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President: Bob Murphy
Vice-President: Pat DeBlasio
Treasurer: Darragh Ellerson
Race Chairman: Doug Jones
Carpool Coordinator: Bob Oatley

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CARPOOLERS TAKE NOTE!

The newest member of the Executive Committee is Bob Oatley, Carpool Coordinator. Bob will be the contact person for all members traveling to races or other running events. The way it will work is as follows: Say you're going to the Caspian Lake race (or any other race, for that matter) and would like a ride, or are driving and have room for others. Give Bob a call at 229-4565 and he'll try to match you up with someone else going to the same race. By getting together like this, everyone will save on travel costs and probably have a lot more fun getting to races and back. So please take advantage of this service both for your own benefit as well as the benefit of others. The above is Bob's home phone; he can be reached during the day at 828-2621.

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MONTPELIER 10-MILE ROAD RACE

Doug Jones has been putting forth a lot of effort to make this race the best one yet. Working with the Montpelier Recreation Department, he's managed to get wide dissemination of entry blanks and information on the race to all parts of the state. Trophies are on order. New milemarkers have been painted (with numerals inside the red CVR maple leaf). And he's been working on a finish line system and results tabulation procedure that will eliminate the old bugaboo of late race results. He's been getting assistance in preparing for the race from Molly Corrigan, Byron Hill, Roger Whitcomb and others.

Let's show our appreciation for their efforts by having a big turnout at the race on Saturday, June 28. This will be our first opportunity to

compete as a club. Expect a strong showing from GMAA and NCAC at this one, but we can establish ourselves as a club to be reckoned with also. This year's team competition will include not only the men's open, submasters and masters, but also a women's team competition. Let's hear it for CVR!

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HOWARD BANK 10K RACE

Don't miss Charlie Bucknam's annual 10km extravaganza. Always popular, this year's version features T-shirts for the first 300 registrants as well as awards in all age categories. The race takes place at 9:30am on Saturday, July 12, 1980, in Montpelier. Registration is a paltry \$2. If you need an entry blank, pick one up at the Tuesday night fun run or at the Howard Bank.

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SHARE THE EXPENSE

Roger Whitcomb has come up with some recommended guidelines for carpoolers to make it easier for riders who don't know how much is fair and for drivers who might feel reluctant to ask. The guidelines are based on average costs and are intended to generally represent a sharing of fuel costs.

- 1 rider + driver - Rider pays \$0.30 for each 10 miles travelled.
- 2 riders + driver - Each rider pays \$0.20 for each 10mi travelled.
- 3 riders + driver - Each rider pays \$0.15 for each 10mi travelled.
- 4 riders + driver - Each rider pays \$0.12 for each 10mi travelled.
- 5 riders + driver - Each rider pays \$0.10 for each 10mi travelled.

Example: Race 50 miles from Montpelier. Driver with 3 riders. Total distance travelled is 100 miles; each rider therefore pays \$1.50.

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3rd ANNUAL BEAR SWAMP RUN - 5.7 MI.
 Middlesex, VT - 7 June 1980
 Complete Results

CENTRAL VERMONT RUNNERS
 Membership List as of 12 Jun 80

Men's Open (14-29)

33:39 Steve Barbour
 36:04 Dick Millar
 41:04 J.B. McCarthy
 53:48 Richard Austin

Men 30-39

33:48 Larry Kimball GMAA
 36:13 Chris Martin CVR
 37:33 Dave Crowell CVR
 37:34 Pat DeBlasio CVR
 39:09 Newton Baker CVR
 39:22 Pete Donaghy GMAA
 39:35 Rod Copeland CVR
 41:31 Bill Joerres NCAC
 49:16 Tim Hayward
 51:02 Don Perkins CVR
 51:11 John Weixel
 53:41 Peter Bluhm

Men 40-49

33:54 Bob Murphy CVR
 38:59 Bob Mercier NCAC
 40:27 Byron Hill CVR
 40:52 Joe McEntyre CVR
 45:06 Larry Miller CVR
 45:56 Stan Walker

Men 50-59

43:48 John Canavan CVR

Men 60-69

45:49 Dave Morse CVR

Women Jr. (under 14)

51:26 Caroline Costello NCAC

Women's Open (14-29)

41:57 Debbie Martin CVR
 45:58 Dana Wiley NCAC
 48:41 Cindy Martin CVR

Women 30-39

43:31 Elaine Hoiska CVR
 49:17 Susan Walker

Women 40-49

57:02 Marilyn Wilson CVR

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One of these days I'll get ambitious enough to type out a complete list of all Central Vermont Runners members with addresses, birthdates and phone numbers. But until then, the list to the right will have to suffice.

