

Central Vermont



Runners

Executive Committee

President - Darragh Ellerson
 Vice President - Jeff Shutak
 Treasurer - Roger Whitcomb
 Secretary - Norm Robinson
 Committee Chairman
 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 Sept-Oct Newsletter is Sept 12.

NEXT CVR MEETING

Future meetings will be held on the third Monday of each month. Aug's meeting will be held on the 15th @ 7pm at Cox Cable (off Grainger Rd. in Berlin).

MEMBER DISCOUNTS

Present your membership card @ 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

THANK YOU

Many thanks to Joe, Judy, Holly and Corey McEntyre for hosting the annual Central Vermont Runners picnic. They did a great job with the many activities from archery to volleyball, running and swimming. Basketball was available with the water slide again proving popular with those who wanted to join in, or those who wanted to relax and watch. Food followed the fun with plenty for all, despite being chased inside by the rain.

After eating, movies of the 24 hour relay allowed the participants to relive the fun (?), or "Chariots of Fire" was available on video tape. Thanks again to the McEntyres for bring the club together for a great picnic.

RUNNING AROUND IN CENTRAL PARK

by Heidi Smith

It started out as a race to keep me motivated during my first year of running. Now, after four years, the 'Women's Four Mile Race' in New York City's Central Park, has become a tradition for me.

In 1979 when I doubted that there was much fun in running, I spotted an ad for the race. Sponsored by the NYRR, it takes place on a Saturday in November. It is a good time for me to combine a business trip to the big city and take part in the race, before coming home. I started planning, made appointments and plane reservations. I found a reasonable hotel on the West Side, within walking distance of the starting line. To make sure I would have fun, I bought a ticket to a Broadway musical. All these activities did the trick and I kept on running through the summer.

I needn't have worried about the fun. The trip was a complete success. On Thursday and Friday I walked endless miles through the city, getting everything done and enjoying it. Broadway was wonderful. Then came Saturday. The evening before, I visited race headquarters. Fred Lebow was handing out race numbers and giving instructions. The race starts at noon and I spent the morning massaging my aching, burning feet.

Around 11 it was time to get on my way. As soon as I stepped onto the street, I could see women in running garb approach from all directions and I joined them. There was a huge crowd at the starting line. It was to be the biggest race I've ever been in - 2000 entrants. Like a conscientious runner I lined up at the 9 minute marker, my realistic speed, practically at the rear of the field. Standing there, I noticed how relatively quiet it was. Well, on Saturday mornings there are no cars allowed in the park. We had the whole area to ourselves. The starting gun went off at the dot of 12:00. We were slow in the back, the first mile took almost 10 minutes. I noticed how many people were falling back already. The field opened up a little and I started to move, passing lots of runners. All of a sudden I felt terrific. My feet didn't bother me one bit, I just kept on running. Never before did I experience the thrill of passing fellow runners in a race.

The course is a 4 mile oval in Central Park. During the last 1 1/2 miles there are a few gentle hills and I had to slow down on one. But then I was back in the race, running past cheering spectators to the finish. Everyone was walking through the chute with a beaming smile on their face. The finish is near the 'Tavern on the Green' restaurant. Big red apples and bottles of Perrier were waiting for us there. It was still warm enough (upper sixties) and no one minded waiting until the results were in, shortly after 1 PM. Jan Merrill won the race in 21:02 minutes. I placed 520th with a time of 34:25, much better than expected.

I have gone to this race every year since. Avon is the sponsor now, but the atmosphere has not changed. My daughter came along for the last race which had 2700 entrants. We started closer to the front and had a good start. The pace car was visible for the first half mile, we knew we were moving to fast. But why not, it's the last of the season for us. Andrea finished with a time of 27:10, placing third in her category. I followed at 28:14, 184th overall. We felt great, it's the perfect race to end the running season and to start planning for next November.

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STOWE ROAD RACE RESULTS

On a day when swim fins would have been more useful than Addias*, more than 530 runners managed to complete the third annual Stowe 8 mile road race. The first four even broke the previous course record set last year by Andy Palmer; this year's fourth place finisher.

Maine runner Hank Pffifle outdueled Jim Miller to win by eight seconds in 38:39. Finishing just ahead of Palmer in third was Tim Donovan in 39:15 to Palmer's 39:22.

