



CVR NEWSLETTER

October 1982

Vol. 3, No. 8



CVR RUNNERS ENJOY MAPLE LEAF HALF-MARATHON

A perfectly beautiful day, super fast course, and nearly a dozen CVR members and friends made this year's half-marathon in Manchester a great day for me and all I spoke with. While I agree with Bob Murphy (August issue) that as far as facilities, etc., it is hard to get your money's worth, Maple-Lear still remains a favorite of mine.

Looking all the world like the number one roadracer in the country, Jon Sinclair dominated the race from start to finish to win in easy fashion with a time of 1:03:06. Finishing well back with a time that should win most races of this distance, was Thomas Raunig of Great Falls, Montana in 1:04:26; while Rolande Davide of Coventry, R.I. was third in 1:05:08.

The women's race turned in a surprise winner in Karen Dunn of Durham, N.H. She upset number one seed Laura DeWald of Arlington, Va. with a time of 1:14:06, compared to DeWald's 1:16:45. DeWald holds the third fastest time by an American woman for the marathon and was considered a shoo-in for first. Finishing third overall for the women was Kare Cossaboon-Holm of Victor, NY.

The most exciting performance of the day by a CVR runner came from our prez, Darragh Ellerson. Darragh came within 13 seconds of winning her age category over the 8th seeded runner! Finishing 36th overall among the women, Darragh ran a 1:39:31 compared to winner Amy Stockman's 1:39:18. "I wish I had known who she was and how close I was sooner", exclaimed Darragh after the race. "I saw her a couple of hundred yards from the finish but wasn't real sure who it was until after." One has to wonder if Darragh had the last mile instead of the last hundred yards if she could have won. Nevertheless, it was a simply outstanding performance in her first half-marathon.

Daryl and Dawn Angney also turned in fine performances in taking second and third in the 19 and under age category with identical times of 1:47:26. Other CVR women who showed well were Ellen Smith, with a superb time of 1:35, and Heidi Smith's longest race of the year in 1:46. Heidi's husband Trent seemed very pleased with his 1:40 as he too completed his longest run of the summer. While we're on the subject of people named Smith, Peter Smith came along for the ride and ran an unofficial 1:29:59. I would like to note that Peter was gracious enough to pull off well in front of the finish line and not get involved with the computer finish. If you are going to run a race unofficially, that's the way to do it.

Pat DeBlasio also turned in a good performance with a 1:26:37, but Pat was disappointed with his time. He felt he could have run faster, but did not feel as strong as he would have liked. He, undoubtedly, was saving it for the Berlin Pond race! Rob Rothman finished with about a 1:30 to average 6:52 a mile. A good performance for any distance. Also running faster than expected was Roger Whitcomb. Roger had planned to run seven minute miles to prepare for the Conway Marathon, but ended up finishing in under 1:27. Larry Miller and Paul Wishinski both finished within a minute of each other. Paul in 1:40:06, and Larry not too far behind. Larry ran the early part of the race with Darragh (pushing the first mile in 6:30), but Darragh outkicked him down the stretch. Finally, yours truly was very pleased with a 1:32:04 after coming off two weeks of inactivity due to an ankle injury. Not quite as fast as last year, but good just the same. It was great to see so many friends

at the finish line and hope everyone had as good a time as I did. By the way, there was talk that Brooks Shoe may take over a large part of the sponsorship next year. If they do indeed, then maybe the average runner will get a little more for his/her money other than a perfect course, and great friends.

Norm Robinson

FIFTH ANNUAL CASPIAN FOLIAGE RUN, SEPTEMBER 26, 1982

Class Rank	Name	Time	Race Rank	Club

Men 18-29

1.	Brent Turner	37:19	2	Craftsbury
2.	Tom Van de Water	42:43	4	SFRC
3.	Bick Spaulding	43:31	6	
4.	Peter Smith	44:54	9	CVR
5.	Robert Buchholz	47:15	12	
6.	Mike Smith	47:25	13	
7.	Richard Kelley	48:11	18	Chicken Bone
8.	Davis S. Smith	48:34	19	
9.	Daniel Pese	48:53	21	
10.	Lawrence Datley	52:23	37	CVR
11.	Danny Martin	55:26	49	

Women 18-29

1.	Susan Walter	52:42	39	Craftsbury
2.	Betsy Keres	54:29	45	SFRC
3.	Andrea Hrynoch	54:34	46	
4.	Hilary Frost	54:54	47	
5.	Laurie Brown	57:50	54	
6.	Claudia Gross	95:32	66	

