



CVR

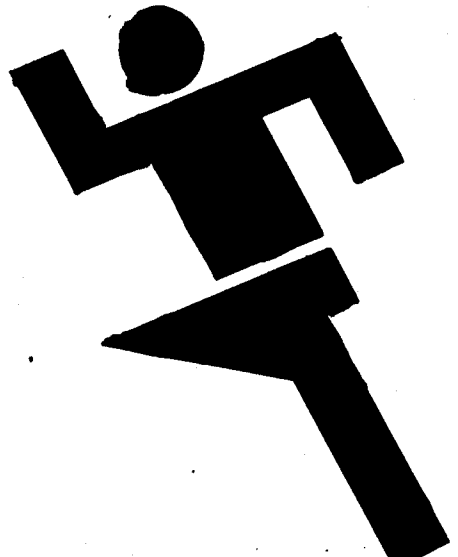
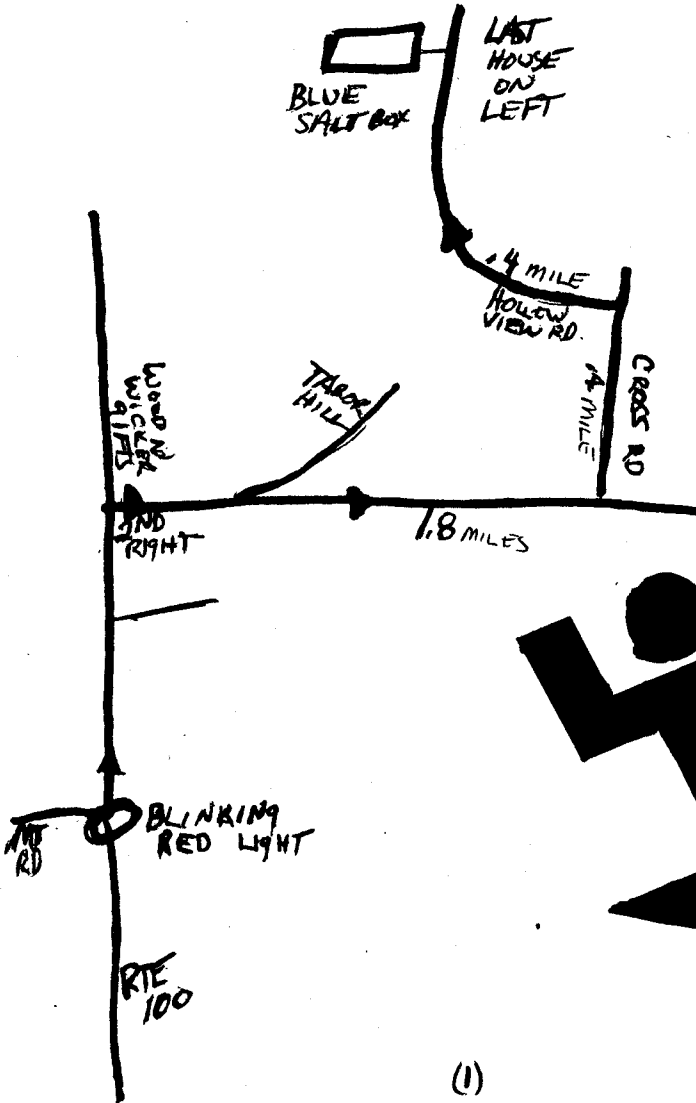
NEWSLETTER



JUNE 1985

Vol. 6 No. 4

The next meeting of CVR is scheduled for June 17th at 6:30 p.m. at the home of Debi and Geoff Lindemer. Their address is Hollow View Road, Stowe, Vt. (tel. 253-7835). The map should aid anyone in finding their home. Contact Norm Robinson for car pooling. (479-1968)



"RUN FOR THE HEALTH OF IT"

On one of the sunniest days all spring the "Run For The Health Of It" 5km and 1600 meter runs sponsored by the Central Vermont Hospital, Central Vermont Rotary Club and Central Vermont Runners were held. The beautiful weather helped with a turn out of 235 runners. The race entry fee for the 5km race included a free t-shirt, painters cap and refreshments. The 1600 meter race included a free painters cap, finish ribbon and refreshments.

