



CVR NEWSLETTER

January - February 1982

Vol. 3, No. 1



Executive Committee

- President - Darragh Ellerson
- Vice President - Jeff Shutak
- Treasurer - Roger Whitcomb
- Secretary - Joe McEntyre
- Committee Chairmen
- 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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A WORD ABOUT THE NEWSLETTER

My apologies to those of you who may have difficulty reading the small print. The decision to reduce the text of the newsletter was one of economics. We are now having the newsletters reproduced commercially, and the cost to do so is significant. In an attempt to avoid (or at least postpone) a dues increase to cover the higher costs of publication, we decided to reduce the text and get more info per page, and thus fewer pages, and less cost. This does not entirely eliminate the economic problem and the membership agreed to a deficit budget for this coming year in order not to raise dues. We will be exploring ways of raising funds this year to help support the newsletter as well as covering some of our other club costs. Any suggestions you may have as to how we can raise such funds, or any ideas you may have as to how we can produce the newsletter

SPECIAL NOTICE!

1982 DUES ARE DUE

Present members: \$3 (\$1 for each subsequent member from the same household)

Send dues to Roger Whitcomb, CVR Treasurer, 6 Tracy St. Montpelier, VT 05602

Make checks payable to Central Vermont Runners

less expensively (hopefully without a decrease in quality) will be gratefully accepted. Just pass your ideas on to a member of the Executive Committee or come to one of the monthly (more or less!) meetings to express your views.

I'd like to take this opportunity to express thanks to all those who contributed their time and effort during this past year to the newsletter. In addition to the many contributors of articles (Mo Cerutti, Byron Hill, Pat DeBlasio, Bob Oatley, Wis Dow, Newt Baker, Dave Dow, Wade Walker, Elaine Hoiska, John Furman, Norm Robinson, Henry Marcy and Bob Murphy), a special thank you goes out to Chris Martin (reproduction), Cindy Martin (typing) and the Murphy 'girls', Maureen, Lynda, Colleen and Shannon (assembly and mailing).

You've proven in the past that this is truly a members' newsletter. Keep those cards and letters coming. We need news, reviews, upcoming events, results, criticism, cartoons, etc. Share your ideas with the rest of us.

Happy New Year!

* * *

"The World" 25 Nov 81

C.V. Runners Star In Marathon

Ten runners from the Central Vermont Runners Club competed over the weekend at the Fox Trotters Marathon in Foxboro, Mass. The race last Saturday, Nov. 21, covered 26 miles and 385 yards. It was for the New England Road Runners Championship.

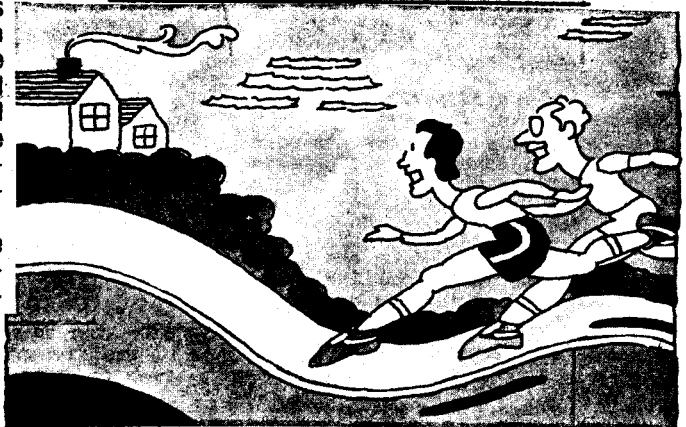
The temperature for the race was in the upper 40's with strong winds, sometimes gusting, that seemed to be in the runners faces most of the way. Even though it rained all day, night and up until about one hour before race time, it didn't seem to dampen the spirits of the approximately 1,200 runners.

The course, besides the wind, seemed like it was always going up a slight in-

cline with little relief. But thanks to the CVR support crews the runners' spirits were kept high. Mark Chaplin was the first CVR across the line and finished a strong 15th overall! Sue Christiansen, competing in her first marathon did an excellent job finishing 18th in her age group.

The times and places overall are as follows:

Mark Chaplin	2:35:08	15
Chris Martin	3:01:12	185
Newton Baker	3:10:51	286
Dick Millar	3:12:10	297
Wade Walker	3:15:35	322
Joe McEntyre	3:25:35	441
Bob Oatley	3:29:32	501
Byron Hill	3:34:52	543
Sue Christiansen	3:35:04	544
Ray Usle	3:44:25	612



CVR SUCCESSES AT FOXBORO!

