

Central Vermont Runners NEWSLETTER

VOL. 5 JAN.-FEB. 1984 NO. 1



CVR ANNUAL MEETING

THE LOBSTER POT RESTAURANT

JANUARY 14th

This year's annual meeting will take on a new look starting with a cash bar at 6:00 P.M. followed at 7:00 P.M. by an "All You Can Eat" buffet featuring Roast Beef, Ham, and Seafood Newburg, with a full Salad Bar, Veggies, Potato, Rice and also including beverage and dessert. A brief business meeting will follow the buffet and will include election of officers for the upcoming year.

After the meeting, Murray Banks will show his slides of the Ironman Triathlon in Hawaii. (See the brief story of Murray's Ironman in this issue). The Party Room will be available for dancing after the slides. The cost is \$10 each, which covers the buffet, tax and tip. Reservations are needed before Jan. 10th. Please reserve a spot for yourself and spouse or friend by sending the form below to: Darragh Ellerson, Upper North St., Montpelier, Vt. 05602. Remember **NO POST REGISTRATION.** See you there!

DEADLINE FOR RESERVATION JANUARY 10

Name: _____

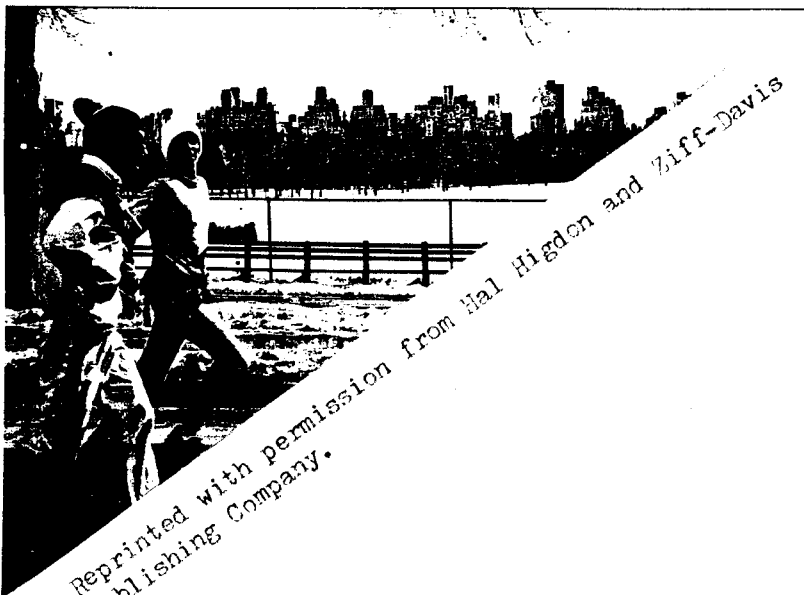
Number Attending _____ Amount Enclosed _____

The Lobster Pot Party Room
Montpelier

Jan. 14th Cash Bar 6 AM Buffet 7 AM

HOW TO SURVIVE THE WINTER

Cold-weather tips on what to wear, where to run, and how to keep smiling through it all.



BY HAL HIGDON
WITH ROYCE FLIPPIN

There's a right way and a wrong way to run in the winter. Ken Young did it the wrong way.

One day in early January 1978 the noted trail runner and road-racing statistician began a simple run up to the top of 9,300-foot Mount Lemmon, outside his hometown of Tucson, Arizona. A storm had come in the day before, but it dropped rain rather than snow on the area and Ken figured it shouldn't make the 18.6 miles of uphill trail any tougher than it already was. But by the time he and his companion reached Romero Pass, 13 miles into the run, they were already struggling through a six-inch covering of snow—and it was getting deeper with every mile.

"We could have turned around," said Young, "but it was six miles up and 13 back, and there was a ski area at the top. What would you have done?" Over the next three miles the trail disappeared, covered by new, wet snow. And as they battled onward—reduced to a slow trudge—a fog was thickening around them.

"We hadn't seen any traces of the trail for 45 minutes and our visibility was about 100 yards," Young recalled. "Finally we worked our way around one outcropping and came onto our own footprints. 'Dennis,' I said, 'we're lost.'"

