JULY 1987

CENTRAL VERMONT RUNNERS' NEWSLETTER

ROAD RUNNERS CLUB of AMERICA RRCA

NO. 5

VOL. 8

Central Vermont Runners

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

TO:

Robert & Maureen Murphy
RT #3 Box 6866
Barre VT
05641

NORM'S NOTES

The first note of interest this month is the sub-ultimate runner planned for August 1. Elsewhere in the newsletter is the registration blank and other information. I won't repeat all of it here but would like to emphasize a couple of points. First, please try to register before race day so that we won't have to do much on race day. A reminder that this event is open to CVR members only. It is not ment to be a way of collecting new members, but if someone is not a member and wishes to participate they can join the club and assume all the responsibilities and rewards.

The second reminder is that there will be a picnic at the track following the results at roughly 1:00 p.m. and all members and families are urged to attend. Part of the entry fee is a dish to share and bring along anything else your family wants, including drinks. The kids will have plenty of room to run, fly kites, and any thing else they decide to do!! I hope all can come. Anyone who isn't running that can give us a hand is asked to let me know.

Keep in mind that this is a low key race with no planned awards, and a loosely run events. You'll be on your own for most of the 5K and 10K in terms of traffic control and the like. I hope everyone will come and enjoy the event as it is intended , and see who is the ULTIMATE Sub-ultimate runner.

I would like to remind all members that we are still looking for help at the fun runs and hope all will work at LEAST one Tuesday this summer. Also, don't forget to pass the word of the fun runs around and request for a 25 cent donation for all over the age of 18.

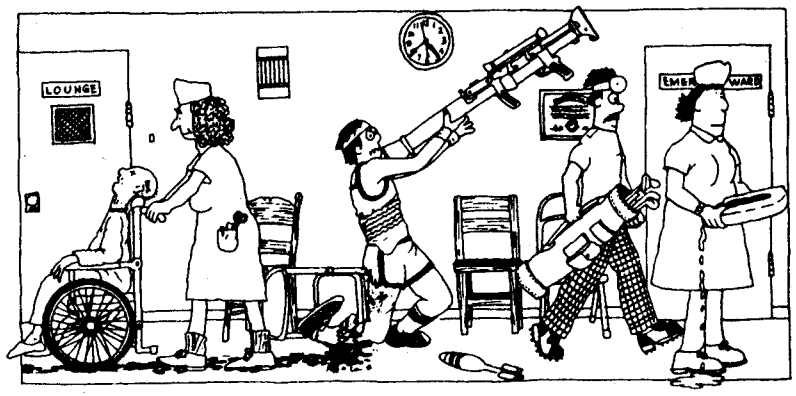
For those of you who wonder what TAC is up to these days you would be pleased to know they are spending countless hours to determine that runners are no longer allowed to cut or fold their race numbers! Yes, new rule #72.1 is setting the dress code for further runners.

Finally, I feel somewhat obligated to comment on the new off-shoot of CVR; RUNRS. The Really Understanding Non-Running Spouses club was begun by my wife and Carol Howe and we've had a good time with it. My only comment is that I don't intend to bring brownies (EXLAX) to a meeting right off.

Yours truly is down with injury at the present but I hope to be back soon and try to get back in shape for the fall season. In the meantime, I hope to see you at the races and especially at the sub-ultimate runner and picnic. Good Luck!!!!

Norm

EVERY START UPON AN UNTRODDEN PATH IS A VENTURE WHICH ONLY IN UNUSUAL CIRCUMSTANCES LOOKS SENSIBLE AND LIKELY TO BE SUCCESSFUL.
-Albert Schweitzer



NEXT CVR MEETING WILL BE JULY 21 AFTER THE FUN RUN. PLEASE STAY AND LEND YOUR SUPPORT. THANK YOU. BRING SOME MUNCHIES TO SHARE. BYOB

MONTPELIER TEN MILE ROAD RACE

JUNE 27, 1987

It was a mudder's (not mother's) delight. "Quicksand" and "quagmire" were some of the nicer words used to describe the middle four miles of the 13th annual Montpelier 10 Miler, as heavy rains of the past week and night made the dirt roads soft and slippery. Nonetheless, the going was fast at the front of the pack. The first six finishers crossed the line in less than 55 minutes, with Eric Morse of Waterbury leading the pack with a 52:08. Chris Baldwin of South Burlington finished second with a 53:24 and 1985 Champion Richard Weinstein rounded out the top three with a 53:50. The women's race was very competitive, with the top five women being separated by less than two minutes. Jane Banks of CVR led the way with a 65:55, Michelle Eitapence was second in 66:28, Nancy Ward placed third in 67:26 and Veta Weir outraced Michelle Pinard to the wire by a second in 67:33 for fourth. CVR's Merill Cray was top woman at 7 miles but was forced to withdraw because of leg cramps. Leatrice Hayer, first American woman and 7th woman overall at this year's Boston Marathon, entered the race but did not run competitively because of an injury. For the third year in a row, the race served as the Eastern Regional 10 Mile Championship of the RRCA.

Geoff Lindemer was the first CVR finisher, placing 15th overall with a 59:52. Traditionally, this race has produced a deep field. This year was no exception. 15 runners finished the course in less than one hour and half the finishers came in averaging sub-seven minute miles. Jane Banks' 65:55 set an age-group course record for women 35-39. Charles Kellogg's 59:10 similarly set a new standard for men 45-49.

There were 95 entrants and 92 finishers. The size of the field was smaller than past years, with many potential participants no doubt deciding that they were really pointing for the Capital City Stampede or Stowe 8 Mile anyway as they heard the heavy rain pounding their roofs on the morning of the race. Outside of the slop, it actually was not a bad day for running. The heavy rain had been reduced to a light mist by race time and it was cool.

