

****CENTRAL VERMONT RUNNERS****

NEWSLETTER



VOL. 7

No. 9

OCTOBER
1986



SEPTEMBER MEETING NOTES

There was a small turnout at the September meeting at Norm's house. The most important result was the repeal of the late registration preference to both CVR members and the Christian Fellowship Church (CF). As you may know CVR and CF members did not have to pay the \$1.00 late fee for registration on race day in 1986. Further discussion was held about some form of race benefit to CVR runners but no workable solution was found.

Norm noted that he felt there is some work to be done on the CVR constitution. He will be doing such over the next month or two and changes proposed will be warned to be voted on at a later date. Anyone wanting input should contact Norm at 479-1968.

CVR is also working on an operating budget. Some preliminary work has been done and Geoff Lindner has volunteered his services to put together all the information. Race directors are being asked by Norm to send all information they may have on 1986 races to Geoff as soon as possible. (Tim Neenan has already submitted the 10 Miler report).

While exact figures were not available it was estimated by Darragh that we will end 1986 with over \$600 in the treasury.

The next meeting of CVR will be held at Darragh Ellersen's home on October 20th at 6:30 p.m. on Upper North St., Montpelier. Call 223-2080 for directions. It will be a pot-luck dinner once again.

Starting the Race

It has been said that the person with one watch always knows what time it is, whereas the person with two watches is never sure. Such is the dilemma of the race director who must decide just how many timers to have at the finish line of a road race. The need for a backup watch is seldom questioned. But if one should malfunction, how is the director to know which to believe? The obvious solution to the problem is the reason why you will always find three official stopwatches at any CVR event. If one malfunctions, then the two watches which agree must be correct.

All official timepieces must be at the start, within 10 meters of the starting gun or horn, when they are started. Starting a watch from a distance will always result in the watch's giving times faster than actual. That is because of a delay in starting due to the time it takes sound to travel from the starting gun to the timer. Depending on the distance between the two the lag could be a few tenths of a second to a few seconds. That may not be terribly significant to the majority of runners, but it could mean the difference between a record and no record.

Starting the watches is just part of the race start. The most important part, of course, is starting the runners. TAC Rule 60 requires that all runners be behind the starting line at the time the starting gun is sounded. To avoid false starts, prolonged starting directions should be avoided. Simply say "On your mark" and then fire the starting gun. And to be prepared for the eventuality of a false start in any case, timers should be prepared to start their watches when the first runner breaks, if that happens before the gun goes off. An important thing to remember is that if the runners start ahead of the proper start, any certification for the race is not valid.

The above tidbits are from the TAC Road Race Management and Finish Line Handbook, which should be required reading for all road race directors.

Bob Murphy

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.

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 04108.

* 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

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

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

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 Leddy 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).

* 02NOV86 MIDDLEBURY, VT RUN TO THE RESCUE 5KM & 10KM
 Noon (5km) and 12:05pm (10km). Start at Vermont Sun Fitness Ctr. on 80 Exchange St. \$5 by 27 Oct, \$6 after. Peter Wuerdeman, 802-388-2166

* 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 Leddy 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

Next CVR Meeting to be held at Darragh Ellerson's house. Oct. 20th at 6:30pm. Since we had such a large crowd last time, please let us know if you are coming so we know how many to expect for the FEAST!..... Meeting held afterwards. Call for directions. 223-2080

7TH ANNUAL BERLIN POND COUPLES' RACE
SAT., AUGUST 16, 1986 (6 MILES)
(RESULTS)

1ST OVERALL: ERIC MORSE WATERBURY 30:35 (COURSE RECORD)
1ST WOMAN: LEATRICE HAYER GREENFIELD, MASS. 34:04 (COURSE RECORD)
(FORMERLY OF MONTPELIER)

FASTEST COUPLE: MERILL CRAY MONTPELIER 39:09 } 1:12:11
BRYAN LISS CALAIS 33:03 }

FASTEST MARRIED COUPLE: SUE CHRISTIANSEN MONT. 44:33 } 1:27:11
CHARLES CHRISTIANSEN " 43:18 }

FASTEST PARENT/CHILD: BOB MURPHY BARRE 38:40 } 1:30:11
MAUREEN MURPHY " 52:54 }

FAST SAME AGES COUPLE: ANNIE BISHOP WAITSFIELD 52:48 } 1:05:31
RICH BROWN ALLENTOWN, PA. 52:48 }

FAST MARRIED SAME AGES: JESSICA CHAPLIN 1:40:01 } 2:13:49
MARK CHAPLIN MONTPELIER 33:48 }

FASTEST OUT OF STATE: PENELOPE CHATTERTON E. DEERFIELD MASS. 53:11 } 1:03:21
LYNNE HANS SPRINGFIELD MA. 50:13 }

INDIVIDUAL MALE 0-13: BOSWELL WING WATERBURY CT. 45:38
INDIVIDUAL MALE 14-29: 1. ERIC MORSE WATERBURY 30:35
2. TODD BOONSTRA E. THETFORD 31:55
3. WIN WHITCOMB FRAMINGHAM, MA. 35:15
4. STEVEN TOSI E. MONTPELIER 36:43
5. DAN MYERS WAITSFIELD 38:02
6. SHANE SANDRETTO 40:09

COUPLES 60-79 CONTINUED:

