



CVR NEWSLETTER

August 1982

Vol. 3, No. 6



MEMBER DISCOUNTS

Executive Committee

- President - Darragh Ellerson
- Vice President - Jeff Shutak
- Treasurer - Roger Whitcomb
- Secretary- Joe McIntyre
- Committee Chairpersons
- Publicity - Norm Robinson
- Fun Runs - Jeff Shutak
- Newsletter - Bob Murphy

* * *

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

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WORCESTER, VERMONT 5,000 METER RACE

Recently it was my double pleasure to become a member of the Central Vermont Runners and to help organize the Worcester 5,000 meter race; of which a brief description follows.

On July 5, 1982, the Worcester United Methodist Church sponsored a 5,000 meter race in order to provide some good wholesome holiday activities and to raise money for an emergency fund. These funds will be used to help a family in Worcester that experiences a disaster; such as: house fire, auto accident, or serious illness.

The race participants that showed up early were treated to a parade through Worcester Village at 9:00 A.M. Then at 10:00 A.M. on a beautiful day, the race began.

The course began and ended in front of the church (on Route 12). The majority of the race was run outside the village on Calais Road, which provided an excellent view of the Worcester Mountain Range. The course, which is all paved road, includes a gradual uphill climb on the first half that provides good momentum for the downhill second half.

The male and female winners were Lowell Vanderlip who finished in 18:20 and Marilyn Wilson with 26:25. Both are from Montpelier. Vanderlip was followed by Bob Murphy with 19:40 and Newton Baker in 19:50. Wilson was followed by Karen Lee with 27:16 and Jean Slayton of Worcester in 28:28.

The Church wishes to thank all those runners that participated in the race. Hope that you all had a good time.

CENTRAL VERMONT RUNNERS

Meeting Notes

For Central Vermont Runners Meeting held July 14, 1982 at Darragh Ellerson's.


The meeting was convened shortly after 7:00 p.m. with the following persons in attendance: Darragh Ellerson, Joe McEntyre, Corey McEntyre, Dave Kerin, Norm Robinson, Newton Baker, Paschal DeBlasio, Roger Whitcomb, Wade Walker, Robert Oatley and Bob Howe.

The following items were discussed:

1. Oatley reviewed the latest information concerning the 24 hour relay, which reportedly was to be sponsored by the F. X. Matt Beer Company and the Pepsi Cola Company. ABC National TV was reportedly providing coverage. Team members were instructed to meet at 7:00 a.m. on Saturday, July 17th at Montpelier High School for the trip to Westport, NY.
2. Roger Whitcomb's treasurers report consisted of the statement: "We are solvent." Roger was reluctant to give more detail than to indicate that we had roughly \$250.00 in the account because many checks and credits from the Montpelier 10 Mile Race had not been figured in to the account yet.
3. Paschal DeBlasio raised concerns about the changes in the proposed fiscal year because of CVR constitutional requirements regarding the same. It was decided to print notice ten days prior to a future meeting of the proposed change as per the CVR constitutional requirement.
4. Darragh raised concerns about the CVR Fun Run Rules and posting and distribution of the same to inform the public about our obligation with the Liquor Control Board at the Fun Run site and to avoid further disputes with the Liquor Control Board regarding that use. Roger Whitcomb strongly urged moving the Fun Run start back to the Department of Employment Security Building because more space for parking and stretching was available there. Darragh Ellerson cautioned against such a move because it would alter existing records, require additional measuring and recertification of the course, and perhaps expose CVR to the same problems we had with the Liquor Control Board building with another state agency. Also discussed was the failure of many people to observe the posted rules.
5. Norm Robinson offered the suggestion that CVR funds might be raised with a race tied in with the "Triple Crown Series" or some similar idea.
6. Wade Walker indicated he had been in touch with the United Cerebral Palsy people and they had requested CVR to provide, prepare and serve refreshments at the Berlin Pond Couples Race. This request was due to reduced UCP staff. Ideas were also offered on how to get local food distributors to donate refreshments. Wade further indicated that UCP had represented to him that they would continue to take care of getting prizes and T-shirts for the event. DeBlasio suggested that 150 T-shirts should be enough for all runners and volunteers and that the same application form for the race used last year could be used again this year, with merely a change of date. UCP reportedly has mailing lists and will be largely responsible for getting information out to potential runners. It was also suggested that the men and women run in the same race together.
7. Wade further suggested and agreed to send thank-you notes to the people who worked on the water stops for the Montpelier 10 Mile Race.

