

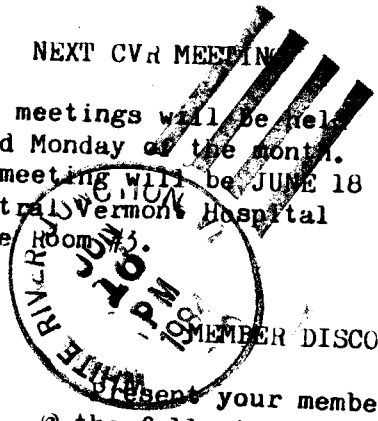
# Central Vermont Runners NEWSLETTER

VOL. 5 JUNE 1984 NO. 5



## NEXT CVR MEETING

Future meetings will be held  
on the 3rd Monday of the month.  
The next meeting will be JUNE 18  
@ The Central Vermont Hospital  
Conference Room #3.



## 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

## EXECUTIVE COMMITTEE

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



## TRACK WORKOUTS

Informal interval workouts are being held each Thursday evening at 5:00 or 5:15PM at Spaulding High School track. The workouts are as flexible as you want to make them.

Also, at Harwood Union High School track, starting June 20 and every Wednesday thereafter at 6:00 PM, all track events will be run and open to anyone interested. This will include intervals, 1500 meter, 3000 meter and anything else that is included in track meets. There will be a 50¢ charge to participate.



## CVR GIVES SHS A SCARE

What a time we had back on the fourteenth of May at the Spaulding High School track! About 10 CVR members and a couple of walk ons took on a few of the SHS track team in some selected events. The afternoon turned out to be the Bryan Liss show. Bryan ran for double victories in the mile and 880 as well as running the final leg of the 4X440 relay.

The day's events started with the mile as Bryan set a blistering pace and won easily in 5:00. Henry Marcy picked up third in 5:28. After one event our men's team lead 6-3. A quick mention of the scoring. You score 5 points for first, 3 for second and 1 for third. In the relay it's 5 for first and 0 for anything less.

It should be noted that our women's team ran uncontested in the mile and 880 and went head to head with the Spaulding girl's in only the 4X440. Jane Banks ran a real fine 6:12 and Gina Compolli a 6:38 in the mile.

In the 220 high hurdles Joe Spittle ran a 19.7 to take first over a disqualified SHS runner to give CVR an 11-6 lead. Jeff Shutak valiantly tried to give us more points with a PR in the 220 but his 30.9 left him fifth and out of the points. Jeff should be re-elected President for even attempting to run a short sprint against those guys. The sweep of the 220 gave Spaulding 9 points and the lead, 15-11.

The only field event showed John Donnelly heave the discus 125'4" to take first over SHS coach Dan Rapalje, while Scott Skinner finished third with a toss of 103'1". CVR now trailed by only one point, 18-17.

The Bryan Liss show hit high gear moments later with an impressive 2:14 for the 880, more than 10 seconds ahead of SHS's top runner! John Donnelly picked up a point for CVR in third with a 2:28 just two seconds ahead of Jerry Carlson. I staggered home dead last in 2:43. With one event to go for the men we led 23-21. The 4X440 relay would determine the "meet's" results. Our women put in two fine runs in the 880 as well. Mary ran 3:10.5 and Dot Hedding a 3:07.

The women's relay was the only contested race of the day. The SHS women pulled out to an early lead even though Jane Banks ran a superb :71 quarter. Dot's :84 left us a little further back and things looked bleak for CVR. Gina Compolli lost a little more ground, even with a :81 quarter and Mary took the baton about 30 yards behind the leader with just a 440 to go. A strong first 110 yards put Mary right off the SHS runner's shoulder going down the back stretch. Unfortunately Mary just didn't have enough and lost by less than 2 yards. One had to wonder how much the previous 880 by Dot and Mary effected their relay. Even though Mary's :68 quarter was one of the real highlights of the day. The team's combined time was a fine 5:04.

As the men's relay go set the "fun" meet took on a little more competitive edge. SHS coach Rapalje was getting on the kids about losing to "talented but old men". Jerry Carlson led off for CVR and lost only a second to SHS with a 65 second leg! John Donnelly ran an exact duplicate 65, but a 62.2 left CVR down by almost 4 seconds. Things looked bad, but Henry Marcy was next and we figured we'd be right there with Bryan running anchor. Henry's 67.5 was paled by the SHS runner's 61.5 and with Bryan taking the baton we were a full 10 seconds back. It was not to be for CVR, even with Bryan's 61 quarter, as SHS's Palmisano ran a 60 flat.

Moments after SHS's win there was talk of next year and the possibility of an annual event prior to the track season. Be prepared and sharpen your speed work early next year. I've already picked my event- the 4X10K relay.

