

✓ Central
Vermont
Runners
NEWSLETTER



VOL. 5 MARCH 1984 NO. 2

RUNNING NOTES
by
Jeff Shutak

Greetings to all winter runners and those of you contemplating starting your winter and spring training programs. Traditionally it has always been the robin which denotes the arrival of Spring, but, my first sure sign is when I can shed my long johns, cotton sweats, turtleneck, gloves, hat and two pair of socks for a pair of shorts and T-shirt and head for a long run.

To methis has been a particularly difficult winter to run in. Snow arrived in late October and stayed! It is just barely starting to warm up after endless weeks of sub freezing temperatures; that means slush and puddles. But, I believe, the worst is behind us.

The coming season promises to be an exciting one with the return of the ever popular Tuesday evening Fun Runs, the usual spring/summer racing favorites: (Bear Swamp, Howard Bank 10K, Montpelier 10 miler, Caspian Lake Runaround, etc.) and an extra added feature.... "The First Annual Leaf Peepers Half Marathon".... to be run on October 7 in Waterbury. This promises to be a "biggie" with hopes of developing into one of the premiere races in New England. If you do not plan to run it, your assistance would be appreciated at the start/finish line and other key spots in the race. More on this later.

An extra added "bonus" which should be fun for all interested club members: is a planned 'trackmeet' with the Spaulding High School track team. I have spoken to the Track Coach, Mike Law, at Spaulding and he is very enthusiastic about this. It is tentatively scheduled for sometime in April. Keep watching this column for more details and begin making plans to participate. Several comments have been made from some unnamed Spaulding students about us being "blown off the track" but we shall see! I am sure we can come up with some surprises of our own.

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It looks like Henry Marcy is already training for that track meet at Spaulding. Henry reports a 5:25:38 for a first place in the Harvard Alumni Masters Mile held at Harvard's Indoor Track February 18, 1984.

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HELP WANTED, in gathering information for upcoming newsletters. Please send in news of upcoming races, race results, stories, training tips, cartoons, photographs, or anything about running. Finished articles or handwritten notes are both ok. When you are at a race, ask the race director to send me the results. Thanks!

* Deadline for the April Newsletter *
* April 2 *

Next CVR Meeting

Future meetings will be held on the third Monday of each month. The March meeting will be held on the 19th at 7PM at The Central Vermont Hospital Conference Room #3. Be there and help plan upcoming club events.

Annual Meeting

Over 60 CVR members and guests enjoyed an excellent meal, meeting old friends, and Murray Banks' great program on The Ironman Triathlon; at the annual meeting held at the Lobster Pot. Murray and Jane's talk and picturesque slides were inspirational as well as entertaining. Thanks again to the Banks.

The Women's Sports Foundation, a non-profit group based in San Francisco, offers answers to your questions on women's participation in sports. If they don't know the answer, they promise to help you find the answer. Call toll free, 1-800-227-3988 Mon. thru Fri. from 9 am to 5 pm (PST).

VALENTINE TRIATHLON

The first (hopefully annual) Valentine Triathlon was held on Sunday, February 12, 1984. This was, for me, an interesting and fun race as I never participated in an event which included a half mile of swimming in the middle of February. But the notice caught my eye and I registered.

Besides the half mile swim (which incidentally was held at Wedgewood Pool) the course consisted of a 2 1/2 mile cross country ski, at the Montpelier Elks, and a 3.5 mile run from the Elks Club to Wedgewood - mostly uphill. For a first time event and with short notice there was a very good turnout. Pat & Byron Hill are to be commended along with: Onion River Sports, Wedgewood, Montpelier Elks Club, CVR and others whom I may have neglected to mention for organizing a fine event to break up the doldrums of winter.

I will not dwell on my own experiences except to say if God had intended us to ski we would have been born with 108 cm feet. (I lost count after the seventh time I fell and I heard the word "track" so many times I thought it was my name.)

