

NOVEMBER - DECEMBER 1980

NEWSLETTER

Vol. 1, No. 7

NOTICE!

Central Vermont Runners

**ANNUAL MEETING**

**When:** Sunday, December 7 at 2:00

**Where:** Bob Murphy's home in Barre (I-89 to Exit 6; then follow Access Road down hill for about 2 miles; turn left at crossroad, take another left onto dirt road 0.2 miles later. Grayish-brown house with white shutters on the right, 1/2 mile down dirt road).

**What:** Fun Run at 2:30, followed immediately by business meeting, then pot-luck dinner.

**Who:** All CVR members and families.

Tentative Annual Meeting Agenda

1. Minutes of Oct. 29 meeting
2. Treasurer's Report
3. Committee Reports
4. Discussion of Budget & Setting 1981 dues
5. 1981 Race Schedule
6. Winter events
7. Election of Officers

Please call Bob Murphy (476-4328 h / 828-2695 w) if you plan to attend, so that pot-luck offerings can be coordinated.

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



## Winter Fun Runs

With the passing of summer and Daylight Savings Time come the winter doldrums. Right? Not necessarily! Even though warm weather may have taken temporary leave of these parts, runners are still out there pounding the paths, sidewalks and roads, and will continue to do so right through to Patriot's Day and beyond. So why be a hermit? Why not do it together? Why not, indeed??

CVR members have decided to take turns hosting fun runs through the winter. How will it work? There are no hard and fast rules. Just volunteer to host a fun run by letting one of your club officers know. You specify the date and time (Sundays preferred in most instances).

If you want to provide refreshments afterward, it's your prerogative, but in such a case, requesting a small 25¢ or 50¢ donation from all participants would certainly be in order. When possible, fun runs will be announced through this newsletter. Future issues will be forthcoming in January and March. Otherwise, announcements at fun runs and word-of-mouth advertising will be the rule.

Here are a couple of runs already scheduled:

Sunday, Nov. 16, 9 A.M. at Bob Murphy's in Barre - 1 1/2 mile and 7.7 mile. Hot beverages and homemade muffins afterward. See directions to Bob's house in annual meeting notice elsewhere in this issue.

Saturday, Jan. 24 - at Mo and Sue Cerutti's in Barre. Tentative - more information in the January-February newsletter or call Mo.

# ATTENTION: FOXBORO MARATHONERS

People going to the Foxboro marathon Nov. 22 who have reservations at the Guard Motel made by Pat DeBlasio should contact him, and soon. Pat made the reservations in his name and plans to confirm them on Nov. 17. Cancellations should be revealed to him before then at 828-3279.

If he hasn't heard from the marathoners by November 17, Pat warned that he may cancel the reservations to save himself money. He will be able to answer questions and offer directions after his call. The hotel is on Route 1 in Foxboro (telephone 617/543-8398).

Reservations have been made for Darragh Ellerson, Elaine Hoiska, Bob Murphy, Newton Baker, Fred Ross, Joe McEntyre, Bob Oatley and Glenn Gershanek. Hey, you all, call him.

# A CONFLICT IN MANCHESTER

BY PAT DeBLASIO

Unfortunately, the autumn run around Caspian Lake and the Half-Marathon in Manchester, Vermont were scheduled the same date. I hope Ann Batten will forgive me, but I ran in Manchester. I do want a shirt from that race at Caspian, but maybe next year.

Race day was mostly sunny in Manchester and slightly humid, but it became cloudy after four miles. The course is on asphalt roads.

The first 2 1/2 miles are downhill, then it levels off to a slight hill at 4 1/2 miles. Until 7 miles, which has a steep hill, the course is flat. At this point, the runner goes through the center of Manchester.

Miles 8 and 9 are slightly uphill, but the tenth is the hard one. There are three hills, with the second the steepest. After each hill, there is a flat section until the next upgrade.

At exactly 11 miles, the hills end and it is downhill to the finish. I feel that it is a fair course. The hills at mile 10 do have a tiring effect, but the downhill finish helps.

The race is very well organized. There are many official and unofficial water stops. In fact, I was completely drenched at the end of the race. Times are given at many points (miles and kilometers). Many national runners are present, but you only see them before or after the race.

