



Executive Committee

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

\* \* \*

WELCOME TO THE FOLLOWING NEW MEMBERS:

- Sue Christiansen, Montpelier
- Frank Ruffle, Barre
- George Ryan, Plainfield
- Leighton Wass, Barre
- John Merrill, Stowe
- Deborah Merrill, Stowe
- David Farmer, Montpelier
- Timothy Noonan, Montpelier
- Stephen Sease, Moretown
- Bill Powers, Brattleboro
- Fred Ross, Brattleboro
- Steve Everett, Montpelier
- Michael Collins, Moretown
- Leonard Wilson, Waitsfield
- Rob Rothman, Waterbury Ctr
- Leatrice Hayer, W Hartford, Ct

\* \* \*

MEETING NOTICE

The next general membership meeting will be held at 7:30pm on Wednesday, 22 July, at the Howard Bank in Montpelier. There will be someone at the main door on Main Street to let you in only until 7:35, so be on time. Bring something for the pot-luck dessert table for after the meeting.

\* \* \*

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

\* \* \*

RECENT CVR RACES

Three club races in the month of June all saw previous records fall. On June 6th, Jack Fahey toured the Bear Swamp course in record time of 32:25. Two weeks later at Caspian Lake, Jim Miller set a new standard for men in a 35:44 effort. Then at Montpelier's annual 10-miler a week later, both men's and women's records fell. It was Jim Miller again for the men, this time trimming seconds off John Dimick's old mark with a 50:46 time. Judi St.Hilaire crossed the line less than 7 minutes after Jim, knocking over 2 minutes off Anne Schiavone's previous women's record. Judi's time was 57:12.

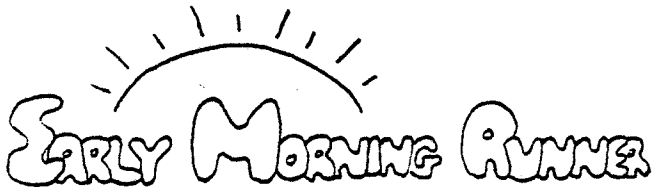
I missed the Bear Swamp Run this year, but can personally attest to the well-run, high caliber nature of the Caspian Lake and Montpelier events, thanks primarily to the efforts of Race Directors Wiz Dow and Roger Whitcomb, respectively. Quality events such as these will continue to be popular as long as we have dedicated and talented individuals (such as Wiz and Roger) running the show. Great job!

Complete results of all three races appear elsewhere in this issue.

\* \* \*

UPCOMING CVR RACES

- Don't miss:
  - Howard Bank 10Km - 11 Jul
  - Caspian Foliage Run - 20 Sep
  - Berlin Pond Couples Race - 10 Oct



# Early Morning Runner

## FUN RUNS REVISITED

A couple of months ago I raised the question, "Are Fun Runs really fun?" in this column. I've since come to the conclusion that not only are they fun, but also very interesting, based on all the press coverage we've been getting lately. (And I understand that Paul Harvey even picked up on our tangle with the State Liquor Dept. in his broadcast two weeks ago Friday!) Look for an article on our fun runs in the September issue of Runner. Yes, even they called and wanted the scoop on our battle with the bureaucracy! The woman interviewing me could scarcely stop laughing as I related the details to her.

It seems as though the humorous aspects of this confrontation have tickled the funnybone of just about everyone who has heard about it. So much so that there's a real possibility that the serious side of the situation could too easily become forgotten or ignored. It was easy to dismiss as childish the blocking of the fun run route by truck trailers a couple of weeks ago. It's not so easy to dismiss the subsequent revelation that we are not totally welcome guests in the Liquor Dept. parking lot every Tuesday evening.

Sure, we can rationalize the situation - we're taxpayers using facilities we've paid for with our hard earned money - and here are our employees telling us we have no right to be there! And public sentiment has obviously been with the fun runners these past few weeks. But there's another side to the story, too. And that side was related to me by Irv Bates and Jean Hickey in a meeting just a few days after the trailer incident.

They've both got a job to do (for us, as well as other taxpay-

ers) and are occasionally frustrated in their attempts to get the most for the tax dollar when employees of the Liquor Department must spend time picking up trash that's been strewn around in the parking lot. Now you and I know that the Tuesday night fun runners are not responsible for that situation, but Bates and Hickey didn't. They've related other incidents which have caused some consternation among employees at the Liquor Control office; a male runner (not on a Tuesday night) making a complete change of clothes in full view of office workers, runners using employees' cars to lean and stretch against and Tuesday nighters stretching against the building and at the same time "peering in the windows" at workers still on duty.

