

Central Vermont Runners NEWSLETTER

Vol 5 SEPT-OCT No 8



NEXT C.V.R. MEETING

Nov. 19, 1984 at

Jeff Shutaks
17 Hilltop Ave.
Barre

Spaghetti provided, bring a
compatible supper dish or
dessert, 6:30 p.m.

The move back to having the monthly meetings at members homes was just one of the items of discussion at Sept. and Oct.'s business meetings. The upcoming schedule looks like this:

Nov. 19 - Shutak's

Dec. 17 - Ellerson's

Jan. 12 - Carlson's

Feb. 2 - Annual banquet at the Lobster Pot

More details will be provided at a later date.
Come on out and get involved.



The WORLD October 10, 1984

Valentines Win Berlin Couples Race

Photo by Betsy Tucker

A small group of runners from around the central Vermont area gathered for the fifth annual Berlin Pond Couples Race on Sept. 29. While only 31 runners took part in the six-mile race around Berlin Pond the group nevertheless raised a modest sum for the Washington County Special Olympics. The race was sponsored by the Central Vermont Runners who have donated the proceeds of the race to different charities each year.

This year's winners overall came from the combined age group of 60—79 years. The wife-husband team of Amy and John Valentine took 13th and first respectively and outdistanced their nearest competitors by more than two minutes. Their times of 41:53 and 34:19 gave them a combined time of 1:16.02.

In the 40—59 combined age category Mary Labate and Wade Walker dominated with

a time of 1:18.15. Mary's 40:31 was good for ninth overall while Wade was sixth overall in 37:44.

Annette Miller and Tim Simpson also won handily in the 80—99 combined age category. Their time of 1:20.55 was more than six minutes ahead of their rivals. Annette ran 46:31 for 18th overall and Tim's second place finish of 34:24 was only five seconds behind Valentine's winning performance. Other noteworthy finishes were: Bob Murphy, third in 34:26; Michael Mason, fourth in 35:29 and Mike Flynn, fifth in 36:49.

Area businesses donated prized and refreshments for the runners whose entry fee went in large part to the Special Olympics.

COUPLES RACE RESULTS

Combined age 40—59	
Mary Labate	40:31
Wade Walker	37:44

Becky Johnston	78:15
Eiden Dube	51:20
	44:29
	95:49
Deborah Clark	47:08
Paul Bowles	49:09
	96:17

Combined age 60—79

Amy Valentine	41:53
John Valentine	34:19
	76:02
Carol Blattspieler	47:28
Michael Mason	35:29
	82:57
Natalie Kinsey-Warnock	41:56
Tom Warnock	41:08
	83:04
Mary Schroyer	50:25
Moe Cerutti	42:22
	92:47
Kathleen McGinley	62:19
George Allen	39:47
	102:06

Combined Age 80—99

Annette Miller	46:31
Tim Simpson	34:24
	80:55
Mary Lou Bell	52:30
Bob Murphy	34:26
	86:56
Nancy Creswell	48:33
Larry Miller	42:16
	90:49
Beverly Tucker	50:34
Michael Cody	41:28
	92:02
Anne Batten	55:51
Dave Dow	46:35
	102:26

Individual Runners

Mike Flynn	36:49
Bob Mercier	40:11
Bob Howe	40:49
John Mallery	48:33
John Cashman	50:04

MAPLE LEAF HALF-MARATHON SUCCESSFUL

In what has become an annual trek to Manchester, VT. I found myself wondering how much my lack of training and desire would affect my performance. On top of my conditioning, or lack of it, the course start/finish line had been moved to the old two-mile mark, giving the runners a 3½ mile downhill finish.

I'd hoped to run seven minute miles for as long as possible and then see what would happen. At the start I settled in with Dot Helling, who with her husband, John Peterson, and Jane Banks, made up this year's CVR contingent. Jane and John had taken out the pace quickly in the early going, while Dot and I ran 6:50's for the first four miles. It was here that I finally felt relaxed and although I didn't pick up the pace it was much easier to maintain.

Going through town the bag pipers picked up our spirits, if not our legs and even the mile of hills from 8½ to 9½ seemed relatively easy compared to other years. The real problem developed in the long downhills that followed. I knew I couldn't take the pounding at full speed for 3½ miles so I tried to hold back a little until there was just less than two miles to go. I was moving well at that point but the pain shooting through my quads and calves didn't allow me to enjoy the finish.

My 1:30:17 was good for 225th out of about 800 and was just 1:17 off my PR. The satisfaction of the good effort (along with a couple of Stroh Light's) made the stiffness in the legs seem less of a problem. Unfortunately the lack of training told in the days that followed. I was sore and lame for four days, but it was a lot of fun just the same.

Dot wasn't far behind my effort with a time of 1:31:36, good enough for 9th woman overall. I never did see John or Jane. Jane ran a superb race with a time of 1:26:12 for fourth woman, while John coasted home with a 1:25:01.

By the way, Mike Musyoki of Kenya ran a 1:02:27 to win handily over Ibrahim Kivina of Tanzania who posted a 1:03:52. Third, just 3 seconds back was Tony Staynings. Barry Brown just missed the 40-49 age group record with an amazing 1:06:24 for fifth. Jon Sinclair cramped at 15K and pulled out. Continuing the international flair was bronze medalist in the marathon, Rosa Mota from Portugal who took first woman in 1:11:36 for 14th overall! She was more than 5 minutes ahead of her nearest competitor, Anne Hird of Providence, R.I. who finished in 1:17:15. Third belonged to Anne Anglim in 1:23:40. More than 800 runners competed but word out of Manchester is that lack of a big sponsor may put future races in doubt. One must ask whether the "name" runners are worth the money or whether the race should survive for the average runner. I personally have doubts about my running the race again. The course change makes it very difficult to enjoy the last 4 miles and in fact may be dangerous. The \$6.50 entrance fee is steep, although this year was the first year beer was given away at the finish. You got absolutely nothing for your money in year's past. Let's hope something works out so that runner who do enjoy the race may compete in years to come.