The women's race, if you wanted to call it that, was over almost before it began; as Karen Dunn destroyed the field in a time of 45:11. Finishing second was Leslie Thompson, more than four minutes back in 49:31. Third place finisher Patty Roach ran 50:15.

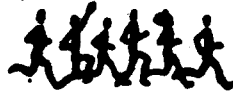
The Central Vermont Runners Club was led by Bryan Liss in 45:47, good for 47th place. One of our newest members, Tom Potter, ran very well for 71st in 47. Other CVR members and their times were: Chris Martin- 50:02, Norm Robinson- 51:13, Pat DeBlasio- 52:26, Gerow Carlson- 52:27, Michael Sinclair- 52:44, Jim Suskin- 54:28, Rob Rothman- 54:55 and Heidi Smith in about 63 minutes. My apologies to any members not listed. I don't know all of you and didn't have complete results.

As Mentioned earlier, it was a rather wet day. Rain pelted down throughout much of the race and the "mudders" certainly had the advantage over those who loathe the rain. Unfortunately the rain continued after the race as well and although organizers had a large tent erected it was damp and generally unpleasant. Highlights included all the free Grolsch beer, ice cream, and soft drinks one could want to help pass the time before awards and results were handed out. Also there was a video tape of the race shown.

This was the first time I had run the event and was very pleased with the course, water stops and facilities before and after the race. My only complaint was that it seemed like an eternity from the end of the race to the awards ceremony. In fact it took about 1 1/2 hours after the last runner crossed and with computerized results perhaps it could have been quicker.

All in all it is perhaps one of the finest races in the area, and should be on your list next year.

Norm Robinson



NEWTON BAKER SHINES AS CVT RUNNERS DOMINATE

WESTPORT 24 HOUR RELAY

Over thirty Central Vermont runners and a support crew recently returned from the Westport, New York 24 Hour Relay held this past weekend on June 23-24, 1983 in Westport, New York. The race featured ten runners to a team, each running a mile before passing the baton on to the next runner, each team running continuously from noon on Saturday to noon on Sunday. Also featured were fifteen ultra-marathoners, who ran or walked almost continuously the entire 24 hours. Included among the ultra-marathoners was Newton Baker, of Montpelier, Vermont, an experienced marathoner just beginning to attempt ultra-marathon distances.

In a spectacular personal achievement, Newton Baker not only ran 102 miles in less than 22 hours, but placed second out of fifteen ultra-marathoners. He almost gave up on Saturday because the weather was so hot. However, the temperature dropped considerably at night and Baker was revived enough to continue his effort. He was ably assisted by his two children, Jeremy and Jessica Baker. His accomplishment is quite remarkable in view of his limited experience at such distances.

The CVR mens A-team placed first with 234 miles. The mens B-team placed third with 221 miles. And the womens team took first with 200 miles. All teams would have accumulated more mileage except for a violent and dangerous lightning and thunder storm which hit at about 10:00 a.m. Sunday morning. Although the race officials refused to cancel or temporarily suspend the race until the storm passed, the first three teams pulled their teams off the track. Unfortunately, the fourth place team refused to leave the track and continued running. In a short time they had caught up to the CVR third place team. Shortly afterward the storm let up and the B-team went back out on the track and quickly caught the other team to preserve their third place finish. All three teams were assisted by a number of crew members, who worked through the night taking down times, offering encouragement, giving massages, and running errands. These people were Joyce Martin, Kris Eardensohn, Bryan Burdett, Corey McEntyre, and Matt Meachem.

After the race all runners and crew members adjourned to a local restaurant for a well deserved post-race banquet, at which trophies and medals were presented to all of the Central Vermont runners. Lea Sikora Hayer, the lead runner for the womens team, received an additional award for the fastest womens mile, running the same in 5:42. Mark Chaplin and Francis Burdett came very close to capturing the fastest miles for the males, as each had a personal best of 4:48 and 4:49 respectively. Mark Chaplin astonished all team members by hammering out mile after mile in the five minute per mile range for 23 miles. Francis Burdett, the state 3,000 meter champion, also excelled in that department for over 15 miles, before finally easing his pace a bit. A large number of local high school students made up the various teams and showed "true grit" throughout the race. Although exhausted and suffering with stiff muscles they continued to pound out the miles until the race was over.

