



CVR NEWSLETTER

June 1982

Vol. 3, No. 4



Executive Committee

President - Garragh Ellerson
 Vice President - Jeff Shutak
 Treasurer - Roger Whitcomb
 Secretary - Joe McEntyre
 Committee Chairpersons
 Publicity - Norm Robinson
 Fun Run - Jeff Shutak
 Newsletter - Bob Murphy

* * *

WELCOME TO NEW MEMBERS

Irene Racz
 Phillip L. Paull
 Tjalling Hoiska
 Tuula Hoiska
 Jason Mallery
 Jo-Ann Fortier
 Evan Ellerson
 Gerow M. Carlson

* * *

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
- Dorhill Edge, Burlington - 15% off running equipment
- Athlete's Foot, Burlington - 15% off running shoes

* * *

UPCOMING CVR RACES

Don't miss the following quality events, coming to this area soon!

- 20 Jun - Caspian Lake Runaround
- 26 Jun - Montpelier 10-Miler
- 10 Jul - Howard Bank 10Km Race

For additional details see this month's Race Schedule.

* * *

Spring Marathon Results

Boston

Byron Hill	3:44
Mary Labate	3:40
Bob Murphy	3:01

Nike-Maine Coast

Byron Hill	3:25
Ray Usle	3:38

Montreal

Newton Baker	3:42
Fred Bertrand	5:00
Merill Cray	3:18
Pat DeBlasio	3:09
Elaine Hoiska	3:39
Bryan Liss	2:42
Joe McEntyre	3:29
Bob Paolini	4:09
Norm Robinson	3:22
Rob Rothman	3:57
Peter Smith	3:32
Chip Stone	3:42
Wade Walker	3:03

Ultra Result

<u>Lake Waramaug (50 Miler)</u>	
Fred Ross	7:35:40

* * *

CVR Monthly Meeting

The next regular monthly meeting will be held at the Cox Cable TV Offices in Berlin at 7pm on 16 Jun 82 (Wednesday). Come along and hear thrilling details of the Montreal Marathon! Take the first left off Granger Road just beyond Cooley Asphalt, then the next left as well. See you there.

* * *

2

A LETTER FROM GLENN

(I received this letter from Glenn Gershaneck some time ago. He agreed to have the entire letter printed as an article, so here goes. I hope you enjoy it as much as I did. Bob M.)

Dear Bob,

You wanted to hear about a recent race, hey? Since I've just paid my '82 dues, I guess I can offer you up something. I intend sometime, probably toward the end of this year, to write about the joys and joylessness of city running. I've been pounding pavement in Washington, D.C. for more than 15 months, and, believe me, it's a different method of running.

On March 14, I entered my first race, a 10-Kilometer excursion sponsored by a D.C. radio station and a Georgetown sportswear shop. I'd run a dozen miles the day before, and figured to use the WTOP-10K for training purposes, to see how far I have to go until the Montpelier 10-miler. You may remember from the 1980 Foxboro marathon how much complaining and excuse-setting I can lay out, but this time, since it was so early in the year, and because I'd run so hard the day before, I figured I had a good case. And that was just the beginning.

The race was along a bike path in a "park" in Arlington, Va., across the Potomac River from Georgetown. There were 250 to 300 entrants (I'd guess), and a lot of them looked like you, slim and seasoned, rather than me, carrying possibly 10 pounds too many of winter protection, most of it packed solidly around the mid-section. Still, I'd been doing 25 to 45 miles weekly for two months, although speed work was not yet part of the routine. Hence, the extra weight.

The guy with the microphone standing next to the WTOP sound truck told us that there had been some adjustments in the finish line, to allow organizers to construct the chute at the outfield end of a baseball diamond, the importance of this change became apparent later. Anyway, it was about 45°, a fair northern breeze blew steadily, to take care of over-heating, and it was overcast, so the sun would not be a problem.