Norm Robinson

BONNIE BELL LOK, BOSTON

Over 7,500 runners, led by Betty Jo Springs of Raleigh, N.C., covered the 6.2 mile course on Columbus Day. Among the runners was new CVR member Muriel Eaton of Montpelier. Following a friend's advice, Muriel ran toward the edge of the pack and was not bothered by the numbers of runners, running a personally satisfying 48 minute time.

Former Vt. runner Judi St. Hilaire took second in a time of 32:37.

BURLINGTON TRIATHLON



2ND ANNUAL BURLINGTON TRIATHLON

The first thing contestants noted as they came down the hill to North Beach, and probably the most memorable thing for the contestants were the waves. Strong winds turned Lake Champlain into ocean swimming conditions, resulting in a shortened course for the first leg of the triathlon. Over 450 individuals started along with 150 three person teams for a combined number of over 900 contestants. A large number of volunteers assisted in the well organized event which managed to raise over \$13,000 for Special Olympics while treating the swimmers, bikers, and runners to post-race festivities. Many CVR members enjoyed the events with CVR results listed below. Please excuse any omissions.

Iron-men: A=18 and under B=19-29 C=30-39 D=40-49 E=50-59 F=60 and over
 Iron-women: G=18 and under H=19-29 I=30-39 J=40-49 K=50-59 L=60 and over
 Teams: M=Men N=Women O=Men 40 and over P=Women 40 and over Q=Mixed team

C	1 BANKS, MURRAY	1:52:32
C	5 WOODWARD, KEITH	2:00:27
C	24 POTTER, THOMAS	2:13:13
C	59 ALLEN, GEORGE	2:27:32
C	81 SHUTAK, JEFFREY W.	2:37:20
D	7 MCENTYRE, JOE	2:19:04
I	3 CRAY, MERRIL	2:15:44
I	4 BANKS, JANE	2:15:57
I	5 HELLING, DOROTHY	2:18:37
N	2 MILLER/SMITH/AZZARETTI	2:06:07
Q	1 HENDRICKS/VALENTINE/DAMON	1:47:00
Q	18 BONDY/HOWE/PETERSON	2:10:42
D	LARRY MILLER	?

LEAF PEEPERS

The Leaf Peepers Half Marathon proved successful for both the runners and the organizers, as everyone came away happy. Perfect cool, sunny skies and fall foliage set the stage for Keith Woodward who finished 1st overall at 1:11:56 and Debbie Crow who was the top female at 1:30:17. Thanks to the volunteers who helped make the event a success!

Starter - Jeff Shutak
 Timers - #1 Mary Labate
 #2 Deb Lindemer
 #3 Ray Usle
 Time Recorders - #1 Marjo Hebert
 #2 Steve Roy
 Turnaround - Dick Henrikson & daughter
 Chute - Evan Ellerson
 Dave Kelley
 Wilma Kelley
 Gary Wilson
 Cards - David Ellerson
 Numbers Recording - Roger Cranse
 Chandra Cranse
 Results - Bob Murphy
 Race Packets - Jeff Lindemer
 Deb Lindemer
 John Peterson
 Dot Helling
 Bob Howe
 Carol Howe
 Bob Murphy
 Wade Walker
 The Ellerson family

 Paschal DeBlasio

OVER- ALL PLACE	AGE GROUP PLACE	TIME	NAME	ADDRESS	CLUB	PACE PER MILE
MALE 0 TO 18						
33	1	1:27:34	KURT POLLARD	ESSEX JUNCTION	VT	6:41
42	2	1:30:57	SHANE SANDRETTI	WATERBURY	VT	6:56
43	3	1:30:57	VANCE L. SANDRETTI	WATERBURY	VT	6:56
47	4	1:31:13	WILL SHIELDS	RULLOTT	VT	6:57
59	5	1:33:18	SHANN MONGEUR	WATERBURY	VT	7:7

MALE 19 TO 29

2	1	1:12:44	JACK FAHEY	WALTHAM	MA	5:33
3	2	1:14:16	ERIC MORSE	WATERBURY	VT	5:40
11	3	1:20:35	KIM IRA MALONEY	WILLIAMSTOWN	VT CVR	6: 9
14	4	1:22:06	STEVEN BRILEY	ROUSES POINT	NY	6:16
18	5	1:23:58	MICHAEL THOMAS	NEWPORT	RI	6:24
19	6	1:24:25	MICHAEL MARIU	BRATTLEBORO	VT	6:26
22	7	1:25:12	WADE WALKER	BARRE	VT CVR	6:30
23	8	1:25:22	THOMAS D ANGELO	VALHALLA	NY	6:31
24	9	1:25:25	THOMAS MEHURON	WHAITSFIELD	VT	6:31
25	10	1:25:27	RICK YOERG	STOWE	VT	6:31
26	11	1:25:28	MARVIN E. KNIGHT	HUNTINGTON	VT	6:31
28	12	1:26:02	WILLIAM M. BLOOD	JEDDHAM	MA	6:34
39	13	1:30:12	BOB O'BRIEN	BURLINGTON	VT	6:53
51	14	1:31:41	STEVE ROBINSON	WARREN	VT	7: 0
55	15	1:32:33	RUSSELL LONG	NEW YORK	NY	7: 4
67	16	1:34:39	JEFF MERCURE	WINDOUSKI	VT	7:13
68	17	1:35:10	KEITH J. CULLEN	ST. ALBANS	VT	7:16
71	18	1:35:31	ELDEN N. DUBE	MONTPELIER	VT	7:17
86	19	1:37:51	ROBERT J. HENKE	BURLINGTON	VT	7:28
92	20	1:38:51	NORM ROBINSON	BHAKKE	VT CVR	7:32
101	21	1:41:14	MIKE COMISKY	GRANSEVOORT	NY	7:43
102	22	1:41:14	JAMES BERNICHE	SOUTHAMPTON	MA	7:43
103	23	1:42:02	DAVE HALLQUIST	WATERBURY	VT CVR	7:47
110	24	1:43:43	BRIAN GALLAGHER	HINESBURG	VT	7:55

