

Central

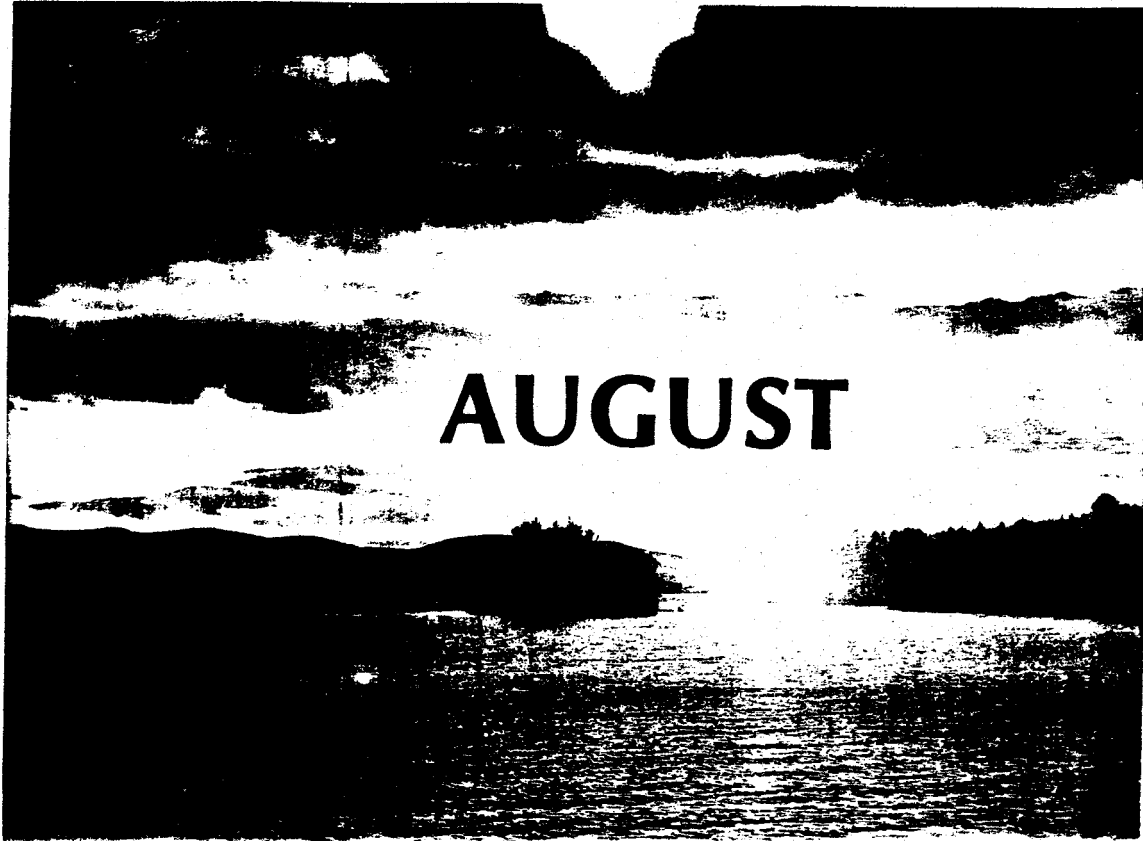
VOL. 7

Runners

No. 7

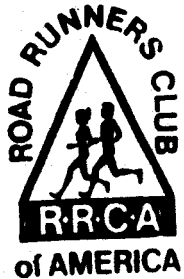
Vermont

NEWSLETTER



AUGUST

1986



Pres. - Norm Robinson
V.P. - Geoff Lindemer
Treas. - Darragh Ellerson
Sec. - Tim Noonan

Dear Mr. Robinson,

I would like to thank the Central Vermont Runners for the 1986 scholarship. I am honored to be the recipient. The scholarship is especially special because running is an important part of my life. Thank you again. .
Sincerely,

Andrea Smith

JULY MEETING NOTES

The July meeting of CVR was held at Debi and Geoff Lindemer's home following the Stowe 8 Mile Road Race on July 20. The meeting was very short and low key in keeping with the party atmosphere.

Darragh reported a balance of \$985 in our treasury but cautioned that expenses and the sponsors share of funds from the Capital City Stampede had not been taken out as of then. It was at this point that Norm suggested trying to set up a budget for '87. This would give the club a better idea of where it stood at any point in the year. This was not acted upon at this meeting.

Dot Helling announced that Onion River Sports will be donating a pair of shoes to each of the couple that is fastest overall at Berlin Pond this year.

The Leaf Peepers Half-Marathon has landed a major sponsor for 1986. WDEV Radio has agreed to back us with a check for \$2,500. This has the possibility of being a long term commitment as well.

Mike Sinclair, race director for the Northfield 5k, has expressed interest in certifying his course. Because this is not a CVR event Bob Murphy has agreed to give his advice and let Mike use the Jens Counter but didn't feel he had the time or inclination to measure the course himself. Everyone agreed with his thoughts.

It was voted to set up a rental policy for all non-EVR use of the digital printer/timer. A fee of \$10.00 will be charged.

Finally, the next meeting will be held on August 18 at the home of Bob and Lynda Murphy on Birchwood Park in Barre. You can telephone 476-4328 for directions. Meeting is at 6:30 p.m. Pot luck.

Norm

Coming off the great showing by CVR at the National 10K Championships in Portland this May I would love to see our club field a team or teams for the National 10 Mile Championship on Sept. 21 in Concord, NH. I will not be able to attend but if someone is interested you can contact Robert Teschek, 95 Summer St. Newport, NH, 03773 for information.

CVR WEDGEWOOD CORPORATE MEMBERSHIP

Membership in the CVR/Wedgewood Corporate Membership program will open up again this Fall effective November 1, 1986. Membership waives your initial membership fee to join and you need only pay the monthly dues applicable to the program you choose. To find out more about joining, contact Dot Helling (223-5797) before October 15th. You MUST be a CVR member to join.

