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THE 24-HOUR MARATHON RELAY: A LONG WAY TO GO FOR A BOTTLE OF CHAMPAGNE

By BOB MURPHY

WESTPORT, N.Y. - The trip back home on the afternoon of July 27 seemed substantially longer for the 10-member Central Vermont Runners team than the journey out here the day before. We had just completed a 24-hour test of will and endurance by alternating in one-mile sprints through blazing daytime heat and chilling night downpours in Dr. Bob Lopez' Sixth Annual 24-Hour Marathon Relay. The competition was keen in this event: seven teams from New York and one from Ontario.

Simply completing the marathon was a personal victory for many of the competitors. The weather, fatigue and lactic acid took their inexorable toll, mile after grueling mile. More than one participant was heard to exclaim: "This is madness! Never again

will I be foolish enough to do this."

The Central Vermont Runners team consisted of Dick Millar, Roger Whitcomb, John Poeton, Pat DiBlasio, captain Bob Oatley, Elaine Hoiska, Mo Cerutti, Darragh Ellerson, Dave Dow and myself. Newton Baker came along for the ride but was quickly conned into being official timekeeper for the CVR team.

The race began with everyone (predictably) going out faster than anticipated. It didn't take too many miles, however, before runners began to find a pace they could live with for an extended period. Still, the hours of darkness (and the interminable rain, which lasted nearly 10 hours) slowed the pace even more. This was the time when everyone experienced his or her own psychological low point. The lack of sleep, oppressive rain, and the hourly call to carry the baton twice more around the half-mile track were not at all conducive to attainment of a "runner's high."

With the dawn came a cessation of the rain, and a re-birth of energy and spirit. But it was merely the beginning of the end, and many hours lay ahead. Many were still to face their slowest miles in the morning's heat.

When the horn sounded at noon, the CVR team had finished fourth of the nine teams, covering a distance of 217 miles, 1,315 yards, less than three miles behind the third-place squad. All CVR runners lasted the full 24 hours, with the overall team average per mile at 6:37. Dick Millar set the pace for the team by averaging a blistering 5:25 per mile, even though handicapped by a dislocated shoulder, a painful hip joint and intermittent stomach cramps.

Of special interest at the event were two solitary runners, one in search of a world track record for 24 hours (Cahit Yeter), the other attempting to better his personal high of 102 miles (John Kunu). The former

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NEED A RIDE TO A RACE?
GOING AND YOU WANT RIDERS?

Call Bob Oatley, carpool co-ordinator
229-4565 (H) / 828-2621 (W)

IT WAS A HOT
TIME IN BARRE

The first annual Ethnic Heritage Festival road race in Barre last month was a tricky one, a hilly course made more difficult by a morning sun that stored up its heat in the pavement pounded by 64 pairs of feet.

Bob Murphy (10 kilometers) and Newton Baker (five km) gave CVR titles in both distances, the former with a time of 36:03, the latter in 19:11. Central Vermont Runners Donna Raymond (40:49), Elaine Hoiska (44:26) and Debbie Martin (44:49) swept the women's honors in the 10 km event. Anne Thaanum gave the club first place in the five-kilometer contest for women 30 or older with a time of 26:43.

Fourteen other CVR runners finished the first edition of a race that can only improve as organizer Peter Fournier gets the word around.

EXECUTIVE COMMITTEE

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

24-HOUR MARATHON: PERSONAL RECORDS, SACRIFICES

(From page one)

became disoriented in the early morning hours and was forced to quit after 91 miles. Kunul, however, continued on amid cheers and shouts of encouragement to post a new personal record of 110 miles before stopping.

Another item worthy of special note was the Special Olympics Booster team, a group of runners so overweight and unfit that no one would have bet they would last two hours, to say nothing of 24. This team proved its mettle, however, and earned the respect of all present by toughing it out mile after mile, until 3:30 a.m., then returning later Sunday morning to add a few more, for a total of 95.

Following the race, all participants were treated to a buffet lunch at the Westport Hotel, where the awards ceremony also was held. Central Vermont Runners team captain Bob Oatley was presented with a bottle of champagne, honoring the team's effort in traveling so far. The wine subsequently was given to Newton Baker, not only for his fine efforts in keeping time for CVR, but also for playing nursemaid and valet to Yeter and Kanul throughout the long night.