Murray Banks, the Hawaiian Ironman, from Bethel won the Triathlon in a very impressive time of 51:49 for individual men and best overall time. Mary Osterberg took the female individual in a time of one hour and three minutes. Team winners were:

Male Team - Murphy, Justice and Millar
(Bureaucrats Unlimited) 53:18

Female Team - Hill, Amy, Smith, Ellen 1:07:45

(Complete race results follow)

All in all I would again participate in this race were it held on a yearly basis. I believe it is an excellent opportunity to have a lot of fun, and to test ourselves mentally and physically in the ever growing "sport of the 80's" TRIATHLONS!


Jeff Shutak

WEDGEWOOD MASTER SWIMMERS CLUB VALENTINE TRIATHLON-FEB. 12, 1984-9:00a.m.-sunny-40's
 2.5 mile X-C ski, 3.5 mile run(uphill), .5 mile swim

#	NAME	time	division	P.O.	P.D.
1	JOE MCENTYRE	1:17.49	M 30-49	15	5
2	THUNDER THIGHS(SMITH, MALONEY, EPSTEIN)	58.30	MT 30-49	IV	2
3	MARC GILBERTSON	1:03.19	M 17	4	1
4					
5	ZOE ERDMAN	1:14.18	F 18-29	12	3
6	GINNY LYPSON	1:20.36	F 18-29	16	6
7	ED (BLOOD & GUTS) BLANCHARD	1:29.00	M 30-49	19	6
8	RANDY WALKER	1:06.09	M 18-29	8	2
9	JACK-HILL scratch				
10	ROWAN, PREMO, ROBERTSON	57.19	MT 17	III	2
11	EVAN LOVELL	1:22.05	M 17	18	2
12	CHRISS LOVELL	1:12.36	M 30-49	11	4
13	JEFF SHUTAK	1:20.50	M 30-49	17	5
14	KNOW IT ALLS (HILL, TOSI, CODLING)	1:11.01	MT 14	XI	1
15	GCH (GIDNEY, GIDNEY, HUTCHINSON)	1:13.23	FT 18-29	XII	2
16	U-32 #1 (FITZGERALD, SHATTUCK)	1:03.40	MT 17	V	3
17	JANE BANKS	1:04.58	F 30-49	6	1
18	MURRAY BANKS	51.49	M 30-49	1	①
19	CZAPLINSKI, RICHMOND, MURPHY)	56.06	MT 17	II	1
20	ESTHER SALMI	1:08.34	F 30-49	10	2
21	RAW NERVE (MCLELLAN, AITCHISON, FLYNN)	1:09.48	MT 30-49	X	4
22	MSB (TOSI, MORSE, CODLING)	1:05.06	MT 17	VIII	4
23	RUTH EINSTEIN	1:17.41	F 18-29	14	5
24	MURPHY, JUSTICE, MILLAR (BUREAUCRATS UNLIMITED)	53.18	MT 30-49	I	①
25	"R" TEAM (HOWE, LAGALA, CZAPLINSKI)	1:04.56	MT 30-49	VII	3
26	MARY OSTERGREN	1:03.07	F 18-29	3	①
27	KEITH WOODWARD	1:00.21	M 30-49	2	2
28	ALICE GOODWIN	1:08.05	F 18-29	9	2
29	REGIS CARVER	1:04.56	M 18-29	5	1
30	SAWYER, SLOPEY, BROWN	1:04.34	MT 18-29	VI	1
31	HILL, AMY; SMITH, ELLEN	1:07.45	FT 18-29	IX	①
32	R. WOLKOMIR	1:05.15	M 30-49	7	3
33	GRANNYVILLE FLASH (ANGIE BURKE)	2:06.51	F 30-49	20	3
34	BECKY SMITH	1:16.55	F 18-29	13	4

P.O.-place overall
 P.D.-place in division

X-C SKI LEG TIMES

#		
2	16.21	21 19.03
3	16.28	17 21.13
10	16.04	25 17.15
5	19.27	15 22.34
18	14.24	23 19.27
12	17.48	30 17.22
19	14.15	32 16.34
1	23.55	28 18.36
8	21.04	14 26.13
16	17.08	31 18.58
24	14.37	13 28.33
20	16.53	34 20.53
27	13.45	7 35.59
22	16.45	33 51.35(on snowshoes)
11	22.10	
29	13.35	
6	25.52	
26	16.46	

Sorry that we did not get splits on the run and swim legs. Next time we'll do better. Sorry too for the mix-up in results, again, we'll do better next time.

