



B 10-10-81

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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WELCOME TO THE FOLLOWING NEW MEMBERS!

- Francis Burdett, Montpelier
- Wade Walker, Montpelier
- Michael Russell, Worcester
- David Kerin, Montpelier
- Murray Banks, Bethel
- Janice Rucker, Montpelier
- Jon Rouelle, Montpelier
- Peter Smith, Montpelier

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MEETING NOTICE

The next general membership meeting will be held at 7:30pm on Wednesday, 26 August, at the Howard Bank in Montpelier. There will be someone at the 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.

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MEMBER DISCOUNTS

At the following establishments upon presentation of your CVR membership card.

- Miller Sports, Montpelier - 10% off running shoes
- Moriarty's, Stowe - 15% off running shoes
- Downhill Edge, Burlington - 15% off running equipment

CVR WOMEN SMASH RECORD AT WESTPORT!

On Saturday morning, July 25, thirty intrepid CVR members (plus support crew) arrived in Westport, New York, looking fit and fresh. Sunday afternoon we dragged our weary bones back to Vermont looking several years older. The cause of all this debilitation was a little thing called a 24 hour relay.

Briefly, here's how it works: Start with a team of ten people, determine the order in which they are going to run, take turns running one mile at a time, pass off the baton to whomever is next in order, runner #10 passes to #1 and the rotation begins again, and again, and (through a night that is about a week long) again. If someone can't take his/her turn, that runner is out to stay and the team continues with fewer runners. For some teams, the goal is to get as many miles as possible in 24 hours; for others, the goal is to survive.

CVR had three teams this year. Darragh's Raiders was an all female team (the only one there this year). They were (in order of rotation) Lea Hayer, Mary Labate, Debbie Martin, Janice Rucker, Elaine Hoiska, Cindy Martin, Elizabeth Meiklejohn, Sue Christiansen, Darragh Ellerson and Ellen Anders. There is no way I can describe this team adequately to you who weren't there. In a word, they were awesome. The record for an all female team at this event in its previous six years was close to 180 miles. Our Raiders ran 206 miles, 3814 feet! That figures out to 21 miles for most of the runners and an average pace of 6:58 per mile! I won't start talking about individuals or this article will be too long. Just ask people who were there all about it.

The CVR Rabbits was our fast

(see page 2)

## CVR WOMEN SMASH RECORD (Cont'd)

team. They started fast and stayed fast the whole way and remained in tight contention for 1st place (of 10 teams) throughout the 24 hours. They ran 251 miles to the winning team's 252. So most runners did 25 miles; one did 26. This team consisted of Dick Millar, Bill Powers, Francis Burdett, Jon Rouelle, Bob Murphy, Paul Hill, Fred Ross, Dave Kerin, Wade Walker and Newton Baker. This was a very impressive team. The average pace was 5:44!

Our third team was Cap'n Bob's CVR Turtles. It was a pretty quick bunch of turtles! They did 22 or 23 miles each for a total of nearly 217 miles and an average pace of 6:39 per mile. The Turtles consisted of Roger Whitcomb, Joe McEntyre, Trent Smith, Norm Robinson, Jeff Shutak, Byron Hill, Bob Oatley, Dave Dow, Mike Gardner and Albert Burdett.

We had a terrific, dedicated support crew of Joyce Martin, Bob Oatley II, Wiz Dow, Lynn Anders, and Steve Martin. They kept times, cheered, and did various supportive jobs. Lauren Isaak set up a massage table and worked on dying legs. "From Hell to Heaven in a few minutes." I think Lauren acquired some new clients.

The most frequently heard comment at the relay was "this is insanity!" Actually, last year was insanity (blistering hot during the day, rain all night) but this year was ... well, memorable! ... interesting ... okay, maybe a little bit insane. But the weather was great - mostly - it was hot at the beginning and end but nice for most of it. We even got a great display of the Northern Lights (I can't spell Aurora Borealis).

How many of us would do it all again? Experience tells me that at least half will be ready to do it again next year even though most wouldn't have said that on Sunday afternoon when our faces were falling into our potato salad at the post relay picnic.

Dave Dow

## WESTPORT RELAY STATISTICS

Final Standings:

Greater Plattsburg	252Mi, 2294Ft
CVR Rabbits	251 1252
Lake Placid Road Runners	231 3510
Sandbar Striders (Ont.)	220 700
Lake Champlain Nads	218 2266
CVR Turtles	216 2050
CVR Darragh's Raiders	206 3814
Cripples	197 1210
ARC Toe-Jammers	190
Loose Drawers	177

Individual Marks:	Total	Fast	Average
	Miles	Mile	Mile

Darragh's Raiders

L. Hayer	21	5:31	5:46.4
M. Labate	21	6:08	6:21.5
D. Martin	21	6:31	6:55.0
J. Rucker	19	6:25	7:30.3
E. Hoiska	21	6:36	7:01.0
C. Martin	21	6:27	6:52.1
E. Meiklejohn	21	6:42	6:55.2
S. Christiansen	21	6:52	7:05.4
D. Ellerson	20+	6:57	7:14.7
E. Anders	20	7:45	8:00.0
	<u>206+</u>		<u>6:57.9</u>

