

Race in *Peril*

All is not well with the Leaf Peepers Half-Marathon and 5K. The signal event of the Central Vermont Runners club, and one of the largest events on the Vermont running calendar each year - is in limbo. On the surface, the race looks healthy. Participation is stable or slightly increasing in the past several years. Sponsorship has revolved among several state and local businesses, but it always seems to be there. The town of Waterbury embraces the race, and an enthusiastic crew of volunteers from the Harwood Boosters and CVR always manages to pull off a class event. Throw in some great luck with the weather, at least in recent years, and the fall foliage along the scenic course, and it's no wonder the runners keep coming back.

So what's the problem? The effort required to put on this race is just too much! Darragh Ellerson kept it going for many years with a lot of hard work. As she has tried to ease away from it, no one is stepping in to fill the void. It seems to be too much work and responsibility for one person, and if the race is to survive, it may be by committee. Adding to the stress level this year were the roadblocks thrown up (almost literally) by the Duxbury Selectboard. They very nearly denied the race from occurring in their town (most of the course is in Duxbury). But some concessions from CVR to allay their concerns (revolving around the race interfering with traffic on the road along the river), and some fancy negotiating by Richard Cleveland and others seems to have appeased them. While some work has gone into identifying an alternative route for 1999, the board now seems happy with the existing course as of their November 16 meeting. That is a big and welcome turn-around.

So what happens next? The best thing would be for someone to step forward and offer to direct the race. If you feel like this is your opportunity to be a savior, read Richard's account of his experience with Leaf Peepers 1998. If you *still* feel like being a savior, give it a try. If no one volunteers to be director, the club is considering the "committee" option. But even for this to work, we need to see some new faces; the "usual suspects" already are very busy with the many other races and club activities. It would be a shame to see this great race die.

Confessions of a first- (and probably last-) time race director

by Richard Cleveland

Let's be clear about one thing: I could have said no. When Darragh Ellerson asked me a year ago to be co-director of Leaf Peepers, I could have declined then or at any point up to January when I finally gave her my answer. Nobody held a gun to my head or threatened me with expulsion from the Club if I refused; the choice was mine.

I had a strong motivator, too - my desire to rescue damozels. Here was a chance to Save the Race from failing for lack of a co-director. (What colossal conceit! It was the triumph of ego over reason! Common sense would've told me that the Club would rally around to prevent this - but who was listening to common sense?) Besides, my Vast Experience managing the Vermont Quilt Festival (a large, complicated event), ought to have enabled me to cope with a relatively simple foot race, right?

Wrong. Twenty-two years of Quilt Festivals NEVER prepared me for this! Although I'm a natural-born bureaucrat, have a logical mind and can (often) plan far ahead, the two events weren't at all alike. My prior race experience was limited to minor jobs; I knew nothing of the vital organizational aspects. (I don't mean to suggest that I was simply tossed into the jungle and left to fend for myself; Darragh was very supportive, and worked like a dog throughout, while Gordon MacFarland, last year's co-director, was available for questions. I also had his files from 1997, which were very comprehensive.) It would be like getting dropped into the middle of the Quilt Festival as it is today, with no previous experience, and told to take over. Coupled with the fact that I'm also a terrible procrastinator, the inexperience was an invitation to disaster.

The problems we experienced with the Duxbury Board of Selectmen also caused a lot of stress. We did what the Board asked of us (thanks to the Vermont Agency of Transportation and to John Martin and his corps of bike enforcers), and the Board seems to have been reasonably well satisfied with the results. However, the Club still has to decide what to do about the course for 1999. As always, comments from members are welcome; there's sure to be some discussion of the race at our next meeting, which will be held December 7.

The fact that the race was not only not a disaster, but was a notable success, is due to the assistance I got from a group of Club members when I realized I was going down for the third time and hollered for help. In the last couple of weeks before the race I had the active assistance of Darragh (in addition to everything else she did all year), Tim Noonan, Gordon MacFarland, Norm Robinson and Sue Barber. They saw what needed doing, parceled out the jobs

among themselves, and got the work done. Along with a host of Club members who helped on race day, they ensured that the race went smoothly and that it was a pleasant experience for the participants. I can hardly say enough in thanks to them all. In addition, thanks are due to Barb Maynard of the Harwood Union High School Boosters Club for her work on assorted details great and small.

