



CVR

NEWSLETTER



Fun Runs:

May through Oct - CVR Montpelier Summer Fun Runs, every Tuesday at 5:30pm at the Liquor Control Warehouse on Greer Mountain Drive. 2,4, and 6mi runs. Come and bring a friend. 25¢ donation requested.

RACE SCHEDULE

* indicates I have entry blanks. Please send SASE when requesting entry blanks from me or the race directors listed below.

- *Oct 1 - Berlin, Vt. - Berlin Pond Couples Race, See Entry for Details
- *Oct 9 - Hanover & Lyme, N.H. - 12.2 mile race starting from the Lyme Green @ 8:45am and the Dartmouth Medical School Marathon starting from the Hanover Green @ 10:00am. Dartmouth Medical School, Hanover, N.H. 03755. (603)646-7775
- Oct 9 - North Creek, N.Y. - TAC Sr. Men's 10K. George Regan, 231 4th St., Troy, N.Y. 12180 (518)273-5552
- Oct 15 - Richmond, Vt. - GMAA Round Church Women's Run, 5K & 10K, 11:00am @ the Round Church, Richmond, Dianne Schullenberger, 899-4993
- Oct 16 - Portland, Me. - Casco Bay Marathon, 8:30am, Casco Bay Marathon, Box 3172 Portland, Me. 04104 (207)839-3258
- Oct 16 - Ridgefield, Conn. - Ridgefield Marathon, 11:00am, Wolfpit RC, Box 48, Ridgefield, Conn. 06877
- Oct 29 - Shelburne, Vt. - GMAA Arthur Tudhope Memorial 10K, 11:00am, @ intersection of Thomas Rd. & Spear St., Eric Hansen 862-1318 or Jon Kohn 863-3057
- Oct 30 - Conway, N.H. - Mount Washington Valley Marathon, 9:00am, Mike Wheeler or Ken Jones, Conway Recreation Center, Conway, N.H. 03818
- *Oct 30 - Boston, Mass. - Bostonfest Marathon, 12noon, Bostonfest Marathon, March of Dimes Birth Defects Foundation, 865 Providence Highway, Dedham, Mass. 02026, (617)329-1360
- Nov 6 - Brattleboro, Vt. - Brattleboro Retreat 10K, 2:00am, Race Director, 75 Linden St., Brattleboro, Vt. 05301
- Nov 6 - Newport, R.I. - Ocean State Marathon, 11:00am, Meredith Nelson, 80 Lincoln St., North Kingston, R.I. 02852 (401)885-1382
- *Nov 20 - Springfield, Mass. - Peach Basket Festival 10K, 12noon, Springfield Civic Center, Cathy Marra, 3rd National Bank, 1391 Main St., Springfield, Mass 01103, David Keany (413)734-8022
- Dec 3 - Foxboro, Mass. - Foxrotters Marathon

Eleven members attended the August 15th meeting of Central Vermont Runners Club at Cox Cable TV. The first order of business was Race Director Wade Walker's "okay" when asked how the Berlin Pond Race plans were going. Wade elaborated slightly to note that the race will benefit a very worthy charity this year - us! CVR's treasury is in desperate need and all proceeds will be added to our bank account. He estimated that 50 runners would be the break-even point. Entry blanks are now available and it is hoped there will be a good turnout this year.

Ann Batten and Dave Dow travelled down from the Hardwick area to present a couple of interesting options. Ann noted that her son is working on a computer program that may be available in the future for computerized results of road races at very competitive prices. She also wanted CVR's opinion of the Club taking over the sponsoring of the Caspian Foliage Run. She felt it could be a good money making event, if so desired. Members present felt it was too close to the fall race to attempt to do anything in '83 and tabled the proposal for the winter annual meeting.

Other items included the okay for a predict-a-time race to raise funds. Norm Robinson was going to attempt the race but since the meeting, I am sorry to report that I will be unable to direct the race. Perhaps next year. If anyone else is interested, they should attend a meeting in the future.

Also, a letter was drafted and sent to the Plattsburgh Athletic Club requesting them to change the dates of their half-marathon, -marathon so not to compete with the Montpelier 10-miler. A note has also been sent to U-32 offering CVR's assistance in any way towards the building of an outdoor track.