NORM ROBINSON

June 3 Reading, Massachusetts  
1.5 miles 79 finishers  
Henry Marcy 2nd overall 8:25.9  
Jean Marcy 47th overall 12:55.9

# 1984 STATE OF VERMONT 10 KM RUNNING CHALLENGE

	PLACE	SCORE	TEAM
	1	32	Craftsbury Sports Center
	2	91	Agency of Environmental Conservation
	2	91	Vermont State Colleges
	4	94	Agency of Human Services
	5	95	Agency of Administration
<u>TEAM COMPETITION</u>	6	106	National Life
<u>FINAL RESULTS</u>	7	118	Agency of Transportation
	8	131	Justice, Inc.
	9	156	Development & Community Affairs
	10	201	Lame Duck (Gov. Office)
	11	203	Dept. of Agriculture
	12	229	Dept. of Education
	13	232	Montpelier Public Schools
	14	299	Combined Agencies

## WOMEN'S OVERALL RESULTS

SCORE	FINISHING POSITION	DEPT. OR AGENCY	NAME	TIME
1	34	Development	Zoe Erdman	40:42
2	36	Justice Inc.	Dot Helling	41:51
3	44	C.S.C.	Mary Ostergren	43:04
4	48	C.S.C.	Nomi Notman	42:34
5	50	Development	Gina Campoli	43:50
6	56	A.H.S.	Carolyn Marinelli	44:51
7	57	P.S.B.	Louise McCarren	44:58
8	58	V.S.C.	Brenda Sweet	45:10
9	68	A.E.C.	Sherry Miller	46:39
10	73	Education	Cheryl MacDonald	47:26
11	74	A.E.C.	Alison DesMeules	47:29
12	75	Mont. Pub. Sch.	Nancy Hutchinson	47:33
13	84	Administration	Elaine Hoiska	49:04
14	89	Lame Duck	Joann Beaudin	51:47
15	93	A.H.S.	Myra Brautigam	53:04
16	94	Mont. Pub. Sch.	Sue Walker	53:06
17	96	Justice, Inc.	Rachel Hexter	54:14
18	98	A.H.S.	Lucy Abair	55:45
19	99	A.E.C.	Ruth Einstein	56:59
20	100	V.S.C.	Noreen Eagan	57:00
21	103	Mont. Pub. Sch.	Gail Gorman	59:36
22	104	Mont. Pub. Sch.	Sue Yarger	69:48
23*				

\* Score used when no female team member available.

MEN'S OVERALL RESULTS

SCORE	FINISHING POSITION	DEPT. OR AGENCY	NAME	TIME
1	1	C.S.C.	Keith Woodard	34:39
2	2	National Life	Mike Richardson	34:39
-	3	Unattached	Jim Roy	34:45
3	4	A.H.S.	Mike Feulner	35:05
4	5	Agriculture	Carl Boss	35:13
5	6	Administration	Carl Scott	35:17
6	7	A.O.T.	Bob Murphy	35:22
7	8	C.S.C.	Vince O'Connell	35:37
8	9	C.S.C.	Paul Bishop	36:05
9	10	A.E.C.	Richard Czaplinski	36:56
10	11	A.O.T.	Mike Marquise	37:16
11	12	A.E.C.	Steve Sease	37:18
12	13	V.S.C.	Skip Distel	37:32
13	14	C.S.C.	John Brodhead	37:39
14	15	Agriculture	Mark Flynn	37:44
15	16	V.S.C.	Peter Moriarity	37:59
16	17	National Life	Jeff Mullin	38:36
17	18	Lame Duck	John Jaworski	38:39
18	19	A.E.C.	Eric Smeltzer	38:42
19	20	Education	Robert Luce	38:54
20	21	Administration	Henry Marcy	38:56
21	22	Development	Matt Cohen	39:02
22	23	Development	Greg Gerdel	39:03
23	24	National Life	Bob Burke	39:06
24	25	A.H.S.	John Mazzucco	39:23
25	26	Administration	Jerry Carlson	39:41
26	27	Justice Inc.	Ron Kilburne	39:42
27	28	V.S.C.	Pete Selikowitz	39:47
28	29	Justice Inc.	Andy Eschen	39:48
29	30	V.S.C.	Pete Kramer	39:49
30	31	A.H.S.	John Donnelly	39:50
31	32	A.H.S.	Rod Copeland	39:59
32	33	Administration	Chris Duquette	40:20
33	35	A.H.S.	Mike Cusumano	41:34
34	37	Justice Inc.	Chris Ekman	41:53
35	38	Mont. Pub. Sch.	Jim Suskin	42:02
36	39	A.O.T.	Jim Hollar	42:19
37	40	V.S.C.	Ted Baumhauer	42:23
38	41	A.H.S.	Steve Chupack	42:47
39	42	V.S.C.	George Belrose	42:59
40	43	Lame Ducks	Dean Pineles	43:02
41	45	Justice Inc.	Lee Suskin	43:07
42	46	National Life	Eric Smith	43:13