Rabbits

D. Millar	26	5:04	5:22.9
B. Powers	25+	5:04	5:22.2
F. Burdett	25	5:16	5:37.1
J. Rouelle	25	5:21	5:33.7
B. Murphy	25	5:15	5:34.5
P. Hill	25	5:25	6:01.8
F. Ross	25	5:35	5:55.2
D. Kerin	25	5:18	5:56.7
W. Walker	25	5:30	5:47.0
N. Baker	25	5:41	6:00.2
	<u>251+</u>		<u>5:43.9</u>

Turtles

R. Whitcomb	23	5:41	5:58.5
J. McEntyre	23	5:47	5:57.6
T. Smith	16	6:07	7:01.7
N. Robinson	23	5:57	6:31.2
J. Shutak	23	6:05	6:44.4
B. Hill	22+	6:00	6:48.8
B. Oatley	22	6:11	6:40.6
D. Dow	22	6:35	7:10.7
M. Gardner	20	5:41	6:37.7
A. Burdett	22	6:17	7:01.8
	<u>216+</u>		<u>6:39.3</u>

## MEANWHILE, BACK IN VERMONT...

With a fourth of the club gone to the Westport Relay, and with the threat of being drafted for that event past, a few of those left behind came out from under the rocks on July 26th and headed for Stowe and Moriarty's Eight Mile Road Race.

The day was a pleasant one for racing, with temperatures in the high 60's and moderate humidity, but a strong wind blew throughout the event, and except for the last mile seemed to be in my face with every change in direction.

The race began at 9:05am at Moriarty's Sport Shop. After 2½ miles of basically flat or downhill running there was a small hill, followed by more gradual downhills through mile 7. There was lots of shade, many water stops and a good headwind throughout, so staying cool was no problem!

At mile 7, there was a minor hill and another water stop, and then a 90 degree change in direction got me headed back into Stowe. The final mile was gradually uphill all the way, with pylons in the road keeping the runners separate from vehicular traffic.

Overall, the course seems downhill, and the last mile seemed hard only after having run flats and downhills for the first seven. For Vermont this is a flat, easy course.

After the race free soda and ice cream were available at the Rusty Nail. Beer also flowed freely (Matt's Brewing Co. co-sponsored and they half-heartedly accepted money).

Three club members ran especially well. Mark Chaplin finished 8th overall (4th, M30-39) in 42:46. Chris Martin was 56th (3rd, M40-49) with a 49:42 and Bud Aronson finished 115th (3rd, M50-59) with a 54:43 time. Other club members who finished were as follows:

50th Paschal DeBlasio (19th, M30-39), 49:19  
175th Rob Rothman (55th, M18-29), 1:00:45  
204th Doris Aronson (4th, W40-49), 1:04:56

224th Heidi Smith (10th, W30-39), 1:08:51

Andy Palmer won the men's division in 39:37 and Judi St. Hilaire won the women's division in 45:37. 251 runners finished.

The race's only problem was a two hour wait for results; however, everyone who waited did receive complete printed results (overall and age categories).

If this year's experience is any indicator, this race promises to be a major running event in this area. I would rate both race organization and consideration for runners' comfort very high. I recommend it!

Paschal DeBlasio

\* \* \*

## ...AND ANOTHER STOWE RACE

Remember the 4th of July? Seems like ages ago now, so here's some ancient history re CVR performances in the annual "minimarathon" (1.7miles).

M22-30 32nd Norm Robinson (10:44)

M31-40 6th Jim Suskin (9:45)  
26th Don Perkins (12:47)

M41-50 1st Bob Murphy (8:59)

F11-15 5th Maureen Murphy (12:58)

F41-50 1st Ellen Anders (13:01)

Fastest were Steve Stebbins (7:56) and Susan Hughes (9:10). 262 finishers.

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## HOWARD BANK 10KM RACE

The Howard Bank Race was bigger than ever (again) this year, with 250 finishers. Charlie Bucknam, Chip Stone and the Howard Bank crew are to be congratulated on another first-class event. Highlights included a CVR sweep of the NERRC 10 Km Championship team events and an (see page 4)

**HOWARD BANK RACE (Cont'd)**

outstanding performance by CVR's Mark Chaplin, who nipped Jack Fahey by seconds at the wire to clinch second place in 32:34. Complete results follow:

1981 NERRC 10Km Championship

M6-39

1st CVR (Chaplin, Burdett, VanDerlip and Noonan)

Team Time: 2:21:59

2nd NCAC (Funicella, Boor, Arsenault, and G. Kellogg)

Team Time: 2:34:43

M40+

1st CVR (C. Martin, McEntyre, B. Aronson and T. Smith)

Team Time: 2:42:58

Women

1st CVR (Cray, Labate, E. Hoiska and Meikiejohn)

