



CVR

NEWSLETTER



THANKS BOB!

I'm sure I speak for everyone in Central Vermont Runners when I congratulate Bob Murphy for the fine job he has done of our newsletter over the last few years. Many may not be aware of the work and time involved in writing, typing, editing, and printing as well as distributing this newsletter each month. For several years Bob tackled both editor and President and I hope each of us appreciates it. If we as members can do a few little things to contribute to the club, people like Bob won't have to do so much. As the new editor I'm sure that Bob Howe will continue the fine job and our publication will serve us well. Once again, thanks to Bob Murphy and good luck to Bob Howe!

Norm Robinson

NEXT CVR MEETING

Future meetings will be held on the third Monday of each month. July's meeting will be held on the 18th @ 7pm at Cox Cable (off Grainger Rd. in Berlin).

NOTICE

RE: Annual Central Vermont Runners Picnic
PLACE: Joe & Judi McEntyre's, Plainfield, Vt.
DATE: Sunday, July 31st - 1:pp PM - 9:30 PM

Plans to date: Fun runs of 2.7 and 6.3 miles; pot luck supper for all (not enough: food last year - each couple, family, or individual should bring one main dish & a dessert or salad); McEntyres will supply punch, paper plates, cups, utensils & keg of beer; soccer, swimming pool, volleyball, softball, frisbee, touch football, basketball & tennis equipment and facilities available; also other fun & games, indoor & out; sparklers and bottle rockets for kids in evening; AND MORE NOT YET FIRMED UP!

DIRECTIONS: Take Route #2 to Plainfield Village; turn right off Route #2 between McEntyre law office and Noyle W. Johnson Ins. Agency (Towns Ave.); follow road 75 yards; turn left just after road takes sharp right hand turn; go down short hill (Martin Meadow Road) and follow road either way around to McEntyre house at opposite end of large meadow (red brick facade with basketball pole and pool in rear).

R.S.V.P. by July 25th concerning number coming (454-7825 for office & 454-7831 for home) - would also appreciate modest contribution from each family unit to defray costs, with any balance to go into CVR fund.

TRY TO MAKE IT - HAD A BLAST LAST YEAR - ASK AROUND!

JUNE MEETING REPORT

Attendance blossomed to 12 members at the June meeting of CVR at Cox Cable on June 20. It was a combined work and play session as members worked on running numbers for the Montpelier 10 Miler. Race director Wade Walker noted a decline in entries for this year's race as of the meeting. It was felt this may be in large part to the Plattsburgh Marathon and half-marathon the same weekend. President Darragh Ellerson suggested a letter be drafted and sent to their club asking them to consider another weekend in the future. It would be to both clubs benefit if this could be accomplished. The letter will be presented at the July meeting for approval.

Radio station WDEV has begun a new program on running to be aired on Saturday noon. Sports director Greg Titus will announce the show and any information he can receive will be valuable. His address is Box 550, Waterbury, Vt. 05676, in care of the station. Darragh noted that he planned to announce the first few finishers in each distance of the fun run. She expressed some concern that was shared by the other members about this appearing as a weekly race instead of a run for fun. Hopefully runners will understand that this is the stations decision and not CVR's.

It looks like two teams will be returning to Westport, N.Y. for the 24 hour relay. As you may or may not know CVR is defending champion and while the number of runners returning will be less the quality will undoubtedly be high. Good Luck and bring back another trophy!

The members decided to allocate money for 72 new t-shirts with the new design. The shirts will be 50-50 cotton, polyester. They are white with red bands around the sleeves and neck and the lettering has been changed to be more easily read. A total of \$378.00 will be spent. This includes two logos for the t-shirts and also a smaller one for singlets at \$25.00 and an art fee of \$7.50.

Back by popular demand will be the annual summer picnic at the home of Judy and Joe McEntyre. The date of July 31 was tentatively set and more details will be forth coming.

As I said earlier, the meeting was play as well as work. Merrill Gray presented a film entitled "On The Run". Filmed in New Zealand, it showed the harsh terrain that many of the world's finest runners train on. John Walker and several other world class performers discussed their training methods and reasons they run. If you think the heat in Vermont has been bad in mid-June, top this. One runner, whose name escapes me, spoke of his run across Death Valley. It was 130 degrees in the shade! Not only did he run across but rested for 3 hours and ran back! This trek was 125 miles each way!