The two runners had been on the trail for four and a half hours, the sun had disappeared and they were becoming hypothermic. So they did what any winter-toughened trail runner would do: They headed off in a completely dif-

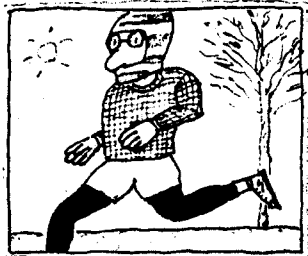
ferent direction. After scrambling down a gully and up to a new ridge they found the trail again, and with no feeling from their knees down the pair stumbled the last two miles to the summit, arriving six hours after they'd begun.

"If we hadn't found the trail within 30 minutes," said Young, "I wouldn't be here to tell about it."

His advice to other runners? "Don't go running with me in the mountains."

Of course we all have our own winter running problems, beyond the mere fact that it's cold. Snow narrows the roads and forces us into conflicts with cars. Ice makes footing difficult and speed work impossible. Shortened days mean we run most workouts in darkness. The race calendar shrinks.

Nevertheless, winter can be survived, provided you *don't* run up mountains. To help you keep mind and body together while waiting for the buds to reappear next spring, here are a few suggestions on doing winter right.



DRESS PROPERLY

Good winter gear should do three things: trap warm air close to your skin, wick your sweat away from your body, and cut the wind. What you want to do is to dress in layers, each one accomplishing a different task.

1. **Polypropylene underwear.** This material contains the lightest fiber known to man. Like most cold-weather technology, polypropylene was originally developed for cross-country skiers. It wicks very efficiently, and keeps its insulating properties very well when wet. Long-sleeved shirts and drawers of this material will keep you warm and reasonably dry without bulk or weight. *Tip:* The turtleneck top is more effective than the crew neck.

2. **Wool.** Also a great wicking material, special "non-itchy" wool garments are available from Protogs, among other companies.

3. **Cotton shirt and leggings.** This layer can be considered optional, but it is useful to absorb the sweat from undergarments. Some runners like wearing cotton long johns over their legs for more freedom than rain suits or warm-ups provide. Warning: Cotton gives almost no insulation when wet.

4. **Rainsuits.** Whether nylon, Gore-tex, or any of the rising PTFE-film competitors of Gore-tex, shell suits break the wind and shed rain or snow. Technology has made these suits ever lighter, and some now come with polypropylene lining built in.

5. **Knit caps.** These are now available in polypropylene as well as wool, cotton and acrylic. The best kind are those that convert into face masks. Running into the wind, pull the cap down for extra protection, or pull on the hood of your rainsuit. A polypropylene balaclava, or head wrap, is even more versatile, since it can be worn as a cap or wrapped around the neck.

6. **Mittens and gloves.** In coldest weather, try polypropylene gloves covered by Gore-tex mittens, or check the discount stores for wool mittens that fit into leather shells. On mild days leave the shells home or take up the Bill Rodgers cotton-glove look.

7. **Down vest.** On the coldest days of the year, this last layer can make the difference between charging out the door or staying in front of the TV.

8. **Panty hose.** If you're contemplating a cold-weather race, hose gives some protection with maximum freedom of movement.

9. **Studded shoes.** For better traction use heavier shoes with a well-defined tread. Open-mesh shoes, supposedly designed for summer, dry fastest—though some runners find their feet get too cold wearing them. Wear a single pair of socks so as not to impede circulation.

10. **Gaiters.** A plastic bag opened at each end can be attached around ankle and calf with rubber bands, and will protect your socks from the worst of the slush.

11. **Reflective material.** Essential for the dark afternoons of winter. A number of rainsuits and shoes now come with built-in reflective materials. Vests and portable lights are also easy to find. The best reflective substances are a polycarbonate material developed for the space program, which cars can theoretically see from a half-mile away, and 3M's "Scotch-Lite."



RUN WITH THE FLOW

The key to running outdoors in winter is: Don't fight the weather. With ice and snow covering the roads you won't be able to run as fast as in the summer, so why not treat the winter as an LSD training period? I've always thought the reason the northern states have produced so many of our top runners is precisely because they are forced to take this easy period every year. I often overdress in winter just to slow myself down.

The following commonsense tips should also be kept in mind:

1. **Warm up inside.** Some stretching and calisthenics in your home will raise your core temperature and make running easier once you step out the front door.

2. **Begin your run going into the wind and return with the wind at your back.** Doing the reverse not only means fighting the wind when you're tired, but the turnaround can expose you to a sudden chilling temperature drop after you've already built up a sweat. Remember, too, that cold wind blowing directly on your face can actually decrease your ability to utilize oxygen.

