

# Central Vermont Runners NEWSLETTER

VOL. 4 NOV. 1983 NO. 8



## NEXT CVR MEETING

Future meetings will be held on the third Monday of each month. Nov.'s meeting will be held on the 21st @ 7pm at Cox Cable (off Granger Rd. in Berlin). Bring a snack or beverage for a post-meeting dessert.



## meeting



This year's annual meeting is scheduled for Jan. 14th. A new format is planned this year with supper including a cash bar and entertainment, at the Lobster Pot Banquet Room. Cost for the meal will be approximately \$7.50 with details still being worked out. **!!IMPORTANT!!** A minimum of 25 persons are needed to be able to make these arrangements. Please contact Darragh Ellerson to make reservations.

## 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  
ATHLETE'S FOOT-Burlington  
15% off running shoes

## Executive Committee

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

## OCTOBER MEETING REPORT

A small but productive group met on Oct. 17th at Cox Cable TV for the monthly meeting of CVR. Members present were: Darragh Ellerson, Steve Roy, Bryon Hill, Gerry Carlson, Bob Howe, and myself.

Unofficial results of the Berlin Pond Couples Race showed a handsome profit of approximately \$220.00. The club now appears to be financially sound and thus it was voted to split the profits from Berlin Pond and donate half the funds to the U-32 track fund. This is pending official notice of need and the development of a treasurer, etc.

Other news includes notice of the sale of our new t-shirts. Anyone wanting one should contact Darragh and bring \$6.00 for each shirt. Also, there is a need for a race director for the Montpelier Ten Miler. Darragh revealed that more should be done in the future in the way of publicity for the 10 Miler to comply with RRCA rules. Several members felt this is true for all of our races and Darragh has expressed interest in publicity director for 1984.

CVR has been informed that the sponsor for the Waterbury Lions Club half-marathon proposed, would like to run the race in May. This was not met with much enthusiasm by those present for several reasons. The May dates would be very close to a half-marathon held by the GMAA and we don't want to compete with them for runners. Both races would lose out. Also, some runners would not participate because of the early date. Several CVR members will be meeting with the Lions and others in the near future to continue plans for the race that hopefully will be held in early October. More information will follow in these pages when available.

Once again the topic of more members attending the monthly meetings was brought up and anyone planning to attend the November meeting is asked to call a fellow member or prospective member and join in the fun. We are returning to the policy of asking each member to bring a snack or beverage for a post-meeting dessert.

The final topic was the annual meeting. As of now it appears to be planned for after the first of the year with perhaps a different twist for this time around. The club is looking into obtaining the back room of a local restaurant and having a meal served. Members could then go dancing or whatever afterwards if they so liked. Anyone having any thoughts on this matter are again asked to contact Darragh. We need to hear from you to make as many members as happy as possible. Got any ideas? A winter meeting might then be held at a latter date for skiing, skating or running.

Well, that's it for now. Good luck and see you on the roads.

Sincerely,

*Norm Robinson*  
Norm Robinson

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On Oct. 15, Darragh Ellerson raced to a 9th overall finish in the GMAA Round Church Women's Run. Her time was a very satisfying 45:26. To add to this strong performance, and her recent national ranking in the marathon, Darragh is also ranked 10th nationally in the half marathon.

Also ranked nationally by the National Running Data Center in the half marathon is Rutland area runner Hugh Short. His time of 1:26:10 was a national age record.

With a time of 2:45:04, Leatrice Hayer qualified for the marathon olympic trials. The top women marathoners will meet in Olympia, Washington to determine the 1984 olympic team.

Cold and windy weather greeted Wade Walker and Pat DeBlasio for the North Conway Marathon on Oct. 30. Wade pushed through for a 3:06 finish with Pat finishing at 3:13.

Bob Murphy and Bob Howe also found cold and windy weather for the Arthur Tudhope Memorial 10K in Shelburne on Oct. 29th. Bob Murphy came home with the masters 1st place mug.

## BURLINGTON'S FIRST TRIATHLON

The cannon sounded and 300 swimmers surged forward into the waters of Lake Champlain. I had stationed myself near the back of the pack and was one of the last to feel the shock of the cold water. At 65°, it was a bit cooler than I'd expected. The contestants rushed through the churning water as the beach gradually receded behind them. The waves began to hit us now, and it was time to begin the swim along a  $\frac{1}{2}$  mile triangular course that would take us around three large orange balloon buoys back to the beach.

