



August 1985

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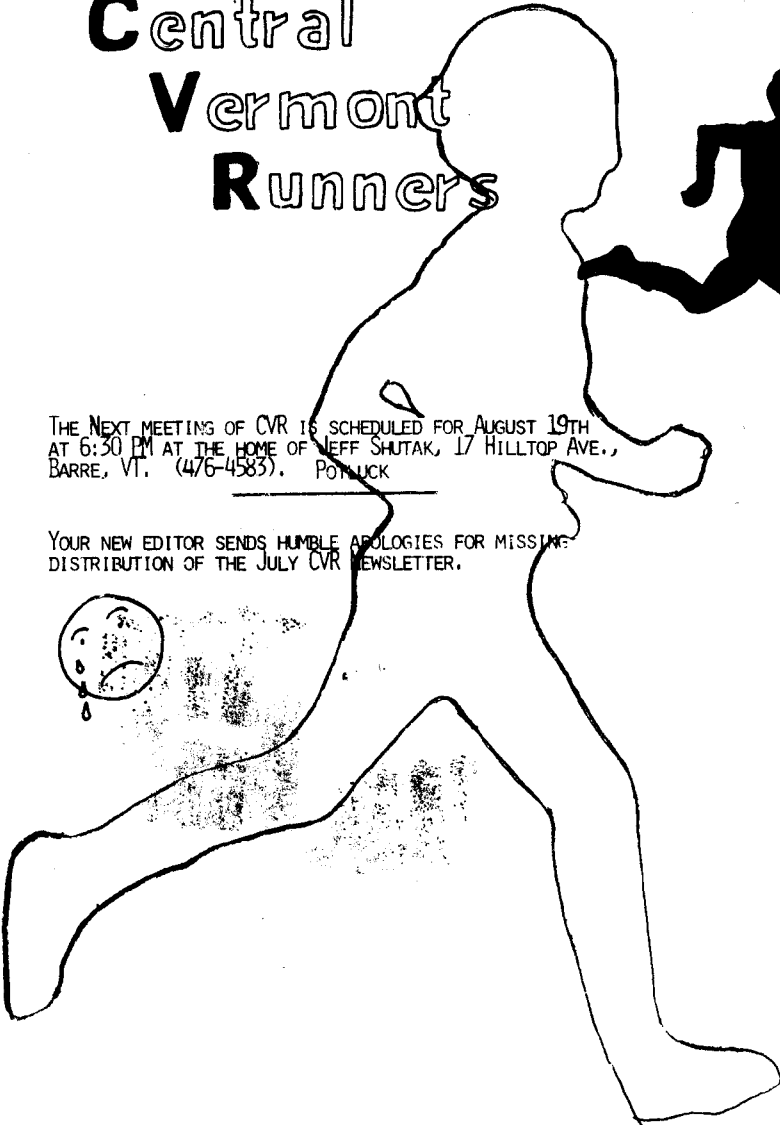
NEWSLETTER

Central Vermont Runners



THE NEXT MEETING OF CVR IS SCHEDULED FOR AUGUST 19TH
AT 6:30 PM AT THE HOME OF NEFF SHUTAK, 17 HILLTOP AVE.,
BARRE, VT. (476-4583). POTLUCK

YOUR NEW EDITOR SENDS HUMBLE APOLOGIES FOR MISSING
DISTRIBUTION OF THE JULY CVR NEWSLETTER.



Henry and Jean Marcy report that they have both participated in running events in Essex, Massachusetts and in Bermuda. On June 4, at Henry's 25th Reunion (Harvard College), Jean ran in the shorter (about 1-1/2 mile) cross-country race while Henry tied for first in the longer (about 2-1/2 mile) version. On June 11, Jean ran in the two mile fun run and Henry ran in the four mile fun run around the Bermuda Botanical Gardens. Henry's time was 24:20 suggesting that the course was a little short, especially in light of the 85° heat and the 95% humidity. Henry took further advantage of their Bermuda vacation to compete in the annual 7.5 mile "Round the [Harrington] Sound" race on Father's Day, June 16. The temperature was about the same (85°), but the Bermudian runners were pleased that the humidity was a "low" 80%! Henry finished 33rd of 58 finishers (at least one runner was hospitalized) in a time of 53:28.