3. **Watch your footing.** Ice or light snow can cause a fall, or even aggravate knee and hip injuries as you alter your foot plant on the slippery surface. Keep your stride short and avoid potential danger spots such as exposed hills, unshoveled sidewalks and areas near stop signs. Sanded roads will offer the best traction. Also look for slightly irregular surfaces such as tire tracks or light coverings of frozen, broken snow that can give better footing.

4. **Be selective in choosing courses.** Snowbanks piled along the roads leave less space for runners and automobiles to share. Winter is a time to explore less-traveled roads and residential neighborhoods in your area. Use common sense here, though, because the small roads may ice over several days after a snowstorm—just as the busier streets are beginning to clear up.

5. **Be a defensive runner.** Darkness comes early in winter, and cars can't respond as quickly on wet or snowy roads. What's more, you'll be bundled up with a cap over your ears, and probably be less aware of what's going on around you. Plan your afternoon or evening runs so that the later, darker miles find you on roads with light traffic. Wear reflective gear and don't expect cars to see you. Although it's usually wise to run facing traffic, I often adopt the "365-degree swivel neck" on winter evenings. If a car does come too close you may have to take a short run up a snowbank—but it beats the alternative. Keep an eye out, too, for cars driving through puddles—unless you like cold baths in mid-run.

HYPOTHERMIA AND FROSTBITE

Hypothermia occurs when your core body temperature drops, eventually causing loss of muscle coordination and mental disorientation. After a point the process is irreversible, and as Ken Young feared, you can die from it if you're unable to get to a source of heat in time.

If you're well-dressed and running continuously, your body should produce enough heat that hypothermia won't be a danger. But runners have been known to get into trouble, especially on very long runs where exhaustion sets in and they are far from civilization, or if their clothing gets wet. If you're planning a long winter run away from inhabited areas, don't go alone, and if you notice that you are stumbling or your fingers are becoming clumsy or you feel a persistent chill, turn back for home. Bringing an emergency high-carbohydrate snack along is also a good idea.

Should you develop hypothermia, dry yourself off and wrap yourself in a sleeping bag or blanket as soon as possible. In extreme cases a physician should be called.

Frostbite is a freezing of the fluid in your skin cells. It usually happens to exposed skin, such as on the face or hands, and shows up as a hard white patch. Frostbitten extremities should be treated by rapidly rewarming in water at 100°-108°F. This is best done by a doctor.

How cold is too cold? Well, first you should take the wind chill into account. For instance, a 15-mile-per-hour wind can make 20 degrees feel like five below, ten degrees feel like 20 below, and can turn a bearable zero-degree into a 30-degree-below-zero killer. A perceived temperature of 25 below zero will find you on the threshold of the danger zone in which exposed flesh freezes within one minute. At a perceived temperature of 75 below, flesh freezes in half that time.

Here are last winter's lowest recorded temperatures for eight cities:

Chicago: 3°F
Cleveland: 5°F
Denver: -7°F
Kansas City: 3°F
Minneapolis: -8°F
Montreal: -11.5°F
New York: 12°F
Seattle: 27°F



OFF-THE-ROAD RUNNING

If you're an experienced runner you may want to venture off the sloppy roads and challenge the natural terrain. Snowy fields and trails can be exhilarating training courses, and as the snow increases so does the fun. "Snow-bounding" is also a great resistance exercise, like running in water. You should be familiar with the ground you're running over, since an unexpected hole or rock can spell disaster. Golf courses are perfect. It would be wise to take a friend along on these jaunts. And if you're using a cross-country ski trail, be sure to stay well away from the ski tracks.

FIND AN ALTERNATE OUTDOOR WINTER SPORT

Instead of battling winter, join it. If you become involved in any of the following activities, you'll cheer when the weatherman predicts snow.

1. *Nordic (cross-country) skiing.* Probably the best winter activity for distance runners. Because it uses both the upper and lower body, cross-country skiing may be the most demanding cardiovascular activity in the world. (Legendary Swedish skiing champion Sven Oke Lunddeck was reported to have a maximal oxygen uptake of 94 ml/kg/min., compared with Steve Prefontaine's 84, the highest ever measured among runners.) It is also excellent for developing your upper-body strength and your calf muscles. You may find that a winter of skiing can actually improve your running speed. What's more, stress injuries are almost unheard of in the sport, and it's also probably the warmest outdoor activity you can find. Top-level skiers often wear only a skin-suit of polypropylene.