Finally, a reminder that the next meeting will be July 18 at 7:00 p.m. at Cox Cable. Good luck, and see you on the roads.

Norm Robinson

Mount Washington Road Race — Notes from Henry Marcy

June 19'83 - 7.6 miles - The course starts out flat for the first 200 yds. and then is all uphill. It was a beautiful, clear, sunny day; but a little hot for the first 4 1/2 miles. Once above the tree line there was a refreshing breeze and once in a while a tailwind. After finishing I did dry off, changed, putting on a lined jacket and warmup pants. NO negative after effects - in fact, felt great about achieving my first goal of finishing, and my second goal of finishing under 96 minutes. My time was 93:04, 225th of 800 (some of whom did not finish due to the heat, etc.) and 34th master. Other CVR members running were Fred Ross and Shawn Gardner. Results are to be mailed to all finishers.

FOR SALE: Running Shoes, New Balance 555 - Mens size 9, like new, used only 10 miles, \$40. Larry Miller (229-0858)

BEAR SWAMP
1983 Results

June 4, 1983

12 and under Male

1st	Shane Austin	50:28
1st	Jason Fielder	50:28
2nd	Josh Joerres	58:06
3rd	Ben Smith	58:13
4th	Nathaniel Hayward	65:30

13 - 29 Male

1st	Eric Smeltzer	36:27
2nd	Wade Walker	37:12
3rd	David McMullen	39:00
4th	Scott Harrower	39:28
	Robert Luce	39:59
	David Hallguise	40:36
	Ray Zirblis	43:57
	Shaun Fielder	46:43

13 - 29 Female

1st	Holliday Kane	41:41
2nd	Ellen Smith	43:24
3rd	Lorie Morse	46:48
4th	Fran Rousseau	67:36

30 - 39 Male

1st	Dennis Curran	36:20
2nd	Pete Kramer	38:55
3rd	George Allen	40:01
4th	Pete Donaghy	40:39
	Mike Katenberg	40:59
	M. Woodfield	41:10
	Peter Kaiser	42:30
	Henry Hinton	42:58
	Jeff Roland	43:04
	David Goddard	43:13
	Jeff Bean	46:09
	Ken Burrill	46:51
	Peter Smith	48:03
	Joe Shapiro	48:17

30 - 39 Female

1st	Nancy Joerres	52:47
2nd	Gayly Mullinax	57:58
3rd	Joan Troiano	59:13

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Member Discounts

Present your membership card at the following establishments and receive discounts on running gear as indicated.

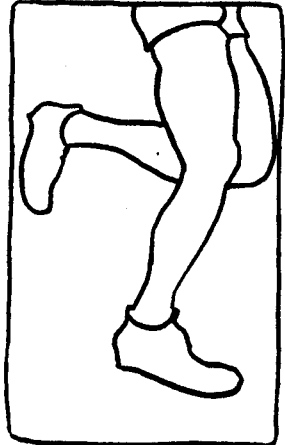
- Miller Sports, Montpelier - 10% off running shoes
- Downhill Edge, Burlington - 15% off running equipment

40 - 49 Male

1st	Richard Czaplinski	35:57
2nd	John Mallery	39:34
3rd	Bob Mercier	39:38
4th	Newton Baker	40:24
	Joe McIntyre	41:19
	Stan Summer	41:59
	Bill Joerres	43:05
	Tim Hayward	50:54
	Bob Brower	56:47

50 - 59

1st	Gerow Carlson	40:46
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Executive Committee

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

Deadline

Please send all race listings, race results, articles, poems, etc., to Bob Howe, RFD #1, Graniteville, Vt. 05654. Deadline for the Aug. Newsletter is 31 July.

MONTPELIER 10 MILE ROAD RACE

On a almost perfect day for running, temp. 65-70 with a steady wind, Rocky Moulton won the Ninth Annual Montpelier 10 Miler sponsored by the Central Vermont Runners and Montpelier Recreation Dept. with a fast time of 51:05. Tony Quinn and Sam Davis (former U-32 & UVM runner) finished close behind with times of 51:28 and 51:37 respectively. Moulton of Burlington took the lead at the 3 mile mark and never relinquished it. The battle for second was a close one with the lead changing hands many times.

