



CVR NEWSLETTER

September 1981

Vol. 2, No. 7

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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

* * *

WELCOME TO THE FOLLOWING NEW MEMBERS!

- Richard Hubbard, Stowe
- Robert Paolini, Waterbury Center

* * *

NEXT CVR MEETING

Wednesday
 23 September 1981
 7:30pm
 Howard Bank
 Main St, Montpelier
 Pot-luck desserts
 (Bring something)
 Be there
 See ya

* * *

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 (going out of the running equipment business and all items drastically reduced, so I don't know if discount is still allowed)
- Downhill Edge, Burlington - 15% off running equipment.

BERLIN POND COUPLES RACE

As was evident from the entry blank in the last newsletter, CVR is once again organizing the Berlin Pond Couples Race, to be held on 3 October. Race Director Pat DeBlasio will coordinate the event with United Cerebral Palsy of Vermont, and is hopeful that many club members will participate. "If you choose not to run", says Pat, I would appreciate your help with the organization. Please call me (229-5807) if you can contribute your time to any aspect of the race."

FOXTROTTERS MARATHON

Will you be running in the Foxboro Marathon? For the last two years I have spent the night before the race at a small and comfortable motel with a fabulous Italian restaurant just across the street. I will reserve rooms for any interested members. The cost last year was \$20 per room plus tax. Tell me your plans and I'll coordinate them with those of others who plan to run there.

Pat DeBlasio

Editor's Note: I've contacted Dale VanMeter, NERRC Representative, regarding age groupings and size of teams for the New England RRC championship at the Marathon distance, which will be held at the Foxboro race this year. He'll get back to me and I should have that information for the next club meeting on the 23rd. If you're looking for a good marathon this fall and haven't yet decided on one, come along and compete as a club at Foxboro! It's a good course and a very well organized race. Call me for an entry blank. It's on Saturday, 21 Nov.

* * *

HOISKA ATTACKS PIKE'S PEAK!

Jaded on running regular marathons, try the Pikes Peak Round Tripper. First you attend the Pikes Peak Y High Altitude Training Camp the week before the 28.4 mile excursion. There are speakers, lots of good food (including veggie), a biathlon, stretching exercises twice a day, hikes, camp trail runs at 9500 feet and on the peak, campfires, and much friendly companionship. The dorm is very comfortable and segregated -- women on the second floor. Believe it or not, we never had a cold shower and there was a perpetual urn of hot water for Celestial Tea. I gave up caffeine the whole week.

Besides us mortals attending the camp, there were the stars like Bob Anderson, author of Stretching, Jay Birmingham, who soloed unaided across America during the hot summer of 1980 and now is attempting Death Valley and Mount Whitney, Donna Messinger, winner of earlier Pikes Peak runs and an assortment of doctors of Podiatry, Physiology, etc.

Now for the "run" itself. Treating it as a first marathon, I tried to be sensible and follow what the day before ascenders told me. I gently jogged the first asphalt mile, vigorously hiked the next 3-4 steep dirt miles, jogged and hiked the 2-3 gentle up and down gravelly stretches before the Bard Camp. Then it was a vigorous climb to the top. At the timberline at 11 miles, the climb became a narrow trail with lots of switchbacks and boulders called "Texas Cat Litter." I concentrated on breathing deeply and maintaining form the whole way. Proper deep breathing not only distracts you from pain and weariness, it dispels carbon dioxide and prevents altitude sickness. The last mile to the top is hardest because of the trail and knowing you're close. You can see a string of runners behind and those coming down. I saw Burlington's Keith Woodard when he was in third place.

I reached the 14110 foot top in 4:03 something and proceeded right back down thinking the difficult part was over. It was. Coming down is exciting. You feel like a kid again bouncing down. Again, concentrating on form and footwork, you don't notice pain till you remember the up and down stretches I described. The down becomes up when you have 5-6 miles to go. These are our own "Heartbreak Hills." I walked these but then its down to the finish and to a T Shirt, warm beer, and 37,000 feet elevation in the plane back.