Men 30-39

1.	Mark Chaplin (Overall Winner)	37:04	1	CVR
2.	Jim Parsons	43:57	7	MSAC
3.	Glenn Gershaneck	44:46	8	CVR
4.	Robert Libby	47:37	14	
5.	John Mallery	47:52	15	CVR
6.	Tom Crowe	48:02	16	
7.	Bill Youngs	48:07	17	
8.	George Allen	48:35	20	
9.	Rick Collins	49:15	23	MSAC
10.	David Steckler	49:23	24	NWW
11.	Mike Cusumano	49:32	25	
12.	Tom Snowman	50:03	28	Sterlings Inst.
13.	Charlie Bucknam	50:09	29	CVR
14.	Eric Pope	50:47	32	
15.	Jeff Shutak	51:28	34	CVR
16.	Noel Ford	52:17	36	
17.	Peter Brough	52:29	38	
18.	Ray Usle	52:44	40	CVR
19.	Andy Girouard	53:02	41	
20.	Jim Spinelli	53:59	43	
21.	Francis Martin	54:20	44	
22.	Toby Knox	56:16	50	
23.	David Dow	57:05	53	CVR
24.	Jeff Martin	58:06	56	

Women 30-39

1.	Moirs Hendricks (First Woman)	44:59	10	
2.	Fatty Girouard	50:57	33	
3.	Fatty Daniel	57:52	55	
4.	Jean Marcy	68:57	60	CVR

FIFTH ANNUAL CASPIAN FOLIAGE RUN

Men 40-49

1. Bob Murphy	40:13	3	CVR
2. Newton Baker	47:02	11	CVR
3. William Joerres	48:58	22	CVR
4. Henry Marcu	49:49	27	CVR
5. Dave Freeman	50:11	30	VBC
6. Ruser Cranse	51:49	35	CVR
7. Bob Outley	53:53	42	CVR
8. Ed Gross	56:43	51	CSU

Women 40-49

1. Rose Kinney	63:25	52	
2. Louise Russell	90:13	65	

Men 50-59

1. Dave Kelley	70:26	61	CVR
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Women 50-59

1. Anne Batten	73:25	64	CVR
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Men 9-17

1. Shafileish Smith	43:15	5	PA X-C
2. Frank Parker	49:49	26	PA X-C
3. Chapman Smith	50:22	31	PA X-C
4. Jason Mallery	55:11	48	CVR
5. Scott Freeman	71:30	62	PA X-C
6. Jeff Pukosz	71:32	63	PA X-C

Women 9-17

1. Alexis Bloch	56:53	52	
2. Becca Humphreys	66:15	58	

CLUBS:	CVR	Central Vermont Runners
	MSAC	Humphreys Striders Athletic Club
	SFRC	Stillman Fcote Runnings Club, Canton, N.Y.
	NWV	Northend wood works
	VBC	Vermont Biathlon Club
	CSU	Cambridge (Mass.) Sports Union
	PA X-C	People's Academy (Morrisville) Cross Country

GREEN MOUNTAIN MARATHON "MEMORABLE"

First off, I apologize that this didn't make the September issue of the newsletter. It wasn't because of lack of interest or apathy toward the race, but more because of yours truly having a tendency toward procrastination.

If you remember, August 21st was a bitterly cold day for mid-August. Temperatures had a hard time reaching 60 degrees and the wind was blowing a steady gale. Just ask those that went to the Sand Bar picnic area after the race how cold it really was!

While Tony Quinn and Tony Bates were battling it out for first place, the rest of us were proving it to be a worthwhile trip. Quinn finally pulled out the victory in quite easy fashion in 2:27:02 with Bates a somewhat distant second in 2:29:26 and Pascal Cheng third in 2:34:05. Our own Brian Liss was in fact pushing Quinn for all he was worth for more than 20 miles until a severe leg cramp forced him out of the race. Brian has been outstanding most of the

summer and we can expect further great times from him in the future, I am sure.

CVR had an absolutely outstanding performance from Sue Christiansen. From what I understand, Sue had been aiming toward Green Mountain for some time in hopes of running a 3:30 to qualify for Boston. Well, with strong winds in her face for at least half the race, Sue came through with a superb 3:30:10! She finished third among the masters; less than five minutes from first place masters finisher Marilyn Hand. In fact, Sue's time was good enough for 7th place overall.