The race had no major financial sponsor this year but local businesses pitched in with generous donations. Athletic Attic, J.W. Campion, Miller Sports, Morse Farm, National Life, Onion River Sports and Wedgewood made contributions to the race. Accurate times and results, mile splits, mile markers, water stops, course monitoring and other desireable race characteristics would not be possible without many committed volunteers. Many thanks to the following workers at the race: JoAnn Beaudin, Molly Corrigan and her two teenage helpers at one of the water stops (Molly did her usual great job coordinating the water stops), Darragh and David Ellerson, Dave and Wilma Kelley, Debi and Geoff Lindemer, Dana McCarthy, Buell Mitchell, Barbara and Liz Murnane, Bob Murphy (mile markers and results, plus running too), Norm Robinson (invaluable all-around help), Jim Suskin, Bob and Marilyn Wilson, and Jay and Leslie Wisner.

Complete results follow. See you next year.

Tim Noonan
Race Director

Montpelier Ten Mile Road Race
Montpelier,Vermont 10mi 27 June 1987

EVERYWHERE IS WALKING DISTANCE IF YOU HAVE THE TIME.
-Steven Wright

Place Ovr All	Age Grp	Time	Name	Age	Address		Club	Pace per Mile
Female 0 to 17								
(no finishers)								
Female 18 to 29								
32	1	1:06:28	Eitapence; Michele	22	Morrisville	VT	MMR	6:39
38	2	1:07:33	Weir; Veta	29	Montague	MA		6:45
39	3	1:07:34	Pinard; Michelle	26	Barton	VT		6:45
48	4	1:10:53	Jones; Deborah Ormsbee	25	Williston	VT		7: 5
55	5	1:11:40	Plante; Louise F.	23	Stowe	VT		7:10
58	6	1:12:52	Fortier; Jo-Ann	28	Montpelier	VT	CVR	7:17
84	7	1:29:45	Izzo; Lynn	19	Hinesburg	VT	GMAA	8:59
Female 30 to 39								
29	1	1:05:55	Banks; Jane	38	Bethel	VT	CVR	6:35
37	2	1:07:26	Ward; Nancy	33	Middlebury	VT		6:45
43	3	1:09:12	Desy; Marcia	31	Windsor	VT		6:55
47	4	1:10:06	Crow; Debbie	36	Stowe	VT	CVR	7: 1
54	5	1:11:39	Helling; Dot	37	Montpelier	VT	CVR	7:10
57	6	1:12:19	Sullivan; Claudia A.	33	Jericho	VT	GMAA	7:14
60	7	1:13:33	Perry; Jeannette	30	Williston	VT	GMAA	7:21
81	8	1:23:36	Jenkins; Mary Lynn	33	Durham	NH		8:22
87	9	1:31:42	Wallan; Mary	34	Sharon	MA	HSR	9:10
92	10	1:39:22	Ventura; Lynn	33	Waterbury	VT		9:56
Female 40 to 49								
64	1	1:14:15	Kazda; Iva Kristina	40	Arlington	MA	CSU	7:26
76	2	1:18:51	Rusin; Rosemary	44	Florence	VT		7:53
80	3	1:21:46	Kinney; Rose Marie	46	Morrisville	VT		8:11
89	4	1:34:12	Schaeffer; Liz	43	Burlington	VT	GMAA	9:25
90	5	1:37:20	Suitor; Carol Jean	49	Newton	MA		9:44
Female 50 to 59								
(no finishers)								
Female 60 to 99								
(no finishers)								
Male 0 to 17								
34	1	1:06:49	Tosi; Greg	16	East Montpelier	VT		6:41
Male 18 to 29								
1	1	52:09	Morse; Eric	22	Waterbury	VT		5:13
4	2	54:16	Waldron; Jon	29	Newton	MA	CSU	5:26
6	3	54:59	Fournier; John	25	Newport	VT		5:30
7	4	55:06	Sightler; Randy	28	Burlington	VT		5:31
8	5	56:30	Pedersen; Robby	18	Amherst	NH		5:39
9	6	56:50	Bowley; Shane	28	Essex Junction	VT	GMAA	5:41
28	7	1:05:42	Kelley; James R.	25	Essex Jct.	VT	KBR	6:34
31	8	1:06:22	Bixby; James	24	Winooski	VT	KBR	6:38
33	9	1:06:48	Martell; Kevin	29	Essex Jct.	VT		6:41
36	10	1:07:16	Cunniff; Chris	28	So. Burlington	VT	GMAA	6:44
53	11	1:11:37	Rebillard; Roger	21	Montpelier	VT		7:10
59	12	1:13:05	Barr; Alan	29	Burlington	VT		7:19
66	13	1:15:45	Salinger; Clifford L.	29	West Orange	NJ	Essex	7:38
69	14	1:15:59	Spilak; Jason	18	Montpelier	VT		7:36
Male 30 to 39								
2	1	53:24	Baldwin; Chris	33	So. Burlington	VT		5:20
3	2	53:50	Weinstein; Richard	31	Newton	MA	CSU	5:23
5	3	54:57	Paul; Danny	33	Cumberland	ME	MR	5:30
10	4	56:52	Cravedi-Cheng; Pascal	33	Burlington	VT	GMAA	5:41
11	5	57:32	Roy; Jim	31	Hyde Park	VT		5:45
13	6	59:23	MacFarland; Gordon	39	Boston	MA	GBTC	5:56
15	7	59:52	Lindemer; Geoff	34	Stowe	VT	CVR	5:59
17	8	1:00:55	Dysart; Bill	34	Burlington	VT	GMAA	6: 6
19	9	1:01:46	Valentine; John	37	Northfield	VT	CVR	6:11
20	10	1:01:57	Schwertfeger; Rick	39	Windsor	VT	JWAC	6:12
21	11	1:02:01	Darsinos; John	35	Winooski	VT	CSU	6:12
22	12	1:02:22	Cleary; Rick	30	Burlington	VT	GMAA	6:14
26	13	1:05:17	Johansson; John	33	Fairfax	VT		6:32
27	14	1:05:22	Anderson; Chris	32	Middlebury	VT		6:32
30	15	1:06:14	Price; Rick	38	Monroe	NH		6:37
41	16	1:08:03	Everett; Bill	35	Essex Junction	VT	GMAA	6:48
42	17	1:08:33	Deroy; Michael G.	35	Bristol	VT		6:51
44	18	1:09:14	Burke; P.T.	39	Winooski	VT	GMAA	6:55
46	19	1:09:56	McGoff; John	37	Toronto	ONT		7:00
70	20	1:16:03	Smith; Eric	30	Plainfield	VT	MRSRC	7:36
71	21	1:16:35	Miller; Maurice J.	35	St. Albans	VT		7:40
73	22	1:17:23	Noonan; Kevin	32	West Hartford	CT		7:44
83	23	1:28:51	Smith; Robert	35	Waterloo	ONT	Mad Dogs	8:53
85	24	1:29:46	Izzo; John	38	Hinesburg	VT	GMAA	8:59
Male 40 to 49								
12	1	59:10	Kellogg; Charles	47	Shelburne	VT	GMAA	5:55
14	2	59:36	Cornish; Steve	40	East Middlebury	VT		5:58
16	3	1:00:21	Elkins; John	40	Stowe	VT		6: 2
18	4	1:01:16	Murphy; Bob	47	Barre	VT	CVR	6: 8
23	5	1:02:48	Crowe; Tom	43	Jeffersonville	VT	GMAA	6:17
24	6	1:03:21	Johnson; Gordon	45	Ayers Cliff	QUE		6:20
25	7	1:03:42	Kalinen; John V.	41	Orleans	VT		6:22
35	8	1:06:51	Heikkinen; Richard A.	40	Claremont	NH		6:41
40	9	1:07:58	Wallan; Peter	44	Sharon	MA	HSR	6:48
45	10	1:09:29	London; Wayne P.	48	Brattleboro	VT		6:57
50	11	1:11:10	Hitchcock; Tom	40	Essex Junction	VT	GMAA	7: 7
51	12	1:11:20	Kelley; Robert	49	Essex Jct.	VT	KBR	7: 8
52	13	1:11:28	Baker; Newton B.	45	Montpelier	VT	CVR	7: 9
56	14	1:11:58	Wilson; Bruce	42	Burlington	VT		7:12
61	15	1:13:34	Feeney; Vince	44	Winooski	VT	GMAA	7:21
62	16	1:14:03	Poulin; Russell E.	45	East Montpelier	VT		7:24
65	17	1:14:48	Cusumano; Michael	42	Glover	VT		7:29
67	18	1:15:46	Witham; Douglas W.	49	So. Burlington	VT		7:35
68	19	1:15:59	Chase; Ted	47	St. Johnsbury	VT		7:36
72	20	1:17:18	Suitor; Richard F.	49	Newton	MA		7:44
74	21	1:18:05	Davis; Rod	44	Morrisville	VT		7:49
75	22	1:18:23	Ejmanowicz; Richard	46	Newport	VT		7:50
78	23	1:19:18	Morris; Richard	41	Chelsea	VT		7:56
Male 50 to 59								
63	1	1:14:09	Schiavone; George	56	Shelburne	VT	GMAA	7:25
77	2	1:19:06	Murnane; Dan	50	Montpelier	VT		7:55
79	3	1:19:20	Mercier; Bob	51	Montpelier	VT	CVR	7:56
86	4	1:30:10	Kieran; Bob	50	So. Burlington	VT		9: 1
88	5	1:33:48	Wolff; Phil	51	Montpelier	VT		9:23
91	6	1:38:42	Rogers; Alan C.	52	Barre	VT		9:52
Male 60 to 99								
49	1	1:11:10	Fortier; Wally	60	Nashua	NH	GCS	7: 7
82	2	1:25:35	Lyons; Donald A.	61	Montpelier	VT		8:34

