



CVR NEWSLETTER

March - April 1981

Vol. 2, No. 2



SPECIAL NOTICE!

Last call for dues! If this notice is highlighted in yellow, we haven't yet received your 1981 dues (as of 6 Mar 81). Please send them soon, as there will be no further notices and no further newsletters for those who don't. So don't put it off any longer. Send \$3.00 (plus \$1.00 for each subsequent member from the same household) to Darragh Ellerson, Upper North St, Montpelier, VT 05602. Make checks payable to Central Vermont Runners. Thanks.

- President - Bob Murphy
- Vice President - Darragh Ellerson
- Treasurer - Darragh Ellerson
- Committee Chairmen
- Race - Byron Hill
- Standards - Joe McEntyre
- Communications - Bob Oatley
- Nominations - Pat DeBlasio

\* \* \*

MEETING NOTICE

CVR general membership meeting at Darragh Ellerson's home on Upper North Street in Montpelier. Wednesday, 15 April, at 7:30pm. Refreshments to be provided by the Executive Committee.

\* \* \*

MT. EQUINOX ROAD RACE

Now is the time to make plans to participate in the third annual Mt. Equinox Hill Climb, to be held in Manchester, Vt., on 24 May. A small CVR team competed in the 5 1/4 mile uphill road race last year, and although we didn't establish any records, we had a great time. Race Director Fred Ross of the Red Clover Rovers promises more team categories this year, including master's and women's team competitions, with cash awards to cover

team expenses.

Last year's race featured loaves of bread for about half the finishers, many fine merchandise prizes (some to winners, some drawn), all the donuts and yogurt you could eat, a video playback of the run, a souvenir photograph and a race booklet with results, pictures and articles. Fred advises me that he intends to make this year's version as attractive as the last.

If you'd like to join the CVR delegation to Manchester this year, contact Bob Oatley at 229-4565. The more the merrier! (Try it. You'll like it!)

\* \* \*

Need a TAC membership application form? Bob Murphy still has a few. Call 476-4328.

\* \* \*

WANTED!

Articles for this newsletter. They don't have to be fancy or type-written. Just tell us something about yourself, another club member, a race you ran, a race you'd like to see established, your training regimen, or anything else that might interest your fellow members. One of (Cont'd. on page 2)

B 3-21-81

# EARLY MORNING RUNNER

I start my daily run at about 5:15am and I have to report that there is some good news and some bad news about early morning running in the winter.

First, the good news: No traffic to speak of. Usually no dogs. Frequently, the best weather of the day (cool and seldom windy, snowy or rainy). Greeting the sun as it begins its ascent over the mountains. A great way to wake up. Breakfast is always so enjoyable afterward. No conflicts with the day's events.

Now, the bad news: Poor visibility. Skunks. When there are dogs, they can be especially frightening. Greater susceptibility to injury.

From my point of view, the benefits of early morning running far outweigh the disadvantages. However, my experiences this winter (four falls, resulting in a broken toe, a banged-up elbow, a sore hip and a badly sprained ankle) have taught me some valuable lessons, which I'd like to share with you.

Lesson 1: Don't take your eyes off the road. There's little opportunity to enjoy the scenery when it's dark out, so put your eyes to work where they'll do the most good. There could be a pothole, a rut or a patch of ice just ahead.

Lesson 2: Don't run for time. Don't start your stopwatch. Better yet, don't even take a watch. I feel this has been my particular downfall (so to speak). If I know there's a watch running, regardless of how fast or slow my pace is, I'm very reluctant to actually come to a stop or to walk during my run. This has proven to be very foolhardy on many occasions and disastrous on some. Save your timed runs for daylight hours.

Lesson 3: Ice is the runner's worst enemy. If you go out and find

that footing conditions are poor or worse, go back in and get your exercise by some other means or else do your run later in the day when you can at least see where your next step is taking you. If you must continue, there is a very good chance that you will be making an involuntary and perhaps very painful stop along the way.

Lesson 4: Be aware of, but do not be too frightened of skunks. I have encountered them many times on my dark morning runs (most often in early spring and late fall) and I have come so close to them on occasions (within a foot or two) that I am convinced that you'd have to trip over one (a real possibility if you're not alert) in order to end up scented. Still, my advice is to maintain a respectful distance. (Thank God for the white stripe - it makes them fairly visible even in the darkest of conditions.)

So in summary, I'd say that early morning running is usually a great way to start the day. There are days, however, when it's better to start the day with Kellogg's. Follow a few basic rules of caution and if you're an early morning person it could be just the ticket for you.

