

# Central Vermont Runners NEWSLETTER



VOL. 5 AUG 1984 NO. 7

## AN OPEN LETTER TO ALL CLUB MEMBERS

Dear CVR Member

On Sunday, October 7, 1984, Lash Furniture Company and the Waterbury Lyons Club in conjunction with the Central Vermont Runners will hold a half-marathon (13.1 miles) in Waterbury, Vermont. The name of this race is the Leaf Peepers Half-Marathon.

We are very excited about this and plan to make it an annual event in the Central Vermont area. We would like to see it develop into one of the premiere races in Vermont and the whole of New England. Ralph Lash has donated the necessary funds and the Waterbury Lyons, along with Central Vermont Runners, the time and expertise to develop this event which has been over a year in planning.

The purpose of this letter is to request your assistance in manning the registration area, finish line, aide stations and other areas on race day. This event has been advertised in national running publications and is one we want to be proud of as it will be a direct reflection on your club.

Please take a moment to complete the following information and forward it to me. Your help will be greatly appreciated. Thank you!

Sincerely

Jeffrey W. Shutak, President  
Central Vermont Runners

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YES, I will Assist in the Leaf Peepers  
Half-Marathon

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_

# OF INDIVIDUALS IN HOUSEHOLD AVAILABLE

TO ASSIST \_\_\_\_\_

Mail completed form to:

Jeffrey W. Shutak  
17 Hilltop Avenue  
Barre, Vermont 05641  
Tel. 476-4583

7TH ANNUAL HOWARD BANK 10K  
 SATURDAY, JULY 14, 1984  
 MONTPELIER, VT.  
 6.2 MILES CERTIFIED COURSE

O/A 6 - 13 Male

NONE

O/A 18 - 29 Male

1	1.	Jim Miller	30:44
3	2.	Shawn Gardner	32:14
5	3.	Richard Weinstein	33:21
6	4.	Kyle Strode	33:24
7	5.	Brent Coon	33:28
9	6.	Eris Morse	33:50
10	7.	Jack Fahey	34:20
11	8.	Chris O'Donnell	34:38
13	9.	Jeff Clark	34:55
14	10.	John Lisak	35:35
15	11.	John Fish	35:45
17	12.	Jonathon Reidel	36:16
18	13.	Steven Thomas	36:24
19	14.	Bill Newsham	36:35
23	15.	Tim Noonan	37:06
25	16.	Ed Hodges	37:16
27	17.	Maurice Brown	37:32
28	18.	William Jameson	37:40
33	19.	Tim Simpson	38:39
34	20.	Steven Tosi	38:43
35	21.	Mark Kurts	38:46
36	22.	Doug Parsons	38:49
37	23.	Richard Millar	38:49
38	24.	Peter Augustoni	38:54
39	25.	Francis Burdett	38:59
40	26.	Matt Casplinski	38:59
42	27.	Thomas Dunoan	39:20
43	28.	Dale Flanders	39:23
44	29.	Dave Fields	39:25
50	30.	Norm Robinson	41:01
53	31.	Bernard duBreuil	41:20
62	32.	Jamie Loso	42:35
66	33.	Will Shields	43:11
68	34.	Craig Palmer	43:17
71	35.	Jeffery Mecure	43:37
75	36.	Paul Sakash	43:57
77	37.	David Goldberg	44:02
78	38.	Thad Shenker	44:05
80	39.	David Whittman	44:20
84	40.	Jim Fossetto	45:02
88	41.	Dean King	45:18
89	42.	Greg Bryan	45:18
104	43.	Elden Dube	47:05
110	44.	David Campbell	47:46
124	45.	Rodolfo Torres Jr.	49:46
128	46.	Michael Marsh	49:59
134	47.	Ted Von Shoppe	51:10
142	48.	Jeff Aber	51:53
143	49.	Richard Lummert	51:57
144	50.	Chris Shepard	52:00
151	51.	Glenn Moore	54:33
163	52.	Bradley Suotiere	59:17
169	53.	David Flanders	62:33
173	54.	Al Wagner	66:40

