

# Central Vermont Runners Club Newsletter April 1992



Vol. 13, No. 1?

## MARCH MEETING BRINGS GOOD NEWS TO CVR!!

The March 4th meeting of CVR at the home of Tom Kaiden was attended by six members. The food and the conversation was good, even if the weather was more like mid-January than early March.



CVR and Vt.  
Pure Spring  
Water create  
Partnership

Tom and Darragh Ellerson announced that the club would be helping out with a race in Randolph that is being sponsored by Vermont Pure Spring Water. A number of

CVR members will be working the chute and the club will receive \$1.00/runner.

Vermont Pure president Jack McGuire is a veteran runner of 25 marathons and is looking to put on a fine 10K race on June 15th. In case you are unaware, Vermont Pure was a sponsor of the New York City Marathon in 1991 and NYC Marathon race director, Fred Lebow is scheduled to attend the Randolph race along with Governor Howard Dean. Watch for more info!!!

Since this meeting Vermont Pure Spring Water has agreed to sponsor the Leaf Peepers Half Marathon to the tune of \$2,000!! This is obviously great news for CVR; and if you haven't tried Vermont Pure, now is the time!

Sam Davis reported on the Capital City Stampede 10K and everything is moving forward well. Both Union River Sports and State Street Market have agreed to sponsor the race again, in spite of the losses from the flood. Also, it looks like we will have an additional sponsor and t-shirts will be available again after a long absence.

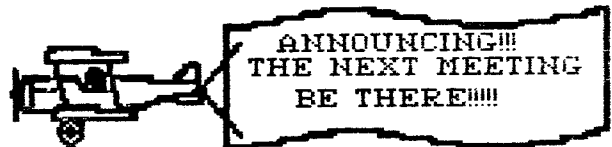
We will be putting out our first mailer of the year by the time you receive this

newsletter. It will include the CCS, Ten-Miler, the Vermont Pure race, and Bear Swamp.

Chris Whalen has agreed to be race director of Berlin Pond for '92 but will "retire" after this year. If you think you can help out in '93 it would be great to work this year's race so the transition can be smooth.

While the Blue Cross/Blue Shield 5K that has been held at U-32 High School has been discontinued, Gary Haas of the Central Vermont Rotary says his organization is still interested and so is Blue Cross/Blue Shield. We will look to see if they will sponsor another race.

Finally, our treasury shows \$1898.69 as of the March meeting.



**ANNOUNCING!!!  
THE NEXT MEETING  
BE THERE!!!!**

The next meeting of CVR will be MAY 6TH, at 6:30 p.m. at the home of Janet and Townsend Gilbert, in Barre. This is a pot-luck dinner meeting. If you can't make it for pot-luck the meeting usually starts around 7:00.

Directions are as follows: Go through Barre and up Washington St. (stay left at the park in Barre). Take a left at the light onto Trow Hill (Moe's Mini Mart will be on your right). Go up Trow Hill past the Trow Hill Grocery to a Y in the road. Take a right at the Y to the top of the hill and it is the second house on the right. A brown ranch that sets down about 200 feet. If you need help dial 479-3174.

## FUN RUNS ARE BACK!!!

The first fun run of the year is scheduled for Wednesday, May 5th at 5:30 p.m. at the Liquor Control Warehouse on Green Mt. Drive. Bring your own water each Wednesday and run for time or fun.

ROAD RACING RECORDS FALL IN 1991  
ELLERSON SETS NATIONAL MARK

This past year saw an extraordinarily large number of new road racing records. A total of 147 new single age records were established at a variety of race distances on certified courses. Distances which saw the largest number of new records were the 5km and marathon. In particular, this year's Vermont City Marathon produced the largest number of new marks, including two new open records.

One of the highlights of 1991 was the establishment of a new national single age record for 61 year old women at the 12 Km distance. Darragh Ellerson of Montpelier earned that with an excellent time of 68:05 over a challenging Juniper Hill course in November.

New single age records by distance and by race are as follows.

By distance:	New single age records	
	Male	Female
5 Km	25	15
8 Km	9	5
10 Km	11	10
12 Km	7	2
10 Mi	7	5
1 Hr	4	-
1/2 Mar	3	6
Mar	26	12
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	92	55

By race:	New single age records	
	Male	Female
Northfield 5Km	13	6
Leafpeepers 5Km	10	7
Mothers Day 5Km	2	2
Berlin Pond 8Km	9	5
Bennington 10Km	4	2
Manchester 10Km	4	4
Capital City 10Km	3	4
Juniper Hill 12Km	7	2
Montpelier 10Mi	7	5
CVR 1Hr Track Run	-	-
SVRR 1Hr Track Run	4	-
Leafpeepers Half Mar	2	2
Green Mtn Half Mar	-	2
Maple Leaf Half Mar	1	2
Green Mtn Mar	1	2
Vermont City Mar	25	10
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	92	55