Montpelier Ten Mile Road Race
Montpelier, Vermont 10mi 27 June 1987
Team Results

Women's Open

CVR	Banks	1:05:55	GMAA	Sullivan	1:12:19
	Crow	1:10:06		Perry	1:13:33
	Helling	1:11:39		Izzo	1:29:45
		3:27:40			3:55:37

Incomplete teams: MMR, HSR, CSU

Men's Open

CSU	Weinstein	53:50	GMAA	Bowley	56:50
	Waldron	54:16		Cravedi-Cheng	56:52
	Darsinos	1:02:01		Kellogg	59:10
		2:50:07			2:52:52
CVR	Lindemer	59:59	KBR	Kelley, J.	1:05:42
	Murphy	1:01:16		Bixby	1:06:22
	Valentine	1:01:46		Kelley, R.	1:11:20
		3:03:01			3:23:24

Incomplete teams: Essex, MR, GBTC, JWAC, MRSRC, Mad Dogs

Men's Masters

GMAA	Kellogg	59:10	CVR	Murphy	1:01:16
	Crowe	1:02:48		Baker	1:11:28
	Hitchcock	1:11:10		Mercier	1:19:20
		3:13:08			3:32:04

Incomplete teams: HSR, KBR, GCS

CSU - Cambridge Sports Union
CVR - Central Vermont Runners
GBTC - Greater Boston Track Club
GCS - Gate City Striders
GMAA - Green Mountain Athletic Association
HSR - Hockomock Swamp Rats
JWAC - Johnson & Wales Athletic Club
KBR - Keeler Bay Roadrunners
MMR - Mt. Mansfield Resort
MR - Maine Rowdies
MRSRC - Mad River Stowe Rugby Club

CASPIAN FOLIAGE

CASPIAN 10th ANNUAL FOLIAGE RUN

Sept. 20th Sunday at 10:30 AM
Meet at Caspian Lake beach in Greensboro
DISTANCE- 7 miles around Caspian Lake
FOR MORE INFORMATION CALL - Ann Battin: 472-6066

A MAN WITH A WATCH KNOWS WHAT TIME IT IS; A MAN WITH TWO WATCHES ISN'T SO SURE.
-Anonymous

ALAS FOR THOSE WHO NEVER SING BUT DIE WITH ALL THEIR MUSIC IN THEM.
-Oliver Wendell Holmes

Vermont Runner Rankings Update

This year's running of the Montpelier 10-Mile Road Race produced a large number of Vermonters with ranking scores toward the title of Top-Ranking Vermont Resident Runners for 1987. Eric Morse and Jane Banks were the top finishers, and Eric garnered 50 points in a male field of 70 runners. A small field of 22 women limited Jane's points to 7. The following is a listing of all Vermont competitors earning ranking points in Montpelier on 27 Jun 87.