My overall conclusion -- it's easier than the 24 hour relay and only takes 6:04:50 seconds.

Elaine Hoiska

WORLD CLASS RUNNERS AT THE FUN RUN?

It just had to happen. Put on a class event and the good runners are bound to find you eventually.

It was a rare treat to have Odis Sanders running with us again after a three year absence. For those of you who may not remember, Odis breezed in here about 3 or 4 years ago and left with a 6 mile Fun Run course record that stood until John McKay chipped a few seconds off it last year. Odis ran the fastest 10 miler in the US in his age category that year, so we knew he was going places.

His name started showing up in the papers regularly this year,

beginning with a 15th place finish in the Boston Marathon, and more recently in a 2nd place finish, 10 seconds behind winner Bill Rogers, in a 10km race in NYC. So with Odis becoming something of a celebrity, his recent appearances at the Montpelier Fun Run were far from expected. The result, however, was expected. He now owns the 6 mile course record again.

What brings Odis to Montpelier? It seems he frequently visits friends in Waitsfield for a couple of weeks at this time of the year. He remarked about the hills and how different it is training here. At home in Long Island, Odis counts on fre-

quent track workouts to build speed and strength. He says he's fortunate that he is able to run hills fairly well, but acknowledges that nothing prepares you for running on hills more than running on hills.

Odis will soon be running for Nike, and says he's not supposed to be doing any racing right now - so he's just doing some hard training. He did say, however, that he thought he'd go on down to Northfield "to defend his title". (...and he did; see article elsewhere in this issue in the Northfield 5Km Race)

On the 18th of this month, Odis and five other Americans (including Jeff Wells) will be going to Peking, Republic of China, to participate in a marathon. Although China is not expected to show a lot of marathoning strength, Odis expects that Japan will have some pretty good runners there.

What are Odis' thoughts on his own chances in the Peking Marathon? "I'd just like to go out at a 5 minute pace. If they want to go slower, I'll go slower, but if they want to run a 5 minute pace for 16 or 18 miles, I'll go with them. If they want to pick up the pace at that point, though, I'll say 'Good-bye' and let them go on alone." So is Odis a man who knows his limitations and is willing to acknowledge them, or is he just being modest?

One thing seems certain. We haven't heard the last of this young man. At 22, he's already knocking on the door of some of running's greats. It seems only a matter of time before they'll be chasing him! Good luck on the 26th in Peking, Odis!

Bob Murphy

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QUICKIE REPORT ON NORTHFIELD 5K RACE

Won by Odis Sanders in course record time of 15:01. CVR's Mark Chaplin was second (1st in M30-39 age group) in 15:26. CVR swept most of the age group races, among them:

F30-39 Elaine Hoiska
M40-49 Bob Murphy
F 40-49 Doris Aronson
M50-59 Bud Aronson
F50-59 Darragh Ellerson

Many other CVR members were prize winners; a gorgeous day for a race.

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HELP!!!!

Your newsletter editor is once again a schoolboy. I'm back at the ol' Alma Mater (UVM) attempting a graduate degree, and as a consequence don't have the time I used to have to devote to this newsletter. (Witness the lateness of this issue!)

Therefore, my days as a contributor and typist have all but come to a screeching halt. I will attempt to continue to edit, but really only to the extent of "pasting up" the original for reproduction. Here's what I need from you: articles, typed and ready for insertion in the newsletter "as is" (see Elaine Hoiska's and Wade Walker's articles, this issue). I also need a volunteer to assemble and type a race schedule for each issue. That shouldn't be much work as we approach the Winter season.

And, if anyone would like to take over as Newsletter Editor until next June, just give me a call at 476-4328!

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RACE HIGHLIGHTS

Littleton 9.73 Miler - Mark Chaplin fought it out all the way with TTAC's Jay Kolb, but was out-sprinted in the final stretch. Jay won in 52:05; Mark was second in 52:11!