Finally, Darragh is requesting that any new member that hasn't received a tee-shirt, contact her by November 1st. There is some confusion over who has or has not received one and your help is appreciated. The new design tee-shirts are now in and as soon as all new members have received the one that is due them, the remainder will be sold for \$6.00.

Good luck and see you on the roads!

NORM ROBINSON
Secretary



DANGER ON THE RUN
by Liz Elliott
AR&FA Executive Director

(Washington, D.C.; May 23, 1983)--Nancy Elizabeth Finch was 32 years old. According to her friends, she loved her husband, her dog, Wiggly, symphonies, children, learning, nutrition, gardens, cooking...and life. She also loved running.

Nancy Finch was found stabbed to death and disrobed 100 yards from the running trail from which she was abducted.

With the growing numbers of women running, her fate is, unfortunately, becoming increasingly familiar.

(more)

All of us are aware, at some level of consciousness, of potential dangers lurking outdoors that could befall runners. Yet rarely, I think, do we move beyond this passive awareness to actually take steps to avoid the danger and preserve our own safety.

I am--or was--a prime example. I like to run at night, usually alone. If I run in the daytime, I prefer the towpath along the C&O Canal in Washington, D.C., because it's flat, soft, and devoid of traffic. It's also isolated and, at times, practically deserted.

It took two women to be raped and murdered in my area in one month--one of them on one of my favorite running trails, plus several unrelated series of rapes to make me start thinking about my nighttime running. It took a close encounter on the towpath in the middle of the day to make me realize that, so far, I've been lucky. I decided not to push my luck any longer, and changed my running habits.

I now run during lunch, in the well-populated mall/monument area of the District of Columbia. More often than not I run with others. If I run near my home I no longer run along the canal at times when it's unlikely to be peopled; instead I run on the bike path above--next to the road and the traffic, but also less desolate and secluded.

I'm also considering buying a large dog.

This whole experience makes me very angry. Angry that I have to alter my running schedule. Angry that the man who sexually assaulted and murdered Nancy Elizabeth Finch was free on bond at the time for earlier charges that included assault with intent to rape. Angry that police don't do more to alert citizens to potential danger in their neighborhoods.

The dangers are not isolated to the Washington area. There are similar examples in large and small urban, suburban, and rural communities all over the country.

Nor is the problem confined solely to women. Men, too, have been attacked on the run. We're all vulnerable. And it's about time we took steps to make sure that, in our efforts to become mentally and physically healthy, we're not risking our lives in the process.

What does it take to convince someone to dramatically alter his or her running schedule? Think about your own running program. Do you run at night? By yourself? Is your running course isolated? Surrounded by tall brush or dense trees? Have there been any reported attacks in your area? Have you established a pattern--that is, do you always leave home at the same time and run the same course at about the same pace?

If you answered "yes" to any of these questions, you need to give more thought to questions of personal safety, and then translate that thinking into action to modify your running schedule. Changing a routine never is easy. But it's your life--so the rewards are invaluable.

Running is one of the safest sports a person can participate in. As with any sport, though, the key is common sense. First, it's important for runners--and walkers, and cyclists--to recognize that there is potential danger. This may sound basic, but many of us are frequently oblivious to risk and our own safety.

(more)

Second, the American Running and Fitness Association recommends the following common-sense precautions:

- Try to run with other people. (If you'd like help finding a partner to run with, contact AR&FA's Runner's Referral Service);
- Don't run in alleys or isolated or unpopulated areas;
- Run at a time when you know there will be lots of other people around;
- Carry mace, to startle an attacker;
- Avoid running at night;
- Don't run near doorways;
- Stay away from trails or sections of trails surrounded by heavy brush or dense trees, especially when the trail is away from the roadway;
- Vary your running pattern so no one can count on your being in a certain place at a certain time;
- Let someone know where you're going and how long you'll be gone;
- Wear identification and carry a police whistle around your neck;
- Run defensively and be alert; listen for people coming up behind you, and if you hear something, turn around and check it out. Watch for anyone who looks suspicious or out of place;
- Know your route; this way you won't be unpleasantly surprised by dark or desolate areas set off from the street;
- Buy a large dog to run with, or borrow a friend's;
- Sign up for a self-defense course through your local "Y" or recreation department.

