



CVR NEWSLETTER

November - December 1982

Vol. 3 No. 9



MEMBER DISCOUNTS

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* * *

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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ANNUAL MEETING

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at

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Darragh Ellerson's
Upper North Street
Montpelier

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Sunday

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23 January 1983

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Elect Officers

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Set Dues

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Old Business

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New Business

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Run

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X-C Ski

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Eat

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Bring pot-luck dish

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See you there...

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We all like to get compliments, and here's one of the nicest kind from a summer visitor, a friend of Merrill Cray (and now, of others within CVR) from California.

Chico Running Club

NEWSLETTER!

OCTOBER & NOVEMBER, 1982

Bill Tramontin, Editor

RUNNING IN VERMONT: A REFLECTION ON HILLS AND HOSPITALITY

There is a popular t-shirt in Vermont that reads, "Vermont Ain't Flat," and brother, they "ain't" kidding. Last August I had a chance to spend a week in central Vermont with my good friend and past-CRC president, Merrill Cray. Merrill is currently a Fitness/Nautilus Instructor at Wedgewood, a "tennis-racquetball-swimming-weight training-running" fitness center near Montpelier, Vermont. When Merrill wasn't working (which wasn't often), she spent her time running me up and over, sometimes around, every hill and mountain, rolling or otherwise in central Vermont. I thought I was in decent shape when I arrived in Montpelier after an all night flight from L.A. to Boston, but by the end of the first day I knew my little flat-footed, flatland shuffle wasn't going to cut it in Vermont.

Montpelier is small for a state capitol, it is not much bigger than Red Bluff. However, it is a lovely town with tons of trees, quaint old homes...and hills. When you set out for a run in Montpelier, or almost anywhere else in central Vermont, there is only one way to go, and that's up! I found out early in my visit that Vermont runners are tough competitors and a good degree of that toughness must come from their hill running. I'm used to coming in at least in the top third of most road races I run in, but in the two races and one fun run I ran in Vermont, I was barely able to finish in the top half each time I ran. It was clear that in Vermont they had tough runners of all ages strengthened by the hilly terrain they trained on.

Vermont runners seem to take their hilly country-side "in stride." I seemed to be the lone, lost soul crying out in the wilderness, "why me Lord" everytime I came to another hill. I think an additional factor in the Vermonter's strength seems to be that many of the top runners are also avid cross country skiers. With the severe winter weather that daunts all but the hardiest road runners; cross country skiing allows top athletes to stay in shape year round.

The country I ran through in Vermont was beautiful. I ran through lush, green forests, along rivers and streams, ponds dotted with lily pads, over country roads and through rolling farm lands. All the things you see on postcards are for real! But more than the beauty of the land, I appreciated the warmth and friendliness of the people of Vermont and most importantly, many members of the Central Vermont Runners. My first day in Vermont I joined the CVR at their annual summer picnic. In less time than it takes to run three miles, I felt right at home. The members of CVR were friendly and generous in their hospitality and welcome. On succeeding days I found the members of CVR to be tough runners and competitors, but also fun to be around. I came away from my week in Vermont feeling I had a doubly rich experience: the chance to see some of the most beautiful country in the United States, and to meet some of the best people too. So to Merrill, Kim, and all the others in the CVR, thanks for the terrific week! And it's fitting to close with another t-shirt slogan that Merrill gave me two years ago and that I really didn't appreciate until this summer. It simply reads, "Vermont Is What America Was." I think Chico is to or I wouldn't be here.

Good running to you all! Read on 'cause there's lots more inside for everyone.

WANTED!

Articles, race info, race results, etc., for the January 1983 Newsletter. Deadline is 31 December 1982. Happy New Year.

Recent Marathon ResultsNew York City Marathon

Elaine Hoiska 3:27
 Joe McEntyre 3:26

Mt. Washington Valley Marathon

Newton Baker 3:22
 Pat DeBlasio 2:57
 Darragh Klerson 3:37
 Wade Walker 3:37

DO YOU WANT TO GET PREGNANT?? (If so, Jim Clapp would like to talk to you. Listen...

ENDURANCE EXERCISE IN PREGNANCY STUDY

Presently, Jim Clapp is beginning a study dealing with endurance exercise during pregnancy and is interested in recruiting women runners who are planning a pregnancy in the next year.

