



Executive Committee

President: Bob Murphy
Vice-President: Pat DeBlasio
Treasurer: Darragh Ellerson
Committee Chairmen:
Race: Doug Jones
Carpool: Bob Oatley
Newsletter: Glenn Gershaneck

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MONTPELIER 10-MILER A SUCCESS

CVR's first experience in handling a major running event was a successful one, thanks primarily to the tremendous amount of work put in by Doug Jones. Doug, along with a group of dedicated volunteers, tackled all of the problems with gusto, from ordering trophies and setting up water stops to devising an 11th-hour plan which would allow men and women to share the same showers!

The result was a race that I expect many will be anxious to come back to. The race started on time, traffic control and water stops were well handled and the finish-line procedure withstood the test of a few inconsiderate unofficial runners' attempts to undermine it. The awards ceremony went off only 10 minutes behind schedule (quite an improvement over last year), and only compliments on the race were heard.

Lest anyone jump to the conclusion that it was only GMAA's day at the races (and I don't intend in any way to downplay their tremendous show of strength and sportsmanship), let me point out some of the CVR successes of the day.

1. GMAA, NCAC and CVR each had 3 first-place finishers.
2. CVR's Women's Team finished second to GMAA by a mere 1 minute and 32 seconds.
3. CVR managed to squeek by NCAC for a second-place finish in the Male 30-39 Team Competition.
4. Twenty-two of the club's 69 members (as of race day) en-

tered and completed the race. (Many others were involved in the organizing and running of the race itself.)

So we've got lots to be proud of as a fledgling club, and everyone who took part in this year's race deserves a great deal of credit.

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NEED A RIDE TO A RACE?

GOING TO A RACE AND WANT RIDERS?

Call Bob Oatley
Carpool Coordinator
229-4565H/828-2621W

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FUN RUNS - HELP NEEDED

If you're a member of Central Vermont Runners and if you're a Tuesday night fun runner and if you have not done timing or related duties yet at one of the fun runs, then this message is for you!

A sign-up sheet is available on the bulletin board at the fun runs so that you can indicate your preference as to when you would like to help officiate.

Considering that there are currently about 70 members and 26 fun runs per year with four people required each week (timer, recorder, stick handler and nametaker), you owe it to your fellow club members and fun runners to volunteer your services at least twice during the summer.

Share the load, and we'll all have more fun. Thanks.

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ATTENTION NEW MEMBERS

If you have not yet received your club T-shirt, contact Darragh Ellerson (223-2080). Shirts can be picked up at fun runs, at club meetings, or other arrangements can be made.

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NEXT REGULAR CVR MEETING: Wed, 23 Jul at 7pm at the Howard Bank in Montpelier.

CASPIAN LAKE RUNAROUND

Wiz Dow does it again! A beautiful race on a beautiful day. Just enough shade and water. Plenty of liquid refreshment at the end. A simple finish line system that seems to work consistently well, race after race. Quick, accurate results and an abundance of prizes - this year's version being a T-shirt featuring a Greensboro croaker. Congratulations on a fine race. (P.S. Wiz and husband Dave both recently joined CVR.)

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CLUB PURCHASES NEW STOPWATCH

CVR is the proud owner of a newly purchased Heuer stopwatch. The timer was purchased at cost through Onion River Sports (thanks to the generosity of Warren Kitzmiller) and will be used to time all club fun runs and races.

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!! SPECIAL NOTICE !!

1ST ANNUAL CVR SUMMER PICNIC

SUNDAY, 10 AUGUST

Time: 2pm until closing

Place: Bob Murphy's home on West Hill in Barre - from I-89 exit 6, follow access road down hill for 1.7 mi, turn left on Miller Rd, then another left $\frac{1}{4}$ mi further. Bob's house is grey w/ white trim, 4th on the right.

Who: All CVR members and their families or sweethearts.

What: 2 & 4mi predict-your-time XC run at 3pm; plus swimming, badminton, volleyball, etc, and pot-luck picnic/cookout.

