



**Executive Committee**

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

\* \* \*

**MEETING NOTICE**

CVR general membership meeting at Joe McEntyre's home in Plainfield on Wednesday, 20 May, at 7:30pm. Directions to Joe's: As you enter Plainfield from East Montpelier on US2, pass the Health Center and Post Office on your right and the Plainfield Service Center on your left. Take a right onto the side road that runs between McEntyre & Martin law office and Noyle W. Johnson Insurance Agency. A short distance down the side road, there's a sharp right and then take an immediate left down a short hill into a meadow surrounded by houses. Joe's house is on the far side (brick front and above-ground pool in the back). And if, in spite of these fine directions, you get lost, just give Joe a ring at 454-7831. Hope to see you there!

\* \* \*

**GOOD NEWS**

Your membership card may be worth more than you paid for it at the following stores. Simply present your card to be eligible for discounts as follows:

- Miller Sports, Montpelier - 10% off running shoes.

Moriarty Running and Sport Center, Stowe - 15% off running shoes.

Downhill Edge, Burlington - 15% off running equipment.

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**WELCOME TO THE FOLLOWING NEW MEMBERS!**

- Elaine Feeley, Barre
- Jessica Baker, Montpelier
- Jeremy Baker, Montpelier
- Stan Sumner, Montpelier
- William Mayo, Northfield
- John Guilmette, Montpelier

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**RECENT RACE RESULTS**

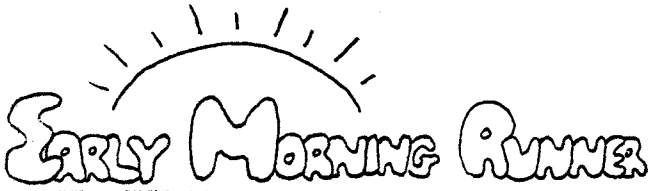
- 11 Apr Williston Women's Run: (3.4mi)
  - Debbie Martin, 9th (4th in 13-17), 22:23
  - Cindy Martin, 13th (5th in 13-17), 23:07
  - Joyce Martin, 23rd (5th in 30-39), 25:17
- 20 Apr Boston AA Marathon:
  - Bud Aronson, 3:17
  - Byron Hill, 3:19
  - Elaine Hoiska, 3:32
  - Bob Murphy, 2:54
  - Bob Vergas, 3:31

\* \* \*

**FOXBORO, MA  
25K ROAD RACE**

It was excellent weather for running if you're the type who likes cool temperatures (42°) with light snow turning to rain at about the 12 mile point. The aspect of the weather that bothered me most was the strong wind that was blowing at the start. It reminded me of the

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# EARLY MORNING RUNNER

## ARE FUN RUNS REALLY FUN?

I've heard rumors lately that make me believe there are some runners out there who think that the Montpelier fun runs aren't! And I recall a pair of Georgia girls who joined us one Tuesday night a couple of years ago, and who asked incredulously (and breathlessly) at the end of the 6-miler, "This is a fun run?"

Quite obviously, we're doing something right because we had pretty good turnouts throughout the last 6 month fun run season. Everyone there seemed to enjoy the experience and "kept coming back for more".

But maybe we're not-quite-so-obviously doing something wrong, too. There are reports that some people don't come to the runs because they're too highly competitive - every run is like a race. The fact that the competitive aspect of fun runs may be losing appeal might explain the considerable drop-off of participation in the trophy series. But then again, couldn't it just be that the running fad has hit its peak in this area and that those who continue running are the die-hards who have been in past years' trophy series and are simply no longer interested? Maybe yes, maybe no.

One certainty, however, is that regardless of the cause, participation in fun runs fell off significantly last year from what it was in 1979. Attendance that year was high throughout the summer, hitting the 120-135 level several times. Typical attendance last summer was 70-80. Quite a dropoff. So maybe we are doing something wrong. Why else would attendance drop off so? And what can be done to lure the "drop-outs" back to the Tuesday night runs? Is it possible to put

more fun into our fun runs and make them responsive to the needs of the majority of runners? I think it's worth a try!

To try to analyze how to approach the problem, I think we must first define just what the needs of the majority of runners are. Why do runners run? The most obvious answers are for health and fitness, for social contact and to satisfy a competitive urge. Present fun runs seem to satisfy the needs of the last group, but what about the needs of those for whom health and fitness and social contact are the primary goals? How well are those needs addressed by our present fun runs?

Not very well, I'm afraid. To begin with, whenever we talk of the fun run events, we often refer to them as 2, 4, and 6 mile races, not runs. And although I'm sure everyone is aware that not everyone treats those runs as races, enough of them do so that the totally non-competitive runner frequently feels as out-of-place as a fish on a bicycle.