The starting gun (or horn) sounded, and off we went, slamming down on an asphalt trail that led into a woody area. Twice the course led us across good-sized rivulets, without bridges, so a lot of folks soaked their feet to ankle level, two times, within the first mile. At least I guessed it was within a mile. There were people stationed at points on the course to show us which direction to take. About 7:15 into the race, I came upon one, at what I figured was the one-mile mark. Asked him if that was the case. "Search me", the guy replied. "Since they changed the finish line, nobody knows where to stand." I asked, "No mile markers?" Nope, he said. "No splits?" Nope. How to tell how fast the pace is? And how to know when to pick it up, since this was my first competition this year, and I had no idea how fast or slow I was running? That was the second, and more important, problem, belittling the two brooks that splashed across the trail. I quickly came across the third.

At about 9:10, a trail guide was standing in the middle of the path, pointing almost straight at the little group of runners I was clipping along with. What he was doing was pointing up an incline, almost a 180-degree flip, and it was STEEP. The hairpin slowed the crowd almost to a walk, it was so sharp. I passed most of this bunch here, since I do okay on hills, but it was a pain to lose virtually all my momentum. And that turn, while the worst, was only one of about five, practically every one so sharp a slot back that I had to walk around it.

After six or seven minutes of up-and-down, hairpin turns and a steadily thinning line ahead of me, the course swept back by the starting area and continued under Wilson Boulevard, a main thoroughfare. By this time, my shins were barking at me, telling me that I wasn't such a hot shot to go pounding on the asphalt so soon after the longer run. There were a couple of modest hills, so I paid no attention, and after a half-mile or so (?), the shins shut up. At 26:40, I did another switchback. The trail guy said I was on the way back. "Four miles?", I inquired. Maybe, he said. That figured to about 41 minutes for the course, if he was right. So much for 40, I remember thinking. It's my first time out, and I ran too far yesterday.

Since we were headed home, I began to pick it up, though, and I hit that fluid stride that we all strive for, where the body and breathing apparatus finally work together. It felt like I was flying. As I came to about 33 minutes, it occurred to me that I wasn't too far from the finish, not much more than a mile, by my ragged-breath reckoning. So I took in a couple more stitches and seemed to move even faster. At 37 or so, I flashed back under the boulevard, and began to calculate. As crazy as it seemed, I could break 39 minutes if I could just get up one more gear. I tried, and some photographer hollered, "Doing fine, going strong". Great, I felt.

About 90 seconds later, I made a 90-degree turn around a bright orange pylon, and hooked onto the ball field, where, in left center, the chute awaited me, and where a large digital clock sat atop the WTOP sound truck. Made in the shade, I said to myself, and swept onto the dirt infield. D-I-R-T. Make that clay. Make it clay mud. We'd had a lot of rain. It felt like I was running on snowshoes, as I tried to cover that last 100 yards, with a clock that was ticking away my 39 minutes. At 38:56, I hit the outfield grass, but it was too late. The clock read 39:03 as I made the chute, and a radio guy tore off my number-name tag. But who could kick? First time out, 12 miles yesterday, and still a 39:03. And 24th overall, eighth among 30-39. Wow!

Glenn Gershaneck
March 20, 1982

Editor's note: Glenn advises that Dick Thomas, Vermont's Secretary of State 1969-76, and now a Federal Elections Commission employee, also ran this race, his first of the year, in a strong 45 minutes.

From the NRDC News:

Is 12km the next official standard distance? - Tom Benjamin, coordinator of the San Francisco Marathon, makes this comment: "Now that the 8km distance has been established on one side of the overused 10km, hopefully we will be able to bracket it on the other with the 12km distance. Here's hoping for the day that we have a fairly even continuum of national record distances from 5km to 8, 10, 12 and 15km." So far, there are no certified 12km courses in the US, but the Bay to Breakers certified 7.63 miles is close. There is a plan afoot to time the first 500 Bay to Breakers finishers at 12km.

