



CVR NEWSLETTER

September 1982

Vol. 3, No. 7



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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

\* \* \*

WELCOME TO NEW MEMBERS!

- Dawn Angney
- Daryl Angney
- Ted Maraden
- Albert Burdett

KEEP THOSE CARDS AND LETTERS COMING!

Many thanks to those who have sent in contributions to this and previous issues of the newsletter. They're responsible for whatever success this publication enjoys. Material is always welcome and needed, so those of you who haven't yet been published - - don't be bashful. We'd like to hear from you too. Typed material is preferred, but if you don't type, don't let that hold you back. Just jot down your thoughts on whatever is at hand and send it in. We'll see that it gets typed. If you're not much into prose, we'll take your poetry. And if you believe a picture is worth much more than mere words, maybe you'd like to take a try at cartooning or illustrating. Whatever you do, get it to me by 30 Sep for the October issue.

NEXT MEETING!

The next CVR monthly meeting will be held at 7:30pm on Wednesday, 15 September, at Cox Cable TV Offices in Berlin. Take the first left off Granger Road (past Wedgewood) and then another first left off that road. Cox Cable is on the left. See you there.

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WHY?

I suspect that I am not atypical of runners in wondering from time to time why I keep running. As you all know, it isn't easy to keep going out day after day to train, to suffer the minor (and occasionally major) aches and pains, to spend the time when there is so much else to do .... I have tended, for those of you who don't know me, to push myself to obtain that competitive edge. My joy has been in completing a race knowing that I beat the next guy or gal and did my best -- and only fleetingly have I been satisfied.

In early June in Colorado, I experienced a deeper satisfaction. In addition to competing in the Bolder Boulder 10km (Frank Shorter's race) on May 31 (I finished 1,153 out of 11,142 finishes in 40:57), I had two breathtaking (no pun intended) training runs in the Rockies. One day I started in the old gold mining town of Cripple Creek (9,500 feet above sea level) (with the price of gold more than 10 times what it was when the mines closed in the late 50's and early 60's, Cripple Creek is fast becoming the antithesis of a ghost town) and ran up along the west slope of Pike's Peak at 10,200 feet. The entire snowcapped mountain range shimmered in the late afternoon sun to the north and west. The air, not noticeably thin (perhaps I had acclimated after several days in Aurora and Boulder), was fresh, without much humidity and invigorating. For once, I hoped Jean, her sister Janet and Janet's three children, Shaun, Janet and Stephen, would not catch up to me in the car. Prior to successful pursuit, I managed 10 kilometers of a high high.

Three days later, already longing for more but grateful for the Cripple Creek/Pike's Peak run, I exited Breckenridge (now of ski area fame) at 9,600 feet to climb 10.2 miles to the top of Hoosier Pass at 11,600 feet. (An annual marathon starts on this road a couple of miles up from Breckenridge; -- but ... it goes the other way ... i.e., downhill!). Many tourists passing by in their cars must have questioned my sanity as I toiled uphill in the bright sun against a very strong breeze whistling right at me through the pass. I better understood their awe (or more likely their doubts) when my crew caught up with me at 8.3 miles. My nephews (12 and 4½) and niece (9) thought I was literally either dead or dying. The top of my dome and my face were a ghostly, stark white ... from the salt crystals that had been sucked from my body by the sun, the wind and the extremely low humidity in the thin air. Even I was startled when I wiped my forehead and my hand was white. After some liquid replenishment, I trudged on. All the while the scenery was magnificent. Snow covered the mountains sloping down on both sides of the road. Reaching the top of the pass, though I was averaging only slightly better than 10 minutes per mile, gave me a real sense of accomplishment (rivaled only by participating in the 24 hour marathon relay this July) and great satisfaction. I no longer wonder why I keep running.

