

Age Group Records Fall in 1998

By
Bob Murphy, VRDC

Age group records are falling under the onslaught of excellent running performances at a number of race distances this year. Particularly noteworthy was this year's running of the Vermont City Marathon, where 6 new records were established. Here are the new record holders for the marathon distance.

- ❖ Male 55-59 3:02:34 Robert Glazier, 59 Toronto, Ont.
Old record (1993) 3:02:40 Adrien LaChance, 55 Charlesbourg, Que.
- ❖ Open Women 2:42:52 Gordon Bakoulis, 37 New York, NY
Old record (1994) 2:43:52 Cindy New, 37 Montreal, Que.
- ❖ Girls 16-17 3:50:41 Christina Xydias, 17 Pittsford, NY
Old record (1992) 4:54:08 Claudia Boram, 16 Clifton Park, NY
- ❖ Women 35-39 2:42:52 Gordon Bakoulis, 37 New York, NY
Old record (1994) 2:43:52 Cindy New, 37 Montreal, Que.
- ❖ Women 45-49 3:20:37 Dorothy Helling, 48 Montpelier, VT
Old record (1990) 3:21:32 Carol Johnston, 46 New York, NY
- ❖ Women 70-74 5:45:55 Regina Tumidajewicz, 71 Amsterdam, NY
No previous record for this age group

Only one record fell at this year's running of the Covered Bridges Half Marathon, but it fell in great style. Iron man Gerry Barney demolished the previous mark for men in the 65-69 age group, a mark which had stood for nearly 20 years. Here are the stats.

- ❖ Men 65-69 1:29:55 Gerald Barney, 65 Swanton, VT
Old record (1979) 1:36:01 Bill Brobston, 66 Saugerties, NY

Closer to home, this year's running of the Capital City Stampede also produced a new age group record, as Katrina Perrault eclipsed the mark previously set for girls 14-15. This mark had stood for 13 years.

- ❖ Girls 14-15 43:17 Katrina Perrault, 15 Montpelier, VT
Old record (1985) 44:52 Julie Eells, 15 Essex Junction, VT

Editor's note: Bob informed me of another record that fell after he sent this in. In the Paul Mailman 10-miler in Montpelier on June 27, Tara Chaplin set a new record for the Female 16-17 year age group for that distance. Her time of 57:53 demolished her own record of 66:12, set in the same race in 1997.

Race Roundup

Catching up on races held since late May. There have been a lot of events, and there are a lot of new CVR members. If you've been missed please send a note to the editor.

CVR Runner/friend	Class	Time	Class place	Gender place	Overall place
			total	total	total

Stowe 8-miler, Stowe, VT, 7/19/98

A bit hot and sticky for this one but at least no rain. Nice going, Sam!

Sam Davis	M3039	42:00	2\71	4\305	4\447
Joe Gingras	M1829	45:11	6\46	12\305	12\447
Gordon MacFarland	M5059	47:38	1\60	21\305	23\447
Tom Kalden	M3039	48:26	11\71	23\305	25\447
Tim Noonan	M4049	49:45	5\100	33\305	35\447
Elden Dube	M4049	56:34	30\100	101\305	111\447
Dick Millar	M3039	56:41	26\71	103\305	114\447
Katrina Perreault	F1829	57:05	3\9	13\142	125\447
Bill Perreault	M4049	57:06	34\100	113\305	126\447
Norm Robinson	M4049	58:25	43\100	131\305	149\447
John Kaeding	M5059	59:50	18\60	152\305	175\447
Glenn Gershaneck	M5059	59:52	19\60	154\305	177\447
Newton Baker	M5059	61:15	23\60	168\305	195\447
Neil Van Dyke	M4049	61:26	58\100	170\305	199\447
Carol Van Dyke	F4049	62:51	10\41	35\142	223\447
Greg Wight	M5059	64:03	28\60	199\305	238\447
Sally Howe	F5059	65:20	2\15	49\142	262\447
Jean Kissner	F3039	67:15	21\44	65\142	300\447
Nance Smith	F3039	67:48	25\44	70\142	308\447
Anya Rader	F3039	68:13	27\44	74\142	314\447
Janice Kulak	F4049	69:37	20\41	78\142	324\447
Elizabeth Meiklejohn	F5059	75:40	10\15	114\142	398\447
Ham Davis	M6069	79:48	14\16	294\305	419\447

