



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

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Meeting Notice

The next general membership meeting will be held at 7:30pm on Wednesday, 24 June, at the Howard Bank in Montpelier. Charlie Bucknam tells me that the board room is large enough to hold the entire club, so let's have a good turnout. Show up on time, as there will be someone at the door to let you in only until 7:35.

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Member Discounts

Present your membership card for discounts on merchandise at the following sport shops:

- 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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HELP!!!! 24 HOUR RELAY RACE

Due to a series of unfortunate injuries and poorly planned vacations the CVR 24 hour relay team finds itself short of runners.

Any one who wants to try something different (it's really a lot

of fun) should contact Bob Oatley, 49 E State St, Montpelier - Home phone 229-4565, work phone 828-2621.

In addition to the fun, challenge, and camaraderie of the event itself, the sponsoring team puts on a terrific feed for all afterward. It is gratis also.

We are also looking for a pit crew of three or four people to keep times and compile various statistics. Accomodations for the night will be supplied (Bob Oatley's tent).

This exciting event will take place at Westport, NY, from noon to noon July 25 & 26, 1981. We aren't really involved in being super competitive and the stress involved is not severe enough to require that a participant be a marathon runner. About the maximum that would be required would be for each runner to run one mile each hour at whatever pace they choose. Please help us out!

Bob Oatley

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**HOWARD BANK 10K
RACE COURSE CERTIFIED**

Thanks to the efforts of Standards Committee Chairman Joe McEntyre, the Howard Bank race course has recently been certified by the Athletics Congress Standards Committee. Obtaining certification was no simple matter, and the club owes a debt of gratitude to Bob Oatley and Mo Carutti who assisted in course measurement, and especially to Joe. The six-page (typewritten, single-spaced) application for certification he prepared is an impressive document. (Ted Corbitt of TAC, however, requested even more information above and beyond it before granting certification.) Picking a lawyer for Standards Committee Chairman was a good move!

Handwritten notes:
B
7/10
8/1

SOME THOUGHTS ON AWARDS

NIKE/MAINE COAST MARATHON
MAY 24, 1981

I think about awards a lot. I had to fight for my right to have the first two I won in races, so when I started organizing the Caspian Lake Runaround four years ago, I was determined that the award structure would be as fair as possible to all.

My solution is based on the premise that racers compete only with other racers in their age/sex class. In their hearts all may be racing the whole pack, but for the award ceremony, runners race against their peers.

With that in mind, the Runaround committee simply decides how many prizes we will award and divides them proportionally. When the race is over, we count the number of finishers -- in 1980 there were 120 -- and give the same percentage of prizes to each age/sex class. In 1980 we had 60 prizes so 50% of each class got a prize. Admittedly there is a judgment call to be made when a class has only three entrants and half are to get prizes. But it can be worked out.

I like the system. It's fair. Everyone has equal competition. The man who comes in tenth in a class of thirty has outrun a greater percentage of his competition than the man who comes in third in a class of five. The first is more likely to get a prize than the second.

If awards are to be pre-announced, figuring the results can be more complicated, but possible. I don't want to take the space to suggest a couple different ways fair results could be achieved beyond saying that by looking at past results and learning where the competition is thickest and in what proportion the classes seem to enter races, an award committee can establish a prize structure that will be relatively fair to all.

My main point is this. Awards at a race are a symbol of achievement. As such they should be given as the result of some well thought out plan fair to all who've run the race.

Elizabeth H. Dow

To give you a rundown on this marathon, it has its good points and its bad. Let's start with the good. Starting at the Kennebunk High School and ending at the University of New England in Biddeford, it is a very well organized marathon, with accurate splits at 1, 5, 10, 13.1, 15 and 20 miles. There were official fluid replacement stations every 2½ miles and the residents along the course were very helpful with water and hoses for spraying if desired. At the finish runners were well taken care of, with plenty of fluids and medical care. Official time and place were given within ten minutes.