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 (a new supply is now in)

CVR

KEEP YOUR NEWSLETTER COMING AND SUPPORT CVR BY SENDING THE COMPLETED FORM BELOW AND YOUR MEMBERSHIP FEE TO:



Darragh Ellerson
 Upper North St.
 Montpelier, Vt. 05602

CENTRAL VERMONT RUNNERS - Membership Form			
Last Name	First Name	Middle Initial	
<hr/>			
Street	City/Town	State	ZIP
<hr/>			
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 _____			

WEINSTEIN AND GLENDINNING WIN 10 MILE CHAMPIONSHIP

Richard Weinstein of Brighton, Massachusetts, and Deb Glendinning of Burlington were the overall winners of the 11th Annual Montpelier 10 Mile Road Race on June 29. The race served as the Eastern Regional 10 Mile Championship of the Road Runners Club of America. Weinstein, a member of the Cambridge Sports Union, posted a time of 53:57, placing him ahead of Jeff Staab (54:32), Pascal Cravedi-Cheng (55:18) and CVR's Mark Chaplin (55:59). Glendinning's time of 63:07 placed her comfortably ahead of her closest pursuers, Barbara Griggs (64:26) and Jennifer Lucas (67:53).

While the overall male (50:08) and female (57:12) records were not threatened, new course records were established in three of the twelve divisions. Julie Eels' time of 71:06 was 19 seconds ahead of the old record in the 0-17 Female division. John Brodhead established a new record in the Masters Male and 40-49 Male categories. Both his time (57:15) and that of CVR's Bob Murphy (58:09) were under the record of 58:41 set last year. Gerald Barney of the Plattsburgh Athletic Club posted a time of 60:41 in the 50-59 Male division, well ahead of the old record of 62:14.

These new division records were indicative of the overall strength of the field. 18 of the 117 finishers completed the race in 60 minutes or less; 40 finished in less than 65 minutes; 66 ran in under 70 minutes and 105 reached the finish line in less than 80 minutes. Many CVR members had fine races, including Darragh Ellerson who won the 50-59 Female division in 76:18.

The race was truly an "eastern regional" race as 36 runners from states other than Vermont entered. Seven other states were represented, with New York (18), Massachusetts (8) and New Hampshire (5) having the most entrants. 131 runners entered the race, 120 started and 117 finished. New England Running, a monthly running newspaper, covered the race and its next edition, due out in mid-July, will contain a writeup on the race.

A race cannot be successful without many people willing to give of their time and volunteering to perform the necessary race functions (e.g. marking course, directing runners, working water stops, setting up starting and finish lines, registering entrants, timing, recording, tabulating results). My thanks to the following 23 people who worked at the race: Jo-Ann Beaudin and her nephew, Alan Blakeman and his son, Molly Corrigan, Pat DeBlasio, David Ellerson, Debi Lindemer, Geoff Lindemer, David Morse, Larry Miller, Bob Murphy (a busy day), Maureen Murphy, Reiden Neuquist, Jo Ellen Pirie, Jeff Shutak, Wade Walker, Bob Wilson, Jay Wisner, Leslie Wisner and three helpers from the Christian Fellowship Running Club.

Tim Noonan
Race Director

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RRCA EASTERN REGIONAL 10 MILE CHAMPIONSHIP
(Montpelier 10 Mile Race)
June 29, 1985