Team Time: 2:50:57

Individual Results (Complete)

**The Howard Bank**

Montpelier, Vermont 05602

RESULTS

10-KILOMETER ROAD RACE

Saturday - July 11, 1981

Male 6-13

1	Tjalling Hoiska	Glastonbury, CT	45:26
2	Tom Patterson	Franklin, VT	54:03

Male 14-29

1	Jack Fahey	Waitsfield, VT	32:37
2	Bill Harvey	West Rutland, VT	33:48
3	Sam Davis	Adamant, VT	33:52
4	John Lisak	Ely, VT	34:21
5	Carl Hubel	Burlington, VT	34:37
6	Brad Phelps	Burlington, VT	34:49
7	Adam Beaudin	Burlington, VT	35:07
8	Bill Bumberg	Williston, VT	35:23
9	Steven Bailey	Atkinson, NH	35:30
10	Francis Burdett	Montpelier, VT	35:35
11	James Fahey	Waitsfield, VT	35:55
12	Richard Wells	Winooski, VT	35:59
13	Blaine Kinsey	Montpelier, VT	36:09
14	Jon Rouelle	Montpelier, VT	36:24
15	Keith Richards	Hinesburg, VT	36:30
16	Jeff Mullen	Berlin, VT	36:43
17	Peter D. Smith	Montpelier, VT	36:55
18	Philip LaPorte	Williston, VT	37:21
19	Tim Noonan	Montpelier, VT	37:33
20	Peter Moriarty	Johnson, VT	37:37
21	Eric Anderson	Burlington, VT	37:45
22	Edward Sheldon	Beebe, Quebec	37:48

23	Bart Yasso	Bethlehem, PA	38:08
24	David Boor	St. Johnsbury, VT	38:17
25	David Kerin	Montpelier, VT	38:25
26	Chris Anderson	Williston, VT	38:29
27	Patrick Martell	St. Albans, VT	38:30
28	Tom Stout	Rochester, NY	38:50
29	Jesse Hunt	Burlington, VT	38:52
30	Wade Walker	Montpelier, VT	39:00
31	Clay Shaw	York, PA	39:09
32	Kris Hyman	Newton, NJ	39:24
33	Gary Arsenault	Littleton, NH	39:26
34	Chip Henderson	Ely, VT	39:46
35	Bob Buchholz	W. Danville, VT	40:01
36	Lee Bevins	Colchester, VT	40:05
37	Dale Flanders	Montpelier, VT	40:25
38	Joe Hewitt	St. Albans, VT	40:36
39	Jeff Potash	Burlington, VT	40:42
40	Jeff Blanchard	Montpelier, VT	40:48
41	Doug Parsons	Burlington, VT	41:16
42	Carl Possidente	Williston, VT	41:49
43	Jeb Beaudin	Burlington, VT	41:49
44	Richard Couture	Montpelier, VT	42:18
45	Norm Robinson	Barre, VT	42:56
46	Jay Summer.	Montpelier, VT	43:03
47	Dave Stevens	Burlington, VT	43:07
48	Stephen Kuckhoff	Manlius, NY	43:29
49	Michael Mario	Brattleboro, VT	44:15
50	David Hudson	Montpelier, VT	44:17
51	Steven Wright	Calais, VT	44:33
52	Joe Sobota	South Barre, VT	44:38
53	Chuck Chatot	Barre, VT	45:34
54	Jim Assman	Montpelier, VT	45:46
55	Jay White	Montpelier, VT	46:26
56	Jonathan Friedman	Ely, VT	46:29
57	Peter Stout	Burlington, VT	46:34
58	Bruce Mitchell	So. Burlington, VT	46:39
59	Rob Rothman	Waterbury Center, VT	47:23
60	Peter Cobb	Barre, VT	48:06
61	Henry Molloy	Chester, VT	48:11
62	Clyde Yarnell	Swanton, VT	48:37
63	Larry Berman	Essex Junction, VT	49:09
64	Sean Lynn	Worcester, VT	49:37
65	Jon Provost	Montpelier, VT	49:39
66	Joe Dicton, Jr.	Rutland, VT	49:49
67	Mike Williams	Winooski, VT	50:02
68	Joe Carmolli	Rutland, VT	51:29
69	Rick Grover	South Barre, VT	53:14
70	Dave McGarry	Williston, VT	56:15
71	Ray Davis		57:45
72	William Rice	Montpelier, VT	61:23