The meeting was adjourned at approximately 8:30 p.m., with the next meeting to take place at the annual CVR picnic, which is currently scheduled for 1:00 p.m. Saturday, August 7, 1982 at Joe and Judy McEntyre's in Plainfield, Vermont (August 8th if very bad weather).

Respectively submitted,



Joe McEntyre, Secretary, CVR

MONTPELIER TEN MILER

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The Eighth Annual Montpelier Road Race proved once again that with good cooperation from club members and community, a race can be a great success without any big buck sponsors. Except for an unscheduled and thankfully short railroad train that ended a tight race for second, the race went without a hitch.

Although the rain caused me to be quite concerned about how the footing was going to be on the dirt road, most of the runners said the weather was just right and judging by the records that fell, who can argue. In the Junior Male race fellow CVR members Francis Burdett (55:17) and Jon Rouelle (56:34) both smashed the previous record of 57:89 held by former State X-Country champion Mike Richardson. Jim Miller came back to better his course record of 50:46 by turning in a 50:08. In the Male 30-39, Louis Tijerina's record of 54:04 proved to be most vulnerable, with 4 runners obliterating that mark, led by Keith Woodard (50:59) and another CVR ace, Mark Chaplin (52:46).

One of our capable race officials, Bob Murphy, couldn't run this one due to injury, but his 40-49 record of 59:06 was not in jeopardy this day, as GMAA's Jim Seeman won with a 60:14. Sherm Williams won the 50-59 without challenging his own record of 62:14, and Glen Wood captured the 60+ age division again without challenge to Warren Steckmest's fine course record of 73:40.

Over in the women's races, none of our young CVR females decided to brave the distance this year, and the feeling was mutual elsewhere, as the Junior Female Division was left empty. In the 18-29 group, Ann Peisch had it pretty much her own way, winning by nearly 4 minutes, but was still far off Judi St. Hilaire's record of 57:12. As with the men, the 30-39 group proved to be the quick one, with Rita Doherty (64:47) and CVR's Merrill Cray (66:49) besting Jane Banks effort for the day and her year old record of 69:11. Phyllis Heaton's 40-49 record of 70:32 stayed intact as Anne Gwynne won the division with a 72:49. In the newly established 50-59 division, CVR president Darragh Ellerson set the standard with a 78:18 effort.

Team competition proved to be a pleasant surprise for CVR as the under 40 male team prize was taken by a strong CVR team of Chaplin, Burdett, Rouelle and Banks. The CVR women's team of Cray, Christiansen, Hoiska, and Ellerson also proved to be a winner. The men's masters team prize was the only one escaping CVR's clutches, as a fine GMAA contingent ran away from the field.

All in all, it was a good day for CVR as a club, both with its runner's successes and, maybe more importantly, with its good turnout of club members to help with all the little things that help make a race a notch above the average. I want to thank all who were involved in helping me keep up the tradition of this fine race.