Now for the bad part. First, it was extremely hot, 76° at 8am and 85° at the finish. A strong headwind greeted me once I passed six miles, at which point the course runs close to the ocean. I would not call it a flat course. The first ten miles were good, but then came the rolling portion of the course (as they called it). There were some pretty good hills thrown in there, especially the last mile, which was all gradually uphill. At that point I really did not need it.

I feel that considering the heat, wind and hills, that I had a good run. I felt great all the way and finished in 3:18:41, fourth in the 50-59 group and 241st of 900 overall.

I will run this marathon again.

Byron Hill

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Going to Chester, Caspian Lake or South Hero? Save gas and share a ride with fellow club members!

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

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CHAMPLAIN VALLEY/YMCA MARATHON

The marathon! What an exciting event! For breakfast, milk and cereal, bacon, eggs, juice, a big plate of pancakes with maple syrup and coffee. At least that's what non-participants Bob Murphy, Byron Hill and I discussed as having eaten. We watched the 6 AM Vermont countryside unfold as we rested on our ride to watch the Plattsburg Marathon. Since Pat DeBlasio was running, we decided to let him drive to use up excess energy.

At Rouses Point, NY, in view of the Canadian border, we met Dr. and Darragh Ellerson, who chose to spend the night at a motel just a stone's throw from the marathon start. With Pat to help set the pace, Darragh would make a run very important to her in a comeback from recent surgery culminating more than a year of physical setbacks and disappointments.

Mary Labate arrived anxious and nervous for her first marathon attempt, but her greatest immediate concern was that her friend's car might not make it to the finish line!

Some stranger wanted to know how he could get back to Rouses Point after the race. We tried to console him with "at least the wind will be behind you if you have to run back".

And blow the wind did, head-on and from the side for almost the entire distance. It was bright and cool but with a decided chill from the wind for those standing around.

At the check-in point a quarter of a mile from the start, a crowd of about 300 runners yawned, stretched, chatted, darted up and down the street, promised each other not to go out too fast, and waited. Among them we found Mo Cerutti and Joe McEntyre ready to run, and Bob Oatley and Don Perkins ready to help and cheer.

Minutes later, a parade of runners streamed to the starting line to await the starter's signal. With flashing police lights, a puff of smoke and a cheer, the pack of

marathoners were off. Then I saw what I was looking for -- a late, lone runner, with the desperate look of an all-out-finisher, raced for the starting line and now holds the record from the check-in parking lot.

Mo was the first of the local runners to pass the five mile mark in 36:57. Joe was close behind in 37:06, with Pat pacing Darragh and Mary in 39:12. All seemed fine except for the help. We were so distracted we forgot to hand out water, and Murphy had to keep reminding me to write down the times. We did better in assisting at the 7, 9 and 12 mile marks and our friends ran through holding steady. I began to notice other runners who appeared regularly with our group and through quick conversation a special bond of friendship was struck. There was the girl in blue with the long pigtails, the stout woman with sprightly comments, the older gentleman with silver hair, the stranger, the running Epsteins from New York, "droopy drawers", and a girl on a bike riding beside her running dad.

At 15 miles, Mo passed looking strong and steady in 1:50, with Joe not far behind in 1:52:05. Mary had picked up her pace slightly and passed 15 running smoothly in 1:57:41. Pat and Darragh kept their pace at 1:59:39. Darragh had fought off "a little more discomfort than I wanted to feel in the earlier part of the run". Pat pushed on with his MacDonald water cup with plastic cap and straw, an effective aid if you like to sip on the run. From here on, we expected to find some people walking, as well as showing increased wear from the challenge they were trying to meet. We weren't disappointed.