Some of these complaints may seem petty to you. Some may be misdirected at fun runners. But I'm sure you will realize that on occasion we have probably not made ourselves as welcome as we could have. Don't misunderstand. I'm not accepting the fact that the Tuesday night group is specifically responsible for any of the above incidents. What I am saying is that individuals may at times (and perhaps unintentionally) have upset someone at the Liquor Department. (Let's face it - runners who go like the wind on the race course have not always moved with similar speed to clear the way for a truck entering the Liquor Control parking lot at about 5:30!)

So have your chuckles over the light side of this episode. But take a hard look too at your attitude toward the values and concerns of others. We don't have much control over what goes on at other times of the week, but let's make sure we keep in mind on Tuesday nights those things perceived as irritants by the Liquor Control folks. And then let's go that extra mile to respect those concerns and ensure that we are as welcome guests as we possibly can be.

Bob Murphy

## ATTENTION NEW MEMBERS

If you have not yet received your club T-Shirt, contact Darragh Ellerson (223-2080). Shirts can be picked up at fun runs, at club meetings, or other arrangements can be made.

\* \* \*

## 24-HOUR RELAY

Egad! Response to the request for volunteers for this event in the last issue of the Newsletter was so overwhelming that not only did Bob Oatley manage to round out the roster of his proposed ten-person team, but he's well on his way to filling out three CVR teams! No typo; you didn't misread it either! That's T\*H\*R\*E\*E! So far it looks like there'll be two men's teams and Darragh Ellerson will be heading up an all-woman team. (Lake Placid Tens, watch out!) If you're intrigued with the idea of staying up all night running with other club members in Westport, NY, on 25-26 July, Bob is still taking names. Call him now at 828-2621W/ 229-4565H and reserve your spot. The more the merrier! And if the idea of running all night long doesn't particularly turn you on, but think you'd like to come along just to observe this madness, you'll be welcome too. Give Bob a call and let him talk you into performing some pit-crew duties (such as timing or recording split and mile times).

\* \* \*

## SPECIAL OFFER FROM DAVE DOW

Always wanted a pacing chart for a specific race distance, but didn't want to go through all the work to make one up? Send SASE to Dave Dow, state the distance, and he'll send you a computer printout giving race times for various paces in 5 second increments. Write Dave at Rt 1, Box 1110, Hardwick, VT 05843.

\* \* \*

## ! ! SPECIAL NOTICE ! !

## 2ND ANNUAL CVR SUMMER PICNIC

SUNDAY, 9 AUGUST

Time: 2pm until closing

Place: Bob Murphy's home on West Hill in Barre - from I-89 exit 6, follow access road down hill for 1.7mi, turn left on Miller Rd, then another left  $\frac{1}{4}$  mile further. Bob's house is grey with white trim, 4th on the right.

Who: All CVR members and their families or sweethearts.

What: Fun run, swimming, badminton, volleyball, horseshoes, etc, and pot-luck picnic/cookout.

Bring: Bathing suits, towels, change of clothes, plates, cups, eating utensils, your own beverages, food (\*) and a healthy appetite.

(\*) Call: Bob Murphy at 476-4328 to coordinate food so everyone won't be bringing the same dish.

Y'ALL COME! Y'HEAR?

\* \* \*

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

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

\* \* \*

## TAC MEMBERSHIP FORM

I have one application left. If you're planning on running the Concord 20Km or the Ocean State Marathon with me you'll need it! Call Bob Murphy, 476-4328.

\* \* \*

## HELP NEEDED AT FUN RUNS

Sign up to time if you haven't already done so. The success of the fun run program depends on your support.