MEMPHRE MAGOG/NEWPORT AQUAFEST TRIATHLON...
BRODHEAD FLOATS, STRIDES, SPINS TO VICTORY

Masters runner John Brodhead of Craftsbury coasted to victory at the 4th Annual Aquafest Triathlon on Lake Memphremagog in Newport, Vermont, on Saturday, July 19, 1986. Brodhead completed the 1/2 mile swim, 3.5 mile run and 13.6 mile bike in one hour four minutes flat (1:04:00). John is married to CVR speedster Gina Campoli who recently gave birth to their son Hazen. The day after the Triathlon, Brodhead competed in the Stowe 8-Miler and finished 2nd in his age group. (See story on Stowe 8-miler for more details.) What an animal!!!

Larry Miller also competed as an Ironman finishing in a modest 1:40:30. Larry was watching the road very closely (or was it the girls?) and rode extra miles on his bike after missing a turn. How Larry missed a turn on a course he competed on last year.....?

Three CVR IronWomen also competed. Dot Helling took 3rd overall (and first "old lady") in 1:15:20, just 20 seconds behind Libby Greaney of Burlington who she beat last year.

Sherry Miller completed this course - her first triathlon - in a speedy 1:25:33. A fish in the water, Sherry was one of the first to emerge from the swim phase.

This was also Molly Corrigan's first triathlon and she took the course in 1:33:33, a super feat on a "dinosaur" of a bicycle. Molly had a sprint to the finish and would have easily creamed her male competition if she'd only stood up and the heck with those gears. An equipment upgrade and some tactical tips and Molly will be hard to beat!

Temperatures were hot and sunny, temperaments were fun-loving and friendly. A warm, calm lake in contrast to the wild, frigid waters in 1985 made for a good time shared by all. Governor Kunin shot the starting gun for approximately 60 individual and team participants, all of whom finished in good order and without mishap.

djh

Lower Prevalence of Breast Cancer and Cancers of The Reproductive System Among Former College Athletes Compared to Non-Athletes

A study of 5,398 living alumnae of eight colleges and two universities was done to analyze the prevalence (lifetime occurrence) of breast cancer and cancers of the reproductive system among former college athletes in comparison to their living classmates who were non-athletes in college. Subjects responded to a detailed questionnaire about medical and reproductive history, athletic training and diet. The data from respondents were combined since students of the participating institutions were of similar socioeconomic status, mainly middle to upper class. Subjects who had participated in organized athletic activity while in college had a lower lifetime occurrence rate of cancers of the reproductive system and breast cancer than their non-athletic classmates. The relative risk, non-athletes/athletes, for cancers of the reproductive system was 2.51, and 1.86 for breast cancer. The analysis was controlled for potential confounding factors including age, family history of cancer, onset of menarche, number of pregnancies, use of oral contraceptives, use of estrogen during menopause, smoking, and leanness. Of the college athletes, 82% had been on pre-college teams as compared to 25% of the college non-athletes. The authors believe that long term athletic training established a life cycle which somehow lowers the risk of breast cancer and cancers of the reproductive system. They indicate that the data for breast cancer are consistent with those found in migrant studies which show rates of breast cancer increased only in second and third generations, suggesting that acculturation has to occur early in life for an effect to be manifest. They conclude that long term athletic training may lower the risk of breast cancer and cancers of the reproductive system.

R.E. Frisch, Wyshak, G., Albright, N.L., Albright, T.E., Schiff, I., Jones, K.P., Witschi, J., Shlang, E., Koff, E., & Margulio, M., *Br J Cancer*, 1985, 52, 885.

CANCEREXERCISE**FEMALE**

CVR WEDGEWOOD CORPORATE MEMBERSHIP

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djh

Central Vermont's
Complete running shop
with
Clothing and *Footwear
from

Bill Rodgers

Hind Wells

Dolphin

New Balance

Nike

Saucony

Adidas

We can fill all your triathlon needs
*Discount for student athletes



FUN RUNNING 'DOWN UNDER'
by Hank & Feather
your roving reporters
from Australia

Fun running 'Down Under' offers tremendous opportunities to the visitor and local alike - superb scenery, good times with friends (while you've got the energy to socialize) and an opportunity to test yourself on varied courses.

Perhaps the most significant difference is the lack of T-Shirts as part of your entry fee - a serious deficiency to our way of thinking. Certificates can't advertize personal achievements like T-Shirts can.

We've done a number of runs this year - all basically with the 14km. City-to-Surf in mind - a giant annual event held in early August (more of that later.)

Our first run this year was the Sport Aid benefit, a 10k run with a view. The route followed some of the most scenic parts of Sydney in an out and back course. Mrs. Macquarie's Chair, the Botanical Gardens, the Opera House and the Rocks. About 5,000 people participated as well as several dogs. A mad friend of ours, Max, featured on all the T.V. reports on his roller skis.

The following week, we rolled up for the Belrose fun-run, a community event in the suburb of Belrose, sponsored by Rotary. The course was very hilly with several tough climbs, which sorted out the good from the plodders. Running through sleepy neighborhoods early on a Sunday morning is guaranteed to give any runner a raging appetite, so naturally we indulged ourselves when we got home. After the croissants and danishes the question we couldn't ignore - When was the next run?!

Our third run was the YMCA 11.5k run from the Domain, a park in the city. The run followed the Sport Aid Course, but extended the mileage by taking in Arggull Steps in The Rocks (hand hewn from solid rock by convicts) and the Sydney Harbour Bridge. This event traditionally encourages teams, so the Sydney Striders and the Portugese Runners usually collect all the prizes. The YMCA run is well known and the 7 day holiday trips to Queensland prove to be quite an incentive to lesser lights. Even Max, this time on his bicycle, couldn't hold off the pacey leaders - such is the caliber in the race.

