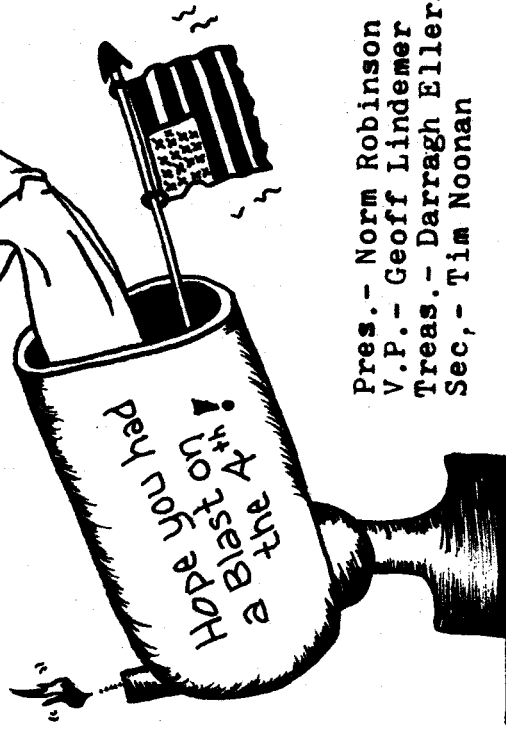


NEWSLETTER

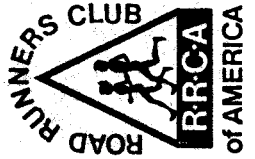
1986



Pres. - Norm Robinson
 V.P. - Geoff Lindemer
 Treas. - Darragh Ellerson
 Sec. - Tim Noonan

Vol. 7 No. 6

★
 Central Vermont
 Runners
 ★



The next CVR meeting will be held at Debi & Geoff Lindemer's house following the Stowe 8 Miler; July 20th. Call 253-7835 for directions.

NEWSLETTER



JUNE MEETING NOTES

Tim Noonan's home was the site for the June meeting. Approximately a dozen members were in attendance for the June 16 meeting.

Treasurer's Report

Darragh Ellerson reported \$172.96 was in the treasury.

Club Races

The race directors for CVR's upcoming races reported on race progress. Tim Noonan reported no problems for that Saturday's Montpelier 10 Miller. Darragh and Tim stated that Wade Walker, race director for the Capital City Stampede on July 12, needed helpers for the race. Darragh indicated the Leafpeepers Half-Marathon did not have a sponsor yet but there were some good possibilities. There will be an ad for the race in Running Times. Bob Murphy said he had measured the race course for certification purposes. Dot Helling indicated she was looking for prizes for the Berlin Pond Couples Race in August. Dave Dow announced the Caspian Foliage Run would be held September 21.

New Newsletter Editor

Merill Cray agreed to take on the difficult (but, of course, lucrative) job of being the newsletter editor. Submissions for the newsletter can be sent to Merrill at the following mailing address: RD 3, Box 5310, Montpelier, Vermont 05602.

Gary Hass Appreciation

Merill proposed, and it was unanimously approved, that we make Gary Hass, Publisher of THE WORLD, an honorary CVR member and express our appreciation to him for all the work he has done on the club's behalf.

Race Records Keeper

Bob Murphy indicated that someone from each state will now be responsible for tabulating and maintaining state road race records on certified courses, and that he had agreed to serve in that function for Vermont.

Potential Race

Bob stated that Electriclight Co. was willing to sponsor and give prizes for a low-key 5K race in the Central Vermont area. If anyone is interested in being race director for such a race, contact Bob or one of the CVR officers for more information.

July Meeting

The July meeting will be at Deb and Geoff Lindemer's home in Stowe on July 20, after the Stowe 8 Mile Race.

Tim Noonan
Secretary

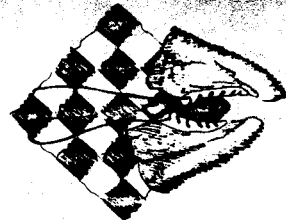
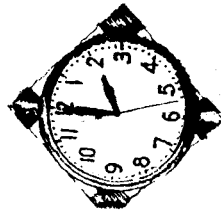
Mt. Washington Road Race

Two CVR members braved the steep climb and survived...I think! By the way has anyone seen Elizabeth or Tom lately?

Elizabeth Meiklejohn: 1:55

Tom Commito: 1:59

Good job you two...crazy people!



