
Stand, bend right knee, grasping ankle with right hand. Gently pull right heel towards buttocks, then without arching back or bending forward, slowly move leg back until you feel stretch at front of thigh, hold 10 - 15 seconds. Repeat 5 - 6 times.

\_\_\_\_ Thomas stretch



Sit on the very edge of bed or table, pull one knee up towards chest, then lie down allowing the other leg to hang over the edge of bed. Do not allow back to arch. Hold 15 - 30 seconds. Repeat 5 - 6 times.

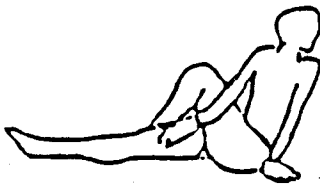
\_\_\_\_Groin stretch



Sit with soles of feet together. Grasp ankles placing elbows on knees, slowly push down on knees with elbows until you feel a stretch in groin. Hold 10 - 15 seconds.

Repeat 5 - 6 times.

\_\_\_\_Hip rotation stretch



Sit with right leg out straight, cross left leg over right, knee bent, hook right elbow against left knee. Then pull left knee to the right as you twist your body to the left. Hold 10 - 15 seconds.

Repeat 5 - 6 times.

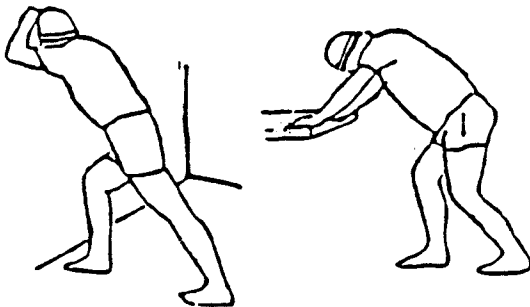
\_\_\_\_Outer hip stretch



Stand, cross right leg behind left, push right hip out to the right side, as you reach and bend upper body to the left. Hold 10 - 15 seconds.

Repeat 5 - 6 times.

\_\_\_\_Calf stretch



Stand facing a wall 12 - 24" from wall one foot in front of the other, keep back leg straight, feet pointed forward, place hands on the wall, lean forward until you feel a stretch at the back of heel or calf, hold 10 - 15 seconds.

Repeat with back knee bent 5 - 6 times.

# Montpelier 10 Miler Official Complete Results

<u>FEMALE 0-17</u>	<u>TIME</u>	<u>AGE GROUP PLACE</u>	<u>OVERALL PLACE</u>
SARAH SCHULZ	1:25:30	1	71

## FEMALE 18-29

CATHY DESMOND	1:19:01	1	50
ZOE PARKER	1:20:13	2	59
BETSY MARTIN	1:22:14	3	66
RENEE BRODOWSKI	1:31:45	4	79

## FEMALE 30-39

SHARI BASHAW	1:11:46	1	37
DIANE MORGAN	1:12:43	2	39
MARY MANCUSO	1:14:45	3	47
ELLEN FOLEY	1:16:58	4	53
ANN STRAKA	1:18:29	5	56
CAROL VAN DYKE	1:19:52	6	58
BARBARA MILLER	1:26:24	7	73

## FEMALE 40-49

PAULA WIRTA	1:18:19	1	54
ROBIN EDELMAN	1:24:43	2	68
MIMI WHITNEY	1:25:01	3	69
PHYLLIS BOLTAX	1:35:44	4	83

## FEMALE 50-59

ROSEMARY RUBIN	1:34:38	1	82
JACKIE SCHMIDT	1:35:44	2	84

## MALE 0-17

JOSH COOKSON	1:04:53	1	13
TOM WHITE	1:14:18	2	44
JOE GINGRAS	1:20:35	3	63
JEFF COBURN	1:26:21	4	72

## MALES 18-29

<u>NAME</u>	<u>TIME</u>	<u>AGE GROUP PLACE</u>	<u>OVERALL PLACE</u>
BILL NEWSHAM	1:00:45	1	3
MATT GARABEDIAN	1:03:57	2	10
HANS ESTRIN	1:05:46	3	14
DAVID WISELL	1:05:52	4	15
IAN BATES	1:05:52	5	16
MARK CIOFFI	1:06:29	6	17
JOHN WISELL	1:06:47	7	19
CHARLIE WHITNEY	1:08:11	8	25
ANDY SKEA	1:08:34	9	27
STEVE EUSTIS	1:16:01	10	51
MATT O'CONNOR	1:28:11	11	75