Another performance not to be overlooked was Wade Walker's 3:06:18. Wade was on a sub-three hour pace for much of the race and one has to wonder if the wind had been less, if Wade might have pulled it out. Newton Baker also surprised himself and many others with a quick time of 3:14. Not that Newton isn't capable of that, or much better for that matter, but prior to the race and even during the first few miles, he was telling all that he wanted to run a comfortable race and enjoy himself. Well I don't know how comfortable it was, but he certainly appeared happy with his time afterward. "I ran as I felt, and I felt good", summed up his performance.

I cannot write about Green Mountain without mentioning another remarkable performance. A member of our club has talked retirement from marathoning due to a lack of progressively faster times and a general lack of competitive nature. Complaining of "getting old" (He is you know) Joe McEntyre pulled off a personal best of 3:16:22! I have learned a valuable lesson. When Joe complains loudest, it is when he is the toughest. When he is ready to retire, I'll be on the Olympic team. (Which translates to never!).

Some other good performances were turned in by Pat DeBlasio in 3:30:10. Yes, the same time as Sue, as they ran together. Gerow Carlson turned in a 3:37:13 and Chris Lovell a 3:37:57. Gerow's time was yet another consistently fine performance. Also not to be left out was Byron Hill's 3:35:31. Byron wanted to run a race and have a good time and that he did. Not only a good time as far as the enjoyment goes, but as the watch goes as well.

I've praised Sue's fine performance, kidded friend Joe, and mentioned all the other great races except for my own. That's because it may have been one of the more "memorable" races ever for me. It was a race that had so many good, great and devastating moods that I won't forget it soon.

Going into it I had hopes of a sub 3:20. I felt strong and comfortable and knew I had friends who would keep my spirits up. I didn't know how much I would need them until later. Joe, Newton and I ran together more or less for the first 8 or 9 miles when Newton started to pull away. Then shortly afterward Joe also picked up the pace to the point where I felt uncomfortable. Falling into a 7:30 pace and feeling strong, I picked up the eventual second place woman until 21 miles. Up to that point, everything was clicking. We went through 13.1 in under 1:40 and felt strong. Encouragement from Darragh Ellerson and Mary Labate (Sue Christiansen's crew) kept me flying high and raring to go. The bottom fell out at 21 miles though. This being my fifth marathon, I knew all about "the Wall" and had experienced it before, but never quite like this race. Within the matter of $\frac{1}{2}$ mile, I went from feeling super to having to stop and stretch in an attempt to loosen my calves that had turned to stone. A little stretching helped and I felt great again. But not for long. Less than a mile down the road I had to stop and walk again. Mary passed me some much needed tea at 22 or 23 miles, which helped mentally if in no other fashion. I was not in the best of moods to say the least, as my time slowed to a crawl. Not even the theme from Rocky III at the next water stop seemed to help. I was tempted to hitch a ride at 24 when Darragh drove by for the last time, but blind stupidity kept me going. Once I reached 25, things picked up and I staggered in to cross the finish line in 3:24:40. I was amazed! A new PR; but an unbelievable way to get it. Only the great cheerleading and club spirit allowed me to pull off an acceptable performance. Two big lessons were learned. Never, let your feelings run away from you early in a race, especially

a marathon. And never try to run one faster than you are prepared for. My 35-40 miles a week are fine for 10K or up to half-marathons, but I don't believe I'll ever run one (marathon) on that mileage again. I've said that before, though, so who knows!

All in all, it was a great day for CVR and I think I can safely say everyone had an interesting time. Hope to see you all at the next meeting.

Norm Robinson

CVR TRIUMPHANT AT WESTPORT

As has become the custom on the hottest weekend in late July, CVR challenged all comers at the 24-hour relay in Westport, New York. This year our perseverance finally paid off for the CVR Rabbits as they took the lead in the first mile (Francis Burdett 4:58) and won going away.

The women's team, the CVR Runanuckers, was again without the challenge of another women's team. Instead they got fired up by their attempt to break last year's women's record set by Darragh's Raiders. They were triumphant beating last year's record by one mile.

Even the CVR Turtles came away winners this year. After years of trying, they were finally able to wrest last place away from the Loose Drawers Running Club. It took great effort but we were helped by the fact that there were only four of us.

As can be seen by the results below, there were really some remarkable performances turned in by CVR participants. Some even claimed to be having fun! This was no doubt a result of having spent too much time in the hot sun.