MILLER SPORTS

A Fine Selection of Shoes
for the Demanding Runner

TIGER NEW BALANCE BROOKS
REEBOK

10% Discount to all CVR Members
108 Main Street, Montpelier

MONITORING THE INTENSITY OF YOUR WORKOUT

TERMS:

1. THR - training heart rate; the heart rate needed to achieve maximum cardio-respiratory (heart and lungs) improvement. This level has been established to be 60-80% of one's maximum heart rate.
2. MHR - maximum heart rate; can be estimated by subtracting your age from 220.
3. RHR - resting heart rate; your heart rate at rest. The best time to take your resting heart rate is before you get out of bed in the morning.
4. BPM - beats per minute of the heart.

HOW TO TAKE YOUR PULSE: with your ring and middle fingers, you can palpate a pulse at either the:

1. Radial Artery - thumb side of the wrist with the palm up.
2. Carotid Artery - on either side of your throat.

AT REST: take your pulse for one minute.

DURING EXERCISE: take your pulse for 10 seconds and multiply by 6. (The reason you take your pulse for only 10 seconds during exercise is that you have to stop exercising to take the pulse. If you took the pulse for a full minute, your heart would slow down too much, thus giving you an inaccurate reading).

THE KARVONEN FORMULA FOR TRAINING HEART RATE:

MHR = 220 - AGE
60% THR = (MHR - RHR) x .60 + RHR
80% THR = (MHR - RHR) x .80 + RHR

EXAMPLE: Jane is 40 years of age with a resting heart rate of 80 beats per minute. Her heart rate during exercise should be:

MHR = 220 - 40 = 180
60% THR = (180-80) x .60 + 80 = 140 BPM
80% THR = (180-80) x .80 + 80 = 160 BPM

CONCLUSION: Jane should exercise with her heart rate between 140 - 160 BPM for maximum results. (Divide by 6 for a 10 second count.)

MILLER AND GLENDINNING WIN MONTEPELLIER 10 MILER

Jim Miller of South Burlington and Deb Glendinning of Burlington were the overall winners of the 12th annual Montpelier 10 Mile Race on June 21. June 21 was a perfect day for practically any outdoor activity, except for setting personal or course records in a distance race. Temperatures in the 70's and a bright sun resulted in no course records being threatened.

Two of Vermont's best runners, Miller and Eric Morse, duelled for the male championship. Miller (who holds the course record of 50:08) led from start to finish, posting a time of 51:37. Morse finished second in 52:48. Richard Weinstein, the defending champion, finished 3rd in 56:00. Glendinning was overall female winner for the second year in a row, her time of 64:06 placing her ahead of Sue Manley (65:25), Marcia Desy (67:44) and CVR's Merrill Cray (68:01).

This year's race, which for the second year in a row served as the Eastern Regional Championship of the Road Runners Club of America, was notable in that for the first time a major financial sponsor was involved. Oxygen and Welding Supply Company covered race expenses. After the race, Bruce Blake of Oxygen and Welding announced the company would sponsor the race again next year. The Central Vermont Runners organized the race and the Kiwanis Club of Montpelier was also a sponsor. 135 runners registered for the race; 122 actually completed it.

My thanks to all those who helped out at the race. Special thanks to Bruce Blake, Wade Walker (Start and Finish Line Coordinator, Results), Bob Murphy (Course Coordinator, Results) and Molly Corrigan (Water Stop Coordinator). The efforts of the following workers are also much appreciated: Allison Church, Merrill Cray, Pat DeBlasio, Dave Dow, David Ellerson, Jim Hannah, Bob Howe, Deb Lindemer, Nick Marro, Dave Morse, Maureen Murphy, Bob Wilson, Jay Wisner, Leslie Wisner and those from Oxygen and Welding and the Kiwanis Club who helped out. Thanks also go to the following local businesses who made substantial donations to the race: J.W. Campion, The Whole Donut, Harry's, Miller Sports and Onion River Sports. Complete results follow.

Tim Noonan
Race Director

TEAM RESULTS

- Male Open
1. Green Mountain Athletic Association (Bumstead, Couto, Dysart, Rick Cleary) 3:54:10
2. Utica YMCA Road Runners (D'Avolio, Mallette, Burns, Buckley) 4:24:51
3. Central Vermont Runners (Lindemer, Valentine, Mallery, Mercier) 4:33:46

- Female Open
1. Green Mountain Athletic Association (Etherington, Kennedy, Rusin, Beals) 5:01:13
2. Central Vermont Runners (Cray, Helling, Ellerson, Meiklejohn) 5:02:45

MONTEPELLIER 10-MILE ROAD RACE
MONTEPELLIER, VERMONT 10MI 21 JUNE 1986

OVER-AGE PLACE	AGE GROUP	NAME	TIME	ADDRESS	CLUB
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84	1	1:18:31	JULIE ELLS	ESSEX JUNCTION	VT GMAA
106	2	1:28:46	SARAH ESCHHOLZ	WESTFORD	VT ESSEX
114	3	1:30:59	JENNIFER WOLFF	MONTEPELLIER	VT