The 5km race had one of the strongest fields to compete in the Central Vermont area in a long time. The \$100.00 resting on the first male and first female probably had something to do with it.

Running to the win in the male division, over the rolling hills course, was Jim Miller of Burlington, VT with an impressive time of 15:22. Keith Woodard of Craftsbury, VT was second overall, only 15 seconds behind Miller, with a time of 15:37.

First overall for the women was Jane Banks of Bethel, VT in a time of 20:09. In second was Lisa Bernardin of Burlington, VT with a time of 20:31.

In the closest division race, Bev Tucker and Marilyn Wilson finished in a dead heat. In another close race Tim Simpson beat out Bob Murphy by only 5 seconds.

Along with the \$100.00, a plaque with the winners names on them will be on display at the Steak House Restaurant. There were also prizes in each age division for the first three finishers. Division winners from CVR were Mary Labate, Bev Tucker and Marilyn Wilson, and Bob Wilson.

Before the race U-32 High School officially opened their new track facility. After they also had a track meet for the grade school children.

Dear Volunteers for the "Run For The Health Of It" Race

We would like to thank the dedicated volunteers for their time spent in making this race a success. The club also owes it thanks to you for without these type of events they could not survive.

Sincerely,

Duff Shute
Marc Walker

CENTRAL VERMONT RUNNERS - Membership Form			
Last Name	First Name	Middle Initial	
Street		City/Town	State ZIP
Date of Birth _____		Sex _____	
Phone No (Home) _____		(Office) _____	
T-Shirt size: S M L XL			
Dues Paid: 80 81 82 83 84 85 86 87 88			
Additional Members _____			

ANNUAL MEMBERSHIP - RENEW OR JOIN

- Rates: \$4 for single member
 \$4 plus \$1 for each additional member for family membership
 \$6 for CVR T-shirts

Darragh Ellerson
 Upper North St.
 Montpelier, Vt. 05602

"RUN FOR THE HEALTH OF IT"
5km & 1600 meters

Sponsored by: CENTRAL VERMONT HOSPITAL,
CENTRAL VERMONT ROTARY and CENTRAL VERMONT RUNNERS

0/A 0 - 17 Female

27	1. Michele Boissonault	20:40
50	2. Suzanne Bets	23:09
74	3. Tina Hastings	25:49
81	4. Elizabeth Murnane	26:44
85	5. Joy Charron	26:56
88	6. Lesley Allen	27:04
89	7. Jesse Conn	27:04
90	8. Jennifer Wolff	27:05
147	9. Tara Mamiatty	34:03
150	10. Ann Cote	36:46
151	11. Anathas Maniatty	36:46
155	12. Grace Maniatty	37:56
159	13. Erica Therrien	38:58
160	14. Stephie Maniatty	39:07
165	15. Becky Maniatty	43:27
166	16. Holly Nault	43:42
167	17. Katrina Therrien	43:43

18 - 29 Female

28	1. Mary Labate	20:43
38	2. Sheryl Alquo	22:11
39	3. Ellen Curran	22:13
42	4. Julie Roohat	22:32
54	5. Linda Greenwood	23:59
65	6. Deb Heller	25:17
69	7. Judi Blakeley	25:21
70	8. Cathy Bazan	25:31
87	9. Way Rivers	27:01
96	10. Laurie Batchelder- Adams	27:27
97	11. Dianah Hale	27:28
111	12. Kathleen Decker	29:12
121	13. Maureen Murphy	30:13
129	14. Kathie Ball	31:18
139	15. Shirley Fortier	32:43
140	16. Regina Foy	32:52
144	17. Joan Maietta	33:44
153	18. Virginia Cibenko	37:47