The race was held at a half-mile horse trotting track and many runners felt like weary race horses by the time the race was over. The youngest runner was fourteen year old Scott Flanders and the oldest was fifty-two year old Darragh Ellerson, both of Montpelier, Vermont.

Persons interested in joining the Central Vermont Runners should contact Darragh Ellerson (223-2080) or plan to take part in Tuesday night fun runs of 2, 4, or 6 miles, which start from the Vermont State Liquor Control Board warehouse parking lot in Montpelier, VT at 5:30 every Tuesday.

CVR team members who competed in the Westport 24 hour Relay were as follows:

"A" Team

- Mark Chaplin
- Francis Burdett
- Jon Rouelle
- Alex Ellerson
- Phil Carlson
- David McMullen
- Steve Tosi
- Andrew Brewer
- Albert Burdett
- Joe McEntyre

"B" Team

- David Flanders
- David Hudson
- Rick Brigham
- Matt Rowan
- Walker Rowan
- Thad Shutak
- Tjalling Holska
- Chuck Flanders
- Scott Flanders

Women's Team

- Lea Sikora Hayer
- Debbie Martin
- Cindy Martin
- Daryl Angney
- Tara Mitchell
- Julie Rouelle
- Karen Collins
- Elizabeth Meiklejohn
- Darragh Ellerson
- Lyn Anders

Baker Runs State's Width

By GENE NOVOGRODSKY
MONTPELIER — Newton Baker stood on the Vermont-New Hampshire border on Route 25, a foot in Piermont, N.H., the other in Bradford, Tuesday morning and a little after noon Wednesday he splashed two handfuls of Lake Champlain on his face in downtown Burlington.

There's little exceptional in these facts — except Baker ran from Bradford to Burlington, covering the 74.8 miles in 5:36 moving time Tuesday, and then 6:42 moving time the next day.

Baker reached Montpelier before 1 p.m. Tuesday — via Routes 25, 302 and 2 — went about his deeds, ate little, slept five hours and then started for Burlington Wednesday on Route 2.

Tuesday was muggy, especially along the Barre-Montpelier Road. But Wednesday was cool.

"I felt bad Wednesday, and after reaching Waterbury I didn't know if I could keep going. But then my left knee and right arch, which had hurt, began to feel better.

"And soon after Waterbury I felt fine. In fact, I felt great on



NEWTON BAKER

the final 20 miles. My body awareness, pace and position were just right," Baker said.

Baker said traffic was light Tuesday, heavier Wednesday.

"Cows paid more attention to me than they did cars," he said.

Baker, a 41-year old Montpelier elementary teacher, said he'd wanted to run the width of Vermont for several years.

"I was also inspired by reading about Indian runners and their long runs, plus other 'journey runners.' I thought the run would be a good way to see Vermont, and it was," he said.

Baker said other runners had spoken with him about making the run. But they never got around to it.

"Some asked whether there would be a van! Others asked about television! There was neither!" Baker said.

Darragh Ellerson of Montpelier drove ahead of Baker the first day, Roger Crowley of Worcester the second.

They would, after supplying Baker liquid, drive about five miles up the road, stop and wait for him to reach their cars.

"I'd run about 50 minutes and walk about 10. I'd also take brief stops for my liquid, which was a mixture of iced tea and brown sugar," Baker said.

"I drank a gallon a day, which is better than 35 miles to the gallon," Baker cracked.

Baker noted that he didn't sleep well Monday night. "I was too excited," he said.

Baker, who has almost completed his fifth year of running, averages a 1,000 miles a year.

He plans to enter several short road races later this summer, and then four marathons. "I need a 3:10 to qualify for Boston, and I think I'll get it," he said.

Baker ate a lot Wednesday night, mainly spaghetti, and macaroni and cheese.

He took Thursday and Friday off. "But I'm not tired or hurt," he said.

Baker said he's intrigued with journey running, and mused that someday it might become his major running interest.

"I want to run from the Canadian border to Massachusetts on 100. I think I'll try that next year. I hope to stay in churches along the way," he said.

"That should be a four- or five-day run," he said.