And then there's the matter of the finishing times being published weekly in the World. Now I know that a lot of people like that. (They're the ones who are still showing up!) But you have to admit that, like it or not, a non-competitive runner has been turned into a competitor whenever his time is printed in the newspaper. There it is, for his boss, his coworkers, his family and friends to see. He has been ranked by time with other runners in what to the reading public out there must be interpreted as a race. (If it's not a race, why bother listing results??) This can, and reportedly does, end up with the true non-competitive fun runner occasionally being subjected to good-natured (and some not-so-good-natured) ribbing about his weekly time and placement.

So what can be done? Is there some way to preserve what some people apparently thrive on now, and at the same time attract those for whom the Tuesday night event has

lost its appeal? I think so, and I think the answer lies in variety. I believe we're going to have to be imaginative and innovative if we want to lure back the "dropouts". Handicap races have proven to be extremely popular in the past - people who wouldn't come at any other time of the year would show up for those runs. Other events should also be tried which place less emphasis on running ability and more on the social and fun aspects of healthful physical activity in groups. Pace runs, where participants predict their own time, are an example. Team events could be devised where teams are arbitrarily picked - a great way to break out of your normal clique and meet new people. A different locale could be tried occasionally. The opportunities are almost endless.

Darragh Ellerson and Newton Baker are in charge of this year's fun run program and would like to know how You feel about shaking up the old routine and maybe adding a little pizzazz to Tuesday nights. If you have opinions or ideas, pass them on. Volunteer to help out either by running a special event or by acting as timer, recorder, etc, at an event organized by others. In order for the fun runs to survive and grow, they need a little TLC from all of us.

Bob Murphy

\* \* \*

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

\* \* \*

#### FOXBORO, MA (Cont'd from p.1)

marathon there in November and how the wind was a big factor when going around Massapoag Lake. This time, however, when we got to the lake the wind had diminished to a good breeze.

I was pleased with my time although I felt I could have done better if I had pushed. But realizing that there was only a month until Boston, I decided for once to hold back, and wound up feeling excellent at the finish.

At the first mile my time was 7:20. I passed 2 miles in 14:04, having picked up the pace somewhat. My time at 10 miles was 1:10:07, and I finished the race in 1:51:08, an average pace of 7:07. The best part of the race was the end where there was an endless supply of donuts of all varieties and also an endless supply of Coke. Believe me, I had my share and then some!

Byron Hill



You can always tell when Spring arrives. That's when most runners strip down to T-shirt and shorts, and Bob Oatley adds two more layers!

## PROCTOR TEN MILER

While others in the club enjoyed the competition in the March Triathlon, I traveled south, unable to resist the beckoning call of the Rutland area communities and the Three Covered Bridges Ten Mile Race in Proctor.

Whether you remember or not, March 21st was sunny, warm (70°) and windy, pretty good conditions for spectators but not for runners. But what can you do in March with a day like that except celebrate by running?

The entry fee was \$1. A table of prizes greeted me as I paid it. The Proctor High School was open for changing and showers later. Things were delightful.

You can expect that certain runners will be in a race near Rutland. Jack Arthur, Mike Canty and the Short family contribute quality to any race. And of course if John Dimick just happens to arrive a half-hour before the start, you just know the run will be for second place. He did and it was.

At the one o'clock starting time, about 65 runners began a gradual downhill for the first mile. After a winter of slow runs, the first mile seemed fast and easy.

Miles two and three were rolling, but generally uphill. All too soon the pace slowed and reality returned. The euphoric feeling was lost and self-doubts began. A water stop at mile 4 and then 1½ miles of gradual downhill running brought some relief. But then the sun, the wind and the steepest hill of the course greeted me.

My quads began to tell me the beat I felt was not my pace, but rather my throbbing legs. The hill finally ended, but the sun and wind didn't. Fortunately, the course was flat from there to mile 9, with frequent water stops to cool the body. The scenery in this stretch was beautiful. To my left it seemed as though Killington and Pico Peak stood laughing at me. But the 3 covered bridges hid me occasionally

from the laughing mountains and the sun.

After the 9 mile mark I believed it was all over but the glory. Surprise! What a hill! "So what," I figured, "only one". But then a flat area and, "What?, another hill?" This one was even steeper! "When does it end? This wasn't in the script! Another one like this and I'll be walking", I thought to myself. I finally reached the top, however. A small crowd cheered and there was a nice flat two tenths of a mile to the finish. I heard my time. Not bad.

It didn't take me long to learn that Dimick won in 51 and change, more than a minute ahead of second place Arthur. Canty finished fourth. The cheering increased again as Hugh Short finished (around 70 minutes). Chris Short was the first woman in around 72 minutes. I started a conversation with the race director and congratulated him on the race. However, I stated that the last mile did not need two hills. But then I wondered if I had run at all, because another runner mentioned that there were three hills in that last mile!