FEMALE 18 TO 29					
25	1	1:04:04	DEB GLENDINNING	BURLINGTON	VT
28	2	1:05:26	SUE MANLEY	FLETCHER	VT
52	3	1:10:20	CARYN ETHERINGTON	MIDDLEBURY	VT GMAA
60	4	1:12:14	LOUISE PLANTE	JOHNSON	VT
65	5	1:13:35	MICHELLE PINARD	ORLEANS	VT
71	6	1:14:47	PAT BANNERMAN	SOUTH BURLINGTON	VT OLYMPIAD
94	7	1:21:43	LUCY VANHOLLEBEKE	WATERBURY	VT
95	8	1:22:02	MAUREEN MACENROE	WHITESBORO	NY UTICA YM
108	9	1:29:43	SUSAN PORTUGAL	ROUSES POINT	NY
115	10	1:31:13	MARY LOU KETE	WINDSOOKI	VT

FEMALE 30 TO 39

40	1	1:07:45	MARCIA DESY	WINDSOR	VT
43	2	1:08:02	MERILL CRAY	MONTEPELLIER	VT
48	3	1:09:00	MARY KININGHAM	LITTLE SILVER	NJ
55	4	1:11:03	DOT HELLING	MONTEPELLIER	VT
66	5	1:13:47	GERRY CAHILL	ORLEANS	VT
70	6	1:14:37	DONNA KENNEDY	ESSEX JUNCTION	VT
74	7	1:15:13	LISA NATTI	SOUTH BURLINGTON	VT
79	8	1:17:11	IVA KRISTINA KAZDA	ARLINGTON	MA
85	9	1:19:08	KAREN HARRIS	STOWE	VT
96	10	1:22:09	KAREN DAWSON	BURLINGTON	VT
98	11	1:22:25	LOUISE MCCARREN	CHARLOTTE	VT
102	12	1:24:21	ELIZABETH MEIKLEJOHN	EAST CALAIS	VT
119	13	1:39:02	JO ANN TROIANO	MONTEPELLIER	VT
121	14	1:42:03	MADELINE TILLOTSON	WEST ROXBURY	MA

FEMALE 40 TO 49

67	1	1:14:26	SETSU ROSEN	UTICA	NY
81	2	1:17:45	ROSEMARY RUSIN	FLORENCE	VT
86	3	1:19:13	ROSE MARIE KINNEY	MORRISVILLE	VT
111	4	1:30:05	LIZ SCHAEPFER	BURLINGTON	VT
112	5	1:30:23	SARAH CABELL	MONTEPELLIER	VT
116	6	1:34:42	HEIDI SMITH	MORETOWN	VT
118	7	1:38:28	DOLORES LUBER	STONE	VT
122	8	1:56:20	JANICE ROCKWELL	CLAREMONT	NH

FEMALE 50 TO 59

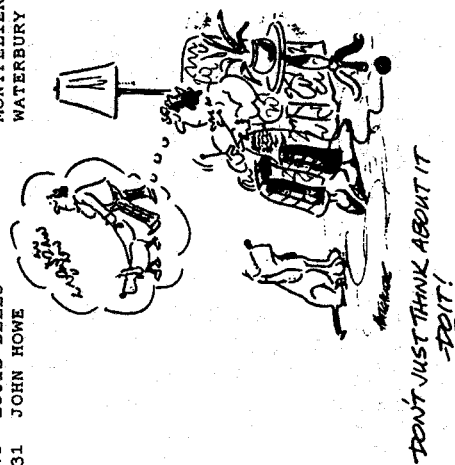
88	1	1:19:19	DARRAGH ELLERSON	MONTEPELLIER	VT
110	2	1:30:00	MARILYN WILSON	MONTEPELLIER	VT

FEMALE 60 TO 99

(NO FINISHERS)					
MALE 0 TO 17					
14	1	1:00:40	CHRIS D'AVOLIO	UTICA	NY

MALE 18 TO 29

1	1	51:37	JIM MILLER	SOUTH BURLINGTON	VT SAUCONY
2	2	52:48	ERIC MORSE	WATERBURY	VT
5	3	56:58	SHANE BOWLEY	UNDERHILL	VT
10	4	59:36	RICK CLEARY	BURLINGTON	VT GMAA
19	5	1:01:56	SAM MALLETT	NEW YORK MILLS	NY UTICA YM
21	6	1:02:42	AMOS KORNFELD	THETFORD CENTER	VT OXBOW
26	7	1:04:49	MATT CZAPLINSKI	MONTEPELLIER	VT
27	8	1:05:09	STEVEN TOSI	EAST MONTEPELLIER	VT
47	9	1:08:48	LOUIS BELLO	MONTEPELLIER	VT
77	10	1:16:31	JOHN HOWE	WATERBURY	VT



The Bear Swamp Race

Bear Swamp. Mention it around here and people say, "Oh yeah, but the hills." My kids often say, "Yeah, but..." to me. It means, "No way, Dad."