Superstars of the year, of course, were those setting over-all and age group records. Thirty-nine individuals established such new marks in 1991. Those who ran fastest times ever at various distances in Vermont were the following:

Eric Morse, Moretown, VT	14:24	5Km at Northfield
Eric Morse, Waterbury, VT	24:13	8Km at Berlin Pond
Patty Roach-Davis, No. Calais, VT	31:18*	8Km at Berlin Pond
Rachid Tbahj, New York City, NY	2:21:58	Mar at Vt City
Shirley Silsby-Frye, Mashpee, MA	2:45:57	Mar at Vt City

\* Tied mark previously set by Kare Holm in 1988.

A complete list of all other new age group record holders follows.

5 Kilometers:

M 6-7	34:00	Warren Davis, Stowe, VT
M 10-11	20:56	Nathan Shenk-Boright, Middlesex, VT
M 12-13	17:45	Jason McLean, Ottawa, ONT
M 14-15	17:28	Cameron MacLean, Ottawa, ONT
M 40-44	16:23	Mark Chaplin, Middlesex, VT
M 50-54	17:25	John Pelton, West Rupert, VT
M 55-59	20:44	Bert Moffatt, Williston, VT
M 65-69	21:57	Web Williams, Burlington, VT
F 45-49	20:53	Dianne Walthers, Northfield, VT
F 55-59	27:44	Jane Vandermark, Newburgh, NY

8 Kilometers:

M 50-54	30:02	Bob Murphy, Barre, VT
F 18-19	34:50	Stacey Smith, Waitsfield, VT
F 40-44	34:32	Debbie Crow, VT
F 45-49	37:33	Patricia Evans, Chicago, IL

10 Kilometers:

M 50-54	34:08	Douglas MacGregor, Lebanon, NH
M 65-69	46:28	Bob Hennig, Middle Grove, NY
F 12-13	50:42	Grace Maniatty, Morrisville, VT
F 60-64	51:19	Darragh Ellerson, Montpelier, VT
F 65-69	59:03	Mally Sue Hennig, Middle Grove, NY
F 70-74	1:20:07	Hilda Robbins, Manchester Ctr., VT

12 Kilometers:

M 35-39	46:45	Jamie Shanley, Montpelier, VT
F 60-64	1:08:05	Darragh Ellerson, Montpelier, VT

10 Miles:

M 18-19	56:03	David D'Arcangelo, Pelham, NH
M 50-54	56:53	Doug MacGregor, Lebanon, NH
F 40-44	1:03:09	Moirra Durnin, Stowe, VT

1 Hour Track Run:

M 75-79	6M1/932Yd	Bob Matteson, Bennington, VT
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Half Marathon:

F 35-39 1:22:19 Cindy Neow, Montreal, QUE  
F 60-64 1:44:57 Sylvia Weiner, Montreal, QUE

Marathon:

M 35-39 2:26:01 Robert Yara, Cockskeyville, MD  
M 45-49 2:50:56 John Morton, Thetford Center, VT  
M 50-54 2:41:37 Ralph Zimmerman, Buffalo, NY  
M 60-64 3:23:29 Edward Doucette, Bennington, VT  
F 40-44 2:53:13 Carol Virga, Boca Raton, FL  
F 60-64 3:39:42 Sylvia Weiner, Montreal, QUE

Complete listings are available from Vermont Running Data Center, c/o Bob Murphy, RR3, Box 6866, Barre, VT 05641, as follows:

Age Group Records, M&F (specify distance), \$0.25 each  
(current record-holders only)

Single-Age Records, M (specify distance), \$0.25 each  
Single-Age Records, F (specify distance), \$0.25 each  
(current record-holders only)

Best Performances by Age Group, M (spec.dis.), \$1.00 ea  
Best Performances by Age Group, F (spec.dis.), \$1.00 ea  
(top 50 in open division, top 10 in 2-year age groups ending at 18-19, and top 20 in 5-year age groups beginning at 35-39)

Distances available: 5Km, 8Km, 10Km, 12Km, 10Mi, 1Hr, Half Marathon, Marathon and 50Km. Minimum order \$1.00. Make checks payable to Bob Murphy.

Bob Murphy  
Vermont Running Data Center

RENEW YOUR MEMBERSHIP NOW SO YOU DON'T MISS ANY ISSUES!!

This is notice of the final mailing of the newsletter unless you have paid your 1992 CVR dues. Please check your mailing label and if there is a (\*) on it then you have paid for 1992. If it is blank, it time to renew!! Don't miss out on the best race calender in the state and lots of good news and information. There is an entry blank in the newsletter so just fill it out and send it in!!