



CVR NEWSLETTER

July 1982

Vol. 3, No. 5



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HELP! TIMERS AND OTHERS TO CREW THE WOMEN'S 24 HOUR RELAY  
TEAM. IF INTERESTED, CALL DARRAGH ELLERSON, 223-2080.

Executive Committee

- President - Darragh Ellerson
- Vice President - Jeff Shutak
- Treasurer - Roger Whitcomb
- Secretary- Joe McEntyre
- Committee Chairpersons
  - Publicity - Norm Robinson
  - Fun Runs - Jeff Shutak
  - 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 on running shoes
- Downhill Edge, Burlington - 15% off running equipment
- Athlete's Foot, Burlington - 15% off running shoes

\* \* \*

INVITATION TO MEMBERS!

Martha and Norm Robinson invite all members to their home after the Howard Bank 10Km Race on 10 Jul for a pot luck lunch and games. A keg of beer will be available for those of you who are "carbo loading" (even though, as Norm points out, there won't be anything left to load for at that point!). Grills will be available for those who want to bring hamburgers or hot dogs. Otherwise bring a hot or cold plate of anything. Call Norm or Martha at 479-1968 for additional details or directions.

\* \* \*

WELCOME TO NEW MEMBERS!

- Kim Maloney
- Kandace Benedini
- Janet Neily
- William Joerres
- Robert DeMange

\* \* \*

t-shirts-t-shirts-t-shirts-t-

If you've recently joined CVR and are wondering if you'll ever receive your club shirt, please be patient. We've had an order in to our supplier for some time now and are hoping to see those shirts any day now. For an up-to-date report on the status of that order, or for making arrangements to pick up your shirt once it does arrive, please call Darragh Ellerson at 223-2080. Thanks for your understanding and patience.

\* \* \*

Spring Marathon Results

(inadvertently omitted from the list in last month's newsletter)

Montreal

Darragh Ellerson	3:41
Kim Maloney	3:06

\* \* \*

MEETING

The next regular monthly CVR meeting will be held at Darragh Ellerson's home on Upper North Street in Montpelier at 7pm on Wednesday, 14 July. Be there for last minute details on the upcoming 24 Hour Relay.

\* \* \*

NOTICE

Re: Annual Central Vermont Runners Picnic

Place: Joe & Judi McEntyre's, Plainfield, VT

Date: August 7th (8th if rain) - 1:00 p.m.

Goings On: Fun runs of roughly 2 1/2 miles and 6.4 miles; pot luck supper (everybody bring something - McEntyres will supply punch, paper plates, cups, utensils, & keg of beer); soccer, swimming, volleyball, softball, frisbee, touch football, basketball & tennis equipment and facilities all available; also rustic water slide and blanket toss for kids and adults; folk dancing & fun games for all; movies of Westport 24-hour relays (1981 & 1982); sparklers for little ones; ATARI video games for those addicted to them; AND MORE.

Directions: Take Route #2 into Plainfield Village, turn right off Route #2 on to side street (Towne Ave.) running between law office of McEntyre & Martin and Noyle W. Johnson Insurance Co., Inc.; follow side street 50 yards; just after road turns sharply to right is road to left down small hill into meadow surrounded by houses. (Martin Meadow Rd.) McEntyre house at far end of meadow (red brick with basketball pole and swimming pool in rear)

R.S.V.P. by August 6th concerning number coming and what food you'll be bringing (454-7825 - office/454-7831 - home)

CVR  
SUMMER  
PICNIC!



5th ANNUAL

# BEAR SWAMP RUN

JUNE 12th



COMPLETE RESULTS!