SCORE	FINISHING POSITION	DEPT. OF AGENCY	NAME	TIME
43	47	A.O.T.	Mo Cerutti	43:28
44	49	A.E.C.	Mike Woika	43:39
45	51	Mont. Pub. Sch.	Newton Baker	43:51
46	52	A.E.C.	George Descn	44:07
47	53	Development	Roy Haupt	44:14
48	54	Education	Stephen Kaagan	44:23
49	55	National Life	Tom Cosinuke	44:39
50	59	A.E.C.	Bruce Epstein	45:36
51	60	A.H.S.	Sutherland Miller	45:39
52	61	Administration	Bob Wilson	45:40
53	62	A.E.C.	Tim Hunt	45:41
54	63	A.E.C.	Larry Miller	45:41
55	64	A.H.S.	Dick Friel	45:59
56	65	V.S.C.	Roger Cranse	46:06
57	66	Env. Board	Mike Zanner	46:12
58	67	Justice Inc.	Steve Sweeney	46:23
59	69	Mont. Pub. Sch.	Win Goodrich	46:42
60	70	Lame Duck	Len Wilson	46:51
61	71	V.S.C.	Joe Mark	47:13
-	72	Unknown		47:16
-	76	Unattached	Peter Herman	47:50
-	77	Unknown		47:56
62	78	A.E.C.	Brian Stone	48:07
63	79	V.S.C.	Bill Laramee	48:23
64	80	National Life	Tom Commto	48:25
65	81	Development	Don Lyons	48:27
66	82	Administration	Jay Wisner	48:36
67	83	A.E.C.	Wally McLean	48:50
68	85	Justice Inc.	Bob Simpson	50:08
69	86	V.S.C.	Glenn Leach	50:10
70	87	Lame Duck	Tim Hayward	50:11
71	88	Education	Ed Hutchinson	51:38
72	90	A.H.S.	Bill Rowe	51:54
73	91	Job Services	Mike Wilkinson	52:32
74	92	V.S.C.	Witton Marsnail	52:47
75	95	National Life	Fred Bertrand	54:09
76	97	A.E.C.	John Malter	55:53
77	101	V.S.C.	Stan Carpenter	59:00
78	102	V.S.C.	Randy Witlicki	59:00
79	105	V.S.C.	Dennis Lindberg	69:48
80	106	V.S.C.	Tom Meier	83:05
81*				

\* Score used when no male team member available.

## GINGERBREADMAN TRIATHLON

JUNE 3, 1984

place

	name	#	age		time	plac in division
1	Shawn Gardner	62	21	M	1:18.32	1
2	Russ Halpera	55	23	M	1:20.16	2
3	Bill Jamieson	34	28	M	1:21.17	3
4	Ned Gillette	48	39	M	1:26.04	1
5	Marc Gilbertson	32	14	M	1:26.36	1
6	Peter Farr	50	34	M	1:26.40	2
7	Dave Emnan	58	37	M	1:26.56	3
8	Tom Potter	31	31	M	1:28.53	4
9	Ray McKenafe	68	34	M	1:29.16	5
10	Stewart Ruth	67	31	M	1:30.45	6
11	John Ackerson	35	33	M	1:32.45	7
12	Joe McEntyre	51	45	M	1:32.59	1
13	Jeff Shutak	36	39	M	1:33.25	8
14	Jane Banks	39	35	F	1:34.38	1
15	Ginny Lypscon	42	25	F	1:35.04	1
16	Rick Hubbard	52	42	M	1:35.22	2
17	Dick Dreissinger	56	33	M	1:35.38	9
18	Zoe Erdman	70	27	F	1:35.43	2
19	Julian Descepers	69	27	M	1:36.05	4
20	Laurie Giles	72	24	F	1:37.08	3
21	Ed Blanchard	59	30	M	1:37.22	10
22	Maurice Brown	63	17	M	1:38.13	2
23	Lisa Ruskin	43	31	F	1:40.17	2
24	Chip Allen	75	24	M	1:40.30	5
25	Amy Valentine	41	33	F	1:41.00	3
26	Camilla Schumaun	66	17	F	1:41.01	1
27	Carol Blattapeiler	45	30	F	1:44.56	4
28	Nick Mahovalich	65	27	M	1:45.27	6
29	Peter Dreissinger	57	37	M	1:46.00	11
30	Ruth Einstein	64	29	F	1:47.46	4

place	name	#	age	time	place in division
31	Larry Miller	53	45 M	1:50.00	3
32	Ivy Peterson	71	24 F	1:53.06	5
33	Lea Coggin	44	29 F	1:54.48	6
34	B. Dreisinger	54	34 M	1:57.42	5
35	Darlene Duff	38	25 F	2:00.15	7
36	Justin Zimmerman	37	14 M	2:00.41	3
37	Elaine Hofaka	47	40 F	2:00.44	1
38	Rose Natulionis	47	34 F	2:23.04	6
39	Cranburyville Flash (Angie Burke)	49	47 F	3:27.23	2

