



B11-25-81



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ANNUAL MEETING NOTICE

CVR's Annual Meeting will be held Sunday, December 6th, at 2pm in East Montpelier Center at the Old Meeting House. (From Montpelier, follow Main Street out of town (to the North along the County Road), turn right just beyond Cutler Cemetery, and the Old Meeting House is next to the first church on the right.)

A fun run will be held at 2pm, followed by the meeting (at which 1982 officers will be elected and dues will be set for the coming year) and then there will be a pot luck supper. Byron Hill will be handling the fun run; please contact either Sue Christiansen (229-9262) or Mary Labate (229-9314) to coordinate pot luck offerings so we don't end up with 26 green salads. See you there!

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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

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MEMBER DISCOUNTS

Present your membership card at the following establishments and receive discounts on running gear as indicated.

- Miller Sports, Montpelier - 10% off running shoes
- Downhill Edge, Burlington - 15% off running equipment.

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BERLIN POND QUICKIE

Pat DeBlasio wants to pass along his sincere thanks to all who helped out at this year's Couples Race and made it such a success.

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FALL MARATHON RESULTS

Some of the following are precise, some not so precise.

Berkshire

- Darragh Ellerson 3:37:20
- Mary Labate 3:20:14
- Chris Martin 2:55:43

Dartmouth

- Norm Robinson 3:26
- Wade Walker 3:24

Montreal

- Newton Baker 3:30:36
- Byron Hill 3:29:40
- Henry Marcy 3:18:24
- Joe McEntyre 3:24
- Wade Walker 3:23

Paleface

- Byron Hill 3:22:41

New York City

- Elaine Hoiska 3:36

No. Adams

- Lea Hayer 2:54

Ocean State

- Henry Marcy 3:04:44
- Bob Murphy 2:42:23
- Tim Noonan 2:56:18

Good luck to those running at Foxboro on the 21st, especially to Sue Christiansen, Ray Usle and others who are running their first marathon!

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RECORDS FALL IN MANCHESTER

It's not often that American records fall in the state of Vermont, but Sunday, September 20, saw Herb Lindsay set two U.S. distance marks at the Manchester Maple Leaf Half-Marathon. Lindsay fought off fellow Colorado resident John Sinclair to set the 13.1 mile record in 1:01:47. Lindsay also eclipsed the 20K mark in 58:37.46.

The women held up their end too, as Joan Benoit shattered the course record with a 1:12:50 and defeated Judi St. Hilaire, whod finished second in 1:13:55; also under the previous record of 1:14:03. The old mark stood just one year for Patti Catalano who watched this year's race from the press truck after running a marathon the week before in Oregon.

The day was absolutely perfect for racins with temperatures in the mid 50's, under partly cloudy skies and a slight wind. The firs eleven racers pushed the pace under five minutes a mile and the first nine finishers were under 1:05. Top Vermont funners included Jim Miller in 1:07:25, Keith Woodward of E. Coninth in 1:08:10, and Tony Quin in 1:08:20.

Central Vermont Runners had some personal bests on what has to be one of the best organized and fastest courses in the East. Bob Murphy ran his first half-marathon in 1:15:24 for third place among the superb Masters Division. Yours truly was very pleased with a 1:29 flat. Its was a superb field of runners and everyone seemed to enjoy themselves immensely. The course is downhill for the first 3 miles, then relatively flat

until 10 miles. There is a series of steep hiles from 10-11, then downhill to the finish. With plenty of waterstops and split times; and a great crowd, this race has got to rate an A. Free beer, apples and cider too!

Norm Robinson

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CARPOOL INFO

Need a ride to Foxboro, or the Annual Meeting?

Call Bob Oatley

828-2621 days

229-4565 evenings

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HELP!!

Elizabeth Meiklejohn writes from her winter address in Maine (Box 102, Hebron, ME 04238) and would like to get ahold of any pictures of the Westport 24-hour relay that are available. All right, all you photographers out there...

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NOMINATIONS COMMITTEE REPORT

Pat DeBlasio, Nominations Chairman, reports that the Committee has recommended the following slate of nominations for the coming year.