Similarly, runners have been saying about Bear Swamp, "Thank you but no way," to what is arguably the best race in Vermont.

At Bear Swamp in early June it's always cold, or blowy, or rainy, or all three. The first three miles of the race you climb, often through fog, on roads which grow increasingly rougher and narrower with altitude. You seem to be moving into a different climatic zone, a different world.

At the top there's a windmill. The road down may see as many cars a year as it does runners. It's Model-T wide with two ruts for tires and a hump in between. Swamp lies along both sides and if it's been raining at all the road will also be swamp. As you lose altitude the way becomes both wider and progressively steeper, until, you plummet, like an eagle, out of the forest tops onto pavement and the finish.

The particular charm of Bear Swamp is the sense it conveys of an epic journey. You begin in civilization - symbolized fittingly by the elementary school at the start - and climb to a wild world of forest and deer and swamp and maybe even bear. Very few runners ever participate at Bear Swamp, so there is a feeling of being among the intrepid and hearty, the true adventurers. Like other epics, will power and determination play a part. There is something to be overcome, an obstacle to surmount, and in this case it is not simply a PR or an opponent, but a real mountain to climb up and descend.

Finally, there is a suggestion at Bear Swamp of venturing into another, more treacherous world and returning enriched or rewarded in some way. For most of us, of course, the reward is not a magic ring or golden fleece or godly wisdom. The journey itself is the prize, to be gained in a little over or a little under an hour's time.

If all this sounds a bit romantic without really answering those objecting to a steep mountain climb, I have another solution to offer. This has to do with the notion that if you pay an entry fee to a race, you owe it to yourself to suffer.

I cannot deny this oddity of our sport which places fun and pain in uncomfortably close juxtaposition. For my own part, however, I like to think that, after all, you don't have to hurt for the whole race. Part will do.

In other words, take the hills slowly. Jog up them. Enjoy the scenery and air. Then at the top, at the windmill, you'll be relatively fresh, instead of tongue hanging weary.

On the descent you'll naturally pick up pace, and if you feel an obligation to suffer, pain is more tolerable going downhill.

Another almost certain benefit of this strategy is that you'll pick off one or several competitors coming home. How sweet that is! You'll experience the drama of a race won from behind. Remember Rod Dixon nipping Geoff Smith, nearly at the tape, in the New York City Marathon, or Bill Rodgers chasing down Kurt Pfeiffer, again in New York? Take the hills deliberately and those same glories may be yours to savor as well.

In my own running of the race, I have twice passed competitors in the last mile. This year it was Larry Miller on the final stretch, a friend I hadn't beaten for three years. I had him in sight most of the race, closed the gap slowly over the final three miles, caught him on the pavement fifty yards from the finish, and stormed past, feeling exactly like Bill Rodgers crushing an opponent, but looking to all the world, I'm sure, like a middle aged man over-doing it.

Up in the major leagues Eric Morse won the race with a course record and Sue Christiansen, running the earnest and brave race typical of her, won for the women.

From another viewpoint, Bear Swamp was perhaps best run this year by Bill Joerres and his son Josh. Bill was driving by the school race morning on his way home from Paul's Bakery, working away at a bag of donuts. He saw old friends gathering for the race, thought, "I gotta do it," picked up Josh, and made the journey up and down the mountain, fueled by two handcuts and a large coffee. Like the rest they were winners.

THE RUN-DOWN

WHY DO YOU COME TO THE "FUN RUNS"?:

BOB MERCIER: I've been coming here ever since they started 12 years ago. I use this for my speed work. I also like the social end of it.

LOU BOW: (sp?) This is my first fun run. My father-in-law (Bob) gotme interested in running. I just decided to come down and see what it's like.

DARRAGH ELLERSON: I'm going to ruin it for you!...I have to work the fun run because someone has a headach! HELP!

JEFF LINDEMER: So I can talk into recorders. It's the social event of the week. It's just so much fun seeing everyone. Where else would I come in contact with such a diverse group of people?

DOT HELLING: For dinner. I really come for the company. Are you really recording me? I'm here because I want to have fun.

MARY LABATE: Because it's tradition. Darragh: "That's a new one Mary!" BOB HOWE: I don't make public statements. By the way, what are you doing?

BRYAN LISS: What's this for? I...I...I like the sun, ah...ah..it's fun to run (he's a poet!) Ah...who knows. Hows that for an interview? That's it! What's this for?

