



CVR NEWSLETTER

January - February 1981

Vol. 2, No. 1



**GERSHANECK AND BAKER
WOW CROWDS AT FOXBORO**

by Bob Murphy

It was an exciting day in Foxboro for this spectator, as seven Central Vermont Runners took on 1300 other competitors, stiff winds, and a 26.2 mile course through the Foxboro/Sharon area. When it was over there were two new PR's and three well-run first-time marathons among those who competed for CVR.

The big news had to be the performances of first-time marathoners Glenn Gershaneck and Newton Baker, who posted times of 3:09:17 and 3:14:46, respectfully. Both times were outstanding in light of the wind conditions as well as Newton's and Glenn's announced modest goal of "just to finish" prior to the race. Both were quite enthusiastic right after the contest and Glenn was heard to say (even as rigor mortis was just beginning to set in) that he thought he'd like to run another in a couple of weeks. Now, you know he had to be experiencing a runner's high!

Bob Vergas, another first-timer, ran the race that Glenn and Newton had announced they intended to run. Bob ran an even 9-minute pace from the beginning, carried it through to the end and finished in 3:59:40 with an ear-to-ear grin and looking great! Bob's early splits at 3 miles (27:21) and 7 miles (1:02:01) showed that he slowed very little in the later stages of the race.

Among the seasoned marathoners representing CVR, Pat DeBlasio claimed a PR (and the fastest CVR time) of 3:00:59, while Joe McEntyre improved his previous best by posting a 3:21:20. Neither man was

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SPECIAL NOTICE!

1981 DUES ARE DUE

Present members: \$3.00 (\$1.00 for each subsequent member from the same household)

Send dues to Darragh Ellerson
CVR Treasurer, Upper
North St, Montpelier,
VT 05602

Make checks payable to Central Vermont Runners

OCEAN STATE MARATHON RESULTS

- 2:21:57 Tom Grundy - 1st overall
- 2:39:30 Bob Murphy (CVR) 29th, 1st Master
- 2:46:40 Pat Robinson - 102d, 1st Woman
- 3:01:29 Chris Martin (CVR) 345th
- 3:03:35 Henry Marcy (CVR) 391st

Over 2000 starters, 1723 finishers.
45°, sunny, windy.

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WE NEED A SAFE PLACE TO RUN

by Mo Cerutti

At our annual meeting it was voted to support the idea of construction of a bicycle and pedestrian path between Barre and Montpelier. An old railroad bed still exists along the now State-owned Montpelier & Barre Railroad. With a couple of bridges, right-of-way, grading and pavement, there could

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GERSHANECK AND BAKER (cont'd from page 1)

greatly enthusiastic about his achievement, however. Pat, who had his sights set on a sub-3 hour performance, fell victim to the relentless winds after the ten-mile point. He had been running smoothly at a 2:50 pace to that point (he was 45:31 at 7 miles) but said he lost it between miles 10 and 15. "I'll just have to reassess my training regimen", Pat observed philosophically.

Joe admitted to struggling for the final eight miles. He ran strongly through 15 miles (splits were 21:59 at 3 miles, 50:26 at 7 and 1:49:33 at 15) and seemed geared to finish in around 3:12, but was unable to maintain the pace.

Marathon men Bob Oatley and Byron Hill ran what was for them average times. Bob, who has been wearing himself down for this event with a 50-miler on 6 September and a marathon on 4 October, was "cardoored" recently while riding his bicycle but was still able to run a relatively easy (for him) 3:15:41. Bob's splits (21:56 at 3, 50:26 at 7 and 1:49:26 at 15) were indicative of his even pace throughout, although he too complained about the wind.

Byron, running his 7th marathon of the season, said he's "just plain tired". Byron, who was right with Oatley, Gershaneck and McEntyre at 7 miles, fell slightly behind by 15 miles with a 1:49:56 time, and then lost the pace, finishing in 3:21:08.

Glenn and Newton were absorbing much advice along with pasta (in an all-you-can-eat binge at Sorrento, and Italian restaurant handpicked by Pat, who obviously knew the right place to eat in Foxboro!) the night before the marathon. Phrases like "9-minute mile", "sore foot" and "just finishing" were being bandied about between mouthfuls of lasagna and garlic bread. The "experts" were advising a little less caution - maybe 8:15's to 8:30's, at least in the early miles. After enormous chocolate chip cookies for dessert,

Glenn and Newton decided to sleep on it. Upon arising the next morning, they jointly announced that they were going for a 3½ hour time, figuring that would place them in the top 600. I'll admit I was a bit skeptical about such a drastic change of strategy, but decided to keep quiet and see how things turned out.