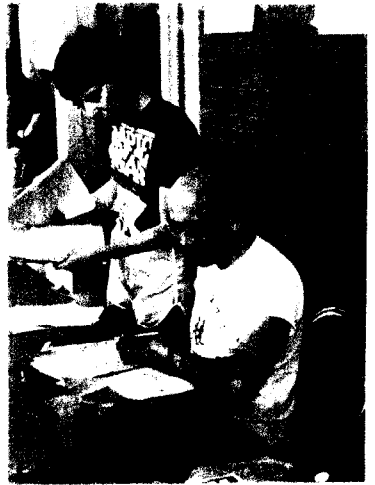
TEAM

1	Weekend Athletes (M. Rowan, D. Flanders)	61	17 M	1:23.27	1
2	Robinson, Slaybaugh, O'Donnell	60	17 M	1:30.18	2
3	Agony of Defeat (Jessica, Jeremy, & Newton Baker)	74	22 M	1:44.37	1
4	World Winds (Daryl Davis, Heather Poorman, Lorann Bowles)	46	22 F	1:48.02	1
5	The Family Stone (Jessica, Jennifer, & Brian Stone)	49	23 M	1:53.48	2

START TIMES	#	BEEF TIMES	#	RUN TIMES	#			
0 55.58	55	27.48	60	47.15	62	1:02.43	71	1:33.35
1 67.69	67	30.18	61	47.37	55	1:03.02	43	1:34.64
2 70.71	58	30.21	45	48.24	58	1:07.28	72	1:35.64
3 33.34	69	30.56	43	48.31	48	1:08.28	45	1:35.52
4 48.31	62	33.11	54	49.27	69	1:08.45	65	1:35.56
5 32.32	48	33.31	52	49.38	31	1:10.00	59	1:37.32
6 62.35	31	35.13	61	49.47	32	1:13.09	66	1:39.47
7 36.51.75	79	36.00	47	50.53	67	1:13.58	37	1:39.57
8 68.47	32	36.17	64	52.21	70	1:14.29	44	1:43.45
9 57.56.50	35	38.35	72	52.22	51	1:17.44	46	1:44.20
10 63.56.53	51	38.38	59	52.50	68	1:18.27	34	1:45.56
11 39.42	34	38.38	65	53.16	61	1:18.44	64	1:47.25
12 45.41	33	39.07	46	53.25	50	1:19.06	54	1:47.34
13 43.44	36	39.14	74	53.34	56	1:19.48	73	1:52.35
14 46.74	56	39.17	66	54.42	36	1:21.26	49	1:53.54
15 61.60	68	40.09	38	58.07	63	1:21.49	47	1:54.09
16 59.66	75	40.39	73	65.67	35	1:24.06	38	1:55.34
17 52.65	37	40.41	49	70.40	39	1:25.20		
18 64.38	50	40.57			57	1:28.23		
19 72.49	57	42.16			75	1:28.30		
20 73.40	63	43.34			60	1:28.42		
	53	45.41			41	1:29.38		
	39	45.48			22	1:30.04		
	71	46.10			53	1:30.53		
	42	46.58			52	1:31.25		



MAPLE SAP RUN  
 APRIL 28, 1984  
 ST. JOHNSBURY, VT



GENERAL INFORMATION:

TWO RACES: 2 MILES//10 KILOMETERS (6.2 MILES)

COURSE: MEASURED ACCURATELY WITH A MEASURING WHEEL  
 2 MILE: FLAT; MOSTLY PAVEMENT  
 10 KILOMETERS: A FEW GENTLE HILLS;  
 .322 PAVEMENT, 682 DIRT ROAD  
 START: NEW HOWARD BANK, RAILROAD STREET  
 FINISH: RAILROAD STATION, RAILROAD STREET  
 RAILROAD ST. TO PORTLAND ST. TO WEEKS CT TO  
 RIVER ST. TO BAY ST.

CONDITIONS: SUNNY, 65°, VERY LIGHT WIND -- BEAUTIFUL!!

STARTING TIME: 11:01 A.M.

TOTAL RUNNERS: 162 (57 FEMALE / 105 MALE): LARGEST RUNNING RACE IN  
 ST. JOHNSBURY HISTORY!

2 MILE RESULTS: (80 RUNNERS -- 40 FEMALE / 40 MALE)

PREDICTED TIME WINNER:

MIEE LYNCH ST. JOHNSBURY P 15:30/15:26 A

OVERALL MALE WINNERS:

1ST	HENRY MARCY	ST. J/CENTRAL VERMONT RUNNERS	11:56
2ND	FD DEAN	ST. JOHNSBURY	11:59
3RD	ERIC WIGHTMAN	DANVILLE/DANVILLE H.S.	12:14

OVERALL FEMALE WINNERS:

1ST	JUDY GOUGEON	BURKE/BURKE MOUNTAIN ACADEMY	14:28
2ND	JENNIFER O'BRIEN	ST. J./BATES COLLEGE	14:29
3RD	STACEY GORHAM	E. BURKE	14:54

FEMALE 12 AND UNDER:

1ST	STACEY GORHAM	E. BURKE	14:54
2ND	MEGGAN DWYER	LYNDON CTR/RIVERSIDE SCHOOL	16:38
3RD	BHEBA GRAHAM	LYNDON/TUTE HILL R.C.	16:50
4TH	JEANNE BLANCHETTE	GILMAN/GILMAN MIDDLE SCHOOL	18:31
5TH	MOLLY DWYER	LYNDON CTR/LYNDON CAMPUS SCHOOL	18:44
6TH	FYRA RIGGIE	ST. JOHNSBURY	18:58
7TH	WENDY HOWE	GRANITEVILLE/CENTRAL VERMONT RUNNERS	19:03
8TH	ANNISSA COTE	MORRISVILLE/MORRISTOWN ELEM. SCHOOL	20:47
9TH	WENDY LABRIE	MORRISVILLE	20:47
10TH	NANCY SMITH	GILMAN/GILMAN MIDDLE SCHOOL	21:10
11TH	HEATHER ROOT	LYNDONVILLE/LYNDON GRADED SCHOOL	22:25
12TH	ANDREA DEMASI	LYNDON CENTER	23:28
13TH	JAMIE LABRIE	MORRISVILLE	26:50

FEMALE 13 - 17:

1ST	JUDY GOUGEON	BURKE/BURKE MTN. ACADEMY	14:28
2ND	DEBBIE DOYON	ST. J/ ST. JOHNSBURY ACADEMY	14:56
3RD	JODEE RICE	NEWARK/L.I.	14:57
4TH	DIANE FOREST	CONCORD/CONCORD H.S.	15:24
5TH	JENNIFER COREY	ST. J/ST. J. MIDDLE SCHOOL	15:28
6TH	DEANNA RICE	NEWARK/L.I.	15:50
7TH	BARBARA EWING	CONCORD/CONCORD H.S.	15:55
8TH	HEATHER BENNETT	ST. J/ST. J. ACADEMY	16:02
9TH	CHERYL STURGIS	ST. J/ST. J. ACADEMY	16:56
10TH	BRIDGET GOCHIE	CONCORD/CONCORD H.S.	17:10
11TH	REBECCA BURRIER	ST. J/ST. J. ACADEMY	17:47
12TH	HEATHER CAMPBELL	ST. J/ST. J. MIDDLE SCH	18:34
13TH	HOLLY NAULT	MORRISVILLE/PEOPLE'S ACADEMY	18:34

FEMALE 18 - 29:

1ST	JENNIFER O'BRIEN	ST. J/DATES COLLEGE	14:29
2ND	VALFRIE LEMIEUX	ST. JOHNSBURY CENTER	15:12
3RD	KATHY HUBBARD	LYNDON CTR/L.I.	17:46
4TH	LYDIA PECKETT	LITTLETON, N.H.	18:55

FEMALE 30 - 39:

1ST	BRENDA DUNBAR	ST. JOHNSBURY	17:28
2ND	CATHIE TAVARES	LYNDON CENTER	17:46
3RD	CAROL LAFLAMME	MONROE, N.H.	18:43
4TH	JOANNE H. GUTT	CONCORD	19:02
5TH	ELAINE ROBINSON	ST. JOHNSBURY	19:03
6TH	PAT ARSENAULT	LITTLETON, N.H.	19:41
7TH	SHERRY LABRIE	MORRISVILLE	19:46

FEMALE 40 AND OVER:

1ST	MARY JEAN STURGIS	ST. JOHNSBURY	18:42
2ND	JEAN F. MARCY	ST. JOHNSBURY/CENTRAL VERMONT RUNNERS	18:44
3RD	ROBERTA TANNER	ST. JOHNSBURY	34:05

MALE 12 AND UNDER:

1ST	NATHAN J. COCHIE	CONCORD/CONCORD GRADED SCHOOL	13:16
2ND	KARL NITSCHÉ	ST. J/DANVILLE ELEMENTARY	13:24
3RD	MICHAEL KEMP	ST. J/ST. J. MIDDLE SCHOOL	14:22
4TH	THADDEUS SMITH	LITTLETON, N.H./NCAC	15:07
5TH	RYAN MOORE	DANVILLE/DANVILLE H.S.	16:28
6TH	DANTE LEVEN	DANVILLE	16:39
7TH	JOEL THORNTON	ST. J/SUMMER STREET SCHOOL	16:57
8TH	JUSTIN CROCKER	ST. J/SUMMER STREET SCHOOL	16:58
9TH	JASON STURGIS	ST. JOHNSBURY	17:09
10TH	JEFF RAINVILLE	ST. J/ST. J. CENTER SCHOOL	20:23
11TH	MICHAEL ROCK	BARTON	20:27
12TH	DUANE DROWN	LYNDONVILLE/ADAMS SCHOOL	21:53
13TH	JOHN JENKINS	ST. J/ADAMS SCHOOL	22:30
14TH	JOSEPH CAMPBELL	ST. J/LINCOLN SCHOOL	22:50

MALE 13 - 17:

1ST	ERIC WIGHTMAN	DANVILLE/DANVILLE H.S.	12:14
2ND	DARREN LABORIE	MCINDOE FALLS/ST. J. ACADEMY	12:51
3RD	MICHAEL CLAFFEY	ST. J/ST. J. ACADEMY	12:53
4TH	JAMIE M. TANGUAY	ST. J/ST. J. ACADEMY	13:25
5TH	CASEY GRAHAM	LYNDONVILLE/TUTE HILL R.C.	13:32
6TH	ERIK BARNES	DANVILLE/DANVILLE H.S.	13:41
7TH	JASON BOISSEAU	ST. J/ST. J. MIDDLE SCHOOL	14:23
8TH	MATTHEW GILL	WOBURN, MASS.	14:32
9TH	GLENN MONTAGUE	ST. J/ST. J. ACADEMY	14:37
10TH	BRIAN LEVEN	DANVILLE/DANVILLE H.S.	15:53

MALE 18 - 29:

1ST	ED DEAN	ST. JOHNSBURY	11:59
2ND	SEAN SAWYER	E. BURKE/ST. J. ACADEMY	12:49
3RD	AL METEVIER II	LYNDONVILLE/LSC	12:55
4TH	STEVE JENKS	E. BURKE	13:48
5TH	SAM DEMAST	LYNDON CENTER	23:28
6TH	CLINTON BROWN	ST. JOHNSBURY	24:40

MALE 30 - 39:

1ST	BOB HOWE	GRANITEVILLE/CENTRAL VERMONT RUNNERS	12:19
2ND	JAMES A. FOREST	CONCORD	12:59
3RD	MIKE LYNCH	ST. JOHNSBURY	15:26
4TH	JOEL E. DUBE'	ST. JOHNSBURY	18:38
5TH	PETER KEEGAN	LYNDONVILLE	18:44

MALE 40 AND OVER:

1ST	HENRY MARCY	ST. JOHNSBURY/CENTRAL VERMONT RUNNERS	11:56
2ND	DAVID T. GILL	WOBURN, MASS.	15:12
3RD	JAMES HAYES	ST. JOHNSBURY	18:32
4TH	ARNOLD S. BALL	ST. JOHNSBURY	19:54

10 KILOMETER RESULTS: 82 RUNNERS (17 FEMALE / 65 MALE)

PREDICTED TIME WINNER:

MIKE FLYNN

LYNDONVILLE

P 38:00/38:04 A

OVERALL MALE WINNERS:

1ST	LEN HALL	MONROE, N.H./NO. COUNTRY ATHLETIC CLUB	34:37
2ND	GEORGE McCEE	E. BURKE/DARLING RIDGE GANG	35:12
3RD	JOHN SACKETT	LYNDONVILLE	35:33

OVERALL FEMALE WINNERS:

1ST	NANCY WLADKOWSKI	LYNDONVILLE	46:27
2ND	ELLEN L. SMITH	WAITSFIELD	46:40
3RD	SUE CHRISTIANSEN	MONTPELIER/CENTRAL VERMONT RUNNERS	46:53



FEMALE 17 AND UNDER:

1ST	JESSICA THORTON	ST. JOHNSBURY/ST. J. ACADEMY	48:41
2ND	MELISSA CRABTREE	E. BURKE/BURKE MTN. ACADEMY	48:42

FEMALE 18 - 29:

1ST	NANCY WLADKOWSKI	LYNDONVILLE	46:27
2ND	ELLEN L. SMITH	WAITSFIELD	46:40
3RD	CAROLYN MARINELLI	ST. JOHNSBURY	47:27
4TH	MARIA DEMASI	LYNDON CTR/L.I.	47:32
5TH	REGINA FOY	MORRISVILLE	65:11

FEMALE 30 - 39:

1ST	BETTY FERREAU	ST. JOHNSBURY	48:18
2ND	BRENDA SWEET	LYNDON CTR/LYNDON INSTITUTE	49:49
3RD	JOY WEALE	FAIRLEE	55:03
4TH	JUDY WOODS	E. BURKE	55:28
5TH	DONNA BAKKER CROSBY	ST. JOHNSBURY	58:16
6TH	MAUREEN MOORE	DANVILLE	61:24
7TH	LINDA KOURKOULIS	ST. JOHNSBURY	65:11
8TH	DEBBIE LEVEN	DANVILLE	65:16

FEMALE 40 AND OVER:

1ST	SUE CHRISTIANSEN	MONTPELIER/CENTRAL VERMONT RUNNERS	46:53
2ND	MARY LOU BELL	E. BURKE	59:35

MALE 17 AND UNDER:

1ST	SCOTT LYONS	E. BURKE/BURKE MTN. ACADEMY	38:02
2ND	IAN WITTER	E. BURKE/BURKE MTN. ACADEMY	38:04
3RD	ROBBY PEDSEN	E. BURKE/BURKE MTN. ACADEMY	38:06
4TH	ALEX OWRE	ST. J/OWRE CLUB	42:28

