

Central Vermont Runners NEWSLETTER

VOL. 5 MAY 1984 NO. 4



RUNNING NOTES

I traveled to Boston on the 16th of April for the marathon. No, not to run it but rather to watch. I really had planned to be somewhere on the course cheering but the weather was bad (rainy and windy) so I decided to watch on television at my friend's house. I thought for the most part coverage was excellent, but would liked to have seen more shots of the other runners aside from Geoff Smith. That is, the hard core runners who lace up their shoes early in the A.M. or after work and battle the elements day in and day out, not for any awards or interviews.....they do this for personal satisfaction, achievement, and a strong sense of accomplishment.

One person who comes to mind is our own Darragh Ellerson. To see her train and run the various races, and especially Boston, gives the word "guts" new meaning! Hats off to you, Darragh!

The monthly meetings have been very good, lots of information being passed around and discussed. (Come to one and see for yourself.).....Fun Runs have started; save those quarters and some time to assist. Again, as in the past, good manners and plain common sense should prevail when running. That should be not only on Tuesdays at 5:30 but whenever you run.

The Track Meet with Spaulding High School is all set. We plan to enter the 220, 880, one mile and 4X440 distance medley relay. Other possibilities are hurdles, discus, shot, triple jump and other field events if we can find participants. The meet will be at Spaulding High School, 5:00 P.M., Monday, May 14. Call Dave Kerin at 223-5061 if interested. Also, thanks to Dave for coordinating this event.

On a sadder note; we all lost a good friend when Nancy Miller passed away last month. Her courage over the past several years served as an inspiration to us all. The memories I have most is seeing her at the Fun Runs. Nancy would always have a kind word and a smile no matter how difficult the day had been. Perhaps it was best summed up at the Memorial Service for her: In the quiet of the Church, an elderly gentleman sitting near the front remarked "Nancy was held in high esteem by everyone." You were, Nancy...you were. We are all going to miss you.

Till next month, keep smiling and keep running.

Jeff Shutak

CVR Meeting

A CVR meeting was held Monday, April 16, 1984 at the Central Vermont Hospital. Members in attendance Jeff Shutak, Norm Robinson, Mary Labate, Bob Murphy, Bob Howe, Dave Kerin and Wade Walker.

Jeff opened the meeting with a report on the Leaf Peepers Half Marathon. The design for the ~~T-shirts~~ is suppose to be ready April 20 and then he is going to meet with Ralph Lash. The race date is October 7, 1984.

Wade reported on the Montpelier 10 Miler and the Howard Bank 10K. The 10 miler is going smoothly, Molly Corrigan is running the water stops and byran Hill is running the start - finish lines. WORKERS NEEDED call Wade at 223-5201 days and 476-4630 nights. Date of race is June 30, 1984.

The on-off Howard Bank 10K now seems to be on again. The date is July 14, 1984. All moneys received by CVR for directing the race will be donated to the American Cancer Society of Vermont in the name of deceased CVR member Nancy Miller. WORKERS NEEDED call Wade at 223-5201 days and 476-4630 nights.

Norm Robinson, race director of the Berlin Pond Race reported that the tentative date for the race is September 30, 1984.

The 12 hour relay is going to be delayed a least 1 year
Annual State of Vermont 10K

May 17, 1984. 5:30 PM. Open to all businesses, top 5 finishers count and must have a women. Small businesses can combine.

NEXT MEETING** MONDAY, MAY 21, 1984. 7:00 PM. at CVH

Wade D. Walker

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
VERMONT NORTH-Berlin
20% off Head running shorts

NEXT CVR MEETING

Future meetings will be held on the 3rd Monday of the month. The next meeting will be MAY 21, @ The Central Vermont Hospital Conference Room #3.