Once walking was no longer possible the struggle began. Swimming was difficult; bodies everywhere, the cold water taking my breath away and two-foot high waves making certain that I didn't get it back. I made attempts at the crawl which I had been practicing so diligently the previous three weeks. I couldn't get going; my breathing was constantly interrupted by the waves. "I'll try to relax", I thought, treading water and then doing the side stroke for awhile. It was not relaxing! The motion of the water required a constant struggle for me to stay afloat.

Back to the crawl. Another wave hit me head-on just as I decided to inhale. Much coughing and choking. I noticed the first orange buoy just ahead, and at the same time notice most of the swimmers have already passed it. After more thrashing about than swimming, the trip out to that point was finally accomplished and I looked forward to an easier journey to the next buoy, as I would no longer be heading directly into the waves. For me, it wasn't noticeably easier. I was already tiring at that point and could still not get any kind of swimming rhythm going.

Then mild panic began to set in. "Where is the second buoy? I can see where the swimmers ahead of me are heading but I can't see the buoy!" Try as I might, because of the waves I couldn't catch even the slightest glimpse of that large orange globe. A bit disconcerting! A few more strokes toward the receding swimmers ahead of me and I began to realize that the task was more than I was prepared for. One of the rescue boats was not far from me and was pulling another straggler from the water. I held a brief conference with myself at that point and decided to call for the boat while it was still close by. And thus I became one of the first to drop out of Burlington's first Triathlon.

A bit dejected because of my abilities (or lack thereof) in the water, I nonetheless enjoyed the rest of the contest as a spectator. The sun was out and it was a perfect day for watching hundreds of splendid athletes battle their way through the  $\frac{1}{2}$  mile swim, followed by a  $6\frac{1}{2}$  mile run and a 23 mile bicycle trek.

One of the definite high points of the day was watching CVR's Murray Banks take overall honors as the first "Ironman" finisher. Indeed, only 4 or 5 teams finished faster than Murray, who completed the three events in 1:56. The third swimmer out of the water in a little over 10 minutes, he admitted to some difficulty with the choppy water and proximity of other swimmers until after passing the first buoy and heading north with the waves coming in from the left. Murray ran the  $6\frac{1}{2}$  mile course in 35 minutes and then picked off his last individual competitor at the 10 mile point of the bicycling event. He finished looking fresh but complaining of an aching back. He's now looking forward to competing in the World

more

Triathlon Championships in Hawaii in October and says that he has become extremely enthusiastic about this type event.

Two Barre-ites, Jeff Shutak and Darlene Duff, also completed the triathlon in impressive times of about 2:47 and 3:09, respectively. Jeff, whom I'd trained with in mirror-smooth Woodbury Lake, also had a lot of trouble in the choppy waters off North Beach. His superior strength allowed him to finish the swim, however, and once back on land he began picking off those who'd finished ahead of him in the water. He finished the run in about 47 minutes, 3 minutes faster than planned, and then continued to pick off the competition in the bicycle event. He finished looking every bit the champ and immediately began making plans for next year.

Darlene was the water nymph, and had no problems in negotiating the  $\frac{1}{2}$  mile swim course in 20 minutes. She gutted it out through the run (her weak event, never having run more than 4 miles before), and was nearly the last bicyclist to begin the 23 mile trek to Shelburne and back. She was once more in an event more to her liking, however, and passed dozens during that event, finishing looking fresh.

With over 400 competitors on short notice in its first year, I predict this event will be far more popular next year, when they plan to hold it at an earlier date and with more advance notice. 1984 will hopefully be the year that Murph learns to swim - I plan to try again next year. It was a very well run event with a real challenge and exciting competition. No way will I miss it!

Bob Murphy

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Graniteville runner Steve Roy took in the Governor's Cup race in Denver, Col. during his recent stay in Colorado. The race finished at the Capitol and finishers received, appropriately enough, a souvenir cup.

Several area runners traveled to Dartmouth for the Marathon and 12.2 mile run. Tim Noonan ran a PR of 2:48 and Bryan Liss was also reported running strong in the marathon. Other area runners in the 12.2 mile were Bob Murphy, Larry Miller, Bob and Marilyn Wilson and Bev Tucker.

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#### Berlin Pond Couples Race

The Fourth Annual Berlin Pond Couples Race was held Sat., October 1. The race, which is a 6 mile loop around Berlin Pond, is sponsored by the Central Vermont Runners Club. The couples part of the race combines a male and a female age and puts them into their respective age categories.

As the race started it was overcast but by the half way mark the sun was out and made it quite warm. The best overall couple was Jim Fredericks and Lisa Bernardin of Burlington (1st.60-79). Jim Dupres and Kerin Dinsmore of Waitsfield (1st.0-39) were close behind, only 29 seconds. There was less than a minute separating the first 4 couples.