OFFICIAL RESULTS

<u>O/A</u>	<u>0-17 Female</u>	<u>O/A</u>	<u>18-29 Male</u>		
70	1. Julie Eells	*71:06	1	1. Richard Weinstein	53:57
110	2. Sarah Escholtz	82:53	2	2. Jeff Staab	54:32
			6	3. Matt Guild	56:52
	<u>18-29 Female</u>		8	4. Ian McCallister	57:40
			10	5. Shane Bowley	57:56
33	1. Deb Glendinning	63:07	13	6. Alfred Chiasson	58:52
39	2. Barbara Griggs	64:26	14	7. Rick Cleary	59:03
86	3. Paula Stone	73:06	15	8. David Knapp	59:12
91	4. Muffy McKeown	74:02	18	9. Gary Dukette	60:00
105	5. Lynda Dunn	79:49	21	10. Win Whitcomb	60:25
			22	11. Gregory Maydan	60:38
	<u>30-39 Female</u>		28	12. Patrick Crouse	62:23
			34	13. Denny Chiasson	63:08
58	1. Jennifer Lucas	67:53	35	14. Matthew Czaplinski	63:37
72	2. Joan Price	71:15	40	15. Gordon Webb	64:52
74	3. Dot Helling	71:19	41	16. Norm Robinson	65:04
80	4. Iva Kazo	71:55	43	17. Steve Tosi	65:19
81	5. Lisa Natti	72:22	46	18. Alexander Fardon	65:45
100	6. Rollande Rainville	77:46	47	19. Peter Wuerdeman	65:47
107	7. Janis Campbell	80:33	48	20. Gary Koval	65:53
113	8. Carol Miller	86:54	49	21. Chris Massonneau	66:13
	<u>40-49 Female</u>		57	22. Scott Woodward	67:46
			63	23. J.B. McCarthy	69:28
			65	24. Herb Fenelon	69:51
103	1. Becky Morris	79:26	69	25. Sam Mallette	71:05
106	2. Rosemary Rusin	80:09			
109	3. Heidi Smith	82:13		<u>30-39 Male</u>	
	<u>50-59 Female</u>		3	1. Pascal Cravedi-Cheng	55:18
			4	2. Mark Chaplin	55:59
97	1. Darragh Ellerson	76:18	5	3. Dean Bumstead	56:40
112	2. Bev Tucker	86:18	9	4. John Valentine	57:53
115	3. Marilyn Wilson	88:36	12	5. Bill Dysart	58:28
	<u>60+ Female</u>		17	6. Crocker Bennett	59:33
			23	7. Tom Potter	60:40
	NONE		25	8. Dave Sanborn	61:21
			32	9. Win Thomas	63:06
	<u>0-17 Male</u>		36	10. Jack Garvin	64:23
			37	11. John Schweizer	64:24
16	1. Ken Smart	59:18	51	12. Bill Everett	66:46
29	2. Art Fowler	62:42	53	13. Steve England	67:05
			54	14. Mark Paul	67:06
			60	15. Glenn Gershaneck	68:28
			64	16. Bob Howe	69:45
			67	17. Lance Lindgren	70:22
			68	18. Tom Schersten	70:29
			73	19. John Peterson	71:19
			75	20. Vic Billings	71:32

O/A indicates overall place of finish
* denotes age division course record

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OFFICIAL RESULTS (Cont.)

O/A 30-39 Male (Cont.)

78	21. John Izzo	71:49
83	22. Henry Voelker	72:29
87	23. Tom Noonan	73:06
88	24. P.T. Burke	73:28
94	25. Richard Morris	75:14
95	26. Tim Vettors	75:28
96	27. Kevin Noonan	76:01
98	28. Tom Commito	76:34
101	29. Bill Apao	78:02
116	30. Tony Dimaurio	91:16

40-49 Male

7	1. John Brodhead	*57:15
11	2. Bob Murphy	58:09
19	3. Tim Simpson	60:07
20	4. Russ Pickering	60:19
26	5. Brad Peterson	61:51
27	6. Butch Dutra	62:19
30.	7. Tom Crowe	62:44
31	8. Bruce Meader	62:54
38	9. Art Graves	64:25
42	10. Richard Letsinger	65:11
44	11. Reed Korrow	65:28
45	12. Kevin Kearney	65:33
50	13. Ed Hart	66:44
52	14. John Mallery	66:51
55	15. David Linton	67:15
56	16. Norris Bardis	67:18
59	17. Steven Ingram	67:57
62	18. Michael Cusumano	69:13
71	19. Bernie Fitzgerald	71:08
79	20. Bruce Cunningham	71:49
82	21. Vince Feeny	72:29
84	22. Dan Golopentia	72:52
85.	23. John Easton	72:54
90	24. Richard Ejanowicz	73:42
92	25. Robert Carlson	74:33
93	26. Robert Morris	74:56
99	27. Tom Sissel	77:19
102	28. Bob Mercier	78:22
104	29. Bob Petrillo	79:45
114	30. William Braun	88:11
117	31. James Clapp	93:40

50-59 Male

24	1. Gerald Barney	*60:41
66	2. Armand Chicoine	69:56
76	3. Jerry Carlson	71:33
77	4. Robert Moodie	71:40
89	5. George Schiavone	73:30
108	6. Sherm Hunt	80:39

O/A 60+ Male

61	1. Ed Buckley	68:58
111	2. Fred Hackett	82:54

0-39 Open Team Male

1.	Green Mountain Athletic Association	3:48:22
	Pascal Cravedi-Cheng-Dean Bumstead-Shane Bowley-Bill Dysart	
2.	Central Vermont Runners	3:59:36
	Mark Chaplin-John Valentine-Tom Potter-Norm Robinson	