DEBBIE LINDEMER: What are you doing? I come because they're fun. Why else would anyone want to run the fun run?...who knows.

JOE MCENTYRE: CENSOR...CENSOR! No really, I come here to keep myself in fantastic shape...CENSOR...CENSOR!!

COREY MCENTYRE: I come here to make sure he doesn't keel over!!

ANNIE BISHOP: TO EAT!...MUNCH, MUNCH...and to ...MUNCH,MUNCH... watch all the nice buns for the first 4 mile, after that, they're just a bunch of fun people built like myself!

MARILYN WILSON: I come to the fun runs because it's fun to run.

LAURIE WILSON: I come because my parents make me!

BOB WILSON: I come because I'm in the habit.

STEPHEN ENGLAND: I come to eat.

TONY DIMAURO: I came because my family wanted to come.

DEBBIE DIMAURO: I came because Tony came.

DENNIS CURRAN: For fun...to see you (I like that guy!)

ELLEN CURRAN: To check out the buns...(Ellen, I'm shocked!)

***** QUOTE OF THE MONTH *****

" Every man is the builder of a temple, called his body... we are all sculptors and painters, and our material is our flesh and blood and bones"

***** Henry David Thoreau *****

The Fourth Option

It was a cool morning as we headed down beautiful 100. All were a little (alot!) sleepy due to the early start for the 7.2 Fourth of July race in Woodstock. I was driving while Darragh sat in front trying to wake up and Dennis and Ellen were discussing who forgot the check book and money. Even though we entered the day of the race; for our five dollar entry fee, we received a beautiful shirt, bumper sticker and cute little key chain...not bad. After a short warm up (a yard or so) and pre race spiel, we were off. The first three miles weren't bad...then we took a left...and up, up and away. Ellen didn't think it was bad, but you know Ellen. She loved passing the guys with the head-sets on the hills. Finally the down hill came...YEA! I knew no matter what or how I felt, I could get myself down any hill. This is where Darragh and I gave it all we had, to make up for the time lost on the up grade. Down, Down we went; it was great. If it weren't for the last little hill they slid in there, I would have been in seventh heaven. Going down long hills makes everyone feel fast for awhile! We ended at the covered bridge in town. It was a beautiful course, free of traffic, plenty of water and nice people. The only results I have are of the people from CVR...so thats what you get.

DENNIS CURRAN: 43:46 2ed in age division/ELLEN CURRAN: 52:02 2ed

MERILL CRAY: 47:19 1st in age division/Darragh Ellerson:56:05 1st

P.S. Again, Dennis came in looking refreshed with his hair perfectly styled!

CANNONBALL RUN

Our own Geoff Lindermer overtook the lead runner less than 2 miles into the first annual Cannonball Run 10K and never looked back on his way to victory in 36:23. "I was really excited because I knew that when I hit the hills they weren't going to catch me", remarked Geoff. The combination of heat (80 plus) and a series of major league hills in the middle of the Morrisville course made things tough for the 30 or so runners. (There would have been more except for the the direct competition of the Strohs race in Burlington).

Outside of mile markers being at 1.2, 2.2, 3.2, etc. instead of on even miles, I felt good about the organization of the race. It came at a good time for a tune up for the Capital City and hopefully we will see this race grow next year. Following are the times for CVR members.

- | | | | |
|-----------------|--------------------|------------------|--------|
| Geoff Lindermer | 36:23* | Bob Mercier | 45:00* |
| Norm Robinson | 41:44 | Debie Lindermer | 45:20 |
| Newton Baker | 42:47 | The X Man | 46:11 |
| Bob Howe | 42:51 | Darragh Ellerson | 47:44 |
| Dot Helling | 43:06* (2ed woman) | Roger Cranse | 50:32 |

An * means he or she won the age division. Norm

RECIPE OF THE MONTH

CVE (Central Vermont Eaters) "Come to Meeting" pie. Made famous by Tim and Annie Noonan. The only place this epicurean delight is served is at a CVR meeting. So don't miss out. Be there, or be square!

- 2 eggs (not cooked)
- 1/2 cup no-purpose flour
- 1/2 cup white sweet stuff
- 1/2 cup firmly packed brown sweet stuff
- 1 cup butter, melted and cooled to room temperature...or whatever
- 1 -6 ounce package (1cup) Sort of Sweet Chocolate things
- 1 cup brutalized walnuts
- 1 -9 inch frozen tasteless store bought pie shell
- Flogged cream or ice cream optional (we don't think so)

Preheat oven to 325 F. In a large bowl, thwack eggs until foamy(?); throw in flour, white sweet stuff and brown died white stuff until a big mess is made. Mingle in the melted butter. Toss in the sort of sweet chocolate do-hickies and wacked walnuts. Plop into frozen no-taste shell. Bake 1 hour, or more if you forget. Serve warm because no one will give it time to cool down. If desired, use a plate and utensils.