The results:

- 1 Adirondack Harriers 262 mi., 955 yds.
 - 2 Northern Adirondack R.C. 251; 325.
 - 3 Lake Placid Men 220; 1,138.
 - 4 Central Vermont Runners 217; 1,315.
 - 5 Sandbar Striders 202; 189.
 - 6 Lake Placid Tens * 177; 546.
 - 7 Loose Drawers 171; 1,600.
 - 8 Road Runners 171; 975.
 - 9 Special Olympics Boosters 95; 28.
- * First place, all-female team

CVR team results	avg. mile	fastest
Millar	5:25	5:10
Murphy	5:26	5:17
DeBlasio	6:10	5:49
Whitcomb	6:15	5:41
Cerutti	6:27	5:51
Oatley	6:30	5:59
Hoiska	6:57	6:35
Poeton	7:06	6:28
Dow	7:17	6:33
Ellerson	8:35	8:03

GETTING INTO PRINT

If you want to put something in the newsletter - race results or schedules, write-ups about a race you've run somewhere, special notification, this type of stuff, send it to me: Glenn Gershaneck, Box 7, Graniteville, Vt. 05654.

AUG. 27: MARK
THAT DATE

The next club meeting is set for 7 p.m. on Wednesday, Aug. 27, in the Howard Bank in Montpelier. Get there by 7 or you probably won't find anyone at the door to let you in. Members are more than welcome to attend. The bank is at the corner of State and Main Streets.

HILL CLIMB IN JERICHO

Central Vermont Runners fared well in the Partners Race July 26 in Jericho, with the Martins of Calais - four of them - placing among the winners. Debbie Martin and partner Chuck Cherington were first among the 0-39 age group on the 4.8-mile course.

Debbie's time was 33:26, second among females (to Anne Schiavone, 28:39). The partnership time of 60:38 was second overall, to the 53:46 by Schiavone and male winner Keith Woodward (25:07).

Third place in the 0-39 category were CVR's Cindy Martin (35:57) and partner Dan Lynch, with a combined time of 64:51. For the 39-59 breakdown, CVR's Mark Chaplin (second overall with 26:00) and Tara Mitchell came in at 60:53, runner-up to Schiavone-Woodward. Third were Chris and Joyce Martin (28:41, 39:38) with a combined time of 68:19.

"A low-key race" on a hilly course, Chris said, with about 75 runners participating.

CLUB UPDATE

New members include:

Elizabeth Mieklejohn, East
Calais

Maureen Kelly, Northfield
Roger Cranse, Montpelier
Paul Ohman, Montpelier
Norman Hudson, Montpelier

NOW SEE HERE, NEW MEMBERS

You don't have your club T-shirt yet? Call Darragh Ellerson (223-2080) to make arrangements. Pick-up can be at fun runs, club meetings or however it is worked out with Darragh.

AND LAST, BUT NOT LEAST, A WORD OR TWO ABOUT THE FUN RUNS

You want to run, and you want to have someone time you, and it's Thursday, or Tuesday, and you're in Northfield, or Montpelier, (respectively). You're in luck. Both communities offer fun runs of two, four and six miles, with set start and finish lines, and people there to record running times. Montpelier fun runs go through October, while the Northfield exertion will continue as long as people are interested and the weather cooperates.

In Montpelier, the route starts and ends by the Green Mountain Power Co. building below the Interstate 89 access. In Northfield, the running begins at 5 p.m., half an hour earlier than the Montpelier time. To find the Northfield route, take 12-A to Roxbury about a mile and a half past the 12-12-A junction. Bull Run is the hamlet. Times are published in the Northfield News and the Washington World.

And, it's still not too late to sign up to help with the timing and stick work. Share the load and everyone has more fun.

RACE SCHEDULE

The asterisk (*) means Bob Murphy (RD 3, Barre, Vt., 05641) has entry forms. The applications also are available from the race director listed.