\* \* \*

**SEVENTH ANNUAL MONTPELIER ROAD RACE**  
27 June 1981

## Complete Results

## MALE 30-39 (Cont'd)

Place	Time	Name	Team	City	State	Place	Time	Name	Team	City	State
<b>MALE 0-17</b>						27	67:51	Jim Suskin	CVR	Montpelier	VT
1	57:59	Michael Richardson		Riverton	VT	28	68:03	Barry Hillman	VR	Mendon	VT
2	58:46	Francis Burdett		Montpelier	VT	29	68:12	James Howley	GMAA	So Burlington	VT
3	59:00	Jon Rouelle		Montpelier	VT	30	68:12	John Bergeron		Burlington	VT
4	59:26	David Saltmarsh	TTAC	Contoocook	NH	31	68:24	Richard Letsinger	GMAA	Richmond	VT
5	60:54	Bill Newsham	GMAA	Colchester	VT	32	68:59	Keith Turman		Essex Jct	VT
6	61:48	Peter Harroun	ES	Essex Jct	VT	33	69:17	Newton Baker	CVR	Montpelier	VT
7	63:14	Sean Lynn		Worcester	VT	34	69:22	Kenn Boyd	GMAA	So Burlington	VT
8	65:07	Kevin Kilkenny		Waterbury	VT	35	69:31	A P Farrington	GMAA	So Burlington	VT
9	66:14	Rich Marquardt	ES	Essex Jct	VT	36	70:42	John Mallery	NS	Montpelier	VT
10	67:08	Joseph Donahue	ES	Essex Jct	VT	37	70:48	Irwin Belitsky		Morrisville	VT
11	68:39	Chris Dobson	GMAA	Huntington	VT	38	70:49	Michael Asch	CMRRC	Westmount	QUE
12	72:28	Jeff May	RPRR	Rouses Point	NY	39	71:05	Frank Ruffe	TT	Barre	VT
13	78:31	Scott Aldrich		Richmond	VT	40	72:40	Byron C Hill		Medford	MA
14	94:59	Don Moser	ES	Essex Jct	VT	41	73:04	Raymond Usle	CVR	Barre	VT
15	106:14	Jasen Boyd	GMAA	So Burlington	VT	42	74:48	William Copp	GMAA	So Burlington	VT
<b>MALE 18-29</b>						43	75:08	John McKeen	CVR	Randolph	VT
1	50:46	Jim Miller	MRT	Stowe	VT	44	75:18	P T Burke		Winooski	VT
2	51:13	Yark Albin	BAA	Blackstone	MA	45	75:28	Dave Crowell	CVR	Montpelier	VT
3	51:26	Steve Stebbins	GMAA	Burlington	VT	46	75:47	Jeff Shutak	CVR	Barre	VT
4	51:57	Anthony Quinn	GMAA	Milton	VT	47	77:24	Richard Ferrell		Norwich	VT
5	52:10	John MacKay	GMAA	Burlington	VT	48	77:42	Milton Fowler		Randolph	VT
6	52:51	Chris Baldwin	GMAA	Burlington	VT	49	77:42	Mark Jewett		Randolph	VT
7	54:52	Tony Bates	UVM	Montpelier	VT	50	79:58	Mark Redmond		Montpelier	VT
8	55:04	Randal Sightler	UVM	Danville	VT	51	83:57	Tom Commito	CVR	Montpelier	VT
9	56:33	Rick Cleary	GMAA	Burlington	VT	52	84:14	Steven Minor	GMAA	Burlington	VT
10	56:38	Ed Sparkowski	AL	Chazy	NY	53	84:25	Dennis White		Montpelier	VT
11	56:43	Shawn Gardner		Riverton	VT	54	87:19	Peter Nowlan		Randolph	VT
12	57:53	Gregory DeFrancis	UVM	So Burlington	VT	<b>MALE 40-49</b>					
13	58:54	Dean Bumstead		Winooski	VT	1	61:27	Pat Button	GMAA	Winooski	VT
14	59:12	Henry Bechtel	GMAA	Proctor	VT	2	62:15	Moe Hamel	GMAA	So Burlington	VT
15	59:46	John Donnelly		Burlington	VT	3	62:38	H Oldham Brooks	SMAC	Amherst	MA
16	60:59	Peter Richardson	ROR	W Brattleboro	VT	4	62:50	Jim Seemann	GMAA	So Burlington	VT
17	61:03	Blaine Kinsey		Montpelier	VT	5	64:12	Stan Vancelette	CMS	Manchester	NH
18	61:08	Keith Richards	GMAA	Hinesburg	VT	6	64:36	Chris Martin	CVR	Calais	VT
19	61:11	Richard Wells	GMAA	Winooski	VT	7	66:27	Bruce Cunningham	GMAA	Essex Jct	VT
20	61:21	Richard Millar	CVR	Montpelier	VT	8	68:18	Joe McEntyre	CVR	Plainfield	VT
21	61:35	Tim Noonan	CVR	Montpelier	VT	9	68:38	Robert Kelley	KBR	Essex Jct	VT