5TH	DON INGERSON	N. HAVERHILL, N.H./WOODSVILLE H.S.	42:43
6TH	CHRIS BOSTIC	ST. J/ST. JOHNSBURY ACADEMY	43:21
7TH	GLENN BOSTIC	ST. J/ST. JOHNSBURY ACADEMY	43:37
8TH	BILL STAFFORD	LITTLETON, N.H./NCAC	43:56
9TH	ED LEONARD	LITTLETON, N.H./NCAC	46:46
10TH	ROBBIE ACHILLES	ST. JOHNSBURY	50:23

MALE 18 - 29:

1ST	GEORGE McCFE	E. BURKE/DARLING RIDGE GANG	35:12
2ND	JOHN SACKETT	LYNDONVILLE	35:33
3RD	ERICK PETERSON	E. BURKE/BURKE MTN. ACADEMY	35:36
4TH	CHIP LANGMAID	ST. JOHNSBURY	37:13
5TH	MICHAEL MARQUISE	GROTON	37:59
6TH	TOM GODDARD	E. BURKE/BURKE MTN. ACADEMY	40:26
7TH	JERRY RICHARDSON	PLAINFIELD/TWINFIELD UNION H.S.	41:21
8TH	JOHN SUTKOSKI	LYNDONVILLE/L.S.C.	43:25
9TH	RODNEY BATES	WATERFORD SPRINGS	44:20
10TH	DAVID SMITH	HARDWICK	46:25
11TH	GARY A. O'DONNELL	FAIRLEE	47:10
12TH	EDWARD MAYNES	DANVILLE	47:13
13TH	DAVID CARPENTER	ANCHORAGE, ALASKA	47:38
14TH	EDDIE WOOD	ST. JOHNSBURY	50:22
15TH	ELDEN DUBE'	MONTPELIER	50:34
16TH	BOB KIMBALL	ST. JOHNSBURY	51:46

MALE 30 - 39:

1ST	LEN HALL	MONROE, N.H./NCAC	34:37
2ND	T. MIKE FLYNN	LYNDONVILLE	38:04
3RD	JOHN KALINEN	ORLEANS/MEMPHREMACOG STRIDERS	38:39
4TH	RICK PRESCOTT	E. BURKE/BURKE MTN. ACADEMY	38:44
5TH	RICHARD BOISSEAU	ST. JOHNSBURY CENTER	40:19
6TH	TOM OZAHOWSKI	THETFORD	40:27
7TH	JERRY TAVARES	S. WHELOCK	40:40
8TH	ROB BUCKLEY	NEWBURY/NCAC	41:30
9TH	ALAN EARP	ST. JOHNSBURY	41:58
10TH	DAVID DRIVER	LYNDONVILLE	42:23
11TH	RUSS PETLIE	DERBY LINE	42:48
12TH	BILL WEALE	FAIRLEE	42:52
13TH	JOHN H. ELLIOTT	LYNDONVILLE	44:22
14TH	JAMES KENARY	ST. JOHNSBURY	44:30
15TH	DAVID A. MASTRO	ST. JOHNSBURY	46:24
16TH	RICHARD LOWREY, SR.	WILLISTON/GMAA	47:43
17TH	RON BRUCKETT	GROVETON, N.H.	47:45
18TH	KEVIN JOYCE	LITTLETON/LITTLETON H.S.	48:51
19TH	GARY THORNTON	ST. JOHNSBURY	50:04
20TH	DOUG HARRIS	WELLS RIVER	50:19
21ST	RICK GAGNON	ST. JOHNSBURY	50:50
22ND	DONALD RUHLMAN	ST. JOHNSBURY	52:15
23RD	KEITH FORTIER	ST. JOHNSBURY	52:15
24TH	VICTOR DUNBAR	ST. JOHNSBURY	55:01
25TH	GEORGE CAMPBELL	ST. J/CULTURE CLUB	55:21
26TH	CHARLES WALCUTT	ST. JOHNSBURY	55:37
27TH	TOM ZIOBROWSKI	DANVILLE	57:09

MALE 40 - 49:

1ST	TIM SIMPSON	LYNDONVILLE	37:03
2ND	GORDON JOHNSON	ST. JOHNSBURY	39:51
3RD	HARRY HIKEL	LANCASTER, N.H./NCAC	40:02
4TH	ALBERT PERRY	LITTLETON, N.H./NCAC	41:45
5TH	CHARLES CHRISTIANSEN	MONTPELIER	44:19
6TH	DAVID F. BLANCHETTE	GILMAN	45:01
7TH	RICHARD EJMANOWICZ	NEWPORT/MEMPHREMACOG STRIDERS	46:14
8TH	DENNIS LEBLANC	ST. JOHNSBURY	46:22
9TH	JERRY DROWN	SO. BURLINGTON	50:25
10TH	WILLIAM RUGGLES	WEST GLOVER	50:41
11TH	NELSON STURGIS III	ST. JOHNSBURY	57:37

MALE 50 AND OVER:

1ST	GEROW M. CARLSON	WATERBURY/CENTRAL VERMONT RUNNERS	43:22
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Calendar Listing

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Dates

June 29-July 1  
July 6-8  
Aug. 17-19

NEW ENGLAND TRIATHLON CAMP: Northfield-Mt. Herman School, Northfield, MA. An adult camp with nationally renowned coaches, top triathletes, and a guaranteed low athlete/coach ratio. Features pulse-monitored training with fitness computers, video-taped motion analysis, individual training prescriptions by exercise physiologist, psychological skills seminar, and coaching in swim/bike/run by ability-designated grouping. Only \$165 including room and board. All aspiring adult athletes welcome. For application, send s.a.s.e. to New England Triathlon Camp, c/o Hank Lange, Apt. R, 33 Forest St. Brattleboro, VT 05301

802-257-1208

RACE SCHEDULE

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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.  
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C - 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, 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.

Jun 9 - BURLINGTON, VT - Olympiad Lun9 Run, 5mi, GMAA

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. \$4 Preregistration, \$7 w/T-shirt, \$5 Post regis. Benefit NE Kingdom Rape Crisis Group. Rick Prescott, Box 31, E. Burke, VT 05832, 467-3212

Jun 17 - PINKHAM NOTCH, NH - Mt. Washington Hillclimb, 8mi, 11am

\* 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

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C Jun 30 - MONTEPELIER, 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  
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\* 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 4 - ESSEX, VT - Essex Kiwanis 5km, 10:30am at Lawton School, Bruce Cunningham 878-3875

Jul 7 - WORCESTER, VT - 5K @ United Methodist Church, 9am, Bob DeMange, Box 4800, Worcester, VT 05682, tel 223-6421

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C Jul 14 - MONTEPELIER, VT - Howard Bank 10K, 9:30am @ the Howard Bank School St Office. Wade Walker, 476-4630.  
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Jul 14 - JERICHO CTR, VT - Partner's Race, 4.8mi, 9am, Mike & Claudia Sullivan 899-4059

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 4 - BELLOWS FALLS, VT - Old Home Days 4.3mi, Rockingham Recreation Dept., Box 370, Bellows Falls, VT, 463-3964

Aug 5 - BURLINGTON, VT - GMAA Bike and Tie, 7mi, Governors Lane off Spear St, Dave Jacobowitz 655-2503

\* Aug 5 - KILLINGTON, VT - Green Mtn Road Race, 5.3mi, \$5, \$6 Post, Summit Lodge, Box 119, Killington, VT 05751, 422-3535

Aug 18 - SO. HERO, VT - Green Mountain Island Marathon, 8am, NO POST ENTRY. Leighton Walker 878-2322

Aug 18 - BURLINGTON, VT - Burlington Biathlon, 1/3mi swim, 2mi run, 10am at North Beach, Burlington Parks & Recreation, Leddy Park.

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, (803)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.

Sep 9 - BURLINGTON, VT - Archie Post 5 Miler, 11am at UVM, Bruce Cunningham 878-3875 or E.K.Malone 863-6684

Sep 9 - BURLINGTON, VT - Burlington Triathlon, run/swim/bike, Burlington Parks & Recreation, Leddy Park

\* Sep 9 - CHARLOTTETOWN, PEI - Island Marathon, 11am, \$8 by 1 Sep, \$10 Post, Cavendish to Charlottetown, Singlets, certificates and finish line Photos for all, many Prizes. The Island Marathon, P.O.Box 302, Charlottetown, PEI C1A 7K7

Sep 15 - MANCHESTER, VT - Maple Leaf Half Marathon, 10am, Guy Thomas

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C Sep 29 - BERLIN, VT - Berlin Pond Couples Race, 6mi, Norm Robinson 479-1968  
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Sep 29 - ESSEX CTR, VT - National Life 10 Miler, 9am at Elementary School, Bruce Cunningham 878-3875

Oct 6 - BURLINGTON, VT - Vagabond 10km, 11am at Trollheim, Al Duval 899-3398

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C Oct 7 - WATERBURY, VT - First Annual LeafPeepers Half Marathon, 11am at Recreation Field, \$6, Quality Vermont merchandise for Prizes. More info in next newsletter.  
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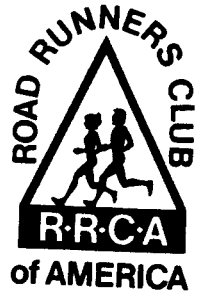
Oct 13 - ESSEX JCT, VT - Liberty-Strohs 8km, Larry Kimball 878-5555

Oct 20 - RICHMOND, VT - Round Church Women's Run, 5km & 10km, 11am, GMAA

Oct 27 - SHELBURNE, VT - Arthur Tudhope Memorial 10km, 11am, GMAA

Nov 22 - BURLINGTON, VT - Turkey Trot, 5km, 11am at UVM, Ralph Swenson 864-4952 or Neil Stout 862-5872

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



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National Running Data Center  
Box 42888  
Tucson, AZ 85733

