

Running (?) the Grete Waitz Race

by
Reidun Nuquist

What's it like running in the world's largest road race for women? I found out when I did the fifteenth annual 5K Grete Waitz Løpet in Oslo on May 2, 1998.

My one-week trip to Norway (to visit my father) was a last-minute decision. Fortunately, I was able to register on the very eve of the race; most of the 37,000 participants had met the January deadline.

Registration and bib pick-up took place in Oslo's Exposition Hall. Here, surrounded by an impressive sales display of race tee-shirts, shorts, sweatbands, etc., Grete Waitz (45) was autographing her book, *Pit and Happy*, surrounded by fans.

Waitz remains a popular role model in Norway, a country that reveres its premier athletes. While at the top, Waitz won the New York Marathon nine times, was world cross-country running champion five times, and national champion seven times. Her Norwegian records for 1500 meters, 1 English mile, and 3,000 meters still stand after twenty years. Waitz doesn't compete any longer, but still gets up at 5 a.m. to run.

Her mission these days is fitness promotion, and she is proud of the success of the all-women Grete Waitz Løpet. The annual event attracts racers from around Norway. Groves of

discounts to participants. During race weekend the cityscape is totally dominated by women in colorful running tights and jogging suits.

Racers register as elite runners, runners, joggers/walkers, or walkers. I signed up as a runner, i.e. someone who could do a 5K in 26-32 minutes. (My PR is 25:41; at age 58 I do 27-28 mins.) Only elite runners are timed, the rest use their stop watches or check the official clock at the finish.

With bib number 14,852 and in starting Group 7 with take-off scheduled at 2:47 p.m., I started 27 minutes after the lead group. (A relative in the walking class didn't leave until 3:30 p.m.)

Before the start we were packed like sardines while attempting warm-up aerobics, led by an aerobics instructor on a platform. A popular Norwegian television host, leaning from another platform high above the starting line, sent us off with good humor and personalized greetings as he spotted regional logos on tee-shirts and sweatshirts.

I never actually heard the gun go off, but started my watch as we moved like molasses under the start banner. It soon became clear that most of those massed around me were not serious about running; they (many with backpacks) were largely out for a stroll and a good time. I am not fast but I am serious about running, and besides, I was training for the Vermont Corporate Challenge Cup and the Vermont City Marathon relay!

I began dodging the women around me: weaving, running on the grass, on the sidewalk and behind ropes and spectators, anything

to gain a little speed. For a while I and a few other runners were skipping in the mud between two streetcar tracks, trying not to step on each other. I passed hundreds, perhaps thousands, of racers, which made me feel faster than I was.

The course began in the famous Vigeland sculpture park, meandered through the closed-off streets of downtown Oslo, and ended in the venerable old Bislett Stadium, where track records are often set in world-class July meets. The whole city course was lined by cheering crowds, flags, trees in spring finery, and beverage stops hosted by neighborhood residents.

The day was sunny and cool, and I felt great as I entered the gate of Bislett Stadium, where as a teenager I had spent many winter hours in the stands watching speedskating races. As I passed the finish line, a race official put a medal around my neck: every racer gets one for finishing.

My time? 29:03, the slowest 5K since I began running in 1983. The Grete Waitz Løpet is not a race for racing unless you are in the elite class; it's a cultural and social experience. As Waitz said on television afterwards, it's an inclusive event for women of all ages, shapes, and fitness levels. It is something any woman can do for herself.

P.S. The winner of the elite runners finished in 16:19. An American, Jennifer Latham Briggs, placed 9th with 17:45.

Reidun Nuquist is a CVR member and lives in Montpellier.

What is Joints in Motion?



Joints in Motion is a fall marathon training experience for beginning runners or experienced runners who want to better their time. The next training opportunity will be for the Dublin Ireland Marathon which will be held on October 26, 1998. Training will begin in June and informational meetings will be held periodically until then.

