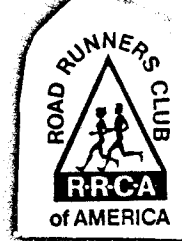




September 1980

CVR Newsletter

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Green Mountain Marathon A Well-Organized Tour of the Islands

By JOE McENTYRE

The starting gun went off for the third annual Green Mountain Island Marathon at 8 a.m. sharp on Saturday, Aug. 23, and a reported 289 runners, out of 361 registered, began the long run from near the Folsom School in South Hero, around Grand Isle, and back.

Runners from as far away as Florida, Canada, Pennsylvania, Maryland, Virginia, the state of Washington, and even one from Japan, were included in the field, in addition to a large contingent from all of the north-eastern states. Runners from Central Vermont were Chris Lovell and yours truly from Plainfield, Mike Roche of Barre, Byron Hill of Montpelier and Rodney Cope of Richmond.

The weather was very warm, but not humid. Temperatures ranged between 70 and 85 during the run, with clear skies and little wind. As the race wore on, heat proved to be the major problem for most runners, with only 239 finishing.

Co-winners were Anthony Quinn and Steven Stebbins of Burlington and GMAA, in the somewhat slow (for them) time of 2:37.50. Ray Allen of South Hero, a local favorite, took the master's division on his first sub-three hour marathon, 2:59.35.

Sherrill Williams of Essex Junction was the 50-plus winner, in 3:07.55, followed by our own Byron Hill in 3:17.52, good for 61st place (Byron is notorious for having only one speed - FAST! Karen Miles of Bethlehem, N.H., was the win-

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Club-organized Berlin Pond Race Oct. 11; Volunteers needed to help manage the event

The club is organizing a couples race for Oct. 11 around Berlin Pond, sponsored by United Cerebral Palsy of Vermont. Pat DeBlasio, CVR vice president, is race director. He needs some help.

"I hope members will either enter as runners," Pat said, "or contribute time to management of the race. Those who can contribute time should contact me or other club officers."

CVR members can deduct \$1 from the entry fee (\$6 per couple, \$4 individual, pre-paid; \$8 and \$5 post) for the run that starts at 11:30 a.m. for males, and 12:30 for females. The pre-entry application deadline is Oct. 6. Registration on race day runs until 11 a.m., with course instructions scheduled for 11:05 at the Berlin elementary school, headquarters for the race.

DeBlasio said people are needed for the finish line (where Bob Oatley is in charge), for an aid station, for results, clean-up, and all-purpose duties. Also needed is a volunteer to give out times at the one-mile marker (a car is necessary), and people to give runners directions at intersections.

The route is 10 kilometers around Berlin Pond. Emphasis is on male and female couples, teamed for the best time in their age categories. Individuals can run. Merchandise prizes and T-shirts are part of the largesse.

"Again, I ask for assistance in all aspects, to help organize the road race," DeBlasio added.

Concord 20-Km:
Well Run, Both Ways

Bob Murphy finished second among masters in a 20 kilometer race in Concord, N.H., on Aug. 23, finishing what he described as a challenging, hot (high 70s) run in 1:15:04 and a 51st ranking overall.

Elaine Holska was seventh in the women's 30-39 category with a 1:35:32. First female finisher (and 66th overall) was Eleanora Mendonca. Her time was 1:17:40.

First overall was Bob Hodge with a course record of 1:02:35. Dan Ellison (Turtle Town A.C.) was first master, 1:14:17.

There were 275 entrants, and, Bob said, good management by TTAC: water stations, complete and accurate results by computer at race's end, plenty of fruit at the finish. "Very competitive. Recommended," Bob said.

You want to get in print, but you're not sure how? Well, read This

I understand. You were dying to put something down on paper for the newsletter, but you didn't know when it had to be submitted to me, you really weren't sure where it was to be sent, and, to top it off, you weren't too sure who I was (am?).

People who want to help fill this up with spine-tingling and nerve-jangling news, take heart. If you have an article, or simply an idea, give me a call. The number is 479-0843 (home); 229-3821 (work). I can give you tips on how wide the margins should be, possibly help a bit with the wording, just generally buck up your confidence.

And, as a by-product, improve the content of your newsletter. Thanks.
Try to get in touch with me before Oct. 1 with stories, race results or schedules and other flash-type contributions.

Glenn Gershaneck
Box 7
Graniteville, Vt.
05654

DON'T BE BUSY ON SEPT. 24!

It's the last Wednesday of each month, that special evening when you should be hanging out on a street corner - the corner of State and Main Streets in Montpelier, in front of the Howard Bank, at 7 p.m., waiting impatiently to get inside for the Central Vermont Runners club meeting.

This month, it's on the 24th. The meetings are fun, not too long, and, so far, not standing-room-only attendance. Members, do come.

EXECUTIVE COMMITTEE

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

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

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

CVR Summer Picnic

Attended by nearly 40 people, the first annual CVR Summer Picnic appeared to be a great success. It was held on Sunday, August 10th at Bob Murphy's home in Barre, and the weather cooperated for a pleasant afternoon of volleyball, horseshoes, badminton, jarts, pingpong and swimming.

