



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 attendance were the Ellersons, the Millers, the Kelleys, Pat DeBiasio, 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 Shuta 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 possibility 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

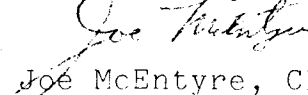
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to contribute toward the venture. Joe was asked to get information together and report back to the next meeting with his findings before a decision would be made concerning sponsorship of the race.

8. 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,

  
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 balloon 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.

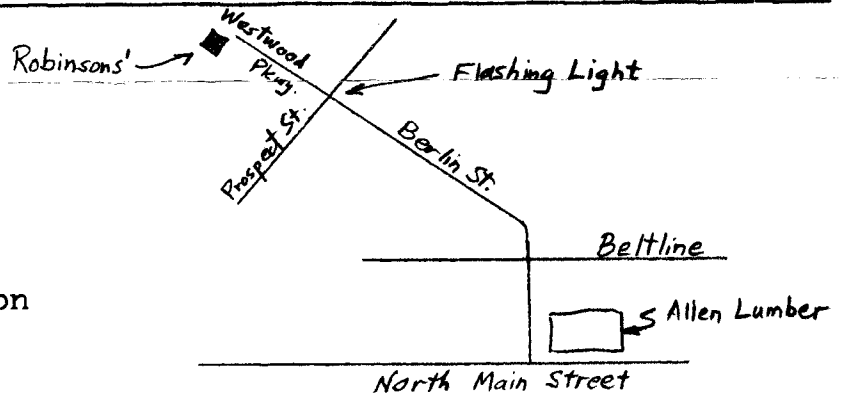
(submitted by Larry Miller)

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 - 5mi Road Race and 2mi Fun Run, 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 - Six Smile Run, 10km, 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



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

Address Correction Requested



National Running Data  
 Center  
 Box 42888  
 Tucson, AZ 85733