Bob Murphy

\* \* \*

WANTED! (Cont'd. from page 1)

the talented members of our staff will edit and type whatever you send in. Come on! We'd like to hear from you!

\* \* \*

## CVR FUN RUNS

CVR fun runs did not make a big hit this winter. Although a fair number turned out on a beautiful New Year's Day at Anne Batten's for running and XC skiing, the turnout at Cerutti's on 24 Jan (4) and Murphy's on 15 Feb (2) was less than impressive. Weather was not a factor, as (Cont'd. on page 3)

## CVR FUN RUNS (Cont'd. from page 2)

it was quite mild on all three days, so I have to assume that the whole concept of winter fun runs is an idea whose time has not yet come. I will note, however, that those who did participate in these runs had a heck of a good time.

On a similar subject, it seems as though a group of members have begun getting together for long runs in preparation for this Spring's events. Meeting place this week was at Montpelier High School at 9:30am on Saturday. Eight runners ran together for 12 miles, and then some did a few more miles. Although I can't characterize this as a regularly scheduled event, I would suggest that if you're looking for company on your long runs, if you show up at MHS at 9:30 on Saturday mornings, it just may be that you'll find someone there to run with.

\* \* \*

## MONTPELIER 10 MILE ROAD RACE

Race Director Roger Whitcomb will be holding meetings in the very near future with Ann Russell of the Montpelier Recreation Dept. to discuss the upcoming 10-miler, to be held this year on 27 Jun. Many members have expressed interest in helping out with the event, but many more hands are needed for such tasks as setup, registration, timing (splits and finish line), water stops, recorders, finish line monitors, results and cleanup. Give Roger a call at 229-9805 and tell him you'd like to help out this year.

\* \* \*

Going to a running event? Save gas and share a ride.

Carpool Coordinator  
Bob Oatley  
828-2621 Days  
229-4565 Evenings

\* \* \*

## WELCOME TO THE FOLLOWING NEW MEMBERS!

Jeffrey Shutack, Barre  
Bud Aronson, Chelsea  
Doris Aronson, Chelsea  
Edward J. Chabot III, E Hardwick  
Robert M. Howe, Graniteville  
Norman E. Robinson, Montpelier  
Tom Warnock, Barton  
Natalie Kinsey-Warnock, Barton  
Merill Cray, Barre

\* \* \*

## NERRC CHAMPIONSHIP RACE

Due to an error on the part of the New England Region of the RRCA, the Montpelier 10-Miler will not carry the designation "NERRC Championship" this year. (I have been assured that it will, however, return to Montpelier in 1982.)

This year, however, we will host the NERRC 10Km Championship. Charlie Bucknam has agreed to having the Howard Bank 10Km carry that designation. RRCA teams will compete for New England Region awards in addition to the individual awards usually provided. It is hoped that we can attract teams from NCAC, TTAC and other New England RRCA clubs to this event.

\* \* \*

## COMMITTEE APPOINTMENTS

1981 is off to a good start with the following appointments to Committee Chairmanships.

Race Chairman - Byron Hill. Byron will be working with Race Directors this year to ensure that usual high CVR race standards are maintained. Race Directors for the two major CVR events of the season are Roger Whitcomb (Montpelier 10 Mile Road Race) and Charlie Bucknam (Howard Bank 10Km Race).

Standards Chairman - Joe McEntyre. Joe will be measuring and obtaining certification for the Howard Bank 10Km course. Doug Jones, Newton Baker, Mo Cerutti and Bob Oatley have all volunteered to assist in the measurements.

Communications Chairman - Bob  
(Cont'd. on page 4)

COMMITTEE (Cont'd. from page 3)

Oatley. In addition to his duties as Carpool Coordinator, this year Bob will be the organizer of CVR teams for competition in the Mt. Equinox Hill Climb, the Westport, NY, 24 Hour Relay and possibly other events.

Nominating Chairman - Pat DeBlasio. Pat will be canvassing the membership this Fall for likely successors to current elected officers.

Newsletter, Social and Publicity Chairmen have not yet been appointed.

\* \* \*

CVR PARTICIPATES IN UCP TELETHON

For those who weren't watching, Bob Murphy and Darragh Ellerson appeared on WEZF-TV on 17 January as part of the United Cerebral Palsy fund-raising telethon. They were there to represent Central Vermont Runners in telling the viewing audience about last Autumn's Berlin Pond Couples Race, of which UCP was the beneficiary.