CVR teams proved tough to beat at the 1981 NERRC Marathon Championship race at Foxboro, Mass., on 21 Nov. Paced by hard-running Mark Chaplin (who finished an outstanding 15th overall), Newton Baker and Dick Millar rounded out the CVR Men's Open team which took 2nd place among the 10 teams represented. Only the Middlesex Striders, with a team score of 298 was able to top CVR's 591.

Meanwhile, CVR's Men's Masters team of Chris Martin, Joe McEntyre and Bob Oatley captured the Masters title unopposed. Considering their performances (led by Martin's 3:01), they would have been tough to beat in any case.

Congratulations to both of our teams and also to our other finishers, Wade Walker, Byron Hill, and first-timers Sue Christiansen and Ray Usle. Ray's account of the experience follows.

FOXBORO MARATHON: A FIRST-TIMER'S VIEW

by
Ray Usle

On November 21, 1981, I completed the Fox Trotter Marathon course at Foxboro, Mass., in the time of 3:44. This was my first marathon and crossing the finish line was no doubt one of the biggest thrills of my life. I have been running semi-seriously for about two years and decided last September to attempt a marathon.

Many of the runners complained that the course was always at a slight incline but to me this was the flattest race course I've ever run. Perhaps this is because I've never before run outside of Vermont and do most of my training on hills.

The day was very cold with temperatures in the mid-40's and the wind blowing across the lake was sometimes fierce.

I positioned myself in the back of the pack at the start

and it was a minute and a half later when I crossed the starting line. Facing a distance which I've never run and a wicked case of nerves, I paced myself at eight minute miles for the first twenty miles. I felt fine up to that point and thought that it would be easy to finish at that pace, but at 21 miles I ran out of gas. The next four miles were agonizingly slow but the last mile I picked up again knowing the end was in sight.

A first marathon is truly a learning experience. I feel if I had paced myself faster in the first twenty miles when I felt strong I perhaps would have finished with a better time. I will let you know if this theory works because I am hooked on the thrill of long distance running. I will definitely run another marathon in the year to come.

MINUTES FOR ANNUAL MEETING

FOR: Central Vermont Runners, Inc.

DATE: December 6, 1981

PLACE: Cox Cable T.V. Building, Berlin, Vermont

ATTENDED BY: Bob Murphy, Darrah Ellerson, Bob Oatley, Byron Hill, Mary Labate, Larry & Nancy Miller, Norm Robinson & spouse, Ray Usle, Wade Walker & spouse, Bob Howe, Joe McEntyre, Brian Liss and others I may have unintentionally omitted

Bob Murphy opened the meeting with a general discussion of finances, indicating that although we had in excess of \$400.00 in the CVR checking account most of that money is already committed to member T-shirts and newsletter printing and mailing costs. Bob proposed increasing initial membership to \$7.00 and the cost of a T-shirt to \$4.00. The proposal was accepted unanimously by those present. Annual membership dues will remain unchanged.

Discussion followed about additional ways to raise funds. Suggestions included a return to the 25 cent charge for each Tuesday "fun runner"; charging for CVR services in helping to run area races; staging our own race to raise additional funds; ^{and} encouraging The Howard Bank to increase its race entry fee as a means of obtaining additional revenue. No vote was taken on resolution made on which alternative to pursue, but all suggestions were favorably received and supported by those present.

Bob Murphy then reported that he had received a mysterious communication from another runner, indicating that the CVR Foxboro Marathon teams may have placed well in the final standings. Bob asked if anyone had information how we placed at Foxboro. No one did, so Joe McEntyre volunteered to check on the matter.

The meeting then turned to selection of officers for 1982. The slate of nominations recommended by Pashal DeBlasio was adopted by unanimous voice vote. Our new officers are: Darrah Ellerson, President; Jeff Shutag, Vice-President; Roger Whitcomb, Treasurer; and yours truly, Secretary.

The annual meeting was preceded by a short three mile fun run by ^{SEVEN} A hardy (perhaps "foolhardy" is a better term) souls, who trudged through deep snow drifts and braved 40-60 mile an hour wind gusts. Before the meeting we all thoroughly enjoyed a pot luck supper, with mucho food for all.

The next CVR meeting will be held at Larry and Nancy Miller's place at ~~FM~~ on February 6, 1981.

Respectfully submitted,
Joe McEntyre, Secretary
12/14/81

FRED ROSS SURVIVES "NIFTY FIFTY"

by

Bob Oatley

Fred Ross battled a tough, hilly course, blustery cold weather and his own lack of training and conquered the New England Athletics Congress (NEAC) 50 Mile Championship.