Pres - Darragh Ellerson

VP - Jeff Shutak

Treas - Roger Whitcomb

Sec - Joe McEntyre

Elections for the 1982 officers will be held at the annual meeting on 6 December (see page 1). Other nominations will be accepted from the floor at that time.

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M E M B E R   N E W S

Just received a letter from Henry Marcy. He's back into the racing scene after a 7 month layoff. Here are a few of his comments concerning races he's been in recently:

August 13-Saranac Lake (NY) fun run-6.2 mile(10km) on a beautiful rolling course-45:16, second of 4-This was after running 9 miles to get to the starting line.

August 16-Elizabeth town to Westport (NY)-9 miles on a very fast course (a real confidence builder)-60:07, 36th of approximately 200 starters (9th master)

September 13-Montreal Marathon-26.2 miles-3:18:24, felt great the whole way; saw many Vermonters including Byron Hill, Joe McIntyre, Marty Fors (Lyndonville), Dan Brodkowitz (E. Burke-2:57 approximately). An excellent marathon: delightful, easy course; well-managed. Next year this marathon will be held on May 30th.

September 20-Caspian-7 miles-46:47-20th-3rd master-great storm just before the start, with weather very much to my liking during the race.

September 26-St. Johnsbury Realtor's Run-6.2mile(10km)-5th of approximately 30-39:06-great course with 4 hills but with fast last 2 miles; finishes below the start.

And from Bob Oatley. Bob reports that he's on the road to recovery (again!!!) and still planning on Foxboro. Hopefully there won't be any bees to destroy him this time. He's no longer looking for a P.R. but just a finish.

RACE SCHEDULE

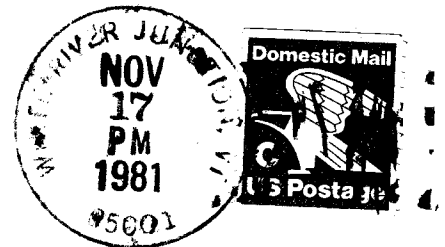
(\* ) indicates that I have entry blanks. Please send SASE when requesting entry blanks from me (Bob Murphy, RD3, Barre, VT 05641) or from race directors listed.

- 21 Nov - Foxboro, MA - Foxtrotter Marathon, 11am, entries closed. Good luck to the dozen or so CVR runners participating in this one! Hope you bring back many team trophies!
- \* 22 Nov - Schenectady, NY - Stockade-athon 15km Race, 10:30am, \$4. Check-in race day at Central Park Casino, 7 - 9:30am. Chuck Haugh (518-399-7969), HMRRRC, Box 12304, Albany, NY 12212
- 22 Nov - Middlebury, VT - Turkey Trot (10km) and Gobble Wobble (2.5mi), 1pm, register at noon, \$4, \$2 for 12 and under. 388-4041
- 22 Nov - Cape Cod, MA - Cape Cod Marathon, 11am at Lyle Jr High School at Otis AFB; Phyllis Evenden (617-563-6766)

- 26 Nov - Burlington, VT - GMAA Turkey Trot, varying distances, 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#0am, Les Kinion, Maryland Marathon Commission, Box 11394-A, Baltimore 21239 (301-882-5455)
- 19 Dec - Albany, NY - 3&9mi races (?); HMRRRC, Box 12304, Albany, NY 12212 Paul Rosenberg (518-438-3035)
- 31 Dec - New York, NY - Midnight Run, NYRRC, Box 881, FDR Station, New York 10150
- \* 23 Jan - Atlanta, GA - Callaway Gardens Marathon, 9am, \$7 by 13 Jan; Callaway Gardens Marathon, Box 11590, Atlanta 30355 (800-241-0910)
- 21 Mar - (plan ahead!) Albany, NY - 30km Price-Chopperthon. HMRRRC has applied for RRCA National Championship for this race and has already been awarded the Eastern Region Championship. They hope to attract at least 1500 runners to this event. It's a good Spring race to "get the kinks out" before your first 1982 marathon; a relatively flat, fast course from Schenectady to Albany.

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

Address Correction Requested



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