Goshen's Blueberry Hill 6.5miler - Many CVR members at this one. Merrill Cray was first woman in this torturous hilly run. Results were incredibly incomplete. Not only were age groups difficult to decipher, but no indication at all was given as to male or female runner. The feed and square

dancing afterward made it all worthwhile, however.

Meanwhile, in Rupert, Bob Howe was running a 10km race the same day. Bob reports a very hilly course (didn't escape them by avoiding Goshen!) but a well organized race, with more prizes (almost) than contestants.

* * *

GMI MARATHON HIGHLIGHTS

On Saturday, August 22, at around 8:00 AM, the Green Mountain Marathon was under way. There were 350 runners at the start with 267 finishing. The scenic course, which started in South Hero and meandered around the island, was lined with spectators offering support in the form of cheers, drinks and sprays of water. The temperature at the start of this fourth annual race ^{were} * somewhere in the high 50'S to low 60'S and by the end had reached the 80'S. A steady wind off the lake helped cool the racers, but at times hindered their speed.

Despite the wind and heat both the mens and womens records were broken. Tibor Latincsics, 22, a late entry from Ringwood, New Jersey, shattered the old record with a time of 2:24:46. Tibor lead the race from the gun. Second place went to Anthony Quinn, out of Milton, Vt., with a personal best time of 2:35:54. The womens record time was 3:03:18, set by Daniele Chirnak, 19, of Cohoes, NY. She also finished 45 overall. The first Vermont women to cross the finish line was Colleen Greenan of Northfield with a time of 3:28:42. That placed her 3rd in the womens division and 123rd overall.

Central Vermont Runners were well represented. Wade Walker, competing in his first marathon finished 85th overall with a time of 3:17:55. Joe McEnyre finished a solid 89th overall with a time of 3:19:10. The next CVR was Byron Hill crossing the line 126th and a time of 3:29:01. Newton Baker who was using the run as a trainer came in a strong 3:30:53. He finished 132 overall. The support crews also did an excellent job and their presence were greatly appreciated.

Wade Walker

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AUGUST MEETING HIGHLIGHTS

26 Aug 81 - The amendment proposed to the bylaws which appeared in the last issue of the newsletter passed unanimously. Four officers (President, VP, Secretary and Treasurer) will be elected at the Annual Meeting in December.

Location of the annual meeting was discussed. We'd like to have a dinner meeting, so kitchen facilities are highly desirable. Anyone with bright ideas is encouraged to contact one of the officers.

Thank you note from Nancy Miller was shared with those present. The club sent Nancy a basket of cheer (fruit) to help in her recovery from

recent surgery.

Newton Baker, Mary Labate and Pat Deblasio related their recent involvement with the Montpelier Bicentennial Track Meet, cosponsored by the Bicentennial Committee and the Recreation Department. They'd like to see the event continued in future years, but would like to keep it a low-key, fun-for-everybody type event. This issue will be discussed further at the September meeting.

The dessert table after the meeting was fantastic!

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"Rules of the road" — for runners

If you're a runner you know the feeling. You've hit your pace and you don't want to break it. So you sprint across an intersection or cut across a road in between oncoming cars.

If you're a driver you know the feeling. You see a runner approaching an intersection or running along side the road and you're filled with apprehension. What's he or she going to do? Dash across the intersection or cut in front of you?

Considering the large number of joggers across the country, the number of reported accidents involving runners and automobiles is small. As close as can be estimated, less than one percent of all runners are killed or injured by motor vehicles each year. However, why buck even those low odds when the observance of some basic safety precautions can reduce a runner's chance of accident considerably.