- 23 Aug. - South Hero, Vt. Green Mountain Island Marathon, 8 a.m. Application deadline was Aug. 9. NO POST ENTRIES. Leighton Walker.
- 23 Aug. - Concord, N.H. - 20 km, 5:30 p.m. (application deadline was Aug. 16 - NO POST ENTRIES) and 5 km (2), 4:30 p.m. Lawrence Patz, PENS, Box 594, Concord, N.H. 03301
- * 24 Aug. - Fort Edward, N.Y. 10 km recreation run, noon, no entry fee. T-shirts to first 200 pre-registrants, 500 in trophies and ribbons, refreshments, showers, splits, water. Kevin McCarthy, 6 Summit St., Fort Edward, N.Y. 12828 (518 747-9919)
- 30 Aug. - Keene, N.H. - Lawrence DeMar Marathon, 8 a.m. Pete Hanrahan, Box 168, Gilsum, N.H. 03448
- * 7 Sept. - Montreal, Que. - Montreal International Marathon, 9 a.m. Application deadline (17) was Aug. 15. COFIN, CP 1570, Succursale B, Montreal, P.Q., H3B3L2
- 7 Sept. - Westfield, Mass. - Master's Run, 10 km, noon. Walter Childs, Box 1484, Springfield, Mass. 01103 (413 566-3145)
- 13 Sept. - Lake Placid, N.Y. - Lake Placid Marathon, noon, Dr. F.A. Lopez, 14 Sports Council, Box 951, Lake Placid, N.Y. 12946
- * 14 Sept. - Huntington, Vt. - Sherman Hollow Road Run (Cerebral Palsy benefit) 10 km, noon, 4 by Sept. 8, 5 post. T-shirts to first 300 registrants. Rick Dayrie, Sherman Hollow Ski Touring Center, Huntington, Vt. 05462 (434-2957)
- * 14 Sept. - Brattleboro, Vt. - Turning Leaves 50 km, 10 a.m., 3 by

Sept. 2. NO POST ENTRIES. Famolare AA, 4 E. 54th St., New York, N.Y. 10022

- 21 Sept. - Colebrook, N.H. - Dixville Notch Marathon, noon, Walter Childs, Box 1484, Springfield, Mass. 01103 (413 566-3145)
- 21 Sept. - third annual Caspian Lake Fall Foliage Run, 10:30 a.m. Greensboro public beach. 3 pre-registrants, 4 post. Lementos to all entrants, prizes to leaders. Ann Batten, East Hardwick, Vt., 05836 (472-6066), Wiz Dow, Box 69, Hardwick, 05843 (RD 1) (472-6254).
- 28 Sept. - Hanover, N.H. - Dartmouth Medical School Marathon, 10:30 a.m. Marathon, Dartmouth Medical School, Hanover, N.H. 03755 (603 643-4000).
- * 4 Oct. - New Ashford, Mass. - Fall Foliage Marathon, 10 a.m., 1965. Fall Foliage Marathon, Box 1138, North Adams, Mass. 01247
- 12 Oct. - Sheffield, Mass. - Berkshire County Autumn Marathon, noon, 1965; New England Pioneer Club, Box 264, Pittsfield, Mass. 01201
- 19 Oct. - Portland, Maine - Casco Bay Marathon, 9 a.m. Casco Bay Marathon, Box 3172, Portland, Maine, 04104 (207 839-3258)
- 26 Oct. - New York City - NYC Marathon, 10:30 a.m. NYRCC, Box 881, FDR Sta., New York, N.Y. 10022 (212 580-5880 or 267-7334)
- * 2 Nov. - Newport, R.I. - Ocean State Marathon, 11 a.m., entry blanks available now. Ray Nelson, 80 Lincoln St., North Kingstown, R.I. 02852 (401 885-1382)
- 2 Nov. - Washington, D.C. - Marine Corps Marathon, 9 a.m. Marine Corps Marathon, 8th and 1st St. SE, Washington, D.C. 20390
- 15 Nov. - Foxboro, Mass. - Foxboro Marathon, 11 a.m. Robert Spitler, 1 Rhodes St., Plainville, Mass. 02762 (617 695-7775). Bob Murphy said: "Everyone who's been to this one says it's super."