THANKS FOR COMING!



BURLINGTON WINTER FESTIVAL SKI RACE

by

Bob Murphy

The weather was cold and blustery, but it didn't deter the 50 or so hard souls who showed up at the Dockside Cafe for a quick run through the streets of Burlington. Although the entry fee, at \$5, was a bit stiff for a 5km race, it did include a handsome T-shirt for each entrant and a chance on a drawing for a free trip to Montreal.

Warming up before the race made me realize just how cold that north wind was. I vacillated for the next fifteen minutes: "Should I wear my warmup suit or not?" Taking my cue from some of the other runners, I decided to shed my outer layers, leaving a long-sleeved cotton shirt to protect my arms and thighs on my legs. It turned out to be all I'd need for such a short race in the sun.

The starting gun sounded and the crowd took off like a shot. "Tough group, these Burlington runners!", I thought, as I headed up Maple Avenue. The first third of a mile was uphill as far as South Union Street, and the pace slowed as the group neared the intersection. At South Union we turned north into the wind, but the uphill climb had warmed me so I didn't mind it a bit. I felt much better than I thought I would for a race in February, as a matter of fact, and as soon as I headed up South Union I began to pick up the pace. Down the street about a half a block ahead of me was the lead pack and I began to pick off the stragglers between them and me. Within a block the only person between the leaders and me was Dean Bumstead, whom I had yet to catch in a race. Another block and it was apparent that Dean was either having an off day or his winter training was more skiing than running. "Never look a gift horse in the mouth", I thought, and within a few more blocks I had caught and passed him. Now THAT was good for my ego and I was able to pick up the pace a bit more.

Even though I had passed Dean, I wasn't making any headway on the lead pack. They were still about a half block ahead of me. "But look! One of them is beginning to fall back!" That's all I needed to keep me going! I chased that sucker from South Union to Decatur to Archibald to Spring to Manhattan to Ward to North Avenue before catching him at Battery Park! As we started down the hill on Battery Street I could feel him not on my heels. It was the old struggle of age against youth. I knew if he wanted to beat me badly enough he could do it. But I also knew that if I could stay ahead of him long enough, and maybe (just maybe) open that gap a little bit more that he'd let me go. Experience won out this time and I gasped across the finish line four seconds ahead of my pursuer.

After cooling down with a cup of cranberry juice and the usual post-race conversation, the awards were announced in the comfort of the Dockside Cafe. Overall winners were Pascal Cravedi-Chene in 16:38 and Christine Short in 21 minutes and a few seconds. I finished first Master in 17:08, 7th overall. My prize was a ribbon and a nice long-sleeved cotton shirt from the Ski-Rack. A lucky fellow by the name of Jeff Potash walked away with the free Montreal trip!

As with many of the races I've been to in the Burlington area, this one was low-key, but well organized and run. Even though many of their races are low-key, the prizes seem more often than not to be high-key, and there are usually many of them. (And the entry fee is usually more like a paltry \$2.) Central Vermonters would do well to patronize Burlington area races more frequently. There's quite a variety throughout the year, and competition and friendliness are never absent.

Also attending the Burlington Parks & Recreation winter races were Jeff Shutak, Norm Robinson and Bob Howe. The "Holiday Hop" 5K was held Dec. 18 and the "New Year" 5 and 10K races were held Jan. 29. It's a great way to struggle out of the winter doldrums.

race schedule

Fun Runs will resume after the change over to daylight savings time. Any new ideas on the format will be welcome and as before, volunteers will be needed to assist in timing.

