



CVR NEWSLETTER

May 1983

Vol. 4, No. 3



CVR MEETING APRIL 6, 1983

DUES

Darragh opened the meeting at 7:07. She reminded us to pay our dues to Roger Whitcomb when he arrives. We all immediately paid them to Darragh. After she had collected and recorded them, Roger joined us.

MONTPELIER 10-MILER

Wade reported that course is certified; that mailing the results last year had taken too much of the money. We will therefore this year charge \$.75 to any who request us to send results.

TREASURERS REPORT

Roger Whitcomb reported a balance on hand of \$361.15. Several new members have recently joined the club. T-shirts will be sent out by mail.

12-HOUR RELAY

Merrill Cray reported on plans for a 12 hour relay ---tentatively scheduled at the high school for 8/13, 8:00 A.M. to 8:00 P.M. We will have to pay a janitor \$7.50 an hour for the time that the building is open (maybe 14 hours). An additional fee of \$90.00 may be charged; may possibly be waived. Merrill suggested that it would be a good idea to have some program for other family members (like kids). She said that the Cancer Society may be interested in sponsoring the event. The meeting agreed (with some reservations) to welcome them as sponsors as long as they understand that there may be little or no profit this first year.

ANOTHER RACE ?

Ray Usle said that he had been approached by Mr. Lash of Lash Furniture about sponsoring a central Vermont marathon. A consensus was expressed that we should see whether he might instead sponsor an existing race. Ray Usle will ask Mr. Lash whether he would consider sponsoring a race of a different length, a location other than Barre, and what he would consider for viable dates.

NEXT MEETING

The next meeting was scheduled for Thursday, May 5. Fun runs will start before then.

T-SHIRTS

Merrill Cray volunteered to rework the lettering on the stencil for the club T-shirt so that it can easily be read.

The meeting ended at 8:02.

Jerry Carlson

RACE RESULTS:

20 Mar - Albany, NY - 30km Chopperthon

Kim Maloney	1:56+
Bob Murphy	1:57:28
Gerow Carlson	2:17+
Peter Smith	2:19 $\frac{1}{2}$

Late Mar - Seattle, WA - Emerald City Marathon

Wade Walker 3:19

2 Apr - Brattleboro, VT - RCR Spring Warm-Up Race (3mi)

Fred Ross 19:02 (9th)

10 April - Albany, NY - Freihofer's Run for Women (5km)

Debbie Martin	19:44 (10th of 7351)
Daryl Angney	19:59 (13th of 7351)

18 Apr - Boston, MA - BAA Marathon

Mark Chaplin	2:27:06 (220th)
Bob Murphy	2:52:14 (1848th, 186th Master)
Bryan Liss	2:56:51 (2244th)

23 Apr - St. Johnsbury, VT - 2mi & 10km

Jean Marcy	17:35 (F30-39, 5th, 2mi)
Bob Howe	12:16 (M30-39, 2nd, 2mi)
Gerow Carlson	43:58 (M50-59, 1st, 10km)

HEAVEN ON EARTH

Morning runs in January have never been on the top of my list of exciting things to do. Darkness, snow and ice, cold winds and stiff muscles have always accompanied those dreary days when opening my eyes was a major accomplishment. 1983 was to dawn new hope for finally reaching back and finding that something that would make me the best runner I could be.

The alarm went off at 5:30 and I groped to click it off before the house woke. Lying in bed for a moment I tried to find a way to avoid running. I was back in my old habit of avoiding morning runs and '83 was less than a month old. Rolling over, I just closed my eyes and figured all was well. Why chance anything by exerting myself? My dreams were short-lived however as a gentle poke in the ribs from Martha reminded me of my promise to "run regardless."

The "regardless" was zero degrees with a slight breeze quivering the branches outside. "Well, I feel lousy all day if I don't", I thought as I crawled out of bed. I slowly stretched my stiff muscles into relative comfort, donned my gear and prayed it would all be over soon. A quick 3 miles just to say I want.

The wind seemed worse as I trudged up Prospect Street. As I neared the top my eyes were watering and nearly sealed shut from the cold. Fingers numb, and ears burning through my cap, I wondered how I'd ever survive let alone complete two more miles.