ORDER OF FINISH FOR BEAR SWAMP RUN ON JUNE 12 1982 AT DISTANCE OF 5.7 MILES MALE 8-13

PLACE	NAME	TIME	PACE / MILE
1	CHRIS BATHGATE	49:13	8 :38
2	CHAD WENDEL	51:51	9 :06



ORDER OF FINISH FOR BEAR SWAMP RUN ON JUNE 12 1982 AT DISTANCE OF 5.7 MILES FEMALE 8-13

PLACE	NAME	TIME	PACE / MILE
1	LESLEY BILLINGS	64:39	11 :21
2	DANNY LeBOURVEAU	64:39	11 :21



ORDER OF FINISH FOR BEAR SWAMP RUN ON JUNE 12 1982 AT DISTANCE OF 5.7 MILES MALE 14-29

PLACE	NAME	TIME	PACE / MILE
1	SAM DAVIS	31:17	5 :29
2	STEVEN ROBINSON	37:37	6 :36
3	DALE WILSON	37:38	6 :36
4	CHRIS MILNE	38:05	6 :41
5	ROBERT LUCE	38:51	6 :49
6	MATT CZAPLINSKI	39:09	6 :52
7	RICHARD AUSTIN	39:30	6 :56
8	SCOTT HARRONED	40:29	7 :06
9	BERNIE SWEET	41:12	7 :14
10	MARK RICARD	42:16	7 :25
11	JASON MALLERY	43:32	7 :38
12	JEFF MILLER	43:53	7 :42
13	TIM KRUGER	46:31	8 :10
14	SCOTT AUBERTIN	49:10	8 :38
15	JEFF JOHNSON	52:34	9 :13
16	MIKE STABACH	53:19	9 :21

*New Course Record*



## ORDER OF FINISH FOR BEAR SWAMP RUN ON JUNE 12 1982 AT DISTANCE OF 5.7 MILES FEMALE 14-29

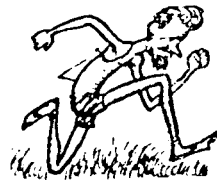
PLACE	NAME	TIME	PACE / MILE
1	ELLEN SMITH	41:25	7:16
2	MAUREEN KELLY	44:11	7:45
3	ALEXIA BLOCH	48:47	8:34
4	CECE LUCE	49:52	8:45
5	PAT JOHNSON	57:40	10:07
6	PATT WILLER	64:35	11:20



## ORDER OF FINISH FOR BEAR SWAMP RUN ON JUNE 12 1982 AT DISTANCE OF 5.7 MILES MALE 30-39

PLACE	NAME	TIME	PACE / MILE
1	JOHN VALENTINE	33:17	5:50
2	STEVE SEASE	34:54	6:07
3	OLEG RITTER	35:41	6:16
4	DENNIS CURRAN	35:52	6:18
5	PASCHAL DePLASTO	38:25	6:44
6	ROBERT HOWE	39:26	6:55
7	KURT WOLFE	39:48	6:59
8	GEORGE ALLEN	39:54	7:00
9	JOHN HALLEY	40:51	7:10
10	MIKE KATZENBERG	41:25	7:16
11	JEFF SHUTAK	42:22	7:26
12	STAN SUMNER	42:29	7:27
13	BILL MAYO	44:00	7:48
14	PETER SMITH	44:12	7:45
15	PAUL MARTZ	44:19	7:46
16	JOHN WEIZEL	48:25	8:38
17	CHRIS SLAYTON	58:11	10:08
18	PAUL HARRINGTON	58:19	10:08
19	PETER BLUHM	54:38	9:35

← Andy Girouard  
42:16



## ORDER OF FINISH FOR BEAR SWAMP RUN ON JUNE 12 1982 AT DISTANCE OF 5.7 MILES FEMALE 30-39.

PLACE	NAME	TIME	PACE / MILE
1	MOYIA HENDRICH	36:34	6:25
2	PAT GIROUARD	41:51	7:21
3	SUE CHRISTIANSEN	45:26	7:58
4	KATHY GIPS	55:15	9:42
5	MARY McKEEVER	56:55	9:59
6	NANCY JOERRES	57:49	10:09
7	LINDA McINTIRE	58:00	10:11
8	JO ANN TRIANO	64:25	11:18
9	VALERIE BLUHM	64:27	11:18



## ORDER OF FINISH FOR BEAR SWAMP RUN ON JUNE 12 1982 AT DISTANCE OF 5.7 MILES MALE 40-49

PLACE	NAME	TIME	PACE / MILE
1	RICHARD CZAPLINSKI	36:37	6:25
2	ROGER CRANSE	42:40	7:29
3	BILL JOERRES	42:54	7:32
4	TRNT SMITH	43:30	7:38
5	TIM HAYWARD	56:52	9:59
6	NEWTON BAKER	56:56	9:59