With Hank running in the Montpelier 10 miler (and he claimed the trip was for business,) Feather and friends participated in the Manly Giant Jog, a variable distance race from 32-1.5k, all ending at Manly - a northside beach suburb. The 13km course from Narrabeen followed the coast south on a gently undulating route, except for two giant hills. The superb views of headlands and rolling surf kept the will going, and the run ended at the furthest end of the esplanade. As the females relaxed afterwards with free cuppas, (tea) sa ndwiches and fruit, the males of the group headed upstairs for a beer in the Surf-Club rooms.

Winter in Sydney can be very hard to take!!

Several more runs are planned before the City to Surf. This year will be our 4th year of the City to Surf - a run that begins in the city, then heads due east, following the Harbour and its bays, before climbing the 2.5 k 'Heartbreak Hill' and turning south, ending at Bondi Beach.

Just being part of the biggest fun-run in the Southern Hemisphere is quite an experience - when the gun goes off you stand still, packed in like sardines, for a couple of minutes before there's room to begin a very slow shuffle. The course is lined by spectators who cheer you on, Hare Krishnas singing, jazz and brass bands playing and you marvel at being a part of a 30,000 plus strong happening.

Of course, if you're so inclined you can race in the Paddy Pallin Classic (48/20k ski race at Perisher Valley) the day before the City to Surf, and then drive back the 600k for the Sunday start - a not impossible feat achieved by some of our friends (but not us!)

While winter is fun-run time, summer offers plenty of triathlons - so whenever you visit there's always something to go in.

NORM'S NOTES

It is often believed that having a child will cut down on the many miles a runner tries to put in during the course of a year. Perhaps mine is a strange case, but this doesn't appear to be true in my house. The last marathon I ran was in 1983, the same year our first child was born. Granted my mileage was tiny compared to most who run marathons but for me it was a good year. This year I find myself preparing for yet another 26.2 miler just two months after our second child. First off I must credit Martha for allowing me to feel as though I can take the time to train. She has been so supportive of my running that it is a real joy. Secondly, Bridget has been sleeping 7-8 hours at a time most evenings so sleep has not been a problem. (Though I must confess I don't get up with her that much anyway!)

What Bridget has done for my running is to help me improve on my flexibility. The following is for any parents of newborns who want some hints on how to stretch will taking care of the child at the same time.

The first exercise is done while feeding your baby a bottle. Sitting in a chair you prop one foot on the diaper pail and slowly flex you feet towards your knee then stretch it away. This is great for the calf muscles!

Exercise number two is done standing while trying to rock the baby to sleep. Instead of sitting in a rocker stand with one foot about a foot in front of the other. Slowly shift your weight forward, then back, for about 10 repetitions. Alternate legs. Caution, this exercise must be done very slowly and smoothly or you'll wake the baby!

The final exercise is for upper body strength. You must go to your favorite drug store (Kinney Drug of course) and purchase a box of convenient size Pampers. Once home, lie flat on your back and bench press the box 15 times. This will help improve those shoulder muscles that are crucial for that sprint to the finish. One note here, experienced parents may wish to substitute a case of Enfamil for the Pampers.

Well, so much for helpful tips on how to run and raise a family too. Hope to see you all at the next meeting, if not see you on the roads!

Norm

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for the Demanding Runner*

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10% Discount to all CVR Members
108 Main Street, Montpelier

CAPITAL CITY STAMPEDE

Montpelier, VT 10Km 12 July 1986

Over- all Place	Age Group Place	Time	Name	Address	Club	Pace Per Mile
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Female 0 to 12

(No Finishers)

Female 13 to 17

100	1	44:54	Julie Eells	Essex Junction	VT	7:14
127	2	48:02	Amy Kretz	Essex Junction	VT	7:44
131	3	48:17	Terry Hopper	Essex Junction	VT	7:46
144	4	50:36	Liz Murnane	Montpelier	VT	8:09
158	5	53:39	Jennifer Wolff	Montpelier	VT	8:38

Female 18 to 29

49	1	39:29	Wendy Reeves	Hanover	NH	6:21
66	2	41:06	Zoe Erdman	Montpelier	VT CVR	6:37
78	3	42:22	Michelle Pinard	Orleans	VT	6:49
80	4	42:32	Mary P. Kehoe	Montpelier	VT CVR	6:51
89	5	43:50	Helene Arnold	Stowe	VT	7:03
97	6	44:47	Maria Short	Cambridge	VT	7:12
107	7	45:18	Shari Bashaw	St. Albans	VT	7:17
108	8	45:24	Sarah Woodward	Fairfax	VT	7:18
112	9	45:45	Jo-Ann M. Fortier	Lyme	NH CVR	7:22
122	10	46:58	Sharon Cooley	Apple Valley	CA	7:34
128	11	48:03	Ruth A. Perron	Mt. Holly	NJ	7:44
136	12	49:30	Sabine Krueger	Hartsdale	NY	7:58
141	13	50:01	Andrea J. Wilson	Montpelier	VT CVR	8:03
149	14	51:07	Rose Thompson	Barre	VT	8:14

Female 30 to 39

50	1	39:43	Merill Cray	Montpelier	VT CVR	6:24
68	2	41:26	Clare Holland	South Strafford	VT	6:40
76	3	42:07	Gina Campoli	CraftsburyCommon	VT CVR	6:47
81	4	42:33	Dot Helling	Montpelier	VT CVR	6:51
93	5	44:02	Debi A. Lindemer	Stowe	VT CVR	7:05
125	6	47:40	Carol L. Blattspieler	South Burlington	VT	7:40
126	7	47:57	Karen Dawson	Burlington	VT	7:43
132	8	48:18	Elizabeth Meiklejohn	East Calais	VT CVR	7:46
135	9	49:30	Carol Miller	Waterbury Center	VT	7:58
154	10	52:12	Barbara McKeon	Randolph	VT	8:24
161	11	57:22	Jo Ann Troianq	Montpelier	VT	9:14
162	12	58:40	Karen Haggett	Montpelier	VT	9:26