Some random and vivid memories of the relay follow: (I'm sure the participants have their own memories and feelings ("never again") about this year's relay.)

- The youngsters partying all night (Debbie, Cindy, Dave, Dave, Dale, Francis and Albert).
 - Norm Robinson being awakened around 3:00 A.M. to run and being just a touch grouchy.
 - MucMuc being awakened to run several times the second day (he's a sound sleeper).
 - Henry Marcy's initiation and grit, "This is hard. I'm loosing it!"
 - The puzzle of how to erect Bob Murphy's tent.
 - Our sunrise church service and the irate local person.
 - The spunk of Bob Howe and Tom Commito pushing on in spite of injuries.
 - Roger Whitcomb's recovery from cramps and a tight back.
 - Ellen Smith's music to dance to.
 - The fierce competitive spirit of Darragh Ellerson running to the point of collapse.
 - The spaced-out look on JoAnn Fortier's face and the gorging she did.
 - The doughnut stop in Bristol on Saturday A.M. and the creemee stop in Bristol on Sunday P.M. (Now that was fun!)
 - The usual disorganization of Bob Lopez and his running with a limp, a knee brace, and a floating knee cap.
 - Merrill and Kim and the novel way they get charged up to run.
 - The Pepsi Challenge being a day late.
 - Joe McEntyre's elaborate preparations and fierce concentration.
 - The fluid grace of Francis Burdett.
 - The raw power of Kim Maloney.
 - The dogged determination and fantastic leg speed of Jon Houelle.
 - The leg cramp attack on Dave Flanders at night (It's not funny!)
 - Francis Burdett getting leg cramps in the back seat of Bob Oatley's car (there wasn't room enough to straighten out his legs).
- The memories could just keep coming. It was a good time capped off by a good feed and award ceremony. The individual results tell quite a story by themselves. I'm sure we'll have no trouble getting three teams to go over again next year.

Standings

1	CVR Rabbits	240 miles
2	Adirondack Harriers	214 miles
3	CVR Runamuckers	207 miles
4	Lake Placid Road Runners	201 miles
5	Cripples	184 miles
6	Sole Survivors	182 miles
7	Loose Drawers Running Club	159 miles
8	CVR Turtles	101 miles

Special thanks go to all the support people who made all this possible. Their endurance was remarkable. Those I remember are Dick and Alice Angney, Dave, Kevin and Corey McEntyre. If I've left anyone out kick me the next time you see me. Thanks again to all involved and I'm sorry this is so late.

	<u>Miles</u>	<u>Fastest</u>	<u>Slowest</u>	<u>Average Pace</u>
<u>CVR Rabbits</u>				
	24+	4:58	5:33	5:18.8
Francis Burdett	24	5:08	5:44	5:19.7
Jon Rouelle	24	5:03	5:46	5:15.4
Kim Maloney	24	5:32	7:15	6:08.2
Dale Flanders	24	5:47	7:10	6:22.9
Norm Robinson	24	5:31	6:13	5:55.3
Henry Marcy	24	5:30	6:20	5:53.7
Dave Flanders	24	5:48	6:22	6:04.4
Capt. Joe McEntyre	24	5:45	7:44	6:17.1
Albert Burdett	24	6:06	7:44	6:59.8
Dave McMullen	24			
<u>CVR Runamuckers</u>				
Merrill Cray	21	5:56	6:58	6:21.4
JoAnn Fortier	21	6:16	6:54	6:29.7
Debbie Martin	21	6:26	7:14	6:45.3
Cindy Martin	21	6:27	7:10	6:46.9
Daryl Angney	21	6:30	7:29	6:56.7
Ellen Smith	21	6:35	7:25	6:55.8
Elizabeth Meiklejohn	21	6:47	7:12	6:57.6
Elaine Hoiska	20	6:55	7:31	7:11.4
Capt. Darragh Ellerson	20	6:54	7:45	7:06.3
Dawn Angney	20	7:25	8:44	7:54.0
<u>CVR Turtles</u>				
Roger Whitcomb	30	5:56	7:48	6:56
Capt. Bob Oatley	30	6:35	8:04	7:10
Bob Howe	20	6:43	10:03	8:03
Tom Commito	21	6:50	12:12	8:08

(written by Bob Oatley)

CENTRAL VERMONT RUNNERS MINUTES

FOR MEETING OF 9/15/82

WHERE: Cox Cable T.V.

TIME: 7:30 p.m.