Beginners may want lessons to get the gliding technique down. Equipment can be purchased for less than \$100. Experts suggest buying the lightest possible equipment and starting your training on relatively flat terrain. *Tip:* Try a mixed training regimen, skiing some days and running others. When you switch back to full-time running, make the transition gradual. Your lungs could be in condition to push your body faster than your tendons and joints are ready for.

Would-be competitors may want information on North America's largest Nordic ski race, the American Birkebeiner, scheduled for February 25, 1984. Write: American Birkebeiner Race, Cable, WI 54821, or call (800) 472-3001 (in Wisconsin) or (800) 826-4011 (out of state).

2. Snowshoeing. Minnesotans Janis and Barney Klecker are examples of top-notch marathoners who snowshoe not only during the winter, but in summer as well! "We've found that if we have an Achilles or hamstring strain, or a foot injury, we can go out on the golf course even without snow, and train in snowshoes with no pain," says Barney Klecker. "The shoes have a lot of padding and cut your stride down by eight to ten inches." He advises using smaller "racing snowshoes" with ankle guards.

In winter the Kleckers work out two to three times a week on packed snow, going anywhere from three to 15 miles at a pace as fast as six minutes per mile. "We also like to get out at least once a week in deep snow," Klecker says. "We never go over three miles, running a quarter-mile at a time then stopping to recover. Our heartbeats get unbelievably high, and it's tremendous for the quadricep muscles."

If you're interested in racing or general information, contact the International Snowshoe Federation: 7154 Shady Oak Rd., Eden Prairie, MN 55344; (612) 474-4461. The Kleckers also manufacture their own snowshoes and sell them for \$127.30 a pair (including bindings and ankle guards). Contact them at: P.O. Box 4039, Hopkins, MN 55343. Snowshoes can be obtained through mail-order houses or at fishing and hunting supply stores. They range in price from \$60 to \$100 for the shoes, and \$15 to \$50 for the bindings.

3. Alpine skiing. It's expensive, technically difficult, frequently dangerous, and with virtually no muscle specificity to running. Still, if you ski the mountain hard enough, alpine skiing offers more cardiovascular benefits than you'd think. It's also a lot of fun. *Tip:* Take lessons before you start.

4. Shoveling snow. We're serious. Because the blood vessels in your arms are smaller than those in your legs, your heart actually works harder shoveling snow than running. This is why Dick Beardsley, recovering from an Achilles tendon injury, was recently seen up in Rush City, Minnesota doing "aerobic shoveling" from one side of his driveway to the other. ("The folks around here always thought I was nuts," he said, "but now they know for sure.")

This is also why, if you have any doubts whatsoever about your heart, your overall fitness or your upper-body condition, you should use extreme caution in this activity.



So skiing frightens you and you hate the cold. Maybe you can run inside.

1. An Indoor Track. The most logical place to run indoors. To find a good one, check colleges and universities in your area. If you can find a 200-meter oval you're in luck. Health clubs and YMCAs often have smaller running tracks—though occasionally you'll find a runner's dream such as the East Bank Club in Chicago, where you can run on a 400-meter circuit year round.

Indoor tracks sometimes have banked turns, which are fine for running the quarter-mile but can be tricky to negotiate at seven-minutes-per-mile pace. You may need some practice to avoid falling off the inside. Some tips for running indoors: switch directions every mile or so to avoid overuse on one side of the body; unless you're doing speed work, leave the inside lane to faster runners; wear shoes with snug-fitting heels, or you'll find your feet slipping uncomfortably; when doing speed work, think twice about wearing spikes, because they'll increase the stress on your lower legs; if the place is crowded, remember to yell "track" when you want the runner in front of you to let you pass and respond in kind.

Begin your indoor program slowly, for the tight turns and new surface will put unaccustomed demands on your legs. *Tip:* To break the monotony of running in a small circle you may want to invent fartlek games, such as surging the straights or throwing in a pickup at various intervals.

2. Odd places. The oddest place we've run indoors is a quarter-mile covered bridge over the Mississippi River near the University of Minnesota. Kansas City has caves, while New Yorkers have been known to run in subway stations. Not all high schools have indoor tracks, but most have long corridors—as do hotels, if you're traveling. *Tip:* Strike up an acquaintance with a shopping mall security guard who will let you in at 2 A.M.