In the female division Lea Ann Hayer, formerly of Montpelier but now living in Greenfield, MA, ran away from the field with a time of 60:19. Although it was not a record, it was one of the fastest times for a female on this course. There was a close battle for second with Jane Banks (66:38) beating out Debbie Crowe (66:39) by 1 second.

Two division records were set Saturday. The female 50+ record was shattered by Phyllis Heaton of Dorset with a time of 72:23. The mens 60+ record also was broken by Roger Ellsburg of Keeseville, NY with a time of 70:40.

In the team competition the Central Vermont Runners Club women won their division with a combined time of 4:39:30. The team consisted of Lea Ann Hayer, Jane Banks, Daryl Agney and Dawn Agney. In the two mens divisions the Green Mountain Athletic Assoc. took both categories. In the masters division with a time of 4:21:35 it was Jim Seeman, Ken Austin, George Schiavone and Elton Ernest. And in the open division with a combined time of 3:42:22 it was Pascal Cravedi-Cheng, Perry Bland, Dan Vogt and John Valentine.

Trophies and gift certificates were given to the top finishers. Certificates of completion and some lottery gift certificates were also given out. Refreshments were donated by the Pepsi Cola Bottling Co. of Montpelier.

FEMALE 0-17 AGE GROUP

10 Karen Collins 77:48

FEMALE 18-29

- 1) Lee Ann Hayer 60:19
- 2) Mary Schiavone 67:40
- 3) Jennifer Road 68:32
- 4) Daryl Agney 71:56
- 5) Christina Ilgner 72:10
- 6) Cilla Kimberly 72:21
- 7) Jean Kissner 79:37
- 8) Dawn Agney 80:37

FEMALE 30-39

- 1) Jane Banks 66:38
- 2) Debbie Crowe 66:39
- 3) Patty Girouard 68:59
- 4) Donna Russell 71:52
- 5) Harriett Rosenberg 76:23
- 6) Elisabeth Meiklejohn 79:39
- 7) Kathleen Hackney 82:18
- 8) Patricia Kruse 84:16
- 9) Theresa Lambert 89:52
- 10) Nancy Joerres 91:56
- 11) Pat Hill 92:13
- 12) Jo-Ann Beaudin 92:50
- 13) Patricia Weaver 96:00

FEMALE 40-49

- 1) Ann Gwynne 72:15
- 2) Joen Bergesen 81:13

FEMALE 50-59

- 1) Phyllis Heaton 72:23

FEMALE TEAM CHAMPIONS

- Lee Ann Hayer
- Jane Banks
- Daryl Agney
- Dawn Agney

MALE 18-29

- 1) Rocky Moulton 51:05
- 2) Sam Davis 51:37
- 3) Shawn Gardner 53:39
- 4) John Lisak 54:11
- 5) Pascal Cravedi-Cheng 54:52
- 6) John Fournier 54:59
- 7) Steve Stebbins 55:02
- 8) Kyle Strode 56:20
- 9) Kevin Jones 57:26
- 10) Kim Maloney 57:35
- 11) Michael Coleman 58:44
- 12) Rick Cleary 58:51
- 13) Glen Turner 60:35
- 14) Tim Noonan 61:35
- 15) Paul Bishop 63:15
- 16) James Traynor 63:41
- 17) Norm Robinson 65:00
- 18) Douglas Robinson 65:18
- 19) James McCarthy 68:22
- 20) David Southwick 68:51
- 21) Donald Richards 70:05
- 22) James Lucia 70:50
- 23) Joe Blatchford 72:00
- 24) Patrick Sikora 76:01
- 25) Kevin Marinalli 76:05