MALE 30 TO 39

1	1	1:11:56	KEITH WOODWARD	CRAFTSBURY COMMO	VT	5:29
4	2	1:15:05	PASCAL CRAVEDI-CHENG	BURLINGTON	VT GMAA	5:44
5	3	1:17:29	STEPHEN J. HERRERO	UNDERHILL	VT GMAA	5:55
6	4	1:17:37	DON Q. LAMB	ARLINGTON	MA	5:55
7	5	1:17:54	DEAN BUMSTEAD	WINDOUSKI	VT GMAA	5:57
8	6	1:18:54	MICHAEL E. KENNEY	MENDON	VT	6: 1
9	7	1:19:51	MICHAEL FEULNER	DEXBURY	VT	6: 5
10	8	1:20:22	JOHN VALENTINE	WATERBURY	VT CVR	6: 8
12	9	1:20:43	CROCKER BENNETT	MILTON	VT	6: 9
13	10	1:20:48	GEOFF LINDEMER	CALAIS	VT CVR	6:10
15	11	1:22:19	ROBERT SEARLES	NO. WOLCOTT	VT	6:22
17	12	1:23:30	HARRY R. KIRK	SO. BURLINGTON	VT	6:22
20	13	1:24:39	JOHN M. PETERSON	MONTPELIER	VT CVR	6:27
21	14	1:24:56	TOM DOLL	WINDOUSKI	VT	6:29
31	15	1:26:56	DENNIS S. HAIN	WEST HARTFORD	CT	6:38
32	16	1:27:27	RICHARD LETSINGER	RICHMOND	VT	6:40
34	17	1:28:34	LLOYD HULBURD	BURLINGTON	VT	6:45
35	18	1:29:26	JOHN H. ELLIOTT	LYNDURVILLE	VT	6:49
37	19	1:29:53	BILL VICKSTROM	MARSHFIELD	MA	6:51
38	20	1:30:00	HILL YOUNG	NO. HYDE PARK	VT	6:52
45	21	1:31:06	BRUNO BRUZZA	LUDLOW	VT	6:57
46	22	1:31:12	BILL EVERETT	ESSEX JUNCTION	VT	6:57
48	23	1:31:17	KENNETH H. J. BOYD	SO. BURLINGTON	VT	6:58
49	24	1:31:40	TOM POTTER	NORTHFIELD	VT CVR	7: 0
53	25	1:32:15	JACK GARVIN	WARREN	VT	7: 2
54	26	1:32:32	JEAN-GUY POIKIER	WALTHAM	MA	7: 4
56	27	1:32:45	BOB HOME	GRANITEVILLE	VT CVR	7: 5
65	28	1:34:26	ROSS CONNELLY	HOLYOKE	MA	7:12
66	29	1:34:33	JAY BOWDEN	CHARLOTTE	VT	7:13
69	30	1:35:11	JOHN KERRIGAN	MORETOWN	VT	7:16
73	31	1:35:43	ROBERT RUTIMAN	WATERBURY CENTER	VT	7:18
79	32	1:36:40	PASCAL DEBLASIO	NEW LONDON	CT CVR	7:22
80	33	1:36:42	ROBERT LINDEMANN	HYDE PARK	VT	7:23
81	34	1:36:59	TIM METOXEN	EAST LONGMEADOW	MA	7:24
83	35	1:37:34	ALLAN F. ALDRICH	PEABODY	MA	7:27
88	36	1:38:15	ROBERT NESTER	VALLEY STREAM	NY	7:30
91	37	1:38:45	LEONARD C. GAMBLER	NORTHFIELD	VT	7:32
98	38	1:40:42	MIKE MORSE	SO. BURLINGTON	VT	7:41
106	39	1:42:10	HEL MILLER	NORTHFIELD	VT	7:48
108	40	1:42:41	RICHARD L. LOWREY SR.	WILLISTON	VT	7:50
109	41	1:42:59	WILLIAM K. APHO	WATERBURY CENTER	VT	7:51
112	42	1:43:51	NICHOLAS PISCULLI	BROOKLYN	NY	7:55
113	43	1:43:59	MARK AGAN	NO. FERRISBURG	VT	7:56
115	44	1:44:32	WILLIAM O'MARA	WALTHAM	MA	7:58
116	45	1:44:42	JAY W. WISNER	MONTPELIER	VT	7:59
120	46	1:47:28	CHRIS SCHERF	DERBY LINE	VT	8:12
				MONTPELIER	VT	8:25

129	48	1:51:07	JOSEPH MARTINO	SCHENECTADY	NY	8:29
137	49	1:55:17	ROB LUNN	BURLINGTON	VT	8:48
142	50	1:57:30	RICHARD KATZMAN	WATERBURY	VT	8:58
152	51	2:02:49	KEVIN ROBERTS	S. OZONE PK.	NY	9:22
155	52	2:05:54	BOB ATCHINSON	JERICHO	VT	9:36
157	53	2:07:04	TOM HENNESSEE	GROTON	CT	9:42
158	54	2:09:18	MARK BARNES	SYRACUSE	NY	9:52