Male 30-39

1	Keith Woodward	East Corinth, VT	32:08
2	Mark Chaplin	Worcester, VT	32:34
3	David Jones	Colchester, VT	33:24
4	James Fredericks	Waitsfield, VT	33:41
5	Dave Sanborn	Rutland, VT	35:07
6	John Brodhead	Craftsbury Common, VT	35:08
7	Bill Funicella	Bethlehem, NH	35:47
8	Lowell VanDerlip	Adamant, VT	36:17
9	John Valentine	Richmond, VT	36:42
10	Lou Duesing	East Calais, VT	36:47
11	Gordon Johnson	Ayer's Cliff, Quebec	37:20
12	Sandy Kish	Underhill, VT	37:21
13	Michael Elmore	Burlington, VT	37:44
14	Fred Ross	Brattleboro, VT	38:52
15	Chris Lynn	Worcester, VT	39:12
16	Paschal DeBlasio	Montpelier, VT	39:15
17	Frank Short	East Berkshire, VT	39:18
18	Richard Czaplinski	Adamant, VT	39:29
19	Mike Kehoe	Burlington, VT	39:33
20	John Schwiezer	Richmond, VT	39:42
21	Andrew Hawley	Pittsfield, VT	39:48
22	Jim Suskin	Montpelier, VT	39:53
23	Clifford Held	Brooklyn, NY	40:33
24	Craig Echo	Burlington, VT	40:41
25	Tom Heffernan	Proctor, VT	40:41
26	Trim Conklin	N. Wolcott, VT	40:44
27	Russ Petelle	Derby Line, VT	40:46
28	Cardner Kellogg	Littleton, NH	41:13
29	Newton Baker	Montpelier, VT	41:14
30	Paul Trudell	Morrisville, VT	41:24
31	Carl Myers	Winooski, VT	41:44
32	John Mallery	Montpelier, VT	41:54
33	Sam Whiteside	Bristol, VT	41:59
34	David Crowell	Montpelier, VT	42:02
35	Michael Collins	Moretown, VT	42:03
36	Ken Austin	So. Burlington, VT	42:17
37	Frank Ruffle	Barre, VT	42:39
38	Jack Garvin	Waitsfield, VT	42:45
39	Mike Southard	North Clarendon, VT	43:11
40	Jon Sylvia	Essex Junction, VT	43:28

41	David Kinsman	Rutland, VT	43:34
42	Ted Turkle	Hyde Park, VT	43:48
43	Paul Hamel	Essex Junction, VT	44:31
44	Jeffrey Shutak	Barre, VT	44:37
45	Stephen Griggs	Chelsea, VT	44:40
46	Jack Abarbanel	Shelburne, VT	44:41
47	Ray Usle	Barre, VT	44:46
48	Randall Draper	Cambridge, VT	44:49
49	Eugene Roddy	Lebanon, NH	45:03
50	Bob Vergas	Montpelier, VT	45:08
51	John Merrill	Stowe, VT	45:15
52	John Weixel	Montpelier, VT	45:25
53	Townsend Gilbert	Barre, VT	45:33
54	Ed Handy	Barre, VT	45:37
55	Robert Howe	Graniteville, VT	45:47
56	William Copp	So. Burlington, VT	45:48
57	Bill Williams	Highgate Ctr., VT	46:31
58	Charlie Bucknam	Walden, VT	46:37
59	Bob Stedman	Brandon, VT	46:46
60	Larry Schubert	Barre, VT	47:15
61	Alan Cooper	Mountainside, NJ	47:24
62	Rob Spring	Barre, VT	47:36
63	Bill O'Mara	Waittsfield, VT	47:41
64	Robert Paolini	Waterbury Ctr., VT	47:42
65	Joe Schapiro	Plainfield, VT	47:48
66	Michael Sinclair	Northfield, VT	48:00
67	Don Pfister	Montpelier, VT	48:32
68	John Anderson	Hyde Park, VT	49:29
69	David Dow	Hardwick, VT	49:35
70	Francis Martin	Northfield, VT	49:54
71	Bill Peters, Jr.	Falmouth, MA	51:50
72	Fred Costello	Montpelier, VT	53:08
73	Barry Krikstone	Shelburne, VT	53:24
74	Bob Clawson	Hinesburg, VT	77:26

Male 40-49

1	Charles Kellogg	Shelburne, VT	35:42
2	Peter Teachout	Norwich, VT	37:29
3	Chris Martin	Calais, VT	38:07
4	William F. Harvey III	West Rutland, VT	40:18
5	Joe McEntyre	Plainfield, VT	40:49
6	Bob Mercier	Montpelier, VT	41:58
7	Trent Smith	Moretown, VT	42:06
8	Gerow Carlson	Waterbury, VT	42:08
9	Russell Agne	So. Burlington, VT	42:41
10	Larry D. Miller	Montpelier, VT	43:47
11	Rich Ejanowicz	Newport, VT	44:20
12	Steve Lippert	B. Burlington, VT	44:44
13	Neil Stout	Burlington, VT	44:53
14	Lee Blodgett	Essex Junction, VT	46:03
15	Lawrence E. Drew	Ely, VT	46:13
16	Richard Hyman	Newton, NJ	46:21
17	Peter J.W. Butt	Shelburne, VT	47:19
18	Robert Silverstein	Plainfield, VT	47:23
19	Richard Angney	Montpelier, VT	47:53
20	Jack Owitt	St. Albans, VT	50:01
21	Lee Kelley	St. Albans, VT	52:28
22	Michael Galatola	Burlington, VT	52:41
23	Dick Horton	Wallingford, VT	63:52