30 - 39 Female

20	1. Jane Banks	20:09
25	2. Lisa Bernardin	20:31
48	3. Lisa Natti	23:02
62	4. Betsy Austin	24:37
64	5. Tess Zimmerman	24:45
76	6. Kathy Boivin	26:14
79	7. Anne Thaanum	26:32
92	8. Pam Pureshase	27:13
105	9. Kathy Wiese	28:51
116	10. Linda Kourkoulis	29:34
119	11. Jo Ann Troiano	29:43
131	12. Sherry LaBrie	31:33
133	13. Sally Smith	31:54
135	14. Diane St. Cyr	32:29
137	15. Sandra Bushey	32:36
141	16. Alice Albrecht	32:52
142	17. Debby Maniatty	33:06
143	18. Debbie DiMauro	33:35
154	19. Bonnie Lewis	37:47
156	20. Sharon Reid	37:57
157	21. Peggy Irons	38:48
163	22. Polly Smith	39:45
168	23. Nancy Clement	51:05

40 - 49 Female

99	1. Reidun Nuquist	28:04
118	2. Polli Flanders	29:41
122	3. Donna Goldsmith	30:18
138	4. Sara Widness	32:40
145	5. Ellen Wolff	33:47
148	6. Alice Angney	34:04

50 - 59 Female

82	1. Bev Tucker	26:47
83	2. Marilyn Wilson	26:47
169	3. Carmen Billodeau	51:05

0 - 17 Male

9	1. Jonathan Reide	18:13
17	2. Keith Fitzpatrick	19:46
32	3. Jamie Loso	21:27
34	4. Greg Tosi	21:32
41	5. Dave O'Donnell	22:25
46	6. Kent Codling	22:44
52	7. Ira Conn	23:18
58	8. Ben Smith	24:15
78	9. Richard Quad	26:27
84	10. Larry Needle	26:56
86	11. Jonathan Wolff	26:59
94	12. Jason Irons	27:22
106	13. Brandon St. Cyr	28:55
110	14. Brian Quad	29:11
123	15. Damian Cote	30:20
125	16. Roger Pastore	30:37
126	17. Josh Joerres	31:02
134	18. Nathaniel Hayward	32:06
152	19. Matthew Nault	37:35

18 - 29 Male

1	1. Jim Miller	15:22
3	2. Eric Morse	15:57
4	3. Shawn Gardner	16:16
10	4. Maurice Brown	18:33
15	5. Win Whitcomb	19:38
19	6. Gregg Adams	20:06
21	7. Ralph VanHouten	20:13
24	8. David Heller	20:31
26	9. Norm Robinson	20:39
30	10. John Donnelly	21:00
33	11. Brian Giroux	21:28
60	12. Greg Sylvain	24:26
72	13. Martin Green	25:40
95	14. Andy Emerson	27:25
100	15. Todd Fitch	28:16
117	16. Mark Boivin	29:38
128	17. Scott Brimblecomb	31:06

"RUN FOR THE HEALTH OF IT"
Cont'd

30 - 39 Male

2	1. Keith Woodard	15:37
5	2. Mark Chaplin	16:42
6	3. John Valentine	17:43
12	4. Vince Strebe	18:52
13	5. Geoff Lindemer	19:07
14	6. Dennis Curran	19:18
16	7. Fred Foy	19:43
18	8. Jack Garvin	19:50
22	9. Tom Smith	20:17
23	10. Dan Kennedy	20:31
29	11. John Mazzucco	20:43
36	12. Doc Bagley	21:53
37	13. Kert Prairie	22:06
44	14. Rob Rothman	22:35
49	15. Dwain Clark	23:03
53	16. Jay Wisner	24:02
55	17. Steve England	24:08
63	18. Jim Hart	24:41
71	19. Greg Vandenberg	25:40
77	20. Tom Commito	26:25
80	21. Steve Writala	26:39
98	22. Gary Hass	27:48
102	23. Dominique Therrien	28:25
103	24. Steve Albrecht	28:37
104	25. Harry Hauptman	28:37
108	26. Roy Nault	29:08
114	27. Craig Rotte	29:22
120	28. Sam Lewis	29:47
127	29. Tony DiMarco	31:05
136	30. Philip Cote	32:33
146	31. John Maniatty	34:02
149	32. John Allen	35:53
158	33. Paul Irons	38:48
161	34. Tom Trudell	39:27