Male Open

Eric Morse	Waterbury, VT	50 (1st)
Chris Baldwin	So. Burlington, VT	40 (2nd)
John Fournier	Newport, VT	15 (6th)
Randy Sightler	Burlington, VT	12 (7th)
Shane Bowley	Essex Jct., VT	7 (9th)
Pascal Cravedi-Cheng	Burlington, VT	5 (10th)
Jim Roy	Hyde Park, VT	3 (11th)
Charles Kellogg	Shelburne, VT	2 (12th)

Men 40-49

Charles Kellogg	Shelburne, VT	7 (1st)
Steve Cornish	East Middlebury, VT	5 (2nd)
John Elkins	Stowe, VT	3 (3rd)
Bob Murphy	Barre, VT	2 (4th)
Tom Crowe	Jeffersonville, VT	1 (5th)

Men 50-59

George Schiavone	Shelburne, VT	3 (1st)
Dan Murnane	Montpelier, VT	2 (2nd)
Bob Mercier	Montpelier, VT	1 (3rd)

Men 60-69

Donald Lyons	Montpelier, VT	2 (2nd)

Women Open

Jane Banks	Bethel, VT	7 (1st)
Michele Eitapence	Morrisville, VT	5 (2nd)
Nancy Ward	Middlebury, VT	3 (3rd)
Michelle Pinard	Barton, VT	1 (5th)

Women 40-49

Rosemary Rusin	Florence, VT	2 (2nd)
Rose Marie Kinney	Morrisville, VT	1 (3rd)

Based on information available to VRDC to date, it appears that four new Vermont All-Comer age group records were established for the ten mile distance, as follows.

Men 18-19:	56:30	Rob Pedersen of Amherst, NH
Men 45-49:	59:10	Charles Kellogg of Shelburne, VT
Women 18-19:	89:45	Lynn Izzo of Hinesburg, VT
Women 35-39:	65:55	Jane Banks of Bethel, VT

Congratulations to those four on their sterling performances!

Vermont Running Data Center
Bob Murphy
28 Jun 87

CVR member Elizabeth Meiklejohn who lived in Manchester N.H in the winter, and East Calis during the summer left last summer after the Berlin Pond race to teach math in London.

FROM BACK OF THE PACK IN AND AROUND LONDON

The over 7 minute mile "Jogger" doesn't enter many races around here.

February 15: Hillingdon 5 mile road race. My time was 38:37. There were 6 people behind me. It turned out this was a men's race. No one told the 9 women. Sebastian Coe came in 6th.
April 11: Harrow 10K. I've never been lapped by so many people in my life. This was a 4 loop course on city sidewalks, marked in kilometers. First we passed the 9K, then the 6K, the 1K, the 8K, the 2K the 7K. I lost track. The route was star shaped to maximize cornering. My time was 48:12. I believe 3 or 4 people finished behind me.
May 10: The London Marathon. We started at Greenwich to the music of Chariots of Fire. It took only 3 minutes to get to the starting line and I was running at a steady pace right away. The bands played, the church bells rang, the crowds chanted, and we all started off a little too fast. We passed the international date line, went around the Cutty Sark (a beautiful ship!), and across the Tower Bridge. Then we headed for the loooong stretch around the Isle of Dogs - some king kept his dogs there, but now its an industrial dockyard area. The scenery was drab, but groups of little old ladies and gents sang songs, supporters stood outside the pubs, pints in hand, and policewomen held out their fingers covered with globs of vaseline. We returned under the Tower Bridge, over the cobbles - they were moving the carpet when I got there - along Victoria Memorial, around the park to Parliament Square and Big Ben, and ended on Westminster Bridge.

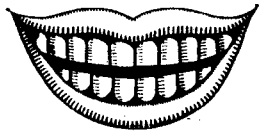
I was a little disappointed when it was all over. I hadn't tried to run fast (and hadn't, finishing in 4:17). Instead I had enjoyed the crowds, the historic sights, the perfect weather, the spring flowers, and the other runners. The marathon was a huge fund raising event for charities (over 5 million pounds), and the person with the best costume got an extra donation for his or her charity. I saw a number of supermen, a spiderman, some clowns, a mars bar, Prince Charles riding on someone's back, Charlie Chaplin, and a Pharoah. One man carried a garbage pail on his back and collected coins the whole way. English coins are big and heavy. I raised a little money myself, but ran in a normal outfit.

The organization was marvelous. Drinks every mile (in little boxes with straws so all you had to do was squeeze), every mile marked with an arc of balloons and a clock, no long lines at the starts for toilets, and clothes waiting safely at the end. It was a GREAT race!

I am signed up for a 15 mile footpath race on June 21. It's "fell category 3" (I wonder what that means?) and is "NOT FOR THE FUN RUNNER". I'll let you know if I survived. After that it's walking time. Probably the 70 mile Wye Valley Walk, followed by explorations in Scotland.

ELIZABETH MEIKLEJOHN

Thanks Elizabeth for the great letter...keep them coming!



PLEASE! If you run in a race, send in the results if you can get your hands on them or write us a short (or long) story of your experience. THANK YOU.

BLUEBERRY HILL AND THE FIRST NATIONAL BRANDON BANK

You are invited to run the 9th Annual Goshen Gallop on Saturday, July 25, at 4:00 PM.

