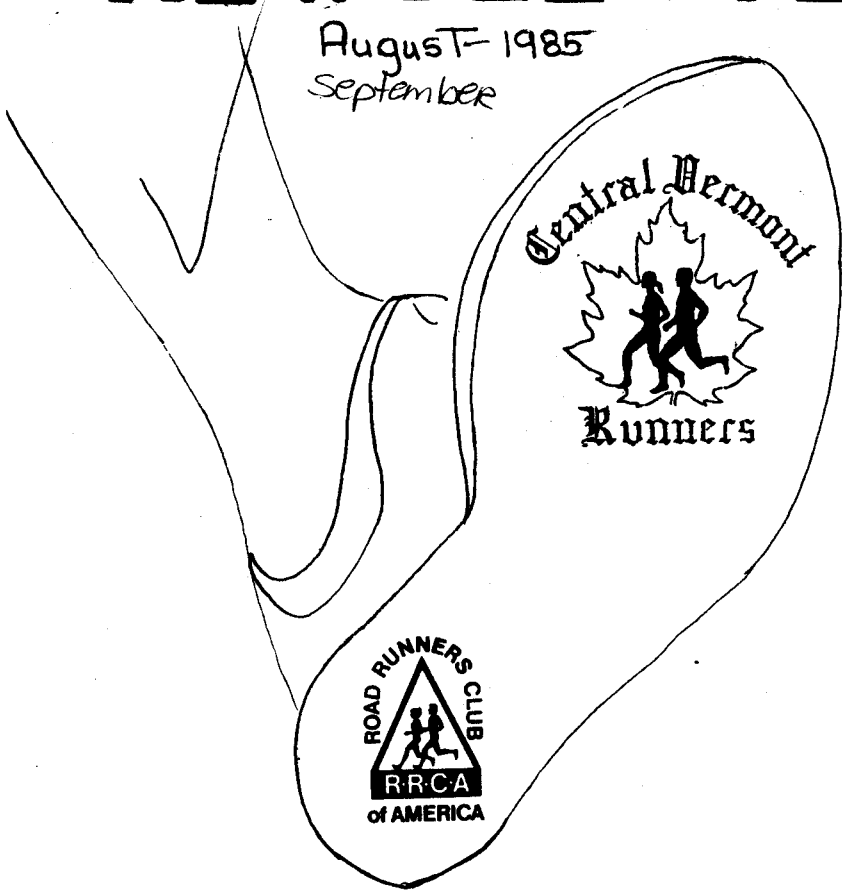


NEWSLETTER

August-1985
September

Vol. 6
No. 6



CVR meeting

October 16th
6:30 P.M.
Potluck

at: Wade Walker's
R.D. 3, Cedar Cliff
Barre, VT 05641

Monday - Sept. 16th
Potluck - 6:30

at: Dot Helling & John Peterson
28 School St.
Montpelier, VT.

NOTICE

BY-LAW AMENDMENT

EXISTING BY-LAW

Article Seven Management or Government

Section 4. The President, Vice President, Secretary and Treasurer may be elected to succeed themselves once.

PROPOSED BY-LAW AMENDMENT

Article Seven Management or Government

Section 4. The President and Vice President may be elected to succeed themselves once

This proposed By-Law amendment will be voted on October 21, 1985, at Wade Walker house, Cedar Cliff, Barre, VT.. 6:30 PM
Please feel free to call for directions.

DAYS 223-5201 NIGHTS 476-4630



**please
note**

WHAT'S HAPPENING?

SIXTH ANNUAL

BERLIN POND COUPLES' RACE

6 Miles

August 10, 1985

COUPLES RESULTS (BY COMBINED AGES):

- 0-27: 1. Jennifer Wolff, Jonathan Wolff 1:38:55.
28-39: 1. Sarah Woodward, Dale Flanders 1:26:32; 2. Jennifer Clark, Greg Tosi 1:34:09.
40-59: 1. Wendy Reeves, Eric Wilson 1:18:39; 2. Mary Labate, Norm Robinson 1:20:34;
3. Deborah Heller, David Heller 1:26:05; 4. Regina Foy, Frederick Foy 1:34:39.
60-79: 1. Muffy McKeown, Robert Thomas 1:18:08; 2. Ellen Curran, Dennis Curran 1:19:43;
3. Deborah Lindemer, Geoff Lindemer 1:21:30; 4. Elizabeth Meiklejohn, Robert
Howe 1:28:01; 5. Diana Hale, Dan Murnane 1:31:45; 6. Linda Kourkoulis, John
Mezzucco 1:33:00; 7. Maureen Murphy, Bob Murphy 1:34:50; 8. Debbie Maniatty,
John Maniatty 1:38:12; 9. Nancy Clement, George Clement 1:46:29; 10. Debbie
DiMauro, Tony DiMauro 1:48:25; 11. Alice Albrecht, Steve Albrecht 2:02:48.
80-99: 1. Marlene Sachs, Rusty Sachs 1:26:44; 2. Ellen Wolff, Philip Wolff 1:55:16.
100+: 1. Darragh Ellerson, Gerow Carlson 1:27:33; 2. Polli Flanders, Ernie Flanders 1:38:03.