40 - 49 Male

7	1. Tim Simpson	17:57
8	2. Bob Murphy	18:02
11	3. Oleg Ritter	18:35
31	4. John Mallery	21:21
35	5. Joe McEntyre	21:34
40	6. Newton Baker	22:19
43	7. Dan Murnane	22:33
45	8. Larry Miller	22:35
47	9. Richard Ejanowicz	22:50
51	10. Joe Corasaniti	23:11
56	11. Mike Zimmerman	24:04
57	12. Bruce McDonald	24:08
59	13. Richard Hale	24:17
65	14. Roger Grasse	24:45
66	15. Bill Joerres	25:04
67	16. Bob O'Donnell	25:11
91	17. Rob Chickering	27:12
93	18. Frank Woods	27:19
101	19. Jim Ennis	28:24
107	20. Phil Wolff	28:57
112	21. Ted Elzey	29:15
113	22. Tim Hayward	29:19
115	23. Bob Quad	29:25
130	24. Bob Volk	31:29

50 - 59 Male

61	1. Bob Wilson	24:31
73	2. Ernie Flanders	25:42
75	3. Don Lyons	25:54
109	4. Jim Hanna	29:09
124	5. Dave Kelley	30:37
162	6. John Knauss	39:27

1600 meter Under 12 Fun Run

Brian Blow	6:34
Mark Clough	7:04
Nathan Lechman	7:04
Jessica Christian	7:07
Zeb Scoville	7:20
Jason Irons	7:23
Greg Needle	7:32
Keith Cliche	7:32
Dan Smith	7:40
Pat O'Donnell	7:42
Josh Nault	7:55
Katie Aylward	8:00
Philip Christian	8:07
Ian Lacasse	8:08
Matt Page	8:20
Jamie LaBrie	8:29
Wendy LaBrie	8:33
Wendy Howe	8:43
Heather Allen	8:54
Arron Trudell	8:59
Amy Trudell	9:01
Nathan Trudell	9:02
Mike Vandenberg	9:08
Alex Woods	9:37
Christine Commito	9:38
Shannon Strebe	9:44
Andrea Howe	9:48
Lisa Clement	10:17
Lindsay DiMauro	10:20
Sonya Reid	10:30

VOLUNTEERS NEEDED

Volunteers are needed to help at the Montpelier 10 Mile Race on June 29. If you are not running the race and are willing to help, please contact Tim Noonan at 229-4658.

MAY MEETING NOTES

The monthly meeting of CVR was held at Norm Robinson's house with a pot luck dinner included. It was reported that the "Run for the Health of It" race at U-32 raised \$190 for our club and over \$800 for the Central Vermont Rotary. Our treasury at the time of the meeting stood at \$675.

While the meeting itself had little news of any consequence there were a couple of notes of interest. Darragh Ellerson reported the resignation of Gerry Carlson as Secretary of the club. Anyone interested in taking over that position can contact a club officer.

Tim Noonan reported everything going smoothly in preparation for the 10 Miler. (Please note the insert for request of HELP!) Some workers are still needed for the Howard Bank race as well according to race director Wade Walker. Our digital printer/timer is here! I've had a brief opportunity to look it over and give it a try and it is great!! By the time you read this you may have had a chance to see it yourself.

Finally there was discussion about how to handle use of our two piece of expensive equipment. The bullhorn and timer each cost about \$200 and there is concern as to the safety of loaning/renting the equipment. It was decided to table the decision until the June meeting.

1985 STATE OF VERMONT

10 KM CHALLENGE RACE

1985 marked another successful running of the State of Vermont Employees Challenge Race. Governor Kunin started a field of 102 runners from State Government and area businesses.