In the open male division, Shawn Gardner of Riverton out distanced the competition with a excellent time. Second was John Kosmoski of Shillington, PA. The male masters division was won by Gerow Carlson of Waterbury. There were no female division competitors.

After, the racers were treated to food, drink and prizes donated by area businesses.

BERLIN POND COUPLES RACE  
 Saturday October 1, 1983  
 6 Miles

0 - 39 Couples

1 Kerin Dinsmore 39:15  
 Jim Dupres 34:53  
 1:14:18

40 - 59 Couples

1 Hilary Frost 49:00  
 George Allen 41:08  
 1:30:08

2 Lisa Poster 1:01:10  
 John Malter 1:01:10  
 2:02:20

60 - 79 Couples

1 Lisa Bernardin 41:20  
 Jim Fredericks 32:29  
 1:13:49

2 Amy Valentine 40:51  
 Stephen Herrero 33:51  
 1:14:42

3 Mary Labate 40:15  
 Bob Murphy 34:31  
 1:14:46

4 Ellen Smith 42:18  
 Dennis Curran 35:44  
 1:18:02

5 Molly Corrigan 44:35  
 Jeff Shutak 43:17  
 1:27:52

6 Catherine Koven 45:59  
 Edward Koven 42:37  
 1:28:36

7 Jessie Baker 52:10  
 Gary Cunningham 43:14  
 1:35:24

8 Kurt Wolff 49:00  
 Beth Allen 46:46  
 1:35:46

9 Sandra Shenk 49:57  
 Alan Boright 49:54  
 1:39:51

10 Mary McKeever 53:38  
 Brian O'Regan 52:47  
 1:46:25

80 - 99 Couples

1 Darragh Ellerson 45:47  
 Paschal DeBlasio 42:10  
 1:27:57

2 Bev Tucker 51:43  
 Bob Magne 52:30  
 1:44:13

3 Sarah Shields 54:16  
 Bill Dunkelberger 54:16  
 1:48:32

4 Polli Flanders 1:01:10  
 Ernie Flanders 50:33  
 1:51:43

5 Anne Batten 55:56  
 David Dow 55:57  
 1:51:53

100 + Over Couples

1 Marilyn Wilson 52:27  
 Bob Wilson 43:19  
 1:35:46

0 - 39 Males

1 Shawn Gardner 31:47

2 John Kosmoski 32:50

3 Wade Walker 37:33

4 Glenn Gershaneck 38:41

5 Randy Walker 39:27

6 Bob Howe 39:37

7 Norm Robinson 39:54

8 John Mallery 40:28

9 Richard Atkinson 41:24

10 Ed Handy 42:23

11 Tom Commito 43:52

12 Mel Miller 44:21

13 Seth Diamond 47:10

14 John Schweizer 47:50

15 Sam Cooper 1:16:26

40 + Males

1 Gerow Carlson 38:14

2 Fred Costello 47:50

0 - 39 , 40 + Females

NONE

# Vt. Ex-Marine Beats the Odds To Run a Race

By KATHERINE SPRINGER

The Associated Press

MONTPELIER — Jere Fullerton sets out after work every day in his grey U.S. Marines sweat suit, training for an upcoming marathon like any other dedicated runner.

If he seems to grimace more than most runners when his feet hit the pavement, though, he has good reason.

In recent years the 37-year-old ex-Marine has had a heart attack, two major knee operations, a separated shoulder and a bad back.

That's just the beginning. He's been in two serious car accidents, broken his arm and his foot, had a drinking problem and been overweight.

The man who describes himself as a "basket case" physically, says he has a mission to accomplish.

He is training for a U.S. Marine marathon in Washington, D.C., during which he will carry the names of those who died in the Vietnam War, rolled up on microfilm in two canisters. He is hoping to bury the canisters at the Vietnam Memorial.

"The burying of the canisters is symbolic because it will bury the war for me forever," he said. "And I hope it will do the same for other people."

Fullerton began running in April, and his weight dropped from 194 pounds to 157. He steadily increased his distance, wearing leg braces when the pain became unbearable and taking medication to regulate his heart.

He suffered the heart attack in 1977 and has since been hospitalized two more times for his heart condition. He said he is convinced it was at least partly the result of the stress caused by the war.

Since the war, he has suffered numerous injuries and had all the cartilage taken out of both of his

knees, he said.

"I'm really a basket case in that sense," said Fullerton, who works as a heating technician for a fuel oil dealer.

He said he is determined to finish the marathon, at which his 18-year-old son, a Marine recruit himself, will be watching from the sidelines.