EXECUTIVE COMMITTEE

President - Jeff Shutak
Vice President - Norm Robinson
Treasurer - Darragh Ellerson
Secretary - Wade Walker
Committee Chairmen -
Newsletter - Bob Howe
Race Standards - Bob Murphy

NEW & RENEW MEMBERS

Kandace Benedini
Dot Helling
Jere Fullerton
Jim & Lois Hanna
Lea Hayer
Richard Hubbard & Rose Marie Matalionis
Henry & Jean Marcy
Chris, Joyce, Debbie, Cynthia, &
Stephen Martin
Bill Mayo
Joe, Judy, Holly, & Corey McEntyre
Dick Millar
Bob Murphy
Newton, Jeesica, & Jeremy Baker
Timothy Noonan
Bob Rothman
Jon & Julie Rouelle
Steve Roy
Scott, Mary, Justin & Wilson Skinner
Trent, Heidi, Andrea, Dereck Smith
Roger Whitcomb
Leonard Wilson
Ellen Smith
Reidun Nuquist
Beverly Tucker
Gina Compoli & John Broadhead
Amos Meachem

TRACK WORKOUTS

If you are interested in informal "speed" - interval workouts come down to Spaulding H.S. and join Bob Murphy, Jeff Shutak, Norm Robinson, & Bob Howe each Thursday around 5:00 or 5:15. The workouts are as flexible as you want to make them.

Runner's Knee

Runner's knee is a catchall for knee problems associated with running.

A painful knee can be caused by a congenital mal-position of the kneecap, looseness of the ligaments, or various disorders of the cartilage structures within the knee. However, the most common cause of a painful knee associated with running is excessive pronation of the foot. (A certain amount of pronation is necessary for shock absorption.) Excessive pronation can be caused by tightness of the heel cord or running on angulated surfaces, such as along a road against the flow of traffic, which forces the right foot into a pronated position.

Treatment: Anything that will reduce excessive pronation will benefit runner's knee. Some methods that help: rubber pads put in the arch of the shoe by the manufacturer; several layers of tissue placed in the arch area; over-the-counter arch supports; buying a new pair of shoes.

If the knee condition is severe, a neutral-position sports orthotic for the shoe, to control excessive pronation, may be necessary. At the same time, graduated weight lifting should be started to strengthen thigh muscles.

If symptoms persist past the self-treatment stage, a sports medicine specialist should be consulted.





RUNNERS BED AND BREAKFAST CLUB

PRESS RELEASE:

DATE: March 30, 1984

FROM: RUNNERS BED & BREAKFAST CLUB

TO: Runners Clubs, Travel Editors, Sportcasters, and all Runners!

The RBBC is the first nationwide network enabling runners to combine their sport with the now popular Bed & Breakfast mode of travel. As you know, Bed & Breakfast is a hospitality service providing a clean, comfortable room, along with a hearty breakfast, at reasonable cost.

Through the Directory, and periodic supplements, each runner/host will be described and located so traveling runners will be able to book lodgings directly. The attraction will be staying with other runners who can guide their guests to favorite running routes and tracks, be a source of general information and appreciate physical and dietary needs. Conversely, running hosts will enjoy meeting a variety of runners and to share the joy of the sport without leaving home. A modest honorarium will exchange hands. Since there are runners who cannot be a host but wish to partake of the camaraderie of the RBBC, a "guest-only" membership is available.

Please see the attached brochure for details. Charter memberships are being offered to build the club roster so the first directory can be available in time for summer travel.

I am the proprietor of a successful Bed & Breakfast Reservation Service in Boston, as well as a pioneer in the new field of Bed & Breakfast Clubs which will soon be proliferating throughout the country. In fact, I have a second club on the drawing board. I am available for guest appearances on TV, radio and at organization meetings and I'd be delighted to hear from you to discuss this unique idea in person.

Cheers!