Notes From the Oat

(Bob Oatley reports on a couple of late Winter races in Brattleboro. For those of you who itch for some competition at that time of year, Red Clover Rovers apparently stage some pretty good events - keep them in mind.)

"I ran the Brattleboro Winter Carnival 15K on February 21. It was a beautiful day; 35+, sunny and no wind. I wore shorts and my new Nike Mariah air shoes for the first time. I finished 49 of 85 in 69:23 (2½ minutes faster than last year). That is the hilliest race that I've ever run. It's constantly up and down. Orchard Street is just about like the steepest part of the Goshen Gallop. Fred Ross also ran but took it very easy. He went by me going up Orchard St., and was about 200 yards ahead of me with 3 miles to go. I caught him in a half mile and beat him by 2½ minutes. He had run 18 the day before.

On March 7 I ran in a 3 mile race in West Brattleboro. Again, a good day for shorts (35+, light rain, good footing). I took it easy and felt great - 7:15, 7:00, 6:10. The 6:10 was fun as I was constantly passing people. I was under 3:00 the last half as a guy showed up on my shoulder at that point and for some reason I didn't want him to pass. (He didn't, but was only 3 seconds back.) I was 19 of 58 and 4th master.

They really had a good feed after. Lots of Windermere Farms Sweet Bread, cheese, cookies and yes, Byron, doughnuts. A gal sang and played guitar; everyone got good merchandise prizes. (Mine was a \$25 perfume set.) The race was at the Action Barn and the facilities (pool and jacuzzi, etc.) were free to all all day.

Bob Oatley 3/20/82

10 Kilometer Pacing Chart

Compiled by Thomas D. Knight

To figure out how fast your 10 kilometer times are in minutes per mile, look for your 10K time on the *left* side of the appropriate column, and you'll find your per-mile time on the *right*.