30 - 39 Male

2	1.	Rob Day	31:25
4	2.	Fascal Cravedi-Cheng	33:08
8	3.	Billy O'Neill	33:34
12	4.	Dean Bumstead	34:41
21	5.	Chuck Arnold	36:54
22	6.	Geoff Lindemer	36:59
24	7.	Crocker Bennett	37:11
29	8.	Blaine Kinsey	37:42
30	9.	Richard Knapp	37:59
31	10.	Les Brown	38:07
41	11.	Pat Murtagh	39:18
47	12.	David Soderholm	40:15
54	13.	Bill Everett	41:23
56	14.	Robert Bucholtz	41:56
61	15.	John Mazzucco	42:34
63	16.	Paschal DeBlasio	42:51
64	17.	P. T. Burke	42:55
70	18.	Andy White	43:29
73	19.	Jeff Axelrod	43:52
82	20.	Richard Morris	44:40
83	21.	Larry Houle	44:45
85	22.	Jeff Tortomasi	45:03
86	23.	Angelo Dorta	45:07
87	24.	Don Melvin	45:14
90	25.	David Thomas	45:40
95	26.	Jean Guy Poirier	46:07
97	27.	Jack Garvin	46:22
98	28.	Bill O'Mara	46:22
100	29.	Michael Katzenberg	46:35
101	30.	Gary Vassar	46:49
102	31.	Thomas Yefchak	46:50
106	32.	Mel Miller	47:08
109	33.	Joe Blatchford	47:24
112	34.	Tom DeVries	48:05
114	35.	Joe Zuaro	48:18
118	36.	Bruce Bartels	48:36
122	37.	Bill Apao	49:12
123	38.	James Slinkman	49:17
129	39.	Richard Glidden	50:03
130	40.	Steve Cano	50:24
133	41.	Jay Wisner	50:51
136	42.	Brian O'Regan	51:25
139	43.	Tom Commito	51:44
141	44.	Michael Mason	51:49
146	45.	Rob Chickering	52:42
164	46.	Jeffrey Howard	59:44
165	47.	Paul Ohlson	59:45

HOWARD BANK 10K CONT'D

40 - 49 Male

20	1.	Bob Murphy	36:47
26	2.	Moe Hamel	37:28
32	3.	Peter Teachout	38:20
45	4.	Dutch Dutra	39:29
55	5.	Tom Crowe	41:42
57	6.	John Mallery	41:58
60	7.	Jim Suskin	42:16
65	8.	Rick Hubbard	43:08
67	9.	Elba Malone	43:15
74	10.	Chris Lynn	43:53
79	11.	Bob Mercier	44:11
81	12.	Ludwig Weimann	44:38
91	13.	Leighton Wass	45:43
92	14.	Richard Ejsmanowicz	45:47
93	15.	Larry Miller	45:53
96	16.	Rod Vieux	46:10
103	17.	John Freitas	47:00
115	18.	Bob O'Donnell	48:19
116	19.	Larry Karp	48:24
119	20.	Jerry Brown	48:41
126	21.	Peter Butte	49:55
127	22.	Richard Angney	49:56
145	23.	Bill Parsons	52:29
148	24.	John Jurgens	53:06
153	25.	Thomas Curtin	54:52
158	26.	Mike Belding	56:15
160	27.	Dan Murnane	56:51

O/A 50 - 59 Male

16	1.	Bill Foulk	35:45
48	2.	Robert Shelton	40:23
52	3.	Gerow Carlson	41:11
94	4.	Donovan MacDonough	46:00
99	5.	Bob Wilson	46:33
111	6.	Larry Drew	47:53
113	7.	Leonard Wilson	48:13
131	8.	Don Lyons	50:27
152	9.	Ernie Flanders	54:36
157	10.	Jim Hanna	56:10
166	11.	Mike Gelatola	59:49

60 & Male

NONE

6 - 13 Female

138	1.	Sheila Leahy	51:41
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14 - 29 Female

46	1.	Cecily Currier	39:35
49	2.	Lisa Bernardin	40:41
58	3.	Mary Labate	42:09
59	4.	Zoe Erdman	42:09
69	5.	Wendy Reeves	43:23
72	6.	Jennifer Rood	43:51
76	7.	Karen Dinsmore	43:57
105	8.	Woden Teachout	47:06
107	9.	Christina Boerner	47:13
120	10.	Daryl Angney	48:58
132	11.	Jean Kissner	50:41
155	12.	Denise Guay	56:03
170	13.	Dierdre O'Connor	62:43
175	14.	Elizabeth Murnane	74:46

30 - 39 Female

51	1.	Donna Dearborn	41:05
108	2.	Eva Kristina Kasza	47:20
125	3.	Elizabeth Meiklejohn	49:48
140	4.	Carol Lou Blattspieler	51:49
147	5.	Jo-Ann Beaudin	52:56
149	6.	Carol Miller	53:33
150	7.	Nancy Ann Bagiuski	54:16
154	8.	Maureen Sodaro	55:23
156	9.	Nancy Pope	56:08
167	10.	Kathleen Plante	60:13
171	11.	Claudia Jacobs	63:10
172	12.	Cathy Wood	64:32