22	61:35	Francis Quigley	GMAA	Burlington	VT	10	68:52	Paul Mailman	CVR	Montpelier	VT
23	62:05	Scott Trainer	VV	Cortland	NY	11	69:52	Bob Halverson		Burlington	VT
24	63:29	George Ryan	CVR	Plainfield	VT	12	70:10	Bob Mercier		Montpelier	VT
25	63:35	Tom Trainer	VV	Cortland	NY	13	70:31	Leeward LaBier	MRT	Stowe	VT
26	68:13	Jeff Mullen		Montpelier	VT	14	71:39	Gerow Carlson		Waterbury	VT
27	68:47	Kevin Martell	UVM	So Burlington	VT	15	74:02	Larry Miller	CVR	Montpelier	VT
28	70:17	Wade Walker	TT	Montpelier	VT	16	74:11	Sherm Hunt	GMAA	Burlington	VT
29	70:56	Jamie Bixby	ES	Essex Jct	VT	17	75:54	Lee Blodgett	GMAA	Essex Jct	VT
30	71:13	James McCarthy	CVR	Montpelier	VT	18	78:19	Arthur Bylow	RPTC	Rouses Point	NY
31	73:22	Steven Wright		Calais	VT	19	79:14	Neil Stout	GMAA	Burlington	VT
32	73:36	Jay Bergeron		Burlington	VT	20	94:18	Loy Harrell		Hinesburg	VT
33	73:38	Peter LaPenta		Lynn	MA	<b>MALE 50-59</b>					
34	77:32	Jeff Potash	GMAA	Burlington	VT	1	62:44	Rick Saltmarsh	NCAC	Penacook	NH
35	78:59	Jim Griffiths	TT	Montpelier	VT	2	65:43	George Schiavone	GMAA	Shelburne	VT
36	79:27	Bob Rothman		Waterbury Ctr	VT	3	66:48	Sherm Williams	GMAA	Essex Jct	VT
<b>MALE 30-39</b>						4	68:58	Bud Aronson	CVR	Chelsea	VT
1	54:36	Mark Chaplin	CVR	Worcester	VT	5	74:13	Robert Wilson	CVR	Montpelier	VT
2	56:48	Mike Canty	GMAA	Proctor	VT	6	74:22	Leonard Wilson		Waitsfield	VT
3	56:52	Jon Williams		Moscow	VT	7	81:46	Robert Bing	GMAA	Burlington	VT
4	57:35	Murray Banks	VV	Bethel	VT	<b>FEMALE 0-17</b>					
5	58:08	Dave Sanborn	GMAA	Rutland	VT	1	75:39	Linda Halverson	EMB	Burlington	VT
6	58:25	John Valentine	GMAA	Richmond	VT	2	76:28	Debbie Martin	CVR	Calais	VT
7	58:29	Ralph Swenson	GMAA	Burlington	VT	3	80:08	Cindy Martin	CVR	Calais	VT
8	58:42	Lincoln Porter		Rutland	VT	4	89:12	Jamie Heath	EMB	Rouses Point	NY
9	59:06	David Gearin	GMAA	Cambridge	VT	<b>FEMALE 18-29</b>					
10	59:33	Lowell VanDerlip	CVR	Adamant	VT	1	57:12	Judi St. Hilaire	GPV	Burlington	VT
11	60:19	Perry Bland	UVM	Williston	VT	2	59:56	Anne Schiavone	EMB	Shelburne	VT
12	60:25	John Hackney		Shrewsbury	VT	3	62:06	Leatrice Hayer		W Hartford	CT
13	61:19	Thomas Raskin		Winooski	VT	4	66:04	Merill Cray	TY	Barre	VT
14	62:16	Larry Kimball	GMAA	Burlington	VT	5	66:58	Karen Bucke	GPV	Essex Jct	VT
15	62:33	Michael Elmore	GMAA	Burlington	VT	6	69:05	Lisa Cote	EMB	Burlington	VT
16	63:47	Peter Wallan	GBS	Stoughton	MA	7	70:05	Mary Labate	CVR	Montpelier	VT
17	64:11	John Schweizer	HG	Richmond	VT	8	70:43	Mary Schiavone	GPV	Shelburne	VT
18	64:56	Patrick Riordan		Burlington	VT	9	71:16	Anne Kryder	EMB	Burlington	VT
19	64:59	Glenn Gershaneck	CVR	Graniteville	VT	10	73:31	Debbie O'Connor	GPV	Burlington	VT
20	65:12	Bill Nelson		Norwich	VT	11	82:46	Rosalyn McDonough	GPV	Rouses Point	NY
21	65:25	Robert Searles	MRT	No Wolcott	VT	12	92:51	Mary Jonas		Brookline	MA
22	66:11	Chris Lynn		Worcester	VT	13	93:29	Donna Lipp		Moretown	VT
23	66:31	Trim Conklin	MRT	Wolcott	VT						
24	66:43	Andrew Hawley		Pittsfield	VT						
25	67:25	Maurice Cerutti	CVR	Barre	VT						
26	67:35	Faschal DeBlasio	CVR	Montpelier	VT						

