



CENTRAL VERMONT RUNNERS



FALL 1995 NEWSLETTER

Vol. 16 No. 6

Next Meeting

The next CVR meeting will be held at 6:30 on September 20 at Darragh Ellerson's house on Upper North Street in Montpelier. The meeting will begin with a potluck supper. Please bring something to share. For directions call Darragh at 223-2080.

Fun Runs

Join the fun and meet at 5:30 on Tuesdays at the Liquor Control Warehouse at the end of Green Mountain Drive in Montpelier for a 2, 4 or 6 mile run. Fun Runs will continue every Tuesday through October 24th.

Leaf Peepers

The Twelfth Annual Leaf Peepers Half Marathon and 5 km Race will be held on Sunday, **October 1**. Send in your entry by September 25th to be guaranteed a Leaf Peepers T-shirt. Packet pick-up and race day registration between 9:00 and 10:00. Co-directed by Darragh Ellerson and Newton Baker. Volunteers are needed. Contact Darragh at 223-2080.

Need an answer?

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

President	Nancy Schulz; 223-7035
Vice President	Dave Kissner; 229-6910
Treasurer	Norm Robinson; 223-7351
Secretary	Sam Davis; 655-3611

Send it in!

Don't hesitate to send in articles, race results, etc., to be included in the newsletter. Many thanks to Elizabeth Meiklejohn and Bob Murphy for their contributions to this edition of the newsletter.

BERLIN POND COUPLES/INDIVIDUALS RACE RESULTS AUGUST 5, 1995

#	Name	City	ST	Sex	Age	Division	Ind. Time	Ind. Place	Div. Place	Team Time
425	Michael Nobles	Hinesburg	VT	M	26	Open Individual	27 : 48	1	1	
427	Rick Barnett (Partner--Moira Durnin)	Stowe	VT	M	23	Open Couples	28 : 57	2	1	61:12
439	Gordon MacFarland (Partner--Nancy Schulz)	Montpelier	VT	M	47	Masters Couples	29 : 41	3	2	68:44
423	Joseph Gingras	Berlin	VT	M	19	Open Individual	29 : 52	4	2	
432	John Tewhill (Partner--Siri Rooney)	Morrisville	VT	M	40	Open Couples	30 : 45	5	2	65:28
422	Ryle Goodrich		VT	M	17	Open Individual	30 : 51	6	3	
457	Bill Dysart	Burlington	VT	M	42	Masters Individual	30 : 58	7	1	
424	John Valentine (Partner--Jeanne Kissner)		VT	M	45	Masters Couples	31 : 26	8	3	69:39
447	Dave Kissner (Partner--Laura Medalie)	Montpelier	VT	M	29	Open Couples	31 : 36	9	3	67:04
426	Moira Durnin (Partner--Rick Barnett)	Stowe	VT	F	44	Open Couples	32 : 15	10	1	61:12
454	Tim Croteau	Barre	VT	M	14	Open Individual	32 : 51	11	4	
418	Dot Graham (Partner Sigh Searles)	Barre	VT	F	34	Masters Couples	33 : 27	12	1	67:11
419	Sigh Searles (Partner Dot Graham)	Barre	VT	M	46	Masters Couples	33 : 44	13	1	67:11
429	Ben Errett	S. Burlington	VT	M	16	Open Individual	33 : 57	14	5	
438	Michael Chernick		VT	M	41	Open Individual	34 : 07	15	6	
453	Norm Robinson (Partner--Maureen Carr)	Montpelier	VT	M	39	Open Couples	34 : 11	16	5	76:00
458	Rick Coyne	Barre	VT	M	38	Open Individual	34 : 34	17	7	
449	Jared Nelson (Partner--Sara Patterson)	Stowe	VT	M	20	Open Couples	34 : 43	18	4	70:57
433	Siri Rooney (Partner--John Tewhill)	Morrisville	VT	F	24	Open Couples	34 : 43	19	2	65:28
462	Laura Medalie (Partner--Dave Kissner)	Montpelier	VT	F	32	Open Couples	35 : 28	20	3	67:04
413	Harvey Lovey	E. Corinth	VT	M	40	Masters Individual	35 : 39	21	2	
417	Wilson Rung	Watterbury Center	VT	M	38	Open Individual	36 : 08	22	8	
450	Sara Patterson (Partner--Jared Nelson)	Stowe	VT	F	19	Open Couples	36 : 14	23	4	70:57
431	Doug Hewitt	Moretown	VT	M	35	Open Individual	36 : 24	24	9	

