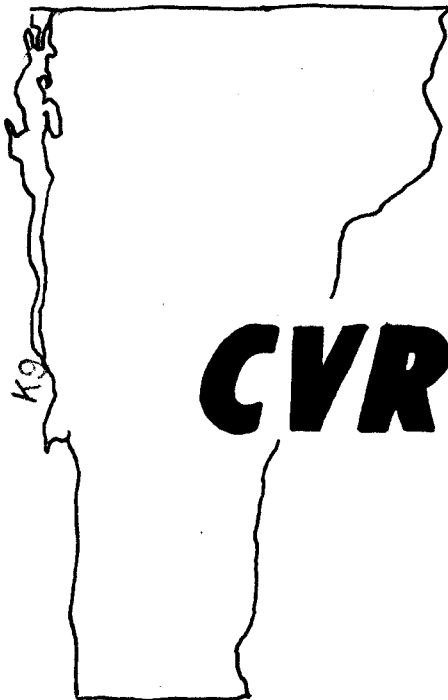


# NEWSLETTER

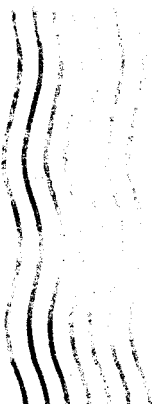
October 1985

Volume 6  
No. 7



## FORTHCOMING MEETING

October 16th - 6:30 PM  
Potluck - at: Wade Walker's, RD 3, Cedar Cliff  
Barre, VT 05641



## WHAT'S HAPPENING?

*If you have any experiences or information  
you would like to share with the members  
just write to Muriel Eaton at her new address:*

*Muriel Eaton  
231 Elm Street, Apt. #1  
Montpelier, Vermont 05602*

*or phone:*

*229-5981*

# 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 \_\_\_\_\_

## HOWARD BANK COURSE CERTIFICATION

For the first time, CVR now has a race course which has received full national certification from TAC/RRTC. Certification was the result of a lot of work on the part of a few of your club members, and is the first step toward ultimate certification of CVR's big three. (The other two are the Montpelier 10-miler and the Leafpeepers Half-Marathon.)

The Howard Bank 10km course was measured this spring and summer by Darragh Ellerson and Bob Murphy. Bicycle measurement of the paved portions of the course were made based on a new calibration course laid out on US2 in Middlesex earlier in the spring by Jeff Shutak and Bob. Because the TAC would not recognize bicycle measurement of a gravel road, we had to measure those portions with a 100-foot steel tape, a procedure that was extremely time consuming. Measurements completed, the final task was putting the documentation together into a formal understandable package and submitting it to TAC. That was completed on August 29th of this year.

The letter advising us of national certification contained some pleasant news. One comment contained in the letter stated "I haven't read, "I would like to circulate this measurement to some others as a good example of the mixing of taping and biking." And yet another, "Such nice work should show -- Not rot in some file. We have enough sloppy stuff -- it's a joy to get work so well done." (Needless to say, I share this praise with Darragh and Jeff, without whose efforts this work could not have been done.) The best news, however, is that TAC has decided to begin accepting bicycle measurement of dirt courses. This is because limited experiments have shown that if a bike is calibrated on a paved surface and used to lay out a course on a dirt road, the course will generally be slightly longer than if the road was paved. They do not know why, but it seems to work out that way. That should make it much easier for us to get our other courses certified, and at an earlier date. Non of us were looking forward to steel-taping the half marathon course!

