

# First Marathon

by Linda Hallinger

My sister recently completed her first marathon, which of course, is a good accomplishment, but there are a few things that make her story a little different.

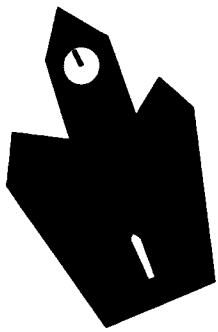
Francean, who is now 49, has had diabetes since she was a child. A few years ago she lost her eyesight (a common problem for diabetics), but she continued to live alone in her apartment in Honolulu, and remained as active as possible. For the last year she has been fighting a foot infection, which is another common problem for diabetics. This has prevented her from doing much walking, so she started using a wheelchair.

This summer when she entered her first race in a wheelchair, I did have my doubts. I have heard of blind athletes, and wheelchair athletes, but never blind wheelchair athletes! Anyway, she completed the race (10 miles I think) tired but excited. So, she decided her next challenge would be the Honolulu Marathon. She is not able to navigate her wheelchair at a fast speed, so her plan was to roll along with a couple people that she knew would be walking the race. She says she can find her way by following the sounds of their foot steps. They all completed the course, although it took them 12 hours, and they were the last ones out there. They had a police escort at the end, and the race officials at the finish line put up a ribbon for them to break! My sister was so excited!

I do have one question for CVR members. I am not very good at searching the internet, so I wonder if someone can help me out. Francean did have a problem with blisters on her hands, and I am sure there are nice gloves for wheelchair athletes to use, and probably other products as well. Can anyone tell me about a source of equipment and supplies for wheelchair athletes?

*You can reach Linda at 883-5415 or [index@together.net](mailto:index@together.net).*





# FIRST NIGHT

# MONTPELIER 5K



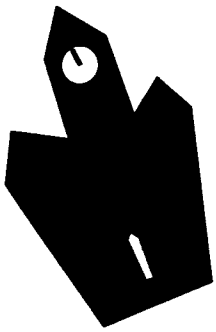
December 31, 1997  
Official Race Results

## Women's Finishers

Division & Place	Time	Overall
<b>0-19</b>		
1. Tara Chaplin / Middlesex	18:58	5 (F1)
2. Kate Douthat / Montpelier	24:13	46
3. Kate Purchase / Calais	24:34	50
4. Bethany Ogilby / Worcester	24:35	51
5. Sarah Waterman / Montpelier	27:36	76
<b>20-29</b>		
1. Joanne Kay / Westmount QUE	21:39	22 (F2)
2. Alison Meadow / Tucson AZ	23:19	37 (F9)
3. Vicky Parra / Montpelier	27:04	74
<b>30-39</b>		
1. Suzan Ballmer / Montreal QUE	21:54	24 (F3)
2. Caroline Lonergan / Brookside NJ	22:01	26 (F4)
3. Theodosia Grayson / S. Kent CT	22:05	27 (F5)
4. Angie Dello / Whippany NJ	22:35	31 (F6)
5. Betsy Martin / Montpelier	23:26	40
6. Pamela Lowe / Waterbury	23:29	42
7. Laura Medalie / E. Montpelier	23:38	43
8. Tracey Serratelli / Parsippany NJ	24:17	47
9. Lisa Clisbee / Williamstown	24:47	55
10. Ann Palen / Montpelier	25:58	72
11. Alison Partridge / Montpelier	27:05	75
12. Maryke Gillis / Middlesex	29:07	83
<b>40-49</b>		
1. Susan Drapp / Duxbury	22:37	32 (F7)
2. Donna Smyers / Montpelier	22:45	33 (F8)
3. Merill Cray / E. Montpelier	23:25	39 (F10)
4. Dot Helling / Montpelier	24:27	49
5. Dana McCarthy / Montpelier	25:12	60
6. Carol Van Dyke / Stowe	25:26	65
7. Janice Kulak / Barre	25:36	68
8. Milly Archer / Montpelier	25:46	70
9. Karen Gerdel / Montpelier	27:44	78
10. Elaine Boyce / Montpelier	27:46	79
11. Bonnie Burkholder / E. Montpelier	28:39	82
12. Julie Hackbart / Plainfield	32:11	88
<b>50-59</b>		
1. Sue Erbe / New Boston NH	32:15	89

