

Central Vermont Runners 1986

Pres.- NORM ROBINSON
V.P. - GEOFF LINDEMER
Tres.- DARRAGH ELLERSON
Sec. - TIM NOONAN

SEPTEMBER NEWSLETTER



VOL. 7

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To Vim And Vigor!

IS IT HEALTHFUL TO DRINK WINE WITH MEALS?

It can be, provided you take into consideration the additional calories that wine supplies. Wine, besides having its own modest amounts of vitamins and minerals, has been shown to enhance the absorption of calcium, phosphorus, magnesium, iron and zinc. And wine also may allay some of the ill effects of a cholesterol-rich diet, as evidence by experiments with rats and hamsters in which "the increase in liver fat and cholesterol and serum cholesterol (after eating cholesterol-rich foods) was significantly less in the wine-fed group than in groups fed an alcohol solution or water". PROFESSIONAL NUTRITIONIST, SUMMER 81.

As for appetite control, wine appears to be a kind of equalizer. For obese people, it can reduce appetite and lessen anxieties about eating (a tranquilizing effect some people attribute to properties in wine other than its alcohol). For people with depressed appetites, however, wine seems to stimulate the appetite, both by activating gastric functions and - again- by alleviating stress. SELBY REVIEW VOL 3/ #10

AUGUST MEETING NOTES

The August meeting was held on August 18 at Bob Murphy's home with a half-dozen CVR members in attendance. Tim Noonan reported the profit to CVR from the 10 Mile Race was \$135 and that Oxygen and Welding Supply Company had agreed to again sponsor the race next year. Discussion was held on whether CVR should join the Association of Road Racing Athletes and possibly seek to make one of the CVR-sponsored races a RRCA National Championship race. It was agreed CVR would pursue neither opportunity.

Darragh reported there was \$388 in the treasury and that this total did not include post-registrations from the Berlin Pond race. Further discussion occurred on establishing an annual budget.

Plans for the Leafpeepers Half-Marathon are moving forward, Darragh reported. Application forms were mailed to 350 runners and an ad was placed in Running Times. Volunteers are needed to help out at the race.

Norm Robinson proposed that the CVR President be given authority to present Presidential Awards at the annual banquet. That proposal was approved.

Tim Noonan
Secretary

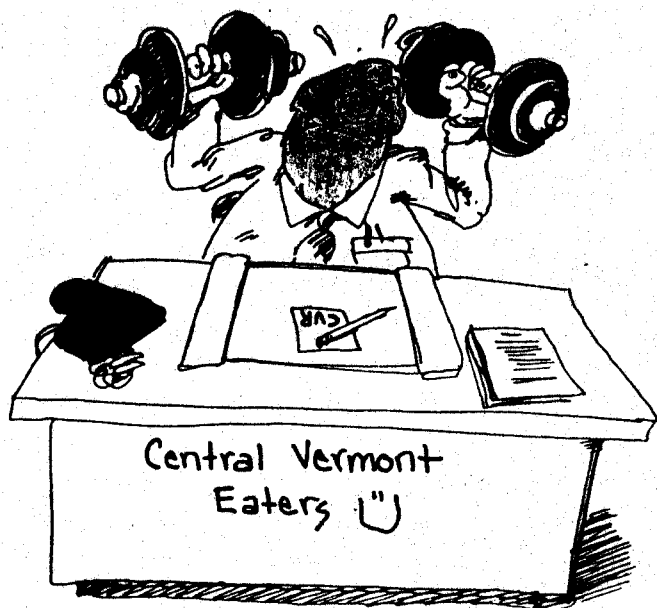
NEXT MEETING

The September CVR meeting will be held on September 22 at Norm Robinson's home at Westwood Parkway in Barre. 6:30 p.m. Potluck.

Course Certification News

You'll be happy to learn that CVR now has three TAC certified courses. News of TAC's approval of certification for the Leaf Peepers Half Marathon and the Montpelier 10 Mile Road Race has just been received. (The Capital City Stampede 10Km course was certified last year.) So what's the big deal? What does it all mean? What it means is that if a runner decides to participate in any of our major races, he can be assured that the distance run is accurate as advertised. It also means that in the event that a national or regional record is set on one of those courses, that course, that it will be recognized (subject to course validation) as a valid mark. You think that a national record in Montpelier is a pipe dream, right? Think again! Records are maintained not only for the youngest and swiftest in the sport, but also for those in both sexes and of every age. It is entirely possible, for instance, that the Capital City Stampede could be the site of a new national age record for 73-year old males, or for 9-year old females! Beginning next year, I will be compiling Vermont State records for all ages in both sexes at all standard road race distances. Only marks set on certified courses in Vermont will qualify. CVR presently has more certified courses than any other Vermont running club. Besides our three, there are only four other certified courses in the State. Two of those are on the Manchester Maple Leaf Half-Marathon course (certified for the 20km distance as well as the full half-marathon), and that race is apparently not being held this year. The other two are GMAA's 8km Stroh's Liberty Run, and a 10km course in Brattleboro. As it stands, therefore, the majority of performances qualifying for official Vermont State ranking will be run on CVR courses.

Bob Murphy



HE WHO HAS HEALTH HAS HOPE, AND HE WHO HAS HOPE HAS EVERYTHING.
Arabian Proverb

HAPPY BIRTHDAY TO YOU!!