There are 40 million runners in the United States--a very large and significant block of people. If we speak out when crime threatens enjoyment of our sport, the impact could be considerable.

Look at your own running program and make whatever changes are necessary to ensure your own safety on the run. Talk to your friends and others you know who run and warn them about potential problems. Alert your local newspapers, magazines, radio, and television stations to the problem and encourage them to perform a worthwhile public service by notifying their audience about the risks and offering safety tips. Work with other runners in your area to encourage the police to keep runners informed of trouble areas and to provide better protection and safer trails; ask employers to offer flexible schedules so runners can go out at lunch and make up the time before or after work; and ask your local parks and recreation department to offer self-defense courses for runners and other pedestrians.

Only if runners let each other--and their community leaders--know that they care will any action be taken. And only if runners themselves take action will they be able to run safely, without fear.

For more information about running, fitness, and safety on the run, write to the American Running and Fitness Association, 2420 K Street, NW, Washington, D.C. 20037. A nonprofit educational organization, AR&FA's goal is to help people begin and continue a safe exercise program.

AR&FA's "Safety on the Run" program is sponsored in part by a grant from Mutual of Omaha Insurance Company, Omaha, Nebraska, and is one of the Association's many public service and educational programs.

Northfield Labor Day Race Results

Reprinted With Permission From The Northfield News

Over 320 runners finished the sixth annual Northfield Labor Day Observances 1 mile and 5K races. The winners of the 1 mile race were Sean Owen and Kelle Datta. Sean set a new course record with a time of 5:49. The rest of the places in the 1 mile race were determined by order of finish. Mark Chapin again won the 5K race with a time of 15:40 and Jennifer Rood was the first female finisher at 19:32. The first three finishers in each of the 12 divisions were presented with a mug and T-shirts were given to anyone daring one.

Next year the races will again be 1 mile and 5K as an overwhelming majority of runners indicated their continued support of the 5K distance. In the interest of the participants the 1 mile race will start at 8:30 and the adult race will commence at 9:30 to minimize problems with the heat. In order to accommodate an ever-increasing number of runners preregistration through the bank will be stopped one week before the race and race day registration will be stopped one half hour before the race.

MALE-AGE: 0-9

TIME NAME

15	Wing, Bowwell
16	Hall, Michael D.
31	Chamberlain, J.
33	Conners, Aaron
38	Nevins, Jacob
39	Mayo, Joshua
40	Stratford, Denis
43	Mitchell, Lance
48	Ashton, Bryan D.
49	Straford, Timmy
53	Gold, Ezra
55	Yuzic, Benji
56	Lefevre, Justin
59	Nitso, David
60	Sykand, Steven
63	Bernard, Ethan
64	Gold, Adam

FEMALE-AGE: 0-9

TIME NAME

25	Rader, Lisa
45	Hove, Wendy
50	Rozendil, Beth
54	Sarwest, Christina
58	Welch, Erin
62	Sinclair, Jeanne

MALE-AGE: 10-13

TIME NAME

1	Owen, Sean
2	Davis, Mike
3	McBride, Troy
6	Nelson, Erik
7	Poulin, Jeffrey
9	Tofi, Gregory
10	Smith, Derek
11	Burt, Jamie
12	Mitchell, Chad
13	Barnard, Craig
14	Turnbull, M.
17	Landers, Harrison
19	Mayo, Billy
21	Williams, Joshua
26	Terry, Joshua
27	Seyers, Kevin
29	Schmidt, Jack
30	Stoddie, Sean P.
37	Sampson, C.
41	Collins, Ethan
47	Garry, Christian
51	Sayers, Keith
57	Poffner, Ryan
2205	O'Donnell, Dave
2835	Conners, Joel
2837	Jourras, Jonathan
3250	O'Milla, Jeremy