The mile mark came and went and somehow the ice on my eyelids did too. In fact, my entire body began to wake, and with it, the rest of the world. Around the corner, I noticed the full moon was still high in the sky to my right. It sat atop the hardwood trees on the far side of a cornfield, lighting up the entire sky and dimming the fading stars. The eerie morning shadows cast by the maples reached out for me as if to welcome a visitor. The snow was slick and mirrored by the winds of the day before. It was all I could do to continue, but stopping meant the dread of starting again, so none of that. To my left the thick pine woods gave way to yet another field, and beyond, the city lights and purple-pink mountains of morning. Here was a new day breaking open. Though the sun was many minutes from rising, the mountains gave hint to what was to be a perfect day. It was if they new the moon had center stage and were patiently waiting their turn at stardom.

I made the turn and wished for more time. I felt honored to have been allowed a piece of nature's best when the rest of the city still thought of warm feet and an hours more sleep. Maybe it was my trophy for the year, or an omen of things to come. On that morning it was simply heaven on earth.

Race Schedule: (*) indicates that I have entry blanks. Please send BASE when requesting entry blanks from me (Bob Murphy, RD3, Barre, VT 05644) or from race directors listed.

- May through Oct - CVR Montpelier Summer Fun Runs, every Tuesday at 5:30pm at the Liquor Control Warehouse on Green Mountain Drive. 2,4, and 6mi runs. Come and bring a friend. 25¢ donation requested.
- 14 May - Essex Ctr, VT - GMAA Half Marathon, 9am, Chapin Rd, Essex Ctr, Larry Kimball (878-5555) or Ken Austin (862-3010)
 - * 22 May - Manchester, VT - Equinox Mtn Foot Race, 5.1mi hill climb, 11am, \$4 by May 14, \$6 post. Many great prizes! Fred Ross, 9 Chestnut St, Brattleboro VT 05301 (257-4745)
 - * 22 May - Holyoke, MA - Race of Champions Marathon, 11:30am, \$5 by 20 May, \$6 post. Good prizes; cash team prize. Walter H. Childs, Box 1484, Springfield, MA 01101
 - * 22 May - Troy, NY - Newman's Heritage Trail Marathon, also 10km Ale Run. 8am (10km-9:30). \$5, \$6 post.
 - * 29 May - Kennebunk, ME - Maine Coast Marathon, 7am, \$7 by 15 May. Limit 1000 entries. Dick Roberge, Box 726, Saco, ME 04072, (207) 284-8401.
 - 30 May - Glover, VT - 5mi race. Tel. 525-3531 (no other info)
 - 4 Jun - Middlesex, VT - Bear Swamp Run, 5.7mi, Rumney School. Bill Joerres, 223-6652
 - 4 Jun - Enosburg Falls, VT - Milk Run, 6.2mi, 9am, bridge at base of Main St. Preregistration requested. Bill Williams, 868-7340
 - 5 Jun - Rutland, VT - Frank Crowley Memorial, 6.2mi, 1pm, Rutland Recreation Bldg, preregistration preferred. Rutland Rec Dept, Box 791, Rutland 05071, 777-7353
 - 11 Jun - So. Burlington, VT - Lakeside Five Mile, 11am, Lakeside Tennis Club, Farrell St; Dave Jacobowitz, 655-2503
 - 19 Jun - Greensboro, VT - Caspian Lake Runaround, 7mi, 10:30am, Caspian Lake Public Beach. Wiz Dow, 472-6254.
 - 19 Jun - Lake Spofford, NH - RCR Spofford Scramble, 5.9mi around the lake. Register at Wares Grove, \$1. Fred Ross, 9 Chestnut St, Brattleboro, VT 05301, 257-4745
 - * 25 Jun - Montpelier, VT - Montpelier 10 Mile Road Race, 1983 NERRC CHAMPIONSHIP, certified course. 10:30am at Montpelier High School, \$3 by 20 Jun, \$4 post. Montpelier Rec Dept, 55 Barre St, Montpelier, VT 05602 c/o Ann Russell (802-223-5141)
 - 25 Jun - Houses Point, NY - Champlain Valley Marathon, 7am, pre-registration required. Terry Gordon, 11 Pleasant St, Plattsburg, NY 12901 (518-863-0639)
 - 4 Jul - Worcester, VT - Worcester United Methodist Church 5km Road Race, 10am, \$1 (50¢ under 18), Bob DeMange, Box 4800, Worcester 05682 (223-6421)
 - 9 Jul - Montpelier, VT - Howard Bank 10Km Road Race, 9:30am, Lorraine Brislin, c/o Howard Bank, Montpelier 05602 223-5203. Certified course.
 - 30 Jul - Adamant, VT - Sodom Pond Run, 4mi. Richard Czaplinski, 229-4534.
 - 13 Aug - Montpelier, VT - 12-Hour Team Relays, 8am to 8pm, Montpelier High School, Merrill Cray.

