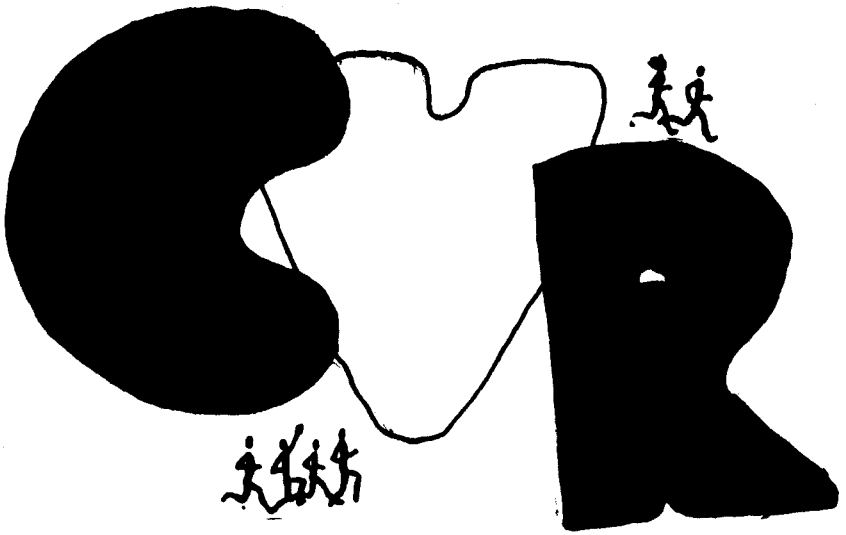




February 1986
Vol. 6 No. 8
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Newsletter Central Vermont Runners



ANNUAL MEETING NOTES

The Central Vermont Runners Annual Meeting was held on January 11 at the Stowe home of Debi and Geoff Lindemer with 15 members in attendance. Prior to the meeting, those who arrived early enjoyed either cross-country skiing or a run in sunny, mid-20's weather.

Election of Officers

The first order of business at the meeting was the election of officers. Norm Robinson and Geoff Lindemer were nominated for President. Norm was elected after Geoff withdrew from consideration. There was only one nominee for each of the remaining three positions, and the officers for those positions are as follows: Geoff Lindemer, Vice President; Darragh Ellerson, Treasurer; Tim Noonan, Secretary.

Treasurer's Report

Darragh reported that there is \$937.87 in the checking account, but that this was deceiving since some of the money is for Wedgewood annual dues. Darragh mentioned that she is going to have Pat DeBlasio audit the books to get a better idea how the books should be kept. A motion by Geoff Lindemer to put our money into an interest-bearing account was defeated after discussion revealed that the amount in the account fluctuates greatly. Darragh will look into putting the money for our scholarship into an interest-bearing account. Darragh indicated that CVR had the following expenses last year: \$562.70 for the newsletter, \$ 92.12 for RRCA insurance, and \$73.50 for RRCA dues. She also indicated we are generating approximately \$350 a year in revenues from membership dues, with the bulk of remaining revenues coming from race receipts.

Dues

Bob Murphy made a motion to keep annual dues at \$4. After much discussion on whether we could adequately cover our expenses with this amount without raising race fees, the motion was defeated. Wade Walker then made a motion to raise dues to \$5 for the first family member and keep it at \$1 for each additional family member. The motion was passed.

Teashirts

Darragh requested that she be allowed to buy 25 more CVR teashirts to sell to members. A motion to allow this was passed.

CVR Scholarships

The Scholarship Committee made its final report and passed around the application form it had come up with. It was universally agreed the Committee had done a great job on the application form and generally. The Committee Report was approved and we will award \$150 each this year to one male and one female high school student. Norm agreed to do a press release on this and get copies of the application to area schools.

ANNUAL MEETING NOTES (CONT.)

Fun Runs

It was agreed we should do more publicity for our fun runs. Attendance has been dropping off in recent years. At the monthly meeting in March, we will work on doing posters to distribute around Central Vermont. The following people agreed to be monthly fun run coordinators in 1986: May-Mary Labate, June-Tony Dimauro, July-Darragh Ellerson, August-Dot Helling, September-Tim Noonan. No one has yet volunteered for October. If you are interested, please contact one of the club officers.