Female 40 to 49

95	1	44:24	Gerry Ann Cahill	Orleans	VT	7:09
103	2	45:10	Sue Christiansen	Montpelier	VT CVR	7:16
146	3	50:43	Pollie Flanders	Montpelier	VT CVR	8:10
148	4	51:01	Heidi Smith	Moretown	VT CVR	8:13
157	5	52:34	Sarah P. Cabell	Montpelier	VT	8:28

Female 50 to 59

120	1	46:21	Darragh Ellerson	Montpelier	VT CVR	7:28
159	2	54:46	Beverly Tucker	Northfield	VT CVR	8:49
160	3	57:13	Ellie Reddington	South Burlington	VT	9:12

Female 60+

(No Finishers)

Male 0 to 12

82	1	42:41	Boswell Wing	Waterbury Center	VT	6:52
92	2	43:56	Jessy Houle	Ely	VT	7:04

Male 13 to 17

7	1	34:04	Robert Pedersen	Amherst	NH	5:29
11	2	35:09	Art Fowler	Essex Junction	VT	5:39
27	3	37:23	Shane Sandretto	Waterbury	VT	6:01
35	4	38:02	Mike Davis	Morrisville	VT	6:07
41	5	39:07	Paul Sudlow	Lennoxville	QUE	6:18
115	6	45:55	Derek Blakeman	Montpelier	VT	7:23

Male 18 to 29

1	1	30:58	Eric Morse	Waterbury	VT	4:59
3	2	32:21	Shawn Gardner	Georgetown	MA	5:12
4	3	33:14	John Lisek	Fairlee	VT	5:21
5	4	33:22	John Fish	Stowe	VT	5:22
6	5	33:37	John Sackett	Lyndonville	VT	5:25
8	6	34:36	Louis Schuman	Montpelier	VT	5:34
9	7	34:47	Shane Bowley	Underhill	VT	5:36
10	8	34:50	Michael Coleman	Pittsford	VT	5:36
13	9	35:17	Maurice P. Brown	East Montpelier	VT	5:41
17	10	36:16	Amos Kornfeld	Thetford	VT	5:50
20	11	36:46	Bart C. Ferrell	Corte Madera	CA	5:55
23	12	37:06	Rob Powers	Jericho	VT	5:58
24	13	37:09	Matt Czaplinski	Montpelier	VT	5:59
25	14	37:14	Chip Henderson	Montpelier	VT	6:00
29	15	37:31	Mike Hill	Burlington	VT	6:02
31	16	37:38	Steven Tosi	East Montpelier	VT	6:03
32	17	37:42	Bill Bristol	Burlington	VT	6:04
34	18	37:51	Eric Wilson	Middlebury	VT	6:05
39	19	38:33	John Donnelly	Montpelier	VT	6:12

40	20	39:00	Craig Palmer	Thetford	VT	6:17
44	21	39:17	Bernard du Breuil	Lebanon	NH	6:19
51	22	39:53	Meikle K. Gardner	Key West	FL	6:25
52	23	39:54	Kevin Kimball	Milton	VT	6:25
57	24	40:20	Phil Kerin II	Montpelier	VT	6:29
58	25	40:35	James S. Noel	South Royalton	VT	6:32
74	26	42:05	Norman L. Cooling	Baytown	TX	6:46
75	27	42:07	Michael Lapierre	Winooski	VT	6:47
79	28	42:31	Robert Billings	Rutland	VT	6:51
83	29	42:44	Dan Summers	Edgartown	MA	6:53
88	30	43:27	Thomas Smith	White River Jct.	VT	7:00
98	31	44:52	Bernie Lee	Northfield	VT	7:13
99	32	44:53	Ed Gresser	Brookline	MA	7:13
102	33	45:04	Mack G. Gardner	Riverton	VT	7:15
104	34	45:13	Dale Flanders	Montpelier	VT	7:17
106	35	45:15	Timothy A. Clark	Tuxedo Park	NY	7:17
109	36	45:25	Vincent Kinkade	Montpelier	VT	7:19
140	37	49:55	Michael A. L'Esperance	St. Albans	VT	8:02
152	38	51:45	Brian Nielsen	Northfield	VT	8:20

Male 30 to 39

2	1	32:03	Anthony S. Quinn	Milton	VT	5:09
12	2	35:11	Bill Dysart	Montpelier	VT	5:40
16	3	36:12	John Valentine	Northfield	VT	5:50
18	4	36:34	Jon Cohen	Hanover	NH	5:53
19	5	36:35	Dale K. Rodgers	Westford	VT	5:53
22	6	37:03	Chad Couto	Stowe	VT	5:58
36	7	38:02	Glenn Gershaneck	Montpelier	VT	6:07
37	8	38:14	Mark Newbold	Montpelier	VT	6:09
38	9	38:21	Robert Searles	Morth Wolcott	VT	6:10
42	10	39:11	Robert Clark	Caldella	CA	6:18
43	11	39:13	Gregory Gerdel	Montpelier	VT	6:19
46	12	39:17	Bruce Lorden	Enfield	NH	6:19
47	13	39:19	Bill Young	North Hyde Park	VT	6:20
48	14	39:28	Jeff Murchie	Springfield	VT	6:21
54	15	40:00	Norm Robinson	Barre	VT	6:26
59	16	40:36	James Seivwright	Montpelier	VT	6:32
60	17	40:41	R.P. 'Doc' Bagley	Sharon	VT	6:33
62	18	40:46	John Fardelmann	Killington	VT	6:34
69	19	41:40	Bob Burtree	Stowe	VT	6:42
70	20	41:42	Frank Short	St. Albans	VT	6:43
72	21	41:56	Ed Buchanan	Montpelier	VT	6:45