INDIVIDUAL FEMALE:

- 14-29: 1. Sue Manley 39:27; 2. Suzanne Betts 49:01.
30-39: 1. Karen Harris 48:06; 2. Sherry LaBrie 59:10; 3. Regina Porter 62:52.
50+: 1. Marilyn Wilson 52:48.

INDIVIDUAL MALE:

- 0-13: 1. David Bonsignore 50:42.
14-29: 1. Eric Morse 30:45; 2. Ernest Ezis 31:50; 3. Rhys Robinson 33:52; 4. Shane
Bowley 34:36; 5. Tim Noonan 35:03; 6. Martin Green 39:05; 7. Manuel Sainz 46:05;
8. Richard Quad 51:05; 9. Tom Cibenko 62:14.
30-39: 1. Vincent Strebe 34:50; 2. Steve England 38:06; 3. Glenn Gershaneck 39:40;
4. Greg Gerdel 40:38; 5. Fred Erdman 41:35; 6. Bobby Santoro 44:47; 7. Greg
VandenBerg 45:39; 8. Robert Cleveland 47:15; 9. Lawrence Rhodes 47:39;
10. Dwaine Clark 48:16; 11. Sam Lewis 52:32.
40-49: 1. Newton Baker 40:19; 2. John Mallery 40:53; 3. Bob Mercier 44:07; 4. Lee
Blodgett 47:50; 5. Bob Quad 51:42; 6. Bob Volk 57:40.
50+: 1. Armand Chicoine 41:28.

FEMALES OVERALL:

1. Sue Manley 39:27; 2. Wendy Reeves 40:46; 3. Mary LaBate 41:50; 4. Muffy McKeown 42:11; 5. Ellen Curran 43:13; 6. Marlene Sachs 43:38; 7. Darragh Ellerson 45:51; 8. Deb Lindemer 45:56; 9. Elizabeth Meiklejohn 47:06; 10. Sarah Woodward 47:19; 11. Deborah Heller 47:45; 12. Karen Harris 48:06; 13. Diana Hale 48:34; 14. Suzanne Betts 49:01; 15. Debbie Maniatty 49:06; 16. Jennifer Clarke 50:44; 17. Polli Flanders 50:45; 18. Jennifer Wolfe 51:13; 19. Marilyn Wilson 52:48; 20. Linda Koukoulis 53:09; 21. Regina Foy 55:55; 22. Ellen Wolff 57:38; 23. Debbie DiMauro 58:00; 24. Maureen Murphy 59:04; 25. Sherry LaBrie 59:10; 26. Alice Albrecht 61:24; 27. Nancy Clement 62:50; 28. Regina Porter 62:52.

MALES OVERALL:

1. Eric Morse 30:45; 2. Ernest Ezia 31:50; 3. Rhys Robinson 33:52; 4. Shane Bowley 34:36; 5. Vincent Strebe 34:50; 6. Tim Noonan 35:03; 7. Geoff Lindemer 35:34; 8. Bob Murphy 35:46; 9. Robert Thomas 35:57; 10. Dennis Curran 36:30; 11. Eric Wilson 37:53; 12. Steve England 38:06; 13. David Heller 38:20; 14. Norm Robinson 38:44; 15. Fred Foy 38:44; 16. Martin Green 39:05; 17. Dale Flanders 39:13; 18. Glenn Gershaneck 39:40; 19. John Mazzucco 39:51; 20. Newton Baker 40:19; 21. Greg Gerdel 40:38; 22. John Mallery 40:53; 23. Robert Howe 40:55; 24. Armand Chicoine 41:28; 25. Fred Erdman 41:35; 26. Gerow Carlson 41:42; 27. Rusty Sachs 43:06; 28. Dan Murnane 43:11; 29. Greg Tosi 43:25; 30. George Clement 43:39; 31. Bob Mercier 44:07; 32. Bobby Santoro 44:47; 33. Greg VanDenBerg 45:39; 34. Manuel Sainz 46:05; 35. Robert Cleveland 47:15; 36. Ernie Flanders 47:18; 37. Jonathan Wolff 47:22; 38. Lawrence Rhodes 47:39; 39. Lee Blodgett 47:50; 40. Dwaine Clark 48:16; 41. John Maniatty 49:06; 42. Tony DiMauro 50:25; 43. David Bonsignore 50:42; 44. Richard Quad 51:05; 45. Bob Quad 51:42; 46. Sam Lewis 52:32; 47. Philip Wolff 57:38; 48. Bob Volk 57:40; 49. Steve Albrecht 61:24; 50. Tom Cibenko 62:14.