3. Treadmill. Steeplechaser Henry Marsh has a \$3,000 treadmill in his basement paid for by Nike. Run as fast as Henry and maybe some shoe company will offer you one. Sportech Inc. of Cleveland sells their World Class Aerobic Trainer for \$1,995. Or build your own. Ron Daws did in 1967 and it only cost him \$50. *Tip:* Place your apparatus near a television, stereo or some other boredom-fighting device.

4. Up staircases. Perfect for apartment dwellers, except that it's hard to put much distance in, and the activity tends to turn anaerobic very quickly. Be wary of sore knees from this activity—and don't run back down the stairs unless you feel like limping for a few weeks or more.

5. Jogging in place. Emil Zatopek did it on top of a pile of laundry. If you lift your knees high enough and fast enough you'll get some cardiovascular benefit from this, but the action isn't really running-specific, and some physiologists feel it results in more pounding than the real thing.

FIND AN ALTERNATE INDOOR SPORT

If you tire of running in circles, supplement it with another undercover interest.

1. *Swimming.* Certainly the best indoor activity for distance runners. Swimming lets you maintain cardiovascular fitness and improve upper-body strength while allowing your summer injuries to heal. Check local colleges, high schools, YMCA/YMCAs and community centers for a pool. You can swim straight distance for an LSD effect, but as you increase in strength you may want to raise your heartbeat more by swimming intervals. A sample workout: five to ten x 50 yards, allowing yourself 90 seconds for the repeat plus the rest interval. *Tip:* If you're hard-core, ignore the stares of swimmers and "run" in the shallow end of the pool.

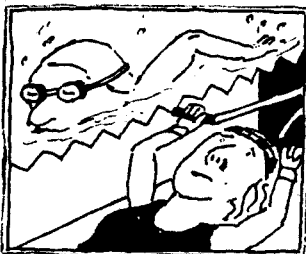
2. *Exercise bicycle.* Good in combination with swimming since you can exercise aerobically while working on lower-body strength, this activity also carries over more directly to running. Exercise bicycles vary in price from \$250 to over \$2,500 and fit easily in your basement or bedroom. *Tip:* Many bikes come with a digital readout of your pulse rate, allowing you to monitor your work level.

An ergometer (rowing machine) can also provide an excellent cardiovascular workout.

3. *Jumping Rope.* As any boxer knows, this is hard work. Your biggest problems will be technical (keeping the rope going for more than ten times in a row) and physical (keeping yourself going for more than a minute or two). Start this exercise gradually.

4. *Weight lifting.* Winter rest days can be the perfect time for power training. Joan Benoit and other top runners use Nautilus as a regular part of their training. Some runners prefer free weights, which require more integrated coordination of the muscles. Either way, a program that moves rapidly from one muscle-group exercise to another can contribute to cardiovascular fitness as well as build muscles. For distance runners, weight training should concentrate on explosiveness and multiple repetitions rather than heavy weights. Explore local YMCAs and health clubs for a good weight room supervised by an experienced instructor.

5. *Calisthenics.* Sebastian Coe prepared for his world records with strenuous workouts involving push-ups, sit-ups, bench steps, rope climbing and the like. This winter could be the time to start that supplemental exercise routine you've been planning on.



TRY A NEW PATTERN

One reason winter may prove difficult for runners is that they fail to adapt their training programs to the realities of running in the cold. One way to get around shortened days is to stack most of your mileage on the weekend when you can run midday. And take a day or two off to rest before and after each weekend binge. Consider the following training pattern:

1. *Sunday.* The traditional Sunday long run at an easy pace.

2. *Monday.* Total rest. Possibly weight lifting.

3. *Tuesday.* Easy run, or alternate activity such as swimming or exercycle.

4. *Wednesday.* Hard medium-long run or interval workout on indoor track.

5. *Thursday.* Easy run or alternate activity. Possibly weight lifting.

6. *Friday.* Total rest.

7. *Saturday.* Hard medium-long run or race.



PLAN A FAIR-WEATHER RUNNING VACATION

It's amazing how survivable winter becomes when you've spent a week running in the sun. Here are several warm-climate races that might form the focus for a mid-winter vacation.

Paradise Bluewater Half Marathon. Nassau, Bahamas. December 3. Contact: Bluewater Run, P.O. Box 962, Hialeah, FL 33011; (305) 442-4850, (800) 327-7678. One of the most beautiful courses in existence.

