



CVR NEWSLETTER

June 1983

Vol. 4, No. 4



Executive Committee

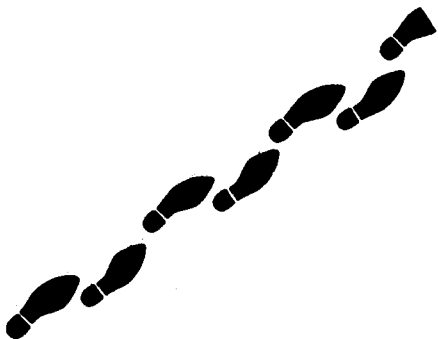
President - Darragh Ellerson  
Vice President - Jeff Shutak  
Treasurer - Roger Whitcomb  
Secretary - Norm Robinson  
Committee Chairmen  
Newsletter - Bob Murphy

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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

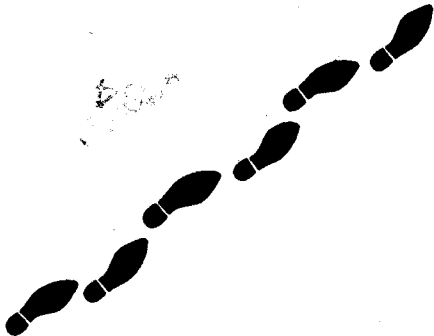


CVR MEETING

Future meetings will be held on the third Monday of each month. (Perhaps consistency will help the monthly turnout.) June's meeting will be held on the 20th at 7pm at Cox Cable in Berlin. See you there.

Deadline

Deadline for submissions for the July Newsletter is 23 June. Race listings, results, articles, poems, cartoons, etc, are all accepted. Send to Bob Howe, RFD#1, Granitaville, VT 05654.



Fun Runs:

In case you haven't already done so, volunteer to help out at at least two fun runs this summer. Many hands make light work. Those dedicated hard-working souls you see shouldering the burden so often on Tuesday nights would like to run once in a while too! Give them a break by lending a hand. Thanks.

Newsletter Editor:

Beginning next issue, Bob Howe will be taking over the reins as Newsletter Editor. He'll be looking for the same fine support you've shown me these past few years by sending in lots of articles, race results and other tidbits. Bob's address is RFD#1, Granitaville, VT 05654. Deadline for input to the July Newsletter is 23 June 1983.

The following article is excerpted from NRDC News, published by the National Running Data Center in Tucson, AZ. It points out some of the difficulties encountered in the setting and recording of road racing records, and determining just what constitutes "bona-fide" competition. Hope you enjoy it.

# Benoit Wins ?

## The Problem of Pacing

Just as there are rules governing the use of public roadways by motorized vehicles, there are rules governing the conduct of races and the acceptance of records. Their purpose is the same; to keep things running (p/i) smoothly. The basic precepts of record-keeping may be simply stated. They are three in number. First, the record attests that the runner ran at least the distance stated. Second, the record attests that the runner ran at least as fast as the time stated. Third, the mark was made in bona-fide competition. All existing rules guiding acceptance of records are derived from these precepts. All future rules should likewise be derived.

The first two precepts are simple and direct. They can be applied without too much question or doubt. The concept of bona-fide competition is much more nebulous and more open to interpretation. Hence, most of the existing rules pertain to the meaning and interpretation of bona-fide competition.

From the 1982 edition of the IAAF Handbook:

Section II

### RULES FOR COMPETITION

#### Rule 142- The Competition

##### Giving Assistance, Advice or Information

11. Except as provided in Rules 165 and 191 (see below), during the progress of an event no competitor shall receive any assistance whatsoever from any person. "Assistance" includes conveying advice or information to an athlete by any means and pacemaking (see Rule 148.7b).

Any athlete receiving advice or information must be cautioned by the referee and warned that for any repetition, he will be debarred from further participation in the competition. Any performance accomplished up to that time will stand.

\* \* \* \* \*

#### Rule 148- World Records

7(b). A race must be stated to be over one distance only and all competitors shall compete at that distance. If the Track Referee is convinced by clear evidence that any of the athletes obviously had no intention of completing the race, but were running with the intention of helping another athlete, then he may rule that it is not a bona-fide competition and any record established in that race may, as a result, be rendered invalid.