MALE'S 0-17 AGE GROUP

- 1) Jon Rouelle 57:17
- 2) Stephen Tosi 62:49
- 3) Thad Schanker 66:20

MALE 30-39

1) Anthony Quinn	51:28
2) Keith Woodward	53:19
3) Perry Bland	55:22
4) Murray Banks	55:37
5) Dan Vogt	55:50
6) John Valentine	56:18
7) Terry Aldrich	56:32
8) Dean Bamstead	56:41
9) Jim Durkin	57:08
10) Steve Hererro	57:14
11) Bill Dysart	58:15
12) Peter Davis	58:41
13) Thomas Egan	59:12
14) John Hackney	59:17
15) Bud White	60:05
16) John Vaughn	61:12
17) Sandy Kish	61:15
18) Richard Knapp	61:48
19) Tom Schersten	62:25
20) Michael Mason	63:19
21) Richard Letsinger	63:22
22) Richard Ferrell	64:24
23) Stan Rosenberg	64:28
24) Glenn Gershaneck	64:30
25) Mark McAndrew	64:38
26) Bill Nelson	64:46
27) P.T. Burke	65:21
28) Pete Donaghy	65:28
29) John Massucco	66:03
30) Mark Jewett	66:30
31) Andrew Hawley	66:37
32) John Mallery	66:39
33) Pascal DeBlasio	67:15
34) J. Gregory Gerdel	68:45
35) Bill Everett	69:01
36) Milton Fowler	69:23
37) Thomas Clark	69:42
38) Robert Howe	70:14
39) John Roemer	70:37
40) Lance Lindgren	71:31
41) Michael Woodfield	71:50
42) Tom Crowe	72:15
43) Richard Morris	72:45
44) Jerry Lasky	72:58
45) Dan Golopentia	72:59
46) R. Vieux	73:26
47) Steve Cano	73:42
48) Edward Handy	73:53
49) Wm. Rowe	83:34

MALE 40-49

1) Emery Bassett	60:12
2) Brad Peterson	60:38
3) Jim Seeman	60:58
4) Butch Aetra	61:18
5) Richard Csaplinski	62:20
6) Ken Austin	66:08
7) Newton Baker	66:28
8) David Blanchette	67:31
9) Elton W. Ernest	68:05
10) Bruce Cunningham	68:05
11) Joe McEntyre	69:03
12) Bob Collins	69:50
13) Bob Halverson	69:53
14) Robert Mercier	70:07
15) Richard Ejmanowics	71:38
16) Larry Miller	73:32
17) William Joerres	74:04
18) William Mayo	75:12
19) Frank Buch	82:18

MALE 50-59

1) Milton Taylor	64:09
2) George Schiavone	66:24
3) Gerow Carlson	68:14
4) Floyd Hewitt	73:59
5) Lawrence Drew	75:18
6) Donald Lyons	81:45
7) James Bottomley	96:00
8) Robert Ring	96:00

MALE 60-69

1) Roger Ellsbury	70:40
2) Glen Wood	82:41



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VERMONT STATE AGENCY RACE

1983 was the fourth running of the State Agency Race. It was bigger and better than ever with seven teams and 92 runners. The Agency of Transportation did their usual quality job of organizing this year's race. There is a consensus among State workers that the race should be opened up to the running community as a whole, after all Newton Baker has run it almost every year usually being recorded at the finish line as "unknown, unattached".

Next year we would like to invite teams from throughout the community to participate. A team should be employment based (e.g. city schools, National Life, etc.) and must have a minimum of four men and one woman. Small employers may combine to get enough members for a full team (e.g. Onion River Sports and Aubuchons).

The race is 10 kilometers (6.2 miles) and will be run in mid-May. For further information contact Larry Miller at 828-3395(work) or 229-0858(home).

1983 STATE OF VERMONT 10 KM CHALLENGE RACE - 19 MAY 1983

<u>PLACE</u>	<u>TEAM</u>	<u>SCORE</u>
1.	AGENCY OF ENVIRONMENTAL CONSERVATION	59
2.	VERMONT STATE COLLEGES	66
3.	AGENCY OF TRANSPORTATION	87
4.	JUSTICE INCORPORATED	97
5.	AGENCY OF HUMAN SERVICES	114
6.	DEVELOPMENT AND COMMUNITY AFFAIRS	149
7.	ADMINISTRATION AGENCY	155

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Fun Runs:

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.

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.

RACE SCHEDULE

- 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
- 16 Jul - Granville, N.Y. - Fourth Annual 10K, 9 a.m 2 mile fun run, 10 a.m. 10K race, t-shirts to all participants, post race ceremony and refreshments will follow immediately after 10K race, The Other Store, 2 Church St., Granville, N.Y. 12832. \$4, \$5:After: July 1.
- 23 Jul - East Dorset - Mad Tom Road Race, 10K, 4:00 PM, Dave Bischoff, Mad Tom Road, East Dorset, Vt. 05253. Sponsored by the Gaelic A.C.