The Joints in Motion program works like this:

- We provide a participant with 20 weeks of personalized training with a professional marathon coach. We have chosen Ralph Swenson, an experienced marathon trainer. Ralph has run in excess of 70 marathons and ultra marathons and teaches classes in marathon training and endurance sports.
- We provide informational meetings for first time marathon runners on injury prevention, psychology, nutrition and other topics. The Arthritis Foundation has teamed up with Ann Vannucci and Twin Oaks Fitness Center to provide these seminars, as well as reduced membership fees at Twin Oaks for cross training.
- We organize group runs with other participants to augment your with training. This allows participants to get to know other team members and learn from each other's experiences.
- If desired, we match you with a person who has arthritis to run in honor of.
- We send you, all expenses paid (airfare, marathon costs, hotel, breakfast premarathon pasta party) to Ireland for six days and five nights to compete in the marathon.
- You agree to raise \$3,200 for the programs and services of the Arthritis Foundation.

Seven runners just returned from the January Bermuda marathon and all felt the program was beyond their expectations. Four of the participants had run several marathons and three were competing for the first time. All finished the marathon and one person qualified for Boston.

If you have questions or would like a full informational packet, contact Janet Bourne at 1-800-639-2113 or Ann Vannucci at 802-658-0002.

Ed. note: This is a program that will give you free training and a trip to the Dublin Ireland marathon in return for your agreeing to help raise money for the Arthritis Foundation. A letter from a past participant will be printed in the next CVR newsletter.

CAPITAL CITY STAMPEDE 10K

MONTPELIER, VT

• 21st ANNUAL • JUNE 13, 1998

USATF #VT97002WN

DIV. OVERALL

PLACE	PLACE	NAME	AGE	HOME TOWN	TIME
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WOMEN 19 and under

1	35	KATRINA PERRAULT	15	MONTPELIER, VT	43:17
2	76	JESSE RENNAU	19	MORETOWN, VT	52:30

WOMEN 20-29

1	18	LIZA KIESLER	25	STOWE, VT	40:09
2	25	CHRISTIN HEALY	27	JERICO, VT	41:34
3	34	TARA NELSON	24	GLOVER, VT	43:03
4	44	DEB DOYON	29	ST. JOHNSBURY, VT	45:15
5	49	CATHY EUSTIS	28	ESSEX JCT., VT	45:54
6	82	REBECCA FINNIGAN	26	MONTPELIER, VT	54:46

WOMEN 30-39

1	42	LORI LACROIX	35	BARRE, VT	45:09
2	52	ELLIE FERGUSON	38	N. HAVERHILL, NH	46:57
3	53	PAM LOWE	36	WATERBURY, VT	47:14
4	59	BETSY MARTIN	34	MONTPELIER, VT	48:10
5	67	MAUREEN CARR	33	MONTPELIER, VT	54:07

WOMEN 40-49

1	13	SUE BARBER***	41	MONTPELIER, VT	38:48
2	41	CATHY MARTELL	40	ST. ALBANS, VT	45:07
3	54	KATE MUELLER	42	MONTPELIER, VT	47:27
4	55	CAROL VAN DYKE	42	STOWE, VT	47:38
5	57	MILLY ARCHER	41	MONTPELIER, VT	48:05
6	58	MERRILL CRAY	45	MONTPELIER, VT	48:09
7	71	PAM KANE	49	SHELBURNE, VT	50:45
8	83	PATRICIA RENNAU	49	MORETOWN, VT	56:25

WOMEN 50-59

1	78	BARBARA MACARTHUR	57	WHITE RIVER JCT., VT	53:00
2	87	ELIZABETH MEIKLEJOHN	50	E. CALAIS, VT	57:59

WOMEN 60+

1	88	SYLVIA KINGSBURY	63	MONTPELIER, VT	66:16
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MEN 19 and under

1	6	JEREMY DAVIS	18	E. MONTPELIER, VT	36:27
2	12	BRIAN LETOURNEAU	18	ORANGE, VT	38:44
3	51	GUS KAEDING	14	WORCESTER, VT	46:50
4	66	MATTHEW WINDISCH	15	ESSEX JCT., VT	49:23

