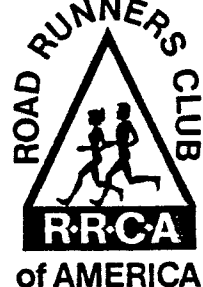




OCTOBER 1980
CVR NEWSLETTER
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NEXT MEETING

WEDNESDAY, OCT. 29

HOWARD BANK, MONTPELIER

This will probably be the last meeting before our Annual Meeting, to be held in late November or early December. There is much to discuss, as winter is right around the corner. Will we have winter fun runs? How about a social run/ski event in mid-winter? What should our race schedule look like for next year? You can help decide the answers to these questions and more, and at the same time hear a report on the outcome of the Berlin Pond Couples Race, and the latest info on plans for next Spring's half marathon. Hope to see you at the Howard!

Someone will be at the door to let you in only until 7:05.

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 co-ordinator
229-4565 (H) / 828-2621 (W)

A 50-MILE MIX OF RUNNING AND WALKING

By BOB CATLEY

On September 6 at 6:07 A.M., Fred Ross of Brattleboro's Red Clover Rovers and I started out on a new adventure for both of us. Ostensibly, we were going to try to cover 50 miles in under 10 hours to qualify for the Western States 100 Mile Endurance Run. I had read Tom Osler's book on Ultra-Marathonning and was intrigued by how easy it is supposed to be to cover 50 miles, if you mix running and walking right from the start. I wanted to see if this would be true for me.

Fred knew before we started that entries for the "Western 100" had already closed, so he hadn't been training much and didn't really feel that he could go the distance. On 10 miles-a-week training, he did a remarkable job as he made 25 miles.

We selected the Montpelier Fun Run course for our attempt and decided to run out 2 1/2 miles and back 10 times. That way we could get refreshments at our car every 5 miles without needing a pit crew. We decided to run 15 minutes and walk right from the beginning, to keep it comfortable.

The first mile we ran in 8:35 since it was early and we were slow to get the kinks out. After the first 5 miles, I had company all the way through, 35 miles, which made our choice of course a good one. I'd like to thank Paul Mailman, Roger Whitcomb, Don Perkins, Elaine Hoiska, Darragh Ellerson, Bob Wilsen and Lary Miller for their company and words of encouragement. A special thanks to Pat DeBlasio, who accompanied me from mile 15 through mile 35. He kept me talking and clocked various miles. We were running as fast as 7:40 and as slow as 8:12 through 35, without any particular pattern of slowing down.

Special thanks, of course, to Fred Ross who helped out for the

first 25 miles and then acted as pit crew for the last 25. He went after extra ERG (I drank 2 gallons) and some honey which didn't taste at all sweet after 35 miles.

When Pat left, things got a little tough, it was sunny and about 85 degrees. At no time did I feel fatigued. My legs really didn't want to run when it was time to cover last 10 miles, but the walking always felt good. I managed to run the 50th mile in 8:30 which was faster than I started and I really felt great at having accomplished my goal. I finished in 8:30 - 31. I wasn't that disappointed when Fred told me about the Western 100 entries being closed.

After the 50, Fred and I walked a couple of miles or so; then it was time to eat. During the run, I drank the 2 gallons of ERG, ate 3 sandwiches (jelly) and a banana and still lost 3 pounds.

I didn't get to bed until 11:30 that night and didn't really sleep much. The next morning, I ran four miles with very little trouble. I experienced no leg soreness and very little stiffness. I had some fatigue for about a week, but nothing serious.

This was quite an adventure for me and I'm sure I'll try again in the not too distant future. I understand that Ultra-Marathons aren't too crowded.

For those of us who have to miss a few days of running, for one reason or another, it's now possible to keep the weekly mileage right up there. All we have to do is schedule a 50 for Saturday. According to Tom Osler, it's not necessary to have much more than 40 miles a week as a base for this to be a realistic goal. Much of what he says I have verified, but this you'll have to discover for yourselves. Have a go at it - it's great!