Male 50-59

1	Jon Tobey	Townshend, VT	38:02
2	Sherm Williams	Essex Junction, VT	39:24
3	Robert Shelton	Bradford, VT	41:51
4	Bud Aronson	Chelsea, VT	41:56
5	Bob Wilson	Montpelier, VT	43:49
6	Geoffrey Orton	Springfield, VT	43:51
7	Leonard Wilson	Waittsfield, VT	45:21
8	Don Lyons	Montpelier, VT	48:39
9	Earl Langford	Lake City, FL	49:49
10	Jerry Felt	Burlington, VT	51:23
11	Robert Noonan	Shelburne, VT	52:39
12	Milt Potash	Burlington, VT	54:49
13	Dave Kelley	Montpelier, VT	62:08

Male 60+

1	Glen Wood	Underhill, VT	50:05
2	Joe Dicton, Sr.	Rutland, VT	63:27

Female 6-13

1	Woden Teachout	Norwich, VT	48:20
2	Caroline Costello	Montpelier, VT	50:53
3	Tuula Hoiska	Glastonbury, CT	54:45

Female 14-29

1	Judi St.Hilaire	Burlington, VT	35:57
2	Patty Roach	Colchester, VT	38:37
3	Merill Cray	Barre, VT	40:14
4	Charly Haversat	Jericho, VT	40:45
5	Mary Labate	Montpelier, VT	42:08
6	Mary Schiavone	Shelburne, VT	42:49
7	Pam Peters	Falmouth, MA	44:13
8	Jennifer Lucas	Richmond, VT	44:23
9	Patti-Jo Majka	Rutland, VT	44:32
10	Gina Campoli	Shelburne, VT	45:19
11	Debbie Martin	Calais, VT	45:42
12	Eileen Short	Chittenden, VT	45:57
13	Lyndall Heyer	Stowe, VT	46:38
14	Dana McCarthy	Montpelier, VT	46:39
15	Cindy Martin	Calais, VT	46:56
16	Kitty Korzun	So. Burlington, VT	49:16
17	Martha Bilodeau	Winooski, VT	49:38
18	Shannon Goodrich	Rutland, VT	51:29
19	Karen McGrath	Mendon, VT	51:30
20	Daryl Angney	Montpelier, VT	53:26
21	Shelly Farnham	Montpelier, VT	53:33
22	Sally A. Odell	Rutland, VT	54:04
23	Margarete Couture	Montpelier, VT	54:47
24	Polly Farnham	Montpelier, VT	55:11
25	Marita Hyman	Newton, NJ	56:56
26	Hilary Frost	East Montpelier, VT	57:12
27	Amy Beres	Montpelier, VT	58:03
28	Pauline Boudreau	St. Albans, VT	58:11
29	Marsha Shannon	West Rutland, VT	61:54
30	Lorrie Lorrain	St. Albans, VT	63:36
31	Dawn Angney	Montpelier, VT	64:04
32	Solange Boudreau	St. Albans, VT	66:09

Female 30-39

1	Debbie Crow	Stowe, VT	42:20
2	Elaine K. Hoiska	Glastonbury, CT	43:37
3	Elizabeth Meiklejohn	East Calais, VT	44:58
4	Patricia Hardy	Montreal, Quebec	45:56
5	Amy Valentine	Richmond, VT	46:17
6	Sue Christiansen	Montpelier, VT	46:25
7	Mary Sinclair	Northfield, VT	48:00
8	Sally Konde	Stowe, VT	48:05
9	Jean Scott	Burlington, VT	48:14
10	Joyce Martin	Calais, VT	50:04
11	Heidi Smith	Moretown, VT	51:24
12	Judith A. Crause	Gettysburg, PA	52:30
13	Elizabeth Dow	Hardwick, VT	59:49
14	Bernadette Pedagno	Moretown, VT	53:34
15	Sharron Sanborn	Rutland, VT	53:42
16	Marjorie W. Adams	Burlington, VT	55:17
17	Marjorie Southard	North Clarendon, VT	56:48
18	Sandra Fleming	Rutland, VT	58:46
19	Mary McKeever	Plainfield, VT	59:17
20	Alice Angney	Montpelier, VT	64:04
21	Janet Casey	Barre, VT	70:53
22	Christine Danell	Essex Junction, VT	77:26

Female 40-49

1	Doris Aronson	Chelsea, VT	50:43
2	Ellen Anders	Montpelier, VT	53:08
3	Marilyn Wilson	Montpelier, VT	54:12
4	Bev Tucker	Northfield, VT	55:52
5	Bridget Noonan	Shelburne, VT	58:09

Female 50-59

1	Darragh Ellerson	Montpelier, VT	47:48
2	Wilma Kelley	Montpelier, VT	58:08

NOTICE OF PROPOSED CHANGE  
TO CVR CONSTITUTION AND BY-LAWS

The following proposed changes will be voted on at the 26 August membership meeting (presuming we have a quorum present). Reason for the change is to provide for four elected officers. Presently, only the President and Treasurer are elected; Vice President and Secretary are appointed by the President. Your current President feels that the number of appointed positions provided for by the present by-laws is excessive (all committee chairpersons are also appointed) and that the membership should have a direct say in who their officers will be.