-reprinted from
the Times Argus-



6 - 13 Male Division

1. Mike Davis	50:04
2. Fritz Sperry	55:38
3. Josh Joerres	58:41

14 - 29 Male Division

11. Jim Miller	30:29
2. Sam Davis	30:57
3. Matthew Cull	31:12
4. Rob Day	31:55
5. Rocky Moulton	32:07
6. John Lisak	32:23
7. Shawn Gardner	32:23
8. John Sacket	32:35
9. Pascal Cravedi - Cheng	32:36
10. Carl Huber	32:48
11. Francis Burdett	33:08
12. Jack Fahey	33:22
13. Kim Maloney	33:49
14. Eric Morse	34:17
15. Adam Beaudin	34:19
16. Jeff Clarke	34:21
17. Tim Simpson	34:39
18. Jon Reidel	35:15
19. Bryan Liss	35:16
20. Dwight Curtis	35:17
21. Mark Wanner	36:05
22. Richard Marguardt	36:08
23. Peter Smith	36:10
24. Eric Wilson	36:16
25. Glen Turner	36:40
26. Ed Audett	36:54
27. Tim Noonan	36:55
28. Tom Hampton	37:10
29. Dave Flanders	37:10
30. Richard Brigham	37:11
31. Jim Fahey	37:13
32. Jim Roy	37:32
33. Steve Tosi	37:37
34. John Donnelly	37:39
35. Bill Miles	38:28
36. Matt Rowan	38:29
37. Mark Smith	38:40
38. Doug Parsons	38:44
39. Chris Badger	38:47
40. Jeb Beaudin	38:55
41. Alex Ellerson	38:57
42. Walker Rowan	38:59
43. Jeb Wallace-Brodeur	39:04
44. Bernard Breuil	39:04
45. Charles Soule	39:05
46. Albert Burdett	39:12
47. David Hallquist	40:08
48. Price Waldman	40:11
49. Bill Griffin	40:18
50. Dale Flanders	40:52
51. Maurice Brown	41:08
52. Jeff Cashman	41:19
53. Tom Cockerill	41:23
54. Don Richards	41:30
55. David Hudson	42:12
56. David McMullen	42:13
57. David Goldberg	42:16
58. Joe Blatchford	42:26
59. Tom Yefchak	42:26
60. Kevin Moody	42:45
61. Maurice Martineau	42:49
62. Jeff Mercure	42:56
63. David Yanko	43:12
64. Bob Ferrari	43:13
65. Dean King	43:54
66. Carl Quesnel	44:11
67. Peter Stout	44:21
68. Pat Sikora	44:26
69. Mark Codling	44:38

HOWARD BANK 10K

14 - 29 Male Division Cont'd

70.	Glenn Moore	44:42
71.	Larry Berman	45:03
72.	Kelley Brennan	46:56
73.	Mike Marsh	49:12
74.	Al Wagner	49:46
75.	Cope Cameron	51:06
76.	Bill Robie	51:25
77.	Perry McCall	51:54
78.	Chris Miner	52:14
79.	Gian Milone	52:26

30 - 39 Male Division

1.	Tony Quinn	31:15
2.	Mark Chaplin	31:21
3.	Dan Vogt	33:16
4.	Murray Banks	33:45
5.	Terry Aldrich	33:47
6.	Stephen Herrero	33:53
7.	Dean Bumstead	33:56
8.	David Currier	34:01
9.	Bill O'Neill	34:40
10.	John Valentine	35:03
11.	Ric Prescott	35:34
12.	Joe Santosuosso	35:42
13.	Blaine Kinsey	35:44
14.	Dennis Curran	36:06
15.	Mike Mason	36:24
16.	Mike Elmore	36:26
17.	Alex Silverman	36:40
18.	Lowell Van Derlip	37:04
19.	Tom Scherston	37:12
20.	Mark Mc Andrew	37:41
21.	Glenn Gershamack	38:02
22.	Rick Carrick	38:12
23.	David Sonderholm	38:25
24.	Bill Young	38:30
25.	John Mazzucco	39:01
26.	John Mitchelides	39:02
27.	Pete Donaghy	39:13
28.	Gregory Gerdel	39:20
29.	P.T. Burke	39:28
30.	Pat DeBlasio	39:46
31.	Mike Sinclair	39:52
32.	Brian Bauer	40:38
33.	Bob Howe	41:00
34.	Bill Everett	41:04
35.	Bob Buchholz	41:12
36.	John Sylvia	41:46
37.	Mike Woodfield	42:21
38.	Charles Bucknam	42:22
39.	Mike Katzenberg	42:47
40.	John Freitas	42:57
41.	Randy Draper	43:01
42.	Ed Handy	43:05
43.	Pat Donnellan	43:09
44.	Randy Edwards	43:12
45.	Larry Dunham	43:15
46.	Richard Morris	43:19
47.	Arnie Coss	43:31
48.	George Volland	43:44
49.	Mike Goldfield	43:59
50.	Barry Krikstone	44:49
51.	Steve Cano	45:14
52.	Jeff Bean	45:27
53.	Mel Miller	45:39
54.	Jack Daly	45:46
55.	Robert Searles	46:00
56.	Andy Girouard	46:26
57.	Geoffrey Goutt	46:27
58.	Bill Apes	47:48
59.	Don Melvin	47:50