Fred discovered only about a month before this race that his fifty miler at Lake Waramaug, Connecticut, in May couldn't be used as a qualifying race for the Western States 100 next June. He quickly began a crash training program as his mileage had been averaging something less than 20 miles per week.

He entered the Essex Junction 50 Miler on Nov 7 but had to drop out after 30 miles with knee problems. His pit crew (yours truly) arrived too late to help him. The weather was wet, snowy and cold and the course hilly.

Two weeks later Fred was on the starting line in Coventry, RI, for his last shot at qualifying for the Western 100 as entries closed Nov 30. This time Fred's pit crew (yours truly again) was there for the entire tough race.

The course consisted of nine laps of 5.37 miles around Flat River Reservoir plus a short leg at the start and finish. Naturally the last 0.835 miles was uphill.

As mentioned above the course was quite hilly. None of the hills were long but there were a lot of them. Fred thought that probably helped him as he got to use all of his leg muscles.

Fred looked quite comfortable for about three laps. He was running for four minutes and walking for one for the first four laps. This changed to $3\frac{1}{2}$ and $1\frac{1}{2}$ for laps five and six and after that he did what he could.

Fred ate some bananas and granola bars (his own) and drank ERG at the two aid stations on the course.

At the end of six laps (33 miles) it looked like it was all over for Fred as he was limping badly and in quite a bit of pain. At this point he took a three minute pit stop and changed shoes. He took some aspirin and went back at it. His pit crew met him at about two mile intervals from there on in and he kept looking better and better.

Just before the last lap the first place woman (47 year old Bev Nolan) caught up with Fred and they ran the last 10K together. This was a big help to both of them considering their fatigue (she had run a 50 the previous weekend) and the fact that it was now dark. They hit the finish line together in 8:52:58 tied for 13th place.

Fred was extremely tired but also extremely jubilant. He had taken the first big step toward his goal of completing the Western 100 in 24 hours. Let's all join in wishing Fred the luck of the draw as entries for the Western 100 are selected by lottery. Fred vows to train if accepted.

From a spectator's viewpoint the race was very long but also very interesting. There were about 30 starters and 15 finishers. The winner was George Gardner who started out at 6:00 per mile and averaged 6:44/mile for the entire fifty. For two or three laps there was quite a contest for first as Ray Nelson of Kingstown, RI was just a short distance back of George and definitely a factor. Unfortunately he became ill and had to withdraw after about 20 miles.

The aid stations were well manned and there was plenty of encouragement for the runners. The race director, Gerry Beagan, who finished fifth, came back out on the course after he finished to check things out and offer encouragement to the runners. Someone mentioned how well he looked and that he seemed to be walking without difficulty. He commented that fifties are a lot easier on the legs than marathons because the pace is so slow.

From my own experience I know that these are easier to recover from than a marathon and I look forward to joining other Central Vermont Runners at Lake Waramaug on May 2, 1982.