Bring: Bathing suits, towels, change of clothes, plates, cups and eating utensils, your own beverages, food (*) and a healthy appetite.

(*) Call: Bob Murphy at 476-4328 to coordinate food so everyone won't be bringing the same dish.

Y'ALL COME! Y'HEAR?

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MEMBER BENEFIT

Bob Murphy has a small quantity of Hertz discount cards just received from RRCA. They give members a 20% discount on rentals from Hertz, and the RRCA receives a small commission on each rental. Any club member who travels and would like one of these cards should give Bob a call at 476-4328. He'll see that you get one.

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MEMBERSHIP UPDATE

New members since July 12, bringing the roster to 79, are:

Malcolm Appleton
Richard Ashton
Anne Batten
Mark Chaplin
David Dow
Glenn Gershaneck
Gordon Kinsey
Paul Mailman
Brenda Mailman
Henry Marcy
Jean Marcy
Richard Millar
Laura Nyhagen
Donna Raymond
Mike Rochefort
Heidi Smith
Trent Smith
Anne Thaanum
Lowell Vanderlip

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NEWSLETTER NOTE

Send all newsletter contributions, race results, race schedules, etc., to Glenn Gershaneck, Box 7, Graniteville, Vt. 05654

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RACE SCHEDULE

(*) indicates that Bob Murphy has entry forms. Please send SASE when requesting forms from Bob at RD3, Barre, VT 05641 or from race directors listed.

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

- 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
- 26 & 27 Jul - Lake Placid, NY - 24 Hour Relay, noon to noon, at Essex County Fairgrounds. CVR has a 10-person team going to this event. If there is enough interest, perhaps we could send two teams. For more information, call Bob Oatley. (229-4565)
- * 27 Jul - Swanton, VT - Swan Run, 11mi, 9am, \$4, \$4.50 post; Swanton Chamber of Commerce, Merchants Row, Swanton 05488 (868-7200)
- * 27 Jul - Goshen, VT - Goshen Gallop, 6.5mi, 4pm, \$3 (\$5 extra for Blueberry Festival & Square Dance), 12 and under, ½ price; Blueberry Hill, Goshen, VT 05733. (247-6735)
- * 27 Jul - Claremont, NH - 5 & 10mi, 10am, \$2, \$3 post; Twin State Valley Track Club, C/o Jon Tierney, 85 Pearl St, Claremont 03743
- 26 or 27 Jul - Berlin, NH - 5mi; Fagin's Pub, Main St, Berlin, NH - for more info, call Mark Tilton (752-5348)
- 2 Aug - Littleton, NH - Littleton Road Race, 9.73mi, noon; Bill Funicella, NCAC, Box 634, Littleton, NH 03561 (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, VT 05825
- * 2 Aug - Arlington, VT - Norman Rockwell Run, 7.25mi race and 2.9mi jog for fun, 10am, \$4 (t-shirts to first 200) by 1 Aug, \$5 post - no t-shirt; Rockwell Run, West Mountain Inn, Arlington, VT 05250
- * 2 Aug - Star Lake, NY - Adirondack Marathon, 8am, \$7, \$8 post (entry fee includes two meals); Adirondack Marathon, Star Lake Vol. Fire Dept., Star Lake, NY 13690
- * 9 Aug - Antrim, NH - Antrim 5mi Road Race, 11am, \$3 by 1 Aug, \$4 post; Road Race, Wayno's Store, Antrim, NH 03440 (588-6363)
- 9 or 10 Aug - "Bike and Tie", (2 runners and 1 bike must cross finish line); Dave Jacobowitz, 15 Platt St, Winooski, VT 05404 (655-2503)
- * 16 Aug - Granville, NY - 10km, 11am, \$3 by 1 Aug, \$5 post; Scotties' Other Store, 2 Church St, Granville, NY 12832 (518-642-0723)
- * 17 Aug - Glens Falls, NY - Cole's Woods Run, Adirondack AAU 6mi XC Championship, plus 2 & 1 mi runs, \$2 by 16 Aug, \$3 post, 10am; Glens Falls Family YMCA, Upper Glen St, Glens Falls, NY
- 23 Aug - So Hero, VT - Green Mountain Island Marathon, 8am, \$5 by 9 Aug, NO POST ENTRIES; Leighton Walker, 2 Redwood Terrace, Essex Jct, VT 05452 (878-2322)
- * 23 Aug - Concord, NH - 20km (5:30pm, \$3 by 16 Aug, NO POST ENTRIES) & 5km (4:30pm, \$2); Lawrence Patz, TTAC, Box 594, Concord, NH 03301