← John Cushman  
48:03 8:26



ORDER OF FINISH FOR BEAR SWAMP RUN ON JUNE 12 1982 AT DISTANCE OF 5.7 MILES FEMALE 40-49

PLACE	NAME	TIME	PACE / MILE
1	HEIDI SMITH	49:50	8 :45



ORDER OF FINISH FOR BEAR SWAMP RUN ON JUNE 12 1982 AT DISTANCE OF 5.7 MILES MALE 50-59

PLACE	NAME	TIME	PACE / MILE
1	GROW CARLSON	48:53	7 :10
2	GLEN WOOD	45:21	7 :57
3	BYRON HILL	45:44	8 :01
4	Dun Rivard	49:00	
5	Fred Webster	53:06	



CENTRAL VERMONT RUNNERS MEETING NOTES

The regular monthly meeting of the Central Vermont Runners was held on Wednesday, June 16, 1982 at Cox Cable Television.

Among the topics discussed were:

- I. Darragh Ellerson read a letter from Norm Robinson who could not attend due to business commitments. Norm has invited everyone to his place for a pot luck lunch after the Howard Bank race on July 10th. Grills will be provided for cooking.
- II. We received word the Montpelier ten miles was not officially certified. There seemed to be some misunderstanding on this matter as to precise measurements. Roger Whitcomb stated this course has been measured twice already and he will speak to Joe McEntyre to try and get this matter resolved by the race date.
- III. Berlin Pond couples' race...We need a director and a date. Wade Walker volunteered to be the Race Director. It was decided to hold the race on October 2nd (Saturday). Due to the tight money situation the Cerebral Palsy Foundation has requested additional help this year. Wade will contact Judy Adler of the Cerebral Palsy Foundation about that.
- IV. Jeff Shutak read the "Fun Run Guidelines" and it was approved to post these at the next Fun Run. It was also decided to print these guidelines in our monthly news letter.
- V. The twenty-four (24) hour relay will be held on Saturday, July 24-25, 1982. Central Vermont Runners' plans to field three teams again (2 mens - 1 womens) - we will need volunteers for support crews again this year. Please contact Bob Oatley at 229-4564 (home) or 828-2621 (work) for additional information.
- VI. The next meeting will be held on Wednesday, July <sup>14</sup>21, 1982 at 7:00 P.M. at ~~Cox Cable Television.~~  
Darragh Ellerson's.

Respectively  
*Jeffrey W. Shutak*  
Jeffrey W. Shutak

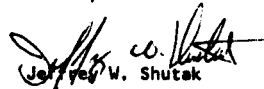
NOTICE OF FUN RUN GUIDELINES

The State of Vermont has been kind enough to allow us the use of this area for our weekly "Fun Runs". However, there are certain guidelines that we request you follow in return for the privilege of using these facilities. They are:

1. Please stay clear of the Liquor Control Board building (Red brick building). This is State owned property.
2. Please stay off the grass around the building. This includes doing warmups and stretching.
3. Please do not lean or stretch on any automobiles in the area unless they are your own. (Some automobiles parked here belong to employees of the Liquor Control Board.)
4. Please do not litter the area.
5. We are requesting a .25 weekly donation from the runners to cover the cost of supplies, cups, batteries for the timer and organizational fees for the run runs. This is not mandatory.
6. We need four volunteers per week to pass out order of finish sticks, take times and place of finishers. If everyone cooperates in this they would have to volunteer only once per summer. A sign-in board is located by the water cooler.

Your cooperation in adhering to these rules will be greatly appreciated and will enable us to continue to provide for everyones enjoyment the Central Vermont Runners Club Weekly Fun Runs.

Thank you

  
Jeffrey W. Shutak

LAKE WARAMAUG ULTRAMARATHON  
50 Miles & 100 Km  
New Preston, CT - May 2, 1982

This was to have been the story of my first successful official ultramarathon. I had gone the distance in a training run in 1980 and felt quite confident. I learned quite a bit about my inadequacies and certainly got my comeuppance.

Anyway, this is a much better story than it was to have been. Fred "Mountain Goat" Ross is the subject of this article. Fred's wife Sue gave birth to Frederick IV the Thursday before the race after 19 hours of labor. It was a really tough time for Sue and not especially easy for Fred. He didn't get much sleep for a couple of nights.