Bob Murphy

### CVR/WEDGEWOOD MEMBERSHIP OPENS

THE CVR/WEDGEWOOD CORPORATE MEMBERSHIP PLAN OPENS UP FOR NEW MEMBERS AS OF NOVEMBER 1, 1985. MEMBERSHIP ENTITLES YOU TO A 50-100% WAIVER OF THE INITIATION FEE FOR JOINING WEDGEWOOD - ANY OF ITS FOUR MEMBERSHIP PLANS - AND NO REQUIREMENT TO PAY A LAST MONTH'S DUES DEPOSIT. CURRENTLY THERE ARE SIX MEMBERS AND NEW MEMBERS MAY JOIN AT 50% OF THE INITIATION FEE. IF FOUR NEW CVR CLUB MEMBERS JOIN, THERE WILL BE A 100% WAIVER OF THE FEE (5-10 members 50%, 10 or more 100%).

THIS CORPORATE PLAN OPENS ONLY ONCE A YEAR TO NEW MEMBERS. TO JOIN, YOU MUST BE A CURRENT MEMBER OF CVR. YOUR FAMILY MEMBERS MAY JOIN AND YOU WILL BE ENTITLED TO THE FAMILY DISCOUNT RATES AS WELL. DUES MUST BE SENT EACH MONTH TO DOT HELLING, TAX INCLUDED, WHO THEN ARRANGES FOR A CHECK COVERING ALL MEMBERS TO BE FORWARDED TO WEDGEWOOD. EACH MEMBER HAS THE OPTION OF SIGNING UP FOR ANY OF WEDGEWOOD'S FOUR PROGRAMS.

IF YOU ARE INTERESTED, CONTACT DOT HELLING (home 223-5797, work 223-2381) NO LATER THAN OCTOBER 20, 1985.

\* \* \*

### CVR DIRECTORY

CVR IS PLANNING TO PUBLISH A CVR DIRECTORY COMPLETE WITH ALL MEMBERS NAMES, ADDRESSES AND PHONE NUMBERS - POSSIBLY EVEN AGE DIVISIONS. THIS DIRECTORY WOULD BE PUBLISHED MID-WINTER WHEN THERE ARE FEW IF ANY RACE RESULTS TO GIVE US MUCH OF A NEWSLETTER. IF ANYONE HAS AN OBJECTION TO HAVING THIS INFORMATION PRINTED, PLEASE CONTACT DARRAGH ELLERSON (223-2080) OR MURIEL EATON ( - ) ASAP.

\* \* \*

### CVR OFFICER NOMINATIONS

TIME IS NEAR FOR THE ELECTION OF OFFICERS - PRESIDENT, VICE PRESIDENT, SECRETARY AND TREASURER. ELECTIONS WILL TAKE PLACE IN JANUARY AT THE ANNUAL MEETING (January 11, 1986). ANYONE WISHING TO NOMINATE A CLUB MEMBER FOR ONE OF THESE POSITIONS SHOULD CONTACT EITHER JEFF SHUTAK, CURRENT PRESIDENT, OR NORM ROBINSON, CURRENT VICE PRESIDENT.

\* \* \*

### KEEP THESE DATES IN MIND

JANUARY 11, 1986 - CVR ANNUAL MEETING, NOON, at Debi and Geoff Lindemer's, Stowe.

FEBRUARY 1, 1986 - CVR ANNUAL SOCIAL, in the PM somewhere in the Montpelier area. Planning Committee: Dot Helling, Jeff Shutak, Darragh Ellerson and Debi Lindemer. Dinner, Dancing and a Show.

## AUGUST MEETING NOTES

Seven members gathered at Jeff Shutack's on August 19 over a pot-luck dinner to discuss the latest club news. Two members of the Waterbury Lions Club were present to go over details of the Leaf-Peepers Half Marathon. Most notable were reports of reduced funding from Ralph Lash this year. Mr. Lash's generous \$5,000.00 last year has been reduced to a still very generous \$2,000.00 for '85. Reductions in advertising has compensated for a good portion of the loss.

In other news, Wade Walker proposed a By-law change that would enable the treasurer and secretary of CVR to be elected for more than two consecutive years. Currently all four officers, including the president and vice-president cannot serve more than two straight years in any one position.