Roger Whitcomb

EIGHTH ANNUAL MONTPELIER ROAD RACE
26 June 1982

Complete Results

<u>Place</u>	<u>Time</u>	<u>Name</u>	<u>Team</u>	<u>City</u>	<u>State</u>
MALE 0-17					
1	55:17	Francis Burdett	CVR	Montpelier	VT
2	56:34	Jon Rouelle	CVR	Montpelier	VT
3	58:30	William Newsham	GMAA	Colchester	VT
4	58:56	Eric Morse		Waterbury	VT
5	64:30	Brad Shedd		Fairfax	VT
6	66:58	Matt Czaplinski		Montpelier	VT
7	68:00	John Wisell		Bristol	VT
8	84:17	Sean Jeffery		Conway	NH
9	95:05	Stephen Martin	CVR	Adamant	VT
MALE 18-29					
1	50:08	Jim Miller	LSS	Burlington	VT
2	51:10	Tony Quinn	LSS	Milton	VT
3	51:50	Charles Hewes	BAA	Manchester	VT
4	52:05	Sam Davis		Adamant	VT
5	53:11	Tony Bates	LSS	Burlington	VT
6	54:13	John Melanson	AA	Wilton	NH
7	54:15	Pascal Cheng	GMAA	Burlington	VT
8	54:57	John Lisak	BTC	Ely	VT
9	55:46	Terry Gilmore		Tinmouth	VT
10	56:02	Kevin Martell	AH	St. Albans	VT
11	57:16	Bryan Liss	CVR	Warren	VT
12	57:40	Jeff Staab	GMAA	Jericho	VT
13	58:18	Rick Cleary	GMAA	Burlington	VT
14	58:27	Dean Bumstead		Winooski	VT
15	58:42	Kim Maloney	CVR	Williamstown	VT
16	59:10	Jeff Johnson		Bristol	VT
17	59:11	Tim Noonan	CVR	Montpelier	VT
18	59:12	Paul Myrow	GMAA	Burlington	VT
19	59:36	Geoffrey Lindemer		Northfield	VT
20	59:47	Bill Dysart		Rutland	VT
21	60:45	Paul Murray		So. Burlington	VT
22	61:04	Jeff Shedd	GMAA	Fairfax	VT
23	61:30	John Novak		Utica	NY

24	61:36	Mike Kerins		Glen	NH
25	62:08	Dick Millar	CVR	Montpelier	VT
26	62:20	Ronald Vernier		Shelburne	VT
27	62:45	Lance Lindgren	PVRR	Springfield	VT
28	62:55	Peter Smith	CVR	Montpelier	VT
29	64:17	Chris Albertine		Burlington	VT
30	64:22	John Donnelly		Waitsfield	VT
31	64:40	Brian Thibault		Rutland	VT
32	64:40	Chris Anderson	GMAA	Williston	VT
33	64:56	Norm Robinson	CVR	Barre	VT
34	65:14	Rick Dayvie	GMAA	Williston	VT
35	65:29	Patrick Phillips		Waitsfield	VT
36	67:01	John Bressett		Randolph	VT
37	67:30	Charles Schaefer		Colchesber	VT
38	67:58	Mike McArdle		Waitsfield	VT
39	68:29	Geoff Beyer		Montprier	VT
40	68:59	J.B. McCarthy	CVR	Montpelier	VT
41	69:02	Gregg Adams		Barre	VT
42	69:41	Roo Rothman	CVR	Waterbury Ctr.	VT
43	71:22	Steven Wright		Montpelier	VT
44	71:48	George Rich		Randolph	VT
45	74:18	Stephen Kuckhoff	CDR	Manlius	WY
46	76:30	John McCusker	SARR	Allston	MA
47	84:10	James Gorman		Burlington	VT