CENTRAL VERMONT RUNNERS - Membership as of 1 January 1982

<u>Name</u>	<u>Address</u>		<u>(Home)Phone(Work)</u>	<u>Age in 82</u>	<u>Birth- date</u>
Anders, Ellen	Calais Stage, Montpelier	VT 05602	223-3552/229-0660	44	20Dec38
Aronson, Bud	16 Taft St, Springfield	MA 01108		58	1Jul24
Aronson, Doris	16 Taft St, Springfield	MA 01108		50	8Jul32
Ashton, Richard	RD4, Montpelier	VT 05602	223-3132/229-3529	39	30May43
Baker, Jeremy	166 Elm St, Montpelier	VT 05602			
Baker, Jessica	166 Elm St, Montpelier	VT 05602			
Baker, Newton	166 Elm St, Montpelier	VT 05602		40	16Jan42
Banks, Murray	Box 343, Bethel	VT 05032	234-5484/234-9966	35	20Oct47
Batten, Anne	Box 128, East Hardwick	VT 05836	472-6066/472-6066	50	24Jul32
Berger, Linda	305 State St, Montpelier	VT 05602	229-0884	30	
Bertrand, Fred	10 Dover Rd, Montpelier	VT 05602	229-9665/229-3205	46	5Aug36
Bruzzese, Bill	120 College St, Montpelier	VT 05602	223-7013		
Bryan, Shawn	RD#4, Montpelier	VT 05602	828-2376	34	2Jun48
Bucknam, Charles		VT	223-5203		
Burdett, Francis	18 Sibley Ave, Montpelier	VT 05602	229-9346	17	4Feb65
Cerutti, Maurice	MR#1, Barre	VT 05641	479-9825/828-2621	37	6Aug45
Cerutti, Sue	MR#1, Barre	VT 05641	479-9825/223-2427	35	11May47
Chabot, Edward J, III	Pleasant St, Hardwick	VT 05836	472-5732/828-2568	43	19Aug39
Chaplin, Mark	RD1, Box 15E, Worcester	VT 05682	223-6774/229-0321	31	3May51
Christiansen, Sue	37 School St, Montpelier	VT 05602	229-9262/223-7309		
Collins, Michael	Box 546, Moretown	VT 05660	496-2395/656-2936	36	20Oct46
Comito, Tom	22 Chestnut Hill Rd, Montpelier	VT 05602	229-4579	34	31Jul48
Conlon, Tom	Spring Hollow Lane, Montpelier	VT 05602	223-7347/658-0220		
Copeland, Rod	RD2, 142A, Waterbury	VT 05676	224-5088/241-2634	39	4Feb43
Corrigan, Molly	11 Cliff St, Montpelier	VT 05602	229-9552/828-2815	34	21Aug48
Cranse, Roger	24 Pearl St, Montpelier	VT 05602	223-6997/828-3141	41	19Feb41
Cray, Merrill	111 Allen St, Barre	VT 05641	223-6161	30	22Jun52
Crowell, Dave	RFD#3, Montpelier	VT 05602	223-7781	33	
Darling, Patrick	Box 54, East Montpelier	VT 05651	223-3245/476-4271	30	16Apr52
DeBlasio, Paschal	585 Elm St, Montpelier	VT 05602	229-5807	32	30May50
Dow, Dave	RFD#1, Box 69D, Hardwick	VT 05843	472-6254/472-6511	39	13May43
Dow, Elizabeth	RFD#1, Box 69D, Hardwick	VT 05843	472-6254/888-3101	39	8Jul43
Ellerson, Alex	Upper North St, Montpelier	VT 05602	223-2080	18	2Jun64
Ellerson, Darragh	Upper North St, Montpelier	VT 05602	223-2080	52	6Jul30
Ellerson, Mailis	Upper North St, Montpelier	VT 05602	223-2080		

Everett, Steve R.	2 Chestnut Hill Rd, Montpelier	VT 05602	223-3209/223-3209	34	3Apr48
Farmer, David	34 Pleasant View St, Montpelier	VT 05602	229-0457	21	21Jul61
Feeley, Elaine	107 Highgate Apts, Barre	VT 05641			
Furman, John	Box 239, Rochester	VT 05767			
Gershaneck, Glenn	Box 7, Graniteville	VT 05654	479-0843	35	60Oct47
Guilmette, John R.	1 Greenock Ave, Montpelier	VT 05602	229-0848/828-3361	32	8Jul50
Hallquist, David	RD1, Box 257, Waterbury Center	VT 05677	244-5760/863-1611	26	11Apr56
Hanlon, Paul	Hampshire Hill, Worcester	VT 05682	223-3591		
Hanna, James	Calais Stage, Montpelier	VT 05602	223-6605/828-2587	48	13Jul34
Hanna, Steve	Calais Stage, Montpelier	VT 05602	223-6605	19	21Jan63
Hayer, Leatrice	39 Kingswood Rd, West Hartford	CT 06119			
Hill, Byron	RFD#1, Montpelier	VT 05602	223-6637/223-2852	52	9Jun30
Hoiska, Elaine	RD1, Bliss Rd, East Montpelier	VT 05651		39	
Howe, Robert M.	RFD#1, Graniteville	VT 05654	433-5878/828-2106	35	12Mar47
Hubbard, Richard	Box 276, Stowe	VT 05672			
Jackson, Schuyler	Box 139A, Waitsfield	VT 05673	496-3725/658-2545	48	18Jun34
Jacobs, Claudia	37 Liberty St, Montpelier	VT 05602	229-0289/241-2134	34	29May48
Jones, Douglas	Box 718, Montpelier	VT 05602	223-3612	49	5Nov33
Kelley, David	17 Deerfield Dr, Montpelier	VT 05602	229-0232	56	
Kelley, Wilma	17 Deerfield Dr, Montpelier	VT 05602	229-0232	52	
Kelly, Maureen	Box 225, Roxbury Rd, Northfield	VT 05663	485-6618/485-5311	28	9May54
Kerin, David	14 Vine St, Montpelier	VT 05602	223-5061	21	1Jun61
Kinsey, Gordon	RR1, Box 132, Johnson	VT 05656	635-2231/863-1151	33	27May49
Kinsey-Warnock, Natalie	RFD#1, Barton	VT 05822	525-4493/334-7325	26	2Nov56
Labate, Mary	30 1/2 B Loomis St, Montpelier	VT 05602	229-9314	26	30Mar56
Mallman, Brenda	12 Deerfield Dr, Montpelier	VT 05602	223-2840	22	2May60
Mallman, Paul	12 Deerfield Dr, Montpelier	VT 05602	223-2840/223-5294	45	19Sep37
Mallery, John	3 Nelson St, Montpelier	VT 05602	223-2163	39	8Apr43
Marcy, Henry	14 Summer St, St. Johnsbury	VT 05819	748-9437	44	27Aug38
Marcy, Jean	14 Summer St, St. Johnsbury	VT 05819	748-9437/748-8291	38	3Jan44
Marro, Nick	305 State St, Montpelier	VT 05602	229-0884	38	
Martin, Chris	Star Route, Adamant	VT 05640	223-6014	41	22May41
Martin, Cindy	Star Route, Adamant	VT 05640	223-6014	18	15Aug64
Martin, Debbie	Star Route, Adamant	VT 05640	223-6014	17	6Dec65
Martin, Joyce	Star Route, Adamant	VT 05640	223-6014	41	5Dec41
Martin, Steve	Star Route, Adamant	VT 05640	223-6014	14	12Nov68
Mayo, William	76 So. Main St, Northfield	VT 05663	485-8855/485-6061	39	14Apr43
McCarthy, Dana Wiley	10 Towne St, RFD#1, Montpelier	VT 05602	229-4650/223-5275	25	19Oct57
McCarthy, James B.	10 Towne St, RFD#1, Montpelier	VT 05602	229-4650/828-2621	25	3Dec57
McEntyre, Joe	RPD, Plainfield	VT 05667	454-7831/454-7825	43	19Jan39