0-39 Open Team Female

1.	Green Mountain Athletic Association	4:57:23
	Jennifer Lucas-Julie Eells-Rolande Rainville-Janis Campbell	

40+ Masters Male

1.	Plattsburgh Athletic Club	4:13:33
	Gerald Barney-Bruce Meter-Art Graves-Kevin Kearney	
2.	Central Vermont Runners	4:13:48
	John Brodhead-Bob Murphy-John Mallery-Jerry Carlson	
3.	Green Mountain Athletic Association	4:29:44
	Butch Dutra-Tom Crowe-Bruce Cunningham-Dan Golopentia	
4.	Utica YMCA Road Runners	4:58:12
	Ed Buckley-Robert Carlson-Robert Morris-Robert Petrillo	

40+ Masters Female

1.	Central Vermont Runners	5:33:25
	Darragh Ellerson-Heidi Smith-Beverly Tucker-Marilyn Wilson	

PART OF THE STARS & STRIPES FESTIVAL
LYNDONVILLE, VT. -- JULY 28 (SUNDAY) 11:00 AM.

Millers Run Results

Millers Run
2 1/4 Mile Run
 12 & Under Men: Jeff Rogers. 18:34. Barton; Bryan Aubin. 20:31. Barton; Steve Rogers. 21:16. Barton. Eric Aubin. 24:29.
 13-15 Men: Seth Williams. 13:40. Lyndonville; Kelly Query. 15:32; Shald Buck. 16:06; Sherb Lang. 16:50; Tony Whitehill. 16:58.
 Men 16-17-18: Cassey Goodwin. 14:39; Lyndon Center; Guy Franko. 16:26; Burlington; Paul Dean. 19:01.
 Women 20-34: Mary Ann Nobile. 18:37. Reading, Mass; Frances Cooke. 19:12.
 Men 35 & Older: Cedric Pierce. 19:00; Sutton; James Hayes. 21:51; Don Miller. 21:52.
 Women 35 & Older: Nancy James. 19:38. Lyndonville; Marsha Blake. 19:54; Edie Birchard. 21:36.
Five Mile Run
 Men 16-17: William Toborg. 32:28. Lyndonville. Joe Laughton. 29:47. Lyndon Center; Brad Goodwin. 33:09.
 Men 20-29: John Sackett. 25:16. Lyndonville; Ed Dean. 28:11; Keith Ruede. 31:07; Brian Bona. 31:24.
 Women 20-29: Chris Schlegel. 36:36. Lyndon Center.
 Men 30-39: Len Hall. 25:12. Monroe; Mickey Murphy. 27:46; Ric Prescott. 27:57; Gereald Frutsman. 30:25; Wayne Nelson. 31:16; Doug Wight. 32:45; Mike Ryan. 35:04; David Ballou. 36:21.
 Women 30-39: Brenda Sweet. 35:50. Lyndon Center; Cynthia Schneidu. 36:27.
 Men 40-49: George Miller. 27:14. Nashua, N.H.; Henry Marcy. 29:42; David Martin. 33:21; Richard Ejanowicz. 33:37; Gary Aubin. 35:31; John Davis. 36:20.
 Women 40-49: Annette Miller. 40:09. Lyndonville.
 Men 50 & Older: Pat Davis. 37:59. Orleans; Alfred Toborg. 42:57.
5 Mile - Top Five Times
Men
 Len Hall. 25:12. Monroe; John Sackett. 25:16. Lyndonville; George Miller. 27:14. Nashua, N.H.; Mickey Murphy. 27:46. Lyndonville; Ric Prescott. 27:57. East Burke.
Women
 Brenda Sweet. 35:50. Lyndon Center; Cynthia Schneidu. 36:27. Lyndonville; Chris Schlegel. 36:36. Lyndon Center; Annette Miller. 40:09. Lyndonville.

"EAT TO WIN"

MARINARA SAUCE

SERVES 4

- 28 OZ. CAN OF PROGRESSO CRUSHED TOMATOS
- 4 CLOVES GARLIC, MINCED
- 1 TABLESPOON FRESH BASIL
- 1 TABLESPOON TAMARI SOY SAUCE
- PARSLEY

1. SPRAY A NONSTICK PAN WITH PAM
2. PLACE A SMALL AMOUNT OF WATER IN FRYING PAN WITH PAM.
3. ADD CRUSHED TOMATOS, COOK 1 MINUTE
4. ADD BASIL AND TAMARI AND ADD PARSLEY TO TASTE
5. HEAT THROUGH.