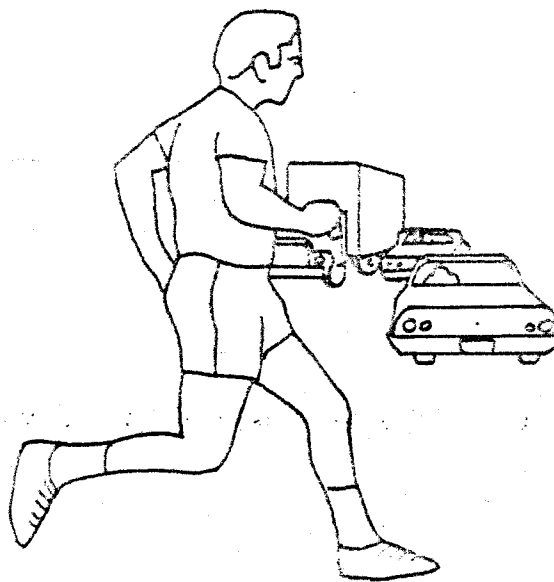
More than half of the reported serious accidents involving runners take place after dark. Running clothes and shoes marked with reflective material have helped the situation, but there are still far too many people who wear dark clothing when running during non-daylight hours. It's a good idea to wear a fluorescent orange vest when running during the night or day.

Statistics compiled by the Insurance Institute for Highway Safety (IIHS) indicate that runners also increase their chances of an accident when they run on public roadways in the same direction as traffic. The Institute recommends that you run against traffic, so you are better able to anticipate and react to the movement of vehicles in the lane nearest you.

There are exceptions to this rule. For example, when approaching a blind curve or the crest of a hill, a runner is better off to cross over and run in the same direction as traffic. Always run on the shoulder or edge of the road so that approaching vehicles do not have to alter their paths. In the winter, try to avoid roads piled with snow; always give yourself room to get off the road if necessary.

A runner's chance of accident is also increased when jogging with companions. The IIHS recommends that you always run single file when on public roads.

Keep in mind that runners are pedestrians and must obey all pedestrian traffic signs. This means you should



not cross intersections against traffic lights, or race across a street in the middle of a block. In most cases, pedestrians do not have the right of way in roadways, unless crossing with the signals.

The IIHS study indicates that it is safer to always run the same route. By doing this, a runner learns the route and how to handle it, and motorists who drive the route regularly become used to seeing the runner. It's a good habit to advise family members of the route you are taking and how long you expect to be gone. Also carry some type of identification.

Lastly, runners should always try to keep their heads up while running. This can be hard to do when you're tired, but look at it this way: Top notch runners always keep their heads up, so you'll look a lot better and you'll be a lot safer.

Stop before you turn

Drivers can now turn right on red in all places but New York City, if there's no sign prohibiting such turns. In New York City, you can't turn unless there's a sign allowing you to. Keep in mind, however, that the concept is: Right Turn On Red **AFTER STOP**. Many motorists are forgetting to stop before turning right at a red light, and surveys show that this violation is leading to an increased number of accidents.

Put Your Best Feet Forward!



...Go Jogging on National Jogging Day.

You are invited...

Join hundreds of thousands of Americans in a nationwide festival of fitness and fun!

For more information about National Jogging Day events in your area, write or call the National Jogging Association, 2420 K Street, N.W., Washington, D.C. 20037, (202) 965-3430.

**National Jogging Day
October 10, 1981**

Recruit a New Member!

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

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

CENTRAL VERMONT RUNNERS - Membership Form

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



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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.

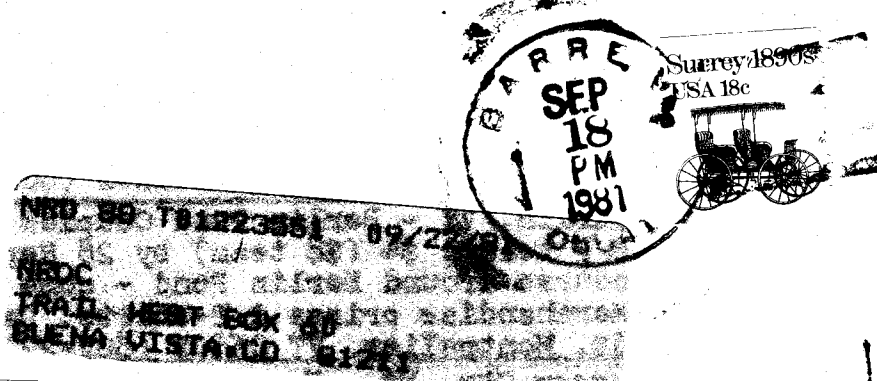
Fun Run - Every Tues. evening in Montpelier. 5:30pm at Liquor Control Warehouse on Green Mountain Drive. 2, 4 and 6 mile runs.