The course (approximately 5 miles), will be run over the dirt roads of Goshen and through the shaded woods around Hogback Mountain on one of Blueberry Hill's cross-country ski trails. Prizes will be awarded in all age categories, and the first 100 entrants will receive a free Goshen Gallop T-shirt.

Following the race, take a swim in the pond to cool off, and then join us for a barbeque and square dancing. Dinner is open to competitors and spectators alike, and will feature a chicken barbeque with salads, home-made breads, and blueberry pie. Bring your running shoes and a square dancing partner!

For more information, please call Blueberry Hill at 247-6735.

- Entry Form -

Name _____

Address _____

_____

Age ____ *Birthdate* _____ *M or F* ____

Entry Fee	*$8.00*	____
Children 12 & under	*$4.00*	____
Barbeque and Square Dance	*$7.00*	____
Children 12 & under	*$3.50*	____
Total		____

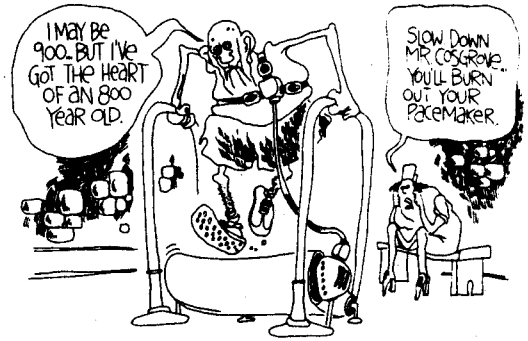
The first 100 entrants will receive a free Goshen Gallop T-shirt.
Size (Circle one).....*S M L XL*

Liability Release: I hereby release individual land owners, Blueberry Hill and the Town of Goshen and its members or agents and any other persons officially connected with the race from all liability for any injuries or damages whatsoever arising from my participation in or presence at this competition.

SIGNATURE _____ *DATE* _____
(Parent's signature required if competitor is under 18.)

Submit by mail the completed Entry Form and check or money order to:

Blueberry Hill
Goshen, Vermont 05733
(802) 247-6735



GOULD'S MEN SHOP ONE-MILE FUN RUN

Sponsored by a Boston clothing store that raised more than $2,000 for a local hospital, the race featured some unusual rules: No fast running was allowed; all participants had to wear coat, shirt and tie (vest was optional); and all runners under 175 pounds had to carry a briefcase.

Member of ROAD RUNNERS CLUB R·R·C·A of AMERICA Sanctioned

CENTRAL VERMONT RUNNERS
EIGHTH ANNUAL

Berlin Pond Couples' Race

SATURDAY, AUGUST 15, 1987

NEW COURSE! CERTIFIED AND SANCTIONED 8K (4.93 miles)! NEW STAGING AREA!!!!!!!!!

REGISTRATION: 8:00 AM, MAPLEWOOD CONVENIENCE STORE, Berlin, Vermont. Exit 7 off Interstate-89, turn right at 1st light, 1st store on right.

START TIME: 9:00 AM sharp.

ENTRY FEE: $5.00 postmarked before August 10; $6.00 thereafter. PER PERSON.

COURSE: 8 kilometers (approx. 4.93 miles) of scenic dirt road around Berlin Pond - no pavement. Rolling hills first half, then relatively flat. Certified. Mile split, each kilometer posted, water stop midway.

AWARDS AND REFRESHMENTS: At store immediately following the race.

AWARD DIVISIONS: Couples Mixed: combined ages 0-27; 28-39; 40-59; 60-79; 80-99; 100+. Also best costumes, heaviest and lightest couple and many more.

Single Females/Males: 0-13; 14-29; 30-39; 40-49; 50+ (1st place only).

No duplicate awards. Results will be published ASAP.

OFFICIAL ENTRY FORM

CIRCLE ONE: COUPLES' TEAM or INDIVIDUAL

FEMALE NAME: _____ MALE NAME: _____

ADDRESS: _____ ADDRESS: _____

_____ _____

AGE ON 8/15/87: _____ AGE ON 8/15/87: _____ COMBINED: _____

WAIVER: THIS MUST BE SIGNED OR YOU CANNOT PARTICIPATE. THANK YOU.
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 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 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.

_____ _____
Signature Date Signature of Partner Date

_____ _____
Parent/Guardian Signature if under 18 Parent/Guardian Signature if under 18

Send this completed application form with entry fee ($5.00 by 8/10/87; $6.oo thereafter) (PER PERSON) to Dot Helling, Race Director, 34 St. Paul Street, Montpelier, Vermont 05602. Telephone 223-5797. Make checks payable to CENTRAL VERMONT RUNNERS.

TIDBITS

by Bob Murphy

Live and Learn

Race Directors take note. Do not rely upon manually recording bib numbers at the finish as your primary means of determining race results. That was tried at the recent Corporate Cup Challenge/State Agency Race, with poor results. There were two recorders (one primary, one backup), and although the primary recorder was doing her best and was properly stationed at the end of the chute, she still missed a couple of numbers. The backup was (improperly) stationed at the finish line and missed a large number of bib numbers; runners were going too fast at that point to allow complete recording of numbers. Unfortunately, the two numbers missed by the primary recorder were also missed by the backup, so there were a couple of people who probably should be in the results but will not be there. For our CVR races, I recommend a more positive form of recording, such as tear-off strips on the race numbers, or having the runners receive sticks or cards, where the responsibility to sign in is theirs. In any case there should still be a manual backup recording of race numbers at the finish. The manual recording should be done at the end of the finish chute, where runners should be slowed to a walk. Note that recording of race numbers in this fashion does require large, easily readable numbers. The small cards you see occasionally (Rainbow Racing System) in lieu of traditional race numbers would not lend themselves to race number recording either at the finish or at intermediate points on the course.