Background Information

Presently, the risks and benefits of a woman exercising vigorously at the time she is attempting to conceive a pregnancy or during a pregnancy are unknown and not well studied. Theoretically, some of the changes which occur in a woman's body during prolonged exercise might interfere with either her ability to conceive or the growth and development of her unborn baby. Some of these changes are: an increase in body temperature; a change in blood hormone levels; a low blood sugar; a higher acid content of the blood; and, a change in the rate of blood flow to her internal organs including her ovaries and womb. Fortunately, with one exception, the studies which have been done in pregnant women indicate that these theoretical risks do not cause detectable abnormalities in either labor and delivery or the baby at birth. Indeed, they indicate that physically fit women have larger babies and fewer problems during labor and delivery. However, studies in pregnant animals and one study of pregnant women indicate that moderately strenuous endurance exercise on a regular basis during the majority of pregnancy increases the chances that one of three things may occur. First, the woman may go into labor early. Second, the bag of waters which surrounds the baby may break before labor starts. Third, the baby may weigh a little bit less (a little more than a pound on average) than her or she would if the woman had not continued to exercise. Because of these findings it is important to evaluate the exercise habits of a groups of healthy women planning a pregnancy in the near future and then monitor both their exercise habits and their body's response to exercise before and during pregnancy. This information should tell whether exercise is harmful or beneficial during pregnancy. If it turns out to be harmful, the information should indicate how much exercise is alright and why more than a certain amount might be harmful.

Your Participation

Your participation will definitely involve some personal inconvenience. You will be asked to keep fairly detailed records of your daily exercise habits for a period of time before you conceive and throughout pregnancy. Also, you will be asked to exercise on a treadmill three times so that your body's reaction to exercise can be evaluated in detail. On each occasion a teaspoon full of blood will be drawn from your arm before and after exercise and you will be asked to wear a flexible rectal thermometer during the evaluation. During the evaluation your heart rate, how much oxygen you use, how much air you breathe, your body temperature, how much blood your heart pumps, and, during pregnancy, your baby's heart rate will be measured. At the first evaluation which will be scheduled at a time of your convenience during the menstrual cycle before you decide to conceive, you will be asked to exercise just as hard as you can for a short period of time to determine your body's capacity for exercise. On the other two occasions which will occur during the 5th and 7th month you will be asked to exercise at your own level. Between evaluations you will be asked to take your pulse each morning and before and after exercising, once a month to take your temperature before and after exercising and, one week each month to carry an exercise wand while you exercise.

Anyone who is interested in participating or who wants additional information should write or call (collect) Dr. Jim Clapp, Given Medical Building, University of Vermont College of Medicine. Phone Number: 656-2272 (days), 979-7387 (nights and weekends). Specific questions dealing with the experience of being evaluated should be directed to Irene Racs, phone number 479-0843 (evenings).

BERLIN POND COUPLES RACE

The Third Annual Berlin Pond Couples Race was held Saturday October 2, 1982 with 70 runners participating. It was a cool day with temperatures in the low 50's and a light wind which will help explain the excellent times. The race, as in the past, was held to benefit United Cerebral Palsy.

The first overall finisher was Brent Turner of the Grn. Mtn. School in Waitsfield, followed by Shawn Gardner of Riverton, just 25 seconds behind. The first overall female finisher was Marilyn Buffinga of Hanover, NH, She finished with a very fast time and 13th overall.

The overall couples winners were Murray and Jane Banks who finished 3rd and 21st overall respectively. They competed in the fastest division, 60-79, with the first three in that division being the fastest couples overall.

In a close battle, the 40-59 couples team of Peter Smith and Nancy Maloney beat the second place team by just 67 seconds. In the 80-99 couples team, Bob Murphy and Elaine Hoiska beat defending champs Pascal DeBlasio and Darragh Ellerson. And in the 100+over couples division it was David Kelly and Beverly Tucker combining for the win.

Prizes, donated by area bussinesses, along with ribbons were given out after the race. There was also plenty of refreshments for everyone. The complete result follow.

<u>Couples 40-59</u>		<u>40-59 cont'd</u>		
1	9 Peter Smith 42 Nancy Maloney	36:17 <u>44:03</u> 80:20	8 51 Frank Ruffe 50 Heather Carr	46:17 <u>46:17</u> 92:34
2	5 Jeff Clark 54 Noy Holland	33:06 <u>48:21</u> 81:27	<u>Couples 80-99</u>	
3	10 Greg Adams 48 Laurie Batchelder	37:14 <u>45:53</u> 83:07	2 27 Bob Murphy 37 Elaine Hoiska	34:31 <u>42:40</u> 77:11
4	47 Clark Young 13 Marilyn Buffinga	45:46 <u>38:11</u> 83:57	2 12 Pascal DeBlasio 43 Darragh Ellerson	37:31 <u>44:06</u> 81:37
5	19 George Allen 45 Hilary Frost	39:13 <u>44:52</u> 84:05	3 59 Bill Dunkelburger 58 Sarah Shields	51:41 <u>51:41</u> 103:22
6	46 Jeff Johnson 36 Tamara Durfee	45:34 <u>42:35</u> 88:09	4 38 Bob Oatley 69 Roberta Hathorn	42:50 <u>64:20</u> 107:10
7	31 James McCarthy 52 Dana McCarthy	41:35 <u>46:39</u> 88:14		