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

GROLSCH- UNION BANK STOWE 8 MILE ROAD RACE- JULY 20, 1986- 9

FOR ANYONE WHO MISSED OR HAS NEVER RUN IN THE STOWE 8 MILER, THEY SHOULD REALLY CONSIDER IT IN 1987. FOR A VERMONT RACE, (TAKE IT FROM A RELUCTANTLY SO FLATLANDER) IT IS A FLAT COURSE..... EXCEPT THE FOUR SHORT? STEEP UPHILLS AT .7, 3 $\frac{1}{4}$, 5 $\frac{1}{4}$, AND 6 MILES. FOR THOSE WHO ESPECIALLY ENJOY THE AFTER RACE REFRESHMENTS (all you CVR eaters) , THE STOWE 8 MILER PROVIDES NO END OF WATER, COKE, GATORADE, NOT TO MENTION BEER AND BEN AND JERRY'S ICE CREAM. IT'S WORTH THE ENTRY FEE JUST FOR THAT!

I PERSONALLY BOTH DREADED, AND LOOKED FORWARD TO RUNNING IN STOWE. THERE ARE ABOUT 700 TO 1000 RUNNERS EACH YEAR. IT'S A SURE BET THAT ANYONE'S MAJOR COMPETITION WILL BE THERE. THE RACE ALSO ATTRACTS A FAR NUMBER OF WORLD CLASS RUNNERS. THIS YEAR WAS NO EXCEPTION. IT IS ONE OF THOSE RARE OPPORTUNITIES TO MATCH YOURSELF AGAINST SOME OF THE BEST ROAD RUNNERS WITHOUT BEING NUMBER 10,583 IN A 35,000 RUNNER EVENT. YOU EVEN GET TO SEE AND TALK TO THE LIKES OF JOHN TREACY AND NANCY CONZ.

AS I SAID BEFORE, STOWE REPRESENTED A MAJOR CHALLENGE FOR ME. I HAD BEEN RUNNING SOME FAST 10K TIMES IN THE SPRING AND I KNEW I WAS PRETTY CLOSE TO NANCY CONZ, ANN PEISCH, CHARLY HAVERSAT, AND KATHY BRANDELL(WHO LATTER SCRATCHED FROM THE RACE) ALL WHO WERE ENTERED TO RUN.

I HONESTLY FELT LIKE THROWING UP WHEN DARRAGH ELLERSON WOKE ME UP AT 5:30 am THE MORNING OF THE RACE. THE SKIES OVER MONTPELIER WERE FOGGY AND HEAVILY OVER CASTED. I STARTED ASKING MYSELF THE USUAL PRE RACE QUESTIONS- "WHY DO YOU SO THIS TO YOURSELF?, THIS ISN'T ANY FUN!, MAYBE I'LL JUST USE THIS AS A TRAINING RUN, WHY DIDN'T I BECOME AN ICE CREAM TASTE TESTER?". I'M SURE YOU'VE ASKED YOURSELF SIMILAR QUESTIONS. THIS PARTICULAR MORNING I HAD TWO EXTRA (ALBIET MINISCULE) WORRIES IN MY SUBCONSCIOUS:

1. POISON IVY- NATURALLY, IT CHOSE TO ITCH ON RACE DAY, DESPITE THE VALISONE CREAM I PUT ON. ANYONE WHO KNOWS ME FROM WAY BACK CAN REMEMBER THAT I HAVE A SPECIAL AFFINITY TO POISON IVY. RIGHT DARRAGH? MOLLY?
2. I RAN A 10K RACE (BUT SLOW) ON SATURDAY.

ANYWAYS, YOU KNOW HOW YOU CAN THINK OF A MILLION REASONS WHY YOU SHOULDN'T RACE ON A GIVEN DAY.

I WAS HAPPY TO SEE THE FOGGY SKIES REMAINED AS WE DROVE IN DAVID ELLERSON'S SPORTY NEW CAR. I AM POSITIVE THAT 700 PLUS OTHER RUNNERS WERE THINKING THE SAME THING. IT WAS EXTREMELY HUMID AND IF THE SUN BROKE THROUGH BEFORE 10AM, IT WOULD BE A DOUBLE BURDEN ON ALL THE RUNNERS.

WHISKER'S FIELD IS AN IDEAL PLACE FOR PRE AND POST RACE ACTIVITIES. THE ROAD ADJACENT TO THE FIELD IS NOT HEAVY WITH TRAFFIC AND IS FLAT; AN IDEAL PLACE TO START AND FINISH A RACE. THERE IS ALSO A LONG PAVED BIKE PATH TO WARM UP ON.

THANK GOODNESS THINGS WENT SMOOTHLY RIGHT UP UNTIL RACE TIME. DARRAGH ONLY HAD 6 PAIRS OF TERRA TC'S TO FUSS OVER AND CHOOSE FROM. SHE ALSO HAD 3 PAIRS OF "POSSIBLES" FOR RACING SOCKS AND TWP PAIRS OF RUNNING SHORTS THAT SHE HAD TO DECIDE ON!! AFTER I GAVE DARRAGH A GOOD LUCK HUG AND MUTTERED "WEAR THE ONES THAT DON'T FALL DOWN", I MEANDERED OVER TO THE START. I KEPT MY ARMS FOLDED ACROSS MY CHEST, BECAUSE I NOTICED PEOPLE WERE LOOKING AT ME. I HAD AN "INVITED" NUMBER-10- AND THE PEOPLE PROBABLY COULD NOT BEGIN TO GUESS WHO THIS MYSTERY RUNNER WAS. I FOUND MY COMPETITION (NANCY, CHARLY AND ANN) AND LINED UP WITH THEM, 3 ROWS IN BACK OF THE LEAD MEN.