MALE 30-39

1	50:59	Keith Woodard	CDR	Craftsbury	VT
2	52:46	Mark Chaplin	CVR	Worcester	VT
3	52:58	Perry Bland	CDR	Williston	VT
4	53:51	Walt Chadwick	GH	Exeter	NH
5	54:05	Stan Dutton	MAC	Antrim	NH
6	55:14	John Valentine	GMAA	Richmond	VT
7	55:21	Harry Loso		Fairfax	VT
8	56:55	Murray Banks	CVR	Bethel	VT
9	58:23	Dave Sanborn	GMAA	Rutland Town	VT
10	58:38	Blain Kinsey		Montpelier	VT
11	58:47	Stephen Herrero	GMAA	Underhill	VT
12	58:58	Thomas Raskin		Winooski	VT
13	59:47	Gene Sansbury		Barre	VT
14	60:39	K. Martin Simon		Northfield	VT
15	60:56	Joe Wesp	SRRC	Revere	MA
16	61:00	Allen Kerr	UVAA	Lebanon	NH
17	61:08	Charles White		Rutland	VT
18	61:54	Dennis Curran	MRR	Warren	VT
19	62:36	Robert Searles		No. Wolcott	VT
20	63:34	Dan Kennedy	GMAA	Milton	VT
21	63:59	Richard Letsinger	GMAA	Richmond	VT
22	64:15	Paschal DeBlasio	CVR	Montpelier	VT
23	64:32	John Schweizer	HG	Richmond	VT
24	65:02	Walter Miller		Bay Village	OH
25	65:52	Pete Donaghy	GMAA	Montpelier	VT
26	66:29	Richard Carrick	A	Stowe	VT
27	66:42	Bruce Patterson	GMAA	Fairfax	VT
28	67:14	Larry Quesnel	CH	Enosberg	VT
29	67:55	Tom Schersten		Montpelier	VT
30	68:02	John Mallery	CVR	Montpelier	VT
31	68:03	George Allen		East Montpelier	VT
32	68:16	Jess Terry		Randolph	VT
33	68:25	Patrick Riordan		Rutland	VT
34	68:35	Robert Stedman		Brandon	VT
35	68:50	John Easton	A	Stowe	VT
36	69:03	P.T. Burke		Winooski	VT
37	69:31	Jack Garvin	MRR	Waitsfield	VT
38	69:34	Jim Bergeron	MS	Newport	VT
39	69:38	John McKeon	WBAC	Randolph	VT
40	69:45	Mark Jewett		Randolph	VT
41	69:45	Milt Fowler		Randolph	VT
42	71:11	Robert Howe	CVR	Graniteville	VT
43	71:32	Joseph Zuaro		Northfield	VT
44	71:44	Jeff Shutak	CVR	Barre	VT
45	71:52	Eric Hanson	GMAA	Burlington	VT

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46	72:01	James Slinkman		Montpelier	VT
47	72:13	Stan Sumner	CVR	Montpelier	VT
48	72:21	Stephen Morris	WBAC	Randolph	VT
49	73:02	Thomas Hitchcock	GMAA	Colchester	VT
50	74:19	Keith Turman		Essex Jct.	VT
51	74:51	Kelvin Miller	CVR	Northfield	VT
52	77:16	Steve Kaagan		Riverton	VT
53	79:06	James Spinelli		Barre	VT
54	79:42	Don Seaver		Barre	VT
55	79:59	Thomas Comrito	CVR	Montpelier	VT
56	80:04	Richard Morris		Chelsea	VT
57	88:15	Andrew Hawley		Pittsfield	VT
58	94:29	Kenneth Trask		Randolph	VT

MALE 40-49

1	60:14	Jim Seeman	GMAA	So. Burlington	VT
2	60:38	Brad Peterson		Springfield	VT
3	61:13	H. Oldham Brooks	SMAC	Amherst	MA
4	62:53	Richard Czaplinski		Adamant	VT
5	63:15	Leeward Labier	LSS	Stowe	VT
6	63:48	Leighton Walker	GMAA	Essex Jct.	VT
7	64:01	David Jacobowitz	GMAA	Winooski	VT
8	64:23	Bruce Cunningham	GMAA	Essex Jct.	VT
9	64:50	William Hella	GMAA	Essex Jct.	VT
10	65:39	Rick Hubbard	CVR	Stowe	VT
11	66:48	Robert Mercier		Montpelier	VT
12	66:49	Newton Baker	CVR	Montpelier	VT
13	69:12	Joe McEntyre	CVR	Plainfield	VT
14	69:18	Robert Kelley	KBRR	Essex Jct.	VT
15	69:42	Ludwig Weimann		Sheldon	VT
16	71:46	Peter Cady	VRR	Pittsford	VT
17	72:51	Bob Halverson	GMAA	Burlington	VT
18	88:12	Lee Blodgett	GMAA	Essex Jct.	VT