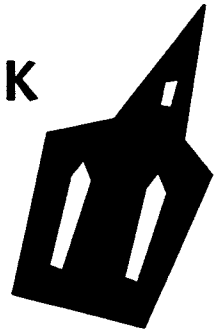
## Men's Finishers

Division & Place	Time	Overall
<b>0-19</b>		
1. Benjamin Reed / Montpelier	20:58	18
<b>20-29</b>		
1. El Amiri Hicham / Montreal QUE	17:57	2
2. Kurt Swenson II / Moretown	20:05	11
3. Jon Reidel / Montpelier	21:26	20
4. Richard Hartford / W. Stewartstn. NH	21:42	23
5. Brady Van Zile / Barre	25:02	58
6. Ronald C. Dion, Jr. / Berlin	25:25	63
7. David O'Donnell / Va. Beach VA	25:27	67
<b>30-39</b>		
1. Eric Morse / Barre	16:48	1
2. John Funk / S. Kent CT	18:20	3
3. Chip Langmaid / St. Johnsbury	18:40	4
4. Mark Madigan / Rochester NY	19:10	6
5. Bill Shouldice IV / Montpelier	19:40	8
6. Mark Pitts / Montreal QUE	20:01	10
7. Tim Kruger / Hardwick	20:22	13
8. Gary Kessler / Waitsfield	20:53	15
9. Mack Gardner-Morse / Calais	21:57	25
10. Tom Brownell / Stowe	23:21	38
11. Tom Glaster / Ipswich MA	23:49	44
12. Erik Schwarz / Montpelier	25:25	64
13. Craig Graham / Montpelier	28:21	81
14. Paul DeLuca / Barre	29:42	84
<b>40-49</b>		
1. Patrick Miner / Barre	19:12	7
2. Tim Noonan / Montpelier	19:55	9
3. Steve Burkholder / E. Montpelier	20:11	12
4. Jamie Shanley / E. Montpelier	20:56	16
5. Peter Dale / Montpelier	20:57	17
6. Charles Windisch / Essex Junction	21:20	19
7. Eric Ryea / Adamant	21:29	21
8. Norm Robinson / Montpelier	22:13	28
9. J.B. McCarthy / Montpelier	22:19	29
10. Mark Perrault / Montpelier	23:08	35
11. Michael Chernick / Montpelier	24:26	48
12. Ordell Robbie / Wolcott	24:43	52
13. John Kaeding / Worcester	24:43	53
14. Neil Van Dyke / Stowe	24:57	56
15. Jim Passburg / Montpelier	24:59	57
16. Rik Robert / Williston	25:15	61



# FIRST NIGHT

# MONTPELIER 5K



December 31, 1997  
Official Race Results

## Men's Finishers continued

Division & Place	Time	Overall
<b>40-49 continued</b>		
17. John C. Mott / Barre	25:21	62
18. Mike Fraysier / Barre	25:54	71
19. Bill Lorenz / Richmond	26:46	73
20. George Belcher / Barre	27:37	77
21. Steve Roy / Montpelier	30:24	85
22. Gordon Miles / Montpelier	33:50	90
<b>50-59</b>		
1. John Hackney / Randolph	20:26	14
2. Lowell Van Derlip / Adamant	22:22	30
3. Jeffrey Shutak / Grafton NH	22:52	34
4. Greg Gerdel / Montpelier	23:15	36
5. Charles W. Johnson / E. Montpelier	23:28	41
6. Greg Wight / Brookfield	23:56	45
7. Richard Cleveland / Northfield	24:47	54
8. Newton Baker / Montpelier	25:08	59
9. Bob O'Donnell / Montpelier	25:26	66
10. Harry Colombo / Montpelier	25:41	69
11. Mike Smith / Essex Junction	31:42	87
<b>60 +</b>		
1. Bob Mercier / Montpelier	27:47	80
2. Bill Miles / Williston	31:41	86