The only other runner from the club that I saw was Donna Raymond. She was the second-seeded woman and did finish 2nd in the women's division (42nd overall) in 1:19:20. I saw her through the first mile in 6:00, but then she took off with her smooth, increasing stride.

My time was 1:23:41 for 67th place.

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## VARA GOOD RUN, 'EY?

Just a short blurb to tell you about a great 5 mile race sponsored by Vermont Ski Industries called VARA. It was held October 20 at the Catamount Family Center in Williston. The 5 mile course ended with a 3/4 mile steep (10 degrees in places) finish. Among CVR runners were Pat DeBlasio 30:36, Elaine Hoiska 34:17, Darragh Ellerson 39 plus and Mary LaBate 35 plus. Elaine won a fine pair of Garmont Apres Ski Boots for her first place finish in the 35-41 age category. Darragh was second female over 41 years, winning a T shirt.

The weather was brisk fall-like with some wind and sun for this well run event. Hopefully, it will be an annual thing for runners as for the many cross-country skiers who participated.

4

Berlin Pond Couples Race  
BY BOB MURPHY

Take a cool, cloudy day in early October, with the fall foliage colors still abundant on the trees, a dirt country road around a scenic pond, and you've got the raw ingredients for an outstanding race course.

The missing ingredients were furnished largely by Race Director, Pat DeBlasio, who worked with United Cerebral Palsy to provide excellent race accommodations, course guidance, finish line procedures and a wide array of prizes. UCP furnished the awards. Pat and his dedicated group of volunteers can take credit for everything else.

An enthusiastic crowd of approximately 80 runners showed up at the starting line, most entered in the couples competition. The men's race was run first, and went smoothly enough except for uncooperative (one hostile, one apparently senile) motorists on the course.

Fortunately, no one was seriously injured, and the finish line area was soon crowded with sweaty runners sprinting toward the end of the challenging six mile course. CVR's Mark Chaplin was never seriously challenged during the race and took first place in a time of 31:22. Runner-up Shawn Gardner posted an impressive 32:49.

Although unthreatened by motorists, the women also had their share of misfortune, as it started to rain shortly after the starting gun sounded. Spirits weren't dampened by the shower, as a very competitive field fought it out over the hills and back along the flats. First woman across the finish line was Chris Short of Gaelic Athletic Club in 37:44. Second place was hotly contested, with Lyndonville's Sue Lyons finishing just a second ahead of CVR's Debbie Martin, who breezed across the line in 39:21.

Thanks to UCP's efforts and the generosity of WNCS and local businesses, half of those present received awards. A complete rundown of results follows.

Couples (Combined ages under 40)

- |    |  |       |
|----|--|-------|
| 1. | Gardner (32:49) and Mitchell (40:11)   | 73:00 |
| 2. | Richardson (33:26) and Farnham (43:04) | 76:30 |
| 3. | Clarke (35:02) and Brierley (49:25)    | 84:27 |

Couples (Combined ages 40 to 59)

- |    |   |       |
|----|---|-------|
| 1. | Chaplin (31:22) and D. Martin (39:21)   | 70:43 |
| 2. | McCown (33:20) and C. Short (37:44)     | 71:04 |
| 3. | Simpson (34:17) and Lyons (39:20)       | 73:37 |
| 4. | Luban (40:09) and E. Short (41:12)      | 81:21 |
| 5. | Wallace (41:20) and C. Martin (41:59)   | 83:19 |
| 6. | R. Angney (42:05) and D. Angney (42:34) | 84:39 |

Couples (Combined ages 60 to 79)

1.	Longfellow (34:27) and B. Kelly (39:34)	74:01
2.	David (35:22) and Radwanski (40:02)	75:24
3.	Murphy (33:18) and Hoiska (42:23)	75:41
4.	McEntyre (40:10) and Labate (42:55)	83:05
5.	Wolff (41:30) and Allen (43:13)	84:43
6.	Ellman (36:44) and Ellman (48:30)	85:14
7.	Usle (42:57) and Crete (45:53)	88:50
8.	L. Miller (42:12) and N. Miller (50:29)	92:41
9.	Confessore (45:27) and Johnson (52:36)	98:03
10.	Adelman (45:47) and Adelman (57:58)	103:45