MEN 20-29

1	2	BILL McDONNELL	26	NEWBURY, VT	35:07
2	3	JOSH COOKSON	22	E. MONTPELIER, VT	35:31
3	7	RICHARD HARTFORD	29	W. STEWARTSTN, NH	36:53
4	8	JOE GINGRAS	22	BERLIN, VT	37:00
5	11	RICK BARNETT	26	STOWE, VT	38:39
6	16	JON CLARK	27	SOMERVILLE, MA	39:57
7	17	SETH DEWEES	28	SOMERVILLE, MA	39:58
8	29	STEVE EUSTIS	28	ESSEX JCT., VT	42:21

MEN 30-39

1	1	JOE McNAMARA***	35	HUNTINGTON, VT	33:12
2	4	TOM KAIDEN	39	E. MONTPELIER, VT	35:59
3	5	DAVE BIRSE	39	HANCOCK, NH	36:20
4	9	MATTHEW CZAPLINSKI	32	ALLSTON, MA	38:06
5	14	DAN RENFRO	34	MONTPELIER, VT	38:53
6	20	JON REIDEL	30	MONTPELIER, VT	40:36
7	21	ADAM TYSINSKI	32	WAITSFIELD, VT	40:37
8	31	STEVE ROBINSON	32	WARREN, VT	42:31
9	33	MACK GARDNER-MORSE	37	CALAIS, VT	42:51
10	36	JOHN McCANNON	31	MONTPELIER, VT	43:20
11	37	DAVID BRENNAN	32	ST. JOHNSBURY, VT	43:30
12	47	GABRIEL CADANAS	32	S. BURLINGTON, VT	45:59
13	50	DOUG HEWITT	38	MORETOWN, VT	46:32
14	63	RICHARD DUKE	34	WILLIAMSTOWN, VT	48:59
15	73	ED HAVARD	37	MONTPELIER, VT	51:00
16	74	MARK SKELDING	39	MONTPELIER, VT	51:11
17	75	STEVE BARRETT	39	WHITE RIVER JCT., VT	52:29

MEN 40-49

1	10	STEVE BURKHOLDER	46	MONTPELIER, VT	38:18
2	15	CHARLIE WINDISCH	44	ESSEX JCT., VT	39:39
3	22	JAMIE SHANLEY	45	MONTPELIER, VT	40:43
4	23	JOHN LAZENBY	49	MONTPELIER, VT	41:30
5	30	CRAIG WHIPPLE	45	BARRE, VT	42:26
6	38	MARC METAYER	41	BARRE, VT	43:43
7	39	GUNNAR STEATES	40	MILTON, VT	44:20
8	43	DAVID DELIBAC	46	GRAND ISLE, VT	45:10
9	45	NEIL VAN DYKE	44	STOWE, VT	45:37
10	60	FRAN COOK	46	MORETOWN, VT	48:19

11	61	RANDY WITLICKI	42	NORWICH, VT	48:21
12	62	JEFFREY PARSONNET	44	NORWICH, VT	48:49
13	64	MARIO BONACORSI	45	BARRE, VT	48:59
14	67	JEFF JONES	42	NORTHAMPTON, MA	49:56
15	68	MIKE SHOVER	49	BRADFORD, VT	49:58
16	70	GLENN FULLERTON	45	S.WOODSTOCK, VT	50:39
17	72	BRUCE WESTCOTT	48	MONTPELIER, VT	51:00