HOWARD BANK 10X

30 - 39 Male Division Cont'd

60.	Bill O'Mara	48:22
61.	Jack Garvin	48:22
62.	Bill Davis	48:53
63.	Tom DeVries	49:46
64.	Craig Whiton	49:55
65.	Richard Glidden	50:44
66.	Bob Thacker	51:27
67.	Tom Commito	51:37
68.	Jeff Martin	52:00
69.	Randy Echo	52:26
70.	Greg Kreis	53:31
71.	E. Patrick Clifford	54:40
72.	Jere Fullerton	54:59
73.	John Retzlaff	55:33
74.	John Jurgens	65:12
75.	Robert Clawson	73:25

40 - 49 Male Division

1.	Peter Teachout	35:20
2.	Jim Seemann	35:22
3.	Tim Simpson	35:34
4.	Butch Dutra	36:37
5.	Mike Sudlow	36:58
6.	Ken Austin	39:06
7.	Newton Baker	39:14
8.	Moe Hamel	39:18
9.	Jim Suskin	39:54
10.	John Mallery	40:03
11.	Henry Marcy	40:18
12.	Ludwig Weimann	40:49
13.	Paul Trudell	41:00
14.	Bob Mercier	41:14
15.	Joe McEntyre	41:25
16.	Bob Collins	41:35
17.	Leighton Wass	41:41
18.	Stan Sumner	41:50
19.	Bob Halverson	42:07
20.	Vincent Feeney	42:18
21.	Richard Eymonowicz	42:33
22.	Bill Joerres	42:57
23.	John Easton	43:08
24.	Larry Miller	43:19
25.	Paul Kieslich	44:43
26.	Jack Callahan	44:51
27.	John Merrill	45:09
28.	Bob O'Donnell	46:03
29.	Toby Knox	46:26
30.	Roger Teese	46:47
31.	Rod Larrow	46:56
32.	Dan Murnane	48:10
33.	Richard Angney	49:30
34.	Lee Blodgett	49:59
35.	Rod Davis	54:30
36.	Paul Calhoun	54:59

HOWARD BANK 10K

50 - 59 Male Division

1.	Robert Shelton	39:22
2.	George Schiavone	39:56
3.	Ted Flanagan	42:04
4.	Lawrence Drew	44:17
5.	Don Lyons	47:10
6.	Don Ricard	49:56
7.	Neil Stout	50:18
8.	Mike Galatola	57:28
9.	Bob Wilson	65:49

60 + Male Division

1.	Dave Morse	48:18
2.	Glen Wood	48:30

14 - 29 Female Division

1.	Lea Hayer	35:27
2.	Patty Roach	37:53
3.	Jennifer Rood	39:21
4.	Mary Schiavone	39:57
5.	Debbie Martin	40:26
6.	Ellen Smith	41:53
7.	Patricia Bannerman	42:40
8.	Daryl Angney	42:52
9.	Christine Griffin	43:02
10.	Jennifer Paune	43:02
11.	Holiday Kane	43:07
12.	Elizabeth Coseo	43:14
13.	Judy Hatch	44:38
14.	Julie Rouelle	44:55
15.	Cindy Martin	47:03
16.	Dawn Angney	47:28
17.	Suzanne Betz	48:08
18.	Terry Thayer	48:48
19.	Allison DesMeules	49:01
20.	Judy Davis	49:10
21.	Rolande Rainville	49:39
22.	Barbara Hamilton	53:01
23.	Leslie Niese	53:11
24.	Judi Young	55:28
25.	Andrea Wilson	57:00
26.	Beth Wallace	57:32
27.	Beverly Blakeney	59:22