4.	MAUREEN MURPHY	BATZRE	52:54	} 1:31:34
	BOB MURPHY	"	38:40	
5.	DIANE BRIGHAM	MONTPELIER	50:47	} 1:34:24
	CHARLES LOVELETTE	"	44:07	
6.	BETH MCMAHON	STOWE	47:17	} 1:34:35
	MARVIN MORIARTY	"	47:18	
7.	JENNIFER WOLFE	BERLIN	50:30	} 1:42:53
	PHILIP WOLFE	"	52:23	
8.	ANNIE BISHOP	WAITSFIELD	52:48	} 1:45:36
	RICH BROWN	ALLENTOWN, PA	52:48	
9.	JESSICA CHAPLIN	MONTPELIER	1:40:01	} 2:13:44
	MARK CHAPLIN	"	33:48	

COUPLES COMBINED AGES 80-99: [TOP MARRIED COUPLE]

	SUE CHRISTIANSEN	MONTPELIER	44:33	} 1:17:51
	CHARLES CHRISTIANSEN	"	43:18	
1.	ROSE MARIE KINNEY	MORRISVILLE	46:33	} 1:28:48
	ROD DAVIS	"	42:15	
2.	LARRY MILLER	MONTPELIER	45:54	} 1:29:57
	DONNA KENNEDY	WESTFIELD	44:03	
3.	ELIZABETH MEIKLE	JOHN E. CALAIS	47:27	} 1:30:25
	RUSSELL POULIN	PLAINFIELD	42:58	
4.	SALLY CABEL	MONTPELIER	53:10	} 1:36:35
	VINCE FEENEY	WINOOSKI	43:25	
5.	PENELOPE CHATTERTON	E. DEERFIELD MASS.	53:11	} 1:43:24
	LYNNE HANS	SPRINGFIELD MASS.	50:13	

COUPLE COMBINED AGE 100+ :

	DARRAGH ELLERSON	MONT.	46:16	} 1:29:42
	BOB MERCIER	"	43:26	

INDIVIDUAL MALE 30-39:

1.	TIM NOONAN	MONTPELIER	35:39
2.	GLENN GERSHANECK	"	38:02
3.	BOB BORTREE	STOWE	41:02
4.	ED BUCHANAN	MONTPELIER	41:21
5.	CRAIG LINE	WORCESTER	41:45
6.	BRUCE JOHNSON	MIDDLEBURY	46:42

INDIVIDUAL MALE 40-49: LEE BLODGETT ESSEX JUNCTION 52:05
INDIVIDUAL MALE 50+: 1. DON LYONS MONTPELIER 47:42
2. ALAN C. ROGERS BARRE 52:10
INDIVIDUAL FEMALE 30-39: 1. PAMELA COLE HYDE PARK 46:10
2. PAM PURCHASE MONTPELIER 50:46

COUPLES COMBINED AGES 28-39: LYNNE WELLS E. CALAIS 49:56 }
GREG TOSI E. MONTPELIER 42:48 } 1:32:04

COUPLES COMBINED AGES 40-59: 1. LOUISE PLANTE JOHNSON 41:35 }
JOHN FISH STOWE 32:35 } 1:14:10

COUPLES COMBINED AGES 60-79: [OVERALL WINNERS]

MERRILL CRAY MONTPELIER 39:09 }
BRYAN LISS CALAIS 33:03 } 1:12:12

1. LEATRICE HAYER GREENFIELD MASS. 34:04 }
NEWTON BAKER MONTPELIER 40:37 } 1:14:41

2. MARY KEHOE MONTPELIER 43:45 }
BILL DYSART BURLINGTON 35:07 } 1:18:55

3. SHERRY MILLER MONTPELIER 45:31 }
JOHN MALLERY II 42:54 } 1:28:25

MILLER SPORTS

*A Fine Selection of Shoes
for the Demanding Runner*

TIGER

NEW BALANCE
REEBOK

BROOKS

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

Running

An Important Safety Note about Running

In this chapter, I can give you only a cursory overview of running, which is without question the most difficult and complex form of exercise, as is evidenced by the fact that it is the subject of numerous lengthy books costing upward of \$14.95. Unfortunately, many members of the general public still labor under the dangerous misconception that running is simply a matter of getting out and running. So before you attempt to do any actual running, I strongly urge you to read a minimum of several books on the subject and to take lessons from a trained running instructor. I also cannot overemphasize the importance of spending large sums of money.

What Kind of Person Should Take Up Running, and What Will Happen to This Person's Knees

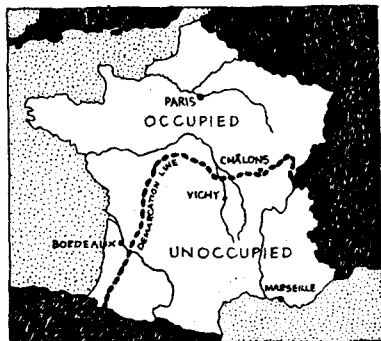
Running is the ideal form of exercise for people who sincerely wish to become mid-

dle-class urban professionals. Whereas the lower classes don't run except when their kerosene heaters explode, today's upwardly mobile urban professionals feel that running keeps them in the peak form they must be in if they are to handle the responsibilities of their chosen urban professions, which include reading things, signing things, talking on the telephone, and in cases of extreme upward mobility, going to lunch.