Couples 60-79

1	3 Murray Banks	32:23
	21 Jane Banks	39:55
		<u>72:18</u>
2	6 Dean Bumstead	34:06
	28 Donna Russell	40:50
		<u>74:56</u>
3	4 John Valentine	32:53
	34 Amy Valentine	42:13
		<u>75:06</u>
4	26 Joe McEntyre	40:36
	32 Esther Salmi	41:40
		<u>82:16</u>

5	14 Norman Robinson	38:34
	44 Sue Christiansen	44:26
		<u>83:00</u>
6	41 Andy Girouard	43:22
	29 Patty Girouard	41:19
		<u>84:41</u>
7	17 Newton Baker	39:00
	62 Linda McIntire	54:12
		<u>93:12</u>
8	23 Maurice Cerutti	40:10
	68 Sue Cerutti	59:44
		<u>99:54</u>
9	65 Jay Costello	55:42
	64 Jacque Thousand	55:36
		<u>111:18</u>
2	27 George Goding	40:45
	70 Mary Goding	74:22
		<u>115:07</u>

Couples 100&over

1	61 David Kelly	54:10
	60 Beverly Tucker	52:26
		<u>106:36</u>

18-29 Male Individual

1	1 Brent Turner	31:17
2	2 Shawn Gardner	31:42
3	15 Bob Bucholz	38:45
4	16 George Rich	38:55
5	22 Randy Walker	40:05
6	35 Lawrence Oatley	42:29
7	39 John Puglise	43:19
8	55 Jay Milne	49:00

18-29 Female Individual

1	53 Joanne Goding	47:51
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40&over Male Individual

1	25 Bob Mercier	40:15
2	30 Jim Wallace	41:34

30-39 Male Individual

1	8 Michael Mason	34:57
2	11 Glenn Gershaneck	37:31
3	18 Elliot Trowbridge	39:10
4	20 Larry Quesnel	39:33
5	24 Bob Howe	40:10
6	33 Jim Spinelli	41:57
7	40 Toby Knox	43:22
8	56 Jeff Howard	49:01
9	67 Brad Shedd	56:42

30-39 Female Individual

1	49 Patty Daniels	46:11
2	57 Helen Skiast	51:16
3	63 Nancy Joerres	55:12
4	66 Beth Greeley	55:56

THANK YOU

I would like to thank everyone that helped organize and participated in this race. Without your help this race could not have happened (they were my right hand). Also I would like to thank all the sponsors for the prizes, food and drink.

Wade Walker

6
The following was taken from a poster marketed by Hallmark Cards.

WHY DO I RUN?

WHY DO I RUN? 'TAIN'T NO MYSTERY ---
WANNA HAVE A GOOD
MEDICAL HISTORY,
DOCTOR TOLD ME RUNNIN' IS GREAT---
HELPS THEM BLOOD CELLS
CIRCULATE,
GREAT FOR THE LUNGS,
GREAT FOR THE TICKER,
CAN'T NOTHIN' GETCHA
IN BETTER SHAPE QUICKER,
FEELS SO HEALTHY, FEELS SO SWEET,
PUMPIN' MY ARMS
AND FLAPPIN' MY FEET,
MOLDIN' MY MUSCLES, FIRMIN' MY FORM,
PANTIN' LIKE A PACK MULE,
SWEATIN' UP A STORM,
KEEPS ME YOUTHFUL,
KEEPS ME LOOSE,
TIGHTENS MY TUMMY
AND SHRINKS MY CABOOSE,
BEATS BEIN' SLUGGISH,
BEATS BEIN' LAZY---
WHY DO I RUN? MAYBE I'M CRAZY!

Ed Cunningham

(submitted by Norm Robinson)

DARTMOUTH

October 10, 1982

by Larry Miller

Sunday, October 10, 1982 dawned clear and beautiful. Most of the trees retained their color and the drive to Lyme, New Hampshire was the perfect start to a perfect day. As we climbed into the hills on I-89 we could look down on dense banks of valley fog, but then we've become accustomed to running Dartmouth in the fog. To our surprise, we arrived in Lyme where the 12-mile race begins, to find it was sunny and cool. We also arrived only 10 minutes before race time. That's what happens when you bring along a crew of four girls and they all have to curl their hair before leaving.