MALE 40 TO 49

16	1	1:23:24	RAY GORHAM	FORT EDWARD	NY	6:22
27	2	1:25:54	BRUCE R. MEADER	VERGENNES	VT	6:33
29	3	1:26:13	TOM CRONE	JEFFERSONVILLE	VT	6:35
30	4	1:26:14	SHAMUS DALY	STOWE	VT	6:35
36	5	1:29:34	PATRICK G. JIRON	CAMBRIDGE	VT	6:50
41	6	1:30:26	BILL HEISE	BURLINGTON	VT	6:54
50	7	1:31:40	STEPHEN K. INGRAM	NORTHFIELD	VT	7:00
60	8	1:33:22	DEREK DOBBS	MONTREAL	QUE	7:7
62	9	1:33:33	ROBERT MERCIER	MONTPELIER	VT CVR	7:8
63	10	1:33:42	BOB REDDINGER			7:9
70	11	1:35:26	JERRY KILCOURSE	PLAINFIELD	VT	7:17
72	12	1:35:34	PAUL IPPOLITO	CHESTER	VT	7:17
75	13	1:35:45	JIM OVERFIELD	ESSEX JUNCTION	VT	7:18
77	14	1:36:20	JOHN MALLERY	MONTPELIER	VT CVR	7:21
85	15	1:37:42	ALAN A. WING	ISLAND POND	VT	7:27
87	16	1:38:10	CHARLES CHRISTIANSEN	MONTPELIER	VT	7:29
89	17	1:38:33	MICHAEL KUPERSMITH	FAIRFIELD	VT	7:31
93	18	1:39:06	LUDWIG J. WEIMANN	BURLINGTON	VT	7:34
95	19	1:39:49	GARY G. CUNNINGHAM	CAMBRIDGE	VT	7:37
99	20	1:40:44	RICHARD FRIEL	ESSEX JUNCTION	VT	7:41
104	21	1:42:02	LARRY D. MILLER	MONTPELIER	VT CVR	7:47
105	22	1:42:07	JAMES TODD	SAUNDERSTOWN	RI	7:47
107	23	1:42:22	ROD DAVIS	MORRISVILLE	VT	7:49
119	24	1:46:37	LEE BLUDGETT	ESSEX JUNCTION	VT GMAA	8:8
126	25	1:50:39	ROMAINE TALLMAN	PALMER	MA	8:26
130	26	1:51:54	FREDERIC H. BERTRAND	MONTPELIER	VT CVR	8:32
133	27	1:52:44	NEWTON BAKER	MONTPELIER	VT CVR	8:36
134	28	1:54:16	RALPH S. COLT	UNDERHILL	VT	8:43
144	29	1:58:08	DAVID R. BECHTEL	GALES FERRY	CT	9:1
145	30	1:58:22	GREG LASKOWSKI	ESSEX JUNCTION	VT	9:2
147	31	1:59:54	MARK H. KENNEDY	SO. BURLINGTON	VT	9:9
148	32	2:00:59	TOM CARNEY	WHAITSFIELD	VT	9:14
149	33	2:01:23	WILLIAM H. BRAUN	COLCHESTER	VT	9:16
150	34	2:02:13	JOHN R. CASHMAN	BARRE	VT	9:19
151	35	2:02:49	WAYNE R. EELLS	ESSEX JUNCTION	VT	9:22
162	36	2:34:46	RICHARD W. ADAMS JR.	NO. ANDOVER	MA	11:48
163	37	1:56:42*	E. ROBERT FREMO	FAIRBORN	OH	8:54

MALE 50 TO 59

44	1	1:31:05	GEROW CARLSON	WATERBURY	VT CVR	6:57
82	2	1:37:06	TED B. FLANAGAN	BURLINGTON	VT	7:24
94	3	1:39:43	LEE M. RICHARDSON	CANAAN	VT	7:36
96	4	1:40:18	MARCEL J. BROCHU	PAWTUCKET	RI	7:39
97	5	1:40:25	ROBERT WILSON	MONTPELIER	VT CVR	7:40
118	6	1:44:56	ROBERT S. SMITH	BURLINGTON	VT	8:0
121	7	1:47:30	ROBERT J. NOONAN	SHELburne	VT GMAA	8:12
138	8	1:56:23	ERNEST FLANDERS	MONTPELIER	VT	8:53
140	9	1:56:46	JAMES H. HANNA JR.	MONTPELIER	VT CVR	8:54
161	10	2:24:24	DOUG ALLEN	BETHEL	VT	11:1

MALE 60 TO 99

100	1	1:41:05	HAROLD W. LUETJEN	ROCKVILLE	CT	7:43
128	2	1:51:03	BOB DEVRIES	BURNT HILLS	NY	8:28

* Unofficial finisher - approximate actual time (started late)

FEMALE 0 TO 16

(NO FINISHERS)

FEMALE 19 TO 29

57	1	1:32:48	KATHLEEN JENKINS	NEWPORT	RI	7:5
74	2	1:35:45	ZUE ERDMAN	MONTPELIER	VT	7:18
76	3	1:35:51	JEANNETTE PERRY	WILLISTON	VT	7:19
78	4	1:36:20	LAURA DOBBS	MONTREAL	QUE	7:21
84	5	1:37:41	CAROL WHN DYKE	STOWE	VT	7:27
114	6	1:44:24	CHRISTINA L. BOERNER	MILTON	VT	7:58
123	7	1:49:04	JEAN KISSNER	WATSFIELD	VT	8:19
132	8	1:52:43	MAI-LIS ELLERSON	MONTPELIER	VT CVR	8:36
154	9	2:05:54	DOROTHY HARTSON	MONTPELIER	VT	9:36