It was a fast field with Keith Woodard (34:21) breaking his own course record for the men and Mary Labate (39:39) doing the same for the women.

The team competition was a surprise with perennial favorites, Environmental Conservation, and perennial challengers, State Colleges, yielding to Transportation and a combined team from Labor and Industry and the Historical society (aka Sans Nom).

Craftsbury Sports Center, while looking more human this year, again won the Corporate Cup Division. This year a trophy was donated by National Life for the Corporate Division and should be ready soon. Thanks National Life.

Complete results are attached.

I would like to thank all 13 of the people who assisted me this year. See you all next year.

Larry D. Miller

Team Competition Final Results

<u>Place</u>	<u>Score</u>	<u>Team</u>
1	60	Agency of Transportation (AOT)
2	69	Sans Nom (SN)
3	71	Vermont State Colleges (VSC)
4	76	Agency of Administration (AA)
5	93	Craftsbury Sports Center (CSC)
6	124	Union River Sports (ORS)
7	129	Agency of Environmental Conservation (AEC)
8	133	Agency of Human Services (AHS)
9	142	Public Schools (PS)
10	162	Vermont State Police (VSP)
11	169	National Life (NL)
12	186	Development & Community Affairs (DCA)

1985 STATE OF VERMONT

10 KM CHALLENGE RACE

Team Details

<u>AOT</u>		<u>SN</u>		<u>VSC</u>	
3	Marquise	4	Smith	12	Moriarty
6	Murphy	5	Jaworski	14	Distel
18	Howes	1F	Labate	15	Searles
20	Batchelder-Adams	29	Eschen	25	Comiskey
*13	--	30	Howe	5F	Sweet
60		69		71	

<u>AA</u>		<u>CSC</u>		<u>ORS</u>	
10	Richardson	1	Woodard	11	Damon
16	Scott	8	Broadhead	24	Sierwright
17	Duquette	19	Bishop	26	Smith
23	Marcy	6F	Ostergren	2F	Helling
10F	Wright	59	Strong	61	Fortier
76		93		124	

<u>AEC</u>		<u>AHS</u>		<u>PS</u>	
9	Czaplinski	2	Fuelner	7	Burdett
32	Woika	34	Cusamano	22	Flanders
36	Smeltzer	44	Geisel	45	Baker
48	Miller	50	Rowe	8F	Wilson
4F	Miller	3F	Marinelli	60	Flanders
129		133		142	

<u>VSP</u>		<u>NL</u>		<u>DCA</u>	
31	Iverson	13	Mueller	33	Gerdel
38	Metayer	43	Hambro	39	Haupt
40	Miller	49	Merrill	47	Guertin
42	Stafford	51	Anderson	54	Morris
11F	Manning	*13	--	*13	--
162		169		186	

*Score used when no female team member available.

Women's Overall Results

<u>Score</u>	<u>Position</u>	<u>Team</u>	<u>Name</u>	<u>Time</u>
1	24	SN	Mary Labate	39:39
2	36	ORS	Dot Helling	41:49
3	60	AHS	Carolyn Marinelli	46:02
4	64	AEC	Sherry Miller	47:17
5	67	VSC	Brenda Sweet	47:43
6	73	CSC	Mary Ostergeren	48:44
--	76	AEC	Alison DesMeules	49:29
7	84	AG	Anne Thaanum	50:39
--	85	AEC	Ruth Einstein	51:14
8	92	PS	Marilyn Wilson	54:31
9	93	PS	Polli Flanders	54:31
--	94	AHS	Marge Gildner	55:22
10	95	AA	Barbara Wright	55:45
11	96	VSP	Laura Manning	56:32
--	98	AHS	Lucy Abair	58:03
12	99	ORS	Shirley Fortier	59:16
--	101	VSC	Linda Krusner	65:32