- * - indicates races with CVR involvement, if you aren't running, your help would be greatly appreciated by the race director and crew.
- * - indicates I have entry blanks, please send S.A.S.E. when requesting an entry blank from me (Bob Howe, R.F.D.#1, Graniteville, Vt. 05654) or from the race directors listed.
- # - indicates last year's information and the best guess available as to this year's date, make further inquiry if you plan to attend the race.

- * Mar 18 Albany, N.Y.- Price Chopperthon, 30K, 10:00am start, Paul Murray
116 N. Pine Ave., Albany, N.Y. 12203 tel (518) 458-4733
- Mar 18 Westford, Vt.- Kaynor's Sap Run, 6 mi., noon, Chapin Kaynor,
tel 879-7483
- Mar 25 Burlington, Vt.- March Out, 8 mi., 1:00pm @ Leddy Park, North Ave.
- # Apr 15 Swanton, Vt.- Sap Run, 8.4 mi., 11:00am @ the village green, Endurance
Sports, 82 Main St., St. Albans, Vt., tel 524-4685
- Apr 28 St. Johnsbury, Vt.- Sap Run, 2 mi. & 10K, 10:00am
- Apr 28 Essex Ctr., Vt.- Trollheim Spring Opener, 5K, Al & Sally Duval,
Sleepy Hollow Road, tel 899-3398
- Apr 29 Burlington, Vt.- April Showers, 10K, 1:00pm @ Leddy Park, North Ave.
- May 5 Williston, Vt.- Spring Women's Run, 3.5 mi., Ruth Painter tel 878-3048
- # May 6 Bennington, Vt.- 4 mi. & 10K, tel 442-5900
- # May 5 Johnson, Vt.- Spring Road Race, 5.5 mi., Peter Kramer, tel 635-2356
- May 12 Essex Ctr., Vt.- GMAA Half Marathon, last year 9:00am @ Chapin Road
- May 19 ?? - Red Rocks 10K, GMAA
- May 27 Burlington, Vt.- Spring Showers, 5K, 10:00am @ Leddy Park, North Ave.
- # Jun 2 Middlesex, Vt.- Bear Swamp Run, 5.7 mi.
- # Jun 17 Greensboro, Vt.- Caspian Lake Runaround, 7 mi., 10:30am, Public Beach
Wis Dow, tel 472-6254
- * Jun 24 Rouses Point, N.Y.- Champlain Valley Marathon & Half Marathon, 7:30am
\$8 by Jun 18 includes a T-shirt, medal, and dinner after the race,
Chamber of Commerce, P.O. Box 310, Plattsburgh, N.Y. 12901
- # Jun 30 Montpelier, Vt.- Montpelier 10 mi., NERRC Championship, Mont. Recreation
Dept., tel 223-5141

New & Renew Members

Jo-Ann Beaudin
Maurice & Sue Cerutti
Mark Chaplin
Gessow & Philip Carlson
Pat DeBlasio
Eldon Dube
3 Highland Ave.
Montpelier, Vt.
Ernie & Polly Flanders
Darragh Ellerson

Evan Ellerson & Jo-Ann Fortier
Alex Ellerson
Mallie Ellerson
Edward Handy
RD 4 Box 3100
Montpelier, Vt.
Dick Henriksen
Bob & Wendy Howe
David & Wilma Kelley
Mary Labate

John & Jason Mallery
John Merrill
Thomas Potter
Norm Robinson
Jeff Shutak
Michael Sinclair
Richard & Bryan Shanley
Leighton Wass
Jim Suskin

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 _____

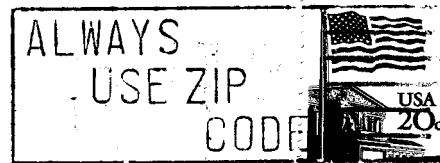
CENTRAL VERMONT RUNNERS

c/o Bob Howe

RFD#1

Graniteville, Vt. 05654

address correction requested



Executive Committee

President - Jeffrey Shutak
Vice President - Norman Robinson
Treasurer - Darragh Ellerson
Secretary - Wade Walker
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

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Box 42888
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