Time for 10K	Pace Per Mile	Time for 10K	Pace Per Mile	Time for 10K	Pace Per Mile	Time for 10K	Pace Per Mile	Time for 10K	Pace Per Mile
26:00	4:11.1	33:00	5:18.7	40:00	6:26.2	47:00	7:33.8	53:50	8:39.8
26:10	4:12.7	33:10	5:20.3	40:10	6:27.9	47:10	7:35.4		
26:20	4:14.3	33:20	5:21.9	40:20	6:29.5	47:20	7:37.1	54:00	8:41.4
26:30	4:15.9	33:30	5:23.5	40:30	6:31.1	47:30	7:38.7	54:10	8:43.0
26:40	4:17.5	33:40	5:25.1	40:40	6:32.7	47:40	7:40.3	54:20	8:44.6
26:50	4:19.1	33:50	5:26.7	40:50	6:34.3	47:50	7:41.9	54:30	8:46.3
								54:40	8:47.9
27:00	4:20.7	34:00	5:28.3	41:00	6:35.9	48:00	7:43.5	54:50	8:49.5
27:10	4:22.3	34:10	5:29.9	41:10	6:37.5	48:10	7:45.1		
27:20	4:23.9	34:20	5:31.5	41:20	6:39.1	48:20	7:46.7	55:00	8:51.1
27:30	4:25.5	34:30	5:33.1	41:30	6:40.7	48:30	7:48.3	55:10	8:52.7
27:40	4:27.2	34:40	5:34.7	41:40	6:42.3	48:40	7:49.9	55:20	8:54.3
27:50	4:28.8	34:50	5:36.4	41:50	6:43.9	48:50	7:51.5	55:30	8:55.9
								55:40	8:57.5
28:00	4:30.4	35:00	5:38.0	42:00	6:45.6	49:00	7:53.1	55:50	8:59.1
28:10	4:32.0	35:10	5:39.6	42:10	6:47.2	49:10	7:54.8	55:55.4	9:00.0
28:20	4:33.6	35:20	5:41.2	42:20	6:48.8	49:20	7:56.4		
28:30	4:35.2	35:30	5:42.8	42:30	6:50.4	49:30	7:58.0	56:00	9:00.7
28:40	4:36.8	35:40	5:44.4	42:40	6:52.0	49:40	7:59.6	56:10	9:02.3
28:50	4:38.4	35:50	5:46.0	42:50	6:53.6	49:42.6	8:00.0	56:20	9:04.0
						49:50	8:01.2	56:30	9:05.6
								56:40	9:07.2
29:00	4:40.0	36:00	5:47.6	43:00	6:55.2	50:00	8:02.8	56:50	9:08.8
29:10	4:41.6	36:10	5:49.2	43:10	6:56.8				
29:20	4:43.2	36:20	5:50.8	43:20	6:58.4	50:10	8:04.4		
29:30	4:44.9	36:30	5:52.4	43:29.8	7:00.0	50:20	8:06.0	57:00	9:10.4
29:40	4:46.5	36:40	5:54.1	43:30	7:00.0			57:10	9:12.0
29:50	4:48.1	36:50	5:55.7	43:40	7:01.6	50:30	8:07.6	57:20	9:13.6
				43:50	7:03.3	50:40	8:09.2	57:30	9:15.2
30:00	4:49.7	37:00	5:57.3			50:50	8:10.8	57:40	9:16.8
30:10	4:51.3	37:10	5:58.9	44:00	7:04.9			57:50	9:18.4
30:20	4:52.9	37:16.9	6:00.0	44:10	7:06.5	51:00	8:12.5		
30:30	4:54.5	37:20	6:00.5	44:20	7:08.1	51:10	8:14.1	58:00	9:20.1
30:40	4:56.1	37:30	6:02.1	44:30	7:09.7	51:20	8:15.7	58:10	9:21.7
30:50	4:57.7	37:40	6:03.7	44:40	7:11.3	51:30	8:17.3	58:20	9:23.3
		37:50	6:05.3	44:50	7:12.9	51:40	8:18.9	58:30	9:24.9
31:00	4:59.3					51:50	8:20.5	58:40	9:26.5
31:04	5:00.0	38:00	6:06.9	45:00	7:14.5			58:50	9:28.1
31:10	5:00.9	38:10	6:08.5	45:10	7:16.1	52:00	8:22.1		
31:20	5:02.6	38:20	6:10.1	45:20	7:17.7	52:10	8:23.7	59:00	9:29.7
31:30	5:04.2	38:30	6:11.8	45:30	7:19.4	52:20	8:25.3	59:10	9:31.3
31:40	5:05.8	38:40	6:13.4	45:40	7:21.0	52:30	8:26.9	59:20	9:32.9
31:50	5:07.4	38:50	6:15.0	45:50	7:22.6	52:40	8:28.6	59:30	9:34.5
						52:50	8:30.2	59:40	9:36.1
								59:50	9:37.8
32:00	5:09.0	39:00	6:16.6	46:00	7:24.2				
32:10	5:10.6	39:10	6:18.2	46:10	7:25.8	53:00	8:31.8		
32:20	5:12.2	39:20	6:19.8	46:20	7:27.4	53:10	8:33.4	60:00	9:39.4
32:30	5:13.8	39:30	6:21.4	46:30	7:29.0	53:20	8:35.0	60:10	9:41.0
32:40	5:15.4	39:40	6:23.0	46:40	7:30.6	53:30	8:36.6	60:20	9:42.6
32:50	5:17.0	39:50	6:24.6	46:50	7:32.2	53:40	8:38.2	60:30	9:44.2

Courtesy of Running Times

BENNINGTON ROAD RACE ATTRACTS 600

Sunday May 2nd saw 600 runners gather in Bennington for two races that annually kick off the racing season in that part of the state. Hot clear skies made the racing tough but enjoyable nonetheless. The majority of the runners chose the 4 miler. A new course record of 18:19 was set by David Shoots of North Adams, Mass. The four mile course seemed suspect to many runners and 3.7 miles was touted as the real distance but Shoots time was tremendous still. Birger Vignes of Bennington won the masters category in 22:23, While Hillary Greene, 12, of Stephenson, N.Y., was the first woman across in 24:59.