Meiklejohn, Elizabeth	Winter: Box 102, Hebron	ME 04238				
	Summer: Box 110, East Calais	VT 05650	456-8808	34	9Jun48	
Merrill, Deborah	RR#2, Stowe	VT 05672	253-9221/253-4889	34	18Oct48	
Merrill, John	RR#2, Stowe	VT 05672	253-9221/229-3621	39	6Feb43	
Millar, Dick	29 Colonial Dr, Montpelier	VT 05602	223-7912	21	23Jul61	
Miller, Larry	RD3, Montpelier	VT 05602	229-0858/828-3395	44	21Jun38	
Miller, Nancy	RD3, Montpelier	VT 05602	229-0858/229-0623	39	12Apr43	
Morse, Dave	Box 344, Montpelier	VT 05602	223-7126/476-3141	68	13Sept4	
Murphy, Bob	RD3, Barre	VT 05641	476-4328/828-2695	42	21Jan40	
Murphy, Maureen	RD3, Barre	VT 05641	476-4328	16	1Dec66	
Noonan, Timothy	9 Langdon St, Apt. 3, Montpelier	VT 05602	229-4658/828-2700	26	13May56	
Oatley, Bob	49 East State St, Montpelier	VT 05602	229-4565/828-2621	48	28Sep34	
Oatley, Bob II	RFD, Marshfield	VT 05658	426-3542	25	16Aug57	
Oatley, Billy	RFD, Marshfield	VT 05658	426-3542	12	2Nov70	
Ohman, Paul	30 Bailey Ave, Montpelier	VT 05602	229-9496/229-0311	43	20Oct39	
Osborne, Fred	RD1, Box 239, Waterbury Center	VT 05677	244-7289/828-2645	58	27Aug24	
Paolini, Robert	236 Loomis St, Waterbury Center	VT 05677	244-5007/479-0568	33	21Feb49	
Perkins, Brian	46 Maplewood Ave, Barre	VT 05641	476-8039	16	14Feb66	
Perkins, Don	46 Maplewood Ave, Barre	VT 05641	476-8039/828-2621	42	21Aug40	
Perkins, Lynn	46 Maplewood Ave, Barre	VT 05641	476-8039	14	17Sep68	
Poeton, John	RD1, Box 615, Williamstown	VT 05679	433-5840/828-3111	40	21Nov42	
Powers, Bill	11 Chestnut St, Brattleboro	VT 05301				
Ritvo, Marjorie	35 Hubbard St, Montpelier	VT 05602	229-9375	35	21Feb47	
Robinson, Norman	48 Westwood Pkwy, Barre	VT 05641	479-1968/476-6659			
Rochefort, Mike	81 Maple Ave, Barre	VT 05641	476-5355	23	6Jul59	
Rollins, Bill	RD1, Box 254, Waterbury Center	VT 05677	244-7018/828-2376	60	18Apr22	
Ross, Fred	9 Chestnut St, Brattleboro	VT 05301				
Rothman, Robert	RD1, Box 281A, Waterbury Center	VT 05677	244-5842/229-9167	28	4Aug54	
Rouelle, Jon	9 Guernsey Ave, Montpelier	VT 05602	223-5347	16	18May66	
Rucker, Janice	19 First Ave, Montpelier	VT 05602				
Rufle, Frank	161 Fairview St, Barre	VT 05641	479-2607/479-2607	33	4Feb49	
Russell, Michael	Hampshire Hill, Worcester	VT 05682	229-4716	6	23Nov76	
Ryan, George	RD2, Fowler Rd, Plainfield	VT 05667	454-8593	29	23May53	
Sease, Stephen B.	RR1, Box 1730, Moretown	VT 05660	496-3252/828-3357	36	24Aug46	
Shutak, Jeffrey	17 Hilltop Ave, Barre	VT 05641	476-4583/229-9121X295 37		1Apr45	
Singley, Carol	RR1, Box 132, Johnson	VT 05656	635-2231			
Skinner, Mary	Box 412, Montpelier	VT 05602	223-7123/229-0200			
Skinner, Scott	Box 412, Montpelier	VT 05602	223-7123/223-5505	40	31May42	
Smith, Heidi	Moretown Common, Moretown	VT 05660	496-3281/496-3281	40	9Feb42	
Smith, Peter	57 River St, Montpelier	VT 05602	223-6465/223-6161	24	18May58	