All recipes are welcomed. Just send in recipe along with the finished product to the editor!

1986 MILK RUN - A PARTICIPANTS PERSPECTIVE

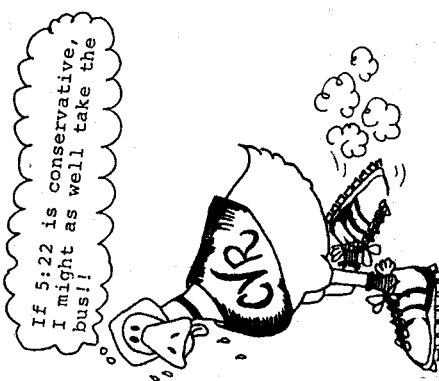
by Bryan Liss

Arriving at 8 a.m. on Saturday June 7th in Enosburg Falls I found the town alive with activity for the 1986 dairy Festival. Here were the preliminaries of a truly Vermont celebration - complete with street wide banners, an old time brass band and local parade and festivities. With my legs feeling a bit tired from a tough week of training I lined up at the start. There were approximately 250 other runners present and ready to go on this overcast and humid morning. Going out the first and second mile at a conservative 5:22 and 10:56 pace my legs slowly began to loosen up. At 2.3 miles I began to increase my pace and in doing so picked up four places as we left the rolling Route 105 and crossed over the Missisquoi River. At the halfway mark I clocked 16:42 and was in 6th place overall. Keying on the group of three runners 40 yards ahead of me I chased them unsuccessfully over the next 3.1 miles of rolling back dirt roads to the center of town and the shoot were I finished feeling strong in 33:15.

I would highly recommend this race to all. The course is rolling and scenic and good times are possible. The race was very well organized with results available immediately following. Trophies were given in all age categories, drinks and watermelon were abundant, festivities were fun and some strange split times were available at 2.6 and 4.8 miles.

UNOFFICIAL PLACES AND TIMES
1986 MILK RUN

- | | | | | | |
|----|-------|----------------|---|-------|----------------|
| 1 | 33:31 | John Fournier | 1 | 38:05 | Susan Manley |
| 2 | 31:32 | Chris Baldwin | 2 | 40:27 | Johann Brus |
| 3 | 32:54 | Perry Bland | 3 | 40:45 | Patty Girouard |
| 4 | 32:56 | Dean Bunstead | 4 | 42:23 | Carol Van Dyke |
| 5 | 33:12 | Steve Thompson | 5 | 42:32 | Jane Williams |
| 6 | 33:15 | Bryan Liss | | | |
| 7 | 33:59 | Chad Couto | | | |
| 8 | 34:41 | Bill Dusart | | | |
| 9 | 34:47 | Rick Clery | | | |
| 10 | 35:08 | Ed Hodges | | | |



Dot Helling, director of the Berlin Couples Race, has asked that if you don't use your entry form for the race to give it to a friend. "Go For It!"

RACE SCHEDULE

 FUN RUN - 2, 4 and 6 mi., every Tuesday, May through October. Liquor Control Warehouse on Green Mtn. Drive in Montpelier. 5:30pm. 25 cent donation.

 C - indicates races with CVR involvement. If you aren't running your help would be greatly appreciated by the race director and crew.

 * - indicates that Bob Murphy (476-4328) has an entry blank. Please send SASE when requesting an entry blank from either Bob (RR3, Box 6866, Barre, VT 05611) or from the race directors listed.

 C 12JUL86 MONTPELIER, VT CAPITAL CITY STAMPEDE
 9:30am at School & Main. Certified 10km course previously known as Howard Bank 10km. New sponsors this year, but the same great race! \$5 entry. Bicycle caps to first 200 entrants. Gift certificate prizes and after race refreshments. Wade Walker, P.O. Box 244, Montpelier, VT 05602.

 12JUL86 JERICHO CENTER, VT GMAA PARTNERS RACE
 4.8mi. 9am. Start & finish on the village green. Mike & Claudia Sullivan. 899-4059

 * 20JUL86 STOWE, VT UNION BANK/GROLSCH 8 MILE ROAD RACE
 9am on Cape Cod Road. \$8 by 12 Jul, \$10 after. Lee LeBrier, Box 135, Stowe, VT 05672. For info, call Lee at 253-9009 days, 888-3234 eves, or Larry Kimball at 878-5555.

 * 26JUL86 GOSHEN, VT GOSHEN GALLOP
 Approx. 5mi course over dirt roads and cool shaded woods around Hogback Mountain. 4pm at Blueberry Hill. \$7 entry, \$6 for barbecue and dance following race. T-shirt to first 100 entrants. Charlotte Snyder, 802-247-6735.