SPONSORED BY CENTRAL VERMONT RUNNERS with the invaluable support of The Town of Berlin, Onion River Sports, State Street Market a/k/a Alowan, Angeleno's Pizza, Coca Cola, Dunkin Donuts, Elly's Farm Market in Northfield, The Runner Magazine, Country Store Deli, Miller Sports, Bear Pond Books, Morse Farms, Mary LaBate, Walker Motors, The Christian Fellowship, Bill Jennings, Zoe Erdman, Berlin Elementary School and Pat DiBlasio. Thank you all!!!

run

RACE SCHEDULE

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

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

* - indicates that Bob Murphy (476-4328) has an entry blank. Please send SASE when requesting an entry blank from either Bob (RR3, Box 6866, Barre, VT 05641) or from the race directors listed.

- 14SEP85 MANCHESTER, VT MAPLE LEAF HALF-MARATHON
10:15am. Guy Thomas, Ways Lane, Manchester, VT 05255, 802-362-3401
- 15SEP85 BURLINGTON, VT BURLINGTON TRIATHLON
10am. 1/2mi swim, 23mi bike, 6.5mi run. Green Mtn. Sports Science 658-5180
- * 22SEP85 GREENSBORO, VT 8th ANNUAL CASPIAN FOLIAGE RUN
Public Beach at 10:30am. Preregistration \$4, \$5 at race. Merchandise Prizes. T-shirts on sale. Benefit of Buffalo Mountain Coop. Larry Karp 586-2528 or Anne Batten 472-6066.
- * 22SEP85 ERROL, NH DIXVILLE NOTCH MARATHON, 12mi, and RELAYS
10am Marathon, 11am 12mi run & 12mi, 4-Person team relay. \$5 Pre-reg. for Mar. & indiv. 12mi races, \$6 Post. \$16 entry for team relay, \$20 Post. Challenging, certified course. Rick Tillotson, Dixville Notch Marathon, Dixville Notch, NH 03576 (603-255-3191)
- 22SEP85 BURLINGTON, VT CANCER SOCIETY 'RUN FOR DEBBIE' 5km & 10km
Gutterson Field House, UVM. Donna Kasnor 879-7483 & Joan McKenzie 656-4414
- 28SEP85 ESSEX CENTER, VT GMAA/NATIONAL LIFE 10-MILER
9am @ Essex Center Elementary School. Bruce Cunningham, 878-3875
- 28SEP85 UNDERHILL, VT HARVEST RUN 5km
9am. Steve Herrero, 899-3695
- 29SEP85 BURLINGTON, VT W99/BURL. DEPT. OF PARKS & REC. 5km & 10km
1PM, no other info.
- * 04OCT85 FAIRLEE, VT, area TWIN STATE BIKE TREK
4-7 Oct. 100 miles in three days to benefit Vermont Lung Assn. \$10 entry Plus sign up Pledges. VLA collects the Pledges! Lodging, meals and entertainment Provided. VLA 1-800-642-3288.
- * 05OCT85 CROWN POINT, NY FORT TO FORT 30km
10am. Crown Point to Ticonderoga. \$8 entry. No race day entries. T-shirts to all starters, medals to all finishers. Buffet lunch included. Fort to Fort, P.O. Box 399, Westport, NY 12993. For info call Bob Lopez (518-891-3260, 518-962-8226) or Sandy Treadwell (518-962-4580)