My time? Ask me anytime when you see me!

It was a tough, challenging course, the hardest ten mile course I have run. Great organization. If you want a tune-up for Boston or like hills this would be the course for you.

On June 7th there will be a 10 Km race from Proctor to Rutland. It's an easy course, but not as flat as the Montpelier Howard Bank course. However, my experience is that the weather will be warm and humid. Forewarning!

Pat DeBlasio

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

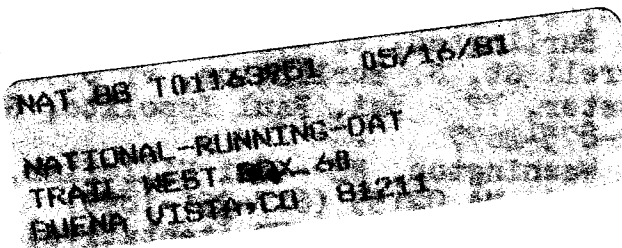
Carpool Coordinator  
Bob Oatley  
828-2621 Days  
229-4565 Evenings

RACE SCHEDULE: (\*) indicates that I have entry blanks. Please send SASE when requesting entry blanks either from me (Bob Murphy, RD3, Barre, VT 05641) or from race directors listed. Although the races listed here are those I consider of primary interest to area runners, I do frequently receive info and entry blanks for many other races in the New England/New York/Quebec area. If you'd like info on events in an area you may be going to for a visit, just give me a call at 476-4328 and I'll try to help you out.

- 16 May - Putney, VT - Apple Blossom XC Frolic, 10km & 1.8mi, 11am at the Grammar School. Pot luck prizes. Bring a bathing suit if its hot. Red Clover Rovers.
- \* 16 May - Plattsburg Marathon, 8:30am (entries closed 7 May)
- 16 May - Huntington, VT - Warbler Ramble, 4.6mi, 10am at Audubon Ctr, \$3. 899-4993 or 434-3562.
- 17 May - Troy, NY - Heritage Trail Marathon, 8am, Al Spain, Troy City Hall, Monument Sq, Troy, NY 12180 (518-270-4482)
- 17 May - Yonkers, NY - Marathon, 10am, Yonkers Marathon, Box 100, Yonkers, NY 10703, NYRRC (212-580-6880)
- \* 24 May - Manchester, VT - Mt. Equinox Hill Climb, 11am, 5 $\frac{1}{2}$ mi, \$4 by 18 May, \$8post. (802-257-4745)
- \* 24 May - Newport, VT - Lake Memphremagog Road Race, 10km, 1pm, \$3 by 20 May, \$3.50 post. Fred Tyburski (334-8185 days, 334-6980)
- 24 May - Waterbury Center, VT - 4.6 & 8mi, 11am, Larry Damon, RR#1, Box 281, Waterbury Ctr, VT 05677. 802-244-7451
- \* 24 May - Kennebunk, ME - Nike/Maine Coast Marathon, 8am, \$5, entries close 15 May, limit 800. (207-284-8401)
- 30 May - Burlington, VT - Thompson/Heart 10km (being planned). Steve Herrero, Thompson/McKinnon Securities, 2 Burlington Sq, Burlington, VT 05401 (802-862-6411)
- 31 May - Hanover, NH - Bike/Canoe/Run. Hank Tenney, Hanover Parks & Rec. Dept., Hanover, NH 03755
- 31 May - Holyoke, MA - Race of Champions Marathon, 11:30am, Walter H. Childs, Box 1484, Springfield, MA 01101 (603-889-0133)
- 6 Jun - Middlesex, VT - Bear Swamp Run, 5.7mi, Bill Joerres, RFD#1, Box 33E, Worcester, VT 05682 (802-223-6652)
- 6 Jun - Enosburg Falls, VT - Dairy Festival Milk Run, 10km. Ron Kilburn, Sheldon Road, St. Albans, VT 05478 (802-527-0284)
- 7 Jun - E. Montpelier, VT - Whitsunday Race, 5.7mi (everything tentative) Byron Hill, RFD1, Montpelier, VT 05602 (802-223-6637)
- \* 7 Jun - Sudbury, MA - NEAC Championship and Women's Open 25km Roadrace, 10am, \$3 by 4 Jun, \$4 post. GBTC, 90 Hampshire St, Cambridge, MA
- 13 Jun - So. Burlington, VT - Court Club 5 Miler, 11am, Peter Hawkes, 70 Farrell St, S. Burlington, VT 05401 (802-862-6428)
- 13 Jun - Chester, VT - 5mi, Paul Ippolito, RFD#2, Chester Depot, VT 05744 802-875-2677
- 14 Jun - Mt. Washington, NH - 8mi Hillclimb, Fred Brown, 157 Walsh St, Medford, MA 02155 (617-391-1899)
- 14 Jun - Proctor to Rutland, VT (tentative), Dave Roche, Box 247, So. Londonderry, VT 05155 (802-824-6622 eves.)
- \* 14 Jun - Wilmington, NY - Whiteface Mtn Hill Climb, 8.3mi, 11am, \$6 by 10 Jun, no post entries. Bob Lopez (518-962-8228)
- 20 Jun - Fairlee, VT - Lake Morey Run, 10km, 3pm, \$2, Ken Boyd, 39 Meadow Rd, So. Burlington, VT 05401 (802-864-5455)
- 20 Jun - Twin Mt, NH - XC run (no other info), NCAC, Box 634, Littleton, NH 03561