I'll clean up a few loose ends and will help out next year, but I won't direct Leaf Peepers again. The Club consensus is that there's too much work for one person, or even for co-directors, so a small committee is probably the best approach. (This assumes that no one in the Club wants to take on the job of sole director - but of course, not every member has been heard from.)

Rarely have I experienced the feeling of relief that came with the end of the race; it was like being rescued from the deck of the Titanic. Nothing I've done in at least 20 years has left me feeling less adequate, less competent, less clued in; I felt completely at sea, with no sign of a life preserver. It was a very, very frustrating and humbling experience. There's something to be learned in everything that happens to me, and perhaps the lesson of Leaf Peepers was to avoid white horses (the last one nearly trampled me!).

Oxbow Community Spirit 5K by Laura Medalie

October 17 was a perfect day for a road race. It was one of those incredibly crisp, clear, refreshing mornings (translate: cold) where you really want to run to get warm. Foliage was gone on most of the trees on the drive over from Montpelier, but upon entering the Connecticut River valley, we were surprisingly greeted with some colorful remains of the season, prettily reflected in the glassy lake.

Over 90 people gathered to run and walk a 5-mile course around Lake Morey in Fairlee as part of the first annual benefit event put on by Oxbow Community Spirit of Oxbow High School. This year's beneficiary was Richard Bushey, a CVR member from Montpelier, who suffered a broken neck in June when his car met a deer on the highway. Dick was very much a part of the event, as he propelled himself over the entire course in his wheelchair (two days before his accident, he was part of the winning CVR team for the Montpelier 10-mile race). The course was mostly on dirt roads, with a series of small evenly spaced hills. In many ways, it was similar to the run around Berlin Pond in central Vermont, but it provided a nice change of pace.

Overall winners of the race were Keith Woodard with a time of 27:33 and Susan Kenney with a time of 33:12. Everyone was extremely cheerful and the race organizers did a superb job with all details—especially since it was their first race. The apres-race food was extraordinary. The ratio of cookies/brownies/bagels/apples/etc to people was at least 100:1 before the pints of Ben & Jerrys arrived on the scene. All-in-all, it was an awesome day for which Oxbow Community Spirit should be proud.

Epilogue: After 3 1/2 months in a rehab hospital, Dick came home and through intense efforts is working to improve his walking and to regain arm and hand movements. He intends to ski this winter and to run again.

Grand Slam Epilogue

by Dot Helling

Weeks after the end of the 1998 Grand Slam series, I look back over the summer and continue to draw meaning from the experience. Just a few days after completing my "Wasatch story" I became very sick again with a lung infection worse than what I experienced after Leadville. My body was telling me that this summer had been a little too much considering the four 100 mile events and work and other commitments. No body is indestructible. Nevertheless, I am satisfied to have taken on the challenge and done the best I could. I'm also delighted with my memories of the various ups and downs, particularly the ups, and most particularly the friendships that were created and deepened.

I once again want to thank all my supporters including those named at the close of my Wasatch account. I want to add to that list wonderful MaryLou Gillespie, Marilyn Hart, Central Vermont Runners, Western Massachusetts Athletic Club, and all of the other runners, friends and community members who have expressed to me not only support but appreciation for the telling of the story. Thanks again.

October 2, 1998

P.S. On October 3, 1998, Ann Trason went on to run and win her fifth 100 mile trail run of the summer. She placed second overall in a time of 18:02:05, just shy of the course record held by Chrissy Duryea Ferguson. Ann, too, has her limits. She will have surgery on an ankle at the end of October. She is truly the greatest ultrarunner in the world, the only one to win ten Western States 100's in a row, to run and win five 100's this June to October 1998, and to hold the myriad of course and world records that she does. No man has come close to these accomplishments.

CVR Meeting Minutes October 1998

by Maureen Carr

About 15-20 people attended. Lots of good food!