**FEMALE 30-39**

1	69:11	Jane Banks	VV	Bethel	VT
2	69:12	Deb Crow	GMAA	Stowe	VT
3	71:51	Elaine Hoiska	CVR	Hartford	CT
4	75:53	Molly Corrigan	CVR	Montpelier	VT
5	76:26	Harriet Rosenberg		Hanover	NH
6	77:24	Kit Van Winkle		Norwich	VT
7	78:12	Mary Desmarais		Winooski	VT
8	82:02	Donna Kennedy	GMAA	Essex Jct	VT
9	84:06	Pat Weaver		So Burlington	VT
10	84:48	Joyce Martin	CVR	Calais	VT
11	86:31	Nancy Miller	CVR	Montpelier	VT
12	92:25	Bernadette Pedagno		Montpelier	VT
13	97:22	Marjorie Adams		Burlington	VT

**FEMALE 40+**

1	70:32	Phyllis Heaton	SVRR	Dorset	VT
2	78:58	Darragh Ellerson	CVR	Montpelier	VT
3	84:18	Doris Aronson	CVR	Chelsea	VT
4	86:42	Ellen Anders	CVR	Montpelier	VT
5	87:34	Maureen Murphy	ES	So Burlington	VT
6	93:42	Marilyn Wilson	CVR	Montpelier	VT

**TEAM RESULTS**

**MALE 0-39**

1	3:28:24	GMAA (Stebbins, Quinn, MacKay & Baldwin)
2	3:48:08	UVM (Bates, Sightler, DeFrancis & Bland)
3	3:57:05	CVR (Chaplin, Vanderlip, Millar & Noonan)
4	4:26:06	ES (Harroun, Marquardt, Donahue & Bixby)

**MALE 40+**

1	4:12:15	GMAA (Hutton, Hamel, Seemann & Schiavone)
2	4:30:44	CVR (Martin, McEntyre, Mailman & Aronson)

**FEMALE**

1	4:28:24	GPV (St Hilaire, Bucke, Schiavone & O'Connor)
2	4:35:56	EMB (Schiavone, Cote, Kryder & Halverson)
3	4:54:17	CVR (Labate, Hoiska, Corrigan & Martin)

**TEAM INDEX**

- AL - Ayerst Laboratories
- BAA - Boston Athletic Association
- BMB - BM Bombers
- CMRRC -
- CMS - Central Mass Striders
- CVR - Central Vermont Runners
- ES - Essex Striders
- GBS - Greater Brockton Striders
- GMAA - Green Mountain Athletic Association
- GPV - GP Vapors
- HG - Hovey Grill
- KBR - Keeler Bay Roadrunners
- MRT - Moriarty Racing Team
- NCAC - North Country Athletic Club
- NS - Natural Systems
- RCR - Red Clover Rovers
- RPRR - Rouses Point Run Runners
- RPTC - Rouses Point Track Club
- SMAC - Sugarloaf Mountain Athletic Club
- SVRR - Southern Vermont Road Runners
- TT - Thunder Thighs
- TTAC - Turtle Town Athletic Club
- UVM - University of Vermont
- VR - Vermont Ridgerunners
- VV - Vergil Vermins

**FOURTH ANNUAL CASPIAN LAKE RUMAROUND  
21 June 1981**

**Complete Results**

<b>Men 18-29</b>			
35:44	Jim Miller	MRT	40:51 John Funk
35:53	John MacKay	GMAA	41:25 John Estle
36:34	Steve Stebbins	GMAA	42:18 Jeff Staab GMAA
37:27	Tony Quinn	GMAA	42:41 Chas. Cheringto
38:40	Randy Sightler		43:59 Peter Smith
38:58	Brent Turner		43:59 George Ryan CVR
39:49	Jeff Clark	RCR	44:19 Michael Hargrave GMAA
39:49	Rick Cleary	GMAA	45:58 Peter Downs