\* \* \* \* \*

#### Rule 165- Marathon Race

4. Refreshments shall be provided by the Organisers of the Race at approximately 5 km and thereafter at approximately every 5 km.

In addition, the organisers shall provide sponging points where water only

shall be supplied, midway between two refreshment stations. Refreshments which may either be provided by the organizer or by the athlete himself, shall be available at the stations nominated by the competitor. The refreshments shall be placed in such a manner that they are easily accessible for the competitors or so that they may be put into the hands of the competitors. A competitor taking refreshments at a place other than the refreshment points appointed by the organizers renders himself liable to disqualification.

\* \* \* \* \*

The primary issue to be addressed here is the on-going problem of men pacing women in mixed races. The specific case is that of Joan Benoit in the 1983 Boston Marathon. The more important aspect is the affect such pacing may have on the manner in which women's road records are to be kept.

For those of you fanatics who stayed up to watch the one hour telecast of the Boston Marathon (11:30 PM here in Tucson), you may have noticed runner #14, wearing a New Balance shirt, to Joan's left throughout much of the race (as we could view it). Number 14, cyclist Kevin Ryan, is a noted marathoner capable of a much faster pace than he was running (you don't get low numbers at Boston without credentials). You may have noticed a couple other New Balance runners that accompanied Joan and perhaps an Athletic West team-mate, Mike Kimball. If you were very observant, you may have noted a small microphone attached to the front of Kevin Ryan's shirt (check the photographs in Sports Illustrated). We observed Kevin on two occasions passing a plastic (water?) bottle to Joan and they appeared to be conversing on a couple occasions.

The information we have indicates that Kevin Ryan was there to report on the women's race for a local TV station. His assignment was to run with the lead woman runner, whoever that happened to be. An article in the New York Times the following day repeated some of the conversations between Kevin and Joan during the race, clearly showing that pace information was exchanged. One source maintains that the runners mentioned above all train under the same coach, Bob Savene (with the possible exception of Kevin Ryan).

From the foregoing, it seems clear that (1) advice and information was conveyed, (2) pacemaking occurred in the sense that athletes were running with Joan and were not "competing", and (3) aid was received at other than an official aid station.

Point (3) is rarely enforced except at top-level international competitions such as the Olympic Marathon and Boston is famous for the "hospitality" of its crowds. Points (1) and (2) need to be examined in terms of what may be considered a bona-fide competition.

My interpretation of bona-fide competition is that of fairness or equality of competitive opportunity. If one runner receives advice, information or aid that is not available to all his or her competition, the competition is not bona-fide. When considering a record, the competition includes all other persons who have or will compete in that event, not merely the other runners in the race.

Consider an example. Suppose that official intermediate times are read to all the runners at 5 km intervals. Such a practice is common and accepted. It is equally available to all the competitors. However, if a runner's coach were to provide additional intermediate times to his/her athlete, this would be considered coaching which is prohibited under IAAF Rule 142.11. It would not be fair to the other competitors if one were to receive pace or time information not available to all.

Was it fair that Joan had Kevin Ryan et al to run with her while Allison Roe did not? If Allison had brought three or four top runners from New Zealand to run with her, how would this have been construed? More importantly, would such activities be permitted in an all-women's race?

This is the crux of the problem. Joan's mark is academic since Boston is a downhill, point-to-point course (the tail-wind helps too) and such performances can not be accepted as official road records. If one permits (overlooks) pacing in mixed races, then women competing in mixed races have an advantage over women competing in women's only races. Without the equality of competitive opportunity, you do not have bona-fide competition and without bona-fide competition, you cannot treat marks made in mixed races and all-women's races equally.

We at the NRDC have strongly supported the policy of keeping one set of women's road records which reflect the best (standard course) times without regard to the segregated or mixed character of the race. This departs from accepted track and field practices where men's and women's competitions must be segregated in order for marks to be considered for records. The reasoning is that the restriction of women's road records to all-women's races would greatly restrict the competitive opportunities for women.