Honolulu Marathon. Honolulu, HI. December: 11. Deadline November 1. Contact: Honolulu Marathon Assoc., P.O. Box 27244, Chinatown Station, Honolulu, HI 96827; (808) 734-7200. The most popular runner's vacation going. Fireworks at the predawn start. The luau come afterwards.

Jamaica International Marathon and 10K. Montego Bay, Jamaica. January 13 and 14. Contact: Sunburst Holidays, 4779 Broadway, New York, NY 10034; (800) 223-1277. Head down on your own (race-day registration is permitted) or opt for the tour package, featuring two days of pre-race seminars and a beach party.

Mission Bay Marathon. San Diego, CA. January 15. Contact: End of the Line Race Consulting, P.O. Box 1049, Coronado, CA 92118; (619) 437-4556. Flat, fast course for a race with a history going back 20 years. Temperatures are consistently around 70 degrees.

Race of the Americas (10 Km). Miami, FL. February 4. Contact: Runners International, 10585 S.W. 109 Court, Suite 207, Miami, FL 33176. Salazar set the American record here in 1983. Spend several days at the beaches, visit the Miami Zoo and Parrot Jungle, then head to Tampa for the following race.

Gasparilla Distance Classic (15 Km). Tampa, FL. February 11. Contact: Jack E. West, Gasparilla Distance Classic Assoc., Inc., P.O. Box 4881, Tampa, FL 33601. Fast course; arrive three weeks early and you can attend the Super Bowl.

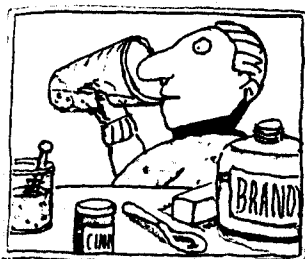
Galveston Marathon. Galveston, TX. March 4. Contact: Dan Dick, Marriot's Hotel Galvez, 2024 Seawall Blvd., Galveston, TX 77550; (800) 231-6399. Beautiful run through historic Galveston and along the Gulf of Mexico; one of the flattest marathon courses in the United States.

Azalea Trail Race (10 Km). Mobile, AL. March 10. Contact: John Vetter, Port City Pacers, P.O. Box 16907, Mobile, AL 36616. In addition to its famous southern hospitality this race offers a big field, top runners, good organization, and the scent of blooming azaleas as you run.

Maui Marathon. Kahului, HI. March 4. Contact: Gerald Horton, Valley Isle Road Runners, P.O. Box 888, Kihei, HI 96753; (808) 242-6042. Course follows scenic route from Hahului, past the historic whaling town of Lahaina and finishes at Kaanapali Resort. Whales often can be seen while running.

The Sun Run (15 Km). Tucson, AZ. March 11. Contact: Phil Stanforth, P.O. Box 40728, Tucson, AZ 85717; (602) 621-4407. Flat and fast course at a time of year when the weather is ideal and the desert is in bloom.

Jacksonville River Run (15 Km). Jacksonville, FL. March 17. Contact: Doug Alred, River Run 15,000, 1545 University Blvd. W., Jacksonville, FL 32207; (904) 739-1917. Parade and live music plus Runner's Expo.



TAKE HOT STUFF

I've found two hot drinks that are great after a cold-weather excursion. One is hot blueberry soup, a traditional treat after cross-country ski races. The soup is available in a prepackaged mixture from Dalcott Corp., Box 181, Wattertown, NY 13601; (315) 782-3223.

My other favorite is a recipe for hot apple cider I borrowed from the Baltimore's Maryland Marathon:

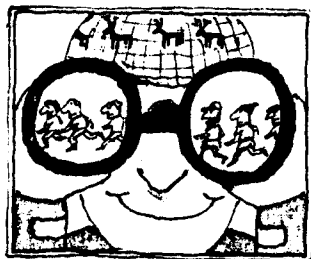
- 2 qts. apple cider
- 2 cups water
- ½ cup brown sugar
- ¼ cup lemon juice
- ¼ tsp. ground nutmeg
- ¼ tsp. salt
- 1 tsp. whole cloves
- 1 tsp. whole allspice
- 2 three-inch cinnamon sticks

Combine ingredients in large kettle. Cover and bring to boil. Reduce heat and let simmer for 15 minutes. Strain out cloves, allspice and cinnamon.