We stopped at 18 and 22 miles before heading for the finish. Mo (2:13:49 and 2:47:06) slowed slightly as he began to feel drained and realized from past experience that the wiser course was to finish gently and not push just to prove something. Joe (2:16:50 and 2:51:09)

PLATTSBURG MARATHON (Cont'd. from p3)

IMPORTANT NOTICE

began to experience deadly cramps, first in one leg and then both. His experience pulled him through as he tried stretching, walking, running on the opposite side of the road and changing pace. It's a tribute to both men's training that they could adjust and finish with decent times (Mo in 3:24:56 and Joe in 3:31:56) and without injury.

Mary (2:22:40 at 18, 2:57:10 at 22), with her consistent training background, ran a beautifully paced race with an excellent first marathon finishing time of 3:32:02.

Soon after, Pat and Darragh arrived in a fine time of 3:39:35. Darragh's effort encouraged us all. She is a remarkable lady and a tough runner.

Those other people and the car made it too. That night, Channel 5 had some good shots of the run. The announcer asked one of the runners, "What's the marathon to you?" The girl in blue with the long pigtails answered, "It's a lot of people having fun and helping each other."

Newton S. Baker

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If you are not planning on running in either the Montpelier 10 Mile Road Race on 27 June or the Howard Bank 10km Race on 11 July, your services are needed. Please volunteer to help, thus assuring continuance of these important annual events. To help out in the 10 Miler, call Roger Whitcomb at 229-9805. I have assured Charlie Bucknam that CVR will assume responsibility for the finish line duties at the Howard Bank race this year. To help out at that event, please call Bob Murphy at 476-4328.

Remember, good running events require more than just runners!

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WELCOME TO THE FOLLOWING NEW MEMBERS!

- Brian Perkins, Barre
- Lynn Perkins, Barre
- Jim Suskin, Montpelier
- Mailis Ellerson, Montpelier
- J.E. McCarthy, Montpelier
- Dana McCarthy, Montpelier

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I told you that finish line tape was too strong!

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.