BERLIN POND COUPLES/INDIVIDUALS RACE RESULTS AUGUST 5, 1995

#	Name	City	ST	Sex	Age	Division	Ind. Time	Ind. Place	Div. Place	Team Time
446	Todd Frank (Partner--Myrna Frank)	Milton	VT	M	35	Open Couples	36 : 34	25	8	91:07
416	Kathy McCosh	Durham	ME	F	28	Open Individual	36 : 45	26	1	
455	Daniel T. Lewbart	N. Ferrisburg	VT	M	35	Open Individual	36 : 55	27	10	
456	Hunter O'Folan	Northfield	VT	M	10	Open Individual	36 : 59	28	11	
412	Jeanne Kissner (Partner--John Valentine)		VT	F	36	Masters Couples	38 : 13	29	3	69:39
430	Chris Williams	Montpelier	VT	M	34	Open Individual	38 : 21	30	12	
461	Eric Ashley	Essex Jct.	VT	M	36	Open Individual	38 : 29	31	13	
435	Elden Dube	Montpelier	VT	M	39	Open Individual	38 : 29	32	14	
440	Nancy Schulz (Partner--Gordon MacFarland)	Montpelier	VT	F	40	Masters Couples	39 : 03	33	2	68:44
442	Tracy A. Perry (Partner--Vance Schug)	Montpelier	VT	F	26	Open Couples	40 : 56	34	6	81:53
441	Vance Schug (Partner--Tracy A. Perry)	Montpelier	VT	M	23	Open Couples	40 : 57	35	6	81:53
421	Jeff Johnson (Partner--Gwen Wulff)	Montpelier	VT	M	41	Open Couples	41 : 00	36	7	87:16
444	Rick Melberth (Partner--Pam Stephens)	Chelsea	VT	M	42	Masters Couples	41 : 31	37	5	83:41
459	Bonnie Burkholder (Partner--Steven Burkholder)	Montpelier	VT	F	42	Masters Couples	41 : 47	38	4	83:34
460	Steven Burkholder (Partner--Bonnie Burkholder)	Montpelier	VT	M	43	Masters Couples	41 : 47	39	4	83:34
452	Maureen Carr--(Partner--Norm Robinson)	Montpelier	VT	F	30	Open Couples	41 : 49	40	5	76:00
415	Diana Pikulski	Waitsfield	VT	F	33	Open Individual	41 : 49	41	2	
443	Pam Stephens (Partner--Rick Melberth)	Chelsea	VT	F	46	Masters Couples	42 : 10	42	5	83:41
437	John H. Halpin (Partner--Pauline Leclair)	Thetford Ctr.	VT	M	48	Masters Couples	43 : 16	43	6	86:36
436	Pauline Leclair (Partner--John H. Halpin)	Thetford Ctr.	VT	F	38	Masters Couples	43 : 20	44	6	86:36
414	Paula Mastorberardino	Moretown	VT	F	39	Open Individual	43 : 23	45	3	
434	Elizabeth Meiklejohn	East Calais	VT	F	47	Masters Individual	43 : 51	46	1	
420	Gwen Wulff (Partner--Jeff Johnson)	Montpelier	VT	F	29	Open Couples	46 : 16	47	7	87:16
445	Myrna Frank (Partner--Todd Frank)	Milton	VT	F	36	Open Couples	54 : 33	48	8	91:07

MINUTES from the meeting held on July 26, 1995.