A challenging pair of cross-country courses provided the setting for some fierce competition in a predict-your-own-time event. Winner of a batch of homemade cookies in the 1.5 miler was Paul Cerutti, who was only 51 seconds away from his predicted time. Even more astounding, however, was Steve Martin's performance in the 4 miler, as he finished only 19 seconds from his predicted pace. Steve took home a loaf of homemade bread. And lest those who misjudge themselves terribly be forgotten, an RRCA mug was presented to Claudia Jacobs for the dubious distinction of having been the farthest from her predicted arrival time.

The pot luck dinner was consumed with gusto (no one needed doggie bags) and then films of the recent 24 Hour Relay were shown. Dessert and coffee followed (along with more gusto) and then everyone was homeward bound, making plans, no doubt, for how they were going to run off all that gusto come morning.

CVR Picnic Run - Complete Results

1.5 (?) mile XC

Paul Cerutti	0:51
Heidi Smith	2:16
Andrea Smith	3:28
Lynn Perkins	3:29
Judy Perkins	5:22
Lynda Murphy	7:50
Claudia Jacobs	8:45

4 (?) mile XC

Steve Martin	0:19
Darragh Ellerson	0:48
Dave Dow	1:20

JOE McENTYRE APPOINTED

The newest member of the Executive Committee is Joe McEntyre, of Plainfield. Joe was recently appointed chairman of the Standards Committee, whose primary responsibility will be the accurate measurement of courses for CVR-sponsored races.

His first task will be attempting to obtain RRCA and AAU certification of the Montpelier 10 Mile and Howard Bank 10Km race courses. Certification of courses such as these, which are two of the most popular running events in the area, is important in the sense that it will be an assurance to all runners that the courses have been accurately measured to nationally recognized standards. This fact will most likely increase the prestige of these races and may attract even greater participation in future years.

Joe has already got the ball rolling by writing AAU for their certification procedures. When he actually gets down to the business of measurement, he'll no doubt need and appreciate some help. So don't be bashful about approaching Joe and volunteering; save him the trouble of calling you first.

Dick Millar	1:27
Doug Jones	1:30
Cindy Martin	2:18
Bob Oatley	2:18
Wiz Dow	3:00
Mo Cerutti	3:22
Debbie Martin	3:30
Newton Baker	3:30
Don Perkins	3:48
Joyce Martin	3:49
Jason Smith	4:40
Elaine Hoiska	6:36
Trent Smith	7:03

Note: All times shown are the difference between predicted and actual times.

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ner for women, 3:12.10.

Mike Rochefort had the best time of the CVR group, turning in a very respectable 3:08.39, for 43rd place, after starting at affast 6:30 per mile pace. My time was 3:21.51, good for 77th. I had hoped to break 3:20, but dehydration from insufficient water intake cost me dearly in the late stages of the run, and made me miserable for hours afterward. Anyone planning to run a marathon in warm temperatures literally should force feed liquid in considerable quantities, particularly during the early portion of a run.

Chris Lovell finished 118th in 3:33.47. Since his objective was 3:40, the performance in the heat is most noteworthy. Rod Copeland rounded out our respectable showing with a 3:42.31 for 141st place - excellent for a first marathon. (My first was 3:49 and Byron's was 3:45.) Congratulations, Rodney.

The collective consensus of everyone I talked to was that the race was exceptionally well-managed. The course was

roughly half dirt and half asphalt. There was little vehicular traffic. Mile markers were easily discernible. There were water stations, cold compresses and water hoses. A considerable number of people along the route also hosed runners down, and were generally very friendly and supportive.

Only water, ERG and apple juice were dispensed for free at the conclusion of the race, but sandwiches and soda could be purchased in the Folsom School cafeteria, which served as headquarters for the run. A recovery vehicle and medical assistance were available, and a well-staffed recovery room was set up in the school (a place I had the dubious honor of visiting because of my own stupidity).

A check of runners also was made at various stages of the race. Results were posted immediately. The only sour note was lack of sufficient water for showers.