That's why at the end of the working day, when the lower classes have passed out face-down in the Cheez Whiz, you can drive down the streets of any middle-class neighborhood in America and see dozens of professionals out running with determined facial grimaces, burning off calories, improving the efficiency of their cardiovascular systems, increasing their muscle flexibility, and ultimately staggering off into the bushes to die. Even as you read these words, thousands of designer-sportswear-clad bodies are rotting in the bushes of suburban America, and the only reason you don't hear more about it is that the next of kin generally don't report the disappearances, because they are quite frankly pleased that they no longer have to listen to the runner blather

on and on about his or her cardiovascular development.

Of course, not all runners die in the bushes. Many fail to make it that far, because of knee injuries. To understand why, let's look at this anatomical diagram of the interior of the human knee.



What we can learn from this diagram is that, although from the outside your knee feels like a croquet ball inserted in the middle of your leg, it is in fact a complex organ consisting of bone, muscle, thong, and mucilage, bounded on the west by Spain. The knee provides adequate support for everyday activities, such as renewing maga-

zine subscriptions or gesturing at cretins in traffic, but it is not designed to withstand the strain placed on it by running, where each time the runner's foot hits the pavement, the knee is subjected to 650,000 kilocycles of torque, and even more if the runner has been dropped from a helicopter. This is why it is so very important to choose the right running shoe.

Choosing the Right Running Shoe

Time was, of course, when there were no running shoes, only "sneakers," which were bulky objects that cost \$12 and said "U.S. Keds" on the side and had essentially the same size, weight, and styling characteristics as snow tires. But today's topflight running shoe is a triumph of sophisticated, computer-designed, laser-augmented, fully integrated, infrared, user-friendly technology and space-age materials, packed with dozens of medically proven health and safety features, and all combined into a small and lightweight unit that, surprisingly, costs no more than a black-market infant. Let's take a peek inside a typical running shoe and see how this technological miracle is accomplished.

What to Wear on the Rest of Your Body

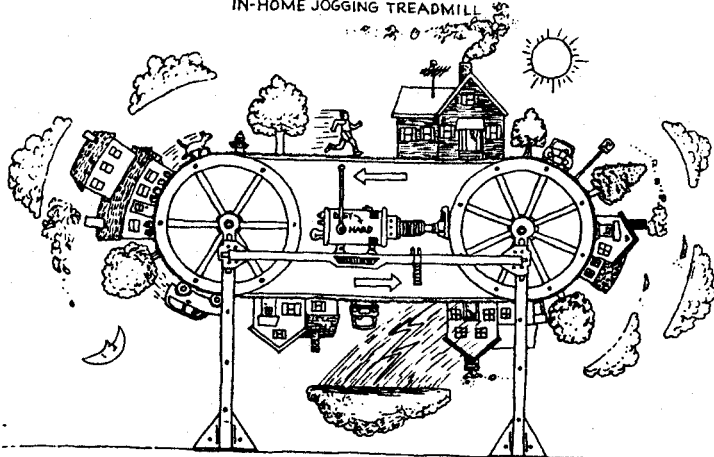
You should, of course, wear a specially designed \$200 Running Garment made from a synthetic material that has a name like the leader of a hostile reptilian alien invasion force in a space movie, such as "Gore-Tex." The beauty of these materials is that they actually "breathe." Really. At night, if you listen very carefully to your closet, you'll

hear your garment in there, breathing and occasionally chuckling softly at some synthetic joke it heard from your dress slacks.

Where to Run

One good place to run is in the Olympic marathon, because (a) you have to do it only once every four years, and (b) you have an armed motorcycle escort, so if people try to thrust liquids and fruits at you, which is a

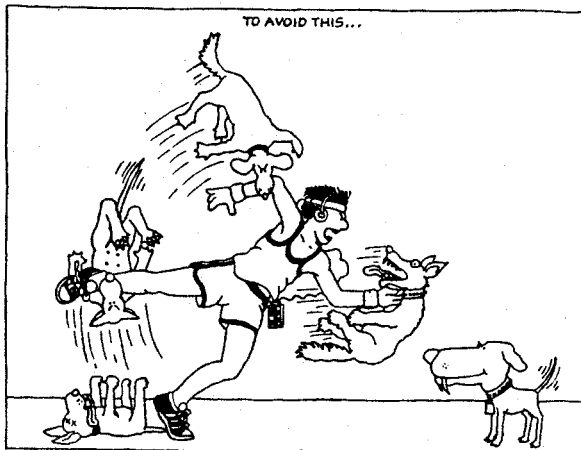
IN-HOME JOGGING TREADMILL



common problem in marathons, you can order your escort to fire a few warning rounds into their chests. The big drawback with running in the marathon, however, is that you have to consort with a bunch of sunken-eyed running wimps, some of whom are not even United States citizens.

This is why many people prefer to run, unescorted, on the streets of their own neighborhoods. The big problem here is

dogs, which will view you as an intruder and may attack you, especially if they can smell fear on your body. This is why the wise runner carries a small spray can of a chemical originally designed for use by mail carriers. If a dog attacks, you simply spray this chemical into your nose, and within seconds you don't feel any fear of any damn dog. Be careful that you don't stare directly into the sun.



USE THIS...