1985 STATE OF VERMONT

10 KM RUNNING CHALLENGE RACE

Men's Overall Results

Score	Position	Team	Name	Time
1	1	CSC	Keith Woodard	34:21
2	2	AHS	Mike Faulner	34:45
3	3	AT	Michael Marquise	35:00
4	4	SN	Mark Smith	35:31
5	5	SN	John Jaworski	35:37
6	6	AT	Bob Murphy	35:57
7	7	PS	Francis Burdett	35:58
8	8	CSC	John Brodhead	36:27
9	9	AEC	Rich Czaplinski	36:47
10	10	AA	Jerry Richardson	37:04
11	11	ORS	Larry Damon	37:17
12	12	VSC	Peter Moriarty	37:33
13	13	NL	Jeff Mullen	37:35
14	14	VSC	Skip Distel	37:42
15	15	VSC	Sigh Searles	37:47
16	16	AA	Carl Scott	37:59
17	17	AA	Chris Duquette	38:29
18	18	AT	Craig Howes	38:47
19	19	CSC	Paul Bishop	38:53
20	20	AT	Greg Batchelder-Adams	39:13
21	21	AT	J.P. McCarthy	39:26
22	22	PS	Dafe Flanders	39:33
23	23	AA	Henry Marcy	39:35
24	25	ORS	George Seidwright	39:47
25	26	VSC	Bruce Conisley	39:49
26	27	ORS	Tom Smith	39:53
27	28	AT	Jim Hollow	40:18
28	29	VSC	Wally Mason	40:26
29	30	SN	Andy Eschen	40:45
30	31	SN	Bob Howe	40:56
31	32	VSP	Craig Iverson	41:02
32	33	AEC	Mike Woika	41:26
33	34	DCA	Greg Gardel	41:28
34	35	AHS	Michael Cusamano	41:38
35	37	VSC	David Mellor	42:12
--	38	VSC	Randy Draper	42:20
--	39	VSC	Ted Baunhauer	42:56
36	40	AEC	Eric Smaltzer	43:11
37	41	AA	Jay Wisner	43:30
38	42	VSP	Mark Metayer	43:42
39	43	DCA	Roy Haupt	43:58
40	44	VSP	Joe Miller	44:02
41	45	AA	Jerry Carlson	44:05
42	46	VSP	Bob Stafford	44:18
43	47	NL	Mike Hambro	44:46
44	48	AHS	Rich Geisel	44:48
45	49	PS	Newton Baker	44:53
46	50	VSP	Tom Paulger	44:55
--	51	AT	Moe Cerutti	45:02
--	52	AA	John Ostrum	45:11
47	53	DCA	Jed Guertin	45:31
48	54	AEC	Larry Miller	45:33
49	55	NL	John Merrill	45:39
50	56	AHS	Will Rowe	45:46
51	57	NL	Karl Anderson	45:50
52	58	AHS	Paul Langevin	45:54
53	59	VSC	Bill Laramee	46:01
53	61	AHS	Alan Rome	46:36
54	62	DCA	Walt Morris	46:46
55	63	VSP	Bruce McDonald	47:16
--	65	VSC	Brent Kirby	47:26

RUNNING FEUD

Editor:

Jogging can be great. It can also be a very frustrating ordeal for the motorist. The joggers who run along back country roads should take the motorist into consideration. It is not at all pleasant, after a long day at work, to have to drive the last three miles of your home stretch at 10 miles per hour. Neither is it welcome to drive around a corner, only to meet three joggers running abreast, and you, as the motorist, not knowing which course they will take, stay on your own side of the road, only to get obscene gestures, dirty looks, sworn at, and the side of your vehicle pummelled.

Joggers, please realize that those motorists who have purchased homes and are paying taxes for that road which is your running ground, should be given some measure of respect. It would be beneficial to all, and much less dangerous, if you were to run single file, and closer to the edge of the road, especially around corners, where the motorist does not know whether they will meet another car or three runners abreast on the bend. Thank you.

—A Frustrated Motorist
on the 3 Mile
Bridge Road
Montpelier

(reprinted from
the World)

" COMMENTARY "

The writer of this letter while he exaggerates, has hit upon some vital points to the survival of running. We as runners can match horror story for horror story when meetings with motorists take place. The point that must be made is that the club will never win. The sad part of life is that many people believe we shouldn't be on the roads in the first place. All we need to do is anger just one important person on the Montpelier City Council or the Berlin Selectmen and or races are done!