The telethon was quite successful, as it raised over \$70,000 in pledges. Lee Viets, Executive Director of UCP of Vermont, sent CVR a very nice letter of thanks for the club's support of their organization.

LEGISLATIVE BILL WOULD  
BENEFIT CVR

Bill H-63, introduced by Mrs. Graham of Burlington, provides for exempting nonprofit corporations from liability to participants in sporting events sponsored by the corporations.

As you're aware, the waiver signed by participants on most race entry blanks is not generally considered to provide sponsors or organizers much protection from liability suits for injury suffered in running events. For that reason, most clubs such as ours carry liability insurance as a form of real protection. Passage of the proposed legislation would ostensibly make the carrying of such insurance unnecessary.

I urge you to contact your local legislative representatives and encourage support of Bill H-63.

\* \* \*

Recruit a New Member!

Know someone who's just dying to join a running club, but didn't know there was a great one right here in the Central Vermont area?

Just pass the membership form below along to him/her and have him/her send it along with \$6.50 (plus \$4.50 for each additional member from the same household) to Darragh Ellerson, Upper North St, Montpelier, Vt. 05602.



CENTRAL VERMONT RUNNERS - Membership Form

Last Name	First Name	Middle Initial	
_____			
Street	City/Town	State	ZIP
_____			
Date of Birth	_____	Sex	_____
Phone No (Home)	_____	(Office)	_____
T-Shirt size:	S	M	L XL
Dues Paid:	80	81	82 83 84 85 86 87 88

RACE AND FUN RUN SCHEDULE. (\*) indicates that I have entry blanks.  
For your copy, send SASE to Bob Murphy, RD 3, Barre, VT 05641.

Note: Montpelier Summer Fun Runs will start on Tuesday, 5 May 81. Time and place will be same as in the past. Newt Baker, Darragh Ellerson and Bob Murphy are a committee of three looking for ways to improve the annual series and are anxious to receive your input. So don't be bashful. If you have an idea, pass it along. We'd like to make this year's fun run program the best ever. See you at 5:30pm on the 5th at the Liquor Control Warehouse on Green Mountain Drive.

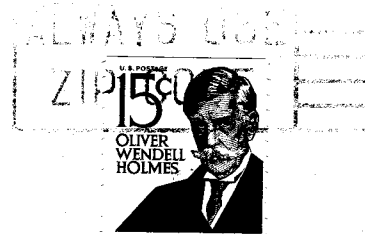
- 15 Mar - VFW/Silver Marathon, Lowell, MA, 11am. Roland Timm, 190 Plain St, Lowell, MA 01852. (617-452-8654)
- \* 21 Mar - Foxboro, MA, 2Km, 10Km and 25Km Races, 1pm, \$2, \$3 post for 10 Km and 25Km, \$1 for 2Km. R. Spittler, One Rhodes St, Plainville, MA 02762.
- 21 Mar - St. Patricks Day Race, Holyoke, MA, 8mi, 1pm. Mike Tierney, 252 Maple St, Holyoke, MA 01090
- 22 Mar - Kaynor's Sap Run (GMAA), 6mi, noon. Start at Kaynor's Sugar House, King Hill Rd, Westford. \$2 fee includes sugar on snow after the race. For directions, call 879-7483.
- 22 Mar - Albany, NY, Chopperthon 30Km (entries closed)
- \* 29 Mar - Waitsfield, VT, Triathlon, 1pm. 4 & 5 person teams include: two canoeists or one kayaker (6mi), one bicyclist (8mi), one XC skier (2mi)\*, and one runner (4mi). \$8 per person, \$10 after 20 Mar.. Fee includes T-shirt, buffet and prizes. (\* In the event of no snow, running will be substituted with the 4mi run being broken into two legs.) Tucker Hill Triathlon, Tucker Hill Ski Touring Center, RD1, Box 146, Waitsfield, VT 05673.
- 29 Mar - Cohasset, MA, 10Km, 1pm. Roy Fitzsimmons, 116 Downs St, Cohasset, MA 02025.
- 29 Mar - Proctor, VT, 3 Bridges Race (no other info)
- 29 Mar - Boylston, MA, NEAC 30Km Senior Open and Men's Masters Championships, 11am. Central Mass Striders, Box 2, Greendale Sta, Worcester, MA 01606. (617-869-6541)
- 29 Mar - Freihofer's Run for Women (10Km), Albany, NY, 1pm. Eleanor McGrath, 6 Union St, Schenectady, NY 12305. (518-370-4900)
- \* 5 Apr - Fall River, MA, Hilltoppers' Challenge 10mi, noon, \$3 by 25 Mar, \$4 post. John Mullaly (617-673-9169)
- 11 Apr - GMAA Women's Run (no other info)
- 12 Apr - Swanton to St. Albans, VT, 8.2mi Sap Run, 11:30am, begins at the Swanton Village Green. Entry forms available from Janson's Sports Shop and Endurance Sports in St. Albans.
- 12 Apr - Boston Alternative Marathon, Ithaca, NY, noon. Tom Rishel, 201 Christopher Lane, Ithaca, NY 14850.
- 19 Apr - Penn Relays Marathon, Philadelphia. J.P. Tuppeny, Weightman Hall, E-7, Univ of Pa, Philadelphia, PA 19104 (215-243-6145)
- 20 Apr - BAA Marathon, noon (Entries closed)
- 2 May - GMAA Trollheim 5Km (no other info)
- 3 May - Bennington Road Race, 10.1mi and 4mi. Tom Wagner, SVRRC, 4 Caroline Dr, Bennington, VT 05201.
- \* 3 May - Lake Waramaug Ultramarathon, 50mi & 100Km, 8am, \$5 by 26 Apr, \$8 post. Dean Perry (203-266-7964)
- \* 3 May - Texon Five College Marathon, Northampton to Amherst, MA, 9am, \$5 by 22 Apr, \$7 post. SMAC, Box 659, Amherst, MA 01004
- 3 May - E Meadow, NY, Long Island Marathon, 8am. SPORTS Unit, Eisenhower Park, E Meadow, NY 11554. Doug McLeod (516-454-2173)
- 10 May - National Capital Marathon, Ottawa, Ont, 9am. Recreation, 111 Sussex Dr, Ottawa, Ont. K1N 5A1 (613-563-3222)