- Fun Run - every Tues. evening in Montpelier. 5:30pm at Liquor Control Warehouse on Green Mountain Drive. 2,4 and 6 mile runs.
- * 13 Jun - Chester, VT - Alumni Day Race, 5mi, 10:30am, \$2, \$4 post. Large CVR contingent going to this one. Call Bob Oatley if you'd like to come along. Paul Ippolito (802-875-2677)
 - 13 Jun - So. Burlington, VT - Court Club 5-Miler, 11am, 70 Farrell St. Peter Hawkes (802-862-6428)
 - 14 Jun - Conway, NH - Mt. Washington Hillclimb, 8mi. Fred Brown (617-391-1899)
 - 14 Jun - Proctor to Rutland, VT (tentative) Dave Roche (802-824-6622 eves)
 - * 14 Jun - Wilmington, NY - Whiteface Mt Hillclimb, 11am, 8.3mi, \$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 Mtn, NH - XC Run (still have no other info). NCAC, Box 634, Littleton, NH 03561
 - * 21 Jun - Greensboro, VT - Caspian Lake Runaround, 7mi, 10:30am, \$3, \$4 post, Wiz Dow, RFD#1, Box 69D, Hardwick, VT 05843 (802-472-6254). This is a traditional favorite with CVR runners - let's see a big turnout!
 - * 27 Jun - Montpelier, VT - 10 Mile Road Race, 12:30pm, \$3 by 22Jun, \$4 post. Ann Russell, Montpelier Rec Dept, 55 Barre St, Montpelier 05602. (802-223-5141) Roger Whitcomb has been working hard to put this one together. Another "must" for a big CVR showing!
 - * 28 Jun - Claremont, NH - Moody Oak Foot Race, 10km, 10:30am, \$2.50 by 20 Jun, \$3.50 post; also 2mi fun run for \$1.50/2.50. ACORN, Box 164, Claremont 03743
 - 3 Jul - Williston, VT - Firecracker Road Race, 3 1/2mi, 6pm, \$3, T-shirts for all. Steve Latulippe, Williston. (802-879-6625)
 - 4 Jul - Stowe, VT - Minimarathon, 1.7mi. Usually noon, usually \$1
 - 4 Jul - Essex Jct, VT - tentative. Bruce Cunningham (802-878-3875)
 - 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)
 - 4 Jul - St Albans, VT - The Great Race, 3mi run, 1 1/2mi canoe, 12mi bike, 4-person teams. Endurance Sports, 72 Main St, St Albans, VT 05478 (802-524-4685)
 - * 4 Jul - Hillsboro, NH - Hillsboro Fire Dept Road Race, 5mi, 9:30am, \$3 by 27 Jun, \$4 post. Phelps Photo (603-464-5932)
 - * 11 Jul - Montpelier, VT - Howard Bank 10km, certified course. THIS IS THE 1981 NERRC 10KM CHAMPIONSHIP RACE - NERRC CLUBS WILL COMPETE FOR TEAM AWARDS IN WOMEN'S, MEN'S OPEN, AND MEN'S MASTER CATEGORIES - ALSO INDIVIDUAL AGE-GROUP AWARDS AS IN THE PAST. 9:30am, \$4. Charlie Bucknam, 17 Phelps St, Montpelier, VT 05602 (802-223-7939) This promises to be the CVR event of the year. Don't miss it!
 - 12 Jul - Essex Ctr, VT - Kurt's 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 04401 (207-947-0307)
 - 18 Jul - Barre, VT - Heritage Festival 5km & 10km. CANCELLED
 - 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 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). CVR will field a team for this one. Call Bob Oatley if interested.
- * 26 Jul - Stowe, VT - Moriarty's 8mi Road Race, 9am, \$5 by 18 Jul. Craig Schwartz or Jim Miller (802-253-4052days/802-253-9686eves)
- 26 Jul - Swanton, VT - Summer Festival Swan Run, 8.2mi. Ron Kilburn, Sheldon Rd, St Albans, VT 05478 (802-527-0284)
- 1 Aug - Littleton, NH - 9.73mi. NCAC, Box 634, Littleton 03561
- 1 Aug - Plattsburg, NY - Budweiser "Bud Run", 5mi XC, 1pm. Terry Gordon, 11 Pleasant St, Plattsburg 12901 (518 563-0693)
- 1 Aug - Star Lake, NY - Adirondack Marathon, 8am. Bart Savino, Star Lake Fire Hall, Star Lake 13690 (315-848-2047)
- 2 Aug - Underhill, VT - Dump Run, 7mi, 11am, \$1. Steve Herrero, Poker Hill Rd, Underhill 05489 (802-899-3695)
- 8 Aug - Fairfax, VT - 5mi (tentative) Bill Brooks, Fairfax 05454 (802-849-6573)
- 8 Aug - Shelburne, VT - GMAA Bike and Tie, 14mi, 10am, Kwiniaska Golf Course, \$2 entry for teams of 2 runners with one bicycle. Dave Jacobowitz, 51 Platt St, Winooski, VT 05404 (802-655-2503)
- 8 Aug - Rupert, VT - 2mi & 10km, Dave Roche (802-824-6622 eves)
- 9 Aug - Barre, VT - CVR Annual Picnic and Fun Run (details next issue)
- 9 Aug - Hanover, NH - 2mi & 10km, Hank Tenney, Hanover Parks & Rec Dept, Hanover 03755
- 9 Aug - Lake George, NY - National, 15km Championship; Athletic Attic, Glens Falls, NY
- 22 Aug - South Hero, VT - Green Mountain Island Marathon, 8am, \$5 by 11 Aug. Leighton Walker, 2 Redwood Terr, Essex Jct, VT 05452 (802-878-2322)
- 23 Aug - Ottawa, Ont. - ~~Avon International Women's Marathon. Avon International Running Circuit, 9 W 57th St, New York, NY 10019~~

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



National Running Data
 Center
 Box 42888
 Tucson, AZ 85733