



Executive Committee

- President - Bob Murphy
- Vice President - Darragh Ellerson
- Treasurer - Darragh Ellerson
- Committee Chairmen
  - Race - Byron Hill
  - Standards - Joe McEntyre
  - Communications - Bob Oatley
  - Nominations - Pat DeBlasio
  - Newsletter - Bob Murphy

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WELCOME TO THE FOLLOWING NEW MEMBERS!

- Patrick Darling, E Montpelier
- John Mallery, Montpelier
- David Hallquist, Waterbury Ctr

\* \* \*

MEMBERSHIP MEETING

The next regular meeting will be held on Wednesday, 4 Nov 81, at 7:30pm at the Howard Bank in Montpelier. Items to be discussed include the upcoming trek to the Foxboro Marathon and the possibility of CVR cosponsoring an early Spring race in Barre in conjunction with the local Policemen's Association. Pot luck desserts after the meeting.

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T-SHIRTS T-SHIRTS T-SHIRTS T-SHIRTS

Darragh will soon be preparing another order for club t-shirts. If you have a shirt, sweatshirt, racing shirt or whatever that you'd like to have the club logo emblazoned on, this is the time to do it. (The logo would be identical in size and color to that on our club t-shirts.) Just get that item to Darragh prior to 30 November with appropriate instructions and a check for \$2.

For those looking for a racing

singlet similar to the ones Bob Murphy and Bob Oatley have, they may be obtained from SUB 4, 11615 Coley River Circle, Fountain Valley, CA 92708. (Tel 714-754-0491) Ask for all white, either all-cotton or 50/50 cotton/polyester. The cost two years ago was around \$8-9 including shipping. Order it soon and you can get it to Darragh before 30 Nov for putting the logo on.

New members who have not yet received their club t-shirts should contact Darragh Ellerson (Upper North St, Montpelier, VT 05641, Tel 223-2080).

Members who would like an additional club t-shirt may purchase one at \$3.50 (or more than one at \$3.50 each if that's your desire!). Just contact Darragh.

\* \* \*

MEMBER DISCOUNTS

At the following establishments upon presentation of your CVR membership card.

- Miller Sports, Montpelier - 10% off running shoes
- Moriarty's, Stowe - 15% off running shoes (going out of the running equipment business and all items drastically reduced, so I don't know if discount is still allowed)
- Downhill Edge, Burlington - 15% off running equipment.

\* \* \*

CARPOOL INFO?  
Call Bob Oatley  
828-2621 days  
229-4565 evenings

\* \* \*

The following article is a reprint from the most recent issue of NRDC News, published by the National Running Data Center in Tucson, Arizona. The NRDC collects, tabulates and publishes US road running statistics, and has frequently advocated the use of five-year age groups for running events.

Times by age-group compared - the 50-deep rankings by age group for 1980 provide some interesting comparisons. Using the two most popular events, the 10km and marathon, the following table gives the 10th, 25th, and 50th ranking runner's time for 1980. The difference in time between each age group and the next lower one is also shown:

<u>10km</u>	<u>10th</u>		<u>25th</u>		<u>50th</u>	
Men 35-39	32:23		33:22		34:15	
" 40-44	32:40	:17	34:02	:40	34:58	:43
" 45-49	34:59	2:19	36:03	2:01	37:25	2:27
" 50-54	36:06	1:07	37:12	1:09	38:50	1:25
" 55-59	38:42	2:36	40:48	3:36	43:22	4:32
" 60-64	41:41	2:59	43:54	3:06	47:27	4:05
" 65-69	45:32	3:51	52:54	9:00	1:10:07	22:40
" 70-74	52:25	6:53				
Women 35-39	38:36		40:40		42:26	
" 40-44	39:56	1:20	41:32	:52	43:24	:58
" 45-49	42:43	2:47	45:14	3:42	47:22	3:58
" 50-54	46:03	3:20	49:21	4:07	50:50	5:28
" 55-59	50:56	4:53	55:22	6:01	58:40	5:50
" 60-64	59:07	8:11	1:08:49	13:27		
<u>Marathon</u>						
Men 35-39	2:26:48		2:29:36		2:33:57	
" 40-44	2:34:01	7:13	2:35:50	6:14	2:39:00	5:03
" 45-49	2:38:50	4:49	2:43:18	7:28	2:47:24	8:24
" 50-54	2:47:24	8:34	2:51:25	8:07	2:56:22	8:58
" 55-59	2:58:46	11:22	3:05:09	13:44	3:10:04	13:42
" 60-64	3:11:56	13:10	3:23:08	17:59	3:30:24	20:20
" 65-69	3:37:33	25:37	3:57:15	34:07	4:20:51	50:27
" 70-74	4:34:18	56:45				
Women 35-39	3:00:29		3:07:49		3:15:06	
" 40-44	3:03:55	3:26	3:11:19	3:30	3:19:45	4:39
" 45-49	3:18:58	15:03	3:35:02	23:43	3:50:10	30:25
" 50-54	3:38:43	19:45	3:55:18	20:16	4:19:48	29:38
" 55-59	4:20:56	42:13	5:41:18	1:46:00		
" 60-64	5:19:40	58:44				

Marks are shown through the highest age group for which marks to the indicated place were recorded. The rapid increase in times as the higher age groups are reached is apparent. For these events the increase appears to be greater for women than for men. In the past it has been calculated that the slowdown from age 64 to 69 is about four times as great as it is from age 34 to 39. The above table might lead you to believe that the slowdown is even greater. Such information brings out the difficulty of any but the national-class runners to compete with runners much more than five years younger.

## FOXBORO MARATHON

It's just around the corner, folks. This is the NERRC marathon championship for 1981, and CVR will be there in force. I have a tentative list of sixteen who plan to participate on 21 November in the greatest team effort since the Westport 24-hour Relay!

The NERRC marathon championship will be a team competition. There are four categories: Men's Open, Men's Masters, Women's Open and Women's Masters. We're assured of a team (a team consists of the first three club finishers in a given category) in the Men's Open category, but in the Men's Masters and Women's Open categories things are a bit iffy right now. So if you're a woman under 40 or

a man over 40 and haven't yet settled on a fall marathon, let me twist your arm a bit. Come along and compete with CVR as a team in Foxboro. It's a great race. Just ask those who've run it before.

I (Bob Murphy) have one entry blank for Foxboro left and Wade Walker has a few. Scoring for this event, by the way, is to be by finishing position, not time.

\* \* \*

## MORE ABOUT FOXBORO

If you are planning to go to the Foxtrotters Marathon in Foxboro, Pat DeBlasio is coordinating car-pools and lodging arrangements. Give him a call at 229-5807.

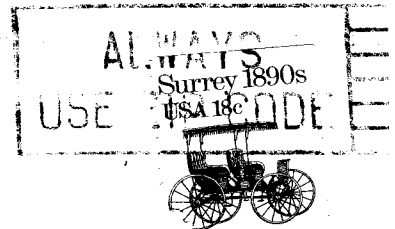
**RACE SCHEDULE:** (\*) indicates that I have entry blanks. Please send SASE when requesting entry blanks either from me (Bob Murphy, RD 3, Barre, VT 05641) or from race directors listed.