SUDDENLY WE WERE RUNNING. NANCY CONZ, CHARLY HAVERSAT, AND MYSELF TOOK OFF AND SET THE PACE FOR THE WOMEN. ANN PEISCH STARTED OFF WITH US TOO, BUT DROPPED OFF THE PACE AT THE QUARTER MILE. THE HILL AT .7 PRETTY MUCH DETERMINED THAT IT WAS GOING TO BE A 3 WAY BATTLE. NANCY, CHARLY AND I RAN NEARLY ABREAST. NO ONE WANTED TO MAKE A MOVE TO TAKE THE LEAD. EACH OF US MONITORED THE OTHERS OFR WEAKNESS. THE FIRST HILL DIDN'T BREAK ANYONE'S PACE. AT 1 MILE THE SPLIT CAME: 5:38. I THOUGHT IT WAS SLOW, ESPECIALLY FOR NANCY, BUT I FIGURED SHE WAS GOING TO PLAY A WAITING GAME- HANGING BACK UNTIL CHARLY AND I TIRED. GIVEN THE HUMIDITY, THE FACT THAT THE RACE WAS NOT 10K, AND THERE WERE 4 HILLS, THE SPLIT WAS PROBABLY CONSERVATIVE. THE SECOND MILE WAS FLAT OR DOWNHILL!. CHARLY AND I ESTABLISHED A TWOSOME LEAD. OUR STRIDES WERE IN COMPLETE UNISON; NOT SURPRISING SINCE WE ARE APPROXIMATELY THE SAME HEIGHT AND BUILD. WE TURNED ON TO MOSCOW ROAD AND I COULD NOT HEAR NANCY'S FOOTFALL OR BREATHING ANYMORE. DURING THE FLAT SLIGHT UPHILL STRETCHES OF MILES 3-5 I DID NOT KNOW WHERE NANCY WAS (I NEVER LOOK BEHIND!) BUT I STILL FIGURED SHE WAS WAITING FOR THE RIGHT MOMENT TO SURGE. DURING MILE 4 THE DIRT STRETCH, CHARLY MOVED AHEAD A NUMBER OF TIMES. I WENT WITH HER ON EVERY SURGE AND NOTICED THAT SHE HAD TO DROP HER PACE TO RECOVER AFTER EACH SURGE. WHEN WE HIT THE MILE 5 MARKER I DECIDED TO BE THE AGRESSOR AND PICKED IT UP. CHARLY KEPT BACK AND I REALIZED (FEARFULLY) THAT I HAD THE LEAD (GULP!) ALONE. BY 5 1/4 MILES, I KNEW I WAS CONTINUING TO MOVE AHEAD OF CHARLY...BUT WHERE WAS NANCY?. NEXT CAME THE WINDING STRETCH THROUGH STOWE VILLAGE, OVER THE FOOT BRIDGE, 6 MILE MARKER, UP THE HILL TO 6.2 AT 35:13 CAME THE SPLIT. I FELT RELIEVED AT THIS POINT. DARRAGH AND I DROVE THE COURSE ON THE PREVIOUS DAY (WE ONLY GOT LOST A BIT!), AND I KNEW THE REMAINDER OF THE RACE HAD 1 DOWNHILL AND THE REST WAS PRETTY FLAT. THE SUN WAS BREAKING THROUGH AND MY LAST OUTWARDLY DIRECTED THOUGHT WAS PITY FOR ANYONE RUNNING THE 8 MILES IN OVER 50 MINUTES. 7 MILES CAME AFTER A WATER STOP AND SLIGHT UPHILL. THE FINAL MILE SEEMED TO GO ON AND ON...VERY SCENIC PAST THE GOLF COURSE.... BUT "LONG"!!. THEN...THE FINAL STRETCH! I COULD HEAR THE CROWD CHEERING ON THE FINISHERS. "DIG IN" WAS MY FINAL ADVICE TO MYSELF. THE BANNER WAS CLOSER AND CLOSER AND FINALLY I BROKE THE TAPE. I HAD THIS OVERWHELMING DESIRE TO YELL " I BEAT HER, I BEAT HER, I BEAT NANCY CONZI!". BUT OF COURSE, YOU DON'T DO THAT. YOU MUST GUESS HOW I FELT THOUGH!.

A MINUTE LATER NANCY AND I WERE SHAKING HANDS AND SAYING" GREAT RACE" TO EACH OTHER. MOLLY CORRIGAN, NICK MARRO, AND HIS BORED BUT DARLING DAUGHTER HANNA ALL CAME OVER TO CONGRATULATE ME AND WE WALKED OVER TO THE FINISH LINE TO CHEER EVERYONE ELSE ON DOWN THE FINAL 1/4 MILE STRETCH. I KEPT PINCHING MYSELF MENTALLY, "DID I REALLY WIN?".

YES, A GOOD DAY. EVEN THE AWARDS WENT ERROR FREE. BUT THE BEST PART OF THE DAY WAS YET TO COME. THE LINDEMER'S "I SURVIVED THE STOWE 8 MILER" FEAST!! . GEOFF AND DEBBIE HAVE THE MOST GORGEOUS SALT BOX HOME: METICULOUSLY LANDSCAPED. THEY CANNOT ONLY RUN, BUT THEY ARE GREAT AS HOST AND HOSTESS. DEB IS A NATURAL AT INTERIOR DECORATING AND A WONDERFULLY INSPIRED COOK. WHAT A GREAT POST RACE GET TOGETHER. BOB MURPHY MAKES A GREAT RED WINE. TOO BAD HE DIDN'T MAKE WHITE, WE COULD HAVE CHILLED IT NICELY IN MY TROPHY!