O/A 40 - 49 Female

117	1.	Annette Miller	48:34
135	2.	Heidi Smith	51:16
137	3.	Maureen Murphy	51:28
159	4.	Bev Tucker	56:42
161	5.	Mary Lou Bell	58:01
168	6.	Polly Flanders	62:33
174	7.	Mary Jane Ohlson	70:12

O/A 50 - 59 Female

121	1.	Darragh Ellerson	49:08
162	2.	Marilyn Wilson	58:47

60 & Female

NONE

We'de would like to thank all the loyal helpers who pitched in to make "The Howard Bank" race a success. Thanks again!

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# Achilles Tendinitis

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Achilles tendinitis is one of the most common of all running problems and can be the most chronic. Some individuals are born with a tight Achilles tendon and retain the condition throughout life. They often walk with a bouncy gait, almost as if they are walking on their toes. A tight Achilles tendon leads both to tendinitis and severe pronation.

Other people susceptible to Achilles tendinitis are those with a very narrow cord-like Achilles tendon. Although we've yet to see a complete rupture of the Achilles tendon in long-distance runners, many do have chronic thickening and bumps around the covering of the tendon caused by micro-ruptures or chronic inflammation of the tendon.

**Treatment:** Five minutes of prevention is worth hours of cure. The primary preventive measure is adequate flexing and stretching of the calf muscles and Achilles tendon. One effective exercise is pushing against a wall with the feet about three feet from it. Another is standing with the balls of the feet on a step and letting the heels hang over, with the weight of the body pulling the heels down and stretching the Achilles tendon. These and other exercises should be done before and after running.

Another preventive measure is running in the proper shoe. Manufacturers have recognized the tendinitis problem and are constructing running shoes with an elevated heel. If you have a tendency to develop tendinitis, buy the shoe that has the highest heel and the most flexible sole. An extra pad inside your shoe under your heel also will lessen the pull on the Achilles tendon.

Local treatment consists of ice massage directly over the tender area after running. Be sure to avoid low heels in street shoes. Don't attempt to run until you can walk without pain. And if the condition continues, see a sports medicine specialist. Do not consider cortisone injection. Recent research indicates that cortisone around the Achilles tendon can create more harm than good.



Produced by the American Running & Fitness Association in cooperation with the American Podiatry Association.



UNION BANK GROLSCH BEER 8 MILE RACE - STOWE, VT. - JULY 22, 1984

British olympian Charles Spedding and free flowing Grolsch beer gave an international flavor to the Stowe 8 Miler this year. The hot weather provided an additional challenge for the runners during the race while the shade of the large tent, the refreshments, and the race vidie, kept most of the runners around for the awards ceremony. There were 498 finishers in the well organized race so in order to ~~save~~ space only C.V.R. member's results are listed. My apologies to any members who were missed.

17 and under (male)

7 (174oa) Bryan Shanley-0:54:08

18 - 29 (male)

26 ( 59oa) Tim Noonan-0:47:35

43 (114oa) David Flanders-0:51:18

56 (159oa) Norm Robinson-0:53:27

89 (334oa) Richard Shanley-1:01:55

30 - 39 (male)

21 ( 53oa) Tom Potter-0:47:13

24 ( 59oa) Bryan Liss-0:47:35

28 ( 70oa) Dennis Curran-0:48:19

34 ( 83oa) Rich Knapp Jr.-0:49:19

75 (179oa) Bob Howe-0:54:19

83 (196oa) John Peterson-0:55:23

104 (242oa) Jeff Shutak-0:57:31

147 (409oa) Tom Commito-1:06:44

40 - 49 (male)

2 ( 50oa) Bob Murphy-0:47:01

14 (167oa) Rick Hubbard-0:53:48

16 (192oa) Mike Sinclair-0:55:07

19 (217oa) Joe Mcentyre-0:56:34

31 (283oa) Leighton Wass-0:59:24

43 (343oa) Roger Cranse-1:02:18

66 (445oa) Mike Belding-1:11:01

50 - 59 (male)

3 (138oa) Gerry Carlson-0:52:16

21 (478oa) Ernie Flanders-1:16:07

17 and under (female)

3 (400oa) Andrea Smith-1:06:09

18 - 29 (female)

15 (244oa) Ellen Smith-0:57:34

16 (248oa) Debbie Martin-0:57:39

30 - 39 (female)

9 (215oa) Dot Helling-0:56:22

40 - 49 (female)

1 (286oa) Sue Christiansen-0:59:40

5 (370oa) Heidi Smith-1:04:18

13 (481oa) Polly Flanders-1:19:42

50 - 59 (female)

2 (355oa) Darragh Ellerson-1:03:02



## 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.  
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\*\*\*\*\*  
C - indicates races with CYR 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.