- 21 Jun - Greensboro, VT - Caspian Lake Runaround, 7mi, Wiz Dow, RFD#1, Box 69D, Hardwick, VT 05843 (802-472-6254)
  - \* 27 Jun - Montpelier, VT - 10mi Road Race, 12:30pm, \$3 by 22 Jun, \$4 post, Ann Russell, Montpelier Rec Dept, 55 Barre St, Montpelier, VT 05602 (802-223-5141)
  - 28 Jun - White Plains, NY - Manufacturers Hanover Westchester  $\frac{1}{2}$  Marathon, 13.1mi, 10am. NYRRC, Box 881, FDR Sta, New York, NY 10150
  - 3 Jul - Williston, VT - Firecracker Road Race,  $3\frac{1}{2}$ mi, 6pm, \$3, T-shirts for all, Steve Latulippe, Williston. (802-879-6625)
  - 4 Jul - Essex Jct, VT - tentative, Bruce Cunningham, 18 Ridge Rd, Essex, VT 05451 (802-878-3875)
  - 4 Jul - Stowe, VT - Minimarathon, 1.7mi, usually noon, usually \$1
  - 4 Jul - Newport, VT - Firecracker 10,000, 10km (no other info)
  - 4 Jul - Woodstock, VT - 7.4mi, Dave Roche, Box 247, So. Londonderry, VT 05155 (802-824-6622 eves.)
  - 4 Jul - St. Albans, VT - The Great Race, 3mi run,  $1\frac{1}{2}$ mi canoe, 12mi bike, 4-person teams. Endurance Sports, 72 Main St, St. Albans, VT 05478 (802-524-4685)
  - \* 11 Jul - Montpelier, VT - Howard Bank 10km, 1981 NERRC 10 Kilometer Championship Race, 9:30am, \$4, Charlie Bucknam, 17 Phelps St, Montpelier, VT 05602 (802-223-7939)
  - 12 Jul - Essex Ctr, VT - Kurt's  $\frac{1}{2}$  Marathon, 13.1mi, 8:30am, \$3. Kenn Boyd, 39 Meadow Rd, So. Burlington, VT 05401 (802-864-5455)
  - 18 Jul - Bangor, ME, Paul Bunyan Marathon (tentative). Bangor Chamber of Commerce, 55 Washington St, Bangor, ME 04401 (207-947-0307)
  - 18 Jul - Barre, VT - Heritage Festival 5km & 10km. Pete Fournier, 802-476-6402
  - 19 Jul - Jericho Ctr, VT - Partner's Race, 4.8mi, Male/Female pairs combine times in combined age categories, 10am, \$2. Mike & Claudia Sullivan, Box 93, Jericho, VT 05465 (802-899-4059)
  - 25 - 26 Jul - Westport, NY - Lake Placid Marathon Relay, 24 hour relay, 10 person teams, noon to noon. Dr. Bob Lopez, Box 951, Lake Placid, NY 12946. 518-891-3260W/518-962-8228H
  - \* 26 Jul - Stowe, VT - Moriarty's 8mi Road Race, 9am, \$5 by 18 Jul. Craig Schwartz or Jim Miller 802-253-4052 days or 802-253-9686 eves.
  - 26 Jul - Swanton, VT - Summer Festival Swan Run, 8.2mi. Ron Kilburn, Sheldon Rd, St. Albans, VT 05478 (802-527-0284)
- FUN RUNS - Every Tuesday in Montpelier. 5:30pm at Liquor Control Warehouse on Green Mountain Drive. 2, 4 and 6 miles.

CENTRAL VERMONT RUNNERS  
 c/o BOB MURPHY  
 RD3, BIRCHWOOD PARK DRIVE  
 BARRE, VERMONT 05641



National Running Data  
 Center  
 Box 42888  
 Tucson, AZ 85733