

Central Vermont Runners NEWSLETTER

VOL. 5 JULY 1984 NO. 6



"A BREAK FROM RUNNING"

The annual CVR picnic will be held at Boulder Beach in Groton State Park on Sunday - August 12, 1984. This will be a picnic with bring your own food and beverages. Swimming will be available at the beach. Grills and picnic tables are also available. However, these are limited, so try to arrive early. We plan to get started at 10:00 A.M.

That's right. No committee, no chairman, no organized events, just spontaneous, good times with CVR friends and family. See you there!

EXTRA FUN IN THE FUN RUN

July 24th

Predicted time 2, 4 & 6 mile runs with gift certificates from Onion River and Miller Sports for prizes. One gift certificate for each distance plus one for the closest predicted time overall. Four prizes in all. \$1 entry fee to help recover cost. No watches for predicted time runners. Regular fun runs will also be held concurrently for those not interested in the predicted time runs.

HEAT EXHAUSTION, HEAT CRAMPS & HEAT STROKE

As summer temperatures climb into the nineties, the Vermont Department of Health would like to remind readers about heat-related illnesses. At least one Vermont resident has died of heat stroke already this summer. We hope this article proves helpful in minimizing the number of additional cases of heat exhaustion, cramps and stroke this year, and in reducing the severity of symptoms in those who do become ill.

Summer heat is responsible for several illnesses of varying severity. Health care professionals and others supervising summer physical activities should be especially vigilant when air temperature approaches the nineties, particularly when humidity is high or any time a temperature rise is dramatic over a brief period. The populations at highest risk are the elderly, chronically ill and obese. Athletes and physical laborers who work outside in summer months should also be made aware of heat-related illnesses.

The etiology and symptoms of heat exhaustion, heat cramps, and heat stroke are differentiated below:

<u>Condition</u>	<u>Cause</u>	<u>Symptoms</u>
Heat Exhaustion	Excess fluid and electrolyte loss.	Profuse sweating, weakness, fatigue, headache, nausea, clammy skin.
Heat Cramps	Drinking large amounts of water after sweating, without replacing salt.	Painful muscle spasms of arms, legs, stomach.
Heat Stroke	Breakdown of thermoregulatory system under stress: sweating stops after body has been depleted of essential liquid and salts.	Skin is hot, dry, often red and spotty. Temperature rises and up. May rapidly progress to loss of consciousness, delirium, convulsions and death.

Heat exhaustion usually responds to sips of water, rest with legs elevated, superficial cooling with wet cloths and/or fanning. If vomiting occurs, IV fluid replacement may be indicated. Heat cramps are relieved by gentle massage and drinking salt water (1 tsp per cup) at the rates of $\frac{1}{2}$ cup every 15 minutes for about an hour.

Symptoms of heat stroke signal a medical emergency. Summon an ambulance, then immediately remove the victim to a cool area. Soak the clothing with cool water and vigorously fan the body until an ambulance arrives. Do not give the victim stimulants.

Preventive measures against heat problems include the use of proper clothing (light colored, light weight cotton), drinking plenty of water during exertional periods, and rest in cool areas at the first sign of heat illness symptoms.

References:

1. "Hot Environments," 1980, US Dept of Labor OSHA/US Dept of HHS, PHS, CDC, NIOSH.
2. "Beat the Heat," Safety Line, AGC Vermont, June, 1983, Issue 6/7.

MONTPELIER 10 MILER

The Tenth Annual N.E.R.R.C. Montpelier 10 Miler was held Saturday, June 30, 1984. The race started with 114 racers in cloudy, but humid weather and 113 finished.

First across the line was Craig Holm in a fast time of 51:11, only 25 seconds off the record. Second, only 17 seconds behind, was the always tough Keith Woodward, then 12 seconds behind him was Shawn Gardner of Riverton.

In the female division, Kare Cossaboon-Holm came across the line first at 63:03. Kelly Hoskins came in second with Jennifer Lucas third.

There were two new records set this year. In the 40-49 male division, Jim Seeman set the new standard, but not without a battle from CVR's own Bob Murphy. Both men were under the old record of 59:06 set by Bob in 1980. Jim's time was 58:41 and Bob's was 59:00. The other record set was in the 60 & over male division. Hugh Short destroyed the old mark of 70:40, set by Roger Ellsbury, with a time of 67:37. He lowered the mark by over three minutes and there was a gap of over ten minutes between he and his nearest competitor.

Other Central Vermont Runners with strong showings were: Mark Chaplin 6 o/a- 3 div., Gerow Carlson 56 o/a- 2 div., Heidi Smith 100 o/a- 3 div., Marilyn Wilson 111 o/a- 1 div..