CALORIES.....50.6
 PROTEIN.....2.5 G.
 SODIUM.....369.2 MG.
 CARBOHYDRATE.....9.7 G.
 FAT.....0.0 G
 CHOLESTEROL.....0.0 MG.

SERVE OVER PASTA.

THE 8TH ANNUAL
HOWARD BANK 10K

July 13, 1985
Montpelier, VT

O/A 0 - 13 MALE

81	1. Jessy Houle	43:10
101	2. Jonathon Wolff	44:51
110	3. Rick Escholtz	45:24
195	4. Walter McGinnis *	56:10

14 - 29 MALE

1	1. Eric Morse	31:28
2	2. Steve Stebbins	31:41
3	3. Brent Coon	32:36
5	4. John Lisak	33:20
9	5. John Fish	34:42
10	6. Michael Coleman	34:47
12	7. Dean Pierce	35:30
13	8. Ken Smart	35:41
14	9. John Daly	35:55
15	10. Shane Bowley	35:59
19	11. Matt Czaplinski	36:24
20	12. Maurice Brown	36:31
23	13. Steve Tosi	36:46
27	14. Jerry Richardson	36:54
28	15. Alex Owre	36:56
30	16. Michael Mario	37:34
33	17. Bernard duBreuil	37:57
34	18. Brian Barker	38:00
36	19. Kevin Rapalje	38:07
38	20. Mike Murch	38:28
42	21. Bryan Shanley	39:09
46	22. Norm Robinson	39:49
50	23. Ralph VanHouten	40:25
51	24. David Heller	40:26
52	25. Jim Pasquill	40:27
56	26. Stu Guy	40:51
58	27. Fritz Georgi	40:57
60	28. Doug Goldsmith	41:05
69	29. Martin Green	41:47
73	30. Elden Dube	42:30
76	31. Craig Palmer	42:38
80	32. Jeff Mercure	43:00
83	33. Phil Kerin	43:15
90	34. Steve Levy	43:56
91	35. Kevin Shanley	44:00

O/A 14 - 29 MALE CONT'D

95	36. Lawrence Kopp	44:29
105	37. Jamie Loso	45:14
112	38. Greg Tosi	45:26
113	39. Andrew Leggett	45:27
116	40. Samuel Collis	45:47
120	41. Tom Smith	46:12
122	42. Eric Smith	46:25
131	43. Chip Henderson	47:31
132	44. Eric Heller	47:39
134	45. Michael Lawler	47:42
138	46. Michael Levy	47:55
140	47. David Choi	47:59
142	48. Greg Sylvain	48:22
160	49. Michael Heath	50:14
162	50. Scott Flanders	50:27
163	51. Dale Flanders	50:27
172	52. Ed Portugal	52:26
214	53. Scott Brimblecomb	60:59

30 - 39 MALE

4	1. Billy O'Neil	33:02
6	2. Pascal Cravedi-Cheng	33:43
7	3. Dean Gumstead	34:15
8	4. Steve Thompson	34:41
11	5. John Valentine	35:23
17	6. Terry Aldrich	36:10
18	7. Geoff Lindemer	36:19
21	8. Michael Mason	36:39
24	9. Jim Price	36:49
26	10. Vince Strebe	36:51
29	11. Tom Potter	37:29
31	12. Les Brown	37:40
32	13. Robert Skarles	37:49
37	14. David Askren	38:14
40	15. Fred Foy	38:53
41	16. Lowell VanDerlip	39:00
43	17. Jack Garvin	39:19
44	18. John Mazzucco	39:22
47	19. Dick Thompson	40:02
48	20. Bill Young	40:09