FEMALE 30 TO 39

40	1	1:30:17	DEBBIE CROW	STOWE	VT	6:53
52	2	1:31:56	DOROTHY L. HELLING	MONTPELIER	VT CVR	7:1
58	3	1:33:00	BARBARA CAPEN	STARKSBORO	VT	7:6
61	4	1:33:25	PATY GIROUARD	WATERBURY CENTER	VT	7:8
64	5	1:34:03	AMY VALENTINE	WATERBURY	VT GMAA	7:10
122	6	1:48:50	FREDERICA MAHLMANN	WATSFIELD	VT	8:18
127	7	1:51:03	SUE EVANS	NISKAYUNA	NY	8:28
131	8	1:52:10	NANCY CROWE	JEFFERSONVILLE	VT	8:33
136	9	1:55:01	DEIRDRE ELLERSON	BARNARD	VT	8:46
139	10	1:56:36	CAROL MILLER	WATERBURY CENTER	VT	8:54
141	11	1:56:52	JO-ANN BEAUDIN	MONTPELIER	VT CVR	8:55
159	12	2:15:50	COLLEEN KOTTENBACH	GARDEN CITY	NY	10:22
160	13	2:16:02	KATE CAMPBELL	SU. BURLINGTON	VT	10:23

FEMALE 40 TO 49

90	1	1:38:38	SUE CHRISTIANSEN	MONTPELIER	VT CVR	7:31
111	2	1:43:48	HEIDI SMITH	MORETOWN	VT CVR	7:55
125	3	1:50:22	ROSE M. KINNEY	MURRISVILLE	VT	8:25
143	4	1:57:54	BEVERLY TUCKER	NORTHFIELD	VT CVR	9:00
153	5	2:04:07	FOLLI FLANDERS	MONTPELIER	VT	9:28
156	6	2:06:41	DOLORES LUBER	STOWE	VT	9:40

FEMALE 50 TO 59

117	1	1:44:49	DARRAGH ELLERSON	MONTPELIER	VT CVR	8:00
135	2	1:54:33	RUTH PAINTER	WILLISTON	VT	8:44
146	3	1:58:40	BRIDGET M. NOONAN	SHELBOURNE	VT GMAA	9:3

Wanted:

Person or persons interested in publishing the C.V.R. Newsletter for the upcoming year. No experience needed. Call Bob Howe if interested. Also contact Jeff Shutak if you are interested in being a club officer or committee chairperson, for the upcoming year. The 1989 officers and chairpersons are:

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

Fairs

Fairs remind me of Fall
 when leaves are turning rainbow
 and The weather gets colder
 when September's out my window

by Andrea

Northfield Race a Huge Success

5K! Whoever would run a 5K! That had always been my opinion of a 3.1 mile "sprint". Not being particularly fast, or able to loosen up in the early going I have shunned the Northfield Labor Day Footrace for years. I finally broke down and entered this year's race for reasons I'm still not sure of.

I went into the race having run very little all summer as compared to other years and hoped to hold 6:30's or so. Anything quicker would be gravy. Also, I had it in the back of my mind to try and stay with Gerry Carlson. I knew Gerry was quicker and had trained harder, but that's what dreams are made of.

The gun went off and away we went, 200 + strong. I had run the course earlier with Newton Baker so I had a good idea of what to expect. I held back early, figuring I'd settle in, locate Gerry, and see what would happen. Up over a couple of early hills with Gerry 20 yards ahead. Then a long downhill. I'd hoped to stay close but Gerry opened up a 100 yard gap, not knowing I was "racing" him. Out through town and back over the dirt road I gained half the distance back but once back in town with just $\frac{1}{2}$ a mile to go I knew there was no hope. Gerry started his kick and I fought off two others the last 25 yards and gasped across the line in 19:20. It was much faster than I'd hoped but nearly wiped me out. Gerry ran an even 19:00 to destroy competition in his age group and set a pr.

I think the real enjoyment of the day was watching the 77 kids under the age of 13 compete in a 1 mile race prior to the 5K. Can you imagine only 3 kids ran slower than 10 minutes!

Well, so much for my adversity to 5ks. The recovery was quick and I'm hooked like everyone else. Look out next year Gerry!

FEMALE - AGE: 0-9

TIME	NAME
730	Garback, Gretchen
742	Pinto, Kate
745	Ingram, Lauren
751	Hunter, Nancy
752	Hunter, Jennifer
760	Provost, Sonia
814	Schmidt, Jane
845	Miller, Melissa
850	Brown, Elizabeth
900	Nist, Sarah
900	Smith, Kerri
913	Matheson, Dianne
919	Sinclair, Jeanne
930	Asaton, Casey D.
946	Popowski, Nina
956	Nist, Stephanie

MALE - AGE: 0-9

TIME	NAME
853	Tibbetts, Peter
885	Mayo, Josh
705	Stratford, Dehis
709	Chamberlin, Joshua
717	Bell, Chad
718	Christian, Phillip
721	Stratford, Matt
725	Stratford, Timmy
746	Ashton, Bryan D.
811	Belus, Alec
815	Nason, David C.
824	McBride, Jeffrey
828	Barnard, Ethan
828	Chamberlin, Caleb
830	Page, Matt
911	Popowski, Michael
911	Page, Scot
911	Corrigan, Kevin
911	Zuaro, Eric

Norm Robinson

FEMALE - AGE: 10-13

TIME	NAME
558	Dutra, Kelly
614	Christian, Jessica
621	Corey, Jennifer
621	Piastridge, Betsy
630	Golon, Tina
630	Blanchard, Jessica
639	Adams, Marybeth
706	Mynter, Amy
715	Jennings, Randy
736	Gregory, Melissa
737	Ingram, Krista