73	22	42:01	Bob Howe	Williamstown	VT	CVR	6:46
77	23	42:15	Joe Blatchford	Worcester	VT		6:48
90	24	43:51	Jean Guy Poirier	Waltham	MA		7:03
101	25	45:00	Bill Apao	Waterbury Center	VT		7:15
113	26	45:48	Greg MacDonald	East Montpelier	VT		7:22
116	27	46:05	Steven J. Fisher	Montpelier	VT		7:25
117	28	46:07	Yogi McNamara	Proctorsville	VT		7:25
118	29	46:13	Jim Hart	Barre	VT		7:26
119	30	46:18	David Goldberg	Lebanon	NH		7:27
121	31	46:26	Lawrence Rhodes	Stowe	VT		7:28

123	32	47:02	Tom Commito	Montpelier	VT	CVR	7:34
124	33	47:20	Perry Kleine	South Burlington	VT		7:37
133	34	48:35	Bruce Johnson	Middlebury	VT		7:49
142	35	50:07	Mel Miller	Montpelier	VT		8:04
143	36	50:29	Mike Shoier	Bradford	VT		8:07
145	37	50:42	Bob Jones	Bradford	VT		8:10
155	38	52:12	Edward P. Freeman	Randolph	VT		8:24
156	39	52:13	Lester Murray	Randolph	VT		8:24

Male 40 to 49

14	1	35:30	Doug MacGregor	Lebanon	NH		5:43
15	2	35:41	Oleg Ritter	Stowe	VT		5:45
21	3	36:56	Bruce R. Meader	Vergennes	VT		5:57
26	4	37:16	Michael Sudlow	Lennoxville	QUE		6:00
28	5	37:27	Jack Vaughan	Springfield	VT		6:02
30	6	37:38	Gordon Johnson	Ayers Cliff	QUE		6:03
33	7	37:46	Tom Crowe	Jeffersonville	VT		6:05
45	8	39:17	George Mayo	St. John's	NFL		6:19
53	9	39:56	Chris Lynn	Worcester	VT		6:26
55	10	40:07	Michael P. Cusumano	West Glover	VT		6:27
56	11	40:16	Bruce Wilson	Burlington	VT		6:29
63	12	40:57	Michael Sinclair	Northfield	VT	CVR	6:35
64	13	40:57	Steven K. Ingram	Northfield	VT		6:35
65	14	41:02	Wayne P. London	Brattleboro	VT	CVR	6:36
71	15	41:49	Newton B. Baker	Montpelier	VT	CVR	6:44
84	16	42:57	Charles Christiansen	Montpelier	VT		6:55
85	17	43:09	Vincent Feeney	Winooski	VT		6:57
86	18	43:16	Rod Davis	Morrisville	VT		6:58
91	19	43:55	Dan Murnane	Montpelier	VT		7:04
94	20	44:05	Charles Lovelette	Montpelier	VT		7:06
96	21	44:39	Bill Rogers	Brookline	MA		7:11
105	22	45:13	Dennis Malloy	Montpelier	VT		7:17
110	23	45:36	Larry D. Miller	Montpelier	VT	CVR	7:20
111	24	45:45	Richard Morris	Chelsea	VT		7:22
114	25	45:55	Richard Ejmanowicz	Newport	VT		7:23
138	26	49:44	Otto Kremer	West Burke	VT		8:00

Male 50 to 59


61	1	40:43	Arthur Demers Jr.	Enfield	NH		6:33
67	2	41:09	Robert Shelton	Bradford	VT		6:37
87	3	43:22	Bob Mercier	Montpelier	VT	CVR	6:59
129	4	48:07	Ernie Flanders	Montpelier	VT	CVR	7:45
134	5	49:12	Lee E. Kellen	St. Albans	VT		7:55
139	6	49:47	Tom Conlon	Montpelier	VT		8:01
147	7	50:46	Alan C. Rogers	Barre	VT	CVR	8:10
150	8	51:17	Sherm Hunt	Burlington	VT		8:15
153	9	51:55	Philip Wolff	Montpelier	VT	CVR	8:21
163	10	59:36	Michael Galatola	Brulington	VT		9:36

Male 60-

130	1	48:09	Donald Lyons	Montpelier	VT		7:45
137	2	49:37	Deane Milligan	Windsor	VT		7:59
151	3	51:43	Dave Morse	Montpelier	VT	CVR	8:19

If you notice the SAME people working the Fun-Runs and Races, it's not because they love those jobs more than life itself! PLEASE lend a hand sometime so that all

It was one of those rare hot and sunny days as I changed for an afternoon run. Time allows only enough time for a short jaunt around Berlin Airport. With only a mile or so to go, lost in a world of thought, I suddenly focused on a small bottle of apple-raspberry juice floating before me. It was connected to a hand reaching out of a catering truck driving along side me on the wrong side of the road. With a friendly "How about a cold one for the road", I was handed the cool drink before my smiling Nightingale of Jockey Hollow sped away. I jogged a bit further with my newly aquired gift sloshing in my hand, then thought, what the heck, stopped and took a drink. As I continued on my way, refreshed, I couldn't suppress the laughter and thoughts of Vermont. Passing cars must of been wondering what could be so funny about running in such heat during the hottest part of the day. Not to mention what the passengers thought. Anyway, I began thinking of the many wonderful people I've meet since moving to this ice berg to the East. It never occured to me to question the contents of my bottled drink; maybe I should have. But I lived to tell this story; and only if you could have seen that smiling face! So all in all, even though Vermont's salt encrusted roads may eat the bottom from under your car in a year, you may be found frozen in place trying to brave the roads for a winter jog in twenty below weather (not counting the CHILL! factor) Brrr!, you spend your summers preparing for winter, your winters dreaming of summer, but in SPITE of all that...VERMONT...it's people will run away with your heart.