- * 19 Sep - Monroe, NH - "The Derby" (3rd leg of NCAC Triple Crown), 10am, \$3 by 12 Sep, \$4 post, 2mi & 5mi. Triple Crown Races, PO Box 17, Monroe, NH 03771
- * 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)
- * 26 Sep - Lowell, MA - Oktoberfest Marathon, 11am, \$4 by 16 Sep, \$6 post; Greater Lowell Road Runners, Box 864, Lowell 01853 (617-459-0047)
- 26 Sep - Old Forge, NY - Old Forge Marathon, 10am, Bob Hall (315-369-6983)
- 27 Sep - ~~Winooski~~, VT - 1981 Amnesty International Run For Freedom 5 Miler, 11am in Grand Union parking lot; David Shiman (658-1209)
- * 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)
- * 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)
- 4 Oct - Essex Ctr, VT - Vagabond 10km, 11am on Sleepy Hollow Road; Al Duval (899-3398)
- 10 Oct - Williston, VT - Catamount Ski Center 5 Miler, 10am at the Ski Center at Gov. Chittenden Road. (879-6001)
- * 10 Oct - Rutland, VT - Rutland Hospital Fall Classic Road Race, 5mi, 1pm, \$5 by 2 Oct, no post entry, merchandise prizes. Benefit of Rutland County United Way. Rutland Hosp, Inc., Personnel Dept, 160 Allen St, Rutland 05701
- 11 Oct - St. Albans, VT - Aldis Hill 10km; Larry Martell (524-4685)

- 11 Oct - Hanover, NH - Dartmouth Med Sch Marathon, 10am, \$3, no post entries, Marathon, Dartmouth Med Sch, Hanover, NH 03755 (603-643-4000)
- 17 Oct - Winooski, VT - St Michael's Homecoming 5km & 10km, 11am at the gym; Zaf Bludevich (655-2000)
- * 17 Oct - Margaretville, NY - Pepacton Paleface Marathon, 10:30am, \$5.50, entries must be received by 26 Sep. Delaware County Runners, 120 Delaware Ave, Delhi, NY 13753.
- * 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)
- 24 Oct - Richmond, VT - Women's Round Church Run, 5&10km, 11am at Round Church in Richmond; Dianne Schullenberger (899-4993)
- 25 Oct - New York, NY - NYC Marathon, 10:30 am (Entries Closed)
- 1 Nov - Newport, RI - Ocean State Marathon, 11am (Entries Closed)
- 1 Nov - Shelburne, VT - Arthur Tudhope Memorial 10km, 11am on Spear St Extension in Shelburne; Charlie Kellogg (985-3482)
- * 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 - Fox Trotter Marathon, 11am, \$5 by 10 Nov (limit 1200), Fox Trotter 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!~~
- 22 Nov - Cape Cod, MA - Cape Cod Marathon, 11am at Lyle Jr High Sch at Otis AFB; Phyllis Evenden (617-563-6766)
- 26 Nov - Burlington, VT - GMAA Turkey Trot, varying distance, 11am at Archie Post Field, UVM; Ralph Swenson (864-4952)
- 29 Nov - Philadelphia, PA - Philadelphia Marathon, date tentative; Tom Sander, 515 W. Godfrey Ave, Philadelphia 19126
- 6 Dec - Asbury Park, NJ - Jersey Shore Marathon, date tentative; Jersey Shore Marathon, Convention Hall, Asbury Park 07712
- 6 Dec - Baltimore, MD - Maryland Marathon, date tentative, 10:30am, Les Kinion, Maryland Marathon Commission, PO Box 11394-A, Baltimore, MD 21239 (301-882-5455)

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

Address Correction Requested



National Running Data
 Center
 Box 42888
 Tucson, AZ 85733