Proposed changes are as follows (new language is underlined, language to be deleted is crossed out with slash marks ///):

ARTICLE SEVEN

Section 1 The management of this club shall be the President, Vice President, Secretary and Treasurer.

Section 4 The President, Vice President, Secretary and Treasurer may be elected to succeed themselves once.

ARTICLE TEN

The President shall:  
d. appoint other chairpersons ~~and committees and~~ and delegate appropriate duties and responsibilities to them.  
~~He/She/It shall appoint up to two members to the Executive Committee.~~

ARTICLE TWELVE

There shall be an Executive Committee consisting of the President, Vice President, Secretary, Treasurer, and Committee Chairpersons ~~and up to two members~~ appointed by the President.

ARTICLE THIRTEEN

~~Section 2 // Appointed member/ members to the Executive Committee by the President may be up to two //~~

~~number from the membership. Any of these individuals may be designated as vice president and/or secretary.~~

ARTICLE FIFTEEN

~~If a The duties of the Vice President is appointed by the President the duties shall be:~~

ARTICLE SIXTEEN

~~If a The duties of the Secretary is appointed by the President the duties shall be:~~

\* \* \*

SODOM POND MICROMARATHON

Lowell VanDerlip successfully defended his title as King of the Adamant 4-Miler on 1 August. Complete results are as follows:

FO-13	Caroline Costello	33:27
M14-29	Sean Lynn	24:30
	Dave Kerin	CVR 27:10
	Matt Czaplinski	27:14
F14-29	Debbie Martin	CVR 30:32
	Cindy Martin	CVR 32:19
	Dawn Angney	33:30
	Hilary Frost	35:57
M30-39	Lowell VanDerlip	CVR 23:37
	Lou Duesing	24:17
	Chris Lynn	25:30
	John Mallery	27:26
	Roger Whitcomb	CVR 27:44
	Rick Barstow	27:58
	Fred Costello	35:27
F30-39	Elizabeth Meiklejohn	
	(First Woman)	CVR 29:07
	Joyce Martin	CVR 31:52
	Linda Roberts	37:06
	Alice Angney	43:26
M40-49	Bob Murphy	CVR 23:59
	Chris Martin	CVR 24:46
	Richard Angney	30:02
	Don Perkins	CVR 33:37

\* \* \*

CARPOOL INFO?  
Call 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.

**Fun Run - Every Tues. evening in Montpelier. 5:30pm at Liquor Control Warehouse on Green Mountain Drive. 2, 4 and 6 mile runs.**

- \* 16 Aug - Jay, VT - "Run a Country Mile", 10km & 20km, 9am, \$6 by 10 Aug (includes T-shirt, pancake breakfast after race and day's use of Jay Peaks pool), \$10 post. (802-988-2611)
- 16 Aug - Elizabethtown, NY - 9mi, \$3, starts at E'town Armory, ends at Westport marina. 10am start.
- 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)
- \* 22 Aug - Monroe, NH - "The Classic" (1st leg of NCAC Triple Crown), 2mi & 5mi, 9am, \$3 by 17 Aug, \$4 post. (Other two legs to be run on 29 Aug & 19 Sep - 3 Race Fee is \$7.50 by 17 Aug, \$9 until 8:45am, 22 Aug) Triple Crown Races, PO Box 17, Monroe, NH 03771
- 23 Aug - No Adams, MA - Mt Greylock Hilleclimb, 8mi, noon. Walter Childs, Box 1484, Springfield, MA 01101 (413-566-3145)
- \* 29 Aug - Littleton, NH - "The Steepness", (2nd leg of NCAC Triple Crown), 3mi & 6mi, 9am, \$3 by 24 Aug, \$4 post. See 22 Aug race for more info.
- 29 Aug - St Albans, VT - United Way Quickie, 5km, 6:30pm, \$3, \$5post, Larry Martel, 72 Main St, St Albans 05478 (802-524-4685)
- 5 Sep - So Burlington, VT - Court Club Fall 5-Miler, 11am, \$2. Peter Hawkes, 70 Farrell St, So Burlington 05401 (802-862-6428)
- 7 Sep - Bristol, VT - Bristolthon 10Km Labor Day Run; Bristol Rec Dept, Bristol 05443
- ? Sep - Northfield, VT - Observances Day Race, 5km (no definite info)
- 12 Sep - Burlington, VT - Archie Post 5.2mi, 11am, \$2. Leighton Walker, 2 Redwood Terrace, Essex Jct, VT 05452 (802-878-2322)
- 12 Sep - Lake Placid, NY - Lake Placid Marathon, 11am, \$3 by 1 Sep, \$4 post; Dr RA Lopez, Box 951, Lake Placid 12946 (518-891-3260w/962-8228h)
- \* 13 Sep - Montreal, QUE - Montreal International Marathon, 8am?, \$8 by ?, COMIM, CP 1570, Succursale B, Montreal, PQ H3B 3L2
- 13 Sep - Quincy, MA - City of Presidents Marathon, 9am, \$5, limit 800, no post entries; C of P Marathon, 79 Coddington St, Quincy, MA 02169. (617-436-6000)
- \* 19 Sep - Monroe, NH - "The Derby" (3rd leg of NCAC Triple Crown), 10am, \$3 by 12 Sep, \$4 post, 2mi & 5mi. See 22 Aug race for more info.
- \* 19 Sep - Huntington, VT - Sherman Hollow 10Km, 11am, \$5 by 11 Sep, \$6 post, under 17 \$1 less; Benefit UCP, prizes & T-shirts. Rik Dayvie, Sherman Hollow Ski Touring Center, Box 175, RR1, Richmond, VT 05477
- \* 20 Sep - Greensboro, VT - Caspian Foliage Run, 7mi, 10:30am, \$3, \$4 post. Anne Batten, RD#1, Box 249, E Hardwick, VT 05836 (802-472-6066)  
Let's support Anne's race with a big CVR turnout!
- 20 Sep - Manchester, VT - Maple Leaf Half Marathon, 13.1mi, Guy Thomas, Manchester 05254
- 20 Sep - Fairfield, VT - XC Open 10Km; Larry Martel, 72Main St, St Albans, VT 05478 (802-524-4685)
- \* 20 Sep - Concord, NH - 20Km Run (NEAC Senior Men's, Senior Women's and Master Men's Championship), 11am, \$3 by 5 Sep, no post entries; Alex Saltmarsh, Race Director, TTAC, Box 594, Concord 03301 (also 5km run at 10am, \$3, \$5 post)
- 20 Sep - Colebrook, NH - Dixville Notch Marathon, 11am, Walter Childs, 339 Somers Rd, Hampden, MA 01036 (413-566-3145)