46:06	John Havard	PS	53:02 Gilbert Townsend
46:26	Wade Walker		54:20 Michael Cusamano
46:35	Scott Dorwart		54:26 Dave Baker
48:00	Ames Russell		54:36 Richard Friel
48:14	Luciano Nicasio		54:42 Jerry Lasky
48:40	Jeff Montgomery		55:06 Mark Agan
50:27	Clark Webster		55:19 Bob McCann
50:46	Jim Griffiths		55:59 David Dow CVR
51:22	Ringo Hatch		56:11 Richard Axelrod
51:37	Bernard Shepard	GMAA	57:47 Mike LaLancette
54:34	Roland Hall		58:34 Den Montgomery
56:30	Dan LaBlanc	PS	60:22 Alan Thorndike
59:24	Mark Miculey	PS	61:10 Ray Decelles

**Women 18-29**

41:45	Anne Schiavone	GMAA	62:21 Topher Waring
48:21	Mary Schiavone	GMAA	
48:46	Lisa Bernardin	GMAA	<b>Women 30-39</b>
50:14	Jennifer Lucas		44:44 Moira Hendricks
50:26	Abby Bronson		48:20 Elaine Radwanski
51:44	Lyndall Hayer		52:09 Eliz. Meiklejohn CVR
51:54	Susan Walker		53:18 Sue Christiansen CVR
52:25	Ann Deslauriers		56:07 Mary Sinclair NAA
53:16	Cilla Kimberly	GMAA	58:03 Joyce Martin CVR
54:52	Deb Prescott		58:33 Anne Thaanum
56:05	Ellen Smith		64:46 Kathleen Frain
58:30	Nicole Decker		65:53 Leigh Rowell
58:30	Kate Lamere	PS	
60:26	Michaela Maley		<b>Men 40-49</b>
70:00	Monique LeBlanc	PS	43:04 Tim Simpson
70:00	Mechels LeBlanc	PS	44:13 Jim Seemann GMAA
72:41	Claire LeBlanc	PS	44:20 Chris Martin CVR

**Men 30-39**

36:18	Kurt Lowenstein		44:39 Lee LaBier
37:12	Mark Chaplin	CVR	44:57 Bob Murphy CVR
37:51	Jim Fredericks		47:40 Joe McEntyre CVR
40:41	Lowell Vanderlip	CVR	49:06 Bob Halverson
41:15	Oleg Ritter	GMAA	51:50 E. Robert Premo
41:42	Ric Prescott		52:00 Rich. Ejuanowicz
42:28	Stephen Herrere	GMAA	52:15 Lee Blodgett GMAA
42:54	Chuck Arnold		53:10 Bob Oatley CVR
43:18	Francis Gabel		54:19 Roger Cranse CVR
43:37	Karl David		55:33 Neil Stout GMAA
44:11	John Schweitzer		58:25 Jim Bicknell
44:24	Gordon Johnson		57:02 Edward Chabot CVR
44:40	Ted Houle		63:05 Tom Sands
45:31	Robert Searles		65:13 Don Perkins CVR

**Women 40-49**

54:06	Teri Scatchard	GMAA
59:45	Kathleen Strand	
59:57	Maureen Murphy	
60:24	Pat Halverson	
62:39	Mary Lou Bell	
66:57	Bridget Noonan	
77:04	Anne Batten	CVR

**Men 50-59**

44:37	Lauren Williams	GMAA
45:40	George Schiavone	GMAA
48:02	Dick Renfro	
48:41	Byron Hill	CVR
59:16	R.J. Noonan	GMAA
59:47	Herb Painter	
59:49	Bill Bernhard	
69:27	James Russell	

**Women 50-59**

61:52	Ruth Painter	
74:00	Barbara Stearna	

**Men 9-17**

43:27	Sean Lynn	
51:51	James Gagnon	
54:46	Peter Stout	
83:12	Don Hescok	

**Women 9-17**

51:23	Tara Mitchell	
52:35	Debbie Martin	CVR
54:35	Cindy Martin	CVR
63:03	Sharon Nichols	
72:37	Eliz. LeBlanc	PS

- CVR - Central Vermont Runners
- GMAA - Green Mountain Athletic Association
- MRT - Moriarty Racing Team
- PS - Purchase Striders (NY)
- RCR - Red Clover Rovers