THE 8TH ANNUAL HOWARD BANK 10K
CONT'D

O/A 30 - 39 MALE CONT'D

49	21. Glenn Gershaneck	40:23
54	22. Dale Lane	40:45
61	23. Steve Sorrell	41:12
62	24. Gregory Gerdel	41:16
65	25. Bob Bortree	41:40
67	26. Bob Howe	41:43
70	27. Kurt LaPrairie	41:52
71	28. Ron Biggers	42:10
72	29. Robert Bucholtz	42:22
74	30. Randy Draper	42:32
75	31. Tom Schersten	42:35
79	32. Larry Faford	42:54
82	33. Dennis Reina	43:13
87	34. Richard Morris	43:18
89	35. David Capen	43:48
96	36. Tom Yefchak	44:36
97	37. Larry Houle	44:40
98	38. David Goldberg	44:46
99	39. Dean King	44:48
103	40. Bruce Bartels	45:06
107	41. Rodney Pingree	45:17
108	42. Dwain Clark	45:17
111	43. John McBoley	45:26
114	44. Wm. Joe Miller	45:35
121	45. Bill Apao	46:21
126	46. Joe Blatchford	47:09
128	47. Thomas Fissel	47:12
129	48. Mel Miller	47:13
143	49. Andy Girouard	48:23
151	50. John Bailey	49:14
154	51. Steve Cano	49:37
156	52. Greg Raymond	49:41
159	53. Greg VanbenBerg	50:02
161	54. John Weixel	50:25
174	55. Tom DeVries	52:55
175	56. Scott Hoover	52:56
180	57. Harry Hauptman	53:23
182	58. Warren Giroux	53:28
189	59. Tony Dimaro	54:04
192	60. John Maniatty	55:06
197	61. Ed Sorrell	56:26
208	62. Jeff Howard	58:10
211	63. Sam Lewis	59:18

60 & MALE

148	1. Deane Milligan	48:59
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O/A 40 - 49 MALE

16	1. Bob Murphy	36:01
22	2. Russ Pickering	36:44
25	3. Gordon Johnson	36:51
35	4. Richard Czaplinski	38:03
39	5. Bruce Meader	39:29
45	6. Reed Korrow	39:32
55	7. Henry Marcy	40:46
57	8. John Mallery	40:51
59	9. Steven Ingram	40:59
63	10. Dave Thomas	41:20
64	11. Mike Sinclair	41:28
69	12. Bob Collins	41:47
77	13. Gary Cunningham	42:40
78	14. Joe McIntyre	42:41
84	15. Vince Feehey	43:16
85	16. Bernie Juskiewicz	43:18
86	17. Newton Baker	43:18
88	18. Jeff Shatak	43:35
93	19. Townshend Gilbert	44:23
94	20. Dan Murnane	44:27
106	21. Tom Sissel	45:15
109	22. Leighton Wass	45:19
115	23. Richard Ejanowicz	45:38
117	24. Rod Davis	45:51
118	25. Bob Mercier	46:03
135	26. John Shedd	47:46
146	27. Jerry Drown	48:37
149	28. Peter Butt	49:00
153	29. Ted Turkle	49:35
164	30. Richard Hyman	50:28
167	31. Lee Blodgett	51:35
179	32. John Jurgens	53:19
183	33. Joe Bottiggi	53:28
190	34. Mike Belding	54:33
191	35. Phil Wolff	55:06
200	36. Rob Chickering	56:54
210	37. Bob Volk	59:18

50 - 59 MALE

53	1. Robert Shelton	40:31
130	2. Lawrence Drew	47:31
136	3. Roy Flaker	47:48
141	4. Sherra Hunt	48:13
152	5. Ernie Flanders	49:18
171	6. Don Lyons	52:26
189	7. Michael Catalote	56:45

THE 8TH ANNUAL HOWARD BANK 10K
CONT'D

O/A 0 - 13 FEMALE

187 1. Jennifer Wolff 53:53

14 - 29 FEMALE

66 1. Carol VanEyke 41:40
 100 2. Julie Eells 44:51
 104 3. Beth McMahon 45:08
 119 4. Kathy Garbetts 46:05
 125 5. Wendy Woolf 46:35
 127 6. Amy Shedd 47:11
 133 7. Heather Kolston 47:40
 137 8. Sarah Escholtz 47:52
 145 9. Judy Dahlberg-Brown 48:36
 155 10. Clover Burris 49:37
 157 11. Felicity Huffman 49:51
 165 12. Kay Rivers 51:12
 168 13. Deborah Heller 52:02
 169 14. Dianah Hale 52:05
 176 15. Judi Blakely 53:02
 186 16. Liz Murnane 53:48
 198 17. Susan Portugal 54:00
 196 18. Patricia Wolff 56:25
 202 19. Heather Emery 56:58
 203 20. Tory Leggett 56:58
 206 21. Regina Foy 58:06
 212 22. Joy Charron 60:04
 213 23. Becky Johnston 60:22
 215 24. Ruth Kubarski 61:44
 217 25. Joan Maietta 62:05