HOWARD BANK 10X

30 - 39 Female Division

1.	Debbie Crowe	39:24
2.	Jane Banks	40:54
3.	Patty Girouard	41:48
4.	Phyllis Marcell	44:31
5.	Deborah Prescott	45:11
6.	Amy Valentine	45:16
7.	Elizabeth Meiklejohn	47:14
8.	Laurie Callahan	48:59
9.	Mary Miller	52:28
10.	Anne Thaanum	52:35
11.	Patricia Hallam	52:41
12.	JoAnn Beaudin	52:55
13.	Mary Lou Kreis	53:11
14.	Nancy Knox	53:38
15.	Rhoda Blow	53:57
16.	Carolyn Antone	54:00
17.	Carol Miller	54:11
18.	Nancy Joerres	54:17
19.	Larae Donnellan	56:22
20.	Gayly Mullinax	58:20
21.	Claudia Jacobs	69:13

40 - 49 Female Division

1.	Heidi Smith	47:01
2.	Annette Miller	47:50
3.	Joyce Martin	51:50
4.	Mary Lou Bell	53:11
5.	Stephanie Saunders	69:13

50 - 59 Female Division

1.	Marilyn Wilson	54:59
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2ND ANNUAL WORCESTER 5,000 METER RACE

by Bob deMange

On July 4, 1983, the Worcester United Methodist Church sponsored a 5,000 meter race in order to provide some good wholesome holiday activities and to raise money for an emergency fund to aid local needy families.

The race began at 10:00 A.M. on a blistering hot day. In addition to the heat, the course is all paved road which contains a fair amount of hills with no shade.

The male and female winners were Mark Chaplin, from Worcester, who finished in 16:30 and Jen Mynter, from Williamstown (formerly Northfield), with 23:33. Both are new course records. The previous records were 18:20 and 26:25 respectively. Mark was followed by Pete Donaghy (Middlesex) with 19:12 and Mike Woodfield with 20:00. Ms. Mynter was followed by Judi Young with 23:42 and Heidi Smith with 24:02.

The 33 runners were treated to large amounts of ice water and lemonade after the race. Additionally lots of homemade cookies and cakes were provided.

The church wishes to thank all those runners that participated in the race. Hope to see all of you again next year.

Complete race results follow:

Male

0-13

1. Derek Smith 28:13
2. Joshua Joerres 30:52

14-29

1. Greg Dawson 21:01
2. Michael Kaufman 29:49
3. Robert Pratt 30:11
4. Matthew Chapot 31:31

30-39

1. Mark Chaplin 16:30
2. Pete Donaghy 19:12
3. Mike Woodfield 20:00
4. Bill Crain 21:32
5. Bob Maliska 22:49
6. Roland Wentworth 22:51
7. Paschal DeBlasio 22:55
8. Bob deMange 25:27
9. Paul Granai 26:46

40-49

1. Larry Miller 21:13
2. Trent Smith 21:22
3. Bill Joerres 21:40
4. Newton Baker 21:41
5. Bob Mercier 21:42
6. Lewis Patack 25:13
7. Chris Lynn 29:41
8. Edward Chapot 32:16

50-59

1. Guy George 27:22

60-69

1. Dave Morse 24:54

Female

14-29

1. Jen Mynter 23:33
2. Judi Yount 23:42
3. Andrea Smith 26:43
4. Eleanor Lynn 29:41

30-39

1. Nancy Joerres 27:14
2. Joan Troiano 30:22
3. Sheryl Eastman 32:16

40-49

1. Heidi Smith 24:02

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.