Covered Bridges Half-Marathon, Woodstock, VT, 5/10/98

This race was a rainy one. Note: 5-yr age groups for 40-44 and 45-49

Gordon MacFarland	M5059	1:19:01	1\138		23\1699
Sue Barber	F4044	1:22:49	1\85	5\	49\1699
Dot Martin	F3039	1:28:12	4\251		119\1699
Peter Dale	M4044	1:31:06	26\155		173\1699
Eric Ryea	M4549	1:32:38	18\135		201\1699
Donna Smyers	F4044	1:32:38	4\86		202\1699
Tom Bachman	M4045	1:33:20	31\155		218\1699
Bill Perreault	M4549	1:35:21	26\136		273\1699
John Martin	M4549	1:37:00	33\136		324\1699
Mike Gillis	M4044	1:39:54	59\155		430\1699
Ann Bushey	F4044	1:40:22	8\85		446\1699
John Kaeding	M5059	1:42:01	34\138		502\1699
Laura Medalie	F3039	1:44:05	42\251		582\1699
Elden Dube	M4044	1:44:53	88\155		619\1699
Newton Baker	M5059	1:49:05	65\138		794\1699
Jennifer Ball	F4044	2:04:31	50\86		1368\1699

Mt. Washington Road Race, New Hampshire, 6/21/98

A relatively benign day on the mountain. Nance just knows she can run 2 seconds faster.

Jamie Shanley	M4549	1:27:58	16\124	104\719	114\892
Mike Gillis	M4044	1:34:37	48\174	175\719	192\892
Joe Zuaro	M4549	1:46:41	63\124	357\719	415\892
Jean Kissner	F3539	1:53:22	24\40	85\173	544\892
Nance Smith	F3539	2:00:02	33\40	111\173	662\892
Maryke Gillis	F3539	2:03:46	35\40	120\173	713\892

<i>CVR Runner/friend</i>	<i>Class</i>	<i>Time</i>	<i>Class place</i>	<i>Gender place</i>	<i>Overall place</i>
			<i>total</i>	<i>total</i>	<i>total</i>
Fairlee Great Triathlon, Fairlee, VT, 7/12/98					
Donna Smyers	Elite - F	2:04:40	1\2		55\135

Corporate Cup 5K, Montpelier, VT, 5/21/98

CVR places 3 in top 12!

Pat Miner	M4049	17:59	2\		8\619
Gordon MacFarland	M5059	18:04	1\		10\619
Dan Renfro	M3039	18:07	4\		12\619
Dave Kissner	M3039	19:40	13\		35\619
Jamie Shanley	M4049	19:47	11\		38\619
Donna Smyers	F4049	20:45	3\		77\619
Bill Bates	M3039	21:15			95\619
Elden Dube	M4049	21:35			117\619
Michael Chernick	M4049	21:58			137\619
Neil Van Dyke	M4049	22:08			139\619
Laura Medalie	F3039	22:13			143\619
Lisa Clisbee	F3039	22:24			152\619
Sigh Searles	M4049	22:27			156\619
Carol Van Dyke	F4049	22:33			161\619
Greg Wight	M5059	22:41			167\619
Lori LaCroix	F3039	23:22			191\619
Tom Bachman	M4049	23:32			205\619
Janice Kulak	F4049	24:56			289\619
Newton Baker	M5059	25:08			300\619
Maureen Carr	F3039	25:44			338\619
Jennifer Ball	F4049	25:49			342\619
Ham Davis	M6069	25:57			351\619
Reidun Nuquist	F5059	27:39			436\619
Debbie Surwilo	F4049	31:59			569\619
Roger Cranse	M5059	33:52			595\619

Dartmouth Co-op Spring Fling 5K, Hanover, NH, 5/17/98

Jon Reidel	M3039	17:38		9\44	9\69
Russ Petelle	M5059	18:31		11\44	11\69

Vermont City Marathon, Burlington, VT, 5/24/98

For the first time, Gordon runs in the race he founded, on the spur of the moment!