ABEBE BIKILA MODEL STATIC-BALANCE "ROCKET THUNDERSQUAT" 3000-XT RUNNING SHOE
(INTERIOR VIEW) (SIZE 9-D) (ALSO COMES IN BEIGE)



KEY:

- 1. MAIN STABILIZERS
- 2. STRESS AVERTERS
- 3. MAIN DESTABILIZERS

- 4. AFT MONTAGE SPLINE
- 5. TORQUE SUBVERTERS
- 6. ENCROACHMENT VALVES

- 7. PIGLET'S HOUSE
- 8. MODEM
- 9. WENCH INVERTERS

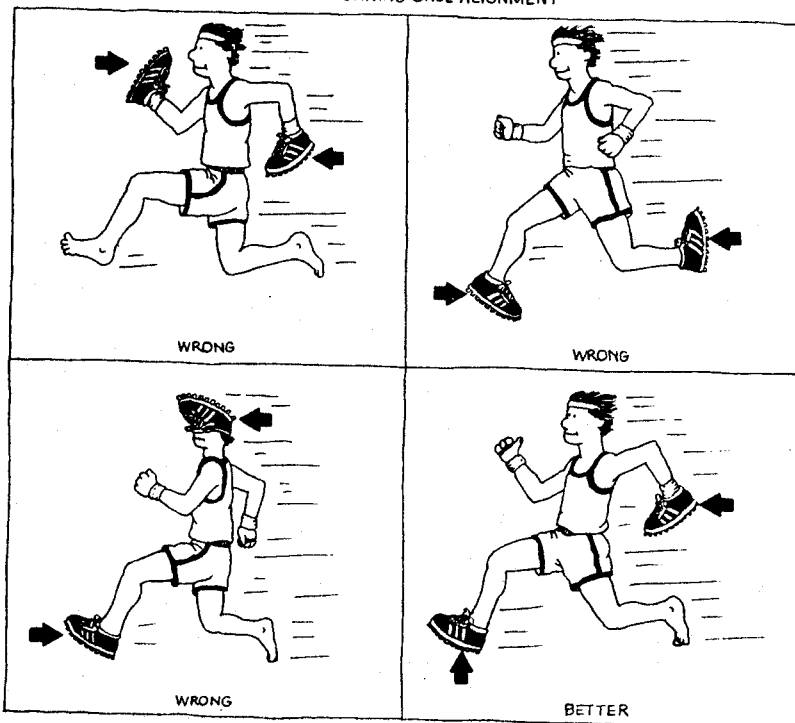
- 10. STAFF LOUNGE
- 11. NOT SHOWN
- 12. NOT SHOWN, EITHER

Choosing the Left Running Shoe




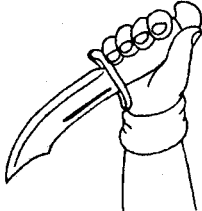


Most running experts and bankers recommend that you wait until you've completely paid for the right running shoe, including

insurance, before you plunge in and buy the left. When you do, I urge you to shop around for a shoe that is as similar as possible to the other one, except insofar as which foot it goes on. This is assuming that you intend to wear both shoes simultaneously.

PROPER RUNNING SHOE ALIGNMENT



INTERNATIONAL HAND SIGNALS FOR RUNNERS PASSING EACH OTHER ON THE STREET

HELLO	MY AORTA HAS RUPTURED	COME BACK, I AM NOT FINISHED
		
I HAVE A KNIFE	I HAVE A SANDWICH	I HAVE JUST VAPORIZED A DOG
		

ARCHIE POST 5 MILER

In my years of running races, I have found the one thing sure to destroy the pleasure of racing is a poorly-organized race - inaccurately measured course, inaccurate splits, inadequate water stops, poor directions, etc. I have had my share of such experiences and now usually go out of my way to avoid repeating them. Two factors which make me confident a race is going to be well-run are a lengthy race history and a running club organizing the race.

Both factors are present in the Archie Post 5 Miler, held on September 13 in Burlington. The race is one of the oldest in Vermont, this year being the 14th annual race, and is organized by the Green Mountain Athletic Association. I found this year's race to be a well-run, low key event. It is a point to point course, starting on a side street to Spear Street. The last 4 1/2 miles of the course are run on Spear Street, with the finish at UVM's Gutterson Fieldhouse. Buses transport the runners from the fieldhouse to the start. The race went smoothly. Every mile was marked, traffic was not a problem and it was difficult to get lost running in a straight line. The weather was cool and crisp, so the absence of water stops was not a factor. I used the race as a tuneup for the Montreal Marathon and was satisfied with my time of 28:31 (almost four minutes behind Eric Morse's winning time of 24:41).

The number of runners (approximately 75) was somewhat lower than past years. I was struck by the fact that I was the only CVR participant (I think). I would recommend this race to CVR members for next year. One note of caution- this race is not for you if the thought of hills makes you nauseous. The first 3 1/2 miles are flat or downhill, but the last 1 1/2 miles are uphill.

