

CENTRAL VERMONT RUNNERS NEWSLETTER

*** Next C. V. R. Meeting *** Mon. May 20, 6:30 pm at Norm & Martha
Robinson's, Westwood Parkway, Barre.
"Pot Luck" supper; bring your favorite
main dish, salad or dessert.

APRIL MEETING NOTES

The monthly meeting of CVR took place at Jeff Shutak's house on the 15th of April. We had a superb pot luck dinner of lasagne, salads, breads and beverages prior to the meeting while watching taped coverage of the Boston Marathon. Once we got down to business Darragh reported an excess of \$700 in our treasury with \$110 still to go to U-32 in support of their new track. Our new bullhorn has arrived and everyone present got their first look. Larry Miller sent out feelers about CVR possibly organizing a triathalon but all felt we are spread quite thin now and can't take on such a venture at this point in time.

Bob Murphy presented information on a digital clock with a printout that had been suggested at earlier meetings. Cost of the unit is approximately \$189.00 and after much discussion about its worth vs. expense it was voted to buy the unit. Most members felt the fact it would eliminate one person needed for fun runs would in itself make it valuable. Hopefully it will prove its worth at races as well.

Entry forms are now available for the Howard Bank 10K as well as the Eastern Regional 10 Mile Championship, better known as the Montpelier 10 Miler. There was some discussion of the possibility of still receiving support for the 10 miler in an effort to prop up the sagging number of entries.

All appears go for the May 11th Rotary 5K at U-32. Don't forget to get your entries in. Also workers are still desperately needed for this race as well as the above mentioned. Talk continues to center around the lack of volunteers for many races and fun runs, with discussion on how to get more people involved. The hope is that anyone not planning to run CVR sponsored races can pitch in and make everyone's jobs easier.

Club members also voted to spend \$22.00 on a blank nylon banner that will eventually become our official club insignia. Members will hopefully come forward and help sew on letters and emblem. More on that later.

Bob also reports work is in progress to re-certify all CVR courses to meet new RRCA and TAC regulations. Also meetings are continuing with Ralph Lash and the Waterbury Lions for this year's Leaf Peepers Half-Marathon. One last note- Bob Howe is still looking for articles and help with this year's newsletter. If anyone attends a race, or has thoughts on running in general, please forward them to Bob. It's your newsletter, make it a good one!

RACE SCHEDULE

FUN RUN - 2, 4 and 6 mi, every Tuesday, May through October. Liquor Control Warehouse on Green Mtn. Drive in MontPelier. 5:30pm. 25 cent donation.

C - indicates races with CVR involvement. If you aren't running, your help would be greatly appreciated by the race director and crew.

* - indicates I have entry blanks. Please send S.A.S.E. when requesting an entry blank from me (Bob Howe, RFD #1, Graniteville, Vt. 05654) or from the race directors listed.

- indicates last year's information and the best guess available as to this year's date. Make further inquiry if you plan to attend the race.

Apr 27 - ESSEX CTR, VT - GMAA Trollheim 5km, 11am at Sleepy Hollow Road, \$2. Al & Sally Duval, 899-3398

Apr 28 - BURLINGTON, VT - Q99/Burl. Parks & Recreation 5km, 1pm at Ethan Allen Park. Dave Swan & Ray Tanguay, 864-0123.

May 4 - WILLISTON, VT - GMAA Spring Women's Run, 3.3mi, 11am at Williston Central School. Ruth Painter, 878-3048.

May 5 - COLCHESTER, VT - Malletts Bay 10km, noon at Colchester High School. Leigh Mallory, 879-0336.

C May 11 - BERLIN, VT - "Run for the Health of It" 5km & 1mi, start & finish at U-32 school. 1mi race at 10am (\$1), 5km race at 11am (\$5 by 3 May, \$6 after). \$100 first Prizes (M&F), t-shirts, hats, merchandise Prizes. Wade Walker, Box 244, MontPelier, VT 05602.

* May 12 - ESSEX CTR, VT - GMAA Rollin Irish Half Marathon, 13.1mi, 9am at Essex Center School. Howard Atherton, 434-3228.

May 12 - OTTAWA, ONT - National Capitol Marathon, 9am. Heather MacDougal, Box 429, Stn. A, Ottawa, Ont., Canada K1N 8V5.

May 18 - BURLINGTON, VT - Red Rocks 10K, 10am at GE Parking Lot, Industrial Ave. Jim Seeman, 863-2089, or Joan Valloc, 657-6948.