NERRC 10 MILE CHAMPIONSHIP - MONTPELIER, VERMONT - 28 JUNE 1980

Male Under 18

58:57	Charles Cherington	NCAC
61:48	David Saltmarsh	
62:46	James Lehneman	GMAA
64:21	Sid Harwood	GMAA
64:38	Francis Burdett	
71:00	Christopher Dobson	
71:15	Scott Cornell	
76:54	Jim Cummings	

Male Open

52:47	Peter Millard	GMAA
53:11	Anthony Quinn	GMAA
53:45	John Mackay	GMAA
54:01	Steven Stebbins	UVM
54:24	Christopher Baldwin	NCAC
54:36	Mark Chaplin	CVR
55:20	Tony Bates	UVM
56:04	Jeff Delisio	RCR
56:21	Kelley Bartlett	UVM
56:37	Alan Earp	NCAC
57:18	Jeff Clarke	RCR
57:32	Randal Sightler	UVM
57:32	Kevin Martell	UVM
58:38	Michael Mashtare	GMAA
58:47	Robert McDonald	NCAC
59:02	Steven Farrow	GMAA
59:25	Richard Millar	CVR
60:07	Michael Sullivan	GMAA
60:10	Keith Richards	
60:18	Jeffrey Harnsberger	UVM
60:54	Gregory Fox	
60:59	Rob Noonan	GMAA
61:17	Greg Cline	RCR
61:29	Stephen Barbour	
61:57	Donald Hangen	WRR
62:00	Michael Rochefort	NCAC
62:26	Tom Beatini	GBTC
62:48	Mike Roche	UVM
62:55	Robert Krebs	GMAA
63:48	John Harris	GMAA
64:16	Tom DeCosta	CMTC
64:46	Fred Ross	RCR
65:44	William Griffin	GMAA
66:23	Timothy Smith	UVM
66:26	Kym Berman	UVM
66:39	Lee Buttles	
67:06	Eric Johnson	
67:38	Tom Rivest	
67:48	Tim Ritchie	
68:50	James Kelley	KBRR
70:13	Barry Metayer	
70:41	Norman Robinson	NCAC
71:15	Bernard Shepard	GMAA
71:27	Tom Gennett	GMAA
71:28	Byron Hill	
73:46	J. B. McCarthy	

Male 30-39

54:06	Louis Tijerina	NCAC
55:52	Michael Canty	GMAA
56:32	John Valentine	GMAA
57:47	David Sanborn	GMAA
60:27	David Gearin	GMAA
61:50	Frank Woodward	AH
62:18	Dan Kennedy	GMAA
62:22	Chris Martin	CVR
63:17	Frank Gabel	GMAA
63:31	Peter Wallan	BS
64:03	Oleg Ritter	GMAA
64:35	Russell Warner	GMAA
64:39	Bruce Cunningham	GMAA
64:49	Frank Short	GAC
64:53	Robert Searles	GMAA
65:14	Patrick Murtagh	GMAA
65:14	Reed Korrow	
65:42	Shawn Bryan	CVR
65:54	Peter Terry	NCAC
66:00	Richard Pellegrini	
66:03	Pete Donaghy	GMAA
66:47	David Jacobowitz	GMAA
66:48	Bob Thorburn	GMAA
66:51	David Little	GMAA
67:10	James Slinkman	GMAA
67:39	Newton Baker	CVR
68:28	Paschal DeBlasio	CVR
68:40	Robert Kemp	
68:48	David Crowell	CVR
68:56	Larry Quesnel	
69:40	Glenn Gershaneck	NCAC
69:48	Dennis Reina	WRAAU
70:20	Richard Letsinger	GMAA
70:54	John Ferguson	GMAA
72:31	Trim Conklin	
73:16	Elton Ernest	GMAA
73:16	Ted Turkle	
74:42	Mark Redmond	
75:19	George Linton	NCAC
82:43	Peter Nowlan	
82:44	David Dow	CVR