- 05OCT85 HANOVER, NH DARTMOUTH MARATHON & HALF-MARATHON
10am. Donald Andresen, Hitchcock Clinic, Hanover, NH 03755. 603-646-5000
- 05OCT85 ESSEX CENTER, VT GMAA VAGABOND 10km
11am at Trollheim, Sleepy Hollow Rd. Al & Sally Duval, 899-3398
- 06OCT85 WATERBURY, VT LEAF PEEPER'S HALF-MARATHON
11am @ Waterbury Recreation Field. \$7 entry (by 16 Sep for T-shirt), \$8 Post. Prizes are Quality Vermont Products. Waterbury Area Lions Club. P.O.Box 6, Waterbury Center, VT 05677.
- 12OCT85 BURLINGTON, VT STROH'S LIBERTY 8km
10am @ Gutterson Field House, UVM. Steve Herrero, 899-3695
- 19OCT85 RICHMOND, VT ROUND CHURCH WOMEN'S RUN 5km & 10km
10am. Amy Valentine, 244-7543
- 20OCT85 SCHENECTADY, NY MOHAWK-HUDSON MARATHON
9am. Schenectady to Albany. HMRC. P.O.Box 12304, Albany, NY 12212
- 26OCT85 SHELburnE, VT ARTHUR TUDHOPE MEMORIAL 10km
11am. John Kohn, S. Willard, Burlington 862-8514
- 27OCT85 BURLINGTON, VT 099/BURL. DEPT. OF PARKS & REC. 5km & 10km
1Pm @ Ledds Park
- 09NOV85 ESSEX CENTER, VT GMAA 50-MILER
8am @ Essex Center Elementary School. Anne Taylor, 893-4945 or Bill Everett, 879-1687
- 10NOV85 SCHENECTADY, NY SCHENECTADY GAZETTE STOCKADE-RATHON - 15km
10:30am @ Central Park. HMRC. P.O.Box 12304, Albany, NY 12212
- 21NOV85 BURLINGTON, VT GMAA TURKEY TRUT 5km
11am @ UVM. Ralph Swenson, 864-4952 or Neil Stout, 862-5872
- 24NOV85 BURLINGTON, VT 099/BURL. DEPT. OF PARKS & REC. 5km & 10km
1Pm @ Ledds Park
- 29DEC85 BURLINGTON, VT 099/BURL. DEPT. OF PARKS & REC. 5km & 10km
1Pm @ Ledds Park

CVR

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)

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

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 _____

SAFETY

Given the nature of their avocation, runners are vulnerable. We've all driven past those out alone in isolated areas, or had near misses with barely visible night runners. It's senseless for runners to allow themselves to become easy targets for speeding cars, vicious dogs or muggers. There's a certain amount of danger on the roads, which we should both expect and prepare for.

In a recent study by the Washington Runners Unlimited Club of Arlington, Va., 57 percent of the respondents reported dangerous incidents while on the run. Not unexpectedly, almost all of them occurred in the dark or in isolated areas. Based on the information it gathered, the club compiled a list of safety tips. It listed alertness and awareness of surroundings, running defensively and using appropriate safety gear as important measures. It also advised avoidance of deserted tracks, roads and trails. No one thinks something bad will happen to *them*, but it can—and does, nearly every day.

For more information on the study, write to Washington Runners Unlimited, P.O. Box 5622, Arlington, Va. 22205.