And oh how they turned out! Mile 3 found the two of them (predictably faster than anticipated) at 22:26. "Plenty of time to settle down to a reasonable pace", I thought. At seven miles, Gershaneck had caught up to Bob Oatley and was running a 3:10 pace with ease. Baker was only a minute behind and, I thought, trying to exercise a little of the caution that Glenn was apparently tossing to the wind. I was shocked at 15 miles to find Glenn running one minute up on Oatley at 1:48:16, still just under a 3:10 pace. Baker passed 15 miles easily with Iron Man Hill at 1:49:56. I was convinced by now that both Newton and Glenn were madmen bent on self-destruction. After all, they'd said nothing in the previous 24 hours which would have prepared me for this! I believed all those things they had said about aches, pains, lack of preparation - I should have known better. You can imagine my excitement when I saw them cross the finish line at the Foxboro Company Cafeteria in the splendid times reported above!

Congratulations to Glenn, Newton, Bob V., Pat, Joe, Bob O., and Byron. You're all winners in my book! You all helped make it a great day in Foxboro for Central Vermont Runners.

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THANKS TO NATIONAL LIFE
AND THE HOWARD BANK

Letters of appreciation have been sent to the Howard Bank, for their providing us a monthly meeting place, and to the National Life Insurance Company, for printing our newsletter. We're indebted to their support during the past year.

WE NEED (cont'd from page 1)

exist for public use a perfect place to train, ride to work, go for a walk, nature hike or ride a snowmobile separated from vehicles, pot-holes, exhaust and stoplights. What a dream! But dreams can become a reality.

On September 9th, 1980, Gov. Snelling signed his acceptance of \$42,150 in Federal grant money (to be combined with \$14,050 in local funds) to be used for construction of a bike path 3,700 feet long, 10 feet wide, from the Barre Recreation Field to Prospect Street via a City-owned railroad bed. This will all be in accordance with existing laws, through several State and Federal agencies. Such a bike route idea is not new by any means but needs to be discussed and promoted anew. With the energy crunch and increased interest in getting some outdoor exercise, I believe the time is right.

If you have ideas or information please contact me at 828-2621 (office) or 479-9825, or write me, Maurice Cerutti, at MR1, Barre, VT 05641.

* * * * *

UPCOMING CVR FUN RUNS

24 Jan 81 (Saturday) - 11am. Meet at Cerutti's house on Barre-Montpelier Road (US 302) across from Collins' Furniture.

Fun run around and over Beckley Hill; dirt roads and hills; 2mi, 3mi or more if you desire.

Lentil-venison stew after run. Bring a sample of your favorite bread to share.

15 Feb 81 (Sunday) - 9am. Bob Murphy's home in Barre. See Nov-Dec newsletter for directions or call Bob at 476-4328. Fun run 1.5 to 7.7 miles in length, followed by hot beverages and baked goodies.

If you'd like to host a fun run dur-

ing the winter months, just pass the word along to one of the club officers or announce it at one of the above runs.

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NOTICE

Deadline for information and articles for the next newsletter is February 28th. Send info directly to me, Bob Murphy, at RD3, Barre, VT 05641. Your input is needed, be it in the form of race results, news of upcoming events, write-ups on club members or anything else you think might be of interest.

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TAC MEMBERSHIP

For those of you who want to beat the rush, I have a number of membership application blanks for The Athletics Congress. This year's fee is \$6.00. Like it or not, many races require TAC (formerly AAU) membership. So if you plan to run the 30km race in Albany, the Boston Marathon, the Concord 20km race or the Ocean State Marathon, you may as well get your card now. Give me a call or drop me a line and I'll get a form to you.

Bob Murphy

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DID YOU KNOW THAT...?

The largest US race in 1979 was the Atlanta, GA, Peachtree 10km with an estimated 19,000 finishers. The largest Vermont race that same year was the Bennington 10.1 mile road race with 266 finishers. (Courtesy of National Running Data Center, Tucson, AZ)

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CVR NOW SALES-TAX-EXEMPT

As a non-profit corporation, CVR recently became exempt from payment of Vermont sales tax.

MINUTES OF ANNUAL MEETING
December 7, 1980

The meeting convened at 3:30 PM at Bob Murphy's home in Barre. Twenty-two members were in attendance.

Minutes of the October 29th meeting were read and accepted.