MALE - AGE: 10-13

TIME	NAME
525	McBride, Troy
526	Tosi, Gregory
527	Davis, Mike
530	Wawrzyniak, Chad
530	Powers, Jason
539	Murray, Lyle
604	Wing, Boswell
618	Byers, Keith
619	Hall, Michael D.
620	Stark, Philip
629	Howard, Chip
630	Terry, Joshua
631	Barnard, Craig
632	Schmidt, A.J.K.
640	Turnbull, Matthew
644	Plourde, Lance R.
646	Monez, Hal
681	Blow, Brian
708	Samson, Christopher
714	Nevin, Jacob
716	Nevin, Joel
719	Asthan, Dan
720	Baron, Chris

720	Sayers, Kevin
729	Tibbetts, Mark
740	McBride, Tony
743	West, Troy
801	Drown, Dalyn
809	Dunne, Seth
813	Lafley, Chad
902	Kanock, Andrew

FEMALE - AGE: 14-29

TIME	NAME
1939	Eiberty, Jennifer
1950	Erdman, Zoe
2120	Smith, Andrea
2128	Dutra, Julie
2129	Motyka, Sharon
2203	Motyka, Kristin
2249	Chickering, Susan
2308	Davis, Leslie A.
2308	Stark, Monica
2430	Ingram, Susan
2445	Mitchell, Valerie
2446	Larson, Angie
2447	Richards, Rachel
2512	Young, Becky
2513	Wawrzyniak, Stephanie
2514	Nason, Jean
2515	Murnane, Elizabeth
2520	Smith, Gloria
2531	Underhill, Annette
2538	Larsen, Gretchen
2553	Aja, Linda
2613	LeClair, Michelle
2613	Boyd, Corinne
2616	Piastridge, Margaret
2622	Frapplier, Tina
2654	Gonneville, Nancy
2714	Johnston, Rebecca
2758	Fahey, Carol

2822	Stone, Rhonca	2643	Beattie, Wynn	2444	Dube, Joel	
2828	Reed, Gina	2710	Collier, Mark	3027	Kleppinger, Tim	
2829	Hill, Koreen	2920	O'Mara, Jeremy			
2828	Joerres, Becki	FEMALE — AGE: 30-39			FEMALE — AGE: 40-49	
2840	Ingersoll, Jenny	TIME	NAME	TIME	NAME	
3022	White, Sarah	2031	Valentine, Amy	2255	Smith, Heidi	
3026	Kleppinger, Robin	2136	Perreault, Betty	2502	Tucker, Beverly	
3056	Erickson, Tonia M.	2246	Meiklejohn, Elizabeth	2602	Flanders, Polli	
3106	Hutchinson, Karen	2433	Blow, Rhoda	2605	Surchek, Mary	
3107	Krause, Heidi	2448	Wall, Linda	2813	Dilena, Jane	
3132	Krause, Elena	2459	Wiese, Kathy	2845	Saunders, Stephanie	
3147	Tucker, Sara	2500	Kruse, Patricia	3454	Gambler, Elizabeth	
3147	Winhold, Kim	2504	Bahnsen, Peggy	3817	Allen, Deborah	
3210	Gambler, Jessica	2511	Raciot, Cindy	MALE — AGE: 40-49		
3230	Poirier, Mary A.	2530	Guertin, Page	TIME	NAME	
3426	Holub, Erica	2621	Baker, Jessie	1653	Simpson, Timothy	
3427	LeClair, Melanie	2642	Joerres, Nancy	1705	Murphy, Bob	
3433	Cashman, Kelly	3040	Ashton, Donna	1801	Dutra, Butch	
3433	Yesalonia, S.	3113	Flanagan, Lydia	1816	Korrow, R.	
MALE — AGE: 29 and under		3200	Revoir, Kim	1905	Baxter, John	
TIME	NAME	3230	Garvin, B. Christie	1914	Meador, Bruce	
1520	Morse, Eric	3704	Leonard, Mary	1918	Ingram, Steven K.	
1521	Davis, Sam	MALE — AGE: 30-39			1924	Marsden, Ted
1547	Simpson, Tim	TIME	NAME	1931	Baker, Newton	
1605	Fahey, Jack	1703	Valentine, John	1958	Mercier, Robert F.	
1647	Reidel, Jonathan	1725	Potter, Tom	2012	Krause, M.D.	
1657	Noonan, Tim	1814	Fernandez, Peter	2013	Nickerson, Doug	
1704	Tosi, Steven	1820	Knapp, Richard	2017	Collins, Bob	
1714	Landey, Dave	1824	Lindemer, Geoff	2059	O'Donnell, Bob	
1722	Gilbertson, Mark	1831	Murray, Lester	2107	Nevin, Donald	
1812	Shanley, Bryan	1916	Fisher, Galen	2117	Ruzzo, Gerard	
1838	Fitzpatrick, Keith	1921	Grimm, Dennis H.	2118	Miller, Mel	
1844	Richardson, Jerry	1936	Deblasio, Paschal	2119	Hale, Richard E.	
1907	Mayo, Craig	2010	Wight, Greg	2127	Davis, Rod	
1920	Robinson, Norm	2021	Reid, Bruce D.	2135	Mayo, Bill	
1932	Dolloff, Jeff	2028	Garvin, Jack	2200	Lord, Gary	
1934	Spahn, John	2029	Hunter, Wayne	2202	Cranse, Roger	
1935	Flanders, Scott	2041	Dunne, John	2205	Davis, Alan	
1942	Guy, Stewart	2046	Dube, Gil	2211	McBride, Hollis	
1948	Chapman, Chris	2049	Gambler, Leonard	2215	Karp, Larry J.	
1957	Cooley, C. Peter	2052	Rich, George	2221	Drown, Jerry	
2030	Loso, Jamie	2054	Edwards, Randall	2225	Barrett, William	
2033	MacDonald, Andrew	2144	Beatty, Glenn	2324	Murnane, Dan	
2036	King, Karl	2145	Beatty, P.J.	2330	Belding, Mike	
2047	Gambler, Michael A.	2158	Cobb, Peter	2411	Tarbox, Al	
2048	Aber, Jeff	2159	Dunbar, Duane	2436	Rosenstreich, Beryl	
2050	Dube, Eldon	2207	Veedenburgh, Tom	2437	Cashman, John R.	
2131	Gonneville, Michael	2210	Fahey, Joseph	2503	Surchek, Andy	
2146	Walker, Randy	2212	Adams, Mel	2516	Ohman, Paul	
2147	Edson, John	2218	Degnan, Jim	2526	Elzey, Ted	
2209	Nevin, Peter	2224	Cano, Steve	2703	Garrity, Charles	
2222	Baker, Brian	2226	O'Regan, Brien	3030	Nist, Bob	
2227	Libby, Thomas	2231	Perniciaro, Stephen	FEMALE — AGE: 50-90		
2229	Collins, Sean	2237	Lafley, Jim	TIME	NAME	
2230	Huchins, Eric	2242	Turnbull, Stephen	2228	Ellerson, Darragh	
2245	Phillips, Ryan	2243	O'Mara, William	2636	Kelley, Wilma	
2254	Mitchell, Chad	2247	Rizzolo, Joe	3818	Peterson, Jean	
2329	Smith, Derek	2252	Mitchell, Thomas			
2359	Libby, Bill	2253	Camara, Joseph	MALE — AGE: 50-90		
2407	Camara, Joel	2316	McKay, Rob	TIME	NAME	
2412	Ellis, David	2323	Blatchford, Joe	1900	Carlson, Jerry	
2435	Rosenstreich, Erich	2345	Zuaro, Joe	2141	Brochu, Marcel	
2439	Mayo, Billy	2347	Barnard, William	2321	Ricard, Donald	
2529	Camara, Aaron	2433	Chickering, Bob	2356	Flanders, Ernie	
2535	Sylvain, Greg	2440	Martin, Jeff	2636	Kelley, Dave	
2611	Joerres, Josh	2444	Wittala, Steve	2637	Allen, Doug	
2614	Mitchell, Lance	2624	Collier, Durwood	2958	Dicton Sr, Joe	