Fred finally decided the night before the race that he'd try it. He figured he'd only go about 30 miles and then crew for me. (HA!) He hadn't really trained as he'd been sick and had lost a month of training.

Fred drove to New Preston late Saturday night May 1 and slept in his car at the starting line. When I arrived the next morning fresh from a good night's sleep in a motel there was Fred directing traffic. As he was the first one there he'd been pressed into service. Eventually he got relief and was able to grab something to eat before the race.

At the start of the race I figured Fred would run with me as he was still only planning on making 30 miles. Instead he took off like a shot and I didn't see him again until about 7 hours had passed. I did run with Park Berner for about two minutes at the start until he got loosened up and left me.

It was quite hot (80°+) and sunny and the course was quite rolling. The leaders held 6 minute miles for about 30 miles before backing off a bit. The winner was Ray Scannell (32) in a time of 5:17:14 and the first woman was Kim Beaulieu (26) in 6:44:24.

Yours truly felt the effects of his poor pacing strategy and the dumb decision to go without food for 24 hours before the race and through the race also. By 30 miles I knew I was in trouble and at that point decided to stop at 40 miles.

It was after I stopped at 40 and was walking back toward the start that I saw Fred again. He was running so strongly that I assumed he had stopped as planned at 30 miles and was just running a lap to get the kinks out. Instead I learned that he was finishing up his 50 feeling really good. He ran the last 6 miles without taking any breaks and took 50 minutes off his previous best 50 miler with a 7:35:40. Fred finished 51 of 147 starters. A truly remarkable performance considering the circumstances! He said he felt really good all the way. Just imagine what he could do if he trained.

The next big New England 50 miler is the Nifty Fifty September 26 in Coventry, RI. This is the NEAC 50 Mile Championship. I'm planning on giving it another try. I hope other CVR marathoners will accompany me.

Bob Oatley

**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. (See fun run rules elsewhere in this issue.) 5:30pm at Liquor Control Warehouse on Green Mountain Drive. 2, 4 and 6 mile runs.

10 Jul - Montpelier, VT - Howard Bank 10Km Road Race, 9:30am. Chip Stone, 223-2136. If you can't run this one, give Chip a call and offer to help out with the race - he still needs a few good hands.

11 Jul - Essex Center, VT - Sherry's Half Marathon, 8am, 3A Browns River Road, Essex Center. \$4. Tom Phillips, 862-3060.

17-18 Jul - Westport, NY - 24 Hour Relay. An annual CVR team event. Last year we sent a women's team and two men's teams (10 to a team). If you'd like to get on board for this year's relay, call Bob Oatley, 229-4565.

17 Jul - Jericho, VT - Partner's Race, 4.8mi, 10am, \$2, the Green. Combined age and time. Mike & Claudia Sullivan, 899-4059.

\* 25 Jul - Stowe, VT - FX Matt Co./Union Bank 8mi Road Race, 9am, \$6 by 15 Jul, \$8 post. LaBier Realty, Box #135, Stowe 05672. For info, Lee LaBier 253-9009 days, 888-3234 eves.

\* 25 Jul - Killington, VT - Miller Lite Green Mtn Road Race, 10Km, \$4 by 20 Jul, \$5 post. Summit Lodge, Box 119, Killington 05751. Race starts at 10am.

\* 24 Jul - Colebrook, NH - North Country 10mi and 5km, 9am, \$4 by 21 Jul, \$4.50 post. Race Committee, Vershire Center, Depot St, Colebrook 03576

25 Jul - Swanton, VT - Swan Run, 11mi, Jerry Lamphere, 868-3695

31 Jul - Adamant, VT - Sodom Pond Micromarathon, 4mi, 9am, \$3, Richard Czaplinski, 229-4534

\* 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.

1 Aug - Plattsburg, NY - Budweiser 5mi Classic, 1:30pm, PSUC XC course, Terry Gordon 518-563-0693

1 Aug - Underhill, VT - Dump Run, 11am, Underhill Ctr Elem Sch, Pleasant Valley Rd, Und. Ctr., Steve Herrero, 899-3695

7 Aug - Plainfield, VT - CVR ANNUAL PICNIC & FUN RUN (see notice elsewhere in this issue)

7 Aug - So. Burlington, VT - Bike & Tie, 7mi, 10am, \$2. North Edge of Kwiniaska Golf Course. 2 runners/1 bike. Dave Jacobowitz, 655-2503.