May 19 - MANCHESTER, VT - Equinox Mtn Foot Race, 5.25mi hill climb, 11am @ the foot of Skyline Dr, climbs 3150'. Lynn Achee, Box 204, Brattleboro, VT 05301, or call 802-362-4773.

May 22 - MONTPELIER, VT - State of Vermont 10Km Challenge Race, 5:30pm at State House, team (4 men & 1 woman) competition only (State Agency or Corporate teams). *SMALL BUSINESSES MAY COMBINE LARRY MILLER 229-0858*

May 25 - BURLINGTON(?), VT - Warbler Ramble, 4.6mi, 10am at Green Mtn Audubon Society Sugarhouse. Mary Kay Letsinger, 434-3068.

May 26 - BURLINGTON, VT - 099/Burl. Parks & Recreation 5km & 10km, 10am at Ethan Allen Park. Dave Swan & Ray Tanguay, 864-0123.

* May 26 - KENNEBUNK, ME - Maine Coast Marathon, 7am @ High School gym, dorm rooms available. \$10 by 1 May, \$15 after. NO POST REGISTRATION. Dick Roberge, 110 Union Ave, Old Orchard Beach, ME 04064

Jun 1 - MIDDLESEX, VT - Bear Swamp Run, 5.7mi, Rumney School
*4 FEE, CALL BURT MCINTIRE, 229-4653

Jun 1 - ENDSBURG FALLS, VT - Milk Run 10km, 8:45am. Leonard Charron, 933-2126.

Jun 2 - BERLIN, VT - Wedgewood Triathlon (run, swim, bike). No other details. Pat Hill, 223-6637.

Jun 8 - SO. BURLINGTON, VT - Olympiad Lung Run, 5mi, 9am at Farrell Dr. 863-4299.

Jun 16 - GREENSBORO, VT - Caspian Lake Runaround, 7mi, 10:30am @ Public beach. Benefit NE Kingdom Rape Crisis Group. Rick Prescott, Box 31, E. Burke, VT 05832, 467-3212

Jun 16 - MEDFORD, MA - Bay State Triathlon, 1mi swim, 40mi bike, 10mi run. \$40. Dave McGillyvray Sports Enterprises, 430C Salem St., Medford, MA 02155 (617-396-3001).

Jun 22 - BURLINGTON, VT - 099/Burl. Parks & Recreation 5km & 10km, 11am at Ethan Allen Park. Dave Swan & Ray Tanguay, 864-0123.

Jun 22 - MT. WASHINGTON, NH - Mt. Washington Road Race, 6mi up auto road. Fred Ross, 802-257-4745.

Jun 23 - ROUSES POINT, NY - Champlain Valley Marathon & Half Marathon, 7:30am. Chamber of Commerce, PO Box 310, Plattsburgh, NY 12901. Rosilan Leahy, 518-563-1000.

C Jun 29 - MONTPELIER, VT - Montpelier 10 Mile Road Race, RRCA Eastern Region Championship, 10:30am at Montpelier High School. \$4 by 24 Jun, \$5 Post. Montpelier Recreation Dept., 55 Barre St., Montpelier, VT 05602, Ann Russell, 223-5141.

C Jul 13 - MONTPELIER, VT - Howard Bank 10K, 9:30am at School & Main. \$5 entry. T-shirt to all entries Postmarked by 30 Jun. Wade Walker, Box 244, Montpelier, VT 05602 (476-4630).

Jul 26 - DERBY to GUILFORD, VT - Double Century Bike Ride (200mi), CVR members only, limited number of Participants. See Dot Helling, John Peterson or Larry Miller if you're interested in Participating or crewing.

WEDGEWOOD NEWS

BECAUSE OF A DROP IN MEMBERSHIP IN OUR "CORPORATE GROUP," WE WILL NO LONGER BE ABLE TO ACCEPT NEW MEMBERS. HOWEVER, THE CURRENT MEMBERS ARE NOT AFFECTED. PROVIDED YOU CONTINUE TO PAY YOUR DUES TO DOT BY THE 25th OF EACH MONTH AND DON'T LET YOUR MEMBERSHIP LAPSE, YOU WILL CONTINUE TO ENJOY THE CORPORATE BENEFITS. PLEASE REMEMBER THAT IF YOU DO DROP OUT, YOU MUST CONTACT DOT IN ADVANCE SO THE NECESSARY PAPERWORK CAN BE COMPLETED AND ARRANGEMENTS MADE FOR RETURN OF YOUR MEMBERSHIP CARD. THANKS FOR YOUR COOPERATION.