## MALE 30-39

SAM DAVIS	58:25	1	1
ED DRAPP	1:01:22	2	4
TOM KAIDEN	1:01:50	3	5
CHRIS UMMER	1:04:13	4	12
JEROME MCCOUGLE	1:06:36	5	18
KURT SHORT	1:07:23	6	20
MIKE VAUGHN	1:07:55	7	22
PETER VAN BUREN	1:07:56	8	23
STEVE YANDOW	1:08:31	9	26
BLAINE ISHAM	1:09:39	10	30
GARY RICHTER	1:09:56	11	32
ERIC DAGUE	1:11:40	12	36
LARRY MARTIN	1:14:05	13	43
LEE SANBORN	1:14:36	14	46
PHIL MAGLIONE	1:20:17	15	60
TODD FRANK	1:25:04	16	70
GARY HILLARD	1:27:21	17	74
STEVE MAGLIONE	1:31:16	18	78

## MEN 40-49

DAVE FAUCHER	59:55	1	2
MIKE MASON	1:02:15	2	6
JON COHEN	1:03:20	3	7
JOHN MORTON	1:03:42	4	8
JOHN VALENTINE	1:03:55	5	9

## CONTINUED MENS 40-49

<u>NAME</u>	<u>TIME</u>	<u>AGE GROUP PLACE</u>	<u>OVERALL PLACE</u>
PETER PATTEN	1:04:04	6	11
TOM GOULETTE	1:08:05	7	24
STEVE BURKHOLDER	1:09:25	8	29
BOB FISKEN	1:09:51	9	31
J. VAUGHN	1:10:07	10	33
E. FATTNASSI	1:11:20	11	34
RUSS PETELLE	1:11:31	12	35
BILL EVERETT	1:12:06	13	38
JOHN HORNE	1:12:59	14	40
GLENN GERSHANECK	1:13:13	15	41
JOHN KAEDING	1:13:21	16	42
ROBERT SEARLES	1:14:33	17	45
LARRY WILK	1:15:38	18	48
LLOYD HURLBURD	1:15:45	19	49
BRUCE JOHNSON	1:16:10	20	52
BILL SPALDING	1:19:01	21	57
BRENT BURGEE	1:20:23	22	61
JEFF STANDER	1:20:26	23	62
DENIS RYDJESKI	1:21:32	24	64
RON ACCORSI	1:21:32	25	65
RON PAVONE	1:30:10	26	77
JERRY JOURDAN	1:34:24	27	81

## MALES 50-59

BRUCE MEADER	1:08:42	1	28
STEVE INGRAM	1:18:25	2	55
PETER BUHL	1:23:59	3	67
JAMES CURRIER	1:28:20	4	76

## MALES 60 AND UP

GERALD BARNEY	1:07:52	1	21
GERRY CARLSON	1:33:21	2	80
DOUG ALLEN	2:06:11	3	85

## MALE TEAMS 0-39

CVR (DAVIS, DRAPP, KAIDEN)	2:59:37	1	1
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<u>MALE TEAMS 0-39 CONTINUED</u>	<u>TIME</u>	<u>AGE GROUP PLACE</u>	<u>OVERALL PLACE</u>
STALLIONS	3:27:45	2	4

## MALE MASTERS TEAMS

WELLSPRING MASTERS (FAUCHER, COHEN, MORTON)	3:06:47	1	2
(VALENTINE, BURKHOLDER, GERSHANEK)	3:26:33	2	3
(EVERETT, HURLBURD)	3:35:43	3	5

Name (please print) \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Age \_\_\_\_\_ Birth Date \_\_\_\_\_ Sex \_\_\_\_\_ Phone \_\_\_\_\_

Names, birth date of additional household members of CVR:

1 \_\_\_\_\_ 2 \_\_\_\_\_

3 \_\_\_\_\_ 4 \_\_\_\_\_

As a responsibility of club membership, I agree to be available to work on at least one club race during the year. My preferred race is indicated below. (Race directors will contact you.)

June--Capital City Stampede \_\_\_\_\_ June--Montpelier 10 Miler \_\_\_\_\_

August--Berlin Pond Couples Race \_\_\_\_\_ October--Leaf Peepers \_\_\_\_\_

November--Juniper Hill 15K \_\_\_\_\_ Fun Runs (Tues, May-Oct.) \_\_\_\_\_

Annual dues are \$10 for individual or family; \$2 for a student. Enclosed are dues for the following years: 1993 1994 1995 1996 1997

Please make check payable to: CENTRAL VERMONT RUNNERS and mail to Norm Robinson, 66 Terrace St., Montpelier, Vt. 05602.

Central Vermont Runners  
c/o Norm Robinson  
66 Terrace St.  
Montpelier, Vt. 05602