- 20 Sep - Keene, NH - Clarence DeMar Marathon, 8am, \$4 by 1 Sep, Pete Hanrahan, Box 168, Gilsum, NH 03448 (603-352-6214)
- 26 Sep - Essex, VT - National Life Ten Miler, 11am, No entry fee, registration starts at 9am at Essex Elementary School, TAC certified course, flat to gently rolling. Merchandise prizes to top finishers in age groups; also random prizes by drawing, certificates to all. This is a good race. Bruce Cunningham, 18 Ridge Rd, Essex Jct, VT 05452 (802-878-3875)
- \* 27 Sep - New Ashford, MA - Fall Foliage Marathon, 10am, \$5 by 20SEP, Mark Pringle, Box 1138, North Adams, MA 01247 (413-663-7064)
- 27 Sep - East Lyme, CT - East Lyme Marathon, 8:30am, \$7; EL Marathon, Box 21, East Lyme, CT 06333 (203-739-7080)
- 27 Sep - Burlington, VT - UVM Run for Fun, 3mi, 1pm, Billings Center; Sigma Nu Fraternity, Michael (802-656-3007)
- \* 26 Sep - Lowell, MA - Oktoberfest Marathon, 11am, \$4 by 16 Sep, \$6 post; Greater Lowell Road Runners, Box 864, Lowell 01853 (617-459-0047)
- \* 3 Oct - Berlin, VT - Berlin Pond Couples Race, 11am Male, Noon Female, M/F teams, \$4 (\$8 team) by 28 Sep, \$5 (\$10 team) post, 6mi dirt course around Berlin Pond - come along and enjoy the foliage! Merchandise prizes & T-shirts. Darragh Ellerson, Upper North St, Montpelier, VT 05602 (802-223-2080)
- 11 Oct - Hanover, NH - Dartmouth Med Sch Marathon, 10am, \$3, no post entries, Marathon, Dartmouth Med Sch, Hanover, NH 03755 (603-643-4000)
- \* 18 Oct - Sheffield, MA - Berkshire Cty Autumn Marathon, 10am, \$5 by 1 Oct; N.E. Pioneer Club, Box 264, Pittsfield, MA 01202 (413-637-1552)
- 18 Oct - Portland, ME - Casco Bay Marathon, 8am, \$4 by 10 Oct; Casco Bay Marathon, Box 3172, Portland, ME 04104 (207-772-2811)
- 18 Oct - Ridgefield, CT - Ridgefield Marathon, 11am, \$5 by 10 Oct; Wolfpit Running Club, Box 48, Ridgefield, CT 06877 (203-438-0046)
- 25 Oct - New York, NY - NYC Marathon, 10:30am; New York RRC, Box 881, FDR Station, New York 10022
- 1 Nov - Newport, RI - Ocean State Marathon, 11am, entry blanks mailed 1 Aug, limit 2500; Ray Nelson, 80 Lincoln St, N Kingstown, RI 02852 (401-885-1382)
- \* 1 Nov - Rockland Lake State Park, NY - Sri Chinmoy 70-Mile Run, 8am, \$7 by 19 Oct; Sri Chinmoy Marathon Team, 150-47 87th Ave, Jamaica, NY 11432 (212-523-5053)
- 7 Nov - Essex Ctr, VT - Vermont 50-Miler, 8am, \$5; Dan Kennedy, RFD 2, Milton, VT 05468 (802-893-4945)
- \* 21 Nov - Foxboro, MA - Foxtrotter Marathon, 11am, \$5 by 10 Nov (limit 1200), Foxtrotter Marathon, 1 Rhodes St, Plainville, MA 02762 (617-695-7775). This is the 1981 NERRC Marathon Championship - let's get a large group to go down to compete as a team in this one!