NERRC 10 MILE CHAMPIONSHIP - MONTPELIER, VERMONT - 28 JUNE 1980

Male 40-49

59:06	Robert Murphy	CVR
60:19	Ronald Kilbourn	GMAA
61:02	Albert Phillips	NCAC
61:30	Rick Saltmarsh	NCAC
62:05	Gerald Barney	GMAA
62:19	E. K. Malone	GMAA
63:54	Malcolm Appleton	CVR
64:31	Rick Whyman	
64:32	Jim Seemann	GMAA
66:14	Robert Mercier	NCAC
66:26	Charles Pellegrini	
66:46	H. J. Heath	GMAA
67:18	Ronald Morgan	GMAA
68:29	Harry Brooks	SMAC
68:48	George Schiavone	GMAA
69:23	Larry Cornell	NCAC
69:33	Robert Kelley	KBRR
70:17	Joe McEntyre	CVR
71:58	Robert Oatley	CVR
73:15	Sherman Hunt	GMAA
73:39	Art Gulliver	NMC
76:15	Neil Stout	GMAA
78:01	Lee Blodgett	GMAA
78:50	Stan Walker	
89:03	Robert McCarthy	
89:11	R. J. Noonan	NCAC
93:32	James Hanna	CVR

Male 50-59

64:10	Sherman Williams	GMAA
67:40	Byron Hill	CVR
70:01	Armand Chicoine	GMAA
74:55	John Canavan	CVR

Male 60-69

79:09	David Morse	CVR
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Female Under 18

71:25	Janice Rucker	NCAC
77:47	Debbie Martin	CVR
87:50	Cindy Martin	CVR
89:08	Lori Orzech	

Female Open

59:30	Anne Schiavone	GMAA
59:42	Donna Raymond	CVR
66:57	Ann-Marie Gallant	
67:23	Laura Nyhagen	NCAC
70:10	Ann Peisch	
70:53	Claudia Sullivan	GMAA
73:57	Lisa Bernardin	GMAA
76:54	Joan Little	YMWP
78:01	Dana Wiley	NCAC
79:44	Mary Little	CC
88:08	Anne Taylor	GMAA
88:20	Karen Shack	
88:20	Karel Shack	
90:24	Helen Sweet	CVR

Female 30-39

70:40	Molly Corrigan	CVR
72:34	Elaine Hoiska	CVR
74:51	Teri Scatchard	GMAA
78:10	Elizabeth Meiklejohn	
86:43	Susan Walker	
87:59	Judith Bernier	GMAA
117:43	Helen Short	NLRC

Female 40-49

82:51	Judith McCarthy	
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TEAM RESULTS

Male Open:	1st	GMAA	3:38:21	Male 40-49:	1st	GMAA	4:09:15
	2nd	UVM	3:43:14		2nd	NCAC	4:18:09
	3rd	NCAC	3:51:48		3rd	CVR	4:25:15
	4th	RCR	3:59:25				
Male 30-39:	1st	GMAA	3:50:38	Female:	1st	GMAA	4:39:11
	2nd	CVR	4:24:11		2nd	CVR	4:40:43
	3rd	NCAC	4:24:59				