By BOB MURPHY

A Clear, Cool
Windy Day:
Two Club Seconds
And a first

The second annual National Life 10-mile was held September 27 under clear, sunny skies with a stiff breeze blowing and temperature at 43°F. A near-perfect day for running, and the CVR trio of Elaine Hoiska, Byron Hill and I proved it by our finishing times and places. We managed a first place and two seconds. Elaine was first woman submaster (5th woman overall) in a time of 69:45. I lowered my 10 mile time by more than 2 minutes, to finish 2nd master (7th overall) in 56:55, while Byron also established a new personal record touring the course in 65:35, good for 2nd place in the senior division and 35th overall. The race was won by Chris Baldwin (52:03) and Lori Ann Ducharme (66:20). This year's race, which attracted 123 runners, was well run. It started on time, there were ample water stations, splits at 1 and 5 miles, speedy results, good prizes (mostly gift certificates) and all the lemonade you could drink. The course was gradually uphill for the first five miles, then generally down for the return trip (out and back). Registration and awards were both held indoors, a fact much appreciated by runners on a cool Fall day!

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A Steep, Brutal Race in St. J

Maureen Murphy picked a cold, windy day on a hilly course in St. Johnsbury to win her first footrace. She took top honors September 13 at the Fairbanks Founders 150th Anniversary Footrace in the female 11-15 age group by finishing the one mile event in 7:39. Henry Marcy and I, meanwhile, were tackling the 10 KM course, which I can describe only as brutal. It was two miles of moderate to steep uphill followed by about a mile of increasingly steep downhill. The runners turned around and repeated that nonsense in the reverse direction. Persistence paid off, however, as I finished 2nd (first master) in 37:30 behind winner John Sackett (36:35). Henry finished 15th in approximately 43 minutes (he never did find out what his official time was)!

The Fairbanks Company was apparently not as capable at figuring race results as they are at building scales, as they kept the runners standing around in the cold for about 1 1/2 hours before announcing winners and awarding medals. My comments about the race: "Even masochists like timely race results. I'd look for something else next year".

BOB MURPHY

But What a Time
At Caspian
(Again!)

GREENSBORO--Picture a perfect start of autumn, the first twinges of color peeking through the green, the big lake glistening, and not inviting anyone to jump into its seasonably chill waters.

Now drop the temperature just a couple of degrees, probably caused by a sudden but fairly complete cloud cover across the sky, blanketing that big, friendly sun.

(See Page 6)

(FOLIAGE: from Page 5)

What's left is a near-perfect setting for the third annual Caspian Lake Foliage Run, again an artistic and aesthetic success orchestrated by club members Anne Batten and Wiz Dow, on behalf of the Buffalo Mountain Cooperative.

Central Vermont Runners, who tend to make this race almost a private affair, swarmed across the finish line in impressive numbers--both time and quantity. Mark Chaplin won it; Bob Murphy, Chuck Cherrington, Cindy Martin and Elaine Hoiska took their classification;

even those expected to dawdle found themselves cruising.

The race was a little different this time. A check of the route uncovered a shortage: approximately one and six-tenths of a mile, according to most accounts. This induced race organizers to back the starting line up a little, so the seven-mile length measured seven miles

As a result, the distance was a bit longer this year. Even so, many of the runners beat their previous clocking for this race.

GLENN GERSHANECK

<u>Male 9-17</u>	<u>Name</u>	<u>Time</u>	<u>Finish</u>
1	Charles Cherrington	41:11	4
<u>Male 18-29</u>			
1	Mark Chaplin	38:08	1
4	Richard Millar	45:42	14
<u>Male 30-39</u>			
2	Christopher Martin	42:46	7
5	Lowell Van Derlip	44:29	10
7	Glenn Gershaneck	45:32	12
8	Newton Baker	46:21	15
12	Bob Vergas	49:29	29
15	Richard Ashton	50:38	36
19	Roger Cranse	52:26	47
20	Raymond Usle	52:54	49
22	Charles Bucknam	53:57	54
24	John Poeton	55:33	57
<u>Male 40-49</u>			
1	Bob Murphy	40:07	3
3	Joe McEntyre	48:35	23
4	Trent Smith	48:41	24
6	Bob Oatley	49:49	31
10	James Hanna	61:24	68
<u>Male 50-59</u>			
1	Byron Hill	47:34	20
<u>Female 9-17</u>			
1	Cindy Martin	52:16	46
<u>Female 18-29</u>	---	---	--
<u>Female 30-39</u>			
1	Elaine Hoiska	50:30	35
3	Wiz Dow	56:03	59
5	Joyce Martin	59:57	65
6	Heidi Smith	61:18	67
<u>Female 40-49</u>			
1	Anne Batten	70:24	75

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.