Ellie Welch

Ellie Welch

(617) 277-2313 anytime

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Box 1414, Brookline, Mass. 02146 617-277-2313

APRIL FOOLS RUN

The first race of the season always seems to have lots of questions going in, and hopefully less after. This was the case at the 6th Annual April Fools Run in Salem, N.Y. on April 7th. Technically it was my second race but the first consisted of seven runners in Burlington. I decided not to count it. I hitched a ride to Salem with Mary Labate, along with Bob Howe and Sue Christiansen on a wet, gloomy morning. The three hour ride went quickly amongst friendly ribbing and good humor. We arrived a half-hour prior to the 5K race with the 10K beginning an hour later. Mary had intended to run in defense of her 5K course record but was fighting a nasty cold and decided not to run. Fortunately for us she still wanted to chauffeur! Sue and I had decided to run the 10K but Bob went for broke and ran both.

Bob had run several 5K's earlier in the year with good success and this day was no exception. Running a strong steady pace he finished in fine time of 20:39, placing 58th out of 181 and 7 in his age group.

While Bob had to fight the rain in the 5K, it had slowed to an occasional drizzle by the gun for the 10K. 94 runners toed the mark and as usual I took off too fast. Luckily I found sense enough to ease off and fall in with Bob. We hoped to run sevens to start and see what would happen. I thought I'd be lucky to hold that pace for four. Less than a mile up the road we caught sight of Sue ahead! Bob and I moved beside her shortly after the first split. She was steadily pulling away from her nearest female competitor and setting her sights on the next. For all she had known we were ahead of her and she was pushing to catch us. Was she surprised to find us behind her!

Over the next two miles we bobbed over a series of small hills, save for one long easy downhill just prior to the two mile mark. As we closed in on the turnaround at 3.1 miles, Barry Brown from Glens Falls was putting a quarter of a mile between himself and the nearest challenger. Feeling better than I'd hoped, I began to pull away from Bob ever so slightly as he struggled with a tight calf muscle. Checking my watch at four miles showed 29:32, but that can't be right! Could I have slowed that much? No, I finally figured out the markers were off going back over the last half and everything is fine!

As I moved back up what had been the fine downhill earlier I tucked in behind a pair of runners that seemed to be on even pace. At the crest of the hill both slowed however and I threw in a little surge (dreaming of being the leader). The last two miles looked easy as I picked off two more and moved in on yet a third. With less than a mile to go, I still had a hope of catching him, but suddenly he stopped! He pulled to the side of the road and stopped dead in his tracks. All at once I am alone with the next pack of runners too far ahead to key on. Unfortunately the thud, thud, thud, behind would not give up.

The daydreams take over again. I'M 3/4 of a mile from glory with only one obstacle nagging at my heels. Has he got a kick left? I'm certain I don't- never had one and never will. If he's close enough he'll beat me for sure. I throw in one of Alberto's surges and pull away a bit more. Another, and I'm rounding the last corner with a chance to steal a glance behind. I look safe- but you never know so one last surge and I break the tape!

Waking up just before the dream is to end I realize I was fighting for 44th place. Noteworthy for but the few seconds anyone would remember. My 42:53 was better than I'd hoped for this time of year and my training. Bob was not far behind in 55th spot with a time of 44:30 while Sue finished 58th in 44:45. Her time was just 16 seconds from first and won her a trophy for 3rd woman.

The top three men's times were: Barry Brown- 31:07, Jim Robinson (no relation)-32:47, and Howie Harrington- 32:56. Mary's course record for the 5K remains, waiting for her next year, while the three of us look forward to returning as well. My daydreams will have to wait only until my next run.

Norm Robinson

00P51

H E L P !

Webster's New Collegiate Dictionary defines help as follows: (1) to give assistance or support to, (2) to make more pleasant or bearable, (3) to supply what is needed to accomplish an end. The above three definitions apply directly to what we are seeking from our Club members, friends, Fun Run and race participants.

We are directly involved in six or seven events in the next 6 months, not including weekly Fun Runs. Frankly, our ranks are spread rather thin among volunteers willing to assist in the various club functions. It seems as though we are seeing the same faces at the start, finish lines; the water stops; registration tables and Fun Run timings. Running is enjoyable and because of our short summer season, we all like to get out as much as possible. However, it's unfair for us to count on the same people to organize these functions month after month. I am requesting that you all agree to serve in some capacity sometime during the summer in one of the following events: Howard Bank 10K, Montpelier 10 Miler, Leaf Peepers Half Marathon, Berlin Pond Couples Race and one of the weekly Fun Runs.