A deeply religious man, Fullerton's voice takes on a hard edge when he talks about the war.

"I think it was one of the biggest wastes of time and money," he said. "Look at all the thousands of people who were screwed up over there, and what do they have to show for it? Nothing."

He rattled off the statistics — "57,661 men died in Vietnam, 300,000-plus were wounded, one-third of all the casualties sustained in the Vietnam war were Marines" — and concluded, "I'm running to honor those people."

Fullerton has been working with the offices of Sens. Robert Stafford, R-Vt., and Patrick Leahy, D-Vt., for permission to bury the canisters at the memorial. "They're fairly confident I'll be able to do it," he said.

Despite his opposition to the Vietnam War, Fullerton is unabashedly proud of his service and thinks people like himself have taken a bad rap for a war they didn't create.

Returning from the war, he said he developed a drinking problem, suffered anxiety and insecurity, as well as bouts of severe depression.

Running has helped him pull his life together, and it's worth the pain he's going through, he said.

"It hurts every single time I run, especially on my knees," said Fullerton, who sets out every day in a jogging suit that says on the back, "Viet Nam, 1967-68."

James Garand, a Montpelier chiropractor who has helped Fullerton keep his legs limber for the 26.2-mile run, said he was impressed with his determination to run.

"When he first came in to see me he was very worried he wouldn't be able to do it," he said.

"It's amazing. With so many

adversities against him, it shows how powerful the mind can be."

Fullerton has built up to 22 miles, and feels confident he will complete the race in good time.

"When I get to the finish line with the names of the men in my hands I'll thank almighty God for letting me accomplish that," he said. "I want people to be encouraged not to let their disabilities stand in the way of what they want to do."

Fullerton has been asking for public support to cover the costs of the marathon and printing the names of the war dead. He said any additional money he receives will go to the Vietnam outreach center in Williston.

The Burlington  
Free Press

## CLUB MEMBERS FROLIC AT MONTREAL

The greatest participation by CVR members outside our own races took place on September 25th when more than fifteen members traveled north for the Montreal Marathon. For this runner it was difficult to decide whether the meal the evening before or the race itself was more enjoyable. Those of us staying at the Holiday Inn went downtown and caused a minor disturbance in an Italian spot that served great pasta but no bourbon! Well, beer was the drink of the evening and good fun the order for all. I'm sure the waitress won't forget that crew for awhile.

The highlights of the race itself were performances by two veteran marathoners and four first-timers. Leading the group was Kim Maloney. Kim ran a personal best time of 2:46 which qualified him for the 1984 Boston Marathon. His 6:33 minutes per mile pace isn't much slower than my best pace for a 10K and I can't imagine even running that fast.

Perhaps an even more remarkable performance was turned in by Sue Christiansen. Her time of 3:47 was not her best effort ever, but consider the fact she ran the last 10+ miles with a severe stress fracture! The injury was so bad she is still in a walking cast. These of us who saw her hobble back to the hotel wondered how she got back, let alone finished the race.

As mentioned earlier, four runners participated in their very first marathon. Sue's husband, Charlie, finished in a fine time of 3:40, along with another Montpelier runner, Andy Eschen. Tom Slayton, running only his second race of any distance, ran a conservative first two-thirds of the race and finished in 3:52. Tom felt after that he could have run faster and finished better had he not lined up so far back of the starting line. The best performance among the first-timers and also the fastest local female was Jo-Ann Fortier with a time of 3:24. Running at 7:47 minutes per mile her performance was fantastic.

Other CVR members and their times include: Wade Walker- a PR of 3:02, Dennis Curran-3:03, Newton Baker-3:19, Norm Robinson- a PR of 3:21; Merrill Cray- 3:28, Darragh Ellerson-3:39, Pat Deblasio- 3:40, and Bob Paolini- 4:09. Again, if I've left anyone out I apologize.

Questions left unanswered after the race were: How fast can Kim eventually go? How does Newton run so effortlessly? Will Darragh ever slow down? And, will I ever run another marathon? The answers appear to be: As fast as he wants. Sheer talent. No. Probably some day. It was a great weekend and showed what the club is really about. Getting together and having fun!

Norm Robinson



# UNION RIVER SPORTS

About a month ago I was in Union River Sports and was approached by Jack and Warren. They felt the store had been hurt on running shoes business by not offering a discount. They also felt their prices were very competitive with other stores that offer a discount. So to try to recapture some of the market, they would like to send CVR members a mailer on any up coming promotion that they might have and open it a week earlier for CVR member if possible. As of November 1, 1983 they have a list of our crrent membership.

Wade Walker

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