The topic that drew the most concerned debate was a proposal presented by Tony DeMarce of the Christian Fellowship group. They asked that the late registration fee be waived for fellowship members. In general this is because the group has a number of out-of-town and out-of-state guests that don't know until the last minute whether they will be in town to support a race. As a group the Christian Fellowship will announce which race they will support on any given weekend. Tony made it very clear that whatever decision was made would have no effect on whether the group continued to support CVR in terms of racers and workers. After much discussion on whether this was fair and what precedent it would set it was moved that both Christian Fellowship and CVR members would not have to pay the late fee for CVR sponsored races. This passed 5-1.

In other news Bob Howe reported that he had information on prices for club singlets. The group felt the \$10.50 per shirt might be too high and we will continue to look for other possible alternatives. If anyone has any ideas please contact one of the club officers. Finally, Darragh Ellerson reported our treasury standing at \$758.00.

### NEW BENEFIT.....NEW BENEFIT.....NEW BENEFIT

As noted in the August meeting notes CVR members of good standing no longer need to pay a late registration fee for CVR sponsored races. At present these include- The Montpelier 10 Mile, The Howard Bank 10K, Berlin Pond Complex Race, Leaf Peepers, the 5K held at U-32 in the spring. You must be a paid up member at the time of the race and must present your CVR membership card if asked. Anyone who has paid dues please inform Darragh Ellerson if you haven't got a card. Good reason to join early for '86!!!

SEPTEMBER MEETING NOTES

The Sept. meeting of CVR at Dot Helling's and Jen Petersen's was one of the best attended in a year as 13 members attended. Darragh Ellerson noted several items concerning our treasury. First, our balance as of Sept. 16 was \$611.16, which all felt was very healthy for this time of year in light of two major expenditures in '85. Secondly, we have recorded our first bounced check in history. Darragh also read a letter from Jerry Carlsen (which is printed elsewhere in this newsletter) along with his 1986 dues.

As of the meeting Jeff Shutak reported 150 pre-registrants for Leaf Peepers. This is far and away above the 20 odd that had registered at this time last year. Also, Jeff reports that the race will be the official qualifier for the National Guard Marathon trials to be held later.

In other news, the much awaited and discussed CVR banner will finally be made for approximately \$50.00. Permission was also given to Jeff to purchase an additional water jug for future use.

Dot Helling wants to inform CVR members with 6 or more months of membership that they are eligible for the Wedgewood program thru CVR. Under this program CVR members that have been in CVR for more than 6 months can join Wedgewood without paying the initial membership fee to Wedgewood. If interested contact Dot before November 1st

There are plans being made to publish the names and addresses of CVR members during one of the newsletters this winter. If you see a reason for not having your name included please contact Jeff before the end of 1985. Many feel this listing would help in coordinating rides to races and just help us become better acquainted.

Also of note, the ANNUAL MEETING will be held at the home of Jeff and Debi Linderman on January 11, 1986. Mark your calendar now! It will be a pot-luck dinner beginning at noon with cross country skiing as one of the highlights. Also the 3rd Annual CVR SOCIAL will be on Feb. 1, 1986. Place and time to be announced later. We are looking for fresh ideas from anyone interested to make this a fun evening for runners, spouses and friends. Contact Dot with your ideas.

NORM ROBINSON

The following is a nomination form to be filled out by anyone interested in nominating a CVR member for one of 4 offices to be filled in 1986 at our annual meeting on Jan. 11. Please fill out any or all of the positions and send to: Jeff Shutak, 17 Hilltop Ave., Barre, VT 05641 BEFORE Dec. 15. He will then call all nominees to determine their willingness to serve..

- PRESIDENT.....
- VICE-PRESIDENT.....
- SECRETARY.....
- TREASURER.....