Darragh Ellerson reported total receipts for the year of \$789.60, total disbursements of \$641.92 and a current balance of \$147.68. We also have a pretty good stock of club T-shirts on hand.

Doug Jones recommended that the trophy series at the fun runs be eliminated in the future. A general discussion of the fun run situation ensued, and suggestions were made relative to trophies and awards. Some felt that awards should be given for other than a purely competitive reason. It was also suggested that by structuring the fun runs a bit differently, that it might be possible to encourage greater participation by young runners. Both Darragh and Newton Baker expressed an interest in getting involved in the fun run program for 1981.

Although Standards Committee chairman Joe McEntyre was not present, Mo Cerutti, Bob Oatley and Newton Baker expressed their interest in helping out with course measurements.

President Bob Murphy briefly reviewed the accomplishments of the club during 1980, and indicated that the club will soon be exempt from the Vermont Sales Tax. Special thanks were given to several members for their contributions;

Club shirts - Molly Corrigan
Logo design - Doug Jones
Incorporation fee - Darragh Ellerson
Incorporation papers - Pat De Blasio
Race Committee - Doug Jones, Roger Whitcomb, Molly Corrigan, Byron Hill and the many others who organized and assisted in races.
Carpool Coordination - Bob Oatley
Initial Steps in Course Measurement - Joe McEntyre
Publicity - Bill Rollins
Newsletter - Glenn Gershaneck, Elaine Hoiska and National Life.
Meeting Place - Charlie Buckman, Chip Stone and the Howard Bank.
Donation toward stopwatch - Joe McEntyre

A proposed budget and dues structure was presented by Bob Murphy and approved as follows:

<u>Budget</u>	
1981 RRCA dues	\$ 39.60
RRCA liability insurance	39.60
Newsletter maining (9 issues)	102.60
Membership cards	25.00
Misc. stationery, envelopes and postage	25.00
	<u>\$231.80</u>

Dues

Primary members \$3.00 x 72	\$216.00
Secondary members \$1.00 x 18	<u>18.00</u>
	\$234.00

It was decided that initial membership fees for 1981 would be \$6.50 and \$4.50, such cost to include \$3.50 for a club shirt.

Bob Oatley reported on the pros and cons of TAC membership, and the group rejected the idea of joining at this time.

Bob Murphy pointed out that Warren Kitzmiller has agreed to turn over to the club the remainder of the Fun Run money. This amounts to approximately \$80.00, and the group agreed that this should be earmarked for purchase of a bullhorn.

The 1981 race schedule was discussed. The date for the Montpelier Road Race will be June 27, 1980. Bob Murphy will send notice to RRCA that we wish to retain the NERRC 10 mile championship for that race.

Regarding winter fun runs, Bob indicated that the next newsletter will carry details of Cerutti's run on January 24th. Anyone desiring to host a fun run was asked to get word to one of the officers so that it could be advertised via the next newsletter.

Dave Dow passed out flyers announcing a New Year's day fun run/ski at Anne Batten's.

Election of officers was taken care of in record time. Bob Murphy and Darragh Ellerson were the sole nominees for the offices of President and Treasurer and so will be carrying on in the same jobs for 1981.

Mo Cerutti announced that he would like to begin lobbying for a pedestrian/bike path between Barre and Montpelier along the old RR right-of-way and asked for the club's backing. Many members expressed interest in the idea, and a motion was made, seconded and approved voicing the club's support of Mo's efforts to pursue such a goal.

The date and place of the next meeting will be at Anne Batten's on New Year's Day.

There being no further business, the meeting adjourned at approximately 4:40 PM.

Those present

Nick Marro	Wiz Dow	Elaine Hoiska
Larry Miller	Roger Cranse	Doug Jones
Nancy Miller	Newton Baker	
Bob Murphy	Linda Berger	
Maureen Murphy	Mo Cerutti	
Bob Oatley	Sue Cerutti	
Bob Vergas	Dave Crowell	
Marilyn Wilson	Pat DeBlasio	
Anne Batten	Darragh Ellerson	
Dave Dow	Byron Hill	

