

March - April 1982

Vol. 3, No. 2



SPECIAL NOTICE!

Last call for dues. If this notice is highlighted in yellow, we haven't yet received your 1982 dues (as of 1 March 82). Please send them soon, as there will be no further notices and no further newsletters for those who don't. So don't put it off any longer. Send \$3.00 (plus \$1.00 for each subsequent current member from the same household) to Roger Whitcomb, CVR Treasurer, 6 Tracy Street, Montpelier, VT 05602. Make checks payable to Central Vermont Runners. Thanks.

Executive Committee

President - Darragh Ellerson Vice President - Jeff Shutak Treasurer - Roger Whitcomb Secretary - Joe McEntyre Committee Chairmen Publicity - Norm Robinson

Fun Run - Jeff Shutak Newsletter - Bob Murphy

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 Athlete's Foot, Burlington - 15% offf running shoes

We've received a letter from Alpine Ski/Sports of Attleboro, MA, announcing a 20% member discount toward the purchase of any running suit (including Gore-Tex) - offer good until 30 April. Those going to Boston in April may want to take advantage of this.

WELCOME TO NEW MEMBERS

Lois Hanna Richard Henrikson Bryan Liss Mary Liss Melvin Miller Robert O'Donnell Michael Sinclair Paul Wishinski

Notes fom Henry

Race result:

Jan 1; Salisbury, Mass. 10Km Sober Up Race 38:23, 41st of 132 (3rd master?) Driving. cold rain.

Henry Marcy

(is Henry the only one who has run races lately?? let's hear from more of you!)

Amby Burfoot Writes...

He's looking for people to write reports about VT runners (profiles, 500 words) and VT races (200-500 words with results) for the New England Edition of Runners World magazine.

Amby's address (for you budding journalists) is 72 Jefferson Ave. New London, CT 06820

MINUTES

Meeting of February 6, 1982

Place: Larry and Nancy Miller's House, Montpelier, VT - 6:20 p.m.

The meeting was called to order by Club President, Darragh Ellerson, at 6:20 p.m. In attendence were the Ellersons, the Millers, the Kelleys, Pat DePlace, Norm Robinson, Bob Murphy, Francis Burdett and yours truly. The following items were discussed:

- 1. Darragh mentioned that the Club Treasury had approximately \$350.00, but would be considerably depleted soon with the purchase of a large order of T-shirts. In view of this expenditure club members need to pay their dues soon.
- 2. The next item discussed was the Montpelier 10-mile race and whether we should get it certified. Joe McEntyre indicated that half the work had been done but the remainder was being delayed, pending a decision on where to start the race. Joe promised to check the matter with Rober Whitcomb and attempt to have the course certified before the 1982 race.
- 3. Darragh stressed the need for various committee chairman, especially someone for the Berlin pond race. Norm Robinson was selected as Publicity Chairman and Jeff Shutak accepted responsibility as the Fun Run Chairman. The Millers agreed to continue tabulating and delivering the Fun Run results to local newspapers.
- 4. A brief discussion was had on the Standards Committee function and the need for a possible expansion of its past limited role in merely attempting to certify race courses.
- 5. Joe McEntyre asked for and received permission to have the annual picnic at his home in Plainfield.
- 6. Discussion followed concerning the Barre Town police request for co-sponsorship of a race in April. The membership expressed interest and a willingness to help but felt more details should be obtained before committing ourselves.
- 7. Joe McEntyre suggested the possiblity of having a race in Plainfield on the Fourth of July, in place of the usual Plainfield Fourth of July celebration, which is not being held this year. A ten dollar per person fee was suggested, to cover the cost of T-shirts, race awards, a meal, entertainment by the Three-Penny Circus, and folk-square dancing later in the day. Showers and swimming would also be available to all who attended. Joe suggested that this would be a good way to help raise some funds for the club and that local merchants could be enlisted

to contribute toward the venture. Joe was asked to get information together and report back to the next meeting with his findings before a decision would be made concerning sponsorship of the race.

Some question was raised concerning The Howard Bank Race, since Charlie Buckman had left the bank for private business reasons.

The meeting finally adjourned at 7:10 p.m. with the membership deciding to hold its next meeting Wednesday, March 17, 1982 at 7:00 p.m. at Norm Robinson's place, 245 Elm Street, Montpelier, Vermont. Information concerning directions to Norm's place will be in the next newsletter.

Respectfully submitted,

oe Things

Joe McEntyre, Club Secretary

JOGGING PIGS UPDATE

Are pigs that jog less likely to suffer heart attacks? Three years ago researchers at the University of California at San Diego studied healthy pigs and answered no. More recently they repeated the experiment by using pigs with heart trouble, and this time the answer was yes.

To start the recent series of experiments, Drs. Colin Bloor and Frank White placed a ballon around one of the three main arteries leading to each pig's heart. When expanded, the balloon squeezed the artery, restricting the flow of blood, and in a short time the pigs developed heart disease. Ten of the diseased pigs exercised daily by running on a treadmill; another ten lazed about.

In the active pigs, Bloor and White say, arteries leading to the heart enlarged and sent out new branches, bypassing the vessels damaged by the balloons. In the inactive pigs, however, crippled arteries changed only slightly, and the heart muscle deteriorated.

Conclusion: Exercise helps prevent heart attacks especially when heart disease is already present, because exercise increases circulation to the heart. But be forewarned. If you have heart trouble, exercise only on your doctor's approval. And don't overdo it: Two pigs died of excessive jogging.

(submitted by Larry Miller)

Race Schedule Update I've received next to nothing on upcoming races since the last newsletter was published. Here are a few that weren't listed in the Jan-Feb issue or for which I've received a bit more info. As usual, an asterisk (*) indicates that I have a few entry blanks. Send SASE if you'd like one to Bob Murphy, RD3, Barre, VT 05641.

- * 21Mar Albany, NY 30 KM Price Chopperthon, 10am, \$4 by Mar 15; \$5 at Race Headquarters on 20 Mar. No registration on the day of the race. Brenda Kelley, 49 Meadow Lane, Albany 12208 (518-458-7620)
- * 27Mar Foxboro, MA "Springtime in Patriotland" 30Km and 5mi races. 2pm, \$3 pre-race day; \$4 race day. Robert Spitler, 1 Rhodes St, Plainville, MA 02762
- * 3Apr Concord, NH Annual Turtle Trot Men's 5 Mile Road Race, 11am, \$3 by 1 Apr, \$4 on day of race. Christy Weed, 8 Rochester Lane, Concord, NH 03301 (603-225-9013)
- * 4Apr Bridgewater, MA <u>5mi Road Race and 2mi Fun Run</u>, 11am, \$4 by 31 Mar, \$5 post. Dr. Joseph Huber, Bridgewater State College, Bridgewater 02324 (617-697-8321 ext. 287)
 - 4Apr Albany, NY Freihofer's Run For Women, 10km, Race Organizer, 382 Broadway, Albany, NY 12207 (518-465-4573)
- * 23May Newton, MA <u>Six Smile Run, 10km</u>, 11am, \$5 by 15 May, limit 3000 entries, Arnold E Bonk, DMD, Race Director, Metropolitan District Dental Society, 93 Union St, Newton 02159 (617-969-6663)

CVR Meeting

Wednesday, 17 Mar, at 7pm

at the home of

Norm Robinson

and Martha Hicks-Robinson

48 Westwood Parkway, Barre

479-1968

Robinsons'

Flashing Light

Beltline

North Main Street

Fire Pumper

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

Address Correction Requested

National Running Data Center Box 42888 Tucson, AZ 85733