# 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.

- \* 12OCT85 BURLINGTON, VT STROH'S LIBERTY 8km  
10am @ Gutterson Field House, UVM. \$8 by 1 Oct, \$11 thereafter.  
Steve Herrero, 899-3695 or 658-2366.
- 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. HMARC, P.O.Box 12304, Albany, NY12212
- 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 @ Leddy Park
- \* 09NOV85 ESSEX CENTER, VT GMAA 50-MILER  
8am @ Essex Center Elementary School. Certified course. \$3 Pre-  
registration, \$4 day of race starting at 7am. For more info, call  
Bill Everett (879-1687) or Anne Taylor (899-4469).
- 10NOV85 SCHENECTADY, NY SCHENECTADY GAZETTE STOCKADE-ATHON - 15km  
10:30am @ Central Park. HMARC, P.O.Box 12304, Albany, NY 12212
- 21NOV85 BURLINGTON, VT GMAA TURKEY TROT 5km  
11am @ UVM. Ralph Swenson, 864-4952 or Neil Stout, 862-5872
- 24NOV85 BURLINGTON, VT 099/BURL. DEPT. OF PARKS & REC. 5km & 10km  
1Pm @ Leddy Park
- 29DEC85 BURLINGTON, VT 099/BURL. DEPT. OF PARKS & REC. 5km & 10km  
1Pm @ Leddy Park



MAPLE SAP RUN  
MAPLE SUGAR FESTIVAL APRIL 20 1985  
ST JOHNSBURY VERMONT

General Information:

Two Races: 2 Miles / 10 Kilometers (6.2 Miles)

Course: Measured accurately with a measuring wheel.

2 Mile: Mostly pavement

10 Kilometers: A few gentle hills (37% pavement, 68% gravel road)

Start: The Howard Bank, Railroad Street

Finish: Railroad Station

Railroad Street to Portland Street to Weeks Court to River Road  
to Bay Street

Conditions: Sunny, 60°, light wind, beautiful

Starting Time: 11:05 AM

Total Runners: 126 (79 Male/48 Female)

Starter: Carmie Snider, Vice President, The Howard Bank

2 Mile Results (62 Runners (33 M, 29 F))

Overall Male Winners

1st	Chris Bostic	St Johnsbury	11:15
2nd	Daniel Brodkowitz	Lyndon	11:20
3rd	David Sargent	Orleans	11:42

Overall Female Winners

1st	Carolyn Marinelli	St Johnsbury	13:32
2nd	Diane Forest	Concord H.S.	13:58
3rd	Brenda Sweet	Lyndon Center	14:26

Female 12 and Under

1st	Denise Forest	Concord Graded School	15:59
2nd	Rheba Graham	Tute Hill Running Club	16:07
3rd	Juliet Thornton	St Johnsbury	16:07
4th	Molly Dwyer	Lyndon Center	16:14
5th	Amber Bevilacqua	Lyndon Center	16:14
6th	Catherine Forbes	Kirby	16:25
7th	Janice Mallett	Gilman	19:27
8th	Andrea Demasi	Lyndon Center	20:14

1985 MAPLE SAP RUN

2 Mile Results (continued)

Female 13 - 17

1st	Diane Forest	Concord H.S.	13:58
2nd	Meggan Dwyer	Lyndon Center/Riverside Sch.	15:25
3rd	Heather Bennett	St Johnsbury Academy	15:57
4th	Bridget Gochie	Concord H.S.	15:58
(CVA) 5th	Jeanne Blanchette	Gilman Middle School	19:27

Female 18 - 29

1st	Carolyn Marinelli	St Johnsbury	13:32
2nd	Patricia Tanych	Lyndonville	18:15
3rd	Victoria Campbell	Lyndonville	18:15

Female 30 - 39

1st	Brenda Sweet	Lyndon Center	14:26
2nd	Jo-Ann Golden	Lyndonville	15:26
3rd	Donna Crosby	St Johnsbury	16:07
4th	Brenda Dunbar	St Johnsbury	17:03
5th	Sally Crocker	St Johnsbury	17:04
6th	Kathleen Frainl	Charlotte	17:08
7th	Marsha R-Blake	Barton	17:19
8th	Linda Kourkoulis	St Johnsbury	17:50
9th	Susan Tanych	Lyndonville	18:04