FEMALE-AGE: 10-13

TIME NAME

4	Dutra, Kelle
5	Dutra, Julie
8	Rozendil, Danielle
18	Hodkins, Ktola
28	Marevich, Heidi
29	Christie, Nancy
22	Flaschridge, Betty
24	Rader, Lori
28	Conry, Jennifer
32	Cano, Tracy
34	Ingram, Kriss
35	Betts, Kirsty
36	Christen, Elise
42	Myrager, Amy
44	Poulin, Kathie
46	Buckley, Anne
52	Roux, Adrien
61	Cashman, Tam
3014	Frappier, Tina
3014	Frappier, Tina
3740	Jourras, Beatrix

MALE-AGE: 14-29

TIME NAME

1601	Burdess, Francis
1612	Quarrier, Steffen
1614	Fahry, Jeff
1633	Rood, Jon
1722	Bush, Jonathan
1728	Toft, Steve
1734	Ellerson, Evan M.
1801	Rovnan, Matt
1810	Fernandez, Peter
1824	Fahry, Jim
1831	Allard, Tom
1845	Carlton, Philby
1845	Coyne, Richard
1846	Hodkins, Tjalling
1903	Sundress, Vance
1931	Donnelly, John
2005	Blackford, Eric
2011	Miles, Chris
2024	Knafl, Chris
2036	Burdess, Albert
2037	Moody, Kevin R.
2046	Chilvers, Marc
2052	Henders, Dale
2057	Kingson, Peter
2058	Blackford, Joseph
2132	Collins, Graham
2141	Larabee Jr., E.
2145	Kingson, Chris
2147	Kingson, Jeff
2148	Suskin, Terry
2217	Edson, John
2218	Walker, Randy
2228	Cononconi, Dale
2231	Hamill, Bob
2236	Blake, Courland
2239	Talburt, David
2241	Rich, George
2242	Ellis, David
2307	Blanchard, Jeff
2339	Lewler, David
2408	Flino, Benjamin
2410	Nevin, David
2412	Mothopa, James
2417	Rimolo, Joe
2420	Preston, Francis
2435	Robie, William
2436	Troilo, Gus
2437	Indriest, Joseph
2455	Gonerville, Mike
2507	Collins, Sean T.
2531	Adler, Jeff
2538	Hirsch, Brian
2603	Sherman, Jeff
2628	Chapman, C.
2629	Sylvain, Steve
2640	Strophaire, Greg
2718	Wenover, Larry
2720	Malone, C.
2733	Lawler, Scott
2734	Lynch, Mark
2838	Steele, Ben
3100	Johnson, James
3596	Bique, Chucky

FEMALE-AGE: 14-29

TIME NAME

1932	Rood, Jennifer
2054	Rouelle, Julie
2105	Erdman, Zoe
2305	Smith, Andrea
2337	Hutchinson, N.
2425	Gil, Laurie
2430	Bliss, Susan
2451	McPhay, Sharon
2501	Nelson, Jenn
2532	Blake, Marjorie
2534	Albinson, Betty
2605	Murray, Kathleen
2606	Richards, Rachel
2701	Murman, Susi
2719	Ingram, Lisa
2721	Larson, Abbie
2731	Underhill, A.
2733	Hodkinson, C.
2739	Kelly, Margaret
2823	Sylvain, Donna
2832	Grason, Linda
2834	Martin, Joan
2836	Menzies, Lee
2917	Yaelonia, Susan
2923	Larson, Gretchen
2932	Michell, Valerie
3013	Martin, Lis
3127	Wells, Melissa
3203	Krause, Heidi
3231	Tucker, Sara
3232	Stone, Rhonda
3324	Farnham, Sherri
3325	Flaschridge, M.
3352	Poirier, Marya
3624	Wawrynski, S.
3625	Reed, Gina
3626	Falzarano, Crissy
3627	Hill, Koreen
3630	Tucker, Stephanie
3631	Matheson, Kim
3741	Chase, Beatrix