Smith, Trent	Moretown Common, Moretown	VT 05660	496-3281/496-2591	43	17May39
Stone, Charles	County Rd, Montpelier	VT 05602	223-2136/223-5203		
Sumner, Stan	3 Dwinell St, Montpelier	VT 05602	223-6284/229-0381	40	4Nov42
Suskin, Jim	21 Guernsey Ave, Montpelier	VT 05602			
Sweet, Helen		VT	655-0270	27	16Jun55
Uele, Ray	RR4, Barre	VT 05641	479-9476/479-0501	36	28Mar46
Vanderlip, Lowell	Box 44, Adamant	VT 05640	223-3602	36	17Aug46
Walker, Wade	RD4, Montpelier	VT 05602	223-6882/223-5201	26	12Oct56
Wallace, James	9 Cliff St, Montpelier	VT 05602	229-9619		
Warnock, Tom	RFD#1, Barton	VT 05822	525-4493/754-6521	31	20Feb51
Wass, Leighton	Balsam Dr, RR4, Barre	VT 05641	476-6505/426-3213	40	13Feb42
Whitcomb, Roger	6 Tracy St, Montpelier	VT 05602	229-9805/828-2621	34	29Oct48
Wilson, Bob	35 Deerfield Dr, Montpelier	VT 05602	229-9851/828-2634	56	29May26
Wilson, Leonard	Box 224, Waitsfield	VT 05673	496-2230/496-2230	55	1Jan27
Wilson, Marilyn	35 Deerfield Dr, Montpelier	VT 05602	229-9851	51	16Aug31

NEWSLETTER CONTRIBUTIONS

The deadline for contributions to the next newsletter is 28 Feb. I need articles, race results, news of upcoming events, write-ups on club members or anything else you think might be of general interest.

Send all info directly to me, Bob Murphy, at RD3, Barre, VT 05641. Where possible, info should be typed, 6.8" maximum width of typing. (That's 68 characters on a pica typewriter.)

* * *

TAC MEMBERSHIP

Now is the hour...don't delay. Send in your TAC membership forms today! The earlier the better, as those who have sent in February in the past can well attest. TAC membership is required for participation in any TAC Championship event, including the Boston Marathon and the 30km Chopperthon in Albany. I've requested a supply of forms from NEAC but have not yet received them. Byron Hill has a small stock. Call him at 223-6637. When Byron runs out, check with me at 476-4328 (Bob Murphy) and I may have some by then. If you prefer (or must), you may request direct from New England Athletics Congress, Suite 105, 265 Medford St, Somerville, MA 02143, Tel. 617-625-1040.

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RECRUIT A NEW MEMBER!

See the next page 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.

* * *

1982

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 \$7.00 (\$5.00 for subsequent members from the same household). This covers the cost of a club T-shirt and dues through December 1982.