Henry Marcy  
August 16, 1982



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



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

\* 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 Ctr, VT05255

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

\* 19 Sep - Colebrook, NH - Dixville Notch Marathon, 11am, \$4, \$5 post. Start in Errol, finish in Colebrook. Dixville Notch Marathon, Doug Knee, 13 Pleasant St, Colebrook, NH 03576

25 Sep - Winooski, VT - St. Mike's Homecoming 5Km and 10Km, 9:30am, \$5, T-shirt, St. Mike's gym. Zaf Bludevich, 655-2000, X2504

\* 26 Sep - Greensboro, VT - Caspian Foliage Run, 7mi, 10:30am, \$4 (\$7 w/t-shirt), \$5 post. Anne Batten, RD1, Box 249, E. Hardwick, VT 05836. (472-6066)



26 Sep - Essex Center, VT - National Life 10 Mile, 11am, \$1, Essex Elem Sch, certified. 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 details.

26 Sep - No. Adams, MA - Fall Foliage Marathon, 8:30am, \$5 by 19 Sep. Mark Pringle, Fall Foliage Marathon, Box 1138, No. Adams, MA 01247

\* 2 Oct - Berlin, VT - Berlin Pond Couples Race, 6mi, 11am, \$10 M/F team, \$5 indiv. by 27 Sep. \$12/\$6 on race day. T-shirts. Wade Walker, RD4, Montpelier, VT 05602 (223-6882)



- 3 Oct - Sheffield, MA - Berkshire County Autumn Marathon, 10am, \$5. John Goldsmith, 11 Delafield Dr, Lenox, MA01240 (413-637-1552)
- 3 Oct - Essex Ctr, VT - Vagabond 10km, 11am, \$2, Trollheim, Sleepy Hollow Rd, Al Duval, 899-3398
- 9 Oct - Richmond, VT - Round Church Women's Run, 5&10km, 11am, \$1. Dianne Schullenberger, 899-4993
- 11 Oct - Hanover, NH - Dartmouth Medical School Marathon, 10am, \$3. Donald C. Andresen, Hitchcock Clinic, Hanover, NH 03755 (603-643-4000, X2501)
- 16 Oct - Essex Ctr, VT - GMAA/Burlington Savings Bank 50 Mile, 8am, 3A Browns River Rd, Dan Kennedy 893-4545
- 16 Oct - Margaretville, NY - Pepacton Paleface Marathon, 10:30am, \$5.50. 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, ME 04104
- 17 Oct - Ridgefield, CT - Ridgefield Marathon, 11am, \$5, \$7 late entries. Wolfpit RC, PO Box 48, Ridgefield, CT 06877
- 24 Oct - New York, NY - NYC Marathon, 10:30 am, \$10. NYC Marathon, PO Box 1388 GPO, New York, NY 10001

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- 31 Oct - Shelburne, VT - Arthur Tudhope Memorial 10km, 11am, \$2. Thomas Rd. (Spear St. Ext.) Jonathan Kohn
- 31 Oct - Conway, NH - Mount Washington Valley Marathon, 9am(?), \$6. Bernie Livingston, Box 1021, Conway, NH 03818 (603-447-6626)
- 7 Nov - Newport, RI - Ocean State Marathon, 11am. Entries closed.
- 7 Nov - Washington, DC - Marine Corps Marathon, 9am. M.C. Marathon, 8th & I St. SE, Washington, DC 20390 (202) 433-3238 or 433-3239
- \* 20 Nov - Foxboro, MA - Foxtrotter Marathon, 11am. NERRC Marathon Championship. Robert Spitler, 1 Rhodes St, Plainville, MA 02762.
- 21 Nov - Bourne, MA - Cape Cod Marathon, 11am, \$4. C.C. Marathon, 7 Morse Pond Rd, Falmouth, MA 02540
- 25 Nov - Burlington, VT - GMAA Turkey Trot, 11am, \$1. Distance varies, Post Field, UVM, turkeys only, Ralph Swenson, 864-4952
- 5 Dec - Asbury Park, NJ - Jersey Shore Marathon, 11am, \$6, limit 3000. J.S. Marathon, Convention Hall, Asbury Park, NJ 07712



Race Results:

24 July - Whiteface Inn, Lake Placid - 5km Over Hill 'n Dale - Henry Marcy finished 2nd Master (6th overall) in a superlative time of 17:19. This was a XC race - Henry says it's a great course.