THE STOWE 8 MILER TURNED OUT TO BE MY BEST RACE. BUT BY 8:00PM IT WAS BACK TO REALITY...I WAS LOCKED OUT OF MY HOUSE WITH BETHY AND KURT CRYING IN THE BACK SEAT OF MY CAR AND IT WAS RAINING. WHAT CAN I SAY?

RESPECTFULLY SUBMITTED BY LEA HAYER

505 Finish The Union Bank/Grolsch Stowe 8 miler

CVR Finishers:

NEWTON BAKER	57:44	SUE CHRISTIANSEN	1:00:20
ROGER CRANSE	1:06:52	POLLI FLANDERS	1:08:37
BOB MERCIER	59:12	GEOFF LINDEMER	47:47
ERNIE FLANDERS	1:07:39	JOHN VALENTINE	48:42
ANDREA SMITH	1:05:05	STORMIN' NORMAN	53:45
LEA HAYER	45:28	BOB HOWE-DO	56:39
GINA CAMPOLI	56:53	JOHN BRODHEAD	46:38
DEBI LINDEMER	58:55		
ELIZABETH MEIKLEJON	1:03:15		

*** RECIPE OF THE MONTH ***

PRE-RACE PESTO- by Ellen Super Cook Curran

Throw into your food processor or put in a STURDY bag and drag it behind your car going sixty for about twenty minutes:

- a bracing bunch of unadulterated parsley
- 2 cups lowfat unadorned yogurt
- 1 cup shanty pressed curd
- 3/4 cup healthy grated smelly parmesan cheese
- a unstinting handful of your favorite nuts or sunflower seeds
- fresh garlic to taste (smash first with hammer or running shoes)

Then: Cook up your choice of whole wheat or vegetable pasta and toss with the above ingredients. Pasta is done if it sticks to the floor when dropped.

NOTE: Quantities depends upon whether Bryan Liss is coming to dinner!

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 (DORNE BELL) 10KM FOR WOMEN
12noon at Boston Common. 9 Oct deadline for registration. Coven-
tures, 45 Newbury St., Boston 02116.

13SEP86 ESSEX, VT ESSEX TOWN RECREATION DEPT SERIES 10KM
10am at Selden 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, 362-3461.

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 656-4414.

* 21SEP86 WILTON, NH WILTON 15KM ROAD RACE & 2MI FUN RUN
2mi at 10am: \$3 under 18, \$4 adult. 15km at 11:30am: \$7 pre, \$8
post. Cash prizes (\$750. 1st M&F) for 15km. Certified course.
Individual & team competition. Walter Bausha, (603)880-3338 Mon-
Fri, 8am-4pm. (603)654-2481 other times.

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

* 27SEP86 RUTLAND, VT 24 HOUR MARATHON
Individual endurance event to benefit HIS Independence Project.
Inc. Get sponsors to pledge an amount for each mile you cover du-
ring the 24 hour period from noon to noon, 27-28 Sep. Mileage
need not be consecutive. Prizes to top fund raisers. Food, drink
and shelter provided. Call 802-773-2649 for more information.

87, Orwell, VT 05760.

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

* 04OCT86 RUTLAND, VT RUTLAND REGIONAL MEDICAL CENTER ROAD RACE
9am - 1mi fun run/walk. 10am 5mi race. \$2 for 1mi. \$5 by 26 Sep
for 5mi. \$6 post. T-shirt to first 100 entrants in 5mi race.
Awards, free refreshments, certificates. Nancy Brower, Rutland
Regional Medical Center. 775-7111, ext. 590.

C 05OCT86 WATERBURY, VT LEAF PEEPERS HALF-MARATHON
11am @ Waterbury Recreation Field. \$8(US) by 20 Sep for registra-
tion 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! Darragh 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 Ledy 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 Ledy Park. Call Ray Tanguay to confirm time and place.

* 27SEP86 SUDBURY, VT SUDBURY'S COUNTRY SCHOOL ROAD RACE
11am 1.2mi fun run. 12noon 6.2mi race. \$6 by 14 Sep. \$7 after.
T-shirts to first 200 registrants. free lunch to all runners.
Prizes to winners in all age classes. Race begins at Sudbury's
Country School on Rte. 73 east of Rte. 30. Jim Germond, P.O.Box

864-0123

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

GREEN MOUNTAIN ROAD RACE
by Jerry Eichberg-on

If you like a challenging race course, with plenty of prizes and a post-race party atmosphere, there's a road race in southern Vermont for you that offers that and more.

It's called the Green Mountain Road Race, of which the fifth annual edition was held August 3rd at the Summit Lodge on the Access Road to the Killington ski area. The mere thought of the name 'Killington' suggests an uphill and downhill course, and there is no shortage of either here.

This year marked the third year that I have run this race and have had a chance to see it develop into a race known well outside our state's borders. For the first three years of the race, the distance was an awkward 5.3 miles. In 1984, 124 finishers toured that distance (Sorry, I forgot who won that year) under the hot humid conditions that an 11 o'clock starting time in August's dog days usually brings. I finished 14th in 34:40.3 (love those tenths of a second times) and though the hills were challenging, felt good overall about both time and place. One post-race highlight that comes to mind was up at the lodge a few hours after the race, as myself and a group of other runners huddled around a TV to watch Joan Benoit race to victory in that morning's women Olympic marathon in L.A..