Leaf Peepers: Race Director Richard Cleveland gave us the run down. Overall the race went well. Richard is very appreciative of all the help he received. He has opted not to direct the race next year. After some discussion we concluded that the race is too big for one person to direct - maybe next year we will have some kind of committee. Around 370 runners registered for the half-marathon and 193 for the 5K. Richard received no complaints from participants. We did run out of T-shirts for the volunteers.

Some discussion about changing the race course to avoid runners coming and going simultaneously at the intersection with Camel's Hump Road - seems a bit hectic and dangerous. The bicycle patrol proved to be a good way to manage things on the race course. The ambulance crew suggested we have cell phones out there.

Richard plans to send letters to the sponsors thanking them and asking for support again next year. Richard will be attending the Duxbury Select Board meeting to get their comments on the race.

First Night: Race director Dave Kissner reports that everything is on schedule. He is looking into getting the rec path plowed for the event.

Winter Fun Runs: Dave Kissner and Laura Medalie are hosting a fun run from their home on Dec. 12 at 9:00 a.m. Donna Smyers is hosting a fun run on Jan. 9 at 9:00 a.m. and Michael Chernick will lead a run on Jan. 31 at 9:30 a.m.

Volunteers: Tim Noonan suggested some sort of volunteer banquet to recognize people who have volunteered at CVR races. This would be a catered dinner - maybe a pasta feed at one of the local churches. John Martin offered to check into it.

Other Business: Dot Helling agreed to fill out the necessary forms to get CVR a tax exempt number. Michael Chernick is going to see if CVR is registered with the Secretary of State as a nonprofit organization. There seems to be a lot of confusion about our status.

We agreed to donate \$500 from CVR's treasury to club members Dick and Ann Bushey to help cover some of the expenses they have had since Dick was in a serious car accident in June. Dick is on the road to recovery and we wish him well.

The next meeting is Dec. 7 at 6:30 p.m. at Michael Chernick's (223-0918).

Race Roundup

CVR Runner/friend	Class	Time	Class place \total	Gender place \total	Overall place \total
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Champlain Mill 5K Road Race, Winooski, VT, 9/12/98

Carol	Van Dyke	F4049	22:35	3\7	8\31	43\81
Bob	Olkin	M5059	27:18	7\8	45\50	64\81

Mount Hunger Challenge, Waterbury, VT, 10/4/98

This race went up Mt. Hunger on the trail from the Waterbury side

Rick	Hubbard	M5059	45:48		12\14	14\20
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GMAA Arthur Tudhope 10K, Shelburne, VT, 10/10/98

Gordon and Dot take wins

Gordon	MacFarland	M5059	37:00	1\	1\26	1\35
Dot	Martin	F3039	39:14	1\	1\9	3\35
Steven	Eustis	M2029	42:42		8\26	9\35
Ham	Davis	M6069	54:09		25\26	31\35

GMAA Green Mountain Marathon, S. Hero, VT., 10/17/98

On a perfect fall day, a strong race for Steve and another win for Dot Martin

Steve	Burkholder	M4049	3:03:32	2\38	4\93	4\122
Dot	Martin	F3039	3:11:16	1\10	1\29	11\122
Newton	Baker	M5059	3:37:37	9\27	39\93	45\122
Dot	Helling	F4049	3:41:03	2\9	7\29	53\122
John	Kaeding	M5059	3:49:17	12\27	53\93	63\122

GMAA Green Mountain Marathon, S. Hero, VT., 10/17/98

Gordon moved to 3rd place early and held it all the way

Gordon	MacFarland	M5059	1:21:10	1\21	3\132	3\237
Jamie	Shanley	M4049	1:25:06	4\49	9\132	10\237
Steven	Eustis	M2029	1:30:39	6\10	21\132	22\237
John	Martin	M4049	1:40:03	18\49	50\132	60\237
Bill	Perreault	M4049	1:41:45	20\49	54\132	68\237
Lori	LaCroix	F3039	1:42:01	7\43	15\105	69\237
Ham	Davis	M6069	1:59:42	3\7	95\132	162\237
Bill	Giles	M4049	2:24:43	49\49	130\132	227\237

Manchester Parks and Rec. Fall Follage 10K, Manchester, VT, 10/17/98

No CVR runners here, but the results are interesting. Is road racing changing?