RACE SCHEDULE

- Aug. 13 - Rupert, VT, 2mi and 10k, 9:00, Contact John Pelton, Box 100, West Rupert 05776 (394-7782)
- Aug 13 - Hardwick, Vt. - Out 'n Back run, 2.5 & 5 mi. 9 AM @ Mackville Pond Rec. Area for the benefit of the Hazen Union French Club. \$3 by Aug 1, \$4 post. Noreen O'Conner, RFD 1, Box 83a, Marshfield, Vt. 05658; 456-8951. or 828-3487
- Aug 13 - Jay, Vt. - "Run A Country Mile", 10 & 20 km races, Jay Country Store Route 242. \$8 (\$12 post) includes shirt, pancake breakfast, and all day use of Jay Peak's swimming pool. 9 AM start; 988-2611
- Aug 14 - Hanover, N.H. - Shrine Road Race; Hank Tenny, Parks & Recreation, Box 483 Hanover, N.H. 03755
- Aug 14 - Burlington, Vt. - GMAA Marketplace Mile, 9 AM @ Sam's Unfinished Furniture, (Corner of No. Winooski & Riverside Ave.) finish @ City Hall. Steve Herrero 899-3695
- Aug 20 - So. Hero, Vt. - Green Mt. Island Marathon, 8 AM @ Folsom School, preregistration required by Aug 7. Leighton Walker, 2 Redwood Terr. Essex Jct., Vt. 05452; 878-2322
- Aug 27 - Brattleboro, Vt. - Pepsi Challenge 10K, 4PM, David Aplin, Rescue Inc. 249 Canal St. Bratt. Vt. 05301; 257-7679
- Aug 27 - Burlington, Vt. - "Pack-Attack 5-Miler"; 10 AM @ Burlington H.S. 52 Institute Road, Burl. Vt. 05401 contact Coach Bob Pecor
- Sep 3 - Northfield, VT - Labor Day Observances 5 km and 1 mi races. 1 miler for those 13 and under begins at 10am, 5km at 11 am, at the Village Common. Mike Sinclair, Smith Hill, Northfield 05663 (485-8673)
- Sep 10 - Lake Placid, NY, Lake Placid Marathon and Half Marathon, Registration on Sep 9 at 6pm - 10pm, race starts at 8:00, transportation to race start, showers, post-race buffet. Lake Placid Sports Office, Town Hall, Lake Placid, 12946
- Sep 11 - Burlington, VT - Archie Post Five Mile, 11:00, U.V.M. Gutterson Field House, Bruce Cunningham, 878-3875 or E.K. Malone, 863-6684
- Sep 18 - Greensboro, VT - Caspian Foliage Run, 7mi, 10:30am, public beach, Anne Batten, 472-6066
- Sep 24 - Essex Center, VT - National Life Ten Mile, 9:00, Essex Elementary School, certified, Bruce Cunningham, 878-3875
- Oct 1 - Berlin, VT - Berlin Pond Couples Race, 6mi.
- Oct 1 - Sterling Run, 6.2mi, 11:00, Johnson State Carter Gym, Johnson, Jim McWilliam, 635-2356 ext. 258
- Oct 1 - Rutland Regional Medical Center Fall Classic Road Race, 5mi, 10:00, start and finish at the Medical Center, 160 Allen Street, Rutland, registration 9:30, Nancy Brover, 775-7111 ext. 590
- Oct 15 - GMAA Round Church Women's Run, 5k and 10k, 11:00, Round Church, Richmond, Dianne Shullenberger, 899-4993
- Oct. 29 - GMAA Arthur Tudhope Memorial 10k, 11:00, Thomas Road & Spear Str. intersection, Shelburne, Eric Hansen, 862-1318 or Jon Kohn 863-3057

JULY MEETING REPORT

The July meeting began with 7 members attending at Cox Cable in Berlin. Joe McEntyre showed up a few minutes late with his dinner from MacDonalds to bring the total to 8.

Things began on a low note as Roger Whitcomb announced that there was only \$95 in the treasury. This is approximately \$300 less than at the same time last year. In order to save money it was decided that one less newsletter would be printed. The most likely possibility is that the September and October newsletters would be combined because at that time fewer events are scheduled.

The next topic was the 12 hour relay planned for August 13. Because of difficulties obtaining a facility the event has not been publicized and the fear was expressed that only CVR teams might attend. At a cost of \$125 this would be expensive for the club and for competing club members. It was decided that it would be better to begin next year when the event could be properly planned and publicized. Because an arrangement had been made with Harwood Union High School it was tentatively planned to hold the event there in the future.

The Howard Bank race ran smoothly and was generally a success again this year however some runners did have complaints. The complaints centered around the fact that times were not posted at the finish of the race. Ideas discussed ranged from returning to last years card system to finding someone with a computer. More detailed discussion is planned for future meetings so determine your own best plan and come to the meetings and talk about it.

Finally a few last minute plans for the 24 hour relay in Westport, NY were determined. CVR is sending 3 teams to defend last years womens and mens championships. Good luck to those teams and happy running for everyone!!

Phil Carlson

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