Central Vermont Runners - Membership as of 1 Jan 81

Name	Address		(Home)Phone(Work)	Age in 81	Birth- date
Anders, Ellen	Calais Stage, Montpelier	VT 05602	223-3552/229-0660	43	20Dec38
Appleton, Malcolm	Box 191, Waitsfield	VT 05673	496-4339/496-2195	43	21Feb38
Ashton, Richard	RD4, Montpelier	VT 05602	223-3132/229-3529	38	30May43
Baker, Jane	MR#1, Barre	VT 05641	476-8730	36	17Dec45
Baker, Newton	166 Elm St, Montpelier	VT 05602		39	16Jan42
Batten, Anne	Box 128, E. Hardwick	VT 05836	472-6066/472-6066	49	24Jul32
Berger, Linda	305 State St, Montpelier	VT 05602	229-0884	29	
Bertrand, Fred	10 Dover Rd Montpelier	VT 05602	229-9665/229-3205	45	5Aug36
Bruzzese, Bill	120 College St, Montpelier	VT 05602	223-7013/828-2636	45	26Jul36
Bryan, Shawn	6 Elm St, Northfield	VT 05663	828-2376	33	2Jun48
Bucknam, Charles	17 Phelps St, Montpelier	VT 05602	223-7939/223-5203		
Canavan, John	7 Nelson St, Montpelier	VT 05602	223-3258/223-3258	51	31May30
Cerutti, Maurice	MR#1, Barre	VT 05641	479-9825/828-2621	36	6Aug45
Cerutti, Sue	MR#1, Barre	VT 05641	479-9825/223-2427	34	11May47
Chaplin, Mark	RD1, Box 15E, Worcester	VT 05682	223-6774/229-0321	30	3May51
Cherington, Charles	Cherington Rd, Calais	VT 05648	229-0087	18	
Commuto, Tom	22 Chestnut Hill Rd, Montpelier	VT 05602	229-4579	33	31Jul48
Conlon, Tom	Spring Hollow Lane, Montpelier	VT 05602	223-7347/658-0220		
Copeland, Rod	RD2, 142A, Waterbury	VT 05676	224-5088/241-2634	38	4Feb43
Corrigan, Molly	11 Cliff St, Montpelier	VT 05602	229-9552/828-2815	33	21Aug48
Cranse, Roger	24 Pearl St, Montpelier	VT 05602	223-6997/828-3141	40	19Feb41
Crowell, Dave	RFD#3, Montpelier	VT 05602	223-7781	32	
DeBlasio, Paschal	585 Elm St, Montpelier	VT 05602	828-3279	31	30May50
Dow, Dave	RFD#1, Box 69D, Hardwick	VT 05843	472-6254/472-6511	38	13May43
Dow, Elizabeth	RFD#1, Box 69D, Hardwick	VT 05843	472-6254/888-3101	38	8Jul43
Edwards, Randy	Box 163, Morrisville	VT 05661	888-4947/253-8484	33	21Mar48
Ellerson, Alex	Upper North St, Montpelier	VT 05602	223-2080	17	2Jun64
Ellerson, Darragh	Upper North St, Montpelier	VT 05602	223-2080	51	6Jul30
Ellerson, Evan	Upper North St, Montpelier	VT 05602	223-2080	26	28Mar55
Furman, John	Box 239, Rochester	VT 05767	767-4415/458-1210	35	26Mar46
Gershaneck, Glenn	Box 7, Graniteville	VT 05654	479-0843	34	6Oct47
Hanlon, Paul	Hampshire Hill, Worcester	VT 05682	223-3591		
Hanna, James	Calais Stage, Montpelier	VT 05602	223-6605/828-2587	47	13Jul34
Hanna, Steve	Calais Stage, Montpelier	VT 05602	223-6605	18	21Jan63
Hill, Byron	RFD#1, Montpelier	VT 05602	223-6637/223-2852	51	9Jun30