- Gordon McFarland suggested that CVR host a 15 km race. The race would take place in Montpelier on a Friday evening, about two weeks after the Stowe Eight-Miler. The course would cross the river a couple of times and would finish at the baseball diamond at the Recreation area. Support for this race from the City and the Conservation Commission would be a plus. Gordon to give more details later.
- The record number of participants at a Fun Run this year to date is 47.
- Some confusion regarding sending an updated membership list to RRCA.
- Discussed purchasing more CVR singlets. Only children's sizes are left.
- Need to purchase a printer timer.
- Tim Noonan's suggestion to hold Saturday morning 5 km fun runs in Hubbard Park in November was well received.

Notes from Nancy

Darragh Ellerson is in need of volunteers to assist with the Leaf Peepers Half Marathon/5K race on October 1. If you can assist on race day or in advance, please call Darragh at 223-2080.

Remember that on Tuesday, October 24 we'll hold our last Fun Run. Traditionally, runners dine at Julio's after the Fun Run to celebrate the close of the season. If you can't make the run but would like to join in the camaraderie, please come.

It occurred to me that CVR's members have discovered some wonderful running routes in this area over the years and other club members (especially new ones) would probably welcome the chance to expand their usual routines. I think including a member's favorite route in each newsletter would make a nice addition. Of course, this can only happen if members take a few minutes to jot down the particular course and send it to newsletter editor, Maureen Carr. I encourage everyone to participate and share personal favorites with other members. Below, I've listed one variation of a regular, fairly hilly route of mine. Unfortunately, I've never measured it, so I don't know the distance but it's a good work out!

Beginning at the State House in Montpelier:

↓

Run east along State St.
Left on Elm to School
Right on School
Left on Loomis
Right on Park
Right on Hubbard
Left on Marvin
Cross College and proceed onto Arsenal
Left onto McKinley
Left onto Hinkley
Right onto College
Right onto Woodrow
Left onto Merrill
Left onto Main
Left onto Loomis
Left onto Liberty
Right onto College
Left onto Kemp
Right onto Sabin



Right onto Foster
Right onto Charles
Left onto Ridge
Left onto Kent
Right onto Ridge
Left onto Tracy
Left onto First
Left onto Tremont
Left onto Ridge
Left onto Tracy
Left onto First
Right onto Hubbard
Left onto East State
Right onto Cedar
Left on School
Left on Main
Right on Langdon
Left on Elm
Right on State to return to State House

ODE TO JUNIPER HILL

"It's a great race", they said, but they never came back,
Were the hills too steep? Was there some other lack?
Sometimes it was snowing; sometimes it would pour,
I don't know what's the problem; there were many, I'm sure.

Every year CVR said do the race once again,
So I'd vary the entry fee and get eight prizes or ten.
Advertise in the World and tell all of my friends,
But those efforts proved fruitless, and few entries came in.

First week in November in the cold Autumn morn,
A handful would sign in, do some stretches to warm.
The few runners would gather at the line in the gravel,
Dash off at the gun; my word, did they travel!

Like heroes they sped along Perry Road and down,
Feeling fresh, full of spirit, not a care, not a frown.
But then came the hills; three big ones were there,
Miller Road was the first; not too long, it was fair.

A flat spot refreshes; the runners recover,
But what's that ahead? "Oh, no, what a mother!"
The Airport Road hill was a big one, 'tis sure,
Everyone slowed on this one; the pain was so pure!

After cresting this hill there were ups and some downs,
The gasping gave way to more comfortable sounds.
But then pavement gave way to gravel and dirt,
And turning onto East Road, they knew they would hurt!

Not the longest or steepest, it was still the worst,
Spectators might wonder, "Should we call for a hearse?"
What seemed like an endless climb to the top
Finally ended, with most feeling like they would drop.

Legs were like rubber; calves felt like lead,
Some water for the innards, and some on the head.
Recovery was gradual for the next mile or so,
But it was still mostly uphill, a long way to go.

At the five-mile mark, a sigh of relief;
Downhill to the finish - almost beyond belief.
At the line Shannon's waiting; precise times for all,
The pain is all over for this run in the Fall.

Everyone's glad it's finished and has a story to tell,
But will they do it again? "Ahh, umm, er, uh, well..."
There were some who were faithful, came year after year,
But most came but once, never again to appear.

Were the hills too steep? Was there some other lack?
"It's a great race", they said; but they never came back.