THE UNION DAM - ORION 8 MILE ROAD RACE -- STOW - VERMONT -- 21 JULY 1983
RESULTS BY CATEGORY

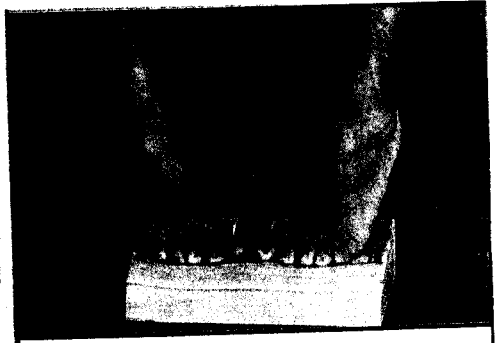
A-Bars 17 and under		B-Bars 18-27		C-Bars 28-37		D-Bars 38-47		E-Bars 48-57		F-Bars 58 and over	
B-Beats 17 and under		M-Beats 18-27		L-Beats 28-37		J-Beats 38-47		K-Beats 48-57		L-Beats 58 and over	
D 45	WILSON John	1:01:47	H	5	MURLEY Sue	0:52:44	I	42	SIBBIS Shirley	1:13:57	
D 46	MCKENB Daniel	1:02:01	H	6	ETHERINGTON Car	0:53:14	I	43	MANN Dottie	1:23:30	
D 47	O'NEIL Bill	1:02:11	H	7	LACHURE Judith	0:53:54	J	1	NEWTON Alia	1:06:40	
D 48	MAD Lighton	1:02:19	H	8	MYNE Walter	0:54:20	J	2	RUBIN Rosemary	1:01:23	
D 49	MELTONY Irene	1:02:22	H	9	NASH Debbie	0:55:44	J	3	DANN Kathleen	1:02:04	
D	ARCH Michael	1:02:22	H	10	GRIFFITH-BUSKIR	0:54:37	J	4	SMITH Valerie	1:05:22	
D	RUBLES William	1:02:30	H	11	SHORT Christine	0:54:56	J	5	KINNEY Rose	1:04:34	
D 52	DARBY Richard	1:03:32	H	12	BOEMER Christi	0:58:04	J	6	SMITH Heidi	1:04:52	
D 53	FRIEL Richard	1:03:35	H	13	SMITH Bonnie M.	0:58:05	J	7	HANNING Janet	1:07:20	
D 54	KAMP Larry J.	1:03:42	H	14	MOYANIN Elizabe	0:59:30	J	8	CASE Judy	1:07:45	
D 55	ORSHAN Jerry	1:03:44	H	15	MEYER Lyndall	1:00:22	J	9	MCCARTHY Rita J	1:00:33	
D 56	HALE Richard E.	1:04:01	H	16	SHEA Marybeth	1:00:35	J	10	FLANDERS Pelli	1:10:19	
D 57	VIEUX R.	1:04:00	H	17	BALLIN Hillary	1:00:54	J	11	GLENN Sara S.	1:11:10	
D 58	MOSEY JR. John	1:04:14	H	18	RICHARDSON Kari	1:01:31	J	12	MYNN Sally L.	1:11:22	
D 59	SCATTON Tom	1:04:14	H	19	SHORT Julia	1:02:35	J	13	BROOKIN Nancy N	1:11:44	
D 60	KIESLICH Paul	1:04:30	H	20	FARRAND Nancy	1:02:36	J	14	HEZZ Nancy	1:14:02	
D 61	ORSHAN William H	1:05:30	H	21	HORSFIELD Betti	1:04:10	K	1	ELLESON Darrag	1:02:02	
D 62	SHAWLEY Richard	1:05:40	H	22	KISSNER Jean	1:04:10	K	2	ROBINSON Barbar	1:02:50	
D 63	GILLIS Robert E	1:05:43	H	23	CAMPBELL Polly	1:04:51	K	3	KLEIN Betty	1:10:02	
D 64	KULES William M	1:05:44	H	24	SHORT Maria	1:05:42	K	4	MATTIOM Alice	1:17:34	
D 65	MYNN Dick	1:06:02	H	25	SPON Pam	1:05:45					
D 66	TURKLE Ted	1:06:12	H	26	COLE Pamela	1:06:31					
D 67	HANNING JR. Jan	1:07:17	H	27	LINBAU Sandra	1:07:20					
D 68	BLODGETT Lee	1:07:19	H	28	DUPONT Joan	1:07:45					
D 69	LEATH Joseph W.	1:08:20	H	29	ORSHAN Karen	1:09:19					
D 70	SCHWARTS Brutus	1:08:37	H	30	PORTUGAL Susan	1:10:09					
D 71	CONNORS Joe	1:09:09	H	31	SALMAN Shevonne	1:10:51					
D 72	BASEVITZ Ellis	1:09:51	H	32	CAMPBELL Hope	1:11:11					
D 73	JURGENS John	1:10:34	H	33	BAMM Sheri	1:11:42					
D 74	KUCIJ Daniel N.	1:10:56	I	1	DEARBORN Donna	0:52:49					
D 75	KAGAN Daniel	1:11:56	I	2	BARVARDIN Lisa	0:53:20					
D 76	WELDING Mike	1:12:00	I	3	PETERSON Cathie	0:53:33					
D 77	CLAPP III James	1:14:24	I	4	SMITH Pat	0:53:43					
D 78	CURTIN Tom	1:16:51	I	5	BEER Judy	0:54:23					
E	1 BARNEY Gerald	0:47:50	I	6	LUCAS Jennifer	0:54:45					
E	2 BAKER Clyde N.	0:48:50	I	7	CAPEN Barbara	0:56:03					
E	3 NICHOLS Roger E	0:53:00	I	8	MENDOUSAH! Aud	0:56:54					
E	4 SPARKMAN Jim	0:55:20	I	9	SINGER Lesley	0:57:33					
E	5 CHICOINE Armand	0:55:44	I	10	CROCKER Peg	0:57:57					
E	6 BORTKIEWICZ Mic	0:56:37	I	11	HELLING Dorothy	0:58:09					
E	7 ZIELINSKI H.	0:57:29	I	12	WILLIAMS Jane B	0:58:19					
E	8 BALTUCH Sig.	0:59:20	I	13	MATTI Lisa	0:59:24					
E	9 PATNOE Jean-Pa	0:59:21	I	14	SOMCANT Joanne	0:59:42					
E	10 HUNT Ron	0:59:27	I	15	HALLMAN Christ	0:59:48					
E	11 HERVON Richard	1:02:00	I	16	REED Sandi	0:59:55					
E	12 CHAMPAGNE JR. D	1:02:03	I	17	NIVOLA Virginia	1:00:50					
E	13 HOWARD Ted	1:03:27	I	18	PARKER Laura	1:01:20					
E	14 RICHARDSON Lee	1:03:31	I	19	PFEIFLE Beth	1:01:35					
E	15 FLANDERS Ernie	1:04:02	I	20	CAMPBELL Janis	1:01:44					
E	16 KELLEY Fred	1:04:27	I	21	FLEWING Laurie	1:02:09					
E	17 LARROU Rodney	1:05:05	I	22	SCOTCHER Norma	1:03:20					
E	18 MCCONOUGH Don	1:05:22	I	23	MEIKLEJOHN Eliz	1:03:44					
E	19 DUVAL Al	1:07:46	I	24	KIMBERLY Cilla	1:04:21					
E	20 KUNIN Arthur S.	1:09:07	I	25	RAINVILLE R. M.	1:04:30					
E	21 BLUMBERG Louis	1:09:52	I	26	BASSETT Virginia	1:04:57					
E	22 STOUT Neil	1:10:10	I	27	CRONE Nancy	1:05:30					
E	23 SHIMK Bill	1:13:11	I	28	RUSKIN Lisa	1:06:51					
F	1 SHORT Hugh	0:54:46	I	29	KULES Patricia	1:07:04					
F	2 COLE Dan	1:00:51	I	30	BLATTSPIELER Ca	1:07:22					
F	3 FRANK Armin C.	1:02:03	I	31	HARRIS Karen	1:07:54					
F	4 ZIMMERMAN F.R.	1:10:31	I	32	MILLER Carol	1:08:00					
F	5 BLAND John H.	1:11:20	I	33	NELSON Roberta	1:08:20					
G	1 EELLS Julie	1:01:35	I	34	DEMERS Michelle	1:08:50					
G	2 ESCHMOLZ Sarah	1:04:04	I	35	WITNER Darla	1:08:59					
G	3 SMITH Andrea	1:07:00	I	36	MCKEE Susan J.	1:09:20					
G	4 MURKINE Elizabe	1:11:42	I	37	HACKETT Lise L.	1:09:25					
H	1 BRADBELL Kathy	0:45:54	I	38	MALLAM Patty	1:10:54					
H	2 CDHZ Nancy	0:46:02	I	39	MOLDAY Kathleen	1:11:17					
H	3 CURRIER Cecily	0:50:35	I	40	CASE Susan	1:11:18					
H	4 GLENDINNING Deb	0:50:49	I	41	SCHAEFFER Liz	1:13:12					