Gordon MacFarland	M5054	3:00:18	2\96	85\1179	92\1682
Dot Martin	F3539	3:04:34	3\94	9\503	114\1682
Steve Burkholder	M4549	3:14:39	26\183	197\1179	218\1682
Jon Reidel	M3034	3:14:43	29\161	198\1179	219\1682
Tim Noonan	M4044	3:16:01	42\226	215\1179	237\1682
Dot Helling	F4549	3:20:36	1\45	28\503	299\1682
Russ Petelle	M5054	3:25:36	21\96	336\1179	376\1682
Tom Bachman	M4044	3:25:57	70\226	342\1179	383\1682
Bill Perreault	M4549	3:26:44	50\183	357\1179	399\1682
Norm Robinson	M4044	3:27:00	76\226	364\1179	407\1682
Sigh Searles	M4549	3:28:56	54\183	395\1179	445\1682
Mark Perreault	M4044	3:32:54	93\226	458\1179	513\1682
Ann Bushey	F4044	3:35:08	7\56	65\503	559\1682
Linda Hallinger	F4549	3:37:20	6\45	73\503	596\1682
Richard Bushey	M4044	3:41:42	116\226	578\1179	672\1682
Eric Ryea	M4549	3:41:53	87\183	582\1179	677\1682
John Kaeding	M5054	3:42:12	41\96	583\1179	679\1682
Carol Van Dyke	F4044	3:43:28	11\56	100\503	700\1682
Newton Baker	M5559	3:54:25	21\45	720\1179	871\1682
Christine Maloney	F1624	4:00:14	20\58	206\503	1017\1682
Sally Howe	F5054	4:12:37	1\10	267\503	1177\1682

Montpelier 1-Mile, Montpelier, VT, 7/4/98 ... and ...

Bear Swamp Run, 5.8 M, Middlesex, 7/13/98

See complete results in this newsletter

1st Annual Montpelier Mile is History !

Tony Bates, of Salisbury, Vt. out kicked Joe Gingras to win the first annual Montpelier Mile in a time of 4:38; setting the standard for future years. Gingras, from nearby Berlin, Vt. was just a half a tick behind, while Francis Burdett finished third in a time of 4:46. In the women's race, Bethany Ogibly of Worcester won in at time of 6:01; with Laura Medalie second(6:17), and Nance Smith third(6:42).

In the children's race for kid's 6-13 Elizabeth Chase won the girl's race in a time of 6:48, that would have been good enough for fourth among the women. Liz Stephen was second in 6:56, and third went to Ruth Lazenby in 7:43. An amazing 5:34 by Keith Nunziata won the boy's division. Collin McCarthy was second in 6:32; narrowly edging Ryan McCormick by only one second. Nunziata traveled all the way from Newport to take home his trophy.

I wish to thank everyone from CVR that volunteered their time (on a Holiday no less) to make this event happen. Thanks to: Tim Noonan, Richard Cleveland, Dave Kissner, Laura Medalie, Andrew Nuquist, Dot Helling, Sue Barber, Gordon MacFarland, and Darragh Ellerson. Do these names sound familiar? Time and time again, the club can expect certain folks to step forward and shoulder the load. If you have not volunteered your time yet this year, there is still the Berlin Pond race, and Leaf Peepers.

Also, a special thanks to my family. Martha, Caiti, and Bridget put up with my nervousness, helped prepare prior to race day, and then all three helped out during the race. Thanks again.

Norm Robinson

1ST ANNUAL MONTPELIER MILE RESULTS

<u>Kid's race</u>		<u>Girls</u>		<u>Age 10-11</u>			
Age 6-9		Time	Overall Place				
Ruth	Lazenby	7:43	3	Elizabeth	Chase	6:48	1
Alison	Chase	9:37	5	Liz	Stephen	6:56	2
Mila	Woodfield	10:33	6	Caitlin	Morgan	8:34	4
Julia	Howard	10:54	7				
Julia	Blatchford	13:49	8				

Kid's Race

Age 6-9

		Boys	
		Time	Overall Place
Jim	Lazenby	6:38	5
Lucas	Martin	8:26	8
Kyle	Martin	8:36	9
George	Coultas	9:03	10
Stan	Welch	10:11	11
Andrew	Turcotte	11:17	12