Female 40 and over

1st	Annette Miller	Lyndonville	14:46
(LVR) 2nd	Jean Marcy	St Johnsbury/Central VT Runners	17:58
3rd	Shirley Bruns	Newbury	19:25
4th	Roberta Tanner	St Johnsbury	36:32

Male 12 and under

1st	Nathan Gochie	Concord School	12:36
2nd	Thad Smith	Littleton/NCAC	13:17
3rd	Jo Griffin	Lancaster	15:07
4th	Stuart Sloat	Lancaster	16:25
5th	Duane Drown	Summer Street School	18:52
6th	Andrew Neylon	Adams School	19:38
7th	Gabriel Boisseau	St Johnsbury Center	25:32
	Peter Kourkoulis	Lincoln School	DNF

1985 MAPLE SAP RUN

2 Mile Results (continued)

Male 13 - 17

1st	Casey Graham	Tute Hill Running Club	11:45	
2nd	Kenney McDonald	Burke MT Academy	11:56	
3rd	Mikie Tervel	Burke MT Academy	12:22	
4th	Shalo Buck	Lyndonville	12:35	
5th	Jason Boisseau	St Johnsbury Middle School	12:40	
6th	Anthony Whitehill	St Johnsbury Academy	13:05	
7th	Brian Gallagher	Tute Hill Running Club	13:19	
8th	Andy Kilmer	Littleton H.S.	13:22	
9th	Matthew Gill	Woburn, MA	14:41	
10th	Chris Toombs	Brookfield, MA	16:02	**

Male 18 - 29

1st	Chris Bostic	St Johnsbury Academy	11:15	
CV2 2nd	John Donnelly	Waterbury	12:10	
3rd	Mike McArdle	Montpelier	12:17	
4th	Marc Marinelli	East Burke	12:55	

Male 30 - 39

1st	Charles Purinton	Danville	12:30	
2nd	Vic Dunbar	St Johnsbury	13:44	
3rd	David Dwyer	Lyndon Center	16:14	
4th	Richard Toombs	Brookfield, MA	19:20	

Male 40 and over

1st	Daniel Brodkowitz	Lyndon	11:20	
2nd	David Sargent	Orleans	11:42	
3rd	Robert Peters	Lyndonville	12:04	
CV2 4th	Henry Marcy	St Johnsbury/Central VT Runners	12:40	
5th	James Forest	Concord	13:17	
6th	David Gill	Woburn, MA	16:45	
7th	Jim Hayes	St Johnsbury	17:39	

\*\* Chris Toombs was the overall 1985 predicted time winner by estimating his time within 2 seconds. P 16:00/A 16:02.

1985 MAPLE SAP RUN  
ST JOHNSBURY MAPLE SUGAR FESTIVAL

10 Kilometer Results 64 Runners (45 M, 19 F)

Overall Female Winners

1st	Patty Girouard	Waterbury Center	44:34
2nd	Sue Christiansen	Montpelier/Central VT Runners	45:28
3rd	Betty Perrault	St Johnsbury	46:00

Overall Male Winners

1st	John Sackett	Lyndonville	35:12
2nd	Jim Roy	Morrisville	35:21
3rd	Michael Marquise	Groton	36:10



*there's more.....*

1985 MAPLE SAP RUN

10 Kilometer Results (continued)

Female 17 and Under

1st	Melissa Crabtree	Burke MT Academy	46:08
2nd	Holly Van Haaften	Burke MT Academy	49:50
3rd	Dean'na Rice	Lyndon Institute	54:41
4th	Caroline Neylon	St Johnsbury Middle School	67:23
5th	Meredith Neylon	St Johnsbury Middle School	72:03
6th	Kelly Gammell	St Johnsbury	75:18