MEN 50-59

1	19	JOHN HACKNEY	52	RANDOLPH, VT	40:28
2	24	BRAD PETERSON	56	WILLIAMSTOWN, VT	41:33
3	26	DAVID BLANCHETTE	56	GILMAN, VT	41:44
4	27	WILLIAM JONES	55	BEDFORD, QUEBEC	42:15
5	28	CLIFFORD CARY	56	LEBANON, NH	42:17
6	32	GREG GERDEL	51	MONTPELIER, VT	42:41
7	40	JOHN KAEDING	50	WORCESTER, VT	45:06
8	46	JIM McWILLIAM	58	WORCESTER, VT	45:44
9	48	RALPH LEONARD	55	E. MONTPELIER, VT	45:54
10	56	NEWTON BAKER	56	MONTPELIER, VT	48:00
11	77	BOB AIKEN	58	ESSEX JCT., VT	52:40
12	80	BUD HARLOW	57	WOODSTOCK, VT	53:47
13	84	JEFF KAY	57	LITTLETON, NH	57:17
14	85	ED MARTIN	56	LITTLETON, NH	57:17
15	86	BOB OLKIN	58	WATTSFIELD, VT	57:48
16	89	JEFF HOWARD	51	MONTPELIER, VT	68:59

MEN 60+

1	65	BEN BURD	65	MIDDLEBURY, VT	49:06
2	69	SIG. BALTUCH	65	STOWE, VT	50:15
3	79	BOB MERCIER	62	MONTPELIER, VT	53:02

Editor's notes

The CVR race season is in full swing with an event nearly every weekend in June and July. Newsletter items have been piling up, enough to fill 2 issues. Expect another newsletter in about a week, featuring the full Race Roundup (results of CVR members from races far and wide [let me know if you were in a race outside of central Vermont]) including the Vermont City Marathon, full schedule of upcoming events, full results of the Paul Mailman 10-miler, and hopefully the July 4 1-mile race, and news from the trail - Dot Helling's multi-100-miler summer.

The membership drive from last spring added 24 addresses to the member list. CVR now numbers 136 members in 86 households. This includes 8 members/households who have not renewed for 1998. For these 8 a membership renewal form has been enclosed in case you've simply forgotten.

CVR meeting minutes

May 11, 1998

by Maureen Carr

Trivia question: Which CVR member weighed only 2 pounds at birth?

Norm Robinson's supply order for cones, flagging, and race-in-progress signs has come in.

Montpelier Mile is on schedule for July 4 at 9:00. The race begins at Sarducci's and runs down Stonecutter's Way to Granite Street and back along the rec path. The City of Montpelier is sponsoring the race.

Some concern about the lack of volunteers at the Capital City Stampede on June 13. Many CVR members will be out of town for the weekend.

Information about the Kids Track Meet going out this week to schools throughout Washington County. This event will require many volunteers.

Expecting a large turnout at the Montpelier 10 Miler on June 27. This is the last race in the Hockomock Swamp Rat's race series.

We agreed that Dave Kissner should place an ad in Vermont Sports listing CVR races. Dave will be the point of contact. The ad costs \$133.

Richard Cleveland volunteered to pick up a board to display race flyers, CVR membership forms, etc., at fun runs.

Dave took a lot of good natured criticism for his efforts at revising the CVR logo. He's making progress, but not quite there yet.

Discussed the wording for the Berlin Pond Couple's Race registration form. Agreed that Michael Chernick, race director, should revise it as he sees fit.

Norm brought singlets to try-on for size before buying. He will be taking orders into June. The cost to CVR members is \$20 per shirt. The club will cover the \$90 setup fee and anything over \$20 per shirt.

Everything on track for Leaf Peepers and Northfield 5K.

CVR meeting minutes - 6/ 8/1998
Quality, not Quantity: Meeting
Notes and Times
by Nance Smith

The June 8th CVR meeting began at 7:05 in the comfort of Dave and Laura's living room. Ex-secretary, Mo, and I broke in a new stopwatch during the proceedings. Here is a list of topics discussed and time spent discussing them.

17:11 The Kids' Track Meet. Such a good time, and such a good response from the public that we spent some time discussing how to keep numbers similar for next year, lest the Meet become unmanageably large. 170 kids participated in the meet, under cloudy skies. Dave won the softball throw for the non-kids-aren't-you-just-measuring category, while Norm was a disappointed second. The meet was begun and concluded on time, although the topic was revisited after Tim's arrival at the meeting, adding 2:04. Everyone agreed the Kids' Meet is fun.