Stated simply, would male runners, of superior or any other capability, have been permitted to run with Joan had the race been an all-women's race? Of course not.

You will probably hear arguments to the effect that (1) there was no pre-race plan to pace Joan, i.e., she had no fore-knowledge, (2) she was unaware that such pacing was not permitted, (3) she would have ran that fast anyway, and (4) everyone else does it. One could also point out that she should have been warned by the official of the course (who was following the men's race as it so happened) and since she was not disqualified, the mark should stand. None of these really address whether or not Joan received assistance prohibited under Rule 142.

What happens now. Bob Hersh (chairman of the TAC Records Committee) and myself are gathering information to help the Records Committee arrive at a conclusion in this regard. The Records Committee will meet at the annual TAC Convention in Indianapolis this coming December. Involved parties will be permitted to present their views to the committee before a decision is reached. This decision will be forwarded (in this case) to the Women's LDR Committee in the form of a recommendation. The Women's LDR Committee has the final decision under the present format. This recommendation will also be submitted to the RRCA in 1984 for their consideration as a RRCA record. It should be noted that this deliberation affects only the possible record status of this performance and in no way is intended to interfere with the judgement of the Boston Marathon committee in awarding the women's title to Joan Benoit.

What should Joan have done. Nina Kuscsik put it quite simply by citing an example from her career. During the race in which Nina set a 50 mile road "record," Nina requested of some of the men runners who wished to run with her, to not do so, to avoid any appearance of pacing and possible disallowance of her mark as a record. Joan should have told Kevin Ryan (and friends) not to run with her as it would jeopardize acceptance of her mark as a record. If they persisted, she either should have registered a complaint at an aid station (admittedly difficult) or immediately on conclusion of the race. She should have rejected any offered aid and should not have conversed with Kevin.

The key point here is to avoid the appearance of pacing or unfairly aiding a runner. Even if it can be shown later (from split times for example) that the runner did not benefit from the pacing or aid, the most prudent course is to avoid even the appearance of pacing or unfair aid. The importance of avoiding the appearance of pacing is directly related to the competitive level affected by the runner's performance. Clearly, a world or US record is more subject to scrutiny than a race-winning but non-record performance which in turn is scrutinized more than a runner finishing out of the awards.

One solution is to educate the runners regarding the inherent unfairness of pacing or coaching. Entry blanks for races should clearly state that pacing or coaching may render a runner subject to disqualification. If pacing or coaching is observed, a protest should be made to the race director for adjudication.

One case was brought to our attention which is worth repeating. Several years ago, the TAC Women's Marathon Championship was held in Culver City CA as an allwomen's race. The entry blank specifically prohibited pacing, including pacing by bicycle. Diane Barrett's father brought his bicycle with them from Arizona but, after checking with the race director, did not ride with Diane. Diane finished a close second to Julie Brown in that race. A protest was made since Julie's coach joined her on his bicycle and rode the last 11 miles with her, actively exhorting her to a better performance. Julie's coach made such a tumult that Diane asked that the protest be withdrawn.

The accompaniment of young children by their parents in road races has been construed as a form of aid, sometimes described as a physical pulling of the child by the parent to a faster time. The cases we've seen reported indicate the parents are more concerned about the safety of their children, often holding hands during the first part of the race so the child would not be knocked down. One solution would be to reserve the right or left side of the start for small runners. Often, the parents can't run as fast as their kids and the "pacing" serves to give a slower time. Race directors adjudicating such cases should consider these aspects in their decisions.

We encourage feed-back on these questions. We specifically request responses from the members of our advisory board, both in terms of opinions, observations, and additional information regarding the situation as regards Joan Benoit at the 1983 Boston Marathon, and in terms of the broader implications for women's road record-keeping. The exact nature of the rules governing women's road record-keeping under TAC are still being debated with a final draft to be made before the end of 1983.



## MAY MEETING REPORT

Seven members met at Darragh Ellerson's house for the May 5th meeting of CVR. The fact that few members attend the meetings came up again and it was decided that to facilitate and coordinate the meetings better that they would be held on the third Monday of each month. In this way the meeting will be given notice in the newsletter out prior to the next meeting so everyone will have advance notice. This begins with the next meeting of June 20th at Cox Cable TV.