FEET: THE FOUNDATION OF GOOD RUNNING

by John Pagliano, D.P.M., with Bob Wischnia

Look at it this way: Without a sturdy foundation a structure is basically worthless. But ironically, we runners do little or nothing to solidify and strengthen our foundation: the feet. We run hundreds, maybe even thousands of miles every year. We might even supplement our running and strengthen other areas of our bodies by doing alternative exercises such as weight training and yoga. But we don't do anything specifically for our feet. Think about it. When was the last time you said, "I think I'll do a little work on my posterior tibialis and my peroneus longus"?

Of course we don't say that. The crux of the problem is that weak foot muscles are common to most runners simply because they're not exercised enough. Walking and normal activity do strengthen the 38 foot muscles, but it doesn't



Standing on a telephone book, turn the feet inward. Hold for 10 seconds. Then, place toes together, hold, raise heels and hold.



strengthen them enough to run. To develop the foot and leg muscles sufficiently for running, you should do specific exercises so they can support the rest of the body. In other words, you can't walk five miles a day for three months and expect to run a marathon. Your feet won't be strong enough to handle the stress.

Why is this all so important? It's really quite simple. The muscles of the leg interact with the muscles within the foot to cause the foot to function. The muscles are the activating units that are attached to the bones by tendons, and to get the foot to move, the muscles have to contract. If the muscles are weak, they will not move the foot into the position they're supposed to. As a result, the foot will flop around (instead of being pointed straight ahead). Or, if the muscles controlling the foot aren't in proper balance, one will overpower the other, resulting in overpronation.

Floppy feet, overpronation and wobbly knees are the most visible result of weak foot and leg muscles. And many of the primary running injuries we've come to know and love—plantar fasciitis, shinsplints, stress fractures, sciatica, lower-back pains, runner's knee, Achilles tendinitis, teno-synovitis—can be directly related to weak feet.