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 19 - EAST MONTPELIER, VT - Raspberry Run 10Km race and 1mi support run, 9:30am at E. Mont. Elem. Sch., \$4., Prizes by random draw. Benefit Vt. Assn. for Learning Disabilities. Vt. AFLD, 9 Heaton St., Montpelier, VT 05602.

AUG 19 - Elizabethtown, NY - Elizabethtown to WestPort 15Km, 10am. Jeff Kelley, Elizabethtown 12932 (518-873-2027).

AUG 24 - WELLS, VT - 10Km Race, starts at Wells P.O. @ 6:45pm. Bob O Keefe, RFD, Wells 05774

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.

AUG 26 - RUTLAND, VT - Back Home Cafe 10K, 10am, benefit Mt. St. Joseph Academy. Date tentative. Call 775-2104 to confirm.

\* SEP 1 - NORTHFIELD, VT - Labor Day Observances 5km Race (10:30am) and 1mi Childrens' Race (9:30am). \$1 by 24 Aug, \$2 Post entry, \$3 extra for T-shirt. Starts at the Common. Mike Sinclair, Smith Hill, Northfield 05663 (485-8673).

\* SEP 1 - CAMBRIDGE, VT - 5Km Race, Cambridge Elem. Sch. at 10:30am, \$3 by 25 Aug, \$6 Post. T-shirt to first 200. Smugglers Notch Chamber of Commerce, Box 364, Jeffersonville, VT 05464.

SEP 8 - LAKE PLACID, NY - Lake Placid Marathon and Half Marathon, new course, 8am, entry deadline 1 Sep. Bob Lopez, Lake Placid Road Runners, Box 951, Lake Placid 12946 (518-891-3260).

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, Guy Thomas 362-3401

\* Sep 15 - COLEBROOK, NH - Dixville Notch Marathon and 12 mi race. Individual or 4 Person relay. Call Rick Tillotson, 603-255-3191.

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

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C Sep 29 - BERLIN, VT - Berlin Pond Couples Race, 6mi, Norm Robinson 473-1968  
\*\*\*\*\*

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

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C Oct 7 - WATERBURY, VT - First Annual LeafPeepers Half Marathon, 11am at Recreation Field, \$6. Entries Postmarked by 7 Sep Set 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 13 - CROWN POINT, NY - Fort to Fort 30km, 10am, \$8 by 22 Sep, Fort Crown Point to Fort Ticonderoga. Bus from Ft. Ti to Crown Point (start) on race day 7:30-8:45. Fort to Fort, Box 390, WestPort, NY 12993.

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

Oct 14 - SCHENECTADY, NY - Mohawk-Hudson River Marathon, 9am, \$5 by 6 Oct, limit 600. Schenectady to Albany. Paul Rosenberg, 538 Providence St., Albany, NY 12208 (518-438-3035).

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

\*\*\* ONCE AGAIN - EXTRA FUN IN THE FUN RUN \*\*\*

SEPT 11

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.

**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 **SEPT 17** @ the Central Vermont Hospital Conference Room #3.

Added to the member discounts this month is a 10% discount on running equipment at "Jay-Bern Sports", The Sidewalk Village, Main St. in Barre. They offer several models of running shoes plus clothing and accessories.

Thru Nov. 1, 1984, the "Boston Running News" is offering a 22% discount to club members on subscription rates. Members can use this offer to renew or extend their subscription if they already subscribe to "BRN". Central Vermont Runners will receive a refund check equal to 10% of subscription income received by "BRN" during this offer so be sure to fill out the club name if you plan to subscribe.

<b>CLUB NAME:</b> _____	Please enclose check or
<b>MR., MS.:</b> _____	money order payable to:
<b>ADDRESS:</b> _____	<i>Boston Running News</i>
<b>CITY:</b> _____	PO Box 252
<b>STATE:</b> _____	Boston, MA 02113.
<b>ZIP:</b> _____	

- 6 Months (4 issues) for \$4     1 Year (8 issues) for \$7     2 Years for \$14

National Running Data Center  
Box 42888  
Tucson, AZ 85733

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



Robert  
Clements