- Fun Run - Every Tues. evening in Montpelier until daylight savings time ends in late October. 5:30pm at Liquor Control Warehouse on Green Mountain Drive. 2, 4 and 6 mile runs.
- 10 Oct - WILLISTON, VT - Catamount Ski Center 5-miler, 10am at the Ski Center at Gov. Chittenden Road. (879-6001).
- 10 Oct - RUTLAND, VT - Rutland Hospital Fall Classic Road Race, 5mi, 1pm, (entries closed).
- 11 Oct - ST. ALBANS, VT - Aldis Hill 10k; Larry Martell (524-4685).
- 11 Oct - HANOVER, NH - Dartmouth Medical School Marathon, 10am, \$3, (no post entries); Marathon, Dartmouth Medical School, Hanover, NH 03755 (603-643-4000).
- 17 Oct - MORRISVILLE, VT - 10k and 2mi fun run, 1pm, \$3 for 10k, at junction of route 15 and route 12, T-shirt to all 10k finishers.
- 17 Oct - WINOOSKI, VT - St. Michael's Homecoming 5k & 10k, 11am at the gym; Zaf Bludevich (655-2000).
- 18 Oct - SHEFFIELD, MA - Berkshire Cty Autumn Marathon, 10am, (entries closed).
- 18 Oct - PORTLAND, ME - Casco Bay Marathon, 8am, \$4 by 10 Oct; Casco Bay Marathon, Box 3172, Portland, ME 04104 (207-772-2811).
- 18 Oct - RIDGEFIELD, CT - Ridgefield Marathon, 11am, \$5 by 10 Oct; Wolfpit Running Club, Box 48, Ridgefield, CT 06877 (203-438-0046).
- 24 Oct - RICHMOND, VT - Women's Round Church Run, 5k & 10k, 11am at Round Church in Richmond; Dianne Schullenberger (899-4993).
- 24 Oct - WAITSFIELD, VT - 4.6mi Hill Climb, running race and a rollerski race, 1pm, \$5 (pre-registration by 20 Oct will include T-shirt), post registration at Green Mountain Valley School on Bragg Hill approx. 1/2mi from junction of VT routes 17 & 100; Jim Fredericks, Route 1, Waitsfield, VT, 05673 (496-2150).

- 25 Oct - WAITSFIELD, VT - 5mi European Style X-C Race, 11am, registration same as Oct 24 4.6mi Hill Climb (above).
- 25 Oct - NEW YORK, NY - NYC Marathon, 10:30am (entries closed).
- 1 Nov - NEWPORT, RI - Ocean State Marathon, 11am, (entries closed).
- 1 Nov - SHELBURNE, VT - Arthur Tudhope Memorial 10k, 11am on Spear St. extension in Shelburne; Charlie Kellogg (985-3482).
- \*1 Nov - ROCKLAND LAKE STATE PARK, NY - Sri Chinmoy 70-mile Run, 8am, \$7 by 19 Oct; Sri Chinmoy Marathon Team, 150-47 87th Ave, Jamaica, NY 11432 (212-523-5053).
- 7 Nov - ESSEX CTR, VT - Vermont 50-miler, 8am, \$5; Jan Kennedy, RFD 2, Milton, VT 05468 (802-893-4945).
- 21 Nov - FOXBORO, MA - Foxtrotter Marathon, 11am, \$5 by 10 Nov (limit 1200); Foxtrotter Marathon, 1 Rhodes St, Plainville, MA 02762 (617-695-7775). This is the 1981 NERRC Marathon Championship - Let's get a large group to go down to compete as a team in this one! (About 15 CVR members have already registered).
- 22 Nov - CAPE COD, MA - Cape Cod Marathon, 11am at Lyle Jr High School at Otis AFB; Phyllis Evenden (617-563-6766).
- 26 Nov - BURLINGTON, VT - GMAA Turkey Trot, varying distance, 11am at Archie Post Field, UVM; Ralph Swenson (864-4952).
- 29 Nov - PHILADELPHIA, PA - Philadelphia Marathon, date tentative; Tom Sander, 515 W. Godfrey Ave, Philadelphia 19126.
- 6 Dec - ASBURY PARK, NJ - Jersey Shore Marathon, date tentative; Jersey Shore Marathon, Convention Hall, Asbury Park, NJ 07712.
- 6 Dec - BALTIMORE, MD - Maryland Marathon, date tentative, 10:30am; Les Kinion, Maryland Marathon Commission, PO Box 11394-A, Baltimore MD 21239 (301-882-5455).

CENTRAL VERMONT RUNNERS  
c/o BOB MURPHY  
RD 3, BIRCHWOOD PARK DRIVE  
BARRE, VERMONT 05641

Address Correction Requested



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