- 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, 4 1/2mi XC, 4pm at Blueberry Hill, limit 300. Race \$5; barbeque and dances \$7 (\$3.50 under 12). Goshen Gallop, c/o Blueberry Hill, Goshen 05733 (247-6535)
- 30 Jul - Colebrook, N.H. - North Country 10 Miler and 5,000 Meters, R. McInerney, Depot St., Colebrook, N.H. 03576; (603) 237-5721
- 31 Jul - St. Albans, VT - Swan Run, 8.4mi, 9am at Taylor Park in St. Albans. Swanton Chamber of Commerce, 868-7200
- 6 Aug - Plattsburgh, N.Y. - Budweiser Classic, 5 mi., 12:00, State College, pre-registration required, Terry Gordon, 11 Pleasant St, Plattsburgh, N.Y. 12901, 518-563-0693
- 7 Aug - Shelburne, Vt. - Bike & Tie, 7 mi., 10:00, Governor's Lane (off Barstow Road between Spear & Dorset), Shelburne. Two races - one for runners and the other for biker/runner teams of two alternating riding and running. Dave Jacobovitz, 655-2503
- 7 Aug - Killington, Vt. - Green Mountain Road Race, 10K, 11:00 A.M.?, \$4, \$5 after July 20, Summit Lodge, Box 119, Killington, Vt. 05751; 802-422-3555
- 13 Aug - 12-Hour Team Relays, Merrill Cray. Very Tentative.
- 13 Aug - Hardwick, VT - Out 'n Back Run, 2.5 mi. and 5 mi., Starts at 9 A.M. at Mackville Pond Recreation Area for the benefit of the Hasen Union Fire Club. \$3 by Aug. 1, \$4 at post, Noeann O'Connor, R.F.D. 1, Box 83a, Marshfield, Vt. 05658; 456-8951 or 828-3487
- 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
- 27 Aug - Brattleboro, VT - Pepsi Challenge 10K, 4:00 P.M., David Aplin, Rescue, Inc., 249 Canal Street, Brattleboro, 05301; 257-7679
- 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)
- 11 Sep - Burlington, VT - Archie Post Five Mile, 11:00, U.V.M. Gutterson Field House, Bruce Cunningham, 878-3875 or E.K. Malone, 863-6684
- 17 Sep - Manchester, VT - Maple Leaf Half Marathon, 9:45, Burr & Burton High School, pre-registration required by Sept. 1, Guy Thomas, Way's Lane, Manchester, 05255, 362-3401
- 18 Sep - Greensboro, VT - Caspian Foliage Run, 7mi, 10:30am, public beach, Anne Batten, 472-6066
- 24 Sep - Essex Center, VT - National Life Ten Mile, 9:00, Essex Elementary School, certified, Bruce Cunningham, 878-3875
- 1 Oct - Berlin, VT - Berlin Pond Couples Race, 6mi.

FRANK CROWLEY MEMORIAL RUN

Hot sunny skies greeted about 110 runners at the annual Frank Crowley Memorial Run in Rutland on June 5. Actually the race takes place from Proctor to Rutland, ending at the rec center in downtown Rutland. It is a low key activity with few of the conveniences and necessities, but was fun never the less. Unfortunately I came to the race unprepared and suffered for it. With temperatures in the 80's the first and only water stop at 4 miles came as a much need relief. There was no water at the start and I waited around for an hour wishing for anything cool and wet. The water stop came too late for me and by the time I got there I felt ruined.

Luck was on my side however as Pat Deblasio caught me soon after and I fell in with him and struggled home. If indeed there is one advantage of belonging to a club it is the ability to help each other during a race. Pat pushed me along and made me a better runner that day. In fact he slowed at the finish and insisted that I finish ahead of him. The race finished up a steep grade for 1/3 of a mile or so and I struggled in to finish 38th in 41:00, with Pat 4 seconds behind. Elaine Hoiska also competed and finished in about 45:30 in a race she cruised through.

Cool fruit drinks greeted the runners at the finish for all but one. A man collapsed at the finish line and an ambulance had to be called. A warning for all those who don't know their own limit! While I had hoped to break 40 minutes I still enjoyed the race and learned the importance of coming to a race prepared. I think you would enjoy this one and could expect and get a fast time on the basicly flat course.

Norm Robinson

National Running Data Center
Box 42888
Tucson
AZ 85733

GENERAL DELIVERY
c/o Pat Hoise
EDMUND G. P.A.
Greenville, Va. 09634
address correction requested