Age 10-11

Aaron	Grigs	6:38	4
Peter	Maurais	7:35	6
Corey	Griggs	8:00	7

Age 12-13

Keith	Nunziata	5:34	1
Collin	McCarthy	6:32	2
Ryan	McCormick	6:33	3
Tim	Morgan	11:25	13

ADULT RACE

Age 14-19

		Time	Overall Place
Bethany	Ogilby	6:01	1

Age 30-39

Laura	Medalie	6:17	2
Nance	Smith	6:42	3
Maryke	Gillis	7:07	4
Colette	Groleau	7:23	5
Kathleen	Walls	7:24	6
Pixie	Harrington	8:23	10

Age 40-49

Carol	Vassar	7:51	7
Janet	Nunziata	8:12	9

Age 50-59

Reidun	Nuquist	7:56	8
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ADULT RACE

Age 14-19

		Time	Overall Place
Shawn	Legendre	6:43	26

Age 20-29

Joe	Gingras	4:38	2
Tim	Shea	4:57	4

Age 30-39

Tony	Bates	4:38	1
Francis	Burdett	4:46	3
Pete	Thoeren	5:01	6
Dan	Renfro	5:05	7
John	Wisell	5:19	10
Neal	Peterson	5:22	11
Timothy	Kruger	5:24	14
Dave	Kissner	5:29	15
Marc	Greenblatt	5:37	19
Doug	Mann	6:21	24

Age 40-49

Pat	Miner	5:01	5
Tim	Noonan	5:18	9
Steven	Burkholder	5:23	12
Jamie	Shanley	5:24	13
Bob	Gillis	5:30	16
Rick	Coyne	5:31	17
Mike	Gillis	5:36	18
John	Mazzucco	5:50	20
Milse	Legendre	6:18	22
Joe	Blatchford	6:25	25

Age 50-59

Donny	Wilcox	5:16	8
Bruce	Nunziata	6:13	21
Newton	Baker	6:19	23

Age 60-69

Bob	Mercier	6:57	27
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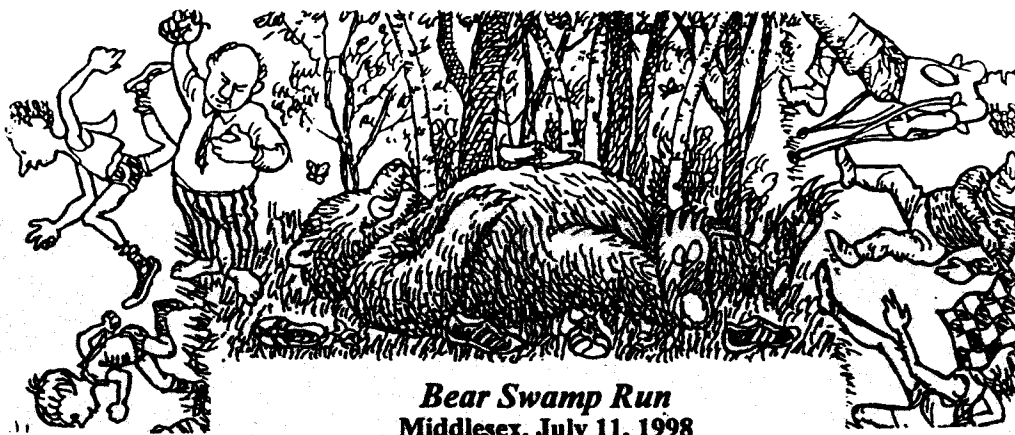


The weather cooperated, the turnout was substantially higher than past years, and over 20 volunteers were on hand to ensure that the 3rd annual Kids' Track Meet ran smoothly on June 6 at the Montpelier High School Track. 180 kids from throughout central Vermont participated, compared to 130 last year. Despite the higher turnout, events - quarter mile runs, half mile runs, mile runs, 100 yard dashes, softball throws, and long jump - ran on schedule.

CVR initiated this track meet 3 years ago to promote physical fitness for our area's children. The emphasis in this fun, end of the school year, event is participation, not competition. We announced times (or distances, in the case of the long jump and softball throw) of participants as they completed the event, but did not give awards to the top finishers. Instead, we awarded medals and ribbons to all participants. Like past years, parents and kids seemed truly appreciative that we organized this event.