Newsletter

It was agreed we have to make a better effort to get the newsletter out in a timely manner. Our goal will be to have all submissions for the newsletter in by the end of the month and to get the newsletter out by the first week of the month. Submissions for the newsletter are welcome and greatly appreciated. Please send to the newsletter editor: Muriel Eaton, 231 Elm Street, Montpelier, Vermont, 05602.

Annual Banquet

The CVR Annual Banquet will be held February 8 at the Lobster Pot Restaurant in Montpelier. The main courses will be steamship round of beef and haddock. Murray Banks will talk on maintaining fitness.

1986 Races

Tim Noonan will be attempting this month to obtain a sponsor for the Montpelier 10-Miler. He will report back to the Executive Committee on his findings. The 1986 schedule of CVR-sponsored races, with race dates and race directors indicated, is as follows:

Run for the Fun of It 5K- May 10, 1986, 11:00 a.m. (Jeff Shutak, Wade Walker)
Montpelier 10-Miler- June 28, 1986, 10:30 a.m. (Tim Noonan)
Howard Bank 10K- July 12, 1986, 9:30 a.m. (Wade Walker)
Berlin Pond Couples Race- August 16, 1986, (9:00a.m.) (Dot Helling)
Leafpeepers Half-Marathon- October 5, 1986 (11:00 a.m. (Jeff Shutak,
Darragh Ellerson, Tony Dimauro)

Runner's Card

Jeff Shutak mentioned that Runner's cards, small cards which can be carried while running containing pertinent information, are available. They will be available for \$4.00 from CVR. Details will be publicized by Jeff.

Tim Noonan
Secretary

NORM'S NOTES

Welcome! As your new president I felt it appropriate to give you my ideas and hopes for 1986. Before that though I would like to publicly commend Jeff Shutak on his fine job the last two years as CVR President. During that time CVR has grown in size and stature. The first annual CVR scholarship, the Leaf Peepers Half-marathon, and Rotary 5K race are just a few of CVR's success stories during Jeff's tenure. With the aid of a lot of other hard workers CVR has developed into an organization of which we should all be proud.

1986 should be the most exciting year ever for CVR. On top of a list of fine races, our weekly fun runs, and monthly pot-luck meetings; the event of the year should be the RRCA National Convention in Portland, Maine on May 16-18.

I urge each of you to consider attending if at all possible. It may well be the social event of the year, but will also be the site of the National 10K Championship! Darragh is taking names and more information will be coming as soon as we get it. Our hope is to book a series of room at convention headquarters. Spouses welcome!!!

CVR is sponsoring five races again this year. The rotary 5K "Run for the Health of It!" is sponsored by Blue-Cross, Blue-Shield this year and we expect an even better event in 1986.

The Montpelier 10 Miler is currently without a sponsor but race director Tim Noonan is working hard in that direction. If you have any leads please let Tim know.

Wade Walker is once again race director for the Howard Bank 10K and Dot Helling will be directing the Berlin Pond Couples Race.

Finally ou creme-de-la-creme, the Leaf Peepers Half-Marathon on Oct. 6 will hopefully continue to grow under the direction of Jeff Shutak and Darragh Ellerson.

Fun runs will start up again on the first Tuesday in May. We are still looking for a coordinator for the month of October.

The job requires bringing the equipment to the runs during the month and signing up workers. If everyone pitches in and works just one week there should be plenty of help around. If willing, contact me.

My highest priority is to get more of you involved in our (your) activities. (Here it comes again the old plea for help!) We sound like a broken record but to be honest eventually some of our regulars are going to burn-out and we must be ready to fill the gap. If every member will try to work one fun run and one race we'll be in fine shape. Elsewhere in this newsletter is your 86 membership application. As you fill this out please take under consideration where you might help out.