1985 brought serious change to the race. In an effort to draw more runners to Killington, the race organizers switched to a 10-K distance, adding a network of dirt roads off the access road akin to a roller coaster and capable of producing deceiving one and two mile split times. The change paid off, as 148 runners lined up on a hot, muggy morning, with Coors beer as a new major sponsor. Rick Trainer was the overall winner last year (he was not back to defend this year), while newcomer Donna Chacalos, then of West Lebanon, N.H. took the women crown. CVR's own Bob Howe also ran in last year's edition. I again found the hills to my liking, finishing 14th overall in 35:40.1, then my 10-K personal best. As a new twist last year, the Vermont Massage Guild generously offered their services. What a treat to those sore muscles after a hard race! The Summit had also opened a bar-restaurant at the base of the hill leading up to the lodge. No more having to make that long walk up the hill to enjoy a post-race meal, drinks, and a videotape of the race!

One unique quality of this race that has become well-established is that the lodge offers reduced rates for out-of-town racers. As a result there are many in this race that plan their vacations with Green Mountain Road Race in mind. I spotted license plates from place like Michigan, Illinois and Ontario among others, complete with various running bumper stickers.

Now on to this year's race. I arrived at Summit Lodge at around 8:30 to find sunny skies, yet a cool breeze. Unfortunately, experience has told me that this won't last long, and eventually the sticky conditions that have graced this event prevailed. After getting dressed at the lodge, I walked down the hill to the registration table where I was greeted by Walter Childs, the head man for the New England AAU out of Springfield, Mass. Walter would be the official race starter, and proceeded to hand me entry forms for several races around New England. I learned that the course had been shortened slightly to six miles, due to road work on one part of the course, but still not enough to change the overall makeup of the course. While warming up, I was pleasantly surprised to find that CVR runners had made the trek down south to challenge the hills of Killington. We'll chronicle their finishing results later on in this article.

Because of work being done on the side of the access road, the start and finish was moved onto the access road itself instead of the road leading up to the lodge. After a slight uphill to start, much of the first mile was a partially paved, partially dirt downhill run. Slightly after that first mile, the fun begins. Several steep grades punctuated the next mile and a half, during which I checked in at two miles in 11:11 (deceiving times, indeed!). We came over a rise back on the access road for a long downhill stretch past the lodge. It is over that rise that every year I run this race I wonder why I come back for more punishment! We hit the hills again roughly between miles 3 and 4 with a twisting, paved section in which I started to catch a second wind. I ended up a group of 3-4 other runners as we turned a corner to one more rise and another long descent. As my group jockeyed for position I felt the pace was to my liking--until the 5-mile mark passed in 29:05. I immediately picked up the pace and started to put my hill training and intervals to work. Going as hard as I could on the long (as in "When will it end?") uphill finish. A 5:19 last mile placed me a dazed, but happy, 6th place overall and 4th in my age group (20-29) and a time of 34:23.7.

Posting a strong, steady result for his first time out on the course, Calais runner Bryan Liss nailed down 4th place overall and 2nd place in the male 20-29 grouping. His time was 33:25, and looked like he could have run some more on this hot day.

Merill Gray had a fine finish within her age group. The spunky runner from Montpelier toured the course in 39:39.6, good for 33rd place overall and 3rd in the women 30-39 age group.

The dynamic running duo from Waitsfield of Dennis and Ellen Curran picked up very respectable times in their first go-around on the rugged course. Dennis was 21st overall and a fine 3rd place showing in the mens 40-49 group, time of 37:41.7. Ellen scored a 61st overall placing, good for 4th in the women 30-39 with a clocking of 43:47.2.

Yet another Montpelier runner, Tom Hask, cracked the one hour barrier with a time of 59:26.3. There were 150 finishers all told, a new record again for this event.

The overall winner, as it seems it is every time I race in southern Vermont and New Hampshire was Larry Sayers of Keen, N.H. in 31:17.2. Second money went to recent Rutland High School track standout John Daly (watch out for this promising teenage) in 31:38.1. While Donna Chacalos did not repeat as women overall winner, she did manage to wedge herself into 2nd place at 34:47.5 between two of this years race star attractions, world class training partners Liz Miller (the winner in 34:35.0) and Patti Catalano. Chacalos is another up and coming runner who bears watching.

A super post-race part ensued, with plenty of beer, water, and watermelons. I guess hot dogs served at last years race just didn't make sense. The massage tables were appreciated by many a tired, sore runner once again.

In the five year history of the Green Mountain Road Race, this race continues to cater to all runners needs, and has definitely made its mark on the Vermont running scene. One improvement I feel could help the race would be an earlier starting race time, such as 8 o'clock, in an effort to avoid the humidity.

While the nature of the race course may prevent Green Mountain from achieving the participant numbers of a race like the Union Bank event in Stowe, this August run in the shadow of Killington will continue to grow in its own special way.

ALOHA

DEAR FRIENDS AND FAVORITE MERCHANTS,

ON AUGUST 18, 1986, I FINISHED 2ND IN MY AGE CATEGORY AT THE STEELMAN TRIATHLON IN BRATTLEBORO AND QUALIFIED TO COMPETE IN THE IRONMAN WORLD CHAMPIONSHIPS IN KONA, HAWAII, ON OCTOBER 18!

THIS ADVENTURE WILL COST IN THE NEIGHBORHOOD OF \$1500-2000. THIS LETTER IS TO ASK FOR YOUR HELP, BOTH IN SUPPORT OF MY TRAINING AND THE TRIP. I AM DISTRIBUTING THIS LETTER SO THAT NO ONE IS PUT ON THE SPOT. I CAN USE DOLLARS MOST OF ALL, BUT ALSO PRODUCTS AND SERVICES.