More women than men in the results (40 vs. 39).

Top two times are in M5059 (William Dixon and John Camelio).

VT Cross-country championships (high school), Thetford, VT, 10/31/98

Boys Division II

Neal	Maker	U-32	17:54	13\		31\
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CVR Runner/friend	Class	Time	Class place \total	Gender place \total	Overall place \total
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Craftsbury Nordic Ski Club Trail Run, Craftsbury, VT, 11/7/98

Marc Gilbertson wins.

Keith	Nunziata	M1416	20:59	1\8	4\23	4\30
Bruce	Nunziata	M5059	28:50	3\5	20\23	24\30

Cougar Challenge 5K, Jericho, VT, 11/7/98

Eric Morse wins. Sue Barber wins.

Gordon	MacFarland	M5059	19:28	1\	3\31	3\44
Dick	Millar	M3039	20:00		8\31	8\44
Sue	Barber	F4049	21:35	1\	1\13	18\44

Bolton Mountain Challenge (4+ mile hill climb), Bolton, VT, 11/15/98

CVR places 1-2-4 in Men's and first in Women's

Tim	Noonan	M4049	34:58		1\15	1\22
John	Valentine	M4049	35:53		2\15	2\22
Pat	Miner	M4049	36:47		4\15	4\22
Donna	Smyers	F4049	37:34		1\7	6\22

Turkey Trot 10K, Hanover, NH, 11/22/98

Results from Tim Noonan's memory, second-hand from Norm Robinson

Dot	Martin	F3039	39:08	1\16	11 ⁵⁷ 11	17\123
Norm	Robinson	M4049	40:52	7\17	24\66	27\123
Eldon	Dube	M4049	41:30 ⁴²	8\17	28\66	32\123
John	Martin	M4049	44:22 ⁴⁴	12\17	43\66	59\123

Gobble Wobble 5K & 10K, Middlebury, VT, 11/22/98

5 K race

Tim	Noonan	M4049	17:16	3\22		6\128
Dick	Millar	M3039	17:26	1\13		8\128
Gregory	Wight	M5059	20:42	3\8		34\128
Maureen	Carr	F3039	23:13	4\20		63\128
Elizabeth	Manley	F0112	24:51	4\9		92\128

10 K race

Gordon	MacFarland	M5059	36:49	1\6		7\107
Sue	Barber	F4049	40:45	1\9		25\107
Michael	Baginski	M4049	43:12	6\20		37\107
Michael	Chernick	M4049	46:25	16\20		60\107

Manchester 4.748M Road Race, Manchester, CT, 11/26/98

Tim	Noonan	M4049	29:07	41\1391		218\8821
Donna	Smyers	F4049	31:27	5\548		448\8821
Maureen	Carr	F3039	39:45	76\842		1885\8821
Eric	Ryea	M4049	41:47	521\1391		2423\8821

How Would You Like to be Vermont's Recordkeeper?

After 13 years as the keeper of Vermont's road racing records, Bob Murphy will be stepping down as of 31 Dec 1998, and he's looking for a replacement. In 1986, Bob took over recordkeeping duties from Ken Young, of the National Running Data Center in Arizona. Since then he has been a one-man Vermont Running Data Center, maintaining records for road races at all certified distances from 5 km to 50 miles. During that time, the number of certified races in the state has increased significantly, from about 3 or 4 in 1986 to more than 15 today.

Bob has provided information annually to directors of races on certified courses, of age-group and single age records for their race distances. In return, race directors have provided Bob with race results so that his records could be updated.

The standards required to recognize a race performance are identical to those mandated by the USA Track & Field Association, and include (1) the mark must have been set on a USAT&F certified course, (2) timing of the race is sufficient to verify accuracy (generally, at least two watches running) and (3) the start is a "fair start" in accordance with USAT&F guidelines. All of these requirements are verified by the race director in a race summary form which is filled out by the race director and signed by him, timers, and other race officials, and forwarded with the complete race results.

What do you need to know or have in order to do this job? That's simple: a love for the sport, fascination with records, attention to detail and (preferably) own or have access to a computer. Recordkeeping of this sort is possible without a computer, but could be very tedious.