Beginning the meeting Bob Howe relayed a message from Roger Whitcomb that approximately \$450 is currently in our coffers.

There has been some movement towards nailing down Montpelier High School for the planned 12-hour relay in August. This was as of the meeting and may indeed be finalized as you read this report. There appears to be a question of a users fee that hopefully will be lifted. Merrill Cray is busy working out the details so that we can get things going.

The big news of the meeting came from a joint report by Darragh and Bob Murphy. Seems the Lions Club of Waterbury, in cooperation with CVR wants to put on a 1/2 marathon in the fall of 1984 and make it an annual event! To make things even more exciting Ralph Lash (Of Lash Furniture) has met with members of the Lions Club, Darragh and Bob and appears to be more than willing to sponsor the whole thing. He expressed interest in making it an event that the whole family would want to attend with a feed and music after the race. Proceeds would go to the Lions, who are very excited about working on such a project. Hope is high that this could be a major New England event in the future. First things first though is to make 1984's event as fine as possible.

Also, a reminder that the Tuesday night fun runs are being coordinated by monthly volunteers. Darragh is in charge in June, Bob in July. There was some question as to whether August or September had been spoken for. If you would like to help let someone know. It should be explained that you don't necessarily have to work each week of the month. It is your responsibility to find someone to do the odd jobs that need doing.

Finally, a reminder that the next meeting is the last before the 10 miler and the Howard Bank run so good attendance would be nice. Bring a pot-luck dessert and enjoy! See you there! Good running and see you on the roads,

Norm Robinson

### THE RACE

Lining up with the pack,  
In place near the back.  
And what do I hear  
Its music to my ear.

Runners who've been unable to run,  
All their training has come undone!  
This one with an aching knee.  
Another, achilles tendonitis you see.

My goodness! but I've been sick  
With me, my ankle bones do elick.  
Shin splints and plantar fascia,  
Crippled, broken racers. Aha!

They all speak of aching signs  
And me, I do feel fine.  
O Boy! I'll blow them all away  
At the finish line make hay.

Bang! And they're off like a shot  
Hey, no cripples in that lot  
So there I stand  
Just a flash in the pan.

Ken Lewis  
(Reprinted from the Nutlet News)

Race Results:

- 30 May - Arlington, MA - Recreation/Rotary 5km Road Race. Henry Marcy finished 16th overall, 2nd master, in 19:39. Jean Marcy was 80th, 2nd female 30-39, in 28:35. Downhill at start & finish, with a long 1 1/2mi uphill grind in the middle.
- 29 May - Kennebunkport, ME - Nike/Maine Coast Marathon. Ray Usle shaved 5 minutes off his last-year's time by finishing in 3:34. Ray is so enthusiastic about this race that I'm thinking of joining him next year. I thought Ocean State was well run, but Ray says this one has it beat by a mile.



**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.

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.

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, \$4 pre-registration (\$7 with T-shirt), \$5 post. 10:30am at public beach. Benefit Northeast Kingdom Rape Crisis Groups. Elizabeth Dow, RD1, Box 4009, Hyde Park, VT 05655 (888-3495)

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)