Many thanks to the following volunteers (who seemed to enjoy this event as much as the kids and parents): Newton Baker, Ann and Dick Bushey, Maureen Carr, Darragh Ellerson, Mack Gardner-Morse, Greg Gerdel, Dave Kissner, Laurie Lacroix, Gordon MacFarland, Laura Medalie, Bob Mercier, Tim Maker, Colleen Noonan, Martha Robinson, Buzz Surwilo, and all other volunteers we may have neglected to mention.

Tim Noonan and Norm Robinson
Meet Coordinators



Bear Swamp Run
Middlesex, July 11, 1998

29 runners participated in the 20th annual Bear Swamp Run on a rainy, breezy and cool July 11. Dave Birse of New Hampshire and Kathy McCosh of Maine were the overall male and female winners of the 5.7 mile race. This was the eighth year the Central Vermont Runners have sponsored this low key, fun event along with the Middlesex Recreation Committee. The race is most notable for its hills and rustic nature. The loop course climbs 450 feet in the first 2½ miles, and then is flat or downhill for the remaining three plus miles.

Many thanks to race volunteers Sue Pryce, Tanner Pryce, Norm Robinson and my daughter Colleen. Special thanks to Sue Pryce of the Middlesex Recreation Committee who once again this year was the lead person for the Committee. She arranged to have the school open, participated in putting the mile markers and directional bear signs out on the course, and worked at the finish line.

Tim Noonan, Race Director

RESULTS

Female 30-39	-	Kathy McCosh	43:19
		Rhoda Morgenstern	46:12
		Maryke Gillis	50:51
		Maureen Carr	51:32
		Janet Boyle	60:35
Female 40-49	-	Carol Van Dyke	44:08
		Ann StrakaGilbert	44:24
Female 50-59		Elizabeth Meiklejohn	55:51
		Norleen Jones	59:56
Male 30-39	-	Dave Birse	35:13
		Tim Kruger	37:03
		Tom Hecimonch	39:52
		Steve Austin	40:09
		Dick Millar	40:28
		Mack Gardner-Morse	40:43
		Richard Duke	47:10
Male 40-49		Bob Morell	35:46
		Tim Noonan	36:17
		Perry Bland	37:01
		Norm Robinson	40:05
		Larry Gilbert	42:43
		Colin Gage	46:12
		Sigh Searles	48:27
Male 50-59		Jim McWilliam	44:05
		Newton Baker	44:06
		Bob Hager	57:35
		William Jones	59:57
		Roger Cranse	64:53
Male 60+		Bob Mercier	50:09

CVR Minutes **July 13, 1998** by Nance Smith

First, our top stories. Summer racing season is under way, and the CVR singlets will soon be available. Get your orders to Norm and help raise club visibility at races. Fast times not required, only a good attitude, or an approximation of same. Also, headlining this past meeting, is the decision to have a CVR Fun Party in Hubbard Park on August 13th. (It's like a Fun Run, but with food and silly games. See note elsewhere this issue. Y'all come.) I'm not supposed to report on the two pending intra-CVR weddings coming this summer, but fish around for whom to congratulate and note, neither ceremony will be held on a race day or at a race venue. (Imagine.)

Now, the minutes. Tim reported that Bear Swamp was only a bit wet, everyone had fun and the roads were in good shape despite the wet season. 29 runners avoided both bears and swamps to finish the race in the perennial favorite. The 10-miler, which is the state's only 10-miler left, saw 116 people this year, 47 from out-of-state and representing the interest in the Hockamock Swamp Rat series which I personally still do not understand. The race made money, despite the absences of some of our Warren friends who were concerned with bailing and mud removal on flood/race day. The flood derailed the train schedule and the race went fine along the shore of the muddy Winooski. Standing out, in the race results, was Tara Chaplin's amazing finish time. [ed. note; close to a course record for women, and an age-group record for Vermont - see Bob Murphy's compilation of new records in this issue] Tim is resigning as race director, after this year, and several suggestions were made for the future of the race--have co-directors, get a new sponsor, feature the bike path in the city by expanding the course in that direction and increasing race visibility or let the race die. The last suggestion was not embraced with much enthusiasm, but time will tell. The Fourth of July Montpelier Mile featured red, white, and blue hats and red, white, and blue trophies. Horray for our flag! 58 runners (21 kids) participated in the race on Stonecutters' Way. Four heats were run, and everyone seemed to enjoy picking up their paces to run a mile for a change. (Was that Newton with a mean kick? Everyone's talking about it.) See