O/A 30 - 39 FEMALE

92 1. Dot Helling 44:00
 102 2. Michelle Demers 44:57
 123 3. Janis Campbell 46:29
 144 4. Carol Lou Blattspieler 48:28
 147 5. Elizabeth Meiklejohn 48:39
 166 6. Carol Miller 51:30
 170 7. Debby Haniatty 52:07
 178 8. Anne Thaanum 53:16
 181 9. Pam Purchase 53:23
 194 10. Linda Kourkoulis 55:51
 201 11. Debbie Dimaro 56:55
 204 12. JoAnn Troiano 56:58
 205 13. Rhoda Blow 57:21
 207 14. Nancy Clement 58:09
 209 15. Sally Brown 58:16

40 - 49 FEMALE

139 1. Rosemary Rusin 47:56
 150 2. Heidi Smith 49:01
 158 3. Kristina Cady 49:54
 194 4. Polli Flanders 53:31
 185 5. Janet Coon 53:40
 193 6. Ellen Wolff 55:33
 216 7. Donna Goldsmith 61:53

50 - 59 FEMALE

124 1. Barragh Ellerson 46:29
 173 2. Beverly Tucker 52:27
 177 3. Marilyn Wilson 53:09
 195 4. Wilma Kelley 56:33

60 & FEMALE

NONE

JULY MEETING NOTES

July's meeting of CVR was held at Darragh Ellerson's home following the weekly fun run on the 16th. This was an experiment to see whether we could draw a larger crowd to the meeting but do to lack of notice it did not succeed. If interested in coming to the monthly meetings but unable to attend the normal Monday sessions contact Jeff or Norm and perhaps a different date can be set to accomodate more people.

Darragh noted that our treasury has again started it's upward climb and stands at \$413 as of that meeting with money from the Howard Bank race still due.

The ok was given to spend up to \$70 for the printing of our CVR banner. That price being the tentative one given to Norm Robinson by Locker Room Sports. (Since the meeting Locker Room has since informed us that the company they contract out to do the work is going to charge them \$100 so they wanted to charge us \$150! The decision to have the banner printed has thus been put out to bid elsewhere.) Locker Room also quoted us a price of \$8.95 a t-shirt for CVR shirts. This will also be compared for a better deal.

Dot informs us that we have offically received the use of Berlin Elementary School for the Couples Race on August 10 for the fee of \$65.00. This is up \$5.00 from last year and may warrant looking for another facility in the future. Bill Jennings, the new town constable in Berlin, has agreed to help with traffic control for the race.

Tri-atalon News! There is rumor that there is a possibility of bi-weekly triatalons to be held next summer. Will keep you informed if more develops.

Finally, CVR is proud to be the club that lays claim to the new RRCA State Representative- Darragh Ellerson. Darragh will be coordinating all RRCA activities in Vermont. Congrats!!!!

Sincerely,
Norm Robinson



HOW TO HELP MOTHER NATURE CHEAT FATHER TIME WITH A LITTLE HELP FROM YOUR FRIENDS

Your new-found friends are substances called antioxidants. You may not know them by this term, but you eat them every day (although probably not nearly enough) in common foods. Beta carotene, ascorbic acid, and dl-alpha tocopherol are among the most common and most powerful antioxidants—a chemical class that also includes some food additives, preservatives, amino acids, and a number of prescription drugs used to treat health problems.

I have studied antioxidant activity for the last ten years, and more researchers are now investigating and documenting the beneficial role of these agents.

Antioxidants not only can help stave off the effects of premature aging, but they also can help to heal sports injuries faster and stronger. Actually, aging and sports injury have a lot in common. In a biochemical sense, *aging can injure and injury can age*.

The mechanisms of aging and injury damage, as well as the pain and stiffness of arthritic disease, all share a common factor: cellular damage due to the activity of *free-radicals*. These sinister-sounding substances are highly reactive and toxic chemical fragments within our bodies, very unstable and very unhealthy.

Free-radicals destroy healthy tissue, including the primary genetic material in our cells, DNA, by electrocution.

Free-radicals will always be with us; in fact, some free-radicals are essential to life. Health problems (and premature aging) occur when there are too many free-radicals and not enough antioxidants to "insulate" our cells from electrocution. Free-radicals enter the body through food, tobacco smoke, even from the air we breathe and the water we drink. Actually, the free-radicals are often created *after* these substances enter our bodies and therefore can be quenched by antioxidants if the antioxidants are present in sufficient quantities.

There are two ways in which research scientists are currently attacking the problem of free-radical damage. One is the search for a free-radical scavenger drug that will gobble up these little subversives before they can attack and destroy healthy cells. These "Pac-Man" drugs are still in the experimental stage, but there is another way of controlling the damage that free-radicals do to us.