5:21 The July 4th Miler was reported on. Norm plans on different heats for men and women and boys and girls, depending on turn-out. The cops will help with traffic from the Co-op and Granite St. as necessary. Interest in the race seems high. (It's on Stonecutter's Way and bike path, a loop.) Y'all come.

1:35 Capital City 10K. Upcoming. Absent director Sam needs help, it's reported.

4:28 Couples Race. Michael passed around a mock-up flyer for the race and we mocked it as best we could. The race seems well planned, at present.

1:36 We reviewed our current CVR ad running in VT Sports Today and decided it looked just great. (Maybe it really will get extra racers for us.) In talking about printed material, perhaps the key comment of the night was made: "Don't play fast and loose with the disclaimers." Always a good policy. For the uninitiated, this means the liability statement at the bottom of race registration forms should be left intact. Lawyers are picky.

1:51 June 27 Ten-Miler. 36 pre-registered, all because of Hockamock Swamp Series. (Ask Norm or Tim.) There will be T-shirts and an 8:45 start time to avoid the train and avoid the heat, perhaps.

3:01 Bear Swamp Race. New versions of the original T-shirt will be printed this year and available for an extra charge on race day. Don't forget to start slow on this race.

3:06 Northfield Labor Day. Details, details. The kids' course will be changed to avoid those ever-popular train crossings.

6:19 Leaf Peepers. Some sponsors are all lined-up. Saving \$12 this year on cream cheese. (Phew.) Applications will be completed soon. Yay Richard!

4:35 Poor Dave. He worked hard on a revised logo to put on the CVR single Ts and all we did was tease him. He will refine it and the officers are allowed to approve the new one, politely, at their convenience.

According to my math, this accounts for 38:01. (Feel free to check.) The meeting adjourned at 8:41 pm, which makes it 1:37 long. This means that 58 minutes and 59 seconds were spent discussing

miscellaneous topics not listed. We had fun anyway.

Isn't it a good thing that in CVR meetings as in road races, although the times may be recorded and quoted, measured and analyzed, what really matters in the end is the quality of the experience? Just a thought. Go out once this summer and race with a goal of enjoying yourself as much as possible, no matter what the clock says at the end. See how that measures up!!

SIGN UP SOON FOR THE LAKE WINNIPESAUKEE RELAY !!

Here's your chance to go again, or for the first time; to the Lake Winnepesaukee Relay. CVR is hoping to put together a team(s) again this year. This is the 10th running of the relay, and is held on Saturday, September 19th; beginning at 8:00 a.m.

If you are unfamiliar with the event, it is an eight person relay that is run around Lake Winnepesaukee (about 66 miles). The legs vary in length from 4.4 miles to 11, so everyone should be able to compete. Each team is responsible for providing water, etc. for it's members. The first entry deadline is Aug. 1 so that we can get t-shirts. They were great shirts last year! Entry fee is \$15.00 per person. Team categories are varied.

Last year we put together two teams, and had a tremendous time in the process. While everyone ran hard, it was being together, crewing each other, and dinner that were highlights for me. Many of us stayed one or two nights in cabins near the start/finish line. (Remember the wood fired hot tub!)

There was some talk last year about putting together a "fast" team, and we can discuss that; but I think many members just want to go and compete regardless. Don't feel like you have to run sub 7's to go! I am willing to coordinate the process again, with everyone's help. Everyone will be on their own for accommodations, but those who went last year can certainly help with ideas. I for one, will probably like to go back to Sun Valley cabins again.

Contact me if you want to go, so we can begin the process. Last year, it was first come, first served to make the team. The first 8 people to pay up are guaranteed a spot, and we can worry about make up of the teams later if we have more than one. I hope anyone with suggestions about this process will share their ideas so we can make this year even better. My hope is to have teams together by July 20th.