Finally, I urge you to attend our monthly meetings. Held on the third Monday of each month, they are as much a party as a meeting. Pot-luck goodies almost always add to the fun. If nothing else you can be involved in the decision making that currently being done by about one-tenth of the actual membership. I will make a real attempt to make sure each meeting is better publicized so all have an opportunity to attend. This column will attempt to convince, humor, and probably irritate you at times but hopefully keep you in touch with CVR. Good luck and see you on the roads!!!

Norm

RACE SCHEDULE NOTICE

Anyone having information about upcoming races should forward it to Bob Murphy. Bob is putting the schedule on computer for the newsletter but needs as much information as possible to make it as complete as possible. If you know of any races please help make your newsletter a viable source of good information.

FEBRUARY MEETING

The next meeting of CVR will be at Norm Robinson's house on Monday, Feb. 17th at 7:00 p.m. There will be a pot luck dinner. Located at 48 Westwood Parkway in beautiful uptown Barre, you're invited to come early and watch the sunset over WSNO's radio tower. Call 479-1968 for directions or reservations. Seating limited to the first 150.

ARE YOU RECEIVING FOOTNOTES?

All CVR members should be receiving the RRCA newsletter "FOOTNOTES". The latest issue was Vol. 13 No. 4 - Winter 1985 which came out around the first of January. If you have been a CVR member prior to 1986 and have not been receiving "FOOTNOTES" please contact Darragh Ellerson at 223-2080.

DUES CHANGE!!!!

Please note! A dues change was voted through at the annual meeting. Currently the new dues will be \$5.00 for the first family member and \$1.00 for each additional member. Please attempt to pay early so you can continue to receive the newsletter and CVR can be represented to the highest at the RRCA convention in May. Voting power is based on the number of members in your club and we would like to be at full strength by May.

R.R.C.A. ANNUAL CONVENTION

May 16-18, 1986, the R.R.C.A. Annual Convention will be held in Portland, Maine, hosted by the Maine Track Club.

As well as business meetings, events for the weekend will include a championship race, workshops and clinics, fun runs, get-togethers and the R.R.C.A. Awards banquet.

Think it over, C.V.R. members. LET'S HAVE A LARGE CLUB REPRESENTATION THERE.

I would like to reserve a block of rooms as soon as possible, so let me know if you are interested.

Call: Darragh Ellerson
R.R.C.A. State Representative
(802) 223-2080

BERLIN, N.H. 10 MILE RACE

Results:

Mar-lis E. Romano 80:48
Carig Romano 83:--
Darragh Ellerson 72:57 (Personal Record)

October 20, 1985: Mohawk-Hudson River Marathon.

A cold and very windy day, but a good course
with excellent race organization.

Newton Baker 3:23:54
Darragh Ellerson 3:42:14 (1st female master)

September 22, 1985 Clarence DeMar Marathan
Keene, New Hampshire

John Mallery 3:32:58

VALENTINE TRIATHLON

Sunday, February 16, 1986, 10:00 a.m.

5 Km SKI ----4 MILE RUN----1/2 MILE SWIM

Ski at Montpelier Elks Club Touring Center

RUN from Elks Club to Wedgewood

SWIM 18 laps in Wedgewood Pool

Divisions = Ironman Ironwomen

"A" Teams (2 or more women)

"B" Teams (2 or more men)

Age Groups: under 35

 35 and over

(Team age determined by averaging ages)

Entries: Must be received by Friday, February 14.

Entry Fee: \$5/person

Prizes to top 3 in each division

Refreshments after race.

For more information, Call Wedgewood 223-6161

VALENTINE TRIATHLON

ENTRY FORM

NAME: _____ PHONE: _____

ADDRESS: _____

CATEGORY: IRONMAN _____ IRONWOMAN _____

"A" TEAM _____ "B" TEAM _____

AGE DIVISION: UNDER 35 _____ 35 & OVER _____

IF TEAM, NAME OF TEAM _____

NAMES OF OTHER TEAM MEMBERS _____

ENTRIES MAY BE PHONED INTO WEDGEWOOD (223-6161), carried, or
MAILED: WEDGEWOOD, BOX 650, RD 1 Montpelier, Vt. 05602

DEADLINE FRIDAY, FEBRUARY 14 5:00 PM

CONTROL YOUR DIET TO

DO'S



TWO DAYS BEFORE RACE

Try a "fruit rush" to clean out your system. Large amounts of fruit have the tendency to loosen the bowels. Gorge yourself on apples, bananas, oranges, pears and grapes.