FOURTH ANNUAL BEAR SWAMP RUN  
6 Jun 1981

## Complete Results

<u>13-29 Female</u>		<u>30-39 Male</u>	
44:01 Dana McCarthy CVR		33:15 Jon Williams	
45:12 Gina Campoli		35:25 Oleg Ritter	
		36:32 Steve Sease	
<u>30-39 Female</u>		36:46 John Lazenby	
43:53 Elaine Hoiska* CVR		37:27 John Schweizer	
47:57 Sue Christiansen CVR		38:22 Pat DeLassio CVR	
56:15 Sally Smith		39:14 Trim Conklin	
		39:47 Robert Searles	
<u>40-49 Female</u>		41:15 Dave Crowell CVR	
52:58 Doris Aronson CVR		41:18 Ted Turkle	
		42:31 John Mallery	
<u>0-12 Male</u>		43:34 Mike Katzenberg	
53:23 Chad Wendel		43:36 Dick Dreissigacker	
55:19 Chris Bathgate		43:40 Stan Sumner CVR	
55:20 Sean McGrana		44:05 Peter Smith	
55:21 Jason Denner		44:46 Jeff Shutack CVR	
55:25 Jason Bathgate		45:00 Bob Vergas	
		46:36 John Weixel	
		48:21 Mark Redmond	
<u>13-29 Male</u>		51:38 Tim Hayward	
33:10 Chris Milne		----- Kim Bitterman**	
32:25 Jack Fahey #			
40:05 J.B. McCarthy CVR		<u>40-49 Male</u>	
41:52 Scott Harrower		40:28 Joe McEntyre CVR	
42:31 Tom Lane		42:59 Larry Miller CVR	
53:23 Richard Austin		45:51 Bill Joerres	
		56:17 Don Perkins CVR	
* First woman finisher.		<u>50-59 Male</u>	
# Awarded 2nd place even though best time of the day because he started late.		39:53 Byron Hill CVR	
** No time recorded - he stopped to visit.		40:02 Bud Aronson CVR	
		44:31 Leonard Wilson	

## TRAINING TIPS

### TRAINING AND CLINICS

by Trudy Trumpy

Preparing for daily runs, whether training or just for exercise, should always be preceded by stretching. Whatever level of running each of us has achieved, the stretching process is always of value and will save us from injury to muscle or bone.

Think of dancers; hours are devoted to working each muscle group to achieve maximum strength and stretch. No trained dancer would venture out to a performance or daily class without first preparing the body for stress. Now think of yourself; what makes you any different than the dancer? The end result is the same; to have the body well-prepared for exercise and endurance.

My suggestion is to take five to ten minutes and think of each section of the body as a muscle group. Now stretch

each muscle group separately; first working the toes and ankles, stretching the calves and thighs, flexing the hips, back, circulating the arms, and rotating the neck. It is more valuable to your muscles to achieve each stretch by "lengthening" muscles, not bouncing. Yoga exercises are probably the best example of stretching for "length." Bouncing can cause muscle spasms.

None of this is of value without breathing from the abdomen throughout your warm-ups. Allow the abdominal muscles to push out with each inspiration and pull in with each expiration; forcing air out of the lungs. Remember to allow the same stretch at the end of your run.

Think of yourselves as dancers of the road! Why go to time and trouble to run at all if you are not willing to prepare your body and avoid injury in the long run.....

(Thanks to Annapolis Striders,  
Annapolis, Maryland)