The following are the distances in the order they are run. If you plan to go, please fill out this form, and indicate which leg you would like to run. If you are sure you are going, send a check, made out to Central Vermont Runners.

Name _____ T-shirt size (circle one) M L XL

Phone No. _____

Leg of race preferred (circle one) 10.7 11.0 10.0 4.4 10.7 6.4 8.5 4.4

Send to: Norm Robinson, 66 Terrace St., Montpelier, Vt. 05602 or bring to fun runs(I'm at most of them).



THE MONTPELIER MILE

Part of the Montpelier Independence Day Celebration
Organized by the Central Vermont Runners Club

Saturday July 4, 1998 at 9:00 a.m.



PLACE: Recreation Center- Barre St., Montpelier, Vt. Take Exit 8 off I-89. Take a left at the fourth light, and a right onto Barre St. Rec. Ctr. is 1/4 mile.

COURSE: A loop course run down Stone Cutter's Way and back the adjoining bike path. "The flattest mile in Vermont."

DIVISIONS: Male and Female for Kid's and Adult Races

KID'S RACE- Ages 6-9, 10-11, 12-13

ADULT RACE- Separate Races for Men and Women.

Age groups: 14-19, 20-29, 30-39, 40-49, 50-59, 60+

FEE: Preregistration- \$5.00 for Kid's Race, \$4.00 for Adult (postmarked by June 27). \$6.00 for Kid's and \$7.00 for Adults after June 27.

REGISTRATION: To Preregister, make checks payable to Central Vermont Runners and mail entries to: Norm Robinson, 66 Terrace St., Montpelier, Vt. 05602. Post registration will be from 7:45-8:45 a.m. at the Recreation Dept. building on Barre St. Registration will **STOP SHARPLY AT 8:45.**

HANDOUTS AND PRIZES: Caps will be given to the first 300 entries. Prizes will awarded for first, second and third place in each age group.

OFFICIAL ENTRY FORM - JULY 4, 1998 - MONTPELIER MILE ROAD RACE

NAME _____ STREET _____
CITY _____ STATE _____ ZIP _____
SEX ☐ M ☐ F AGE _____ BIRTH DATE _____

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 known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, for myself and anyone entitled to act on my behalf, waive and release the Central Vermont Runners Club, its officers and agents, the City of Montpelier, all sponsors, their representatives and successors, including the Road Runners Club of America, its officers, directors, agents and employees, 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 _____

PARENT'S SIGNATURE _____

IF UNDER 18 YEARS _____ DATE _____

• Upcoming events in brief

July 4 (Saturday) ****New!**** CVR Montpelier Mile - Stone Cutter's Way.

July 5 (Sunday) Cannonball Run 4-miler, Morrisville

July 11 (Saturday) CVR Bear Swamp Run, 5.7 miles, Middlesex.

July 11 (Saturday) GMAA Partner's Race, 4.8 miles, Jericho Center.

July 11 (Saturday) Tour de Burlington Boathouse 5K/ 10K, Burlington, VT.

July 13 (Monday) CVR meeting - 6:30 pm, Darragh Ellerson, Upper North St.,
Montpelier

July 19 (Sunday) Stowe 8-miler, Stowe, VT.

July 19 (Sunday) Goshen Gallop 10K, Blueberry Hill Inn, Goshen, VT.

July 26 (Sunday) Race for the Cure 5K, Manchester, VT.

• News Item

Haile Gebrselassie, the colorful and confident Ethiopian middle distance runner, is at it again. He has stated that if someone breaks his world records, he will go out and set new ones. True to his word, in the last few weeks he has reclaimed world records in the 5K (12:39.36) and 10K (26:22.75). His standard post-race comment is "I could have run faster." So far, he always has!



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

**June
1998**

Vol. 19, No. 4

Green circle here ----->
means we have not received your 1998 dues.

Please recycle this newsletter (or pass it on).