PLEASE SEND ANY MONETARY CONTRIBUTIONS TO MARY LABATE, PO BOX 744, MONTPELIER, VT. 05602. MARY WILL KEEP RECORDS BUT WILL NOT DIVULGE NAMES OR AMOUNTS TO ME. WHEN I RETURN FROM HAWAII, MARY WILL GIVE ME THE LIST OF MY SUPPORTERS (NO AMOUNTS) AND I WILL INVITE YOU ALL TO A THANK YOU "SHARE THE EXPERIENCE" SLIDE SHOW.

IF YOU WISH TO CONTRIBUTE A PRODUCT OR SERVICE, PLEASE CALL ME DIRECTLY (223-5797). THERE ARE VERY DEFINITELY THINGS THAT I NEED.

I PLAN TO DO WELL IN HAWAII AND ADVERTISE OUR WONDERFUL STATE OF VERMONT. I WILL BE FLYING OUT A WEEK EARLY TO ACCLIMATE TO THE TEMPERATURES AND TIME CHANGE. I KNOW IT WILL BE AN AWESOME CHALLENGE AND THE EXPERIENCE OF A LIFETIME. THANK YOU FOR YOUR ENCOURAGEMENT AND SUPPORT.



Dot Helling

MILLER SPORTS

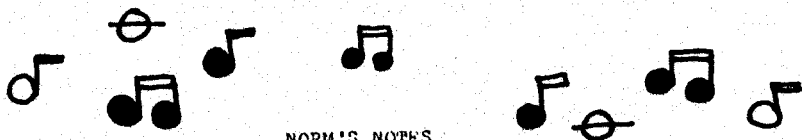
*A Fine Selection of Shoes
for the Demanding Runner*

TIGER

NEW BALANCE
REEBOK

BROOKS

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NORM'S NOTES

In order to address the continuing problem of work load vs. volunteers I have established four positions that will split up some of the current duties of volunteers and also address some areas that haven't been addressed before. It is my hope that persons not already heavily involved with club activities will step forward to fill one of these spots.

The first is Scholarship Director. This position would co-ordinate all the activities related to our high school scholarship program. He/she would delegate duties such as mailings, publicity, and selection.

The second is Advertising Director. If we are to broaden our advertising there is a need to work with the newsletter editor and advertisers to improve ads. He or she would recruit others to possibly solicit advertisements.

The third position is Fun-Run Co-ordinator. This person would work with the monthly fun-run directors to try to encourage new runners, and add variety to the runs themselves.

The fourth and final position is that of Public Relations Director. We need someone to work with race directors, scholarship director and the Executive Committee to better publicize our events and personal achievements.

It is very important for all to realize that these positions would be organizational in nature. It is my hope that anyone taking on these tasks would ask for and receive aid from other members of the club.

There are a number of jobs now being filled by a small number of members that also would be nice to spread out the work load on. If you are interested in computers and have access to one we can find work for you to do that won't be very time consuming. If you would like to get involved in putting on a race there are numerous possibilities there. If you would be interested in helping us put together a budget and have talents in that area we can use you. If you like to write, Merrill would be glad to hear from you for the newsletter. If track is to your liking I am going to pursue the possibility of summer track meets next year beginning in January.

In short WE NEED YOU!!!! I realize we have made this plea before and some have come forward to lend a hand. Unfortunately many others haven't. I am positive that whatever your talents are we can find a job that would excite you and aid the club. I'm not looking for long term commitments, or lots of hours. The idea is to have lots of people doing a small amount of work. This my only spiel for help. Come forward and give us a hand. Who knows you may enjoy it!!!! Those of you who have put in time over the year so far thank you. You are the heart and soul of the club and the ones who make it tick. While the year has been full of changes and problems I think all these who have put in time and energy would agree that it has been exciting to see the club grow and flourish. Good luck and see you on the roads!!!

Norm

BERLIN POND COUPLES' RACE REPORT

Berlin Pond Couples' Race, held this year on Saturday, August 16, 1986, was another success. Lots of fun was had by all. Complete results appear in this newsletter. This year the race netted just shy of \$200. This money goes into our CVR Scholarship Fund which, every Spring, awards a sports scholarship to one graduating high school female and one graduating high school male going on to college. The recipients are from the greater Barre-Montpelier area. Last year Berlin Pond raised \$280. The amount was down in 1986 due to fewer participants (the Christian Fellowship decentralized) and more money spent by race director Aloha Dot (printing cost more and there was less time to seek contributions).

Noteworthy is the fact that Berlin Pond saw two new course records this year. Eric Morse bettered his 1985 course record by breaking the tape in a sizzling 30:35. (This course is a hilly six miles. August 16 was humid.) He was awarded the top male individual prize, age category 14-29, of a complete physical at Central Vermont Hospital. Leatrice Hayer set a new woman's course record of 34:04 (she was 5th overall, tugging on the heels of our speedster Bryan Liss). Lea competed as part of a team with Newton Baker. They won their age category, 60-79, and a Lundh for Two.

A special thanks to Onion River Sports for donating our top prize of a pair of Saucony Echoes to the male and female comprising the fastest overall team: Merrill Cray 39:09 and Bryan Liss 33:03. Onion River donated other prizes as well for which we thank them. Other contributors deserving our thanks and patronage include:

Central Vermont Hospital, Wedgewood, Coca Cola of Barre, Whole Donut, Angelino's Pizza, Henry's Sub Shoppe, Dunkin Donuts of Barre, Walker Motors, First Impressions, Milker Sports, Ellie's Farm Market, Out to Lunch/Ron's Store, The Country Store. If you think of it while in any of these establishments, do say thank you on behalf of CVR. They have all received thank you cards but it is always wonderful to show our appreciation.