MALE-AGE: 30-39

TIME NAME

1540	Chaplin, Mark
1720	Valenzia, John
1744	Potter, Tom
1759	Elmore, Michael
1805	Simon, Masay
1828	Erbosom, David
1911	Korow, Reed
1918	Gershinack, G.
1933	Wight, Gregory
1989	Edwards, Randy
2022	Corvitt, Jim
2025	Debbaso, Paschal
2029	Reid, Bruce
2042	Moore, Robert
2045	Zuaro, Joe
2055	Morris, Steven
2102	Harris, Wayne
2118	Kroeger, Tim
2137	Shank, Jeff
2149	Miller, Mel
2155	Madden, Paul
2156	Karrigan, John
2219	Gobb, Peter
2224	Martin, Francis
2237	Cano, Steve
2248	Bryon, Michael
2257	Budd, Ed
2306	Benny, Glenn
2317	Benny, Peter
2318	Barnard, William
2324	Michell, Thomas
2327	Kap, Larry
2345	Fahry, Joseph
2627	Bortiga, Al

FEMALE-AGE: 40-49

TIME NAME

2543	Lindner, Jyo
2659	Tucker, Beverly
2757	Nygger, Reshan
3041	McGee, Susan
3033	Baker, Susan
3204	Forsythe, Polly

240	Conners, Joseph
2440	O'Mara, Bill
2511	Conmino, T.
2512	Braddees, Earl
2514	Kilten, Jon
2544	Rader, William
2555	Regan, B.O.
2604	Turnbull, Stephen
2608	Martin, Jeff
2627	McConrack, Pat
2653	Collier, Durwood
2702	Strutze, Kurt
2717	Giantz, Fred
2740	Cox, Dan
2750	Whitola, Steve
2905	Allard, Wilfred

FEMALE-AGE: 30-39

TIME NAME

2128	Kennedy, Doran
2259	Meiklejohn, E.
2240	Austin, Betsy
2328	Shenk, Sandra
2513	Kruse, Patricia
2545	Kendrick, Nancy
2646	Jourras, Nancy
2654	Baker, Jessie
2656	Besodin, Jo-Ann
2658	Barnard, Susan
2705	Bertrand, Maureen
2940	Mullins, Gaylyi
2952	Gavin, Barbara
2954	Berry, Linda
3012	McLaughlin, Mary
3104	Teitelbaum, N.
3108	Stewart, Piper
3243	Burdess, Mary
3305	Conners, Chandra

MALE-AGE: 40-49

TIME NAME

1732	Murphy, Bob
1815	Dutra, Bruce
1859	Richardson, Gary
1915	Austin, Ken
1926	Brooks, Richard
1938	Ingram, Steven
2004	Baker, Newton
2023	Collins, Bob
2114	Davis, Mike
2115	Smith, Trenc
2116	Wack, Leighton
2133	Jourras, William
2134	Ashton, Richard
2139	O'Donnell, Bob
2146	Mayo, William
2150	Murman, Dan
2233	Conetta, John
2234	Conner, Roger
2237	Shawley, Dick
2245	Lord, Gary
2251	Aikawa, David
2255	Belding, Mike
2308	Davis, Rod
2314	Bryant, William
2445	Biodget, Lee
2547	Yuzic, Ugar
2703	Harevich, Michael
2818	Elsey, Ted
2819	Hale, Richard
3346	Garry, Charles

MALE-AGE: 50-90

TIME NAME

1946	Carlson, Gervon
2108	Brooks, Marcel
2325	Ricard, Donald
2347	Morris, Sr., D.
2449	Flanders, Ernie
2508	Kelley, Mike
2822	Ponach, Milt

FEMALE-AGE: 50-90

TIME NAME

2502	Ellerson, Darragh
3059	Kelley, William
3059	Ponach, Elise
3923	Bryon, Vivian

RESULTS CASPIAN FOLIAGE RUN Sept. 18, 1983

Finish
OrderFemale 9-17

Cheryl Eaton	61:12	Waterbury	81
Andrea Smith	61:12.5	Moretown	82

Female 18-29

Rhoda Swaatt	55:39	Craftsbury Common	72
Nancy Hutchinson	56:41	Montpelier	76

Female 30-39

Amy Valentine	50:42	Waterbury	51
Jennifer Lucas	51:07	Richmond	52
Dianne Shullenberger	51:28	Jericho	58
Judith Kellock	62:57	Greensboro	83
Liza Callen	70:47	Craftsbury Comm.	90