Race Schedule (Cont'd.)

- 16 May - Champlain Valley/YMCA Marathon, Plattsburg, NY, 8:30am. Race Chairman, YMCA, 13 Oak St, Plattsburg, NY 12901 (518-561-4290)
- 17 May - Heritage Trail Marathon, Troy, NY, 8am. Al Spain, Troy City Hall, Monument Square, Troy, NY 12180. (518-270-4482)
- 17 May - Yonkers Marathon, 10am. Yonkers Marathon, Box 100, Yonkers, NY 10703, NYRRC (212-580-6880)
- ? May - Sacred Heart 10Km, Newport, VT. Memphremagog Striders.
- 24 May - Mt. Equinox Hill Climb, Manchester, VT, 5 1/2 mi, 11am. Fred Ross, Red Clover Rovers, Box 304, W Brattleboro, VT 05301.
- \* 24 May - Nike - Maine Coast Marathon, Kennebunk, ME, 8am, \$5 by 15 May. Limit 800, no post entries. N-MC Marathon, Box 726, Saco, ME 04072. (207-284-8401)
- 31 May - Race of Champions Marathon, Holyoke, MA, 1pm. Walter H. Childs, Box 1484, Springfield, MA 01101. (603-889-0133 or 414-566-3145)
- 7 Jun - Whitsunday Race, E Montpelier, Vt, 5.7mi. Byron Hill (223-6637)
- 13 Jun - Bear Swamp Run, Middlesex, VT, 5.7mi. Nancy Miller (229-0858)
- 13 Jun - GMAA Court Club 5mi (no other info)
- \* 20 Jun - Old Dominion 100mi XC Endurance Run, Front Royal, VA, \$50 by 31 May. Virginia Ingram, Run/Ride Secretary, 12000 Thomas Ave, Great Falls, VA 22066. (703-450-4132)
- 21 Jun - Caspian Lake Runaround, Greensboro, VT, 7mi. Wiz Dow (472-6254)
- 27 Jun - Montpelier 10-Mile Road Race. Roger Whitcomb (229-9805). Requests for entry blanks should go to Ann Russell, Montpelier Recreation Dept, Barre St, Montpelier, VT 05602.

Note: The idea of a 1/2 marathon in Montpelier has been scrapped for 1981.

CENTRAL VERMONT RUNNERS  
 c/o BOB MURPHY  
 RD 3, BIRCHWOOD PARK DRIVE  
 BARRE, VERMONT 05641



*National Running Data Center*  
*Box 42888*  
*Tucson*  
*AZ 85733*