Bob Murphy

Slow Motion Ultra : Surrey Summits 1995

" The challenge of this event is to a. walk - running is not allowed, b. complete 100 km, c. finish within 26 hours, d. ascend 10 summits (2500 m), e. experience up to ten hours of darkness."

I'd never tried a strictly walking event before but having been rejected yet again for the London Marathon I thought "why not?". So on April First at 9:30 am 190 of us quietly set off from Chichester Hall in Witley (40 miles south west of London) using page one of six of the route description :

"0.0 km along L side of Rec (140°). Out of corner, in 30 m FL (110°) on TK and in 20 m over small bridge ...".

This is all very easy to follow when you're in a pack in the daylight. At 3 km we passed some nice longhaired, long horned Scottish cattle and headed up to the trig point at Hydon's Ball - no problem. At 6.3 after "toilets on L" (excellent) we walked through an arboretum in full bloom (lovely). At 20.3 km, after a long uphill trek we finally reached Checkpoint 1 - cold drinks and a biscuit or two . We had been advised to carry our own food and drink as well as extra clothing, torch, maps, etc.. At 37.2 km we passed through Honeysucklebottom to Crockworth Farm and Checkpoint 2. Refreshments consisted of bland rice pudding, with tinned grapefruit sections, tea, and fruit flavoured drinks.

The day had become hot and my feet were beginning to notice that they had gone through alot of mud. January rainfall set a 50 year record and the rest of the winter wasn't far behind. Surrey routes specialize in steep narrow bridlepaths with mud, rocks and roots underfoot.

The afternoon and evening passed slowly and peacefully with the largest ascent/descent coming just before dark. The night started clear with no moon but a brilliant view of the stars.

Ahhhh! Checkpoint 4 - Wotton Hall at 64 km - dinner stop. Volunteers rushed around serving vegetarian sweet and sour (beans with pineapple and rice) and I had a chance to change socks and revaseline my feet. Through the night I walked hard to keep up with various groups - sometimes mesmerized by the flashing red light on one man's backpack and the light from my torch bouncing back at me from the dense mist. Suddenly there was a wee rabbit crouching stock still outside its hole. As everyone gathered around I got a small breather. There were many discussions as to where we were and which way to go. I was totally wrong at the Duke of Kent School. Fortunately no one listened. 86.2 km "at small pond on R, BL (270°) over RD, ditch and grass to BL (220°) on FP through trees" . HA! Through dense fog? I and the man with the flashing light headed off bravely but soon found ourselves thrashing through blackberry canes with no footpath in sight. Visions of circling until dawn flashed through my mind. "Oi!" came a voice. "Follow me". After more blackberry canes and climbing over a five foot high barbed wire fence there was the footpath.

Checkpoint 6, 89.7 km. - outdoors but with a wonderful warm ladies room. I nearly decided to stay. At dawn we were on the top of Hascombe Hill. The bird chorus was loud and cheerful and a blanket of mist covered the valley below. Yellow flowers covered the sides of the ravines on our descent. At 7:46 we were back at Witley. Woof! A kind soul took our check cards in while we struggled to remove our mudcaked shoes. Breakfast was tea and beans on toast of course. The tea was good.

Submitted by Elizabeth Meiklejohn

Central Vermont Runners Membership Application

Name (please print) _____

Street _____

City _____ State _____ ZIP _____

Age _____ Birth Date _____ Sex _____ Phone _____

Names, birth dates of additional household members of CVR:

1. _____ 2. _____

3. _____ 4. _____

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

JUN-Capital City Stampede _____ JUN-Montpelier 10 Miler _____

AUG-Berlin Pond Couples Race _____ OCT-Leaf Peepers _____

Fun Runs (Tues., May-Oct) _____

Annual dues are \$10 for individual or family, \$2 for a student. Enclosed are dues for the following years: 1995 1996 1997 1998. Please make checks payable to Central Vermont Runners and mail to Norm Robinson, 66 Terrace St., Montpelier, VT 05602.

Central Vermont Runners
c/o Maureen Carr
34.5 Liberty St.
Montpelier, VT 05602

FALL '95

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