Couples (Combined ages 80 to 99)

1.	DeBlasio (35:52) and Ellerson (47:19)	83:11
2.	H. Short (37:55) and Salerni (51:43)	89:38
3.	Baker (38:43) and Koenemann (51:39)	90:22

Couples (Combined ages 100+)

1.	B. Wilson (43:03) and M. Wilson (53:39)	96:42
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Male under 30

1.	Joseph Barch	36:40
2.	David Boudreau	37:00
3.	Michael Churchill	38:08
4.	Jim Barch	38:20
5.	Sean Lynn	38:43
6.	Edwin Jordan	38:43
7.	Jack Garvin	40:36
8.	Alex Ellerson	40:42
9.	Norman Robinson	41:31
10.	Jay White	42:19
11.	Jack Schill	57:41

Female under 30

1.	Ann Peisch	39:51
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Female 30 - 39

1.	Diane McGee	45:06
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Male 30 - 39

1.	Oleg Ritter	35:07
2.	Chris Martin	35:17
3.	Jim Suskin	37:08
4.	Lloyd Gaudette	37:52
5.	John Schweizer	39:04
6.	Bob Vergas	40:49
7.	Paul Wishinski	42:27
8.	Dan Russell	44:13
9.	Stephen Everett	44:18
10.	Jeffrey Shuttak	44:23
11.	Rob Dewees	45:49
12.	John Appleton	45:49
13.	Frank Ruffer	46:29
14.	Tim Spinelli	46:37
15.	Bob Atchinson	59:59

Male 40+

1.	Robert Mercier	37:22
2.	Don Perkins	46:05
3.	Fred Bertrand	46:07

MARATHON RESULTSCasco Bay

Byron Hill 3:18

New York City

Elaine Hoiska 3:16  
 Molly Corrigan 3:27  
 Schuyler Jackson 3:31 (his first)

## Volunteers Needed

One of your president's duties is to appoint committee chairmen and members who really are the backbone of an organization such as ours. Appointments are on a one-year basis, and with Annual Meeting time coming up, it would be very helpful to whoever is elected president for 1981 to have a large group of club members express their willingness to take an active part in the club by serving on or chairing one of the committees. The CVR committee structure has been designed in an attempt to spread out the load so that no assignment will be burdensome, and I'm sure current committee members and chairmen will attest to that. All types of people are needed for all types of jobs. A listing of CVR committees is as follows:

Race Committee  
 Newsletter Committee  
 Standards Committee  
 Carpool Coordinator  
 Social Committee  
 Nominating Committee  
 Publicity Committee

In addition to committee assignments, the vice president and secretary are both appointed positions in accordance with the club constitution.

So think about it. Many hands make light work. Your participation will strengthen your club and make everyone's work a little lighter and your own involvement more meaningful and enjoyable. Make a commitment to your club. You won't regret it!

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REPORT

ON

DARTMOUTH

Four CVR members entered the Dartmouth Medical School 12.2-mile race on October 5, in weather that was cool -- ideal for running. Chris Martin finished 23d in 73:44, while Byron Hill's 83:21 placed him 84th overall and third in the 50+ age group.

Larry Miller, 105:01, was 186th, and Nancy Miller, 111:26, was 197th. There were 209 finishers, with the winning time 62:53 for men, 79:55 for women.

A marathon held in conjunction with the shorter race produced these winning times: 2:28.21, men; 3:15.04, women. No one could find any Central Vermont Runners in the marathon finishers.

Arthur Tudhope Memorial 10 km Race

CVR was represented at Charlie Kellogg's annual race in Shelburne by Ray Usle and myself. It was Charlie's second year organizing the race, named for a UVM athlete of note.

This year's race, held October 18, was notable in a number of ways. First, the race was well organized and run, with a rolling, well-marked course (in Km). The weather cooperated beautifully, with rain before and after the race, but cool, dry, lightly breezy conditions during the event.

Finally, the post-race ceremony was held in the relative comfort of Charlie's garage, with ample cider for all, and a generous assortment of prizes.

GMAA's John MacKay was the winner of the race, with John Valentine a distant second. I finished close behind John in 35:24 for third place (first master, thanks to Kellogg not participating in his own event).

Ray, new to racing this summer, proved the value of his dedication to running and increased mileage by finishing strong in approximately 45 minutes.