results this issue. Norm says the city was quite pleased and the race is already on the schedule for next July 3rd, the Saturday when all events will happen in Montpelier. We could have the lead-off event in town! (And those hats will be back!) The Berlin Pond race is coming up. See enclosed race registration form. Any helpers who want to help Michael out, let him know. (Hint--if you're a CVR member and you've never helped at a race, it really is fun and doesn't take much expertise. Give it a try.) Help is also needed at the Northfield Labor Day Race, says director Tim Noonan. The club makes a good profit on this race, and a good club presence on the course on race day would be appreciated. (You could get a volunteer T-shirt, bribe, bribe.) An anonymous CVR member at the meeting revealed a photo opportunity which was recently passed up, and other members were advised of the details. This is one of those sorry-you-had-to-be-there stories that doesn't get into print. Sorry, you had to be there. We had a good laugh.

Richard reported on the last minute planning details of the Vermont Quilt Festival at Norwich University July 17-19th. No, that's not it. He didn't report much on Leaf Peepers race because he is director of the Quilt Festival, and just a wee bit distracted right now. Leaf Peepers is in good shape, and Richard will wear his running race director hat again in a couple of weeks. Norm discussed the new situation at the mailing center, and I glazed over about the details but it sounds like more service for less money and that sounds good. The Lake Winnepesaukee Race, Sept. 19th, (see details in earlier issue) is a relay still looking for more local runners for an 8 person team. \$ folks have committed. Call Norm or see him at fun runs, ASAP, to commit yourself. (That sounds bad.) The first people to fill out the roster make the team; two teams are possible. Don't be shy; it's a good time. In conclusion, the most repeated comment of the night was "We'll have to ask the treasurer." Mysteriously, the treasurer was rumored to be at the beauty parlor trying out hairstyles for a certain impending occasion I'm not supposed to mention. Best wishes, however, to all summer wedding participants from CVR!

CVR FUN FUN PARTY!!!

Please come to the CVR Summer Party in Hubbard Park, Thursday August 13th, 5:30 p.m. until dusk. BYO Barbecue Items and potluck salads, etc. CVR will bring beverages and some treats.

Activities will focus on Fun Fun-- Three-legged race, egg relays and frisbee distance throw. (Bring ideas.) Only very archaic timing methods allowed. (Hey, I was first!) Bring your kids, your family, your CVR recruits or friends who think running races are boring. Everyone will have a good time! The club that plays together stays together!!

PARTY SITE-- Enter Hubbard Park (Montpelier) from Winter St., go past the pond, take driveway to the right and see Old Shelter, site of party, near field. Questions--229-6384.

(Disclaimer: IF it is over 100 degrees that day, I may suggest a last minute shuffle to Wrightsville Reservoir barbecue and beach site, which is only 5 min up the road. I would put up signs in the Park to this effect. Will people let me know in the next couple of weeks what they think of that? The heat waves across the country are scary. --thanks, Nance, phone # above.)

WWW.CVR?

Have you logged on to the web lately? Did you know that CVR is out there in cyberspace too? The address is not quite as simple as that shown in the title of this article, but the site is packed full of information.

Want to know where the next meeting will be held? Want an up-to-date listing of Vermont races? How about an entry blank to a CVR sponsored event? They're all there at the CVR website, just a point and a click away!

The CVR website has been operational for nearly three years now, and contains a wealth of information. Here's a brief summary of what you can find there.

1. CVR officers, and their addresses & phone numbers
2. Information on the next CVR meeting
3. Information about the CVR newsletter and where to send your contributions.
4. An application blank for membership in CVR
5. A current listing of CVR races, and results of the latest running of each
6. An extensive Vermont race schedule
7. Vermont running records at all standard certified distances

Try it out. I think you'll find it an interesting site, full of information and quick to access (minimal graphics). We're located at:

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

Hope to see you there soon.