We all, myself included, have been guilty of running much too far out in the road for various reasons. This must stop!! Yes, we pay taxes too on the roads we run and had this person had enough guts to have his or her name printed we as a club might have been able to alay some of his/her anger. But all that aside please let the motorist "win" the battle of the road or all of us will lose in the long run. More could be said but space doesn't allow. Feel free to let me know what you think.

Norm Robinson

RACE SCHEDULE

FUN RUN - 2, 4 and 6 mi, every Tuesday, May through October. L1400r
Control Warehouse on Green Mtn. Drive in Montpelier. 5:30PM. 25 cent
donation.

C - indicates races with CVK involvement. If you aren't running, your
help would be greatly appreciated by the race director and crew.

- 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 1 - MIDDLESEX, VT - Bear Swamp Run, 5.7mi, \$4, Rumney School,
Burt McIntire, 229-4653

Jun 1 - ENOSBURG FALLS, VT - Milk Run 10km, 8:45am, Leonard
Channon, 933-2126.

Jun 2 - BERLIN, VT - Wedgewood triathlon (run, swim, bike). No
other details. Fat Hill, 223-6657.

Jun 8 - SO. BURLINGTON, VT - Olympic Long Run, 5mi, 9am at Farrell
Dr. 863-4299.

Jun 16 - GREENSBORO, VT - Caspian Lake Runaround, 7mi, 10:30am @
Public beach. Benefit NE Kingdom Rape Crisis Group. Rick Prescott, Box
31, E. Burke, VT 05832, 467-3212

Jun 16 - PINKHAM NOTCH, NH - Mt. Washington Hillclimb, 5mi, 11am

Jun 16 - MEDFORD, NH - Bay State triathlon, 1mi swim, 48mi bike,
10mi run. \$40. Dave McGillivray Sports Enterprises, 4300 Salem St.,
Medford, NH 02155 (617-396-3001).

Jun 22 - BURLINGTON, VT - 499/Burl. Parks & Recreation 5km & 10km,
11am at Ethan Allen Park. Dave Swan & Kay Langsag, 864-0123.

Jun 22 - MT. WASHINGTON, NH - Mt. Washington Road Race, 5mi up auto
road. Fred Ross, 802-257-4745.

Jun 23 - ROUSES POINT, NY - Champlain Valley marathon & half
marathon, 7:30am. Chamber of Commerce, PO Box 310, Plattsburg, NY
12901. Rosilian Leahy, 518-563-1000.

C Jun 29 - MONTPELIER, VT - Montpelier 10 Mile Road Race. RRCH Eastern
Region Championship, 10:30am at Montpelier High School. \$4 by 24 Jun,
\$5 Post. Ann Russell, Montpelier Recreation Dept., 55 Barre St.,
Montpelier, VT 05602, 223-5141.

Jul 3 - WILLISTON, VT - 3.3mi, 6pm at Williston Central School.
Ruth & Herb Painter, 878-3048

Jul 4 - STONE, VT - Minimarathon, 1.7mi, noon, #1

Jul 4 - SO. HERO, VT - Clarence Demar 5 and 10 km, Folsom School at
9am. Michael Simpson, 372-4240

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 876-3075

C Jul 13 - MONTPELIER, VT - Howard Bank 10K, 9:30am at School & Main,
\$5 entry, T-shirt to all entries Postmarked by 30 Jun. Wade Walker, Box
244, Montpelier, VT 05602 (476-4630).

Jul 14 - WORCESTER, NH - Worcester Triathlon, 1mi swim, 25mi bike,
10km run

Jul 20 - JERICHO CTR, VT - Partner's Race, 4.8mi, 9am, \$2, Mike &
Claudia Sullivan 899-4059

Jul 21 - STOWE, VT - Stowe 8 Miler, 9am at the Rusty Nail on the
Mountain Road, Lee Labier, Box 135, Stowe, VT 05672, tel 253-5009
days, 888-3234 eves.