25 July - FX Matt/Union Bank 8 mi Race, Stowe. 367 finishers. Overall winners Andy Palmer (39:25) and Judi St. Hilaire (44:39)

<u>M 0-17</u>		<u>M 40-49(Cont'd)</u>	
2 Francis Burdett	44:27	21 Joe McEntyre	54:27
3 Jon Rouelle	45:28	23 Trent Smith	56:11
<u>M Open</u>		27 Bob Oatley	58:13
15 Brian Liss	43:40	33 Roger Cranse	59:11
41 Wade Walker	50:45	<u>M 50+</u>	
67 Rob Rothman	55:19	8 Gerow Carlson	55:27
<u>M 30-39</u>		10 Bob Wilson	59:38
26 Pat DeBlasio	50:02	<u>F 0-17</u>	
29 Michael Collins	50:36	1 Debbie Martin	56:52
45 Michael Sinclair	53:08	3 Cindy Martin	58:21
57 Roger Whitesamb	54:24	7 Daryl Angney	64:54
73 Bob Howe	55:56	<u>F Open</u>	
96 John Merrill	61:44	11 Mary Labate	55:43
<u>M 40-49</u>		27 Dawn Angney	66:12
4 Bob Murphy	47:53	<u>F 30-39</u>	
10 Chris Martin	49:33	3 Sue Christiansen	59:30
11 Rick Hubbard	49:37	7 Elaine Hoiska	60:33
12 Ted Marsden	50:45	<u>F 40-49</u>	
20 Newton Baker	54:11	4 Joyce Martin	66:12

31 July - Goshen Gallop - 4 1/2 mi XC - 214 finishers. Overall winners Todd Boonstra (23:28) and Sue Long (28:02)

<u>M 19-29</u>		<u>M 40-49</u>	
5 Bryan Liss	25:09	1 Bob Murphy	27:17
19 Wade Walker	29:40	7 Bob Oatley	32:39
<u>M 30-39</u>			
3 Murray Banks	25:19		
19 Mike Sinclair	30:10		
43 Frank Ruffle	37:26		



FUN RUN RECORDS

Ever wonder how your best 2 mile time at the Tuesday night fun runs compares to the best times in your age group? Pat DeBlasio has the answer! He's undertaken the monumental task of sifting through nearly eight years worth of fun run results and has compiled yearly and all-time bests by age group and distance. In future editions of this newsletter, you'll see the results of Pat's work and you'll have the answer!

REPORT ON ANNUAL PICNIC

Over sixty Central Vermont Runners members and friends gathered at the McEntyre homestead in Plainfield, Vermont early Saturday, August 7th for the Annual CVR Picnic. The get-together was highlighted by 6.3 and 2.8 Fun Runs, a "Moon Walk", swimming, a water slide, and numerous games and contests. The evening was capped off with a potluck supper and films of the 1982 24-hour Relay. Aside from running out of food everybody appeared to have a pleasant time. The Fun Run results were as follows:

Results of 2.8 Race:

- 1. Kim Maloney 16:02
- 2. John Rouelle 16:06
- 3. Evan Ellerson 16:11
- 4. Merrill Cray 17:07
- 5. Bill Tramontino 17:07
- 6. Debbie Martin 18:47
- 7. Cindy Martin 18:47
- 8. Albert Burdett 18:47
- 9. Jeff Martin 20:09
- 10. Marilyn Wilson 22:30

Results of 6.3 Race:

- 1. Bryan Liss 39:59
- 2. Bob Murphy 39:59
- 3. Wade Walker 43:28
- 4. Jerry Carlson 46:33
- 5. Bob Wilson 47:02
- 6. Newton Baker 51:19
- 7. Larry Miller 51:19

CENTRAL VERMONT RUNNERS  
 c/o BOB MURPHY  
 RD 3, BIRCHWOOD PARK DRIVE  
 BARKS, VERMONT 05441  
 Address Correction Requested

National Running Data  
 Center  
 Box 42888  
 Tucson, AZ 85733