## Special Thanks to:

**Course volunteers:** Linda Hallinger, Bob Murphy  
Norm Robinson; Sherry Russell, Lindsey Wade, Ann  
(ORAC volunteers)

**Finish line:** Darragh Ellerson, Cindy Gardner-Morse,  
Nance Smith, Buzz Surwilo

**Registration / Results:** Newton Baker, Richard Cleveland,  
Laura Medalie, Tim Noonan, Ann Palen, Jamie Shanley,  
Greg Wight

John Martin (Montpelier Police Dept.)  
Geoff Beyer (North Branch Park)  
Rick (Montpelier Recreation Dept.)  
Terry (State of VT—Buildings & General Services)  
Diane Manion (ORAC)  
Steve Zind (ORAC)  
Jennifer Ball (ORAC)  
Peter Nielsen (ORAC)  
Fred Wilbur (ORAC)

and, as always, Sigh Searles

## Eric Morse & Tara Chaplin Set Pace for First Night Montpelier 5K

Can they walk on water? Or better yet, can they run on snow? Eric Morse and Tara Chaplin proved that the winter elements pose no problem for them as they won the men's and women's races in this year's First Night Montpelier 5K held on New Year's Eve, 1998.

Morse's winning time of 16:48 was a mere 8 seconds shy of the course record of 16:40 set by Shawn Gardner last year. Despite much worse running conditions than last year, Tara Chaplin set a new women's course record of 18:58 (previous women's record: 20:40, Donna Smyers, 1996) and placed 5th overall.

This year's snowfall just before race day, and temperatures dropping into the single digits above 0° F, forced most runners to finish some 2-3 minutes slower than their normal 5K times. Still, Morse and Chaplin proved they could run swiftly even through the second half of the course, which had deteriorating trail and road conditions.

Thanks to the 91 runners who again braved the cold this year. Also special thanks to all of the race-day volunteers listed above who (somehow) kept warm on the course. And a hearty "bravo" to Onion River Arts Council who backed the race this year in presenting First Night Montpelier, 1998 for the first time.

# Race Roundup

## First Night 5K, Montpelier, December 31

Results of the First Night 5K are reported in this issue. How slow was the snow? Those who ran might be interested in how the course compared to the Run into the New Year 5K in Keene, N.H. at 11:45 that evening. Three people ran both races.

	Montpelier	Keene	% difference
El Amiri Hicham / Montreal QUE	17:57	16:19	10.0%
Joanne Kay / Westmount QUE	21:39	19:20	12.0%
Alison Meadow / Tucson AZ	23:19	20:55	11.5%

The Quebeckers planned to round out their New Year's festivities by competing in the 5K in Burlington on Jan. 1, but results for that race were not available.

## 50-mile Trail Championship, Huntsville, Texas, December

Dot Helling won the F4549 age group Masters Title at the USATF Championships. Dot says it was exciting to race in a very strong open field which included Ann Trason. It was a cold day for Texas - in the 30's and windy - and there were endless repetitions in a small but pretty state park. There were 800 participants in the 50-mile and 50-K races. Congratulations, Dot!

# Upcoming events

January 18 (Sunday). Craftsbury Youth Cross-country ski races, classical technique.

January 18 (Sunday). CVR annual meeting. See details on last page.

February 1 (Sunday). Stowe Winter Carnival 5K race, Mt. Mansfield x-c center.

February 8 (Sunday). American Ski Marathon, 30K classical technique, Blueberry Hill, Goshen, VT.