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Anders, Ellen
 Baker, Jane
 Baker, Newton
 Berger, Linda
 Bertrand, Frederic
 Bryan, Shawn
 Bucknam, Charles
 Canavan, John
 Cerutti, Maurice
 Cerutti, Sue
 Commito, Tom
 Conlon, Tom
 Copeland, Rodney
 Corrigan, Molly
 Crowell, Dave
 DeBlasio, Paschal
 Edwards, Randy
 Ellerson, Alex
 Ellerson, Darragh
 Ellerson, Evan
 Hanlon, Paul
 Hanna, James
 Hanna, Steve
 Hill, Byron
 Hoiska, Elaine
 Jackson, Schuyler
 Jacobs, Claudia
 Jones, Doug
 Labate, Mary
 Marro, Nick
 Martin, Chris
 Martin, Cynthia
 Martin, Deborah
 Martin, Joyce
 Martin, Stephen
 McEntyre, Joe
 McKeon, John
 Miller, Larry
 Miller, Nancy
 Morse, Dave
 Murphy, Bob
 Murphy, Maureen
 Oatley, Bob
 Oatley, Bob II
 Oatley, Billy
 Osborne, Fred
 Perkins, Don
 Poeton, John
 Ritvo, Marjorie
 Rollins, Bill
 Skinner, Mary
 Skinner, Scott
 Stone, Chip
 Sweet, Helen
 Usle, Raymond
 Vergas, Bob
 Whitcomb, Roger
 Wilson, Bob
 Wilson, Marilyn

RACE SCHEDULE

(*) indicates that I have entry forms. Please send SASE when requesting forms from me (Bob Murphy, RD 3, Barre, VT 05641) or from race directors listed.

May to Oct - Montpelier - Summer Fun Runs; 2, 4 and 6mi, 5:30pm every Tuesday at Liquor Control Warehouse on Green Mountain Dr.

- * 22 Jun - Greensboro, VT - Caspian Lake Runaround, 7mi, 10:30am, \$3, \$4 Post. Always a great race - don't miss this one. Elizabeth Dow, RD1, Box 69D, Hardwick 05843 (472-6254)
- * 28 Jun - Montpelier, VT - NERRC 10-Mile Championship, 12:30pm, \$3, Entries close on 19 Jun - NO POST ENTRIES - If you don't have your entry in yet, you'd better hustle! Let's have a big CVR turnout for this race. Ann Russell, Mplr Rec Dept, 55 Barre St, Montpelier 05602 (223-5141)
- 28 Jun - Hanover, NH - Oak Hill 5mi & 2mi, 6pm, \$1, European style Cross-Country; meet at Ray School, Hanover, rain or shine. (UVAA)
- 29 Jun - Waterville Valley, NH - 4 & 8mi, noon, \$3; GNRC, Box 212, Waterville Valley 03223
- 4 Jul - Stowe, VT - 1.7mi "Minimarathon" - As much fun watching as it is competing. Ask around for more info.
- * 4 Jul - Woodstock, VT - 7.4mi, 10am, \$3, must register prior to 5pm on the 3rd. Woodstock Rec Dept, Woodstock, VT.
- * 12 Jul - Montpelier, VT - Howard Bank 10K Race, 9:30am, \$2. Becoming more popular every year. T-shirts for first 300 registrants and many awards. Charles Bucknam, Howard Bank, Montpelier.
- 12 Jul - Bangor, ME - Paul Bunyan Marathon, 7:45am, Bangor Chamber of Commerce, 55 Washington St, Bangor, Me. 04401
- 6 Jul - Newport, VT - Firecracker 10km and 3mi, 11am, \$4, contact Great Outdoors Trading Post, Newport 05855.
- 13 Jul - Essex Ctr, VT - Kurt's Half-Marathon, 13.1mi, 8:30am, \$2, \$3 post; Kurt Lauenstein, 3-A Browns River Rd, Essex Ctr 05452 (878-5385)
- * 19 Jul - Barre, VT - Heritage Festival 10km & 5km, 9am, \$4(10km), \$3(5km) This is Barre's first race ever, to my knowledge. It's for a good cause - the Vermont Special Olympics. A good course, too - I picked it out myself! So come on along and bring the family along too to enjoy Heritage Festival activities after the race. Pete Fournier, 476-6402
- 26 Jul - Jericho, VT - Partner's Race (Man/woman pairs compete in age categories determined by combined ages), 4.8mi, 10am, \$2, Mike Sullivan 899-4059
- * 27 Jul - Swanton, VT - Swan Run, 11mi, 9am, \$4, \$4.50 post; Swanton Chamber of Commerce, Merchants Row, Swanton 05488 (868-7200)
- 2 Aug - Littleton, NH - Littleton Road Race, 9.73mi, noon; Bill Funicella, Box 199, Bethlehem, NH 03574 (603-869-2429)
- * 2 Aug - Coventry, VT - Covered Bridge Run, 10 & 2mi, 10am, \$2.50(10mi), \$1.50(2mi), post 50¢ extra; Covered Bridge Run, Box 35, Coventry 05825
- 16 Aug - So. Hero, VT - Green Mountain Island Marathon, 8am, \$5 by 9Aug, NO POST ENTRIES; Leighton Walker, 2 Redwood Terrace, Essex Jct, VT 05452 (878-2322)