The 10 mile race began an hour later at noon and 53:11 later Kurt Lauenstein crossed the finish line 47 seconds ahead of last year's winner Larry Frederick and Chris Baldwin. Sandy French of Pittsfield, Mass., was the first woman to finish by setting a course record of 1:05. She finished 26th overall. The course is described as difficult by most that have competed. There is a series of severe hills from 3-5 miles that make a quick first half nearly impossible. The last half is fast however, making the race "interesting" to say the least. Altogether 141 conquered the 10 miler with yours truly running a 1:08:37 for 44th place.

Norm Robinson

From the NRDC News:

In-Depth Masters Road Rankings - here's what it takes to make the top 50 for 1981, and thus to be listed in the masters rankings, for the 10km, 15km, and 20km.

	<u>10km</u>	<u>15km</u>	<u>20km</u>
Men 35-39	33:31	52:42	1:15:30
40-44	33:53	52:13	1:17:22
45-49	35:54	55:45	1:24:37
50-54	38:04	59:45	1:25:03
55-59	41:36	1:05:22	1:50:11
60-64	44:21	1:12:47	all
65-69	54:58	1:47:35	all
70-79	all	all	all
80+	all	all	none
Women 35-39	41:10	1:06:07	1:40:30
40-44	42:26	1:09:23	1:42:55
45-49	46:11	1:20:07	all
50-54	49:24	1:31:16	all
55-59	56:54	all	all
60-69	1:13:07	all	all
70+	all	none	all

Times shown are those for the 50th ranking runner. "all" indicates that all runners with reported marks are ranked, and there are not enough runners to fill the 50 spots in the rankings. "none" indicates there were no reported marks.

All of the marks required to make the top 50 for 1981 are faster than those for 1980. The improvements range from a few seconds in some age groups to 13:09 for men 65-69, in the 10km. An interesting result of the 15km rankings is that it was tougher to make the top 50 for men age 40-44 than for 35-39. The larger increase in times that make the top 50 as the higher age groups are reached brings out the relative difficulty of older runners competing in lower age groups. That is, unless you're a Clive Davies. Clive's time of 55:16 in the 15km leads the 65-69 age group by over 10 minutes. It would have also led the 60-64 age group, ranked third at 55-59, eighth at 50-54, and in the top 50 at 45-49.

Runners 60+ and 70+ are often asked to compete in age groups such as 50+. No men 60+ would have ranked in the top 50 at 10km in the 50-54 age group. On the other hand, six women 60+ would have ranked in the top 50 in the 50-54 age group.

FIFTH ANNUAL BEAR SWAMP RUN

PLACE: Rumney Elementary School - Shady Hill - Middlesex, Vermont

DATE & TIME: June 12th -- 9:30 a.m.

COURSE: 5.7 miles of scenic gravel road climbing over 450 feet during the first three miles and gradually descending back to the starting point.

AWARDS: Certificates, etc.

ENTRY FEE: Preregistration \$3.00 Post \$4.00

FIFTH ANNUAL BEAR SWAMP RUN

Please complete all information requested below and sign. Parent or guardian must sign if 18 years of age or under. All entry fees should be made payable to William Joerres (Race Director), RFD #1 - Box 2200, Worcester, Vermont 05682.

NAME _____

ADDRESS _____

DIVISION (Circle one)