DOUBLE CENTURY NEWS

DUE TO CONFLICTS, A LATE SPRING AND A MAJORITY VOTE OF PARTICIPATING RIDERS, THE DOUBLE CENTURY HAS BEEN RESCHEDULED FOR SATURDAY, JULY 27, 1985 (RAIN DATE: SUNDAY, JULY 28). WE HOPE THIS DOESN'T INCONVENIENCE OR DISAPPOINT TOO MANY PARTICIPANTS, RIDERS AND CREW MEMBERS.

AT LAST COUNT WE HAD THE FULL EIGHT (8) RIDERS, BUT WERE STILL MISSING CREW HELP. THE NUMBERS MAY CHANGE WITH THE NEW DATE SO PLEASE CONTACT DOT (223-5797) OR LARRY (229-0858). DRAFTING PRACTICE AND LONG RIDES WILL BEGIN IN MAY.

SPORTS & FITNESS 5K

Several CVR members managed to get to the first annual Sports & Fitness 5K at Burlington's Memorial Auditorium on Sunday April 21. Though there was very little notice prior to the race approximately 70 runners showed up on an absolutely beautiful day. The race was held in conjunction with the Sports & Fitness Show inside the Aud. and all runners (and a few lucky wives) were allowed in free to browse through the exhibits and take part in several seminars. The show consisted of a number of area health clubs, athletic stores and the like displaying the latest in everything from mattresses to windsurfers. Patrons could try out a treadmill or lifecycle, watch the Ironman competition or get your percentage of body fat measured. It may be noted here that one club's newsletter editor (who will remain nameless) disappeared in the massage room for quite sometime, only to be found later much more relaxed and definitely happier.

The race course was just about as flat as one could hope for in Vermont though perhaps a bit shy of the 5K distance. Placing first was Pascal Cheng in 16:08 followed by our own Tim Noonan in 16:34. Other CVR finishers were Bob Howe in 23rd with a time of 19:04 and myself in 19:09.

The top woman finisher was Lisa Bernardin in approximately 18:30. Hopefully the race will become an annual affair. With more publicity it could become a big hit.

Norm Robinson

The 9 Workout Week

Family, job, and numerous responsibilities are priorities which should come before training. Accordingly, we become frustrated trying to squeeze in enough training time to achieve our racing goals. The 9 Workout Week is a step toward quality triathlon racing, without the mega-miles and full-time commitment many triathletes are utilizing.

This training program is based on three commonly accepted principles of training:

1. developing an aerobic base
2. raising the anaerobic threshold
3. developing "racing speed" and pace knowledge

Essentially, this program involves three sessions per week in each event: one "long, steady" workout; one "short, very intense" workout; and one "moderate" workout of steady pacing. Because there are only three training sessions per week, QUALITY becomes the focus, not quantity, and interval or fartlek training is more frequent. Two-a-day sessions will occur only two times a week, and a day off can easily be scheduled.

As you implement this training regimen, keep in mind that while you won't be spending as many hours in workouts, you will be expending greater effort. I think you'll find that workouts of lesser distance and frequency and greater intensity will not only leave you more fit for racing, but also more exhilarated and stimulated.

Below is a sample "9 Workout Week" for someone training for a U.S.T.S. distance race of 1.5K, 40K, 10K. Your training distances will vary depending on your experience, background and abilities, but the general concept is the same.

Each workout session should include a warmup period with stretching and an ease-down period followed by stretching. If you want to build in more mileage, try doing so during these portions of the workout.

	SWIM	BIKE	RUN
MONDAY			intense 10 x 400's yds.
TUESDAY	steady/long 3. x 500's yds.		
WEDNESDAY		race pace 10 mile time trial	long/steady 8 mile run
THURSDAY	intense 10 x 100's yds		
FRIDAY			race pace 4 x 1 miles
SATURDAY	race pace 10 x 2 min. lake	OR intense 10 x 2 min 10 x 1/2 miles	
SUNDAY		long/steady 35 miles	

8th ANNUAL

CRAFTSBURY RUNNING CAMPS · CRAFTSBURY COMMON, VERMONT

CO-ED SESSIONS

JUNE 30-JULY 6
JULY 7-13
JULY 14-22
AUGUST 4-10
AUGUST 11-17



Head Coaches Kare & Craig

1985

WOMEN'S SESSIONS

AUGUST 18-24

Complete Cost:
\$255 per session*



MASTERS' SESSION

SEPT. 8-14



National Running Data Center
Box 42888
Tucson, AZ 85733