Merill 

I Get a Kick Out of... Running

Looking to add a new kick to your running program? Try dribbling a soccer ball occasionally during a training run. It doesn't matter if you don't know soccer—the less skilled dribbler actually burns calories at a faster rate and works muscles harder than a skilled one. Whether you've played the sport or not, you'll definitely work harder than during an ordinary run.

Researchers at Liverpool Polytechnic in England found this out when they tested soccer players on a treadmill. The players also managed to

strengthen their quadriceps muscles, which many runners need to do (*Research Quarterly for Exercise and Sport*, vol. 55, no. 3, 1984).

The easiest place to add dribbling to your training is on a track or the grass. Kick the ball about every three steps hard enough to move it about three feet in front of you. Begin by kicking with the inside front of your foot, but as you progress in skill, work more muscles by kicking with the outside of your foot as well (*Running and Fit News*, April, 1986).

EFN, June 21, 1986

He who has health has hope, and he who has hope has everything.
ARABIAN PROVERB

Warm Up Before You Stretch

It's O.K. to stretch before you exercise, but just be sure you warm up a bit before you start stretching. That's the advice of Jack E. Jensen, M.D., codirector of the Texas Orthopedic & Sports Medicine Group in Houston, and Robert P. Nirschl, M.D., medical director of the Virginia Sportsmedicine and Rehabilitation Institute in Arlington. The warm-up should be enough to increase your body temperature and produce a light sweat. A brisk walk or a light jog should do the trick.

The two were responding to reports that some health clubs and fitness instructors are encouraging athletes to

stretch before the warm-up. "It's a ridiculous concept. The risk of injury is much higher when stretching is done while the muscles are cold," says Dr. Nirschl. He says that a lot of athletes stretch mindlessly before they exercise, without a goal or out of tradition.

How long to spend warming up and stretching? Dr. Jensen says that exercisers should judge by how they feel. "If you had a hard workout the day before, you might need to spend more time warming up and stretching. I tell my patients to get in touch with their bodies" (*The Physician and Sportsmedicine*, March, 1986).

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.

13OCT86 BOSTON, MA TUFTS (BONNE BELL) 10KM FOR WOMEN
 12noon at Boston Common. 9 Oct deadline for registration. Coventures, 45 Newbury St., Boston 02116.

09AUG86 ESSEX, VT ESSEX TOWN RECREATION DEPT SERIES 5KM
 10am at Belden parking lot. Darrell Lovelette, 879-0413.

* 10AUG86 JAY, VT RUN A COUNTRY MILE RACE (10km & 20km)
 9am for 10km, 9:10am for 20km at Jay Country Store. \$10(US) by 8 Aug for registration, singlet(first 100 entrants only), post race pancake breakfast, and use of pool at Jay Peak Resort! \$12 post entry. Come ready to run; no changing facilities. (802) 988-2611.

 C 16AUG86 BERLIN, VT BERLIN POND COUPLES RACE (6mi)
 9am at Berlin Elementary School. \$4 per person by 9 Aug. \$5 per person after. Awards for male/female teams (division by combined age) and for single participants. Dot Helling, 24 Pearl Street, Montpelier, VT 05602. Ph. 223-5797.

* 30AUG86 NORTHFIELD, VT LABOR DAY OBSERVANCES 5000 METER & 1MI RACES
 5km race starts at 10:30am on the Common, 1mi race for those 13 & under starts at 9:30am. \$2 for 5km (\$1 for 1mi) by 24 Aug. \$3/\$2 thereafter. \$5 extra gets you a T-shirt. Mike Sinclair is going all out to make accelerate awards presentation this year. Come to this popular race on a flat, fast course.

13SEP86 ESSEX, VT ESSEX TOWN RECREATION DEPT SERIES 10KM
 10am at Belden parking lot. Darrell Lovelette, 879-0413.

14SEP86 BURLINGTON, VT ARCHIE POST 5 MILER
 11am. Meet at UVM gym for ride to the start. B. Cunningham, 878-3875, or E.K.Malone, 658-5180

20SEP86 MANCHESTER, VT MAPLE LEAF HALF-MARATHON
 10:15am. Guy Thomas, Ways Lane, Manchester, 362-3401.

21SEP86 GREENSBORO, VT CASPIAN FOLIAGE RUN (7mi)
 10:30am at Caspian Lake public beach. Anne Batten 472-6066.

21SEP86 BURLINGTON, VT CANCER CENTER RUN FOR DEBBIE 2mi & 10km
 10am at UVM Gutterson Field House. Donna Kaynor 879-7483 or Joan MacKenzie 656-4418.

27SEP86 ESSEX CENTER, VT NATIONAL LIFE 10 MILER
 9am at Essex Elementary School. Bruce Cunningham, 878-3875

28SEP86 BURLINGTON, VT BURLINGTON PARKS & RECREATION 5Km & 10Km
 10am at Leddy Park. Call Ray Tanguay to confirm time and place. 864-0123

C 05OCT86 WATERBURY, VT LEAF PEEPERS HALF-MARATHON
11am @ Waterbury Recreation Field. \$8(US) by 20 Sep for registration and T-shirt. \$9(US) after 20 Sep for registration only. Prizes will be quality Vermont products. Course has been measured for Certification and application made to NEAC. A great race on a beautiful course! Barragh Ellerson, (802) 223-2080.

11OCT86 RICHMOND, VT ROUND CHURCH WOMEN'S RUN 5km & 10km
10am. 878-3875

* 12OCT86 PORTLAND, ME CASCO BAY MARATHON
7am, \$7 by 4 Oct, limit 1500 runners. Charlie Porter, 839-6593. Casco Bay Marathon, P.O.Box 3172, Portland, ME 04104.