**CENTRAL VERMONT RUNNERS CLUB PRESENTS
19th ANNUAL BERLIN POND COUPLES' RACE
TWO PERSON TEAMS (1 MALE -1 FEMALE)
INDIVIDUAL RUNNERS WELCOMED**

DATE: SUNDAY August 2, 1998

RACE TIME: 9:00 A.M.

**SPONSORS: CENTRAL VERMONT MEDICAL CENTER &
CENTRAL VERMONT RUNNERS CLUB**

T-SHIRTS/PRIZES: T-SHIRTS for the first 30 registered entrants. Prizes will be awarded to the fastest **OPEN** (combined age under 80) and **MASTERS** (combined age over 80) teams. Prizes will also be awarded to the fastest individual males and females in the **OPEN** and **MASTERS** categories.

COURSE: A single 8KM (4.93 mile) loop counter-clockwise around Berlin Pond in Berlin, Vermont. First kilometer of the course is flat followed by 3-4 hilly and rolling kilometers and, the concluding 3 kilometers are straight and flat. The entire course is along a dirt road and a water stop is provided at the approximate midpoint. Distances are marked and the course is USATFA certified. No baby joggers or walkmans are permitted. For further information contact Michael Chernick, Race Director (223-0918).

REGISTRATION: Pre-registration (\$6.00 per individual and \$12.00 per team) with completed entry blank must be received no later than 5:00 P.M. the day before the race. Registration on race day (\$8.00 per individual and \$16.00 per team) from 7:30 A.M.-8:30 A.M. at the Maplewood Convenience Store, Route 62 Berlin, Vermont, Exit 7 of I-89. Turn right at the light by Shoney's and the store is on the right.

Berlin Pond Couples Race - Entry Blank

Mail with fee (see above) to: Michael Chernick, 11 Cityside Drive, #75 Montpelier, VT 05602

Signed checks should be made payable to the Central Vermont Runners Club and must be accompanied by a completed and signed application.

Team Individual

Name#1 _____ M/F _____ Age _____ Birth date _____

Name#2 _____ M/F _____ Age _____ Birth date _____

Address: _____

City/State/Zip _____

I recognize that road racing is potentially dangerous and that I should not enter and run in this race unless I am medically able and properly trained. I agree to abide by the decision of the race officials relative to my ability to safely complete the course. I assume all risks associated with running in this race including weather, traffic, road conditions and animals. I (and if under age 18, my parent or guardian) waive and release the Central Vermont Runners Club, the Town of Berlin, all sponsors, the USATFA and the New England USATFA from all claims and liabilities arising out of my participation in this event. If either participant is under 18, a parent or guardian must also sign the appropriate line.

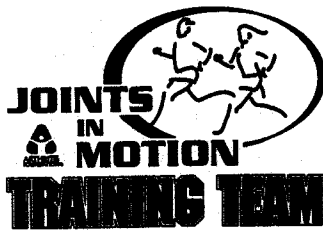
Signature of Entrant # 1 _____ Date _____

Par/Guardian Signature # 1 _____

Signature of Entrant #2 _____ Date _____

Par/Guardian Signature #2 _____

WALK MAKE A DIFFERENCE



Dublin, Ireland
October, 1998

EACH OF OUR JOINTS IN MOTION TEAM MEMBERS WILL RECEIVE:

- Round-trip airfare to marathon
- Hotel accommodations
- Inspiration in a group training environment
- Training program tailored to your fitness level
- *Joints In Motion* Marathon Pasta Party
- Entry into the marathon
- Fundraising support and materials
- *Joints In Motion* apparel
- Nutrition and injury prevention counseling
- Fun group parties
- Friends that will last a lifetime!



Sponsored by

ICYHOT.

Training begins in June
Call 1-800-639-2113
for more information

Ed. note: Training started in June, but there's still time to join with the Arthritis Foundation to run in the Dublin Ireland marathon while raising money for a great cause. Below is a letter from a former participant in the program.

I had always thought about running a marathon but it never really seemed like an attainable goal. As I approached my 40th birthday, I felt the need that a lot of people do, to do something outrageous. I debated between getting a tattoo and running a marathon. Fortunately, it was at this point that the Arthritis Foundation's Joints in Motion Bermuda Marathon was brought to my attention.