If you wish to join, please send initial membership fee along with completed membership form (below) to: Central Vermont Runners, c/o Roger Whitcomb, Treasurer, 6 Tracy Street, Montpelier, VT 05602. Checks may be made payable to Central Vermont Runners.

Sincerely,

Darragh Ellerson, 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

CASPIAN FOLIAGE RUN

I just received the following letter and race results, both of which I'd like to share with all of you.

Dear Bob,

I wondered why there were no results in the CVR Newsletter of the Caspian Foliage Run.

Well - just had one of those "I thought you were going to do it" conversations with Dave Dow. Seems he was going to do a writeup and I was going to get results to all interested parties. Wiz did her part - she typed them! So - for what they are worth at this late date - here are the results.

The CVR runners were, as usual, the backbone of our race. As one of the runners reported - our good weather good luck ran completely out and we endured a half hour of ice water rain which fell sideways against the gathering runners. Once started, however, the racers enjoyed the cool temperatures and a letup of the storm! And there wasn't a serious grumble in the whole crowd. What a bunch.

I'm having family galore this Christmas - so am not planning to host a ski party - but we plan to ski New Years Day 10 o'clockish and any Sunday thereafter that the weather permits. So keep us in mind as a place to ski-tour this winter. We have a large plowed yard and would welcome skiers-runners on a somewhat informal basis.

Best Holidays to you all.

Anne Batten

COMPLETE RESULTS
4TH CASPIAN FOLIAGE RUN
20 SEPTEMBER 1981

Men 9-17

Jim Porsche	42:19	DFS
Brett Kelley	43:06	
Sean Lynn	45:56	
Darrin Aylward	46:30	
Steve Robinson	47:13	
Peter Stout	49:10	

Women 9-17

Cindy Martin	51:28	CVR
Michelle Bergeron	55:10	

Men 18-29

Brent Turner	37:33	C
Kim Ira Maloney	41:54	TT
Dick Millar	42:22	CVR
Peter Smith	42:55	TT
Dave Kerin	42:56	CVR
John Kerrigan	48:39	
Dave Harlquist	50:46	TT
David Smith	52:07	

Women 18-29

Merrill Cray	45:37	TT
Susan Walker	51:25	CNC

Men 30-39

Mark Chaplin	36:02	CVR
Bob Mildrum	42:04	GS
Glenn Gershaneck	43:45	CVR
Robert Searles	44:11	
Chris Lynn	45:01	
Leighton Walker	45:17	GMAA
Russ Petelle	46:25	
Michael Collins	46:53	CVR

Newton Baker	47:30	CVR
Larry Quesnel	47:38	CH
Paul Trudell	47:55	
Bruce Harvey	48:59	LS
Leighton Wass	49:19	CVR
Jeffrey Shutak	49:39	CVR
Charlie Bucknam	49:44	CVR
Randy Draper	50:59	
Jim Spinelli	51:16	
Robert Paolini	51:48	CVR
Rod Vieux	51:51	
David Dow	54:50	CVR
Peter Ollman	61:38	

Women 30-39

Sue Christiansen	51:30	CVR
Joyce Martin	55:25	CVR
Heidi Smith	58:09	CVR

Men 40-49

Chris Martin	44:03	CVR
Gordon Johnson	46:18	
Henry Marcy	46:47	CVR
Joe McEntyre	47:34	CVR
Larry Miller	50:07	CVR
Trent Smith	51:35	CVR
Neil Stout	51:51	GMAA
Roger Cranse	52:01	CVR
Ed Gross	53:54	

Men 50-59

Dick Renfro	48:15	
Byron Hill	51:23	CVR
Dave Kelley	63:24	CVR

Women 50-59

Marilyn Wilson	61:48	CVR
Wilma Kelley	62:32	CVR

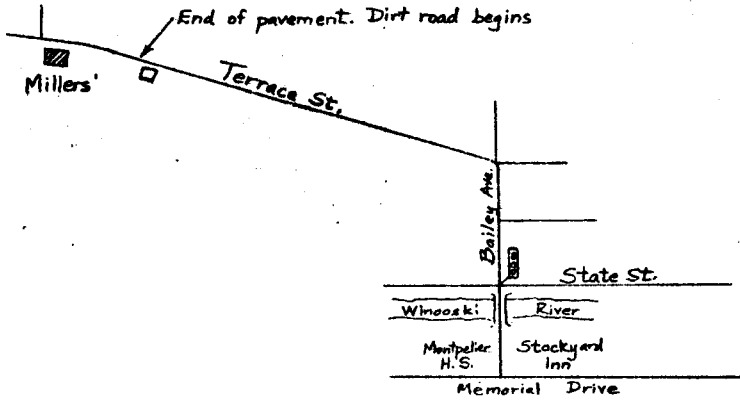
RACE SCHEDULE: (*) indicates that I have entry blanks. Please send SASE when requesting entry blanks from me (Bob Murphy, RD3, Barre, VT 05641) or from race directors listed.