Jul 27 - DERBY to GUILFORD, VT - Double Century Bike Ride (200mi),
CVR members only, limited number of Participants. See Dot Helline,
John Peterson or Larry Miller if you're interested in Participating or
crewing.

Jul 27 - BURLINGTON, VT - Ronald MacDonald 10km, 10am at UVM track,
Frank Sadowski & Jeff Cook, 863-5780

Jul 27 - ADAMANT, VT - Sodom Pond Run, 4mi, Rich Czaplinski, tel
229-4534

Jul 27 - GOSHEN, VT - Goshen Gallop, 4.5mi XC, Goshen Gallop, c/o
Blueberry Hill, Goshen, VT 05733, tel. 247-6535.

Jul 28 - SWANTON, VT - Swan Run, 8.4mi, cc. Hibans to Swanton,
Swanton C of C, 868-7200.

Aug 4 - BURLINGTON, VT - GMAA Bike and Tie, 7mi, 9am, Governors
Lane off Spear St, Bill Griffin, 985-8304

C Aug 10 - BERLIN, VT - Berlin Pond Couples Race, 5mi, tentative date

Aug 10 - BELVIDERE, VT - Bo9 Run, 9.7mi & 3mi, Dick Spaulding.

Aug 11 - JAY, VT - "Run H Country Mile" 10km & 20km, 9am at Jay
Country Store, Route 242, Jay Peak, Inc., Route 242, Jay, VT 05859,
tel 988-2611

Aug 17 - SO. HERO, VT - Green Mountain Island Marathon, 8am, NO POST
ENTRY, Leighton Walker 878-2322

Aug 24 - LAKE SPOFFORD, NH - Steel Man Triathlon, 7:30am, (2-1/2mi
swim, 12.9mi run, 60.5mi bike), over \$25,000 in Prizes, Dave Ripin,
(603)336-7468.

Aug 24 - SO. BURLINGTON, VT - Digital Mile, 5pm, Digital Equip,
Corp.

Aug 25 - FALMOUTH, MA - Falmouth Road Race, 7.1mi, Falmouth
Rec., (617)540-4417.

Aug 31 - 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 14 - GREENSBORO, VT - Caspian Foliage Run, 7mi, Starts at Public
beach, Hme Batten 472-6066

C Oct 6 - WATERBURY, VT - Second Annual LeapPeepers Half Marathon

HELP!!!HELP!!! HELP!!!HELP!!!

We need your help. If you could please fill out the form below and tell us which race YOU could help with it would be appreciated. Just fill in what race you could help with and what you would like to be doing for work in that race. Also we need a phone number so the race director can get in touch with you. If you have benefitted from CVR races wouldn't it be nice to help work at one?

NAME _____		TELE. NO. _____	
<input type="checkbox"/> JUNE 29, 1985 EASTERN 10 MILER MONTPELIER, VT	<input type="checkbox"/> JULY 13, 1985 HOWARD BANK 10K MONTPELIER, VT	<input type="checkbox"/> AUGUST 10, 1985 BERLIN POND COUPLES RACE BERLIN, VT	
<input type="checkbox"/> OCTOBER 6, 1985 LEAFPEEPERS HALF MARATHON WATERBURY, VT	<input type="checkbox"/> REGISTRATION	<input type="checkbox"/> WATER STOPS	
	<input type="checkbox"/> FINISH LINE	<input type="checkbox"/> REFRESHMENTS	
OTHER _____			

PLEASE RETURN TO: WADE WALKER
P.O. BOX 244
MONTPELIER, VT 05602

PLEASE WELCOME MURIEL LEATON TO HER
NEW POST OF NEWSLETTER EDITOR BEGINNING
WITH THE NEXT EDITION. THANKS!

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

Robert Murphy
RD3, Birchwood Park Dr.
Barre, Vt. 05641