You can contact me or one of the officers listed on the front of your newsletter to volunteer. Lets all get together and make this an enjoyable running summer for everyone! Thank you.

Monthly Fun Run Coordinators

May	Darragh Ellerson
June	Jeff Shutak
July*	Open
August*	Open
Sept.	Norman Robinson
Oct.	Bob Murphy

*We need volunteers to be coordinators for July and August. Responsibilities include set up, timing, writing down results. A staff of four is needed for each Fun Run. Coordinators are responsible for procuring their own staff. Contact Jeff Shutak for details.



RACE SCHEDULE

FUN RUN - 2, 4 and 6 mi, every Tuesday, May through October, Liquor Control Warehouse on Green Mtn. Drive in Montpelier, 5:30Pm, 25 cent donation.

D - indicates races with DVR 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, RFD #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.

May 12 - ESSEX CTR, VT - GMAA Half Marathon, 9am @ Chapin Road. Dave Jacobowitz, 655-2503.

* May 13 - BRATTLEBORO, VT - The Children's Place 10K, 2Pm @ the Gibson-Riken Center, \$5, \$6 Post, T-shirts to the first 120 entrants, flowers for running mothers. Wayne London, 6 Tyler St, Brattleboro, VT 05301

May 14 - BARRE, VT - Track meet w/Spaulding HS. Call Dave Kerin (223-5061) if interested.

May 17 - MONTPELIER, VT - State of Vermont 10Km Challenge Race, 5:30Pm at State House, team (4 men & 1 woman) competition only (State Agency or Corporate teams). 1mi fun run at 5:00Pm. Maurice Cerutti, 828-2621 days.

May 19 - BURLINGTON, VT - Red Rocks 10K, GMAA

May 20 - MONTPELIER, VT - Run for CROP, 10km fun run, registration 1Pm at Montpelier H.S., run at 1:30Pm, no fee with Pledges, \$5 fee without Pledges. For Pledge forms and info contact Mary Liss, 229-4570.

May 20 - SPRINGFIELD, VT - 10K Road Race, Dept. of Parks & Recreation, 139 Main St, Springfield, VT 05156

* May 20 - MANCHESTER, VT - Equinox Mtn Foot Race, 5.25mi hill climb, 11am @ the foot of Skyline Dr, climbs 3150'. \$4 by 12 May, \$8 Post. Individual and team competition. Equinox Mtn Foot Race, 9 Chestnut St, Brattleboro, VT 05301, tel 257-4745

May 26 - ARLINGTON, MA - Sri Chinmoy 12 Hour Run, 8am, \$15 by May 10 (no Post), Sri Chinmoy 12 Hr Run, 1375 Mass Ave, Arlington, MA. (617)646-7575

May 27 - LISBON, N.H. - Lilac Run 5K & Fun Run, 11:30 am start with registration @ the Chamber of Commerce Information Booth, Route 302, Point to Point with transportation to start, \$3 prior to May 24, \$4 post, Bill Doyle, Lisbon, N.H. 03585

May 27 - BURLINGTON, VT - Spring Showers 5K, 10am @ Leddy Park, North Ave. Call to confirm.