POT

POWERS

- 25 Jun - Rouses Point, NY - Champlain Valley Marathon, 7am, pre-registration required. Terry Gordon, 11 Pleasant St, Plattsburg, NY 12901 (518-863-0639)
- 2 Jul - Rouses Point, NY - Freedom Run, 6.2mi, 9am, Elementary School. Ros McDonough (518-297-7164)
- \* 2 Jul - Derby, VT - Memphremagog Striders AC 5-Mile Road Race, 9am at NCUJHS, \$4, \$5 post. Caps to first 100 registrants. MSAC, Box 547, Derby Line, VT 05830
- 4 Jul - Worcester, VT - Worcester United Methodist Church 5km Road Race, 10am, \$1 (50¢ under 18), Bob DeMange, Box 4800, Worcester 05682 (223-6421)
- 4 Jul - Stowe, VT - Minimarathon, 1.7mi, noon, \$1(?).
- 4 Jul - Essex Jct, VT - Kiwanis 5km, 10:30 at Lawton School. Bruce Cunningham, 878-3875.
- \* 4 Jul - West Dover, VT - Mt. Snow Road Race, 6.4mi, 11am at Deacon's Den on Route 100, \$4, \$5 post. T-shirts to first 100 registrants. Race Director, Deacon's Den Tavern, Box 806, W. Dover 05356
- 4 Jul - Brattleboro, VT - Firecracker 4-Miler, Living Memorial Park, \$2 (no other info). Fred Ross (257-4745)
- 4 Jul - Woodstock, VT - 7.4mi, 457-1507
- \* 9 Jul - Montpelier, VT - Howard Bank 10km Race, certified course, 9:30am at the Howard Bank School Street Office, \$4 by 2 Jul, \$5 post. T-shirts to first 300 registrants. Lorraine Brislin, c/o Howard Bank, Montpelier 05602 (223-5203)
- 16 Jul - Jericho, VT - Partners Race, 4.8mi, 9am at Village Green, Mike & Claudia Sullivan, 899-4059
- 24 Jul - Stowe, VT - Matt's/Union Bank 8mi Race, 9am at Rusty Nail Saloon, pre-registration required. Lee Labier, 253-9009 days or 888-3234 eves; Jim Miller, 864-0355; Mike Sullivan, 899-4059
- 30 Jul - Adamant, VT - Sodom Pond Run, 4mi. Richard Czaplinski, 229-4534.
- \* 30 Jul - Goshen, VT - Goshen Gallop, 4½mi XC, 4pm at Blueberry Hill, limit 300. Race \$5; barbeque and dance \$7 (\$3.50 under 12). Goshen Gallop, c/o Blueberry Hill, Goshen 05733 (247-6535)
- 31 Jul - St. Albans, VT - Swan Run, 8.4mi, 9am at Taylor Park in St. Albans. Swanton Chamber of Commerce, 868-7200
- 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
- 3 Sep - Northfield, VT - Labor Day Observances 5km and 1mi races. 1 miler for those 13 and under begins at 10am, 5km at 11am, at the Village Common. Mike Sinclair, Smith Hill, Northfield 05663 (485-8673)
- 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.

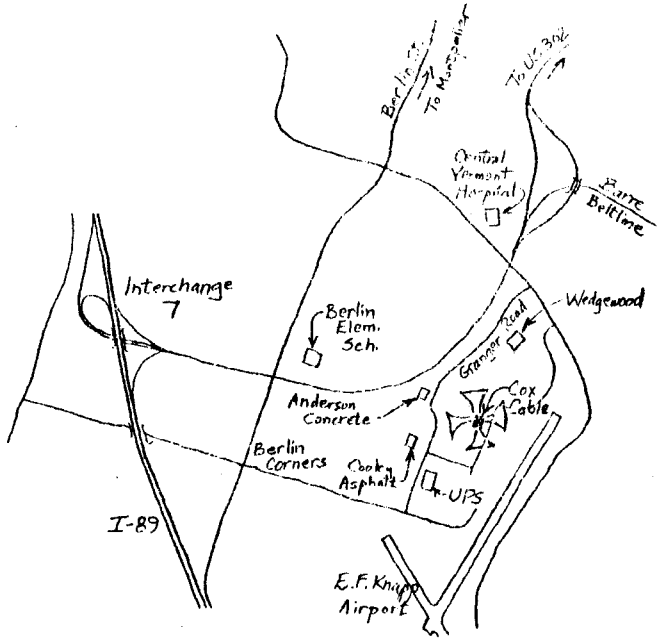
NEXT MEETING

Monday

20 June 1983

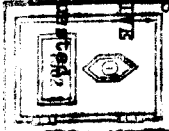
7pm

at Cox Cable  
in Berlin



National Running Data  
Center  
Box 42888  
Tucson, AZ 85733

GENERAL VERMONT RUNNERS  
C/O BOB MORPHY  
105, BIRCHWOOD PARK DRIVE  
BARRE, VERMONT 05641  
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JUN 20 1983



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