\* 21 Aug - So. Hero, VT - Green Mountain Island Marathon, 8am, \$7 by 6 Aug, limit 500 entries, NO POST ENTRIES, Leighton Walker, 2 Redwood Terrace, Essex Jct, VT 05452

26 Sep - Concord, NH - NERRC 20Km Championship, TIAC, Robert E. Teschek, Box 594, Concord, NH 03301

26 Sep - Coventry, RI - Nifty Fifty, 50mi, see Bob Oatley for info on this one. He's looking for company.

7 Nov - Newport, RI - Ocean State Marathon. Now's the time to plan for this one. Get your TAC membership ahead of time. Entry blanks are sent out in early August and entries usually close before the end of Aug. For entry blanks or info, write Meredith L. Nelson, 80 Lincoln St, No. Kingston, RI 02852.

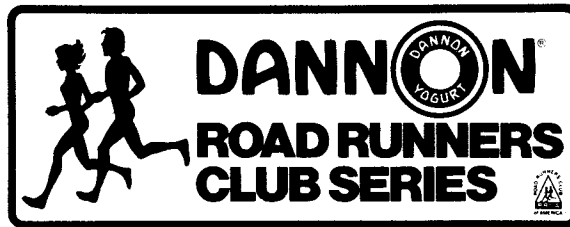
20 Nov - Foxboro, MA - Foxtrotter Marathon, 11am. This is the NERRC Marathon Championship. Robert Spitzer, 1 Rhodes St, Plainville, MA 02762.

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

National Running Data  
Center  
Box 42888  
Tucson, AZ 85733







## SAFETY TIPS FOR RUNNERS

1. Whenever possible, run on roads with wide shoulders, thereby avoiding running in the street.
2. The runner should make the first move when a car is coming toward him—he should not expect the car to make the first move.
3. Always wear reflective or light-colored garments at night so drivers can see you easily.
4. Try to run on smooth surfaces—this will help prevent foot injuries.
5. Run single file when there is a lot of traffic.
6. Be cautious on blind curves.
7. When running toward traffic, be extremely careful of cars stopped waiting to make a right turn into traffic.
8. Do not run in front of cars at stop signs—between the first and second car is safer. You are more likely to be seen by the driver of the second car, since the first driver is concentrating on the traffic and not you.
9. Do not “challenge” cars. You may not lose, but the next runner will pay.
10. When running with a group or partner, do not hesitate to “push them aside” to avoid being hit by a car. It is easier to go back and pick up your fellow runner off the side of the road than to have him “scrape” you off the fender of a car.
11. A toot of the horn should be acknowledged with a wave of the hand and not with “derision”.
12. When snow accumulation leaves no clear path alongside the road, and there is only a narrow, cleared lane for cars, runners should not claim the cleared part of the road. Instead, they should find an alternate place for their running activity.

# **RUNNERS' RIGHTS AND DUTIES**

1. Runners are subject to traffic-control signals.
  2. Whenever practical, runners should move upon the right half of crosswalks.
  3. Runners should not cross a roadway in any way other than by a route at right angles to the curb.
  4. Runners crossing a roadway at any point other than within a marked crosswalk or within an unmarked crosswalk at an intersection shall yield the right-of-way to all vehicles on the roadway.
  5. Runners crossing roadways where tunnels or overhead crossings have been provided must yield the right-of-way to all vehicles upon the roadway.
  6. Between adjacent intersections at which traffic-control signals are in operation, runners should not cross at any place except in a crosswalk.
  7. Runners should not pass through, around, under, or over any crossing gate or barrier at a railroad grade crossing or bridge while the gate or barrier is closed or is being opened or closed.
  8. Where sidewalks are provided, runners should not run along and upon an adjacent roadway.
  9. Where sidewalks are not provided, runners running along and upon a highway should, when practical, run only on the left side of the roadway, or facing traffic which may approach from the opposite direction.
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