Thanks are also due to Tony DiMauro, Jeff Shutak, Zoe and Fred Erdman, Jane, Jeff and Steve Banks, Constable Don McCormick, John Valentine, David Ellerson, Bob Murphy, Norm Robinson, Larry Miller and John Peterson for working the race. You folks may have me hooked to do this again next year. Thanks again.

We had 56 finishers. Everyone had a super time. I hope to double the crowd next year and increase the types and numbers of couples awards.

Aloha Dot
Race Director

DEAR CVR/WEDGEWOOD CORPORATE MEMBERS: EFFECTIVE OCTOBER 1, 1986, THERE WILL BE A SMALL INCREASE IN MEMBERSHIP DUES. CHECK WITH DOT IF YOU DON'T KNOW WHAT YOUR NEW MONTHLY DUES ARE. REMEMBER TO MAKE CHECKS OUT TO CVR AND GET THEM TO DOT A WEEK BEFORE MONTHS END. PLEASE NOTIFY HER OF ANY CHANGES, ie : ADDRESS, PHONE OR MEMBERSHIP. THANKS.

IF YOU WISH TO SUBMIT ANYTHING TO OUR NEWSLETTER (WHICH THE EDITOR WOULD BE ENTIRELY GRATEFUL) PLEASE HAVE IT SENT TO MERILL ON THE FIRST OF EACH MONTH. THANKS.

WHAT IS A OSTEOPATH OR WHAT I DO FOR WORK - By John Peterson:

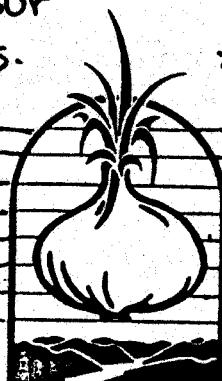
A moment of silence please.....

You hoo, where are you John? I know you're out there

Central Vermont's
complete running shop
with
clothing & footwear
from
Bill Rogers ~ Dolphin
New Balance ~ Nike
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"FISH" MILLER VICTORIOUS

Sherry "Fish" Miller swam and ran to her fourth consecutive 1st place age group finish at the Burlington Parks Biathlon. Sherry swam the 1/3 mile in water swelling to six feet at temperatures below 68 degrees with wind factor well below that and ran the 2.7 mile tip-your-head-against-the-wind course in 30: . And it was cold. Sherry followed all this up with another mile swim through crashing surf back in cold Lake Champlain, coaching Aloha Dot. The two crazies ended up chattering their orders for hot tea, hot cocoa and hot soup in the nearest greasy spoon. But the workout was great!

ALOHA DOT HEADS TO HAWAII

Our newsletter editor, Merrill Cray-Z, asked me to blow my horn a little and write an article about the Steelman on August 17 and how I became AlohaDot. So, I thought I would just give a brief perspective on how the race was for me and say some things that may just encourage you closet steelpeople reading this to give it a try. You see, I want more company training.

Before I start, I want to tell you about other CVR winners at the Steelman. First, the "Dr. Knows" (one doctor, two consultants in the know) team of Sherry Miller (swimmer), John Peterson (biker) and Geoff Lindemer (runner) won the under-35 group team category award. This is based on the age of the youngest team member. The times were Sherry 32:58 (1 1/4 mile swim), John 2:47:19 (57.6 mile bike, 20.7 mph) and Geoff 1:14:54 (13.1 mile run, 5:43 pace).

Also from CVR, the Waterbury Wavers won the over-35 group team category award. Team members were Moira Hendricks (swim in 34:09), Larry Damon (bike in 2:33:21, 22.5 mph) and John Valentine (run in 1:11:34, 5:28 pace). Both teams won Casio watches for each.

The swim was frigid with the warmest water at the top a cool 68 degrees. Many people were pulled with hypothermic conditions. I was very concerned as I started to shiver just 1/4 mile out. But there were a few warm spots which gave just enough relief to complete the course and get back to shore. With a few wavers off course (hint: study your swim course well beforehand), I managed to come out of the water in 36:59. I was frozen however and it took me a very clumsy, slo 13:07 to make the transition onto my bike.

I had ridden the bike course in the car and was very glad for that. I knew where the hills were and the aid stations. I had calculated when to eat and, most importantly, I knew to conserve for the run. Thanks to Geoff Lindemer, I drove the run course with he and Debi and Chad Couto the night before and knew it was to be the hilliest half marathon course I had ever seen. I actually had a good time on the bike, even a few conversations once the women assured themselves that I was not a contender in their age category. I lost one of my bananas and will always remember the young boy who handed me a peeled banana at an aid station at approx. 40 miles. I was starving and it's exactly what I needed. I finished the bike course in 3:08:24, an 18.3 mph pace. My goal was 18. Biking is my weakest event and a number of women passed me by. But I got them on the run!

I had a speedy transition time of 1:39 into the run thanks to the speed lacing Jane Banks taught me the day before. I then had a memorable run, memorable because I felt strong, light and had fun, even on the hills. I floated past scads of runners and finished in 1:32:44, a 7:05 pace. When I entered the chute I had a smile cracked from ear to ear. Until the last 2 miles I had first place in my age group. But I gave in to a 2nd place finish to finish with a healthy knee. The last 5 miles were steep downhill and it was

(continued)

taking its toll on my recurrent buritis. I knew at that point that I had qualified and placed well. I had more than I ever expected from the race and, best of all, I finished intact and ready to train.