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.
- \* 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 MEN'S OPEN, MEN'S MASTER'S AND WOMEN'S CATEGORIES; ALSO INDIVIDUAL AGE-GROUP AWARDS AS IN THE PAST. 9:30am \$4 by 8 July. No post entries. Charlie Bucknam, The Howard Bank, PO Box 660, Montpelier, VT 05602.
  - \* 12 Jul - Waitsfield, VT - GMVS Mountainview Foot Race, 10Km, \$4 post, 11am start at Village Sq parking lot. Jim Fredericks 496-2150
  - 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)
  - \* 17 Jul - Concord, NH - Concord 5-miler, 6:30pm, \$2; Larry Phillips, TTAC, Box 594, Concord, NH 03301
  - 18 Jul - Bangor, ME - Paul Bunyan Marathon (tentative). Bangor C of C, 55 Washington St, Bangor 04401 (207-947-0307)
  - 19 Jul - Jericho Ctr, VT - Partners Race, 4.8mi, 10am, \$2 per person on race day (8:30 to 10am). Male/Female pairs combine times in combined age groups. Starts at Jericho Ctr green.
  - 19 Jul - Brattleboro, VT - RCR 10 Mile Race, start at the common at 8am, out and back on Rte 30. Pot luck prizes. No other info.
  - 25&26 Jul - Westport, NY - Lake Placid Marathon Relay, 24 Hr Relay. 10 person teams, noon to noon. Dr. Bob Lopez, Box 951, Lake Placid, NY 12946 (518-891-3260w/962-8228h). It looks as though CVR will be fielding 3 teams for this event. Call Bob Oatley to get on the bandwagon!
  - \* 26 Jul - Stowe, VT - Moriarty's 8mi Road Race, 9am, \$5 by 18 Jul. Craig Schwartz or Jim Miller (802-253-4052days/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 - Adamant, VT - Sodom Pond Run, 4mi, 9am, \$2 on race day only 8:30 to 9am. Rich Czaplinski (802-229-4534h/828-2761w)
  - 1 Aug - Littleton, NH - 9.73mi. NCAC, Box 634, Littleton, NH 03561
  - 1 Aug - Plattsburg, NY - Budweiser "Bud Run", 5mi XC, 1pm; Terry Gordon, 11 Pleasant St, Plattsburg, NY 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 - Goshen, VT - Blueberry Festival and Goshen Gallop, 6.5mi, \$3 race, \$7 feast and dance. 4pm. Must preregister for feast. Blueberry Hill, Goshen, VT 05733. (802-247-6735)
  - \* 8 Aug - Rupert, VT - Old Home Day Road Race, 2mi & 10km. 8:30am (2mi), 9:15am (10km), \$3, \$3.50 post. T-shirts to 1st 50 entries. John Felton, Box 100, W Rupert 05776 (802-394-7820w/394-7782h)
  - 8 Aug - Shelburne, VT - GMAA Bike & Tie, 14mi, 10am, Kwiniaska Golf Course, \$2 entry for teams of 2 runners with one bicycle. Dave Jacobowitz, 51 Platt St, Winooski 05404 (802-655-2503)
  - 8 Aug - Fairfax, VT - 5mi (tentative) Bill Brooks, Fairfax 05454 (802-849-6573)
  - 9 Aug - Barre, VT - CVR Annual Picnic & Fun Run (see details, page 3)
  - \* 8 Aug - Belvidere, VT - Bog Run, 9.7mi & 3.5mi, 9am, \$3(9.7mi), \$2(3.5mi) Starts at Belvidere Recreational Field. Dick Spaulding, RFD, Waterville 05492.

- 9 Aug - Hanover, NH - 2mi & 10km, Hank Tenney, Hanover Parks & Rec Dept, Hanover, NH 03755
- 9 Aug - Lake George, NY - National 15Km Championship; Athletic Attic, Glens Falls, NY
- \* 16 Aug - Jay, VT - "Run a Country Mile", 10Km and 20Km, 9am, \$6 fee includes running shirt, pancake & maple syrup breakfast from 11am - 1pm, and day's use of Jay Peak swimming pool. Enter by 10 Aug; fee after 10 Aug is \$10. Jay Peak, Inc, Route 242, Jay, VT 05859 (802-988-2611)
- 22 Aug - So Hero, VT - Green Mtn Island Marathon, 8am, \$5 by 11 Aug. Leighton Walker, 2 Redwood Terr, Essex Jct 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
- 23 Aug - No Adams, MA - Mt. Greylock Hillclimb, 8mi, Noon. Walter Childs, Box 1484, Springfield, MA 01101 (413-566-3145)
- 5 Sep - S Burlington, VT - Court Club Fall 5-miler, 11am, \$2. Peter Hawkes, 70 Farrell St, S Burlington 05401 (802-862-6428)
- 6 Sep - Quincy, MA - City of Presidents Marathon (tentative); C of P Marathon, 79 Coddington St, Quincy 02169 (617-436-6000)
- 7 Sep - Bristol, VT - Bristolthon 10km Labor Day Run; Bristol Rec Dept, Bristol 05443
- ? Sep - Northfield, VT - Observances Day Race, 5km
- 12 Sep - Burlington, VT - Archie Post 5.2 Mile, 11am, \$2. Leighton Walker, 2 Redwood Terr, Essex Jct 05452 (802-878-2322)
- 12 Sep - Lake Placid, NY - Lake Placid Marathon, 11am? Dr RA Lopez, Box 951, Lake Placid 12946 (518-891-3260w/962-8228h)
- \* 20 Sep - Greensboro, VT - Caspian Foliage Run, 7mi, 10:30am, \$3, \$4 post. Ribbons for all, 6 dozen of those famous T-shirts, and some surprises! Anne Batten, RD#1, Box 249, E Hardwick 05836 (802-472-6066)

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



National Running Data  
 Center  
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