 * 27JUL86 SWANTON, VT SWAN RUN
 10km, 9am at Champlain Country Club, Rte. #7. \$3.50(\$7 if t-shirt desired) by 25 Jul. \$4.50/\$8 on race day. Swanton C of C. Merchants Row, Swanton 05488, 802-868-7200 or 868-4151 after 5pm.

 * 27JUL86 GARDINER, VT MAINE EVENT TRIATHLON
 10km run, 6mi canoe & 28mi bike ride. 9am at Gardiner Junior High School. \$15/\$25 individual before/after 5 Jul, \$28/\$38 2 person team. \$48/\$58 3 or 4 person team. Limit 175 teams or entries by 21 Jul. Maine Road Ramblers, P.O. Box 264, Augusta, ME 04330

 03AUG86 SO. BURLINGTON, VT GMAA BIKE & TIE
 7mi, 9am at Governor's Lane (off Barstow Road). 2 people & one bike per team. Bill Griffin, 985-8304

 C 16AUG86 BERLIN, VT BERLIN POND COUPLES RACE (6mi)
 9am at Berlin Elementary School. \$4 per person by 9 Aug. \$5 per person after. Awards for male/female teams (division by combined age) and for single participants. Dot Helling, 24 Pearl Street, Montpelier, VT 05602. Ph. 223-5797.

14SEP86 BURLINGTON, VT ARCHIE POST 5 MILLER
 11am. Meet at UVM gym for ride to the start. B. Cunningham, 878-3875, or E.K.Malone, 658-5180

 27SEP86 ESSEX CENTER, VT NATIONAL LIFE 10 MILLER
 9am at Essex Elementary School. Bruce Cunningham, 878-3875

 28SEP86 BURLINGTON, VT BURLINGTON PARKS & RECREATION 5Km & 10Km
 10am at Leddy Park. Call Ray Tanguay to confirm time and place. 864-0123

 C 05OCT86 WATERBURY, VT LEAF PEEPERS HALF-MARATHON
 11am @ Waterbury Recreation Field. Darragh Ellerson, Jeff Shutak and Tony Dimaurco, Race Directors.

 11OCT86 RICHMOND, VT ROUND CHURCH WOMEN'S RUN 5km & 10km
 10am. 878-3875

 * 12OCT86 PORTLAND, ME CASCO BAY MARATHON
 7am, \$7 by 4 Oct, limit 1500 runners. Charlie Porter, 839-6593. Casco Bay Marathon, P.O.Box 3172, Portland, ME 04104.

 * 12OCT86 HAMMONDSPORT, NY WINEGLASS MARATHON
 10am at Taylor Wine Co. \$10 by 4 Oct. No post entry. In addition to individual entries, 3 runner teams will also be accepted. Two 9mi legs and one 8.2mi leg. Men's, women's or mixed relay teams. For info, call Laura at 607-937-8371. Wineglass Marathon, P.O.Box 98, Corning, NY 14830-0900

 18OCT86 SO. HERO, VT GMAA MARATHON
 8am at Folsom School. Preregistration required. Howie Atherton, 434-3228

 25OCT86 SHELBURNE, VT ARTHUR TUDHOPE MEMORIAL 10km
 11am. John Kohn, S. Willard, Burlington 862-8514

 26OCT86 BURLINGTON, VT BURLINGTON PARKS & RECREATION 5Km & 10Km
 10am at Leddy Park. Call Ray Tanguay to confirm time and place. 864-0123

 * 01NOV86 ESSEX CENTER, VT GMAA 50-MILER
 8am @ Essex Center Elementary School. Certified course. \$5 pre-registration, \$8 day of race starting at 7am. For more info, call Bill Everett (879-1687).

 * 16NOV86 ATLANTIC CITY, NJ ATLANTIC CITY MARATHON
 9am, \$10 by 27 Oct, \$12 post. Limit 1000 runners. 609-822-0623.

 23NOV86 BURLINGTON, VT BURLINGTON PARKS & RECREATION 5Km
 10am at Leddy Park. Call Ray Tanguay to confirm time and place. 864-0123

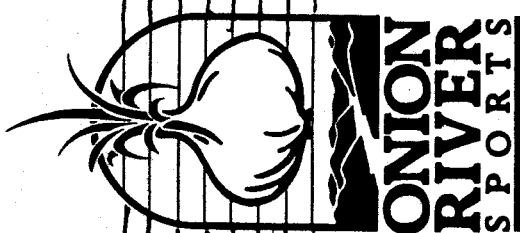
 27NOV86 BURLINGTON, VT GMAA TURKEY TROT
 11am, 5km, UVM Guttersen Field House. Entry fee is a donation to the Burlington Emergency Food Shelf. Ralph Swenson, 964-4952, or Neil Stout, 862-5872