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

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

- * 20 Sep - Burlington, VT - "You Can't Run Away From It" 5 miler, 9am, \$3, T-Shirts to pre-registrants; Planned Parenthood of Vt, 23 Mansfield Ave, Burlington 05401 (862-9637, X28)
- * 21 Sep - Greensboro, VT - 3rd Caspian Foliage Run, 7mi, 10:30am, \$3, \$4 post, Prizes & momentos, refreshments for sale; Anne Batten, E. Hardwick, VT 05836 (472-6066) A super race - Don't miss this one!
- 21 Sep - Manchester, VT - 3rd Maple Leaf Half Marathon, 13.1mi, 10:15am, \$4.50 by 13 Sep, NO POST ENTRIES, field limited to 500; prizes in all divisions, certificates to all.
- 21 Sep - Colebrook, NH - Dixville Notch Marathon, 26.2mi, Noon; Walter Childs, Box 1484, Springfield, MA 01103 (413-566-3145)
- * 27 Sep - Essex, VT - 2nd National Life 10 Mile Race, 11am, NO ENTRY FEE, Merchandise, certificates; Bruce Cunningham, 18 Ridge Rd, Essex Jct, VT 05452 (878-3875)
- 27 Sep - St. Johnsbury, VT - 7 or 6.2mi, 10am, \$4, Prizes, 8 categories; Sal DeMaio, D. Eaton Real Estate Agency, 33 Main St, St. Johnsbury, VT 05819 (748-8855)
- * 27 Sep - Brattleboro, VT - Brattleboro Memorial Hospital Birthday Race, 5mi, 11am, \$2, Awards, T-Shirts (200), refreshments, clinic (26th @ 7pm); Race Committee, Brat. Mem. Hosp., 9 Belmont Ave, Brattleboro, VT 05301
- 4 Oct - Brattleboro, VT - Apple Race, 4mi, 10am, \$1, Bring apple-oriented something for pot luck prize table; Red Clover Rovers, Box 304, W. Brattleboro, VT 05301
- * 4 Oct - North Adams, MA - 1st Fall Foliage Marathon, 26.2mi AAU Certified, 10am, \$5, \$1 bus fee to start in New Ashford, Trophies, merchandise, Certificates, T-shirts (250); Fall Foliage Marathon, Box 1138, No. Adams, MA 01247
- * 5 Oct - Hanover, NH - 7th Dartmouth Medical School Marathon, 26.2mi certified, 10am, \$3 by 1 Oct, NO POST ENTRIES, Prizes & certificates; also 12.2mi race, \$2 by 1 Oct, NO POST ENTRIES, starts @ 8:45am in Lyme, NH, limited parking, no toilets; Marathon, Dartmouth Med Sch, Hanover 03755 (603-646-2214)
- 11 Oct - Berlin, VT - Berlin Pond Road Race, 10km, Partners (male/female) race, awards by combined-age groups, also awards to top m & f age group finishers, men's race @ 11:30am, ladies @ 12:30pm, \$4 single entry, \$6 for couples, Merchandise & T-shirts, benefit run for United Cerebral Palsy; Darragh Ellerson, Upper North St, Montpelier, VT 05602 (223-2080) Entry blanks available 19 Sep. A beautiful course - those who ran the Berlin Pond Race last year won't want to miss this year's version - highly recommended!
- 11 Oct - Brattleboro, VT - Bread Race, 4.5mi, 10am, 75¢, no entry forms, Windermere Farm Bakery bread to all; Red Clover Rovers, address above, Bob Remy-Powers (257-0960)

- * 12 Oct - Sheffield, MA - Berkshire County Autumn Marathon, 26.2mi AAU Certified, Noon, \$5 by 1 Oct or on day of race, Awards, T-shirts, certificates, refreshments; also 5km XC run (\$3) at 11am; New England Pioneer Club, Box 264, Pittsfield, MA 01201
- 13 Oct - Boston, MA - Bonne Bell Women's 10km; Coventures, Inc, 11 Newbury St, Boston, MA 02116 (800-321-9985)
- * 13 Oct - Brockton, MA - Annual Sons of Italy Road Race, 14km (8.7mi), noon, \$3, Trophies, T-shirts (20 per division); Larry Reynolds, Box 906, Brockton, MA 02403 (617-583-1168)
- 18 Oct - Buffalo, NY - 7th Skylon International Marathon, 26.2mi, noon; Skylon Marathon, Box SIM, Bidwell Station, Buffalo, NY 14222 (716-881-2736)
- * 19 Oct - Portland, ME - 3rd Casco Bay Marathon, 26.2mi certified, 8:30am, \$4, field limit 1100, Awards, T-shirts, box lunches; Casco Bay Marathon, Box 3172, Portland, ME 04104; Charlie Porter (207-839-3258 evenings 6-8pm)
- 26 Oct - New York, NY - NYC Marathon, 26.2mi, 10:30am; NYRRC, Box 881, FDR Station, New York, NY 10022 (212-580-5880 or 212-267-7334) Entries may have closed on this one.
- 2 Nov - Newport, RI - 5th Ocean State Marathon - Entries closed 15 Aug
- 2 Nov - Washington, DC - Marine Corps Marathon, 26.2mi, 9am; Marine Corps Marathon, 8th & 1st St SE, Washington, DC 20390
- * 22 Nov - Foxboro, MA - 3rd Foxtrotters Marathon, 26.2mi AAU Certified, 11am, \$4 by 10 Nov, NOPOST ENTRIES, field limit 1200, T-shirts, certificates, trophies, medallions, refreshments; Foxtrotter Marathon, 1 Rhodes St, Plainville, MA 02762
- 7 Dec - Bourne, MA - 3rd Cape Cod Marathon, 26.2mi, 11am; Jeff Burton, c/o Burt's Sports, 850 Main St, Falmouth, Ma. 02540 (617-540-0644)
- 7 Dec - Asbury Park, NJ - 10th Jersey Shore Marathon, 26.2mi, 11am; Jersey Shore Marathon, Convention Hall, Asbury Park, NJ 07712
- 7 Dec - Baltimore, MD - 8th Maryland Marathon, 26.2mi, 10:30am; Maryland Marathon Commission, Box 11394-A, Baltimore, MD 21239 (301-882-5455)