Female 40-49

Heidi Smith	53:54	Moretown	69
Rose Kinney	58:55	Morrisville	77
Gail Sangree	64:11	Watertown, Ct.	85
Kathryn Kagan	67:24	Stowe	89

Female 50-59

Marilyn Wilson	63:16	Montpelier	84
Anne Batten	64:52	E. Hardwick	87

Male 9-17

Matt Czaplinski	44:30	Montpelier	17
Sean Murphy	45:26	Montpelier	21
Kevin Moody	45:50	Morrisville	24
Chapman Smith	47:22	Morrisville	32
Jason Mallery	48:33	Montpelier	39
Mark Patterson	51:20	Waterbury	55
Jonathan Jamieson	51:26	Waitsfield	56
Scott Ferris	51:26.5	Waterbury	57
John Vinton	52:03	Waterbury	60

Male 18-29

John Sackett	37:57	Lyndonville	2
Ken Birse	40:50	Lyndonville	4
Bryan Liss	41:13	Calais	5
Richard Kelley	42:45	Montpelier	11
Thomas Marshall	45:11	Lennoxville, Q.	20
Glenn Auerbacher	60:16		79

Male 30-39

Keith Woodward	36:28	Craftsbury Comm.	1
Sumner Williams	41:52	Underhill Ctr.	7
Dennis Curran	42:10	Waitsfield	8
John Valentine	42:35	Waterbury	9
Stewart Ruth	44:01	Burlington	15
Larry Laclair	44:16	Hyde Park	16
Robert Searles	44:52	No. Wolcott	19
Jerry Tavares	45:34	Lyndon Center	22
Glenn Gershaneck	46:19	Graniteville	25
Dick Henrickson	46:40	Montpelier	29
Robert Libby	47:40	Craftsbury Comm.	35
Eric Pope	48:00	Hardwick	36
Charles Bucknam	48:14	Walden	37

RESULTS CASPIAN FOLIAGE RUN, Sept. 18, 1983, Cont'd.

Male 30-39, continued from page 1

Randy Draper	48:45
Randy Edwards	49:
Mike Cusumano	49:20
Donald Lovemann	50:24
Jim Massucci	51:12
Dave Coddair	51:14
Jeff Shutak	51:56
John Kerrigan	52:10
Laird MacDowell	52:16
Tom Warnock	52:23
Ken Burrill	53:16
Tom Commito	55:04
Larry Karp	55:55

Cambridge	42
Edwards	44
W. Glover	45
Morrisville	49
Craftsbury Comm	53
Morrisville	54
Barre	59
Moretown	61
Jeffersonville	62
W. Glover	63
Morrisville	67
Montpelier	71
Greensboro	73

Male 40-49

Ron Yeats	40:35
Tim Simpson	41:40
Bob Murphy	42:40
Gordon Johnson	42:49
Mike Sudlow	43:00
Butch Dutra	43:35
Richard Czaplinski	44:30
Tony Salvadore	45:42
George Linton	46:33
Newton Baker	47:15
John Mallery	48:32
Joe McEntyre	48:37
Gary Cunningham	48:56
Patrick Jiron	49:48
Noel Ford	50:09
Rich Ejanowica	50:19
Tom Sands	50:29
Trent Smith	52:25
Rod Davis	52:52
Peter Herman	52:59
Rager Cranse	53:59
William Ruggles	55:57
Scott Warthin	61:09
David Dow	64:48
Dan Kagan	66:49

Lennoxville, Q.	3
Lyndonville	6
Barre	10
	12
Lennoxville, Q.	13
So. Burlington	14
Adamant	18
Bristol	23
Coventry	27
Montpelier	30
Montplier	38
Plainfield	40
Cambridge	43
Cambridge	46
Newport	47
Newport	48
Middlebury	50
	64
Morrisville	65
W. Topsham	66
Montpelier	70
W. Glover	74
Newport	80
Hardwick	86
Stowe	88

Male 50-59

Bob Wilson	53:43
Hu Sangree	56:12
Robert Kinsey	59:11
Dave Kelley	71:24

Montpelier	68
Watertown, Ct.	75
Craftsbury Comm	78
Montpelier	91

Executive Committee

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

NEXT CVR MEETING

Future meetings will be held on the third Monday of each month. Oct.'s meeting will be held on the 17th @ 7pm at Cox Cable (off Granger Rd. in Berlin).