In the team competition, CVR took one division, 40+ female, with the team of Heidi Smith, Bev Tucker and Marilyn Wilson. GMAA took the other divisions.

N.E.R.A.C.
MONTPELIER 10 MILER

0-17 Male

22	1. Maurice Brown	61:16
29	2. Steven Tosi	63:30
55	3. Thad Schenker	68:18
80	4. Will Shields	74:13

0/A 18-29 Male

1	1. Craig Holm	51:11
3	2. Shawn Gardner	51:40
4	3. Matthew Cull	52:41
8	4. Arne Hammarlund	56:40
9	5. Richard Weinstein	57:10
12	6. John Anthony Fish	57:57
15	7. Rick Cleary	58:57
21	8. Tim Simpson	60:54
23	9. Jim Roy	61:56
25	10. Carl Childs	62:07
26	11. Edward Hodges	62:37
31	12. Russell Halpern	63:49
33	13. George Sneller	64:33
39	14. Norm Robinson	66:07
70	15. Dana Boucher	72:48
94	16. Tim Kleppinger	78:19

30-39 Male

2	1. Keith Woodward	51:28
5	2. Pascal Cravedi-Cheng	54:00
6	3. Mark Chaplin	54:42
7	4. Marty Cohen	56:24
10	5. Stephen Herrero	57:19
11	6. Dean Bumstead	57:33
13	7. Bill Dysant	58:38
17	8. Michael Coleman	59:05
18	9. Crocker Bennett	59:51
19	10. Dave Sanborn	60:01
34	11. Cliff Held	64:33
35	12. Tomas Ozahowski	64:37
37	13. Thomas Goulette	64:42
41	14. P.T. Burke	66:39
42	15. John Archaki	66:41
44	16. David Wheeler	66:51
45	17. John Lavoie	67:00
48	18. Bob Howe	67:35
50	19. Thomas Clark	67:40
51	20. Bill Everett	67:53
54	21. Kurt Frairie	68:18
57	22. David Canon	68:37
58	23. Edward Gerstein	68:42
60	24. Jim Archaki	69:03
61	25. Greg Fetterman	69:42
63	26. John Valentine	69:54
65	27. Bob Dupuis	70:55
68	28. Glenn Gershaneck	72:11
69	29. Richard Morris	72:16
74	30. Michael Cusumano	73:39
79	31. Jeff Axelrod	74:10
81	32. Don Melvin	75:02
82	33. Ed Handy	75:04
85	34. Melvin Miller	76:24
93	35. Ed Budd	78:19
95	36. Jeff Tortemasi	78:25

40-49 Male

* 14	1. Jim Seeman	58:41
16	2. Bob Murphy	59:00
20	3. Emery Basset	60:17
24	4. Brad Peterson	62:05
28	5. Richard Teitz	63:17
30	6. Peter Wallan	63:35
36	7. Butch Dutra	64:38
43	8. Gary Richardson	66:50
46	9. Dave Blanchette	67:03
47	10. Tom Crowe	67:24
53	11. Rick Hubbard	68:13
64	12. John Mallery	69:57
66	13. Jim Suskin	71:36
71	14. Hank Klein	72:57
72	15. Robert Mercier	73:15
75	16. Vincent Feeney	73:49
86	17. Richard Ejmanowicz	76:37
87	18. Peter Cad	76:45
88	19. Ronald Kee	77:03
96	20. Jerry Drown	78:37
97	21. Newton Baker	79:28
112	22. Jim Hanna	93:10

0/A 50-59 Male

38	1. Robert Shelton	66:04
52	2. Jim Duval	68:01
56	3. Gerow Carlson	68:32
59	4. George Schiavone	68:54
73	5. Robert Moodie	73:24
77	6. Donovan McDonough	73:58
83	7. Floyd Hewett	75:42
90	8. Robert Wilson	77:20
109	9. Ernie Flanders	88:22

60+ Male

* 49	1. Hugh Short	67:37
92	2. Bob Safford	78:15
102	3. Glen Wood	83:13
104	4. Brad Daniels	84:05
106	5. Fred Hackett	87:06



0/A 0-17 Female

78 1. Karen Collins 74:02

18-29 Female

27 1. Kare Cossaboon-Holm 63:03
 32 2. Kelly Hoskins 63:56
 67 3. Paula Stone 71:45
 84 4. Vickie Sears 76:12
 99 5. Jean Kissner 81:38

30-39 Female

40 1. Jennifer Lucas 66:11
 62 2. Barbara Casper 69:46
 91 3. Iva Kristina-Kazda 77:46
 98 4. Joanne Nargi 80:10
 105 5. Kristina Gady 85:42
 107 6. Patricia Kruse 87:19
 108 7. JoAnn Beadin 88:10