ONE DAY BEFORE RACE

Drink a lot. Fill yourself with soups, iced tea, coffee and spring water to promote regularity and to combat water lost through sweat. It helps prevent dizziness, and is a real plus for healthy kidneys.



NIGHT BEFORE RACE

Eat light. Less food in the stomach means less chance of a problem on the road. Try a salad and a piece of whole wheat bread. A meal of a banana, cheese and figs works well—but keep the quantities small.

MORNING OF RACE

Wake your body up. Get up early for a cup of hot coffee or tea, or even hot water to get everything moving. Try a brisk but short run just to make sure that your body is functioning fully.

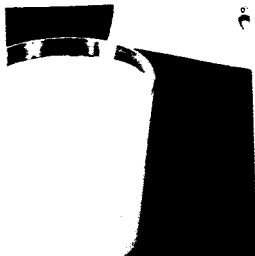
AS A LIFESTYLE

The best solution for race-time problems is to establish a regular pattern of eating healthy foods. Be sure to include high-fiber foods: lettuce, celery, carrots, bran, potatoes, oatmeal, nuts and fruits.

CONTROL YOUR RACE *DON'TS*

TWO DAYS BEFORE RACE

Eliminate "food culprits" from your diet. Take a look at milk, nuts, seeds, fruit juices and raw vegetables. Try Lact-Aid, a commercial milk substitute, if you have a lactose intolerance.



ONE DAY BEFORE RACE

Keeping food moving through your body is the most important factor in preventing unplanned stops. Lots of high-protein foods slow down this process, but may catch up with you during the race.



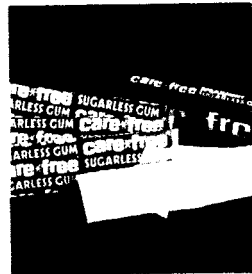
NIGHT BEFORE RACE

Don't carbo-load. The pre-race binge, high in white flour and sugar products, operates the same way as protein: It will catch up with you. Stay away from pasta, white bread, and junk food.



MORNING OF RACE

Avoid quick-acting laxatives. Sorbitol, an artificial sweetener found in sugar-free gum and other diet products, could be getting you going now when you least expect it. Confine breakfast to a piece of toast.



AS A LIFESTYLE

Don't overdose on vitamins and other foods that cause irregularity: high protein, junk foods, white flour and sugar products. Don't cut down on water or foods with a high water and fiber content.



RUNNING FROM HIGH BLOOD PRESSURE

High blood pressure sufferers can gain better control of their

hypertension through running than through the use of medica-



Rebecca Colligan photo

tion, according to Robert Cade, a professor of medicine, physiology and physical education at the University of Florida in Gainesville.

The *American Journal of Medicine* has reported the results of a 15-year study conducted to determine the effects of aerobic conditioning on patients with high blood pressure. Although the condition can be treated with medication, there are often very unpleasant side effects.

The patients' conditions were assessed at two-week intervals; medication and exercise levels were monitored carefully. Three months after patients were able to run two miles a day, the effect of exercise on blood pressure, which had been taken between four and 22 hours after exercise during regularly scheduled afternoon clinic visits, was evaluated.

Of the subjects taking medication, more than half were able to discontinue the drugs after

exercise therapy. Running not only has fewer unpleasant side effects, it costs significantly less than daily medication.

Many of the study's original subjects continue to go to the clinic regularly. "As long as they keep on running, their blood pressures stay down," Cade says. "High blood pressure is one of the major risk factors in stroke and heart attack, so controlling blood pressure is very practical. It would lower the incidence of these problems."