Montreal

Ten area runners braved what has been termed "deceptively humid" conditions at last week's annual Montreal marathon, with some of those runners attaining their personal best times. Geoff Lindemer, of Northfield, a regular on the Montpelier fun run circuit, led the field with a time of 3:01:34. Not far behind him was Wade Walker of Barre in a time of 3:04. Walker ran last year's race in 3:02, but it still finished him in the top 500 of the estimated 12,000 runners.

Despite hitting what is termed "the wall," Andy Eschen of Montpelier managed to complete the 26-plus mile course in his best time of 3:30. "It was overcast but bright out," said Eschen. "But it was deceptively

humid. I started out pretty quick then fatigue set in and I hit the wall at the 22-mile mark," he explained.

"I've never experienced anything quite like it — you just lose control of your faculties," he said. "After I finished I was in pretty rough shape until I had a McDonald's shake — that got some sugar going through my system."

The top local woman runner was JoAnn Fortier who completed the race in 3:25. She was followed by Louise McCarren in 3:50 and Darraugh Ellerson in 4:03:08.

According to Ellerson, some of the problems the runners had were a result of two cold weeks of training weather prior to race. "We weren't really trained for that kind of heat," she stated.

The WORLD

Unofficial times for Montreal Marathon

Geoff Lindemer	3:01.34
Wade Walker	3:04.00
JoAnne Fortier	3:25.00
Andy Eschen	3:30.00
Evan Ellerson	3:37.00
Newton Baker	3:38.00
Louise McCarren	3:50.00
Darraugh Ellerson	4:03.08
John Mallery	4:22.00
Peter Nowlan	4:30.00

Runner's Heel

During a 10-mile run, the heel makes 15,000 heel strikes at a force three times gravity. Despite this continual shock, runner's heel has become less of a problem because running shoes are being designed to include a flared heel, good shock absorption, cushioning, and heel elevation.

However, plantar fasciitis and heel spur continue to occur. Both are caused by pulling of a large ligament attached from the front of the foot to the heel and running along the arch. The condition can worsen if you have abnormal foot structure that causes overpull of the ligament.

Treatment: A large piece of foam rubber in the heel of the shoe sometimes relieves the condition. Otherwise, a sports orthotic is recommended.

General Treatment

Ice massage: Use ice cubes to massage a sore area. Freeze water-filled Dixie cups for use when needed. Use water-soaked Ace bandages, put in the freezer, to give quick relief to sore knees and muscles.

Stretching: After ice therapy, stretch a stiff or sore muscle to bring back range of motion.

Running Surfaces

The cinder track or soft-surface running path is ideal. I'm probably in the minority of sports medicine doctors when I suggest that runners who don't have such a track should run on asphalt or concrete instead of grass.

Asphalt and concrete may be hard surfaces that cause more shock, but they also are smooth and level. Running on grass often means stepping in gullies or holes or running over rocks or other foreign materials that can lead to more problems than running on smooth hard surfaces. Also, when you're running on grass you must be conscious of every foot plant, which may make running a tense experience.



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



NOTE:
 U-32's NEW TRACK IS FINISHED
 BUT IT NEEDS TO "CURE" BEFORE
 GETTING A LOT OF TRAFFIC. PLEASE
 STAY OFF UNTIL NEXT SPRING.

CASPIAN FOLIAGE RUN

A cold windy day greeted the 58 runners who came to run the "gently" rolling hills around Caspian Lake, C.V.R. runners again showed up in large numbers giving everyone the chance to renew friendships and rivalries. Many fine performances were turned in including Bob Murphy's 4th overall finish and Gerry Carlson's 13th overall, 1st in age group finish. Complete results are listed below.