* 12OCT86 HAMMONDSPORT, NY WINEGLASS MARATHON
10am at Taylor Wine Co. \$10 by 4 Oct. No post entry. In addition to individual entries, 3 runner teams will also be accepted. Two 9mi legs and one 8.2mi leg. Men's, women's or mixed relay teams. For info, call Laura at 607-937-8371. Wineglass Marathon, P.O.Box 98, Corning, NY 14830-0900

18OCT86 SO. HERO, VT GMAA MARATHON
8am at Folsom School. Preregistration required. Howie Atherton, 434-3228

18OCT86 HANOVER, NH DARTMOUTH MARATHON & HALF-MARATHON
10am, Don Anderson, Hitchcock Clinic, Hanover, NH 03775, 603-646-5000

25OCT86 SHELBURNE, VT ARTHUR TUDHOPE MEMORIAL 10km
11am. John Kohn, S. Willard, Burlington 862-8514

26OCT86 BURLINGTON, VT BURLINGTON PARKS & RECREATION 5Km & 10Km
10am at Luddy Park. Call Ray Tanguay to confirm time and place. 864-0123

* 01NOV86 ESSEX CENTER, VT GMAA 50-MILER
8am @ Essex Center Elementary School. Certified course. \$5 pre-registration, \$8 day of race starting at 7am. For more info, call Bill Everett (879-1687).

* 16NOV86 ATLANTIC CITY, NJ ATLANTIC CITY MARATHON
9am, \$10 by 27 Oct, \$12 post. Limit 1000 runners. 609-822-0623.

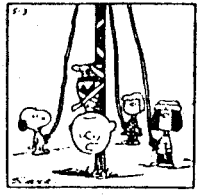
23NOV86 BURLINGTON, VT BURLINGTON PARKS & RECREATION 5Km
10am at Luddy Park. Call Ray Tanguay to confirm time and place. 864-0123

27NOV86 BURLINGTON, VT GMAA TURKEY TROT
11am, 5km, UVM Gutterson Field House. Entry fee is a donation to the Burlington Emergency Food Shelf. Ralph Swenson, 964-4952, or Neil Stout, 862-5872

SUNDAY, NOVEMBER 9, 1986, BRATTLEBORO, VERMONT
THE CHILDREN'S PLACE FIVE MILE ROAD RACE, 9 A.M.
WAYNE LONDON, 6 TYLER STREET, BRATTLEBORO, VT 05301
802-257-5622

PEANUTS

by Charles M. Schulz



SWAN RUN 10 K

"You in there Baker?" Yes, I was- preregistered too. Had quite a start! But, it didn't do much for my race. I was still in bed, reacting to Glenn Gershaneck's voice outside my bedroom window. If only I hadn't told him, "I'll leave without you if you're not at my house by seven A.M."...I raced out of bed.

We got to Swanton just in time to register Glenn, get in a two minute warm-up, and say "Hi" to Polli and Ernie Flanders, the only other CVR runners. They warned us the course was fast. After I did the first mile in 5:58, and my ability level is 6:45, I agreed and quickly backed off. Happily, I finished 52ed of 152 runners in 40:30 and Glenn was pleased with 37+. Somebody won in 34+. The real news is the Flanders. I think the story goes back three years.

They started running then-slowly and in rather different shape. Each year they ran consistently and with realistic goals, looking better in races and improving their times. If you want a good visual image for effort in finishing a race, watch Ernie come to the tape! Coming off the Stowe Eight Miler, he wasn't happy with his time, but was smiling after the Swan Run as both Flanders cut about two minutes off their previous times for that course and got 10K PR's. Ernie 47:40 and Polli 48:33.

Polli won the trophy for the FIRST PLACE in the 40 age group. She said she knew she was running well when she realized a woman who usually beats her was running behind. At the finish, Polli, unconcerned with trophies, exchanged pleasantries with the rest of us about the race: no rain, hot and muggy but no sun, first mile too fast, strong group of racers, well organized, great refreshments, nice table of awards, playground for the kids, enthusiastic spectators, a great parade and festival later, and where CVR runners, who we believe, would love this race. Nice Swan T-shirt too!

Glenn and I set out on foot, arguing whether to walk or run back to the start to get my car. We thumbed, finally getting a ride with a woman who had raced, a husband who didn't run at all, and a daughter who had the 12 and under first trophy. During the ride, the woman mumbled something to her husband about "...that Flanders woman is getting too fast. I'll be glad when she's in another age group next year".

NEWTON BAKER

THE SODOM POND MICRO MARATHON

RUN FOR THE BENEFIT OF THE CO-OP STORE

The Sodom Pond race was hot as usual and smaller this year, only a dozen people ran, but it was fun. Matt Czoplinski came in first for the second year in a row. The women's course record was broken this year by a minute and 28 seconds. Mary Labate broke her 1983 course record of 28:18 coming in at 26:50 this year- good going Mary!.

John Mallery tried to turn the run into a triathlon by making Adamant from Montpelier, running the 4.2 mile race then swimming in upper Sodom Pond.

It seems the race is getting smaller but we plan to continue it- probably moving the whole Adamant Fair and race to the last Saturday in July, no matter when Fool's Fest is scheduled! We'll continue to give out the 1985 T-shirts as long as they last, if you can find a size that fits!

This year's sponsor was Naturally Better Milk who provided the mile markers!

RICHARD CZAPLINSKI

RESULTS

SODOM POND MICROMARATHON JULY 19, 1986

Age Category	Name	Time	Overall place
0-13 F	Ann Smith	62:15	11-12
0-13 M	-		
14-29 F	Maureen Murphy	36:47	9
	Alison Toby	62:15	11-12
14-29 M	Matt Chaplinski	24:46	1
30-39 F	Mary Labate	26:50 [⊗]	4
	Elizabeth Meiklejohn	31:43	6
30-39 M	-		
40-49 F	Harriet Meiklejohn	38:41	10
40-49 M	Chris Lynn	26:07	2
	Henry Marcey	26:29	3
	Bob Murphy	27:39	5
	John Mallery	33:13	7
	Newton Baker	33:13'	8
50-59	-		
60+	-		

⊗ New Course record For Women overall

Course Records woman Labate, Mary 26:50 1986
 Man Chaplin, Mark 23:08 1981



"NEWS FLASH"

MILLER 3 MILER HOLDS UP HOLD UP

For Larry Miller, being transferred to Waterbury was a positive move. Working for the State and formally stationed on the busy Barre/ Montpelier road, Larry could never entertain thoughts of a noon time run. The B & M road is much too dangerous with it's speeding cars and poisonous carbon monoxide ready to infiltrate any innocent lung who happens to pass by. Hence his pleasure in moving to Waterbury. Larry now has access to the quite streets and wooded back roads of Waterbury.