* May 27 - KENNEBUNK, ME - Maine Coast Marathon, 7am @ High School 9pm, dorm rooms available. Dick Roberge, 110 Union Ave, Old Orchard Beach, ME 04064

Jun 2 - MIDDLESEX, VT - Bear Swamp Run, 5.7mi, Rumney School

Jun 3 - BERLIN, VT - Wedgewood Triathlon, 10 mi bike, 5 mi run, 1/2 mi swim.
9am @ Wedgewood, Pat Hill, tel 223-6637

Jun 3 - WHITE RIVER JCT, VT - Pedal, Paddle & Run Triathlon,
Hartford Recreation Dept, Municipal Bldg, 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 3mi & 6.4mi, Cathy Costello,
464-9361

Jun 17 - GREENSBORO, VT - Caspian Lake Runaround, 7mi, 10:30am @
Public beach. Wiz Dow, tel 472-6254

* Jun 23 - BENNINGTON, VT - Run, Swim & Bike, Bennington Triathlon,
Benn. Recreation Dept, PO Box 469, Bennington, VT 05201, tel 442-5446

* Jun 24 - ROUSES POINT, NY - Champlain Valley Marathon & Half
Marathon, 7:30am, \$8 by Jun 18 includes T-shirt, medal and dinner
after the race. Chamber of Commerce, PO Box 310, Plattsburg, NY 12901

C Jun 30 - MONTPELIER, VT - Montpelier 10 Mile Road Race, NERRC
Championship, certified course, 10:30am @ High School, \$3 by Jun 25,
\$5 Post, individual and team awards. Montpelier Recreation Dept, c/o
Ann Russell, 55 Barre St, Montpelier, VT 05602, tel 223-5141

Jul 4 - STOWE, VT - Minimarathon, 1.7mi, noon, \$1

Jul 4 - WOODSTOCK, VT - 7.4mi Road Race, Woodstock Recreation
Dept, Woodstock, VT 05091, tel 457-1502

Jul 4 - ST. ALBANS, VT - The Great Race, 3mi run, 2mi canoe & 14mi
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

C Jul 14 - MONTPELIER, VT - Howard Bank 10K, 9:30am @ the Howard Bank
School St Office, Wade Walker, 476-4630.

Jul 13-15 - STOWE to KILLINGTON, VT - The Long Trail 100 Mile
Traverse, 6am start. Fred Pilon, tel (413)527-4170

Jul 21 - EAST DORSET, VT - Mad Tom 10Km, Dave Bischoff, Mad Tom Rd,
E. Dorset, VT 05253, sponsored by Gaelic AC.

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 at the Rusty Nail on the Mountain Road, no Post entry. Lee Labier, tel 253-9009 days, 888-3234 eves.

Jul 28 - ADAMANT, VT - Sodom Pond Run, 4mi. Rich Czaplinski, tel 229-4534

Jul 28 - GOSHEN, VT - Goshen Gallop, 4.5mi XC, Blueberry Hill, Goshen, VT 05733, tel. 247-6535.

Jul 29 - SWANTON, VT - Swan Run, 8.4mi, 9am, St. Albans to Swanton, Swanton C of C, 868-7200.

Aug 18 - SO. HERO, VT - Green Mountain Island Marathon, 8am, no Post entry. Lee Labier, 253-9009.

Aug 25 - LAKE SPOFFORD, NH - Steel Man Triathlon, 7:30am, (2-1/2mi swim, 12.9mi run, 60.5mi bike), over \$26,000 in Prizes. Dave Alpin, (603)336-7468.

Aug 26 - BRATTLEBORO, VT - Pepsi 10Km, 8am(?), \$6, Dave Alpin (603)336-7468.

Aug 26 - FALMOUTH, MA - Falmouth Road Race, 7.1mi, Falmouth Rec., (617)540-4417.

Craftsbury Running Camps

The 7th annual summer program includes weekly sessions for Women, CO-ED, & MASTERS. Head coaches Kare Cossaboon-Holm & Craig Holm will lead daily programs featuring Yoga, lectures, aerobic dance, video taping, strength training, swimming & running. Tel 586-2514 for info.

** Jim Fixx Running Camp

For the second year, a running camp will be held Jun 15 - 17, @ The Highland Lodge overlooking Caspian Lake. Jim & John Fixx, and Ned Frederick, director of research for Nike will lead the camp. Tel 533-2647 for info.

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



National Running Data Center
Box 42888
Tucson

AZ 85733