MALE 50-59

1	65:21	Sherm Williams	GMAA	Essex Jct.	VT
2	69:09	Armand Chicoine	GMAA	So. Burlington	VT
3	69:32	Gerow Carlson	CVR	Waterbury	VT
4	72:43	George Goding		Rochester	VT
5	73:37	Robert Wilson	CVR	Montpelier	VT
6	81:50	Sherm Hunt	GMAA	Burlington	VT
7	83:34	Arthur Kunin	GMAA	Burlington	VT
8	88:12	R.J. Noonan	GMAA	Shelburne	VT

MALE 60 +

1	78:23	Glen Wood	GMAA	Underhill	VT
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FEMALE 0-17

No Entries

FEMALE 18-29

1	60:02	Ann Pelsch	CSU	Brighton	MA
2	63:43	Susan Fetherolf		Randolph	VT
3	67:34	Kelli McSweeney		Marion	MA
4	69:58	Kim Murphy		Huntington	VT
5	72:02	Lori Ann Vernier		Shelburne	VT
6	90:08	Joanne Tremblay		Burlington	VT
7	94:29	Karen Kane		Randolph	VT

FEMALE 30-39

1	64:47	Rita Doherty	SMAC	Amherst	MA
2	66:49	Merrill Cray	CVR	Montpelier	VT
3	71:18	Jane Banks		Bethel	VT
4	71:28	Patricia Girouard	A	Waterbury Ctr.	VT

5	72:30	Donna Russell		Winooski	VT
6	75:57	Sue Christiansen	CVR	Montpelier	VT
7	76:59	Donna Kenney	GMAA	Essex Jct.	VT
8	77:34	Elaine Hoiska	CVR	Montpelier	VT
9	79:36	Livy Hitchcock		Colchester	VT
10	87:35	Patricia Kruse		Concord	NH

FEMALE 40-49

1	72:49	Anne Gwynne		Bow	NH
2	82:15	Ellen Anders	CVR	Montpelier	VT
3	82:42	Joyce Martin	CVR	Adamant	VT
4	96:50	Bridget Noonan	GMAA	Shelburne	VT

FEMALE 50-59

1	78:18	Darragh Ellerson	CVR	Montpelier	VT
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FEMALE 60 +

NO ENTRIES

TEAM RESULTS

MALE Under 40

1	3:41:32	CVR	(Chaplin, Burdett, Rouelle, Banks)
2	3:45:27	GMAA	(Cheng, Valentine, Staab, Cleary)

MALE Over 40

1	4:20:26	GMAA	(Seeman, Walker, Jacobowitz, Cunningham)
2	4:39:10	CVR	(Baker, McEntyre, Carlson, Wilson)

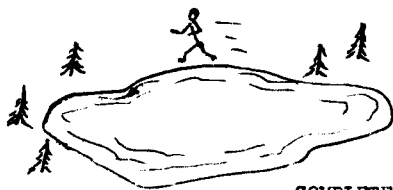
FEMALE

All Ages

1	4:58:38	CVR	(Cray, Christiansen, Hoiska, Ellerson)
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TEAM INDEX

AA	Athletic Alliance
A	Armidillo
AH	Aldis Hill
BAA	Boston Athletic Assoc.
BTC	Billings Track Club
CDR	Craftsbury Distance Runners
CH	Cold Hollow
CSU	Cambridge Sports Union
CVR	Central Vermont Runners
GH	Gateshead Harriers
GMAA	Green MT. Athletic Assoc.
HG	Hovey Grill
KBRR	Keeler Bay Road Runners
LSS	Loomis St. Striders
MAC	Monadnock Athletic Club
MRR	Mad River Runners
MS	Memphermagog Striders
PVRR	Precision Valley Road Runners
SARR	St. Anthony's Road Runners
SMAC	Sugarloaf MT. Athletic Club
SRRC	Six Rivers Running Club
UVAA	Upper Valley Athletic Assoc.
VRR	Vermont Ridgerunners
WBAC	West Brookfield Athletic Club



CASPIAN LAKE RUNAROUND

COMPLETE RESULTS!