This method, which I recommend, is called antioxidant therapy. Ironically, oxygen is one reason we live *and* die. Oxygen carried in our blood plays a major role in the formation of free-radicals, and antioxidants inhibit the transformation of these elements or atoms (which, in their normal state, are simply called radicals) to the potentially damaging free-radical state.

We have seen how free-radicals contribute to the aging process by damaging cells. Antioxidants cut down on the number of free-radicals so that fewer cells are destroyed and therefore *youth lasts longer*.

The role of free-radicals in tissue injury and rheumatoid arthritis is a bit more complex. These two conditions are similar because the inflammatory process causes pain, soreness, and swelling, both in simple sports injury such as a sprained ankle and in an attack of rheumatoid arthritis.

Let's examine what happens when you sprain your ankle. What you have done is to tear the ligaments (which can be thought of as leather straps) connecting your mus-

cles. This triggers the inflammatory response, which is the body's prime defense against injury and infection.

In a nutshell, here is what is happening inside, when outside you see a discolored and swelling ankle and feel a great deal of pain.

1. Chemical substances called inflammatory mediators are released into the extracellular fluid (the fluid that bathes your body's cells) around the injured site.

2. Chemicals, such as histamine (that's the stuff that causes itching, burning, and runny noses with allergies) and bradykinin, cause the small blood vessels around the damaged tissue to enlarge. More blood flows into the area and makes your ankle look red and feel hot.

3. At the same time, the walls of the small blood vessels change, in a protective response, so that the body's "warrior" cells, such as antibodies, neutrophils, and macrophages, can pass to the site of injury.

4. More fluid passes into the tissues and your ankle swells (this is called edema).

5. White blood cells, called neutrophils, contain substances named lysosomes, which produce powerful protein-dissolving enzymes. These enzymes actually may destroy already damaged tissue (which means premature aging).

6. The inflammatory mediators, histamine and bradykinin, also stimulate nerve endings in the injured area, and this causes pain. These substances are released by the body in response to injury and help prevent further injury by making physical activity too painful to continue.

7. When macrophages and other "warrior" cells are damaged or destroyed in this process, they release fat-related compounds called prostaglandins. Prostaglandins add to the pain-producing potential of the inflammatory mediators, and this is when your ankle *really* hurts. (Recent research has shown that ordinary aspirin inhibits the synthesis of prostaglandins.)

The above is an excerpt taken from "EAT TO WIN, The Sports Nutrition Bible", Dr. Robert HAAS.

HOW DO ANTIOXIDANTS SOOTHE THE INFLAMMATORY PROCESS?

Free-radicals are produced at many stages of the inflammatory process. They are autocatalytic, which means that they can, themselves, create more free-radicals. Eventually this chain-reaction stops, but not before it attacks healthy cells. This can retard healing; it can also weaken the previously injured tissue, making it more susceptible to reinjury.

During the period when you were host to the inflammatory process, you probably consulted a health-care professional. And the recommendation was most likely what sports-care experts call RICE: Rest, Ice, Compression, and Elevation of the injured area (usually *above the heart*, if possible). Some professionals also recommend drugs to help reduce inflammation and soft tissue swelling. You might have been advised to take simple aspirin or been given a prescription for stronger medications (which may have harmful side effects) such as phenylbutazone ("bute," as it's commonly called by the athletes who take it) and indomethacin.

What *should* be recommended along with RICE is:

1. A fat-restricted diet
2. Antioxidant therapy

We have seen that antioxidants inhibit the excessive production of the free-radical particles that can injure, age, and even kill healthy cells. But what is the role of *fat*? Why restrict fat in the diet of an injured athlete?

A high-fat diet means a high free-radical potential in your body. The more fat you eat—especially the unsaturated type—the more free-radicals your body makes, and the longer an injury takes to heal. High-fat diets aggravate sports injuries and needlessly increase healing time.

The above is an excerpt taken from "EAT TO WIN, The Sports Nutrition Bible", Dr. Robert Haas.

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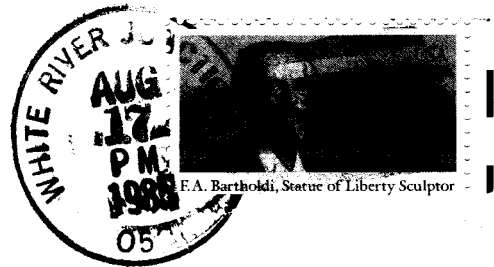
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