

Central ✓ Vermont Runners NEWSLETTER

VOL. 5 APRIL 1984 NO. 3



Next CVR Meeting

Future meetings will be held on the third Monday of each month. The April meeting will be held on the 16th at 7PM at The Central Vermont Hospital Conference Room #3. Be there and help plan upcoming club events.



Put YOUR race results, stories, photographs, training tips, etc., into the next issue of the newsletter by sending to Bob Howe, RFD#1, Graniteville, Vt. 05654. Finished articles or handwritten notes are both OK.



* Deadline for the May Newsletter *
* May 7 *

A DIFFERENT KIND OF RACE

by Heidi Smith

Last winter, instead of going into my usual two month of hibernation from running, I continued with training.

During the fall I had a serious kidney infection. I missed a few races but picked up running again and felt pretty good. Testing and x-rays the following months revealed a different picture. As a result of many infections, without great symptoms, my left kidney was very damaged. Another infection could be lifethreatening, kidney removal was recommended.

Surgery made a lot of sense to me, but I was uneasy and couldn't focus on really going ahead with it. Then, something one of the doctors mentioned helped me to get my perspective back, "This of course is major surgery and it helps to be in your best possible physical condition." I took it from there, planning and thinking very positively. Because surgery was not scheduled until February, I had the chance to really prepare myself. Being at my right weight and a non smoker already was in my favor. Medication kept my kidney from acting up, the rest was up to me. I remembered how good and positive I always felt while training for an important race. In my mind the first of February became a race date. My mileage and type of training was geared towards that date. I needed to stay well. Flues and colds were rampant. It worried me, especially as February came closer. Getting enough rest and avoiding crowds, in order not to catch anything, became high priority.

Ten days before my date, I had my last long run of 10 miles. Then I carefully cut back on mileage, my energy level was rising. During my final 2 mile run before entering the hospital I felt light on my feet, simply floating. My goal of a prerace high had been reached.

On Tuesday I checked into the hospital in preparation for surgery the next morning. My body felt full of energy and I was in a very positive state of mind. I was actually anxious to get on with the operation. I was ready.

Surgery lasted five hours. My kidney was removed and I also had needed surgery on the affected bladder. Because of my fitness the two procedures could be performed at the same time. The right kidney was healthy and functioning. Over the next few days I felt as miserable as the next patient I'm sure. It hurt just lying still, not to mention deep breathing and worst of all, coughing. My healthy lungs made it possible for me to perform the breathing exercises necessary to prevent post operative lung complications. I was wondering if, after feeling so bad, I could really get back to be my usual self. A day seemed to last forever.

Gradually the world started to look good to me again. On Sunday, four days after surgery, I went for a walk in the hospital hallway. I couldn't stand up straight and had to monitor all kinds of tubes, but went on my way at a snails pace. It felt good to be moving, getting the circulation going and I wasn't as wobbly as expected. After five days I was off all pain medications. Yes it hurt, but was bearable.

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Seven days and many walks later I was ready to go home. Two more weeks of rest and I could ease into running again. My doctor assured me that it would be allright. He also forewarned of pain I would be experiencing for quite a while as I got more active. A nerve that had to be cut would take up to a year and a half to heal and be painful, especially in the beginning.

Once at home I followed doctors orders and took it easy. I also went for a walk every day. The first time only to the mailbox and then a little further each time I went out. It was tiring but at the same time I could feel myself getting stronger. Four weeks after surgery I was ready for my first slow run. Because walking felt so good I decided to try 1 mile, planning to stop if it hurt. I didn't have to stop and gradually expanded the distance to 4 miles, running 5 today, seven weeks after the operation. Except for a few twinges in my side occasionally, there is no pain.

I am back to my normal routines fairly quickly, my recovery is complete. There are no restrictions on my diet or activities. I am convinced that my pre and post operative exercise plan had a lot to do with it. Pushing myself during training prepared me for the pain and also put me in complete 'sync' with my body. I have won this race for my health. It never felt better to be a runner.



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.