Dr. Gabriel Vorobiev, who was the team physician for the powerful Soviet Union's track-and-field team, has always advocated strength training for the feet. In an article in a Russian magazine he wrote, "A functionally weak or poorly trained foot is the cause of greater than half of all injuries in track and field. Also, a weak foot hinders the development of motor skills: If an athlete stands on such a foot longer than necessary it more or less collapses in a push-off, making it impossible to completely utilize his potential capabilities."

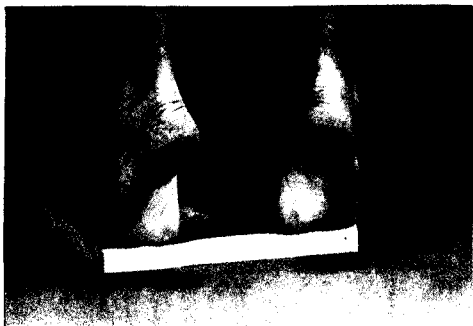
My experience as a podiatrist who has treated thousands of run-

ning injuries over the years closely parallels that of Vorobiev. Most of the common injuries—particularly those that plague the novice such as shinsplints and runner's knee—can be prevented if the foot and related leg muscles were stronger, better developed and in balance.

Strong foot muscles will not only make you less vulnerable to injuries, they'll also make you faster and able to run farther. If the exercises we'll show you a little later are done properly, they should translate directly into better speed. For example, say you're running a race and your posterior tibialis (a muscle in the back of the lower leg which controls the motion of the foot) is weak. If that's the case, your foot will flop or splay out two or three degrees. That's wasted motion with every step. On the other hand, if that muscle is strong, the foot comes through pointed straight ahead. That's much more efficient. Also, the stronger your foot and leg muscles are, the faster they can propel you forward.

If all of this is true—and trust me, it is—the obvious question is why haven't runners and their coaches done more in the way of foot-strengthening exercises? There are some enlightened coaches, such as Stanford University's Brooks Johnson, who have always stressed exercises for the feet as one way to improve speed, but generally this has been all but totally ignored. For instance, if you and I decide to go for a run, we might do a little stretching, then tie our shoelaces and take off. We don't sit for 20 minutes and do foot exercises. It's extremely boring, and we won't see any visible results. If we do weight training, we'll be able to see the results, but not with our feet.

As Vorobiev once wrote, "Special exercises for strengthening the foot are uninteresting, unemotional, are difficult to measure, and their effect is not immediately apparent, and thus they are not



Top—Stand on the edge of a one-inch book. Hold for 30 seconds and repeat five times. Center and bottom—Rise on toes and hold. Do 10.



completed by athletes willingly. But no other way of strengthening this important unit of the support-motor system exists. These exercises, like all others, must reinforce corresponding restorative methods."

Even though the foot exercises I prescribe aren't hard to do, they're hard to relate to. Do I do them religiously every day? Well, no. I hate them. They're so boring that I don't have the patience to do them. But as a youngster I had poorly formed, weak feet, and since my father is a podiatrist, he gave me these exercises to do. Today, my feet are very strong and I don't have any problems with them.

One of the primary reasons feet are weak is the shoes we wear. Shoes limit the foot's movement. They're like casts. Our feet aren't being strengthened, they're being weakened. The muscles that work the toes almost atrophy in the typical pair of walking and running shoes.

This became apparent to me after having the opportunity to work with and observe some of the great African runners such as Kip Keino and Gidamis Shahanga. One thing I noticed is they all have extremely strong foot muscles. They have very sinewy feet. That's not inherent, that's developed. Many of the African runners grow up barefoot and their toes are constantly grabbing the ground. They learn to walk and run with great toe action. They naturally develop great foot strength and excellent running efficiency, and they don't seem to be plagued by the common running injuries that afflict so many of us.

All of the exercises above involve many of the muscles of the foot and lower leg because of the complex manner in which the tendons of the calf muscles cross each muscle within the foot and act upon several joints at once. Thus, with any of these exercises the mus-