Montpelier Fun Runs - Will continue through October until daylight savings time ends. 2, 4, and 6 miles. Every Tuesday at 5:30 P.M., Liquor Control Warehouse on Green Mountain Drive.

- 18 Oct - Shelburne, VT - Arthur Tudhope Memorial 10km, \$2; Charlie Kellogg, Spear St. Ext., Shelburne, VT (985-3842)
- *18 Oct - Winooski, VT - 2nd Annual Homecoming Race, 10km, also, 5km Fun Run, 1:30 P.M., \$4, T-shirts to all, prizes to winners in 6 divisions, M & F; Homecoming Road Race, Athletic Office, St. Michael's College, Winooski, VT 05404
- 18 Oct - Buffalo, NY - 7th Skylon International Marathon, 26.2 mi, noon; Skylon Marathon, Box SIM, Bidwell Station, Buffalo, NY 14222 (716-881-2736)
- *19 Oct - Portland, ME - 3rd Casco Bay Marathon, 26.2 mi certified, 8:30 A.M., \$4, field limit 1100, Awards, T-shirts, box lunches; Casco Bay Marathon, Box 3172, Portland, ME 04104; Charlie Porter (207-839-3258 evenings 6-8P.M.)
- 25 Oct - Ludlow, VT - 5th Annual Sunshine Derby, 6.6 mi., 1P.M. @ Rte. 100/103; \$2 day of race only. Prizes to top finishers in all categories; also, 2 mi. fun run (228-7797)
- *25 Oct - Essex Center, VT - GMAA 50 mile Ultramarathon (certification pending), 8 A.M., \$5, 5 X 5 mi. out and back; gradual hills, mostly flat; water every 2 1/2 mi.; certificates to all, trophies under 7 hr., special prize 1st M & F; Kurt Lauenstein, 3-A Browns River Rd. (Rte. 128), Essex Center, VT 05452 (878-5385)
- 26 Oct - New York, NY - NYC Marathon 26.2 mi, 10:30 A.M.; NYRRC, Box 881, FDR Station, New York, NY 10022 (212-580-5880 or 212-267-7334) Entries have closed on this one.
- 1 Nov - Richmond, VT - 2nd Round Church Women's Run, 5km & 10km, 11:00 A.M., \$1, starts @ Round Church; Dianne Schullenberger (899-4993) or Mary Kay Letsinger (434-3562)
- 2 Nov - Newport, RI - 5th Ocean State Marathon - Entries closed
15 Aug

- 2 Nov - Washington, DC - Marine Corps Marathon, 26.2 mi, 9 A.M.;
Marine Corps Marathon, 8th & 1st St. SE, Washington,
DC 20390
- *9 Nov - Concord, NH - 3rd Annual Autumn Run, 10km, Noon, \$3; 400
T-shirts, awards in all categories; Autumn Run,
Concord Savings Bank, 45 No. Main St., Concord, NH
03301 (603-224-1106)
- *22 Nov - Foxboro, MA - 3rd Foxtrotters Marathon, 26.2 mi AAU Certified,
11 A.M., \$4 by 10 Nov, NOPOST ENTRIES, field limit 1200,
T-shirts, certificates, trophies, medallions, refreshments;
Foxtrotters Marathon, 1 Rhodes St, Plainville, MA 02762
- 7 Dec - Bourne, MA - 3rd Cape Cod Marathon, 26.2 mi, 11 A.M.; 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, 26.2 mi, 11
A.M.; Jersey Shore Marathon, Convention Hall, Asbury
Park, NJ 07712
- 7 Dec - Baltimore, MD - 8th Maryland Marathon 26.2 mi, 10:30 A.M.;
Maryland Marathon Commission, Box 11394-A, Baltimore,
MD 21239 (301-882-5455)

WELCOME THESE NEW MEMBERS

John Furman, Rochester

Bill Bruzzese, Montpelier

Chuck Cherington, Calais

Jim Wallace, Montpelier

Dave Kelley, Montpelier

Wilma Kelley, Montpelier