up to 12

13-29

30-39

40-49

50-over

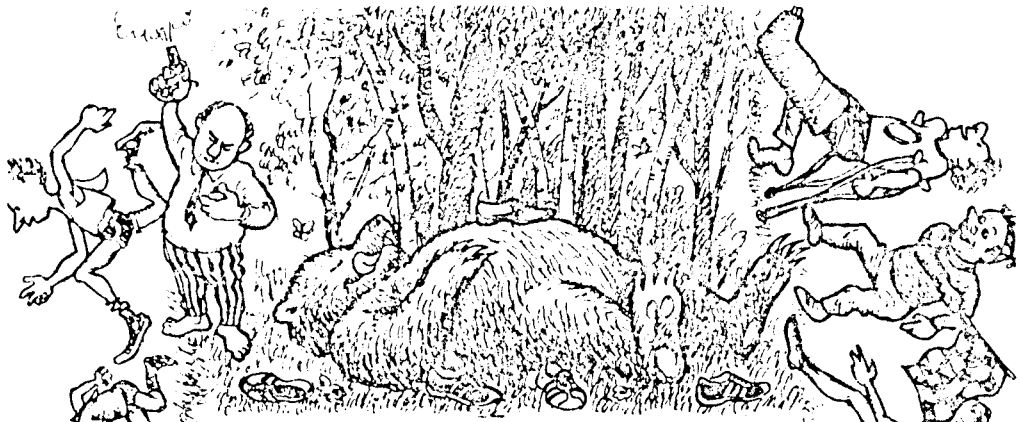
Male

Female

In consideration of acceptance of this entry, I do hereby forever release all sponsoring organizations and persons from all claims and causes of action which I acquire at anytime as a result of participation in this event.

Parent/Guardian signature if under 18 _____

Participants signature _____



5th ANNUAL
**BEAR
SWAMP
RUN**

JUNE 12th

9:30 AM.

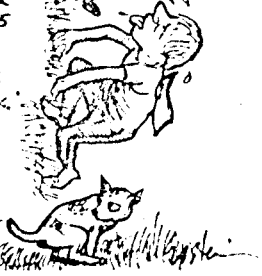
Middlesex, Vt.

Fee: Pre- \$ 3.00
Raceday \$ 4.00

INFO call: 223-6652
223-5505

5.7 miles of hilly, wooded backroads
Starting at Rumney School - shady Hill - off rte 12

BIAMK



A RECAP OF THE CVR MEETING OF MAY 19th

About 12 members showed up for the May 19th meeting of CVR at Cox Cable TV. Following a brief meeting those present discussed the Montreal Marathon. Main topics presented were: the fact that more help is desired for the weekly fun runs in coordinating the need for materials such as cups, etc. and water. If anyone is interested in helping out contact Jeff Shutak by calling 476-4583. Also discussed was the possibility of Locker Room Sports doing our emblem on t-shirts or singlets. Norm Robinson volunteered to find out the exact cost and feasibility of doing a small amount of shirts. If anyone wants a singlet or shirt done contact Norm at 479-1968 evenings. If we can get even a dozen or so orders the cost should be quite reasonable. How about everyone having a singlet for the 24 hour relay!

Several races were mentioned for the upcoming months including the Goshen Gallop on July 31, and the Firecracker 10,000 in Newport on July 4th. Anyone that needs a TAC membership form can contact Bob Murphy.

Finally, the next meeting was scheduled for Wednesday June 16th at 7:00 p.m. at Cox TV. This will be a working meeting as well as pre-race materials for the Montpelier 10 miller need to be put together. A large turnout will make the work quick and easy. Pot Luck dessert!

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.

Fun Run - Every Tuesday evening in Montpelier. 5:30pm at Liquor Control Warehouse on Green Mountain Drive. 2, 4, and 6 mile runs.