I started a little late in the program, so my first meeting with the other runners and coach was at a group training run. It was very encouraging. I had been running for years but never any distance running, usually just 3-5 miles. This run was to be 10 miles. I remember feeling very nervous about whether I could run such a distance. But, at the end of the run, I felt absolutely elated and could not wait to begin training for the marathon.

My training schedule consisted of running between 35-40 miles per week, with Sundays dedicated to distance running with the group. My first attempt at running 20 miles was a disaster. I had made it to approximately mile 15, which for me was a milestone. I had not done anything over 12 miles. It was at this point I "hit the wall". I could not go on. The group had already gone ahead of me around mile 11, so I was alone. Luckily, at this point, an Arthritis Foundation staff member drove by to check on the runners and I accepted a ride back. They told me afterwards that I was a little incoherent and I remember dropping the cup of water that was given to me.

I was devastated. It was at this point that I started thinking that I may not be able to run a full marathon. It was certainly a reality check for me when I had to face the fact that I may not be physically able to complete a marathon. The other runners called me during the week to encourage me, so I decided that I would try again the next week for a 20 mile run. If I could not do it, I would excuse myself from the program. The following Sunday I ran alone and ran the same 20-mile route from the previous week. The run was going extremely well up to about mile 15 again, that's when I had the unpleasant experience of getting caught in one of the worst snow squalls I've ever seen—complete white-out conditions. Staff were again driving around, but they must have missed me in the snow. I had no choice but to continue on. Luckily it only lasted about 15 minutes. I completed the 20 mile run and felt wonderful. I knew at this point, I could do the marathon.

The day of the marathon was one of the most emotional days I think I've ever been through. I tend to be the nervous type (or so I'm told) so I didn't sleep much the night before. In the morning I wanted to be totally prepared. I arrived at breakfast to realize that I was the only one in the entire hotel full of runners with my number pinned on front and back. I felt like an idiot, even though it wasn't a big deal.

The first half of the marathon was "easy". The second half of the run was obviously more difficult, but it was not until mile 22 that it became extremely difficult. I remember talking to myself a lot from mile 22 to the end. I also walked a lot. I knew that I wanted to save enough strength so that I could "run" at least the last ½ mile and across the finish line. I'll never forget the feeling of running the last stretch and seeing the finish line ahead of me. My fellow runners and trainer were there to root me on and I remember being so emotional that all I could do was cry as I finished the race.

Although I experienced some awkward moments preparing for this marathon, and thought at times that all odds were against me, I can certainly look back on it now and laugh. I will always have wonderful memories of this experience. Not only can I say that I have run a marathon, but along the way I made some great friends, whom I still keep in touch with. In addition, I helped to raise money for a very worthwhile cause. I would recommend it to anyone that is considering running a marathon to go for it. It's a great feeling!

Sandy Ziter

*Legal Secretary and Marathon runner
Manchester, NH*

• **Upcoming events in (very) brief**
- see web site for complete listing

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

August 2 (Sunday) CVR Berlin Pond Couples Race, Berlin, VT. -- application inside!

August 13 (Thursday) CVR Fun Fun Party - 5:30, Hubbard Park -- see announcement inside.
This is the monthly CVR meeting but no business will be discussed, if possible.

CENTRAL VERMONT RUNNERS SINGLET ORDER FORM

Order a white "Coolmax" Jersey singlet with red supplex side panels with our own CVR logo. Great for racing and showing our CVR pride. Cost of the singlet is \$20.00, with CVR picking up the remainder of the expense. Sizes are as follows: Men's sizes- S(35-36), M(37-38), L(39-40), XL(41-42), XXL(43-44). Women's sizes- S(32-33), M(34-35), L(36-37), XL(38-39).

Deadline for the first order is August 3.

Fill out the form below, and send to: Norm Robinson, 66 Terrace St., Montpelier, VT. 05602. Make checks payable to: Central Vermont Runners.

Name _____

Phone No. _____

Quantity _____ Size (circle appropriate)

MEN'S- S M L XL XXL

WOMEN'S S M L XL



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

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