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

Address Correction Requested





SECOND ANNUAL

# Berlin Pond Couples Race

FOR BENEFIT OF  
UNITED CEREBRAL PALSY OF VERMONT  
ORGANIZED BY CENTRAL VERMONT RUNNERS

**DATE:** SATURDAY, OCTOBER 3, 1981

**LOCATION:** BERLIN ELEMENTARY SCHOOL, BERLIN, VT  
I 89 EXIT #7, FIRST STOPLIGHT, LEFT TURN, BUILDING ON CORNER  
FROM BARRE, NORTH OF HOSPITAL BEFORE LAST STOPLIGHT ON ACCESS ROAD TO I 89, RIGHT TURN AT STOPLIGHT.

**LAST DAY TO REGISTER BY MAIL:** POSTMARK SEPTEMBER 28

**RACE-DAY REGISTRATION:** 9:30-10:45 AM

**ENTRY FEE:**

BEFORE SEPT. 28 - COUPLES TEAMS	\$8.00
INDIVIDUALS	\$4.00
AFTER SEPT. 28 - COUPLES TEAMS	\$10.00
INDIVIDUALS	\$5.00

**START:** 11:00 AM (MALE); 12:00 NOON (FEMALE)

**DISTANCE:** 6 MILES

**AGE GROUPS:**

COUPLES	INDIVIDUALS
UNDER 40 YEARS	UNDER 18 YEARS
40-59	18-29
60-79	30-39
80-99	40 YEARS & OVER
100 YEARS & OVER	

**INFORMATION:** MRS. DARRAGH ELLERSON (802) 223-2080  
UPPER NORTH STREET  
MONTPELIER, VT 05602



COUPLES TEAMS (ONE MALE & ONE FEMALE) AND INDIVIDUAL RUNNERS WILL RACE ALONG A 6 MILE COURSE AROUND BERLIN POND. THE ROUTE IS MOSTLY DIRT ROADS AND PRIMARILY FLAT, BUT MILE 2 HAS SEVERAL HILLS. THERE IS A SPLIT AT ONE MILE. DISTANCE MARKERS AT EACH MILE AND WATER STATIONS WILL BE SET UP ALONG THE WAY.

RACE-DAY REGISTRATION BEGINS AT 9:30 AM AT BERLIN ELEMENTARY SCHOOL FOR NUMBER PICK-UP AND LATE REGISTRATION. PARKING, CHANGING ROOMS, SHOWERS, AND BATHROOMS ARE AVAILABLE. AT 10:45 AM RUNNERS CAN OBTAIN FINAL INSTRUCTIONS AND COURSE INFORMATION. SOUVENIER T-SHIRTS WILL BE GIVEN AWAY.

FREE REFRESHMENTS FOR RUNNERS AT THE SCHOOL WILL FOLLOW THE END OF EACH RACE.

THE AWARDS CEREMONY BEGINS AT 2:00 PM. MERCHANDISE PRIZES WILL BE AWARDED TO THE TOP COUPLES AND INDIVIDUALS FINISHING IN EACH CLASS. NO DUPLICATE AWARDS. RACE RESULTS WILL BE POSTED FOLLOWING THE FINAL PRESENTATION.

Send entry form with entry fee & request for more forms to: Mrs. Darragh Ellerson  
Upper North Street  
Montpelier, VT 05602  
(802) 223-2080

Checks payable to CENTRAL VERMONT RUNNERS

CIRCLE ONE

COUPLES TEAM

INDIVIDUAL

MALE

FEMALE

Name \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

Address \_\_\_\_\_

Age on 10/3/81 \_\_\_\_\_ Shirt Size \_\_\_\_\_

Age on 10/3/81 \_\_\_\_\_ Shirt Size \_\_\_\_\_

COUPLES TEAM TOTAL AGE \_\_\_\_\_

In consideration of this entry being, accepted, I, for myself, my heirs and administrators, hereby waive any claims I may have against the town of Berlin, Vermont, organizers, sponsors or anyone connected with this road race for any injury, damage, or loss of property I may incur.

Signature \_\_\_\_\_

Signature \_\_\_\_\_

Parent/Guardian \_\_\_\_\_

Parent/Guardian \_\_\_\_\_

National Running Data  
Center  
Box 42888  
Tucson, AZ 85733