Finally, for those suffering from mid-winter colds, a drink developed by former boxer-turned-marathoner Scott Ledoux. It's a favorite among his fellow Minnesotan runners:

- ¾ cup hot water
- ½ tsp. butter
- pinch of cinnamon
- 1 tsp. honey
- ½ shot of brandy

Take just before going to bed.



ATTEND AN INDOOR TRACK MEET

If winter keeps you from running as much as you'd like, you can always watch others run. Here is a listing of major indoor track meets for 1984.

K of C Saskatchewan Games. Saskatoon, Sask. December 28, 29, 30, 1983. Bob Adams, 1926 Hautain Ave., Saskatoon, Saskatchewan, CAN S7J 1P3; (306) 343-6703.

Dartmouth Relays. Hanover, NH. January 6, 7, 8. Karl Wallin, Dartmouth College, Hanover, NH 03755; (603) 646-2848.

Ottawa Citizen Indoor Games. Ottawa, Ont. January 13. Pat Reid, Box 460, Russell, Ontario, CAN K0A 3B0; (613) 445-5567.

East Coast Invitational. Richmond, VA. January 13, 14. Richard Hollander, 2884 Braidwood Road, Richmond, VA 23225; (804) 272-3544.

Sherbrooke Mondo International. January 15. Sherbrooke, Queb. January 15. Jean-Guy Ouellette, Sports Center, Univ. de Sherbrooke, Sherbrooke, Quebec, CAN J1K 2R1; (819) 565-5695.

Sunkist Invitational. Los Angeles, CA. January 20. Al Franken, 8530 Wilshire Blvd., Beverly Hills, CA 90211; (213) 655-9326.

Eastman Invitational. Johnson City, TN. January 20, 21. David Walker, Athletic Dept., East Tennessee State University, Johnson City, TN 37601; (615) 929-4274.

Wanamaker Millrose Games. New York, NY. January 27. Howard Schmertz, 99 Park Ave., New York, NY 10016; (212) 682-6200.

Rosemont Horizon Games. Rosemont, IL. January 29. Willye White, 7221 South

Calumet, Chicago, IL 60619; (312) 651-8267.

Albuquerque Jaycee Invitational. Albuquerque, NM. February 3. Ken Hansen, 5505 S. Emporia Circle, Englewood, CO 80111; (303) 321-0785.

Mason-Dixon Invitational. Louisville, KY. February 3. William Hawks, 8508 Blossom Lane, Louisville, KY 40222.

Dallas Times Herald Invitational. Dallas, TX. February 4. Ted McLaughlin, Moody Coliseum, P.O. Box 216, Dallas, TX 75275; (214) 692-3575.

Los Angeles Times Indoor Games. Inglewood, CA. February 10. Will Kern, Special Events Dept., Los Angeles Times, CA 90053; (213) 972-5771.

Vitalis/U.S. Olympic Invitational. East Rutherford, NJ. February 11. Raymond Lumpp, 195 Broadway, Mezz. Level, New York, NY 10027; (212) 608-7710.

Michelob Invitational. San Diego, CA. February 17. Al Franken (Sunkist).

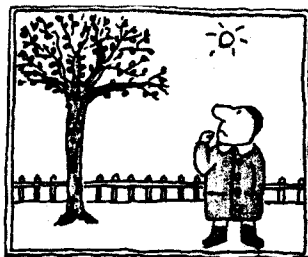
The Toronto Star Indoor Games. Toronto, ONT. February 17. Paul Poce, 29 Arcadian Circle, Toronto, Ontario, CAN M8W 2Z2; (416) 259-9195.

Cleveland K of C Track Meet. Richfield, OH. February 18. L. Seifert, P.O. Box 91654, Cleveland, OH 44114; (216) 621-1093.

U.S.A./Mobil Indoor T & F Championships. New York, NY. February 24. Heliodoro R. Rico, TAC, P.O. Box 4301, Grand Central Sta., New York, NY 10017; (212) 421-2554.

Footlocker Track Classic. San Francisco, CA. March 2. Jim Terrill, P.O. Box 764, Los Altos, CA 94022; (408) 253-0586.

NCAA Indoor Track and Field Championships. Syracuse, NY. March 9-10. Carrier Dome Ticket Office, Syracuse University, Syracuse, NY 13210; (315) 423-2121.