Tim Noonan

LEAFPEEPERS HALF MARATHON
WATERBURY, VT 13.109375MI 5 OCTOBER 1986

OVER- ALL PLACE	AGE GROUP PLACE	TIME	NAME	ADDRESS	CLUB	PACE PER MILE
FEMALE 0 TO 18						
118	1	1:36:58	KARA MERRILL	BURLINGTON	VT	7:24
FEMALE 19 TO 29						
37	1	1:24:59	KATHA JENKINS	NEWPORT	RI	6:29
47	2	1:26:54	MIM NELSON	SOMERVILLE	MA	6:38
53	3	1:27:55	CARLIE GEER	BURLINGTON	VT	6:42
66	4	1:30:18	ANN C. GREENAN	SHELburne	VT	6:53
82	5	1:31:59	LIZ DESCOGNETS	BELMONT	MA	7: 1
103	6	1:35:14	MARY P. KEHOE	MONTPELIER	VT	7:16
123	7	1:37:54	TINA BAYKO	ARLINGTON	MA	7:28
130	8	1:38:19	CINDY NELLIGAN	ESSEX JUNCTION	VT	7:30
138	9	1:39:05	BARBARA J. BURROUGHS	ESSEX JUNCTION	VT	7:33
144	10	1:40:06	KAREN A. FAHEY	SOUTH BOSTON	MA	7:38
147	11	1:40:29	EMILY J. FERRIS	BURLINGTON	VT	7:40
157	12	1:42:24	MARIA SHORT	CAMBRIDGE	VT	7:49
167	13	1:43:35	KAY PAINTER	WINDOOSKI	VT	7:54
173	14	1:44:26	MARY WARREN	TINTON FALLS	NJ	7:58
177	15	1:45:05	JENNIFER JAHNKE	MONTPELIER	VT	8: 1
199	16	1:49:10	KAREN WEAVER	COLCHESTER	VT	8:20
211	17	1:52:18	JULIA FORGUE	WEST LEBANON	NH	8:34
217	18	1:53:50	ROSEANNE CRAFT	SOUTH BURLINGTON	VT	8:41
220	19	1:55:46	JENNIFER BABIN	MIDDLEBURY	VT	8:50
221	20	1:55:46	ANNE DESJARDINS	MIDDLEBURY	VT	8:50
224	21	1:56:01	SALLY A. FILKINS	BARTON	VT	8:51
226	22	1:56:40	JEAN KISSNER	UNDERHILL	VT	8:54
230	23	1:58:35	THERESE TAYLOR	BURLINGTON	VT	9: 3
238	24	2:04:58	KIM L. RICHARDS	ESSEX JUNCTION	VT	9:32
245	25	2:12:39	BECKY DUBE	MONTPELIER	VT	10: 7
FEMALE 30 TO 39						
28	1	1:23:03	PATTI CATALANO	PERU	VT	6:20
44	2	1:26:14	MERRILL K. CRAY	MONTPELIER	VT	6:35
84	3	1:32:32	DOT HELLING	MONTPELIER	VT	7: 4
99	4	1:34:45	SUSAN R. JONES	JERICHO	VT	7:14
102	5	1:34:55	MOIRA DURNIN	STOWE	VT	7:14
107	6	1:35:35	CLAUDIA A. SULLIVAN	JERICHO	VT	7:17
110	7	1:35:44	ZOE P. ERDMAN	MONTPELIER	VT	7:18
149	8	1:41:15	MARTHA ANDERSEN	HUNTINGTON	VT	7:43
185	9	1:46:35	CAROL LOU BLATTSPIELER	SOUTH BURLINGTON	VT	8: 8
188	10	1:47:01	LOUISE MCCARREN	CHARLOTTE	VT	8:10
192	11	1:47:24	BRIGITTE EDQUID	WINDOOSKI	VT	8:12
196	12	1:48:36	LISA RUSKIN	SOUTH BURLINGTON	VT	8:17
200	13	1:49:13	ROLLANDE RAINVILLE	BURLINGTON	VT	8:20
204	14	1:50:42	TERESA KEEGAN	COLCHESTER	VT	8:27
214	15	1:52:50	KARIN MATTSON	EAST CALAIS	VT	8:36
218	16	1:54:04	HELEN BELL	WATERBURY	VT	8:42
235	17	2:02:33	ANITA BAGLEY TESCHEK	NEWPORT	NH	9:21
243	18	2:12:05	LYNN VENTURA	WATERBURY	VT	10: 5
244	19	2:12:18	LUCI STRABLOW	WILLISTON	VT	10: 6
253	20	2:34:29	REBECCA O'MEARA	WEST TOPSHAM	VT	11:47
254	21	2:46:07	KATHY O'MEARA	WEST TOPSHAM	VT	12:40

FEMALE 40 TO 99

73	1	1:30:40	DIANNE WALTHERS	NORTHFIELD	VT	6:55
117	2	1:36:52	JANE WILLIAMS	ENOSBURG FALLS	VT	7:23
128	3	1:38:14	CAROLYN SUNDERMAN	FARMINGTON	CT	7:30
131	4	1:38:19	SUE CHRISTIANSEN	MONTPELIER	VT	7:30
155	5	1:42:02	ROSEMARY RUSIN	FLORENCE	VT	7:47
183	6	1:46:19	TERI M. SCATCHARD	JERICO	VT	8: 7
184	7	1:46:24	PATRICIA HEYER	MADISON	NJ	8: 7
186	8	1:46:39	KRISTINA CADY	PITTSFORD	VT	8: 8
194	9	1:47:56	ROSE MARIE KINNEY	MORRISVILLE	VT	8:14
195	10	1:48:27	VALERIE SMITH	EAST PATCHOGUE	NY	8:16
216	11	1:53:35	MARY DOUGHTY	MADISON	NJ	8:40
225	12	1:56:27	PATRICIA CONNELLY	FAIRFAX	VT	8:53
237	13	2:04:39	CAROL JEAN SUITOR	NEWTON	MA	9:31
242	14	2:09:48	DOLORES LUBER	STOWE	VT	9:54
250	15	2:20:15	ANN HALLOWELL	BURLINGTON	VT	10:42
251	16	2:20:27	JOANNE BARTHMAN	EAST ISLIP	NY	10:43