No matter, the start went well and Paul Wishinski and Larry Miller led the CVR contingent through the first mile in 6:28 and the second in 6:52. Subsequent splits were confusing even for the two crew members (Nancy & Stephanie) on bicycles with pad and pencil. It seems someone got a head start on trick or treat by stealing the 12-mile race's mile markers. Splits were estimated by reading the watch at the marathon mile markers and adding an estimated 10 seconds to get to where the 12-mile race markers should have been.

This is truly a beautiful course. Especially this year with the sunny skies and color still on the trees. It is basically flat except for the second mile which is downhill from Lyme to the Connecticut River in East Thetford. The last 10 miles follow the Connecticut River and thus have only a few small hills, as the course winds its way to Hanover.

One amusing thing happened around mile six. Two girls passed our CVR duo, ran ahead for a few yards and then turned and dashed into the bushes. We discussed this odd behavior for the next mile and decided it could be caused by one of three things:

- (1) They were two consenting adults whose preferences was none of our business.
- (2) They had simultaneous bladder attacks.
- (3) One had a call to nature and the other one decided that with a couple of hundred men on the road she should go and guard the door to the little girl's tree.

These middle miles saw the pace balloon to 7:52 at one point but then with a strong finish, Larry led the CVR contingent across the line in 88:38 averaging 7:16 minutes per mile for a P.R. Paul was close behind in 89:44 also a P.R.

By the way, sources close to Wade Walker report that he beat everyone to the post by 24-hours!



FUN RUN RECORDS

As promised in an earlier issue, here's the first installment of Pat DeBlasio's monumental recap of fun run bests over the past several years. 1982 results are not yet tabulated, and times earlier than 1977 are not included since the courses were slightly shorter than now.

Overall Best Times 1977-1981

2 Miles

Male		Female	
0-13	11:39 Paul Hill (1978)	0-13	13:09 Dodie Brigham (1977)
14-29	9:50 Mark Chaplin (1980)	14-29	12:04 Merrill Cray (1981)
30-39	10:03 Mark Chaplin (1981)	30-39	12:47 Elaine Hoiska (1979)
40-49	10:01 Larry Damon (1978)	40-49	13:26 Darragh Ellerson (1977)
50-59	13:42 Bob Wilson (1980)	50-59	14:18 Darragh Ellerson (1981)
60-69	13:44 Dave Morse (1977)		

4 Miles

Male		Female	
0-13	22:24 Shawn Gardner (1979)	0-13	28:54 Dodie Brigham (1978)
14-29	20:48 Mark Chaplin (1979)	14-29	24:02 Judi St. Hillaire (1978)
30-39	20:31 Mark Chaplin (1981)	30-39	27:12 Eliz. Meiklejohn (1979)
40-49	21:43 Charles Kellogg (1981)	40-49	28:47 Darragh Ellerson (1979)
50-59	25:24 Byron Hill (1980)	50-59	29:42 Darragh Ellerson (1981)
60-69	28:57 Dave Morse (1979)		

6 Miles

Male		Female	
0-13	43:05 Ricky Stillson (1978)	0-13	52:00 Dodie Brigham (1977)
14-29	30:17 Odis Sanders (1981)	14-29	34:58 Anne Schiavone (1980)
30-39	32:51 Mark Chaplin (1981)	30-39	40:33 Molly Corrigan (1979)
40-49	34:40 Bob Murphy (1981)	40-49	43:35 Darragh Ellerson (1978)
50-59	38:29 Byron Hill (1980)	50-59	44:55 Darragh Ellerson (1981)
60-69	44:21 Dave Morse (1979)		

More detail in later issues...

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.

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 Spittler, 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
- 25 Nov - Brattleboro, VT - Turkey Trot, 3mi out and back along Upper Dummerston Rd, 9am, no entry fee, bring a prize suitable for the Thanksgiving dinner table. Red Clover Rovers, Box 304, W. Brattleboro, VT 05301
- 4 Dec - Brattleboro, VT - BRRR Run (Brattleboro Retreat Road Race), 10km, through the streets of Brattleboro. Details in the making. Red Clover Rovers.
- 5 Dec - Asbury Park, NJ - Jersey Shore Marathon, 11am, \$6, limit 3000. Jersey Shore Marathon, Convention Hall, Asbury Park, NJ 07712
- 31 Dec - Brattleboro, VT - 2nd Annual Social Misfits Run. Details in the making. Red Clover Rovers.
- 7 Jan - Hanover, NH - Dartmouth Relays

There are occasionally some very good reasons for not running. One, with which we are all very familiar, is roads covered with polished ice and slush. Other acceptable excuses include injuries, fevers of 105°, a death in the family, the birth of your own child, and volcanoes on the running course. These are legitimate reasons.

...from the Atlanta Running Club

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