- * 12 Jun - Middlesex, VT - Bear Swamp Run, 5.7mi., 9:30am, \$3, \$4 post. Hilly, but a beautiful run. William Joerres, RFD#1-Box 2200, Worcester, VT 05682 (223-6652/223-5505 for info)
- 12 Jun - So. Burlington, VT - Court Club 5-Miler, 11am, 70 Farrel St, So. Burl. Peter Hawkes, 862-6428. Pool and sauna after race.
- * 13 Jun - Brattleboro, VT - Run For The Sun, 5.5mi, 11am, \$4, \$1 for students (benefit Neighborhood Schoolhouse). Ricia Gordon, 17 Beech Street, Brattleboro 05301
- * 13 Jun - Mt. Washington, NH - Mt. Washington Road Race, 8mi Hill-climb, 11am, \$4 entry, \$6 post if allowed. (limit 600 runners) Info: 603-225-6760
- * 13 Jun - Sharon, MA - Mens Masters and Women's 10Km, 8am, \$3, \$4 post. Dale VanKeter, 66 Summit Ave., Sharon 02067.
- * 13 Jun - Sudbury, MA - 1982 Women's 25Km National Road Race Championship, 9am, \$4 by 6 Jun, \$5 post. 617-864-9479/623-3727
- 19 Jun - Fairlee, VT - lake Morey Run, 10Km, 3pm, south end of lake, \$3, T-shirt, Kern Boyd. 864-5455.
- * 20 Jun - Greensboro, VT - Caspian Lake Runaround, 7mi, 10:30am, \$4 (\$7 with T-shirt), \$5 post. (benefit Northeast Kingdom Rape Crisis Groups) Elizabeth Dow, RDI, Box 1110, Hardwick, VT 05843 (472-6254)
- * 26 Jun - Montpelier, VT - Montpelier 10 Mile Road Race, NEMRC 10-MILE CHAMPIONSHIP, 10:30am, \$3 by 21 Jun, \$4 post. Montpelier Rec. Dept., c/o Ann Russell, 55 Barre St, Montpelier 05602. (223-5141)
- * 27 Jun - Claremont, NH - Moody Oak Foot Race II, 6.2mi, 8:30am, \$3 by 14 Jun, \$4 post. Hilly. ACORN, c/o Ken Lewis, Box 23, Newport, NH 03773.

- 3 Jul - Williston, VT - Firecracker 3mi, 6pm, \$3, T-shirts, Williston bandstand. Steve Latulippe, 879-6625.
- 4 Jul - Essex Junction, VT - Kiwanis 5km, before parade, Lawton School. Pama Gangatirkar. 879-7255
- 4 Jul - Stowe, VT - Minimarathon 1.7mi, Noon, usually \$1.
- * 4 Jul - Newport, VT - 7th Firecracker 10,000, 10km, 11am. \$4 by 29 Jun, \$5 post, Chicken BBQ (\$2 for runners, \$3 for others) free swimming and tennis after race. T-shirts. MSAC, c/o Walt's Corner, 34 Main St, Newport 05855.
- 4 Jul - St. Albans, VT - The Great Race, 3mi run, 2mi canoe, 12mi bike, 9:30am, \$8 per 4-person team. Endurance Sports, 524-4685.
- 10 Jul - Plattsburg, NY - Plattsburg AFB 5Km and 10Km, Ed Artiglia, 518-561-5752.
- 11 Jul - Essex Center, VT - Sherry's Half Marathon, 8am, 3A Browns River Road, Essex Center. \$4. Tom Phillips, 862-3060.
- 10 Jul - Montpelier, VT - Howard Bank 10Km Race, Chip Stone, 223-2136.
- 17 Jul - Jericho, VT - Partner's Race, 4.8mi, 10am, \$2, the Green. Combined age and time. Mike and Claudia Sullivan, 899-4059
- 25 Jul - Swanton, VT - Swan Run, 11mi, Jerry Lamphere, 868-3695
- * 31 Jul - Goshen, VT - Goshen Gallop, 4mi XC, 4pm, race \$3, BBQ and dance \$7 (children under 12 \$3.50). T-shirt \$4. Limit 300 entries. Goshen Gallop, c/o Blueberry Hill, Goshen 05733.
- 21 Aug - So. Hero, VT - Green Mountain Island Marathon, 8am, \$5 by 11 Aug. Leighton walker 878-2322.

National Running Data
Center
Box 42888
Tucson, AZ 85733

CENTRAL VERMONT RUNNERS
 c/o BOB MURPHY
 RD 3, BIRCHWOOD PARK DRIVE
 BARRE, VERMONT 05641-0092
 Address Correction Requested