When some of the subjects were asked to stop running for three months, most blood pressures shot up. When they returned to regular exercise, their blood pressure went back down. And, although weight control wasn't the focus of the study, more than half of the patients lost weight. A few gained, but their decrease in blood pressure was as great as in those who shed pounds. —R.R.

FATAL ASTHMA

What was considered 30 years ago to be a psychological disease is a known killer today. In a review of three asthma deaths in adolescents, published in *Annals of Allergy*, Steven Rubinstein, M.D., of Stanford Children's Hospital, found that psychological factors can aggravate the problem. One of the subjects received several upsetting phone calls in the hospital the night she died. All three had developed dependencies on their inhalers. While there may be a tendency to abuse inhalers, all is not lost in the asthma war. New drugs without side effects are being studied, and workshops are available to educate families with asthma sufferers.

—R.R.

Training

Beginning runners or runners who have recently increased their mileage may need to look no further than their training: Pushing yourself too hard may leave you squatting. If runners are inadequately prepared for a certain mileage, they put extra stress on their bodies, and this reduces the blood flow to the stomach, resulting in a gastrointestinal disturbance. With better training, the body might resolve the problem. A good rule of thumb for re-establishing regularity: Train for three weeks for a distance before racing it.

Consistently having to take a pit stop during a race may be the same kind of reaction to running that produces hives or asthma in some people, says Dr. Arthur Siegel of Hahnemann Hospital in Brighton, Mass. Siegel has studied the side effects of the marathon and has concluded that bowel problems during a race may be related to exertion. The problem relates to distance: Some runners have a mileage threshold beyond which they experience the problem.

Through training, runners may push their threshold up a little, but often extra training is not a solution. The reaction is similar to that of irritable bowel syndrome, where the bowel wall has spasms linked with the autonomic nervous system.

RUNNER'S WORLD / March 1985

Central Vermont Runners Membership Application

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: 85 86 87 88 89 90 91 92 93 94

As a responsibility of club membership, I agree to be available to work on at least one club race during the year. My preferred month is indicated below. (Directors will call for help.)

___ Mar ___ Apr ___ May ___ Jun ___ Jul ___ Aug ___ Sep ___ Oct ___ Nov

As an alternative, I prefer to work on the race checked below:

May Rotary 5km

June Montpelier 10 miler

July Howard Bank 10k

August Berlin Pond Couples Race

September

October Leaf Peepers Half Marathon

Fun Runs (every Tuesday May-October)

Newsletter

Annual Banquet

Initial membership fee is \$5 (\$1 for subsequent members from the same household). T-shirts — \$6.00.

Send completed Membership Form with initial membership fee to:

Central Vermont Runners
Darragh Ellerson
Upper North St., Box 170
Montpelier, VT 05602



WHAT DOES CVR HAVE TO OFFER YOU?

- Monthly/bimonthly newsletters and race schedules.
- Attractive club T-shirt.
- Race entry blank service.

- Discounts on purchase of running equipment.
- Membership in the nationally-based Road Runners Club of America (RRCA)
- The RRCA quarterly publication, "Footnotes"
- Fun, fitness and competition
- Good times and good friends

Central Vermont Runners welcomes runners of all abilities, both young and old, male and female, beginner and veteran.

MONTPELIER SUMMER FUN RUNS

Every Tuesday, May thru October.

5:30 PM at Liquor Control Warehouse on Green Mountain Drive.

2, 4, and 6 mile runs.

Flat, pleasant course, with little traffic.

Accurately measured and well-marked course.

Accurate finishing times given.

25¢ weekly donation requested.

Note: Fun Runs may be cancelled without prior notice in the event of hazardous conditions such as electrical storms.

FUN RUN RULES

1. Run on the left, no more than two abreast.
2. Give traffic a wide berth and stop for trains.
3. Parents are responsible for the safety of their small children.
4. Younger runners start at the side or toward the rear of the pack.
5. Keep away from Liquor Control Offices and Warehouse, including porch and lawns.
6. No stretching on cars or trucks without owner's permission.
7. No littering!
8. Have fun!



Muriel EATON
C/o Central VT. Runners
231 Elm Street
Montpelier, VT 05602