40-49 Female

76 1. Robin Robinson 73:54
 89 2. Anne Gwyne 77:08
 100 3. Heidi Smith 81:45
 101 4. Rosemary Rusin 82:35
 103 5. Jean Bergesen 83:23
 110 6. Bev. Tucker 89:50
 113 7. Polly Flanders 99:58

50-59 Female

111 1. Marilyn Wilson 93:01

60+ Female

NONE

0-39 Team Female

1. GMAA 3:47:35

Jennifer Lucas
 Barbara Casper
 Jean Kissner

40+ Team Female

1. CVR 4:21:36

Hiedi Smith
 Bev Tucker
 Marilyn Wilson

0-39 Team Male

1. GMAA 2:48:52

Pascal Cravedi-Oneng
 Stephen Herrero
 Dean Bumstead

2. PPTC 3:04:43

Woodward-Held-Gerstein

3. CVR 3:08:24

Chaplin-Robinson-Howe

40+ Team Male

1. GMAA 3:03:36

Jim Seeman
 Emery Bassett
 Butch Dutra

2. CVR 3:15:45

Murphy-Hubbard-Carlson

3. GAC 3:34:50

Short-Moodie-Feeney

THANKS

I would like to thank the VERY FEW but HARD WORKING, DEDICATED people who worked on the race. Without these people the race would not have gotten off the ground. In future races, it would be nice to see new volunteers, most of the people working at this race are the same people we always see. AGAIN, MANY THANKS TO ALL WHO WORKED. You know who they are.

Made

CASPIAN LAKE RUNAROUND
JUNE 17, 1984

<u>Order of Finish</u>	<u>Time</u>	<u>Name</u>	<u>Age</u>
1.	36:58	Rick Trainer	24
2.	39:24	Berry Bland	35
3.	39:38	Jim Fredericks	33
4.	41:14	Andrew Brescia	25
5.	41:22	Bryan	27
6.	41:36	Tom Potter	34
7.	41:57	Tim Simpson	20
8.	41:59	Timothy Simpson	43
9.	42:00	John Valentine	34
10.	42:46	P. Bassett, Jr.	45
11.	43:16	Tim Noonan	28
12.	43:22	Larry Kimball	35
13.	43:33	Chuck Arnold	37
14.	43:54	Dennis Curran	37
15.	44:32	Richard Knapp	31
16.	45:17	Tim Kelley	22
17.	45:28	James Kelley	21
18.	45:33	John Schweizer	36
19.	45:57	Jerry Richardson	27
20.	46:34	John Terhil	29
21.	46:44	Lisa Bernardin	29
22.	46:51	Norm Robinson	28
23.	47:02	R. Searles	35
24.	47:07	Kathy Kelley	20
25.	47:10	Bill Young	36
26.	47:12	John Brochu	25
27.	47:22	Ross Petelle	36
28.	47:28	Tom Schornton	34
29.	47:44	Dave Carroll	23
30.	47:49	Jennifer Lucas	32
31.	47:51	P. T. Burke	36
32.	47:55	Tom Crowe	40

<u>Order of Finish</u>	<u>Time</u>	<u>Name</u>	<u>Age</u>
33.	48:28	John Bonneman	33
34.	48:44	Henry Marcy	45
35.	49:06	Mary Labate	28
36.	49:10	Rick Hubbard	39
37.	49:28	Jack Lipsey	38
38.	49:30	Jim Sparkman	55
39.	49:34	Cusumaro	39
40.	49:40	Thomas Rufflo	39
41.	49:44	Robert Kelley	46
42.	49:52	Patty Girouard	36
43.	50:04	Bill Everett	32
44.	50:11	Michael Woodfield	33
45.	50:25	Jerry Carlson	52
46.	50:36	Joe McEntyre	45
47.	50:59	Dorothy Helling	34
48.	51:23	Harry I. Jones	48
49.	51:24	Charles Christensen	44
50.	51:26	Richard Morris	38
51.	51:38		
52.	51:44	Richard Ejsmanowicz	43
53.	51:58	Amy Valentine	33
54.	52:04	Brickett Bailey	16
55.	52:06	Don McDonough	52
56.	52:14	Dick Renfro	53
57.	52:16	Larry Bricknor-Wood	29
58.	52:30	Newton Baker	42
59.	52:37	Ellen Smith	27
60.	52:43	Jim Fixx	52
61.	52:56	Rod Davis	41
62.	53:03	Will Shields	15
63.	53:08	Sue Christiansen	40
64.	53:12	Bill Bradley	32
65.	53:37	Charles Bucknam	40