February 15 (Sunday). Herb Painter cross-country ski race, 15K classic or skate, Bolton Valley ski center.

February 15 (Sunday). Winter Festival 5K run, Leddy Park, Burlington

February 22 (Sunday). Stowe Derby. 15K cross-country race with 3000' drop.

March 15 (Sunday). Craftsbury Spring Fling, 15K ski race, skate style.

March 17 (Tuesday). St. Patrick's Day 2-miler, Burlington.

# Local Runners in Fall Marathons

by Carol Van Dyke

This fall several Stowe area runners ran 26.2 miles in out-of-state marathons. Tom Kaiden raced the Hartford (CT) Marathon on October 18th in 2:45.20 under perfect sunny and cool conditions and finished 21st out of 840 racers. Under more adverse weather, running in the rain and hot humidity at the New York City Marathon on November 2nd, were Bruce Bell (4:12.38), Richard Smith (4:20.35) and Fred Rossman (4:52.59). Carol and Neil Van Dyke finished the Ocean State (RI) Marathon in the rain, cold and a headwind with times of 3:57.22 and 3:54.56 respectively. Tom was doing his 14th marathon, Carol her eighth, Fred his sixth, and Neil, Bruce and Rich were all first time marathoners!

## Central Vermont Runners

### *Membership application*

Name (please print) \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Sex: M F Age \_\_\_\_\_ Birth Date \_\_\_\_\_ Phone \_\_\_\_\_

Names and birth dates of additional household members of CVR:

- |          |          |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |

#### **Volunteer**

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.)

____ April	Mutt Strutt (dog and master) 3-mile
____ May-Oct.	Tuesday fun runs
____ June	Capitol City Stampede 10K
____ June	Paul Mailman 10 Miler
____ July	Berlin Pond Couples Race 8K
____ Sept	Northfield 5K
____ Oct.	Leaf Peepers 5K and half marathon
____ Dec	First Night 5K

#### **Annual dues**

____ \$10	individual or family
____ \$ 2	student

Enclosed are dues for the following years: 1998 1999 2000 2001.

Please make checks payable to Central Vermont Runners and mail to Laura Medalie, R.R.1, Box 4230, Montpelier, VT 05602.

## **CVR annual meeting - Sunday, January 18, 4:00 pm, Laura and Dave's, Barnes Rd., East Montpelier**

Go north out of Montpelier on Main St., which becomes County Road. After 3-4 miles, take the first right after Morse's Sugar House. This is Barnes Road. Laura and Dave are the second house on right. Come at 2 pm for a run or cross-country ski, pot luck at 4:00. Skiing will definitely be possible on the VAST trails, and Dave will map out a loop for the runners. This is the annual meeting where we elect officers and plan activities for the coming year. Phone 229-4523.

### **Renew your membership**

CVR membership is on a calendar year basis. Unless you paid up for more than one year, now is the time to renew. Please fill out the application in this newsletter and send it in. Membership is only \$10/year.

### **Mark Gilbertson and Laura Wilson headed for Nagano**

Central Vermont continues to produce national champions. In the same month that Erin Sullivan and Tara Chaplin finished 1<sup>st</sup> and 9<sup>th</sup> in the National High School Cross-Country finals, Mark Gilbertson won the Men's 30K Cross-Country Ski Olympic Qualifier at Lake Placid. Mark's win was a tremendous achievement as he upset the race favorites who had more experience and training opportunities. Laura Wilson qualified for her second straight Olympics with 2 second places and one fourth place in the Lake Placid trials. Laura and Mark are both natives of Montpelier. Mark was one of the first recipients of the CVR scholarship and has also won the Leaf Peepers Half Marathon the past 2 years.



Central Vermont Runners  
c/o Jamie Shanley  
Box 152  
Montpelier, VT 05601

# **January 1998**

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*Please recycle this newsletter (or pass it on).*