The above meeting was attended by Darragh Ellerson, Wade Walker, Jeff Shutag, Norm Robinson, Byron Hill, Bob Howe, Bob Oatley and Peter Smith. The following subjects were discussed at a somewhat boistrous meeting:

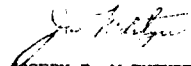
1. Jeff Shutag proposed having a separate account for Fun Run funds. Darragh indicated club expenses were too extensive, particularly for the newsletter, to permit creation of a separate account.
2. General discussion was had concerning problems with getting adequate publicity for races to be held and performances of individuals at those races, both in terms of local papers and the newsletter.

3. Discussion was also had on how to increase meeting attendance. The general feeling was that many more people should attend and take part in club decisions. Hopefully club members reading these Minutes will take note of this concern and make every reasonable effort to attend future meetings.

4. The Berlin Pond Race preparations were reviewed with Wade Walker. Wade reported that things were going well and efforts to obtain prizes looked promising. He also reported that the Coca-Cola Company was donating drinks and he had hopes of getting Dunkin' Doughnuts to donate some doughnuts as well. However, he was having some problems with T-shirts. It was suggested that anybody not getting a T-shirt on the day of the race could be provided one at a later time by simply taking their name and address.

5. The meeting adjourned at approximately 8:30 p.m., with the next meeting set for Thursday, October 21, 1982 at 7:30 p.m. at the Cox Cable T.V. office building in Berlin, Vermont. To improve attendance it was suggested that we hold a 3.2 Mile Flashlight Fun Run at 7:00 that night, just prior to the meeting, starting and finishing at the Cox Cable T.V. building. If everybody who comes brings a dessert or refreshment for general consumption afterwards, hopefully we'll have a more substantial number of people at the next meeting. Hope to see you there.

Respectfully Submitted,


JOSEPH P. MCENTYRE
CVR Secretary

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 until Daylight Savings Time ends late in October. 5:30pm at Liquor Control Warehouse on Green Mountain Drive. 2, 4 and 6 mile runs.

- 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, ext 2501)
- 16 Oct - Essex Center, VT - GMAA/Burlington Savings Bank 50mi, 8am, 3A Browns River Rd, Dan Kennedy 893-4545
- 16 Oct - Margaretville, NY - Pepacton Paleface Marathon, 10:30 am, \$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, Box 48, Ridgefield, CT 06877
- 24 Oct - New York, NY - NYC Marathon, 10:30am, \$10. NYC Marathon, Box 1388 GPO, New York, NY 10001
- 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. Marine Corps Marathon, 8th & I St. SE, Washington, DC 20390 (202) 433-3238 or 433-3239
- 14 Nov - Schenectady, NY - Schenectady Stockade-athon, 15km, RRCA Eastern Regional Championship, 10:30am, contact Tom Miller, 7 Jackson Place, Schenectady, NY 12308 518-370-4275

- * 20 Nov - Foxboro, MA - Foxtrotter Marathon, 11am, NERRC Marathon Championship. Robert Spitzer, 1 Rhodes St, Plainville, MA 02762
- 21 Nov - Bourne, MA - Cape Cod Marathon, 11am, \$4. Cape Cod 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. Jersey Shore Marathon, Convention Hall, Asbury Park, NJ 07712

DEADLINE

Many thanks to Norm Robinson and Bob Oatley for the articles featured in this month's issue of the CVR Newsletter. Deadline for articles and other contributions to the November issue is 31 October. Please note that the November issue is the last issue for 1982, so if you have information on any running events up through mid-January 1983, please pass them on and I'll include them in that issue.

WELCOME TO NEW MEMBERS!

Alice Angney
 Amy Angney
 Krista Angney
 Richard Angney
 Mike Mason
 Jean Patterson

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*           NEXT CVR MEETING           *
*                                     *
*           21 October 1982           *
*                7:30pm              *
*           Cox Cable T.V. Building   *
*                Berlin, VT          *
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ARTICLES NEEDED

Don't let up now. You're doing great. Keep those articles on running events coming in! In future weeks I'll be looking for writeups (from participants or spectators) on the Berlin Pond Couples Race, the NYC Marathon, the Mt. Washington Valley Marathon, the Ocean State Marathon and the Foxtrotter Marathon; anywhere, in short, where CVR runners participate. Let us share the agony, the ecstasy, the camaraderie, the joys and disappointments as only you could feel them and as only you can describe them. I'll be waiting to hear from you!

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