In Father's Day a crowd of 120 runners competed in the fifth annual Caspian Lake Runaround, a seven mile race around Caspian Lake in Greensboro. The first person to complete the race was Keith Woodward, 31, of the Craftsbury Center in Craftsbury, in 36:01. The first woman, in 43:53, was Moira Henriicks, 31, of Stowe. Ms. Henriicks came in 21st over all.

The Caspian Lake Runaround, held every Father's Day, is the major fund raiser for the NEK Race Crisis Groups.

Name	Class #	Time	Club

MEN 9-17			
Francis Burdett	1	39:39	CVR
Jeff Heaslip	2	43:45	
Erik Froburs	3	47:33	
Brett Kelley	4	49:21	
Peter Stout	5	53:57	
Jason Mallery	6	55:14	
Steve Martin	7	76:43	CVR
WOMEN 9-17			
Debbie Martin	1	49:40	CVR
Kirsten Froburs	2	54:54	
MEN 18-29			
Shawn Gardner	1	38:08	
Thomas Leonard	2	38:10	
Bryan Liss	3	38:54	CVR
Stan Dunklee	4	39:50	
Kim Ira Maloney	5	40:56	Thunder Thighs
Rick Cleary	6	41:21	GMAA
John Fournier	7	41:54	SMC X-Country
Wade Walker	8	42:52	CVR
Tim Simpson	9	44:12	
Stephen Montsonerw	10	45:17	
Rob Noonan	11	46:03	GMAA
Ron Verner	12	46:28	
Keith Carris	13	46:53	
Mike Miller	14	54:28	
Albert LaCroix	15	56:13	
Jaw Milne	16	56:40	
Joe Martwins	17	57:11	
Jerry Prevost	18	57:16	
WOMEN 18-29			
Merill Gray	1	46:07	Thunder Thighs
Claudia Sullivan	2	47:37	GMAA
Lori Ann Vernier	3	48:02	
Ellen Smith	4	50:59	
Deb Prescott	5	51:15	
Rose Paul	6	52:16	Craftsbury Ctr
Susan Walter	7	54:06	Craftsbury Ctr
Dawn Ananey	8	57:21	
Jennifer White	9	59:02	
Hilary Stout	10	60:56	
Annette LeRoux	11	69:32	
Judi Robitaille-Dunklee		78:43	

MEN 30-39

Keith Woodward	1	36:34	Craftsbury Ctr
Kurt Lauenstein	2	36:34	GMAA
Mark Chaplin	3	37:30	CVR
Paul Lauenstein	4	40:23	Middlesex (MA) Striders
Steven Herrero	5	41:05	GMAA
Ric Prescott	6	41:23	
Jim Parsons	7	42:20	
Robert Searles	8	44:25	
Michael Collins	9	44:54	CVR
Richard Letsinger	10	45:03	
Russ Petelle	11	46:12	MSAC
Jeffery Montsomery	12	46:20	
Ken Austin	13	47:01	GMAA
Rick Collins	14	47:44	
Scott McGee	15	47:51	
John Mallery	16	47:54	CVR
Thomas Ruffe	17	47:59	
George C. Allen	18	48:07	Montpelier
Brian J. Bauer	19	48:26	GMAA
Howard Johnson	20	48:31	
P.T. Burke	21	48:32	
Ron Vieux	22	48:51	
Charlie Bucknam	23	49:07	CVR
Jeffrey Shutak	24	49:22	CVR
Conrad Grins	25	49:26	
Ande Girouard	26	49:43	
Larry Patriose	27	50:32	GMAA
Stanley Sumner	28	50:35	CVR
Michael Cubuwand	29	50:52	
William Mayo	30	51:30	CVR
Tony Klein	31	52:24	Thunder Thighs
Rick Geisel	32	52:35	
Raymond Usie	33	52:55	CVR
Dennis Hosiak	34	53:07	
Jeff Howard	35	57:21	
David Dow	36	60:32	CVR
Scott H. Wildman	37	61:02	