Before we go any further, we must note that Larry's new office is now directly connected to the town's famous state hospital. And not to mention names, rumorm control has it that the reason for all those employees moving to Waterbury, may have been due to our own Larry Miller. And we thought it was a dumb idea! No one would question such reasoning if they had a chance to bike with this individual. No one in their right mind would go down hills like that!

Now back to the story at hand. Larry measured out a beautiful 3 mile loop for his noon time jogs. His loop takes him to the edge of town, across the Winooski River around back of the hospital to the wooded back roads then home again. It was during such a run that Larry and two fellow runners came upon the little cabin in the woods. As usual, Larry was busily chatting away as he ran. As they approached the first small cabin, Larry noticed a police car with it's lights flashing in earnest. Soon they became aware of more and more police cars, a total of eight, all with their lights flashing about them. Getting closer still, Larry soon noticed a couple of troopers huddled behind one of the cars with shot guns pointed in their direction. Of course this didn't daunt our Larry. He said calmly to his buddies as they trodded on " Ah, if there was something really happening, there would have been a road block". Soon the trio were startled by a BIG police dog growling menacingly towards them... Larry casually stated " Ah, somebody should train those dogs to know the good guys from the bad". Time stood still. As the troopers stared in disbelief and the dog strained against his lead, the three jolly joggers shuffled by the flashing cars to finish their lunch time run. As they passed, the troopers could hear "Ah, no big deal, it must be a training exercise".....

The next day, the local newspapers noted that there had been a break-out from the Maximum Security section of the state hospital. It went on to say that the escapees were held up and flushed out of a small cabin in the wooded back roads behind Waterbury,

And thats the way it was.

M.C

HAPPY BIRTHDAY!

AUGUST

Maurice Cerutti - 6th
Molly Corrigan - 21st
Elden Dube - 6th
Lea Hayer - 17th
Henry Marcy - 27th
Phil Wolff - 29th

SEPTEMBER

Bruce Epstein - 17th
Zoe Erdman - 30th
David Morse - 13th
Andrea Smith - 9th

Looking for anyone willing to help that has access to a computer with a printer. I need someone to keep and update records of current members, addresses, phone numbers, and birthdays. If you are such a person, please contact Merill Cray at either 223-6131 or 223-3501.



**THE THIRD ANNUAL
LEAF PEEPERS
HALF-MARATHON**

SUNDAY, OCTOBER 5, 1986 —

11:00 a.m.; WATERBURY, VERMONT

SPONSORED BY: The Waterbury Lions Club, Central Vermont Runners, and WDEV.

COURSE: 13.1 miles of scenic country in the shadow of the Camel's Hump. A combination loop and out and back on fast, flat to gently rolling, 60% dirt, 40% paved road. Starts and finishes at the Waterbury Recreation Field. Aid stations approximately every 3 miles. Traffic control. R.R.C.A. Sanctioned. Certification pending.

AWARDS: At the Waterbury Recreation Field. Prizes will be quality Vermont products.

DIVISIONS: Male-18 and under; 19-29; 30-39; 40-49; 50-59; 60 and over. Female-18 and under; 19-29; 30-39; 40-49; 50 and over.

ENTRY FEE: \$8.00 (U.S.); entries postmarked by September 20 will receive a free LeafPeepers Half Marathon T-shirt. Post entries accepted 9 a.m. to 10 a.m. on race day \$9.00 (U.S.).

PACKET PICKUP: 9 a.m. to 10 a.m. on race day at the Waterbury Recreation Field.

OFFICIAL ENTRY BLANK

NAME (Please Print) _____

STREET _____ CITY _____

STATE _____ ZIP _____

AGE AT TIME OF RACE _____ SEX: Male _____ Female _____

SHIRT SIZE S M L XL (circle appropriate size)

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Central Vermont Runners, the City of Waterbury and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

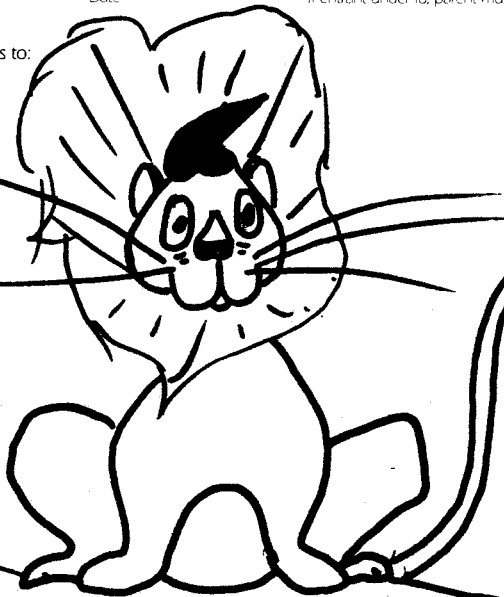
Signature of entrant _____

Date _____

If entrant under 18, parent must sign _____

Date _____

Make checks payable and mail entries to:
Darragh Ellerson
Upper North Street, Box 170
Montpelier, VT 05602



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 Ettersson
Upper North St., Box 179
Montpelier, VT 05602

Merrill K. Cray-Z
RD 3 Box 5310
Montpelier, VT 05602