Berlin Pond Couples Race

Certification work is complete and the paperwork has been forwarded to Bob Teschek, the TAC/RRCA Regional Certifier for this area. This year's race has been shortened to 8Km (just shy of 5 miles) and consists of one loop around the pond. This adds another race to the list of Vermont certified courses on which runners may earn points toward State ranking. It's interesting to note that the total vertical climb on this course (approx. 242 feet) is nearly identical to that for the Montpelier 10-Miler (approx. 245 feet).

Capital City Stampede

Just when you think you've got a certified course, somebody does something to foul it up. As you may have noticed, there's a lot of activity going on behind the State House lately. If you've looked closer you'll discover that the neat little detour we've been used to taking behind the State House is completely torn up. So much for the certified 10Km course we've used for the last six years. By the time you read this, I hope to have completed remeasurement on a course in front of the State House. It really won't be all that difficult. I'll only have to remeasure a portion of the course, not all of it. We should have recertification on the new course by race date.

More on Bennington Road Race

The Bennington Road Race 10km race in May yielded ranking points for a number of Vermont runners. Because of the large number of (good) out-of-state runners in attendance, however, only first place finisher Rick Trainer picked up a substantfal number of points. (Remember that ALL runners are considered in the distribution of ranking points, but only Vermont runners are included in the comparative rankings.) Here are the Vermont runners with the points they earned in that race.

	Men		Women	
Open	Rick Trainer, Manch Ctr (1st)	100	Lynn Achee, Manch Ctr (4th)	2
	Larry Bayle, Brattlboro (8th)	15		
	Bob Murphy, Barre (12th)	5		
	David Linton, Brattlbro(15th)	1		
40-49	Bob Murphy, Barre (3rd)	7		
	David Linton, Brattlebro(4th)	5		
	Mark Donavan, Bennington(5th)	3		
	Kent Webster, W.Bratlbro(6th)	2		
50-59	Dean Haney, Pownal (3rd)	1	Barbara Smith, Dorset (2nd)	2
60-69	Leon Beverly, Stamford (1st)	3		

LETTERS TO THE EDITOR

Dear CVR Newsletter Editor:

I was disappointed that the Blue Cross & Blue Shield 5K race results weren't in the June issue. My time was slowed from high to low mediocrity by a herd of cows between me and the runner ahead; surely that was noteworthy...But more than that, my husband never did get his official time, having forgotten to look on the board. Could I get a copy? or his time?
Thanks,

Priscilla Mounts

Dear Priscilla:

Thank you for your note and here are the results from the 5K race...I goofed. Good job on your second place finish in your age category- not bad for having to wade through a herd of cows!

"Run For The Health Of It"

5 km & 1 km Footrace, May 9th

Sponsored By Blue Cross/Blue Shield of Vermont, Central Vermont Rotary & Central Vermont Runners

5 KM RACE

O/A 0—12 Female

32	1. Amy Shroyer	24:30

O/A 13—17 Female

23	1. Laura Wells	22:04
37	2. Jenniler Troiano	
57	3. Laura Belding	32:28

O/A 18—29 Female

31	1. Amy Walker-Casey	24:10
41	2. L. Batchelder-Adam	25:57
46	3. Mary North	27:07
49	4. Rebecca Dube	27:32

O/A 30—39 Female

8	1. Susan Drapp	19:33
9	2. Jane Banks	19:59
10	3. Meril Cray	20:05
18	4. Barbara Nash	21:03
21	5. Debbie Crow	21:40
36	6. Betsy Austin	24:55
54	7. Joann Troiano	29:06

O/A 40—49 Female

28	1. Sue Christiansen	23:08
30	2. Priscilla Mounts	24:03
52	3. Reidun Nuquist	27:52
55	4. Sheila Davis	29:41
56	5. Judy Gendron	31:42
58	6. Mary Mello	32:58

O/A 50—59 Female

48	1. Anne Batten	27:26
53	2. Marilyn Wilson	28:05

O/A 0—12 Male

27	1. Jonathan Wolff	23:06
34	2. Jason Irons	24:37
45	3. Brad Schruyer	26:46

O/A 13—17 Male

3	1. Greg Tosi	17:58

O/A 18—29 Male

1	1. Larry Sayers	15:12
2	2. Eric Morse	15:13
6	3. Alex Hall	18:41
12	4. R. Bailey	20:16
14	5. Jamie Sikora	20:23
24	6. Abdias Sarne	22:15

O/A 30—39 Male

4	1. John Valentine	18:09
5	2. George Seivwright	18:21
7	3. G. Batchelder-Adam	19:17
11	4. Gregory Gerdel	20:07
15	5. Don Seaver	20:24
16	6. Mike Maxwell	20:54
17	7. Elden Dube	21:00
19	8. Norm Robinson	21:06
25	9. Kevin North	22:34
26	10. Carl Williams	22:50
35	11. Jack Russell	24:38
39	12. Gary Hass	25:16

O/A 40—49 Male

13	1. Bob Howe	20:18
20	2. Greg Wight	21:11
22	3. Newton Bauer	21:48
29	4. Dennis Downs	23:21
33	5. Lorens Lindberg	24:33
38	6. Roger Cranse	25:07
42	7. Dave Dow	26:02
43	8. Mike Belding	26:19
44	9. Ted Winfield	26:38
50	10. Steve Witalo	27:42

O/A 50—59 Male

47	1. Phil Wolff	27:24
51	2. Alan Rogers	27:48
59	3. Don Bennett	54:29

O/A 60+ Male

40	1. Don Lyons	25:25

1 KM RACE

Robert Andreoletti	2:05
Brendan Devitt	2:06
Heather Farnum	2:11
Debbie Troiano	2:12
Jason Irons	2:13
Morgan Gerdel	2:28
Shannon Maxwell	2:29
Tyler Crumbley	2:43
John Pinard	3:26
Brian Paton	4:27
Andrew Pinard	4:46
Cortney Stewart	5:38
Josh Seivwright	6:43

SODOM POND RACE

WHEN: Sat. July 25
WHERE: Music School in Adamant
DISTANCE: 4.2
REGISTRATION: 8:30 AM at school - No Preregistration.
COST: $3.00 - Benefit of the Adamant Cooperative Store.
COURSE: Around Sodom Pond. Gently graded backroads with a few hills.
INFORMATION & QUESTIONS CALL - Richard Czaplinski- 229-4534/ 229-4349
* Watermelon and Certificates. T-shirts from 1985 if you are the right size(small)

WE ARE AN IMPOSSIBILITY IN AN IMPOSSIBLE UNIVERSE.
-Ray Bradbury

SUB-ULTIMATE RUNNER
FIRST ANNUAL SUB-HUMAN EVENT

DATE: August 1,1987

PLACE: Montpelier High School

TIME: 9:00 a.m.