WAIT FOR SPRING

Spring is scheduled to return on Wednesday, March 21. Post the date above your bed and if you survive until then, better days of running are ahead.



Murray Banks moved up through the field of 939 starters to finish 42nd in the "Ironman" Triathlon in Hawaii. Murray was 200th out of the ocean after the 2.5 mile swim, and during the 6 hrs. 6 min. bike "ride" (112 miles), he picked up 80 places, moving into 120th place. Showing his strong running background, he then ran a 3 hr. 23 min. marathon. Randolph area runners and friends supported the trip in part by sales of "Murray Banks" t-shirts.

With a time of 69:34, Darragh Ellerson was 2nd place "old lady" at the Eastern Regional 15K held in Schenectady, N.Y.

Showing their diverse talents, Gerry and Phil Carlson made a worthwhile trip to the Albany area to compete in the HMRRC Sextathlon. Phil took 1st place in the long jump, frisbe toss, quarter mile and softball throw only to lose out on 1st place by one point. The other events include 1 and 2 mile runs. Gerry brought home 1st in the masters division.

Jere Fullerton reports his successful completion of the U. S. Marine Corp Marathon; made even more memorable by meeting and running with TV newscaster, Ted Koppel.

Tom Potter from Northfield, traveled to Buffalo, N.Y. for the Skylon Marathon on Oct. 15. Out of 1500 starters, Tom finished a strong 46th overall (12th in men 30-34) with a time of 2:47:36.

Molly Corrigen recently finished the Newport Marathon in 3:27:16. Other CVR members were planning to attend but no other finishes were reported.

Burlington Road Races Leddy Park

New Year	Jan. 29, 1984	5 km. & 10 km.	1: p.m.
Cabin Fever	Feb. 26, 1984	5 km.	1: p.m.
March Out	Mar. 25, 1984	8 mile	1: p.m.
April Showers	April 29, 1984	10 km.	1: p.m.
Spring Showers	May 27, 1984	5 km.	10: a.m.
Life Be In It	June 24, 1984	5 km. & 10 km.	10: a.m.

Registration:

One half hour before race.

Fee: \$2.00

Age Groups:

Male & Female: 12 & under,
18 & under, 19-29, 30-39, 40-49,
50 & over.

Race Shirts \$4.00

Department of Parks and Recreation
Burlington, Vermont
864-0123



Dear Friend,

Central Vermont Runners was organized in the Spring of 1980 to satisfy the need for a local club to serve runners in the Montpelier, Barre and surrounding areas. CVR seeks to promote running in all its facets; for fitness, fun and competition. Runners of all abilities are welcome; both young and old, male and female, beginner and veteran.

CVR is a member of the nationally-based Road Runners Club of America (RRCA) and sponsors the popular Montpelier Summer Fun Run program, as well as several races and other running-related events in the Central Vermont area.

Benefits of membership include the quarterly RRCA publication "Footnotes" limited race entry blank service, and periodic club newsletters and race schedules. The greatest benefit, however, is the joy of sharing good times with fellow runners and friends.

Club members are expected to make some contribution to running other than their own training and participation in races. This can be done by serving on club committees, helping out at club functions, assisting at fun runs and races, etc.

Sincerely,

Darragh Ellerson, CVR President

Executive Committee

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

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



ANNUAL MEMBERSHIP - RENEW OR JOIN

- Rates: \$4 for single member
\$4 plus \$1 for each additional member for family membership
\$6 for CVR T- shirts (a new supply is now in)

Send membership fee and completed form to:

Darragh Ellerson
Upper North St.
Montpelier, Vt. 05602

CENTRAL VERMONT RUNNERS - Membership Form

Last Name First Name Middle Initial

Street City/Town State ZIP

Date of Birth _____ Sex _____

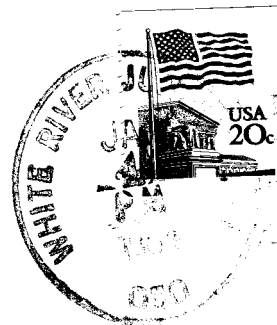
Phone No (Home) _____ (Office) _____

T-Shirt size: S M L XL

Dues Paid: 80 81 82 83 84 85 86 87 88

Additional Members _____

CENTRAL VERMONT RUNNERS
c/o Bob Howe
RPD#1
Graniteville, Vt. 05654
address correction requested



National Running Data Center
Box 42888
Tucson

AZ 85733