FEMALE 50 TO 99

158	1	1:42:26	DARRAGH ELLERSON	MONTPELIER	VT	7:49
239	2	2:05:08	MARILYN WILSON	MONTPELIER	VT	9:33
246	3	2:14:07	RUTH PAINTER	WILLISTON	VT	10:14
247	4	2:14:50	BRIDGET NOONAN	SHELburne	VT	10:17

MALE 0 TO 18

49	1	1:27:17	BRYAN SHANLEY	MORRISVILLE	VT	6:39
63	2	1:29:50	ROSAIRE BUSHEY	ST. ALBANS	VT	6:51

MALE 19 TO 29

1	1	1:09:28	ERIC MORSE	WATERBURY	VT	5:18
4	2	1:12:11	KEVIN LARUE	WEST CONCORD	MA	5:30
6	3	1:14:04	KEVIN B. MANGHAN	NORTH ADAMS	MA	5:39
7	4	1:14:32	JOHN ANTHONY FISH	STOWE	VT	5:41
19	5	1:20:17	MONT GLENN PAPPAS	BURLINGTON	VT	6: 7
20	6	1:20:27	DOUGLAS F. POWELL	MIDDLEBURY	VT	6: 8
29	7	1:23:07	TERRY DECARR	SWANTON	VT	6:20
42	8	1:25:58	RUSSELL HALPERN	BURLINGTON	VT	6:33
43	9	1:26:10	JOHN MARK ROCKLIN	BURLINGTON	VT	6:34
45	10	1:26:42	ED MANNA	WATERBURY	VT	6:37
55	11	1:28:26	GERRY J. MIRABILE	HALLOWELL	ME	6:45
68	12	1:30:20	SEAN LAUGHLIN	BURLINGTON	VT	6:53
70	13	1:30:31	RON WARREN	ESSEX JUNCTION	VT	6:54
77	14	1:31:17	GLENN T. REED	CONCORD	NH	6:58
89	15	1:33:32	KIRK WORTHMAN	BELMONT	MA	7: 8
93	16	1:34:17	GORDON WEBB	BURLINGTON	VT	7:12
95	17	1:34:31	SCOTT E. SANBORN	BARRE	VT	7:13
109	18	1:35:40	ALAN MIHAN	COLCHESTER	VT	7:18
129	19	1:38:17	GREG HAMEL	HUDSON	NH	7:30
145	20	1:40:19	MARK ALLEGRETTO	WINOOSKI	VT	7:39
161	21	1:42:37	MIKE COMISKY	GANSEVOORT	NY	7:50

135	54	1:38:37	ROBIN MIX	TUNBRIDGE	VT	7:31
137	55	1:38:55	DOUG MACLEAN	NEWTON	MA	7:33
143	56	1:40:05	WILLIAM J. ROWE	BURLINGTON	VT	7:38
148	57	1:41:12	CARTER S. SMITH	WILLISTON	VT	7:43
152	58	1:41:40	NORM ROBINSON	BARRE	VT	7:45
153	59	1:41:41	BOB HOWE	WILLIAMSTOWN	VT	7:45
163	60	1:42:52	EDWARD MCGRATH	WINOOSKI	VT	7:51
164	61	1:43:09	BRUCE C. KAVANAUGH	ST. ALBANS	VT	7:52
165	62	1:43:10	CHRIS BEANE	BALLSTON SPA	NY	7:52
166	63	1:43:29	TONY FERNANDEZ	SOUTH BURLINGTON	VT	7:54
168	64	1:44:12	MAURICE J. MILLER	ST. ALBANS	VT	7:57
178	65	1:45:16	NICK FARRELL	WINOOSKI	VT	8: 2
182	66	1:46:01	EDWARD P. FREEMAN	RANDOLPH	VT	8: 5
187	67	1:46:40	LESTER MURRAY	RANDOLPH	VT	8: 8
189	68	1:47:14	PHILLIP W. TERRILL	ESSEX JUNCTION	VT	8:11
198	69	1:49:09	BOB COWIE	JERICO	VT	8:20
203	70	1:50:11	BRUCE JOHNSON	MIDDLEBURY	VT	8:24
210	71	1:52:17	EDWARD SORRELL	WATERBURY	VT	8:34
212	72	1:52:26	RON WALLIS	FREETPORT	NY	8:35

215	73	1:53:08	JOE CHURCH	MIDDLEBURY	VT	8:38
233	74	1:58:47	DAVID J. WHEEL	COLCHESTER	VT	9: 4
236	75	2:03:24	SIDNEY P. FLANDERS	WATERBURY	VT	9:25
241	76	2:09:04	STEPHEN TURNBULL	NORTHFIELD	VT	9:51
205	22	1:51:07	CHRIS L. HOYT	NEWPORT BEACH	CA	8:29
229	23	1:58:07	ROBERT W. FOGG	MANCHESTER	NH	9: 1
234	24	2:00:43	CHRIS LONG	SOUTH BURLINGTON	VT	9:13
249	25	2:18:12	DANIEL DUDA	MANCHESTER	NH	10:33