EVENTS:(IN ORDER OF COMPETITION WITH TENTATIVE TIME TABLE)

5K-	9:00 a.m.
440-	10:00 a.m.
1 Mile-	10:30 a.m.
100 Yard-	11:00 a.m.
10K-	11:45 a.m.

REGISTRATION: 8:30 a.m. race day or prior to July 25 postmark

PRICE AND REQUIREMENTS: $2.00 - THIS EVENT OPEN TO CVR MEMBERS ONLY!!!
A CVR MEMBER MAY BRING A FRIEND IF THEY WISH
TO JOIN THE CLUB. CLUB FEE - $5.00
** ALL PARTICIPANTS MUST BRING A DISH FOR PICNIC AFTER ****

RESULTS: 1.00 p.m.

****

All members and their families and friends are invited to bring a dish to share and any other goodies you would like to top off a day of craziness. Come on down and run or watch the fun!!! We could also use a little help if available. Bring your own drinks.
****

FACILITIES: We will have use of the high school bathrooms. No showers will be available.. Water will be available at the track. School closes at 2:30 p.m.

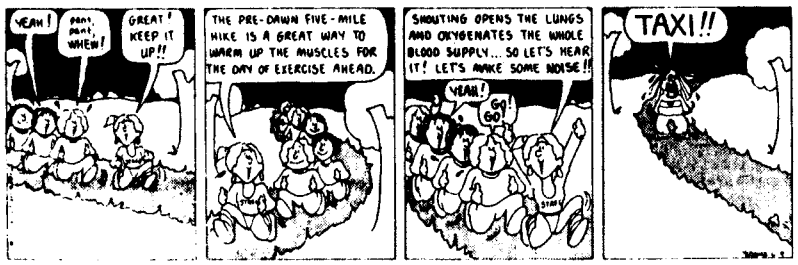
ENTRY BLANK
(mail or deliver to: Norm Robinson, 48 Westwood Pky., Barre, Vt. 05641)
checks payable to: Central Vermont Runners $2.00 fee

NAME _____ AGE _____ D.O.B. _____
STREET _____ CITY _____ STATE _____
ZIP _____ MALE _____ FEMALE _____

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 UNKNOWN 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 CITY OF MONTPELIER 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 _____ DATE _____

_____
Signature of Parent or Guardian if under 18 years of age



DASH HELLING'S UPDATE

8th ANNUAL BERLIN POND COUPLES' RACE AUGUST 15

Sporting a new course (still around the pond), a new certified distance (8 kilometers = approx. 4.93 miles) and a new staging area (the Maplewood Convenience Store), this year's 8th Annual Berlin Pond Couples' Race promises to be better than ever. The entire race will be run on dirt around the pond. In addition, there will be even more prizes for couples this year, including one for best costumes (may we suggest Adam and Eve for an eyeopener?!). The winners of single age categories will be recognized as well. Best of all, a new course means new course records to set. Previously, the course records were held by Leatrice Hayer and Eric Morse. Last year's winning couple was the team of Merill Cray-Z and Bryan Liss-where.

Race director Dot Helling (phone 223-5797) needs volunteers, prizes and refreshments. Please call if you can help with any of these categories. The race starts promptly at 9:00 AM. Registration at the store begins at 8:00 AM. Preregistration by mail is $5.00 perperson, day of the race $6.00. In this month's newsletter, you will find an application so read this and send it right in.

Ultra Runners Unite

CVR sports a new division: the Western States 100-miler Hopefuls. Leading this group of psychos is President Sue Christiansen, V.P. Newton Baker, Sports Psychologist Merill Cray-Z and Administrator Dot Helling. The Western States is a 100-mile run - continuous - through desert, over mountain, down hill and dale - through heat, snow, running streams, you name it! The goal: finish within 24 hours and you earn a silver belt buckle. Best of all, and probably the only real thing going for this event, is that it's held on the Pacific Coast Trail in California in June.

Now that we've sparked your interest, how about joining us? We are seriously considering doing this in June 1988. We've written for more info including details from those who have done it on how to train. We will shortly hold a meeting to plot out our training strategy. Right now we are talking about trying to do a marathon in September, a marathon in October, followed by the 50-miler in Essex in November. November is the month when applications are due and we would assess our progress at that time. If it's GO, we need to hang in there as a group in order to train through our Vermont winters. Suggestions include a trip a month to warmer climes to run marathons throughout the winter.

We will train at a pace ranging between 7:15-8:45 minute miles, long distance and often hilly. We will practice with water and food consumption, equipment, etc. Contact any one of us if you're interested or even if you just want training partners for long runs. The more the merrier.

LARRY MILLER PROGRESS REPORT

After just 5 days, Larry Miller was ready to hire a taxi. Larry is one of many participants in the Lung Association's trek across the U.S.A. They started on June 1, 1987, from Seattle, Washington, and are due in Atlantic City, New Jersey, on July 16. Twenty two days into the trip Larry said he thought he had biked himself to "health." No choice when you're averaging 90 miles a day over mountains the size of the Rockies.