BOB MURPHY

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## 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.

- \*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
- 27 Nov - Brattleboro, VT - 6th Annual Turkey Trot, 3 miles, 10 a.m. Runners should bring a dinner treat for the prize table. Bring a prize and win a prize. Upper Dummerston Road at the Country Club.
- 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)





## COLD WEATHER RUNNING

The onset of winter needn't bring a seasonal halt to runners' enthusiasm or routines. Actually, it's easier for runners to protect themselves in cold weather than in hot, when heat and humidity reach certain levels that make running difficult or impossible. With some adjustments, running is possible even in the extremes of cold, wind, ice and snow.

Of course, when wearing 5-10 pounds of clothing and running on icy or snowy surfaces, one's pace may have to be adjusted (the added resistance more than compensates for the slower pace). You may have to adjust to running less frequently for a while. However, if you keep the following suggestions in mind, you shouldn't have any trouble.

1. Wear clothing in layers—you can always remove a layer if you get too warm. Also, experiment with different materials—wool works best because it “breathes” (the sweat is taken away from your body, but the material still keeps you warm).
2. If you plan a long run on a cold day when you would be wearing multi-layered clothing, it is advisable to lubricate yourself with petroleum jelly in those areas likely to rub under those conditions (i.e., nipples, underarms and crotch).
3. The fingers and toes are areas with the smallest blood supply, so they must be protected. Gloves or old wool socks (or mittens in extreme conditions) work over the hands. In wet, snowy or extremely cold conditions, it may be advisable to wear two pairs of socks on your feet (if you can do so without causing blisters).
4. A significant (up to 40%) amount of body heat is lost through the head, so wear a stocking cap. In extremes of cold and/or wind, a ski mask may be used to keep the face and nose warm. Coating your face with petroleum jelly will also help keep this area warm and keep the skin from getting chapped and windburned.
5. How much to wear on the legs is a matter of preference, but never more than a pair of long underwear and a pair of sweat-pants (in addition to your regular running shorts) are needed.
6. Wear *dark* clothes to contrast against snow, unless you are running at night when you would wear *light* colored clothing.
7. Plan your runs so that you run into the wind during the beginning portions and with the wind behind you in the latter portions. Otherwise, built-up sweat may cause you to become too cold when you turn into the wind.
8. Be extremely cautious of traffic on icy and snowy roads. Also, when running on snow try to pick areas which will not hide uneven terrain.
9. Let someone know where you are going and when you expect to return.
10. Keep in mind the wind chill chart which follows.

### EQUIVALENT CHILL TEMPERATURES

Wind (MPH)	Temperature (Fahrenheit)																				
	40	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45	-50	-55	-60
	<b>Equivalent Chill Temperatures</b>																				
5	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45	-50	-55	-65	-70
10	30	20	15	10	5	0	-10	-15	-20	-25	-35	-40	-45	-50	-60	-65	-70	-75	-80	-90	-95
15	25	15	10	0	-5	-10	-20	-25	-30	-40	-45	-50	-60	-65	-70	-80	-85	-90	-100	-105	-110
20	20	10	5	0	-10	-15	-25	-30	-35	-45	-50	-60	-65	-75	-80	-85	-90	-100	-110	-115	-120
25	15	10	0	-5	-15	-20	-30	-35	-45	-50	-60	-65	-75	-80	-90	-95	-105	-110	-120	-125	-135
30	10	5	0	-10	-20	-25	-30	-40	-50	-55	-65	-70	-80	-85	-95	-100	-105	-115	-120	-130	-140
35	10	5	-5	-10	-20	-25	-35	-40	-50	-60	-65	-75	-80	-90	-100	-105	-115	-120	-130	-135	-145
40*	10	0	-5	-15	-20	-30	-35	-45	-55	-60	-70	-75	-85	-95	-100	-110	-115	-125	-130	-140	-150
	<b>Little Danger</b>					<b>Increased Danger (Flesh may freeze within one minute)</b>							<b>Great Danger (Flesh may freeze within 30 seconds)</b>								

\*Winds above 40 MPH have little additional effect.

If you dress properly and are cautious in various weather conditions, running in winter can be as productive and enjoyable as during any other time of year.