Hoiska, Elaine	RD1, Bliss Rd, E. Montpelier	VT 05651		38	
Hudson, Norman	27 North St, Montpelier	VT 05602	223-6405/828-3471	52	9Jun29
Jackson, Schuyler	Box 139A, Waitsfield	VT 05673	496-3725/658-2545	47	18Jun34
Jacobs, Claudia	37Liberty St, Montpelier	VT 05602	229-0289/241-2134	33	29May48
Jones, Douglas	Box 718, Montpelier	VT 05602	223-3612	48	5Nov33
Kelley, David	17 Deerfield Dr, Montpelier	VT 05602	229-0232/223-5294	55	8Nov26
Kelley, Wilma	17 Deerfield Dr, Montpelier	VT 05602	229-0232	51	23Jul30
Kelly, Maureen	Box 225, Roxbury Rd, Northfield	VT 05663	485-6618/485-5311	27	9May54
Kinsey, Gordon	RR1, Box 132, Johnson	VT 05656	635-2231/863-1151	32	27May49
Iabate, Mary	30½B Loomis St, Montpelier	VT 05602	229-9314	25	30Mar56
Mailman, Brenda	12 Deerfield Dr, Montpelier	VT 05602	223-2840	21	2May60
Mailman, Paul	12 Deerfield Dr, Montpelier	VT 05602	223-2840/223-5294	44	19Sep37
Marcy, Henry	14 Summer St, St. Johnsbury	VT 05819	748-9437/828-2376	43	27Aug38
Marcy, Jean	14 Summer St, St. Johnsbury	VT 05819	748-9437/748-8291	37	3Jan44
Marro, Nick	305 State St, Montpelier	VT 05602	229-0884	37	
Martin, Chris	Maple Corner, Calais	VT 05648	223-6014	40	22May41
Martin, Cindy	Maple Corner, Calais	VT 05648	223-6014	17	15Aug64
Martin, Debbie	Maple Corner, Calais	VT 05648	223-6014	16	6Dec65
Martin, Joyce	Maple Corner, Calais	VT 05648	223-6014	40	5Dec41
Martin, Steve	Maple Corner, Calais	VT 05648	223-6014	13	12Nov68
McEntyre, Joe	RFD, Plainfield	VT 05667	454-7831/454-7825	42	19Jan39
McKeon, John	RFD2, Randolph	VT 05060	728-9296	33	25Aug48
Meiklejohn, Elizabeth	Box 110, E. Calais	VT 05650	456-8808	33	9Jun48
Millar, Dick	29 Colonial Dr, Montpelier	VT 05602	223-7912	20	23Jul61
Miller, Larry	RD3, Montpelier	VT 05602	229-0858/828-3395	43	21Jun38
Miller, Nancy	RD3, Montpelier	VT 05602	229-0858/229-0623	38	12Apr43
Morse, Dave	Box 344, Montpelier	VT 05602	223-7126/476-3141	67	13Sep14
Murphy, Bob	RD 3, Barre	VT 05641	476-4328/828-2695	41	21Jan40
Murphy, Maureen	RD 3, Barre	VT 05641	476-4328	15	1Dec66
Nyhagen, Laura	5 Parkside Dr, Montpelier	VT 05602	223-7837	19	6Feb62
Oatley, Bob	49 E. State St, Montpelier	VT 05602	229-4565/828-2621	47	28Sep34
Oatley, Bob II	RFD, Marshfield	VT 05658	426-3542	24	16Aug57
Oatley, Billy	RFD, Marshfield	VT 05658	426-3542	11	2Nov70
Ohman, Paul	30 Bailey Ave, Montpelier	VT 05602	229-9496/229-0311	42	20Oct39
Osborne, Fred	RD1, Box 239, Waterbury Center	VT 05677	244-7289/828-2645	57	27Aug24
Perkins, Don	46 Maplewood Ave, Barre	VT 05641	476-8039/828-2621	41	21Aug40
Poeton, John	RD1, Box 615, Williamstown	VT 05679	433-5840/828-3111	39	21Nov42
Raymond, Donna	55Lewis St, Barre	VT 05641	479-9477	22	12Feb59
Ritvo, Marjorie	35 Hubbard St, Montpelier	VT 05602	229-9375	34	21Feb47
Rocheftort, Mike	81 Maple Ave, Barre	VT 05641	476-5355	22	6Jul59

Rollins, Bill	RD1, Box 254, Waterbury Center	VT 05677	244-7018/828-2376	59	18Apr22
Skinner, Mary	Box 412, Montpelier	VT 05602	223-7123/229-0200		
Skinner, Scott	Box 412, Montpelier	VT 05602	223-7123/223-5505	39	31May42
Smith, Heidi	Moretown Common, Moretown	VT 05660	496-3281/496-3281	39	9Feb42
Smith, Trent	Moretown Common, Moretown	VT 05660	496-3281/496-2591	42	17May39
Stone, Charles	County Road, Montpelier	VT 05602	223-2136/223-5203		
Sweet, Helen	106 E. State St, Montpelier	VT 05602	223-2027/655-0270	26	16Jun55
Thaanum, Anne	83 E. State St, Montpelier	VT 05602	223-6802/748-5176	34	4Nov47
Usle, Ray	RR 4, Barre	VT 05641	479-9476/479-0501	35	28Mar46
Vanderlip, Lowell	Box 44, Adamant	VT 05640	223-3602	35	17Aug46
Vergas, Bob	Box 68, Plainfield	VT 05667	454-8311	32	3Nov49
Wallace, James	9 Cliff St, Montpelier	VT 05602	229-9619	44	14Sep37
Whitcomb, Roger	6 Tracy St, Montpelier	VT 05602	229-9805/828-2621	33	29Oct48
Wilson, Bob	35 Deerfield Dr, Montpelier	VT 05602	229-9851/828-2634	55	29May26
Wilson, Marilyn	35 Deerfield Dr, Montpelier	VT 05602	229-9851	50	16Aug31

RECRUIT A NEW MEMBER!