<u>Order of Finish</u>	<u>Time</u>	<u>Name</u>	<u>Age</u>
66.	53:41	Laird Covey	34
67.	53:50	Rich Geisel	35
68.	55:17	Martha Davis	18
69.	55:22	Mel Jonis	38
70.	55:23	Dick Aronson	36
71.	55:25	Paul Kieslick	46
72.	55:58	Rollande Rainville	29
73.	56:06	Dick Shanley	41
74.	56:29	Jeff Shutah	39
75.	56:45	Annette Miller	43
76.	57:14	Larry Karp	40
77.	57:21	Ted Van Schoppe	29
78.	57:27	Andrea Smith	15
79.	57:34	Gerry Cahill	40
80.	58:04	Chris Scherf	37
81.	58:05	Jerry Prevost	34
82.	58:05	Rod Larrow	40
83.	58:06	Hu Sungroo	50
84.	58:23	Nick Ecker-Racz	44
85.	58:27	R. J. Noonan	53
86.	58:30	Jean Kissner	25
87.	58:36	Lee Blodgett	47
88.	59:15	Karen Ide	34
89.	59:36	Andy Girouard	35
90.	60:59	Cindy Smith	28
91.	61:51	D. Kucij	40
92.	62:12	Heidi Smith	42
93.	62:21	Jo Davis	16
94.	62:23	Rat Driswell	20
95.	62:24	Donna Crosby	30
96.	63:46	John H. Bland	66

<u>Order of Finish</u>	<u>Time</u>	<u>Name</u>	<u>Age</u>
97.	64:54	Gail Bradley	28
98.	65:26	Collette Beauchosne	30
99.	65:26	Sally Searlos	35
100.	65:44	Gail Sengroe	50
101.	65:46	Jammas Hanna	49
102.	65:52	Michael Kranchek	32
103.	66:46	David Dow	41
104.	69:10	Bridget Noonan	50
105.	70:03	Anne Batten	51
106.	70:03	Peggy Palmer	50½
107.	71:06	Bonnie Boardman	35
108.	71:29	Kay Harrington	30-
109.	74:01	Mimi Tagher	21
110.	74:28	Bob Kinsey	56
111.	74:29	Jean Marcy	40
112.	80:18	Linda B. Fischer	52



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.

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.

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.

Jul 21 - EAST DORSET, VT - Mad Tom 10Km. **** CANCELLED ****

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, \$7 entry before 14 Jul, \$9 thereafter. NO POST ENTRIES! Lee Labier, Box 135, Stowe, VT 05672. tel 253-9009 days, 988-3234 eves.

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

Jul 28 - GOSHEN, VT - Goshen Gallop, 4.5mi XC, 5pm, \$5 entry, \$7 for BBQ and dance, \$5 for T-shirt. Goshen Gallop, c/o 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 12 - JAY, VT - "Run A Country Mile" 10km & 20km, 9am at Jay Country Store, Route 242. \$8 entry by 10 Aug includes T-shirt, pancake breakfast and all day use of Jay Peak's swimming pool. Post entry \$12. Jay Peak, Inc., Route 242, Jay, VT 05859. tel 988-2611.

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, (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.

Sep 3 - NORTHFIELD, VT - Labor Day Observances 5km Race. Starts at the Common. No other details.

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, 9:45am(?), Guy Thomas 362-3401

Sep 16 - GREENSBORO, VT - Caspian Foliage Run, 7mi. Starts at Public beach. Anne Batten 472-6066

* Sep 22 - HOLLIS, NH - Applefest Half-Marathon, 10am, \$3 entry fee, \$8 entry w/T-shirt, \$5 post entry. Limit 1500. Gate City Striders, P.O.Box 3692, Nashua, NH 03061

C Sep 29 - BERLIN, VT - Berlin Pond Couples Race, 6mi, Norm Robinson 479-1968

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

C Oct 7 - WATERBURY, VT - First Annual LeafPeepers Half Marathon, 11am at Recreation Field, \$6. Entries Postmarked by 7 Sep get T-shirt, Quality Vermont merchandise Prizes. Waterbury Area Lions Club, P.O.Box 6, Waterbury Ctr, VT 05677

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

NEXT CVR MEETING

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

MEMBER DISCOUNTS

Present your membership card
③ 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

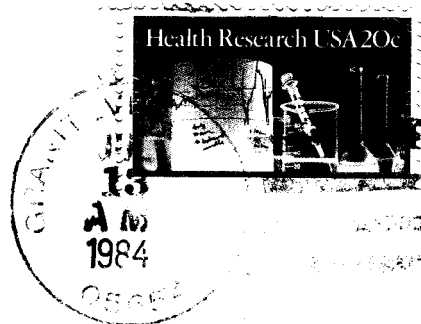
CENTRAL VERMONT RUNNERS

c/o Bob Howe

RFD#1

Graniteville, Vt. 05654

address correction requested



National Running Data Center
Box 42888
Tucson, AZ 85733