WOMEN 30-39

Moina Hendricks	1	43:53	
Patricia Girouard	2	49:31	
Brisette Edguld	3	51:43	GMAA
Donna L. Russell	4	53:20	
Elizabeth Meiklejohn	5	55:28	CVR
Phyllis Marcell	6	56:41	GMAA
Barbara E. Corw	7	57:05	

MEN 40-49

Gerald Kerney	1	42:28	GMAA
Pat Hutton	2	42:50	GMAA
Lee LaBier	3	44:16	
Gordon Johnson	4	44:20	
Chris Martin	5	44:58	CVR
Newton Baker	6	47:15	CVR
Joe McIntyre	7	48:52	CVR
Leighton Wass	8	50:18	CVR
William Joerres	9	51:00	CVR
Art Froburg	10	51:52	
Rich Eumanowicz	11	51:59	
Neil Stout	12	52:27	GMAA
Bob Ostley	13	55:27	CVR
Hu Sansree	14	55:51	
Lee Blissett	15	58:55	GMAA
Don Perkins	16	60:37	
Donald Miller	17	64:07	

WOMEN 40-49

Annette Miller	1	54:36	Coulter Award
Joude Martin	2	57:53	CVR
Maureen Murphy	3	59:56	GMAA
Mary Lou Bell	4	60:07	
Gerry Cahill	5	60:32	
Rainie Platka-Bird	6	63:39	
Bridgett Noonan	7	67:26	GMAA
Anne Estten	8	70:54	CVR
Gail Sansree	9	71:02	

MEN 50-59

Web Williams	1	46:16	GMAA
Jim Sparkman	2	47:35	
Eyron Hill	3	52:49	CVR
R.J. Noonan	4	59:05	GMAA

WOMEN 50-59

Jean Hotchkiss	1	63:49	GMAA
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MEN 60+

Bill Rollins	1	55:04	CVR
Dave Morse	2	58:33	CVR

FIRECRACKER 10K KEEPS NEWPORT RUNNING

Several central Vermont area runners traveled to Newport on the 4th of July to take part in the 7th annual Firecracker 10K. Although a steady breeze kept the racers fairly cool, a bright sun did it's best to make a tough course tougher. Imagine a series of quarter-mile hills leveling off then going up again three times in three miles; turning around and doing it again and you have a good idea of the course. These were first class hills for the most part and throughly unenjoyable on the way back down. Muscles cramped and knees ached thru the last quarter-mile sprint and the beauty of Lake Memphremagog did nothing to make the race seem like fun.

As far as the results go, they are kind of sketchy I'm sorry to say. Men's open division winner was Canadian Joe Lavoie in 31:55. Rumor has it Joe is training for a shot on the Canadian Olympic team. Finishing second was Len Hall in 33:19; followed by Rich Prescott in 35:02. In the master's division Gordon Johnson took first in 36:42, with Michael Sublow only six seconds behind at 36:48. Unfortunately I couldn't come up with any women's results as only a handful participated and no one seemed to care. I don't mean this harshly, but matter-of-factly. It's obvious that the Newport area does not have the caliber of talent in the female ranks that central Vermont does.

Runners you might be familiar with included Alan Lewis with a 40:23, Kurt Wolf (hope the spelling is right) in 41:58, and youffs truly with a PR of 39:16. To be honest the race will not go down in history as one of my favorites because of the hilly course and my aching knees. But any race that's a PR can't be all bad. If you are celebrating the Fourth in Newport in the future, try it. Maybe you will have a better time than my knees did.