RESULTS 7TH ANNUAL					
CASPIAN FOLIAGE RUN September 16, 1984			Allen Church	52:36	38
7 MILES GREENSBORO VT			Keven Kenlen	56:22	42
			Roy Towlen	63:40	55
MALE 9-17			MALE 40-49		
Matthew Bliss	48:34	19	Ronald Yeats	41:15	2
Joe Davis	50:44	29	Bob Murphy	41:53	4
Seth Parker	51:17	32	Patrick Jiron	46:33	12
			Newton Baker	47:03	14
			John Mallery	48:17	18
			Gary Cunningham	48:46	21
			Charles Christiansen	49:20	24
			Joe McEntyre	49:39	25
			Noel Ford	49:55	26
MALE 18-29			Richard Ejmonowicz	50:46	30
Rick Kelley	41:50	3	Rod Davis	51:09	31
Dave Fields	42:52	6	Larry Karo	51:37	35
Jerry Richardson	46:15	11	Roger Cranse	54:34	40
Tom Higgins	51:41	36	David Dow	56:35	43
Jim Bode	59:00	49	Richard Carr	57:33	46
			John Cashman	59:26	50
			Dan Kagan	63:07	54
MALE 30-39			Male 50-59		
John Valentine	41:04	1	Jerry Carlson	46:38	13
John Kalimen	42:38	5	Dave Penover	51:22	33
Sigh Searles	43:55	7	Hu Sangree	57:15	45
Ray McKenzie	45:57	9	FEMALE 9-17		
Galen Fisher	45:59	10	Andrea Smith	61:15	51
Chuck Landroche	47:42	15	Cheryl Eaton	61:15	52
George Allen	48:02	17	FEMALE 18-29		
Michael Cusumano	48:40	20	Beth Paxton	47:58	16
Bob Howe	48:52	22	Cindy Smith	57:48	48
Tom Warnock	49:09	23	FEMALE 30-39		
Jim Massucci	50:28	28	Molra Hendricks	43:57	8
Norman Skorstad	52:05	37	Amy Valentine	50:23	27
			Sue Christiansen	51:29	34
			FEMALE 40-49 Gerry Cahill		
			Annette Miller	56:41	44
			Rose Kinney	57:38	42
			Kathryn Kagan	62:26	53
			FEMALE 50-59		
			Gail Sangree	63:49	56
			Anne Batten	65:22	57
			Jeanne Penover	69:20	58

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.

* - 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.

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. Tl to Crown Point (start) on race day 7:30-8:45. Fort to Fort, Box 390, WestPort, NY 12993.

Oct 14 - SCHENECTADY, NY - Mohawk-Hudson River Marathon, 9am, \$5 by 6 Oct, limit 500. Schenectady to Albany. Paul Rosenberg, 538 Providence St., Albany, NY 12208 (518-438-3035).

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

Oct 27 - SHELBURNE, VT - Arthur Tudhope Memorial 10km, 11am, intersection of Thomas Rd and Spear St. (GMAA)

Oct 28 - **BURL.** VT - Leddy Park Race Series. Distance varies 5km to 10km. Burlington Parks & Rec. Call 864-0123 to verify before going.

* Nov 3 - **JERICHO, SKO MT MANSFIELD UNION H.S. 10am**

Nov 3 - GUILDERLAND, NY - Masters 10Km Regional Championship, 10am, Guilderland HS. Don & Susan Lohen, 18 Pine Knob Dr., Albany, NY 12203 (518-456-2499)

* Nov 4 - **WINOOSKI LIONS 10K- 11 am. D.BUMSTEAD, 655-2353**

Nov 4 - BRATTLEBORO, VT - Have A Heart 10km, Jerry Gaigliardi, 254-8206.

Nov 10 - BELLOWS FALLS, VT - 4.3mi Road Race. Rockingham Rec. Dept., Box 370, Bellows Falls 05101. 463-3964.

* Nov 11 - SCHENECTADY, NY - Schenectady Gazette Stockade-athon. RRCA Eastern Regional 15km Championship, 10:30am. Entry fee \$5, \$6 Post. T-shirts to all registered by 1 Nov. Individual and team competition. AMRRC, Box 12304, Albany, NY 12212. For info, call Tom Miller (518) 370-4275.

Nov 18 - **BURL.** VT - Leddy Park Race Series. Distance varies 5km to 10km. Burlington Parks & Rec. Call 864-0123 to verify before going.

Nov 18 - MIDDLEBURY, VT - Bobble Mobble, 2.5mi & 6.2mi. Middlebury Rec. Dept., Town Hall, Middlebury 05753. 388-4044.

Nov 18 - FALMOUTH, MA - Cape Cod Marathon, 11am, Falmouth TC, Box 699, W. Falmouth, MA 02574.

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

Dec 30 - **BURL.** VT - Leddy Park Race Series. Distance varies 5km to 10km. Burlington Parks & Rec. Call 864-0123 to verify before going.

Running & FitNews

Safe Running Means More Than Looking Both Ways: "Think before your run," said Greg Merhar, associate editor of Running & FitNews, official publication of the American Running and Fitness Association. "Seeing traffic and other obstacles while running is only half the solution to safe running. The other half is making certain you are seen," Merhar said. Reflective wear should be worn at all times, not only at night. The most dangerous time of day for drivers is at dusk, when the roads are dark but the sky is still somewhat bright, making it difficult to see runners on the road. Merhar suggests you wear a reflective vest or reflective tape on a visible part of your running clothes at all times. "Also, make certain that you always carry some form of identification, preferably a brightly colored tag attached to your shoe or shorts, containing necessary medical information as well as an emergency telephone number," he said. (Conversation with Greg Merhar)

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

National Running Data Center
Box 42888
Tucson, AZ 85733