See page 9 for this year's version of the CVR recruitment letter. If you know of someone out there who might be interested in joining a growing, dynamic organization, pass it along to him/her.

Please note that during our early formative stages, some members never completed a membership form. As such, our membership files are a bit incomplete. So would the following members please clip the membership form on page 9, fill it out and send it along with this year's dues to Darragh? Thanks very much!

- Linda Berger
- Charles Bucknam
- Tom Conlon
- Dave Crowell
- Paul Hanlon
- Elaine Holska
- Nick Marro
- Mary Skinner
- Chip Stone
- Chuck Cherington **

** Lost yours!

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REMEMBER

If you're planning on going to a running event and have room in your car for others...

Or, if you'd like to go to a running event and don't have wheels...

Just give your friendly neighborhood CVR Carpool Coordinator a call. He may be able to get the two of you together!

Carpool Coordinator
 Bob Oatley
 828-2621 Days
 229-4565 Evenings

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January 1981

Dear Friend,

Central Vermont Runners was organized in the Spring of 1980 to satisfy the need for a local club to serve runners in the Montpelier, Barre and surrounding areas. CVR seeks to promote running in all its facets; for fitness, fun and competition. Runners of all abilities are welcome; both young and old, male and female, beginner and veteran.

CVR is a member of the nationally-based Road Runners Club of America (RRCA) and sponsors the popular Montpelier Summer Fun Run program, as well as several races and other running-related events in the Central Vermont area.

Benefits of membership include a club T-shirt (provided with initial membership), the quarterly RRCA publication "Footnotes", limited race entry blank service, and periodic club newsletters and race schedules. The greatest benefit, however, is the joy of sharing good times with fellow runners and friends.

Club members are expected to make some contribution to running other than their own training and participation in races. This can be done by serving on club committees, helping out at club functions, assisting at fun runs and races, etc.

The initial membership fee is \$6.50 (\$4.50 for subsequent members from the same household). This covers the cost of a club T-shirt and dues through December 1981.

If you wish to join, please send initial membership fee along with completed membership form (below) to: Central Vermont Runners, c/o Darragh Ellerson, Treasurer, Upper North Street, Montpelier, VT 05602. Checks may be made payable to Central Vermont Runners.

Sincerely,

Bob Murphy
Bob Murphy, CVR President



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								

RACE AND FUN RUN SCHEDULE

- 17 Jan - GMAA T&F Meet, Gutterson Field House, UVM, 9am, Leighton Walker (878-2322)
24 Jan - CVR Fun Run, 2mi+, 11am, Mo and Sue Cerutti's home, see p. 3
9-11 Jan - Dartmouth Relays, Hanover, NH (603-646-2848)
- 15 Feb - CVR Fun Run, 1.5mi+, 9am, Bob Murphy's home, see p. 3
? Feb - GMAA Freezeroo, 4-5mi in slush, to be announced in Free Press
- 22 Mar - Kaynor's Sap Run (GMAA), 6mi, noon. Start at Kaynor's Sugar House, King Hill Rd, Westford. \$2 entry fee includes sugar on snow after the race. For directions, call 879-7483.
22(?) Mar - Choppathon 30km, Albany, NY
- 11 Apr - GMAA Women's Run
20 Apr - Boston Marathon, Will Cloney, Box 223, Boston, MA 02199
- 2 May - GMAA Trollheim 5km
3 May - Bennington Road Race, 10.1 & 4mi, Tom Wagner, SVRRC, Bennington
10 May - Montpelier $\frac{1}{2}$ Marathon (very, very tentative)
17 May - Mt. Equinox Hill Climb, 5 $\frac{1}{4}$ mi, Fred Ross, Red Clover Rovers
? May - Sacred Heart 10km, Newport, Memphremagog Striders
? May - Champlain Valley-YMCA Marathon, Plattsburg, NY
? May - National Capitol Marathon, Ottawa, Ontario

Please send info on above races, as well as others you may hear about, to Bob Murphy, RD3, Barre, VT 05641.

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