Norm Robinson

The annual 4th of July 1.7mile classic in Stowe had its share of problems (as usual) this year, but with 320 finishers crossing the finish line within a period of about 8 minutes, it's no wonder that times and finish placement got a little confused. Overall winners were Tony Quinn (7:41) and Moira Hendricks (9:29). CVR finishers were as follows:

Age Group	Place	Name	Time
Men 31-40	6	RICK Hubbard	9:35
	12	Newton Baker	10:12
	16	John Merrill	10:56
	18	Ray Usle	10:57
Men 41-50	2	Bob Murphy	9:22
	4	Henry Marcy	10:16
	7	Richard Angney	11:14
Men 61+	1	Bill Rollins	11:22
Women 11-15	6	Krista Angney	12:39
	26	Amy Angney	15:18
Women 16-21	2	Daryl Angney	11:07
	6	Dawn Angney	12:18
Women 31-40	11	Jean Marcy	14:21
	22	Alice Angney	15:19

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.

7 Aug - Plainfield, VT - **CVR ANNUAL PICNIC & FUN RUN**, 1pm at Joe & Judi McEntyre's. RSVP by 6 Aug if you're coming. 454-7825 (office) or 454-7831 (home). Rain date 8 Aug.

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

* 15 Aug - Jay, VT - **"Run a Country Mile"**, 10km and 20km, 9am, \$8 by 13 Aug (includes t-shirt, pancake & maple syrup breakfast from 11am - 1pm at Jay Peak Ski Area, and all day use of outdoor swimming pool). \$12 after 13 Aug. Jay Peak, Inc., Route 242, Jay 05859. 988-2611 for info.

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

12 Sep - Burlington, VT - **Archie Post 5-Miler**, 11am, \$3. UVM's Gutterson Field House. Buses to start. Bruce Cunningham, 878-3875.

* 12 Sep - Cavendish, PEI - **Island Marathon**, noon, \$5 by 1 Sep, \$8 thereafter. Trophies, medallions & merchandise prizes by age and sex categories, team prizes as well as top Province or State. All starters receive a t-shirt. All finishers get a certificate, finish line photo and post-race chow. Emphasis is placed on awards & prizes for as many runners as possible. The Island Marathon, PO Box 302, Charlottetown, PEI C1A 7K7.

* 19 Sep - Manchester, VT - **Maple Leaf Half-Marathon**, 13.1mi, 9:45am, \$6 by 6 Sep - NO POST ENTRIES. Guy Thomas, Way's Lane, Manchester Center, VT 05255. (Editor's Note: A super race course, but organizers have yet to send out results of last year's race to participants. Don't expect a \$6 value.)

19 Sep - Huntington, VT - **Sherman Hollow 10km**, 11am, \$4 pre-registration. Sherman Hollow Ski Center. 5km fun run. Rik Dayvie, 434-2057.

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- 25 Sep - Winooski, VT - St. Mike's Homecoming 5km and 10km, 9:30am, \$5, T-shirt, St. Mike's gym. Zaf Bludovich, 675-2000, X2504
- 26 Sep - Essex Center, VT - National Life 10 Mile, 11am, \$1, Essex Elem Sch, certified course. Bruce Cunningham, 878-3875.
- 26 Sep - Concord, NH - NERRC 20Km Championship, TTAC, Robert E. Teschek, Box 594, Concord, NH 03301.
- 26 Sep - Coventry, RI - Nifty Fifty, 50mi, see Bob Oatley for more info. He's looking for company on this one.
- 11 Oct - Hanover, NH - Dartmouth Medical School Marathon, 10am, \$3, Donald C. Andresen, Hitchcock Clinic, Hanover 03755. 603-643-4000, X2501
- 16 Oct - Margaretville, NY - Pepacton Paleface Marathon, 10:30am, \$5.50. (Byron Hill likes this one!) Delaware County Runners, Box 251, Delhi, NY 13753.
- 17 Oct - Portland, ME - Casco Bay Marathon, 8:30am, \$5. Casco Bay Marathon, PO Box 3172, Portland 04104.
- 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
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Address Correction Requested