MALE 30 TO 39

2	1	1:10:37	CHRIS BALDWIN	BURLINGTON	VT	5:23
3	2	1:11:30	RICHARD WEINSTEIN	NEWTON	MA	5:27
5	3	1:12:45	BILLY O'NEIL	STOWE	VT	5:33
8	4	1:14:51	PASCAL CRAVEDI-CHENG	BURLINGTON	VT	5:43
9	5	1:14:54	RAY KELLETT	BRATTLEBORO	VT	5:43
10	6	1:15:47	JACK FAHEY	BELMONT	MA	5:47
11	7	1:16:00	DEAN BUMSTEAD	WINDOOSKI	VT	5:48
13	8	1:17:53	BILL DYSART	MONTPELIER	VT	5:56
14	9	1:19:09	SUMNER H. WILLIAMS	UNDERHILL CENTER	VT	6: 2
15	10	1:19:38	JOHN VALENTINE	NORTHFIELD	VT	6: 4
16	11	1:19:42	GARY FURLONG	BURLINGTON	VT	6: 5
17	12	1:19:43	TOM FOLTZ	LOWELL	MA	6: 5
18	13	1:19:45	PAUL R. SIMONE	NEWPORT	RI	6: 5
22	14	1:20:59	BRUCE MACLEAN	NEWBURY	VT	6:11
30	15	1:23:16	JOHN TEWHILL	MORRISTOWN	VT	6:21
31	16	1:23:25	SIGH SEARLES	NORTH WOLCOTT	VT	6:22
32	17	1:23:31	PAT HALLIBURTON	GARLAND	TX	6:22
33	18	1:23:42	RALPH SWENSON	SOUTH BURLINGTON	VT	6:23
34	19	1:24:14	ROBERT S. BURKE	WILLISTON	VT	6:26
35	20	1:24:32	GLENN GERSHANECK	MONTPELIER	VT	6:27
38	21	1:25:03	PETER YATES	SOUTH HERO	VT	6:29
39	22	1:25:45	HARRY R. KIRK	WINDOOSKI	VT	6:32
40	23	1:25:53	BILL YOUNG	NORTH HYDE PARK	VT	6:33
41	24	1:25:57	ALAN N. BINNICK	BENNINGTON	VT	6:33
46	25	1:26:47	TIM FRIES	SOUTH BURLINGTON	VT	6:37
48	26	1:27:16	STEVEN H. ROBISON	SOUTH BURLINGTON	VT	6:39
50	27	1:27:24	BOB O'BRIEN	BURLINGTON	VT	6:40
51	28	1:27:29	HOWARD ATHERTON	RICHMOND	VT	6:40
52	29	1:27:37	TERRELL COFFIELD	BENNINGTON	VT	6:41
57	30	1:28:43	GREGORY GERDEL	MONTPELIER	VT	6:46
59	31	1:29:29	STUART A. LIBBY	WARREN	VT	6:50
60	32	1:29:41	DAVID E. SMITH	CHITTENDEN	VT	6:50
61	33	1:29:43	PATRICK PHILLIPS	WAITSFIELD	VT	6:51
62	34	1:29:47	PATRICK BARRY	LINCOLN PARK	NJ	6:51
64	35	1:29:56	DALE L. LANE	JEFFERSONVILLE	VT	6:52
69	36	1:30:23	JOHN F. MCSOLEY	COLCHESTER	VT	6:54
74	37	1:30:56	SCOTT LANCIANO	BURLINGTON	VT	6:56
75	38	1:31:00	STEPHEN SORRELL	FAIRFAX	VT	6:56
78	39	1:31:26	NORM REUSS	SOUTH BURLINGTON	VT	6:58
79	40	1:31:32	WILLIAM W. PENDLEBURY	BURLINGTON	VT	6:59
80	41	1:31:36	CHARLES GRINNELL	BURLINGTON	VT	6:59
81	42	1:31:45	ED BUCHANAN	MONTPELIER	VT	7:00
88	43	1:33:28	BRUNO BRZOZA	LUDLOW	VT	7: 8
96	44	1:34:35	JOE BLATCHFORD	WORCESTER	VT	7:13
106	45	1:35:20	JEAN-GUY POIRIER	WALTHAM	MA	7:16
108	46	1:35:40	DAVID MELLOR	LOWELL	VT	7:18
111	47	1:35:45	DON DRESSER	HUNTINGTON	VT	7:18
113	48	1:36:40	ELDEN N. DUBE	MONTPELIER	VT	7:22
121	49	1:37:37	ROBERT GORDON	UNDERHILL CENTER	VT	7:27
125	50	1:38:07	GUILFORD DUBE	BELMONT	MA	7:29
126	51	1:38:09	GREG VAUTOUR	JEFFERSONVILLE	VT	7:29
133	52	1:38:25	FRED KLINGENBERG	NEW YORK	NY	7:30
134	53	1:38:29	CRAIG SCHARF	GRAND ISLE	VT	7:31

MALE 40 TO 49

12	1	1:17:43	JOHN BRODHEAD	CRAFTSBURY COMMO	VT	5:56
21	2	1:20:50	ZEKE ZUCKER	NEWPORT	RI	6:10
23	3	1:21:21	OLEG RITTER	STOWE	VT	6:12
24	4	1:21:44	BUTCH DUTRA	SOUTH BURLINGTON	VT	6:14
25	5	1:22:05	TOM CROWE	JEFFERSONVILLE	VT	6:16
26	6	1:22:12	EMERY BASSETT JR.	ESSEX	VT	6:16