Sodom Pond Race: 4.2 miles around pond. Sat. July 19. Registration 8:30am
 Place: Next to Asamant Music School. Race starts: 9:00am. Cost: \$3.00
 Benefit of Adamant Coop. Inquires: W 828-2761/ H 229-4534

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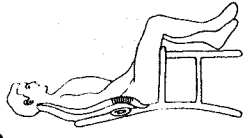


20 LANGDON STREET
 MONTPELIER 352440V

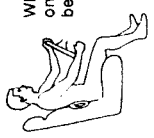
OPEN MON.-SAT.
 FRIDAY EVENINGS

BE KIND TO YOUR SPINE

Rest your back while you sit or drive.

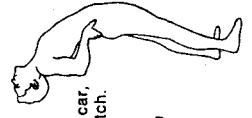


Sit all the way back in a chair. Place a small, rolled towel or T-shirt in the area of your lower back. The "roll" will help your back to maintain its curve. This will help to relax all supporting structures.



When you drive, especially on long trips, put your "roll" behind your back and relax.

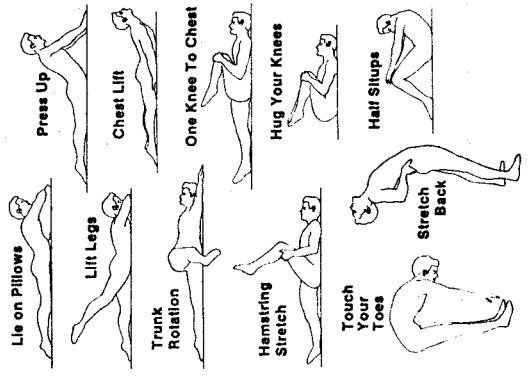
When you get out of the car, give your back a nice stretch.



Your back will thank you!!!

Stretch and strengthen your spine.

These exercises can help you stretch and strengthen your spine. Do each exercise 10 times daily, if you have difficulty with them, consult your physician.



ASK DR. DUCK

Q: Dear Dr. Duck, when I injure one of those hard to reach places ie: knee, elbow, ankle, u-joint or zippy humoralis, what is the best way to apply ice.

A: Good question. Most people find it helpful to put water in a paper cup and put it in the freezer. When frozen, the ice can be easily rubbed over the painful area to reduce pain and swelling. Remember to not over do. If you can hit the afflicted spot with a hammer without any discomfort, you may have applied the ice too long.

Another method (the one that works best for me) is using my frozen vegetables. I like using peas. Remove peas from freezer, get comfortable (legs up phone off the hook) and drap bag of frozen peas over (lets say your knee) for about 15 minutes. This technique accomplishes a couple of things for me. I found something that conforms around any strange surface, and saves time and energy by defrosting my vegetables. For those of you who eat meat, you could try a frozen steak...but you'll have to let me know how it worked.

Beer is also a good source to turn to. Take two beers well chilled. Rub one slowly over the painful area while consuming the other. Of course, you must be 21 and like beer to try this one. This method will also allow you to get in a upper body work out while you are laid up. You may need more than two for these 12 ounce curis. For some reason, the cans tend to become lighter with the passing of time.

Please send all questions to Dr. Duck c/o the Newsletter editor.

Central Vermont Runners Membership Application

Last Name _____ First Name _____ Middle Initial _____

Street _____ City/Town _____ State _____ Zip _____

Date of Birth _____ Sex _____

Phone No. (Home) _____ (Office) _____

T-Shirt size: S M L XL

Dues Paid: 85 86 87 88 89 90 91 92 93 94

As a responsibility of club membership, I agree to be available to work on at least one club race during the year. My preferred month is indicated below. (Directors will call for help.)

Mar _____ Apr _____ May _____ Jun _____ Jul _____ Aug _____ Sep _____ Oct _____ Nov _____

As an alternative, I prefer to work on the race checked below:

- May _____ Rotary 5km
- June _____ Montpelier 10 miler
- July _____ Howard Bank 10k
- August _____ Berlin Pond Couples Race
- September _____
- October _____ Leah Peepers Half Marathon
- _____ Fun Runs (every Tuesday May-October)
- _____ Newsletter
- _____ Annual Banquet

Initial membership fee is \$5 (\$1 for subsequent members from the same household). T-shirts — \$8.00.

Send completed Membership Form with initial membership fee to:

Central Vermont Runners
Darragh Eberson
Upper North St., Box 170
Montpelier, VT 05602

Merill K. Cray-Z
RD 3 Box 5310
Montpelier, VT 05602

Robert A. Mairson Murphy
66 S. POA 6000
Burlington
VT 05401