- * 23 Jan - Atlanta, GA - Callaway Gardens Marathon, 9am, \$7 by 13 Jan; Callaway Gardens Marathon, Box 11590, Atlanta, GA 30355 (800-241-0910)
- * 31 Jan - Boston, MA - GBTC Invitational Track Meet. Many track events. Must meet qualifying times (Men: Mile (4:18), Masters Mile (5:15), 5000m (14:45); Women: mile (5:35), Masters Mile (6:45), 3000m (11:00)). Many other individual and relay events as well. \$3 entry must be received by 25 Jan. Current TAC membership required.
- 6 Feb - Montpelier, VT - CVR fun run/XC skiing. See page 2.
- ? Feb - Brattleboro, VT - 15km race (hilly). Held in conjunction with the Brattleboro Winter Carnival. Bob Oatley's planning on going, so contact him for more details in a week or two.
- ? Feb - GMAA Pressereg, 4-5mi, an annual event. Check Free Press or call Leighton Walker (878-2322)
- 20 Mar - Foxboro, MA - 25km race. R. Spitler, One Rhodes Street, Plainville, MA 02762.
- 21 Mar - Albany, NY - 30km Price Chopperthon; Hudson-Mohawk RRC, PO Box 12304, Albany, NY 12212.
- 21 Mar - Westford, VT - Kaynor's Sap Run (6mi). Date uncertain. 879-7483 was the number to call last year for info.
- 28 Mar - Waitsfield, VT - Triathlon (or Quadrathlon). Canoe/kayak, bicycle, runner and XC skier if conditions permit. Date uncertain. Tucker Hill Triathlon, Tucker Hill Ski Touring Center, Rd1, Box 146, Waitsfield, VT 05673.
- 28 Mar - Proctor, VT - 3 Bridges Race (10mi). Date uncertain. No other info. Pat DeBlasio may have more info on this race in the coming weeks.
- 10 Apr - GMAA Women's Run. Date uncertain. GMAA's Dianne Schulenberg (899-4993) may have more on this.
- 11 Apr - St. Albans, VT - 8.2mi Sap Run. Date uncertain. Ron Kilburn, Sheldon Rd, St. Albans, VT 05478 (527-0284)
- 19 Apr - Boston, MA - BAA Marathon - Will Cloney, Box 223, Boston, MA 02199. TAC membership required.
- 2 May - Lake Waramaug, CT - Ultramarathon (50mi and 100km). See Bob Oatley - he's planning on running this one.
- 9 May - Ottawa, Ont - National Capital Marathon. Date uncertain. Everyone who's run this one says it's a great one. Recreation, 111 Sussex Dr, Ottawa, Ont. K1N 5A1 (613-563-3222)
- 15 May - Plattsburg, NY - Champlain Valley/YMCA Marathon. Date uncertain. Race Chairman, YMCA, 13 Oak St, Plattsburg, NY 12901 (518-561-4290)
- 16 May - Troy, NY - Heritage Trail Marathon. Date uncertain. Al Spain, Troy City Hall, Monument Sq, Troy 12180 (518-270-4482)
- 23 May - Kennebunk, ME - Nike/Maine Coast Marathon. Date uncertain. N/MC Marathon, Box 726, Saco, ME 04072. (207-284-8401)
- 30 May - Montreal, Que - Montreal Marathon. COMIM, CP 1570, Succursale B, Montreal, Que. H3B 3L2
- 5 Jun - Middlesex, VT - Bear Swamp Run, 5.7mi. Date tentative.
- 20 Jun - Greensboro, VT - Caspian Lake Runaround (7mi). Date tentative.
- 26 Jun - Montpelier, VT - Montpelier 10mi Road Race. Date tentative.
- 10 Jul - Montpelier, VT - Howard Bank 10km. Date tentative.

CVR Meeting - 6 Feb at 3pm

at
Larry and Nancy Miller's
Upper Terrace Street
Montpelier
229-0858

Fun run, cross country skiing, sledding (bring a sled), ice skating if we get the pond shoveled. POT LUCK DINNER - call Nancy about the dish you want to bring. Non-running spouses welcome. We are the first house on the left after the dirt road begins.



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