My overall time was 5:32:53. I finished 162nd amongst all entries, individual and team entries. I was 16th woman and 2nd in my age category. The 1st place woman overcame me by 18 seconds. Probably the biggest psych for me was that I came out of the water very close to Beth Nelson's 36:40. Beth went on to win the women's division overall in 4:44:57, more than 45 minutes ahead of me. Phew! She averaged 21.7mph on her bike and ran a 5:52 pace half marathon.

The overall male winner was Lecuadia Souza'II in a time of 4:16:25. He swam in 37:41 (very slow), biked in 25.8mph (impossible) and ran a 5:58 pace. He also has long hair so maybe there's hope for me.

I loved this event. It was challenging and it pulled the best out of me, endurance and the fact that I pace well (some call it cruise control, some laziness). The support was good. The weather held off its worst until I finished. We had a hazy humid morning with some drizzle on the run which gave way to thunder, lightning and downpour just 15 min. after I crossed the line. Unfortunately the weather dampened all the festivities. The band and TV went home. No one could hear the awards and announcements. I stayed to the bitter end for a qualifiers meeting. We were told that we had to confirm on the spot whether or not we would go. If we said no, the offer would move down. They go 8 deep for alternates in the open division, to the 5th finisher in my category. If all say yea, the top 5 in open, the top 3 in age groups 30-44, and then I believe it's top finisher in categories above 45. * I said an instant and absolute YES when my name was called and coveted the qualifying certificate I was handed. My applicatinn was out certified mail the next day. Two days later I had my reservations to fly. *go to Hawaii.

There are many valuable tidbits of advice to enjoying a long distance triathlon. I thank Jane and Murray Banks and Chad Couto for their advises. I thank my husband John Peterson for his wonderful support and the pleasure he shares with me when I do well. I really appreciate him for that. I also thank my masseuse Sally Reina, my swim Coach Sherry Miller, my running partners Mary Labate and Merrill Cray, my bike mates, Larry Miller, Bryan Liss, my sohl mates Newton Baker and Darragh Ellerson, Montpelier's running gurus, and everyone else who has and will continue to be a part of our athletic experience.

ALOHA!!!

Dot Heeling

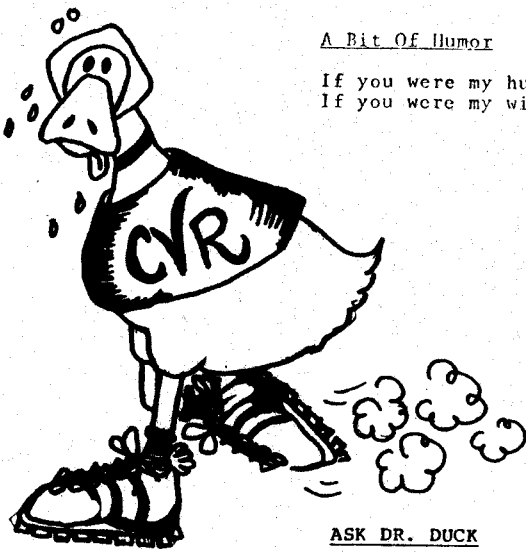
QUERY: Has anyone noticed the fresh markings on the fun run course? How long have they been there? Who did it?



Hi didle didle, I'm watching my middle,
And hope to whittle it soon,
With those good things to eat
I won't master the feat
Till my dish runs away with my spoon.

A Bit Of Humor

If you were my husband, I'd give you poison.
If you were my wife, I'd take it.



ASK DR. DUCK

DEAR DR. DUCK: Every time I run a long run I get blisters. I've tried everything. What can I do? What causes these darn things and what can I do once I get one? HELP! Signed, Mr. Blister.

DEAR MR. BLISTER: First of all, have you tried washing your socks? A good sign that this is in order is that they are great for scrapping the paint off your old house, they stand up by themselves when you step out of them and everyone leaves the room when you do. If this is not the case, you may just be plagued with yuckie feet and bags should by worn over them anytime you take them out in public. You don't wear plastic socks, run in the rain(a possibility this summer), or...heaven forbid...sweat? If so, that could be your problem. These arduous little bubbles are caused by friction on warm moist skin. Do you hang out with alot of frogs, newts or worms? Anyway, these hot spots can cause alot of misery, especially during a race or long run. The cause is when the upper layer of skin separates from the skin below, and the space fills with fluid. The best treatment for an unbroken blister is to wash it gently with soap and water and cover it with a bandage; the fluid will be reabsorbed. But who wants to wait that long? Not me. Most blisters should not be broken, but one on the foot that is continually exposed to friction, should be carefully opened and drained. Wash the skin over the blister thoroughly; sterilize a needle over a flame and bust the little sucker. Gently press the opposite side to force the fluid out; then bandage the blister. Do not remove the skin. If you leave it on, healing will be faster and the chances of infection less. If the skin comes off, wash the area before bandaging it. Watch for signs of infection- tenderness, pus(gross), swelling, red streaks around the blister, swollen glands or fever.

Please direct any questions to Dr. Duck care of CVR Newsletter editor.

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 ___ Leal Peepers Half Marathon

___ Fun Runs (every Tuesday May-October)

___ Newsletter

___ Annual Banquet

Initial membership fee is \$6 (\$1 for subsequent members from the same household). T-shirts — \$8.00.

Send completed Membership Form with initial membership fee to:

Central Vermont Runners
Darragh Ellerson
Upper North St., Box 178
Montpelier, VT 05602

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