Won't Bob continue after 31 December if no one steps forward to volunteer? The answer is a very simple "No". Recordkeeping in Vermont will very simply come to a halt, just as it would have in 1986 if he hadn't stepped forward at that time.

So if the next recordkeeper will please step forward! Those interested may contact Bob by mail at 35 Birchwood Park Drive, Barre, VT 05641-8653, by phone at 802-476-4328 or e-mail at bmurphy@plainfield.bypass.com.

Make your New Year's resolution early! Run in the 4th Annual

FIRST NIGHT MONTPELIER 5K

December 31, 1998 • Race start: 3:00 pm

A 5 kilometer road running race in downtown Montpelier.

Part of the First Night Montpelier events.

Co-sponsored by the Central Vermont Runners club.

Course Description: Starts at the corner of Court Street and Gov. Davis Avenue, Montpelier.

Flat course on a mainly out-and-back route along Elm St. (Rte. 12).

Race day registration: 1:15 to 2:45 pm, basement auditorium, Pavilion Building.

Top Prizes: *Hiking Shoes* from Onion River Sports and *Running Shoes* from Sports Image, Berlin Mall

*All registrants will receive a Turtle Fur headband and
a First Night Montpelier button for admission to all First Night events.*

First Name _____ **Last Name** _____

Sex _____ **Age on Race Day** _____

Street _____

City _____ **State** _____ **Zip** _____

Telephone Number _____

I know that running is a potentially hazardous activity. I should not enter and run the race 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 risk associated with running including, but not limited to, falls, contact with other participants, the effects of the road and traffic on the course, all such risks being known and appreciated by me.

Having read this waiver and knowing these facts, I, for myself and anyone entitled to act on my behalf, waive and release First Night Montpelier, Central Vermont Runners, Onion River Arts Council, the City of Montpelier, all sponsors, their directors, officers, employees, agents and representatives from all claims or liabilities of any kind or nature arising out of my voluntary participation in this race even though that liability may arise out of negligence or carelessness on the part of the persons named on this waiver.

Race Registration Before 12/25/98:

_____ \$10.00 (includes First Night button)

Race Registration After 12/25/98:

_____ \$15.00 (includes First Night button)

Please make checks payable to **Onion River Arts Council**

For More Information / Mail Entries To:

Dave Kissner, First Night Montpelier 5K
150 Barnes Road
Montpelier, VT 05602
(Tel. 802 229-4523)

Signature (Parent or Guardian if under 18)

Upoming events (for complete list visit our web site)

- Sunday, Dec. 6. Reindeer Ramble 5K, 1 pm, Essex Junction, VT. Steve Bergeron, 802-879-3723.
- Monday, Dec. 7. 6:30 pm, CVR meeting, Michael Chernick's, 7 Baird #15, Montpelier, 223-0918
Potluck at 6:30, business meeting at 7:15.
- Saturday, Dec. 12. 9:00 am, CVR weekend fun run, start from Dave and Laura's house, 229-4523.
- Thursday, Dec. 31. CVR First Night Montpelier 5K, 3 pm, Montpelier, VT. Dave Kissner, 229-4523. See flyer in this issue.
- Friday, Jan. 1. First Run Burlington, Memorial Auditorium, Burlington, VT. 802-864-0123.
- Saturday, Jan. 9. 9:00 am, CVR weekend fun run, start from Donna Smyers', 229-4393.
- Sunday, Jan. 31. 9:30 am, CVR weekend fun run, start from Michael Chernick's, 223-0918.

In this Issue: Dot Helling's epilogue to the Grand Slam season, Richard Cleveland's account of the 1998 edition of the Leaf Peepers Half Marathon and 5K, Bob Murphy retires from recordkeeping, Richard Cleveland retires from Leaf Peepers, Dick Bushey races in his first and maybe last wheelchair race, and lots of fall race results.



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Vice President: Norm Robinson
Secretary: Nance Smith
Treasurer: Laura Medalie

<http://plainfield.bypass.com/~bmurphy/>

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Remember - Next CVR meeting - Mon, Dec. 7 - see above