Deadline

Please send all race listings, race results, articles, poems, etc., to Bob Howe, RFD #1, Graniteville, Vt. 05654. Deadline for the Nov.-Dec. Newsletter is Nov. 21st.

**** Individual foot-NOTES ****

Murray Banks recently won the "Green Mountain Steelman Triathlon" near Brattleboro, and won a free trip to Hawaii to compete in the "Ironman" triathlon, Oct. 22. Murray's time of 5 hrs., 46 min. covered a 2.2 mile swim, a 13.6 mile run and a 60.6 mile bike ride. In Hawaii he will be going for a 2.5 mile ocean swim, a 112 mile bike ride and a marathon.

Joining Murray in the TRIing training are Jeff Shutak & Bob Murphy. All three are planning ahead to the Burlington triathlon late in Sept.

Henry Marcy recently raced to a 60:48 finish @ the Elizabethtown to Westport race. That was good for 35th overall, 10th master, in the 9.2 mile run. Gerry Carlson had a strong race with a time of 63 min., on a flat to gradual downhill course most of the way, except a solid uphill from .8 to 2.2 miles.

Mark Chaplin had time, after the 15:40 needed to win the Northfield 5K, to collect approx. 150 signatures to assist in U-32's effort in obtaining federal money to help in building a new outdoor track.

The National Running Data Center's recent national rankings place Darragh Ellerson in the top 20 for her age group for the marathon distance.

On Sept. 17 Jere Fullerton, Sr., cruised through The Maple Leaf Half Marathon in 1:35:23.

FOURTH ANNUAL

BERLIN POND COUPLES RACE

6 MILES

Saturday, October 1, 1983



Sponsor(s): Central Vermont Runners Club

Registration: 9:00 a.m., October 1, 1983, Berlin Elementary School, Berlin, VT. Take exit 7 off I-89, left at first light, school is on the right.

Starting time: 12:00 a.m.

Entry Fees: \$4.00 before Sept. 24; \$5.00 after. PER PERSON

Courses: Always all on dirt roads around Berlin Pond. For the first 2 miles there are rolling hills. The last 3 miles are relatively flat. 6 miles accurately marked.

T-Shirts: \$5.00 extra. Will be available to preregistrants only. Money must accompany the registration form.

Awards: Gifts, certificates to the top finisher in each division. Also at least 15 hat prizes.

MALE: 0-35 40+ FEMALE: 0-35 40+

COUPLES: 0-39 40-59 60-79 80-99 100+

OFFICIAL SKINS BLANK

MAIL TO: Darragh Ellerson
170 Upper North St.
Nantpelier, VT. 05601

MAKE CHECKS PAYABLE TO:
CENTRAL VERMONT RUNNERS CLUB

NAME _____ M. F. AGE _____

STREET _____ CITY _____ ST. _____ ZIP _____

T-SHIRT SIZE (extra \$5.00): S M L XL

Couple Registration

NAME _____ M. F. AGE _____

STREET _____ CITY _____ ST. _____ ZIP _____

T-SHIRT SIZE (extra \$5.00): S M L XL

In consideration of the acceptance of this entry, I hereby for myself, my heirs, executors & administrators, waive & release any & all rights & claims for damage I may have against the sponsors, Central Vermont Runners Club & the officers or members of this organizations, their agents, representatives or assigns for any & all injuries that may be suffered by me before, during or after the Fourth Annual Berlin Pond Couples Race. ***MUST BE SIGNED***

Signature _____

Couple Signature _____

IF UNDER 18 PARENT OR GARD. SIG. _____

IF UNDER 18 PARENT OR GARD. SIG. _____

ENTRY FEES: \$4.00 before Sept. 24, \$5.00 after PER PERSON



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
1% off running equipment

ATHLETE'S FOOT-Burlington
15% off running shoes

GENERAL VERMOREL BUSINESS
c/o Bob Howe
EZM/1
Greenville, Vt. 05634
address correction requested

National Running Data Center
Box 42888
Tucson

AZ 85733