20 Aug - So. Hero, VT - Green Mountain Island Marathon, 8am,
Folsom School, preregistration required by 7 Aug,
Leighton Walker, 2 Redwood Terr, Essex Jct, VT 05452.
802-878-2322

18 Sep - Greensboro, VT - Caspian Foliage Run, 7mi, 10:30am,
public beach, Anne Batten, 472-6066

1 Oct - Berlin, VT - Berlin Pond Couples Race, 6mi.

Executive Committee

President - Darragh Ellerson
Vice President - Jeff Shutak
Treasurer - Roger Whitcomb
Secretary - Norm Robinson
Committee Chairmen
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 running shoes
Downhill Edge, Burlington -
15% off running equipment

Deadline

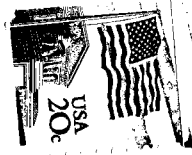
Deadline for submissions for
the June Newsletter is 31 May.
Race listings, results, articles,
poems, cartoons, etc, are all
accepted. "All the news that
fits, we print."

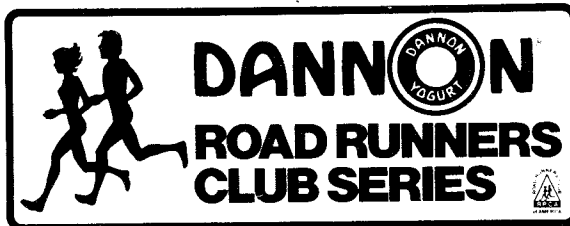
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NEXT MEETING
Monday
20 June 1983
7pm
at Cox Cable
in Berlin

CENTRAL VERMONT RUNNERS
c/o BOB MURPHY
RD3, BIRCHWOOD PARK DRIVE
BARRE, VERMONT 05641
Address Correction Requested

National Running Data
Center
Box 42888
Tucson, AZ 85733





HOW TO BUY A PAIR OF RUNNING SHOES

Damien Howell

The Indiana University Runners Clinic

1. Buy a shoe designed for running, a good quality running shoe. Expect to spend between \$30.00 and \$100.00 for a pair of good running shoes. Bear in mind, however, that the most expensive does not necessarily mean the best shoe for you.
2. Find the right store. Choose a specialty sports store, that is one which is owned and operated by a runner. The next best choice is a general sports store which sells a variety of sports equipment. The least appropriate place in which to buy running shoes is a regular shoe store or a department store.
3. Find the right salesperson. Look and ask for a knowledgeable salesperson who has running experience. Avoid salespeople who try to hurry you, or the inexperienced salesclerk.
4. Ask the salesperson for a training shoe, not a racing shoe.
5. When you try on the shoes, wear socks of the thickness that you will wear when running. If you forget to bring your running socks, ask the salesperson for a "loaner" pair of socks.
6. If you have any special problems, describe them to the salesperson and ask for special help. Some examples of problems that the proper shoes can help control are: unusual widths; flat feet; rigid, high arch feet; excess body weight; and toe shape. Avoid shoes with a wedge unless you have an identified need for a wedge.
7. It is wise to look at more than one pair of shoes.
8. Choose a pair of shoes that fits both feet while you are standing. Ask if you can try running in the shoes on a non-carpeted surface. Some stores will allow a short test run.
9. Inspect the shoes closely and carefully for quality control. It is **not** unusual for at least one shoe in a pair to be poorly constructed, and to be put on the market without proper inspection. Some things you might look for are as follows:
 - a) Place the shoe on a flat surface and examine the heel from behind to see if the heel cup is perpendicular to the sole of the shoe, as it should be.
 - b) Pull on the upper part of the shoe and see if it separates from the sole. It should not.
 - c) Feel the seams inside the shoe to make sure they are uniform, smooth and well-stitched.
 - d) Loose threads or extra glue spots are usually signs of a poorly-constructed shoe.
 - e) If you compare one shoe to another, or one pair to another pair, you can usually find defects.
 - f) If you find a defect, ask for another pair if available. If you cannot find what you want, you can still go to another store.
10. The running shoe industry is changing very rapidly. New technology in shoes is described in fairly objective evaluations found in the October issues of running magazines. Other runners' advice regarding shoe selection can be helpful. But, be careful not to be misled. Body type and running stride may differ.