Female 18 - 29

1st	Jean Cherouy	East Burke	47:01
2nd	Adrienne de Champs	East Burke	48:45
3rd	Chris Shlegel	Lyndon Center	52:50
4th	Victoria Conklin	East Burke	69:39
5th	Linda Mossman	East Burke	69:41

Female 30 - 39

1st	Patty Girouard	Waterbury Center	44:34
2nd	Betty Perrault	St Johnsbury	46:00
3rd	Vicki Hill	Wakefield, MA	48:29
4th	Sarah Parent	Lyndonville	53:51

Female 40 - 49

1st	Sue Christiansen	Montpelier/Central VT Runners	45:28
2nd	Hilary Smith	Peacham	56:05
3rd	Rebecca Laughton	Lyndon Center	61:39

Female over 40

1st	Audrey Penniman	St Johnsbury	68:06
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Male 17 and under

1st	Bill Stafford	Littleton/ NCAC	38:00
2nd	Rob Sharra	Lyndonville	38:27
3rd	Robert Pedersen	East Burke	38:28
4th	Patrick Ebbett	Lyndon Institute	39:20
5th	Chris Kratt	Littleton NH	40:24
6th	Robbie Achilles	St Johnsbury Academy	43:10
7th	Glenn Bostic	St Johnsbury Academy	43:51
8th	Glenn Montague	St Johnsbury	46:56
9th	Patrick Knowles	Lyndon Institute	54:41

1985 MAPLE SAP RUN

10 Kilometer Results (continued)

Male 18 - 29

1st	John Sackett	Lyndonville	35:12
2nd	Jim Roy	Morrisville	35:21
3rd	Michael Marquise	Groton	36:10
4th	Jerry Richardson	Montpelier	38:05
5th	Maurice Brown	E. Montpelier	39:03
6th	Kraig Sourbeer	East Burke	40:31
7th	Ron Winter	Whitefield, NH	42:46
8th	Tom Lawrence	St Johnsbury Academy	43:04
9th	George Mitchell	Littleton, NH	43:10
10th	John Sutkoski	Lyndon State College	43:20
11th	Tim Hazlehurst	East Burke	46:49
12th	Allan Rodgers	St Johnsbury	46:52
13th	Kevin Conklin	West Burke	46:54
14th	Paul Langevin	Concord	47:10
15th	Edde Hood	St Johnsbury	49:31
16th	Albert Hetevier	Lyndon State College	51:25
17th	Dave Cowens	Monroe, NH	56:20

Male 30 - 39

1st	John Kalinen	Orleans	38:21
2nd	Robert Searles	North Wolcott	38:41
3rd	Rick Prescott	East Burke	39:22
4th	Tom Gates	Lancaster, NH	41:50
5th	Peter Higbee	Franconia, NH	42:10
6th	Dean Gillett	Littleton, NH	42:42
7th	Russ Petelle	Derby Line	42:54
8th	Ted Von Schoppe	Derby Line	46:56
9th	Rick Geisec	Orleans	47:27
10th	Keith Fortier	St Johnsbury	51:59
11th	Andy Girouard	Waterbury Center	52:12

Male 40 - 49

1st	Gordon Johnson	Ayer's Cliff, Quebec	38:24
2nd	Jerry Tavares	Lyndon Center	41:41
3rd	Michael Cusumano	West Glover	44:22
4th	Charles Christiansen	Montpelier	45:11
5th	William Ruggles	West Glover	46:25
6th	Richard Ejanowicz	Newport	47:50
7th	Gary Aubin	Lyndonville	52:48
8th	Don Ruhlman	St Johnsbury	54:37

Male 50 and over

1st	Gerrow Carlson	Waterbury	46:06
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National Running Data Center  
Box 42888  
Tucson, AZ 85733

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MEB 70