- # 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, 11am @ the Railroad Depot, \$3 entry plus \$4 for T-Shirt, showers available after the race, other activities include a street festival
- 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.
call to confirm
- * May 5 Bennington, Vt.,- 4 mi. @ 11am & 10K @ 12pm, @ the Park McCullough House, North Bennington, \$5 prior to Apr. 30, \$6 post, ribbons to all finishers, T-Shirts to first 200 registrants in each race, Bennington C. of C., Veterans Memorial Drive, Bennington, Vt. 05201
- # May 5 Johnson, Vt.- Spring Road Race, 5.5 mi., Peter Kramer, tel 635-2356
- May 5 Williston, Vt.- Spring Women's Run, 3.3 m., Ruth Painter tel 878-3048
- # May 6 Bennington, Vt.- 4 mi. & 10K, tel 442-5900
- May 12 Essex Ctr., Vt.- GMAA Half Marathon, last year 9:00am @ Chapin Road
- * May 13 Brattleboro, Vt.,- The Children's Place 10K, 2pm @ the Gibson-Aiken Center, \$5, \$6 post, T-Shirts to the first 120 entrants, flowers for running mothers, Wayne London, 6 Tyler St., Brattleboro, Vt. 05301
- May 19 ?? - Red Rocks 10K, GMAA
- May 20 Springfield, Vt. - 10K Road Race, Dept. of Parks & Recreation, 139 Main St. Springfield, Vt. 05156
- May 20 Manchester, Vt.,- Equinox Mt. Hillclimb, 5.25 mi., 11am @ the foot of Skyline Drive, climbs 3150', Fred Ross, tel 257-4745
- May 26 Arlington, Mass.,- Sri Chinmoy 12 Hour Run, 8am, \$15 by May 10(no post) Sri Chinmoy 12 Hr. Run, 1375 Mass. Ave., Arlington, Mass. (617)646-7575
- May 27 Burlington, Vt.- Spring Showers, 5K, 10:00am @ Leddy Park, North Ave.
call to confirm
- * May 27 Kennebunk, Maine - Maine Coast Marathon, 7am @ High School gym, dorm rooms available, Dick Roberge, 110 Union Ave., Old Orchard Beach, Maine 04064

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- # Jun 2 Middlesex, Vt.- Bear Swamp Run, 5.7 mi.
- Jun 3 White River Jct. - Pedal, Paddle, Run, Triathlon, Hartford Recreation Dept., Municipal Building, White River Jct. Vt.05001,tel 295-9353
- Jun 3 Rutland, Vt. - Frank Crowley Memorial 10K Road Race, 1pm @ Proctor Village, \$4, \$5 post, Rutland Recreation Dept., PO Box 791, Rutland, Vt. 05701 tel 773-1822
- Jun 9 Wilmington, Vt.,- Deacon's Den 3 mi. & 6.4 mi.,Cathy Costello, 464-9361
- # Jun 17 Greensboro, Vt.- Caspian Lake Runaround, 7 mi., 10:30am, Public Beach Wiz Dow, tel 472-6254
- Jun 23 Bennington, Vt. - Run, Swim, Bike, Bennington Triathlon, Benn. Recreation Dept. PO Box 469, Benn.,Vt. 05201 tel 442-5446
- * 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
- Jul 4 Woodstock,Vt. - 7.4 mi. Road Race, Woodstock Recreation Dept. Woodstock, Vt. 05091 tel 457-1502
- Jul 4 St. Albans, Vt. - The Great Race, 3 mi. run, 2 mi. canoe, 14 mi. bike, start @ St. Albans Bay, \$4 individual, \$12 per 3 person team, Larry Montell 82 Main St.,St. Albans,Vt 05478 tel 395-0498
- Jul 4 Brattleboro, Vt.,- Firecracker 4-Miler, 9:30am @ Memorial Park, \$3 includes post race refreshments and prizes
- Jul 7 Worcester, Vt.,- 5K @ United Methodist Church, 9am, Bob DeMange, Box 4800, Worcester, Vt. 05682, tel 223-6421
- Jul 14 Montpelier, Vt.,- Howard Bank 10K, 9:30am @ the Howard Bank School Street Office, \$4 by Jul 2, \$5 post, T-Shirts to first 300 registrants, Lorraine Bristin, The Howard Bank, Montpelier, Vt. 05602, tel 223-5203
- Jul 13-15 Stowe to Killington - The Long Trail 100 Mile Traverse, 6am start, Fred Pilon, tel (413) 527-4170
- Jul 22 Newport, Vt. - Newport Triathlon, Running, Swimming, Canoeing, Newport Recreation Dept. City Hall, Newport, Vt. 05855 tel 334-6345
- Jul 22 Stowe, Vt. - Stowe 8 Miler, 9am, no post entry, Lee Labier, tel 253-9009
- # Jul 28 Adamant, Vt. - Sodom Pond Run, 4 mi.



Central Vermont Runners (CVR) welcomes runners of all abilities, both young and old, male and female, beginner and veteran. If you would like to join, or renew your membership, simply complete the membership form below and mail with your dues to Darragh Ellerson.

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) _____

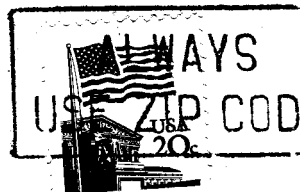
T-Shirt size: S M L XL

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
Race Standards - Bob Murphy



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

National Running Data Center
Box 42888
Tucson

AZ 85733