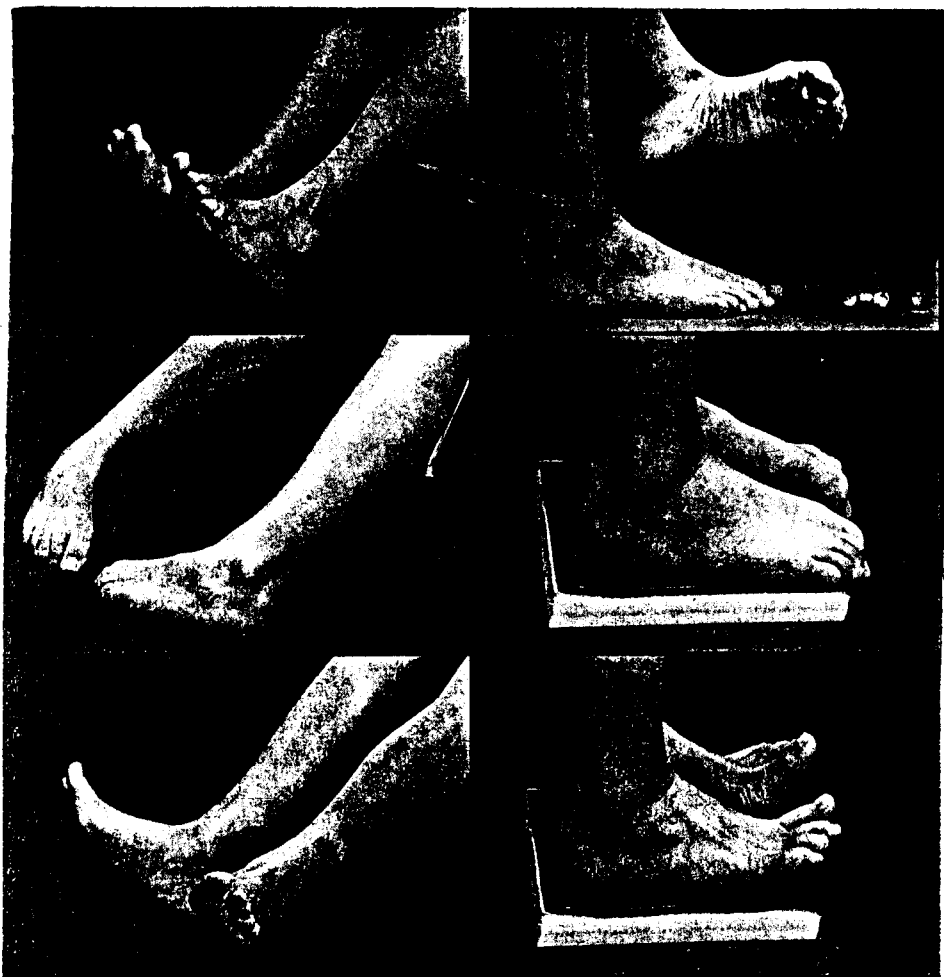
cles being strengthened cannot effectively be isolated from the group.

The exercises for the feet serve three major purposes: ankle flexibility, strengthening of the muscles that support the arch and building strength in the metatarsal (forefoot) region. It's important to remember that while these exercises can build strength, they can't correct foot faults entirely by themselves. Equally important is constant reinforcement of good walking and running form. While you walk, the foot should be pointed straight ahead and the greatest part of the motion should be carried out by the forefoot. The leg should swing forward on the ball of the foot and the weight should be carried by the toes.

Some points to remember when doing the exercises:

- They should be done barefoot, to allow freedom of movement for the flexors of the toes.
- The exercises should be done every day. Be sure not to skip a day. You won't be dealing with big muscle masses that will fatigue the rest of your body, so the exercises shouldn't interfere with your running.
- Do the exercises twice a day. They're so simple you can probably do them at your desk at work or in the evening while relaxing.
- Build up gradually to where you can do three or four sets of 10 repetitions of each exercise. But don't overdo it or you can damage ligaments.

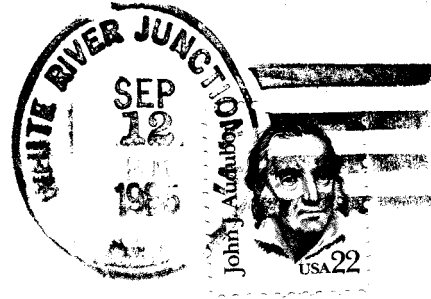
Again, there's no way you'll be able to see any results. But after a few weeks of doing these exercises, you should notice that your feet don't wobble as much when you're running, your running shoes won't wear out as quickly and your feet won't be as fatigued after a run. They're subtle differences, but with a better, firmer foundation you'll be better off in the long run. ✱



Sit with back straight in chair, feet extended. Turn feet inward and hold three seconds. Turn feet out and hold three seconds. Return and repeat 20 times.

Top—Place marbles on floor and pick up with toes. Center and bottom—Curl toes over book. Keep feet flat and raise toes for three seconds.

Central Vermont Runners
% Muriel Eaton
18 Averill St.
Barre, VT 05641



National Running Data Center
Box 42888
Tucson, AZ 85733