The trek is taking a northerly route. Larry celebrated his __?__ birthday (June 21 - Fathers' Day - first day of summer!) somewhere in Minnesota. Overnights just prior to reaching their destination on the Atlantic City Boardwalk will be Lancaster, Pa. on July 14 and Philadelphia, Pa. on July 15. If you want information on their arrival (where and when exactly), call the Quality Inn at South Carolina & Pacific Ave. in Atlantic City.

By the way, Larry is soliciting riding companions for 100 and 200 milers upon his return. When he completes this trek, he will have ridden 3,397 miles in 46 days. He'll be a tough act to follow - plus - our own Smugglers' Notch and App. Gap will seem like molehills. Good job, L.M.!

Dear Sir/Madam:

The Woolen Mill Health Club in part with the Ronald McDonald House is having a Road Race in downtown Burlington on August 15, 1987. We are hoping your business will help sponsor this event and make it a great success. As of now we have Coca Cola and United Van Lines, we need more sponsors to pull this event off as one of the biggest Road Races.

The money raised from this event goes directly to the Ronald McDonald House. The Ronald McDonald House is a "home away from home" for the families of children receiving treatment at the Medical Center Hospital of Vermont in Burlington. When a child is seriously ill, even the most simple routines of family life like eating and sleeping can become extremely complicated and expensive. The House serves the same area served by the Medical Center Hospital - all of Vermont, much of Northeastern New York and Northeastern New Hampshire. The House is a culmination of volunteers and cooperation among church groups, service clubs, the hospital community, private enterprise and individuals from all over the tri-state region. The only paid employee is the Resident Manager and that person oversees the day-to-day operations of the House. The House is operated by North Country Harmony House, Inc., a private, non-profit corporation. The McDonald Corporation has contributed substantially and so has the community. Now it is time for us to do something great like this Road Race for the Ronald McDonald House.

Thank you for your time and Help. Attached is some information about the race.

DATE: August 15, 1987

TIME: 9:00 or 10:00 AM (? not sure)

DISTANCES: 10K Road Race (3 Water Stops)

START AND FINISH: Ronald McDonald House

FEE: $6.00 - Before August 11
$8.00 - After August 11

AGE GROUPS: 14-18, 19-25, 26-30, 31-40, 41-50, 51+

PRIZES: T-Shirts to the first 200 Runners and prizes to be raffled off to runners.

There will be a party with refreshments at the end and there will also be limited massages to runners.

COURSE:

The course starts at the Ronald McDonald House, goes down Pearl Street to Battery Street to College Street to the Bike Path (where there will be a water stop) to Leddy Park Road to North Avenue (another water stop) to Depot or Sherman (third water stop) then to Battery Street and up Pearl to the Ronald McDonald House. Ronald McDonald will be at the start and finish.

Race info and course may change.

FOR MORE INFORMATION CALL

655-5204

LEAVE YOUR NAME AND NUMBER
AND SOMEONE WILL GET BACK TO YOU.

Dear Dr. Duck,

It seems every time I go out to enjoy a peaceful run, I am badgered by someone's ill trained, nasty, fang baring, drool dripping, eerie eyed, graphically growling, flea bitten excuse for a house pet...what's a runner to do?

Running Scared

Dear Running Scared,

Good question! I get asked this one a lot; plus I have had my share of "run-ins" with these snarling mangy mutts. First I consulted with the famous dog psychologist, Dr. Ralph Rover concerning his thoughts on this subject. Dr. Rover said it is important to interpret signals from these free roaming land sharks. If the dog appears hostile, the worst thing you can do is smile and go directly towards the animal. Showing the teeth and smiling means, in dog language, that you are showing dominance. Instead, Dr. Rover recommends that when facing a threatening dog, one should crouch low, avoid smiling or making "Big Eyes," and make chewing sounds for about 20 seconds.

So much for dog psychologist!...where do they get these guys? If he thinks I'm going to bend down and put my kisser in line of an attacking doberman pincher coming at me full speed ahead - and make chewing sounds for 20 seconds; he's CRAZY! No kidding I won't be smiling! But...if any club member wishes to try Dr. Rover's dog psychology, and has good results (ie. they still have their face intact) please let me know.

Since this is such a problem, I decided to take it upon myself to come up, once and for all, with a solution that is inexpensive and guaranteed to work. After many hours slaving away in my underground duck den laboratory, the finished products are NOW available for sale.

DR. DUCKS DOG SPRAYS

* POOCH LA PHEW SPRAY PERFUME - This light weight canister clips neatly to your running shorts. When a dog comes out after you, just simply unclip your handy dandy spray bottle and let "fido" have it. Since (in my opinion), it is REALLY the owners fault that the family mongrel is loose (or has developed a liking for Gastrocnemis stakes); making a dog stink like a skunk every time it attacks you will discourage dog owners from letting "fangs" run free. Now if only I could find an easier way to transfer this essence into my canisters

* POOCH BODY PAINT - This canister is also light weight and clips easily to your running shorts. You simply take aim and fire a beautiful burst of color on the attacking dog. If you're fast, you might even be able to leave a message! You can chose from a variety of colors...I prefer something (which drives the owners WILD!) in a day glow orange, green or pink. Bright green seems to work best on WHITE poodles that are perfectly groomed and manicured; whereas pink works best on Mr. Macho's black lab with the spikes on its collar.
NOTE: It only takes a few times of wrestling with a smelly or paint covered dog in tomato juice, lemon and shampoo - then chasing them around the yard before they roll in the mud or newly planted garden, attempting to dry themselves...before an owner gets the hint.

PRICE: For a limited time (July - Sept.), all CVR members can purchase my two new just released guaranteed Dog Stoppers for ONLY $9.95 each, or both at $19.90!! What a deal!

**CVR ONCE IN A LIFETIME SPECIAL: During the month of July, any CVR member who purchases a Dr. Duck Dog Spray, will receive , absolutely FREE, a full bullet proof chest plate to wear in case an irate dog owner takes a disliking to you.

To Your Health...and Go Get Them!