36	7	1:24:37	SHAMUS DALY	STOWE	VT	6:27
54	8	1:28:01	BRUCE WILSON	BURLINGTON	VT	6:43
56	9	1:28:36	BUD SYMMES	SHELBURNE	VT	6:46
58	10	1:28:46	WILLIAM B. HEISE	BURLINGTON	VT	6:46
67	11	1:30:19	JOHN ELKINS	STOW	MA	6:53
71	12	1:30:35	STEVEN K. INGRAM	NORTHFIELD	VT	6:55
72	13	1:30:37	RICHARD LETSINGER	RICHMOND	VT	6:55
76	14	1:31:07	MICHAEL P. CUSUMANO	WEST GLOVER	VT	6:57
83	15	1:32:13	KEN AUSTIN	SOUTH BURLINGTON	VT	7: 2
86	16	1:33:15	WAYNE P. LONDON	BRATTLEBORO	VT	7: 7
87	17	1:33:17	JIM OVERFIELD	ESSEX JUNCTION	VT	7: 7
91	18	1:34:05	WENDELL CARR	SOUTH BURLINGTON	VT	7:11
94	19	1:34:28	EATON C. ROBERTSON	WINCHESTER	MA	7:12
97	20	1:34:42	RUSTY SACHS	NORWICH	VT	7:13
98	21	1:34:44	JOHN K. BROOKS	KATONAH	NY	7:14
100	22	1:34:51	FRED MOSES	COLCHESTER	VT	7:14
101	23	1:34:54	JOHN EASTON	STOWE	VT	7:14
104	24	1:35:17	MICHAEL SINCLAIR	NORTHFIELD	VT	7:16
105	25	1:35:19	WILLIAM LESCOHIER	CHATHAM	NJ	7:16
113	26	1:36:14	PAUL IPPOLITO	CHESTER	VT	7:20
114	27	1:36:22	DOUG SCHILLER	BEDFORD	NH	7:21
120	28	1:37:28	JOHN J. STARK	BRANDON	VT	7:26
124	29	1:38:01	FRANK SHORT	ST. ALBANS	VT	7:29
127	30	1:38:12	CHARLES CHRISTIANSEN	MONTPELIER	VT	7:29
132	31	1:38:23	CLIFF BARTHMAN	EAST ISLIP	NY	7:30
136	32	1:38:42	ROBERT SMITH	EST PATCHOGUE	NY	7:32
139	33	1:39:18	RON RAE	TOLLAND	CT	7:34
140	34	1:39:28	BERNIE FITZGERALD	BURLINGTON	VT	7:35

141	35	1:39:31	RUSSELL E. POULIN	EAST MONTPELIER	VT	7:35
142	36	1:39:36	BERNARD DENTON	BURLINGTON	VT	7:36
151	37	1:41:36	RICHARD EJMANOWICZ	NEWPORT	VT	7:45
154	38	1:41:58	T. RICHARD SMITH	ELLCOTT CITY	MD	7:47
156	39	1:42:10	STAN CICHANOWSKI	BENNINGTON	VT	7:48
159	40	1:42:36	HUCK GUTMAN	BURLINGTON	VT	7:50
160	41	1:42:37	MIKE BARRETT	ESSEX JUNCTION	VT	7:50
162	42	1:42:48	WILLIAM RUGGLES	IRASBURG	VT	7:51
169	43	1:44:16	RICHARD F. SUITOR	NEWTON	MA	7:57
170	44	1:44:16	ROD DAVIS	MORRISVILLE	VT	7:57
171	45	1:44:22	RICHARD FRIEL	ESSEX JUNCTION	VT	7:58
172	46	1:44:23	RICHARD MORRIS	CHELSEA	VT	7:58
174	47	1:44:32	RICHARD E. BILODEAU	WATERBURY	VT	7:58
176	48	1:45:05	NEWTON B. BAKER	MONTPELIER	VT	8: 1
181	49	1:45:59	GERALD E. FALKENBERG	JEFFERSONVILLE	VT	8: 5
190	50	1:47:23	ALAN HEWSON	BUNDEENA NSW	AUS	8:11
191	51	1:47:24	PAUL KIESLICH	BURLINGTON	VT	8:12
193	52	1:47:33	BRUCE MCDONALD	EAST BARRE	VT	8:12
197	53	1:48:55	ROBERT TESCHEK	NEWPORT	NH	8:18
201	54	1:49:50	RICHARD KATZMAN	WATERBURY	VT	8:23
202	55	1:50:11	RICHARD SHANLEY	MORRISVILLE	VT	8:24
206	56	1:51:22	JOHN R. LOW	ESSEX JUNCTION	VT	8:30
207	57	1:51:32	DENNIS DOWNS	MONTPELIER	VT	8:30
208	58	1:52:00	BOB SHEEHAN	BROCKTON	MA	8:33
209	59	1:52:05	WILLIAM KULES	STOWE	VT	8:33
213	60	1:52:44	STEVE CAND	MONTPELIER	VT	8:36
223	61	1:55:59	WILLIAM H. BRAUN	COLCHESTER	VT	8:51



COFFEE DRINKERS NEED EXTRA CALCIUM

That's what a new study from Washington State University suggests. Scientists there found that caffeine consumption can double the amount of calcium a person loses through urination. The calcium loss was revealed in all but two of 135 volunteers tested in the study. The solution? Take your coffee with milk or some cheese on the side.

MALE 50 TO 59

27	1	1:22:36	GERALD BARNEY
85	2	1:32:49	BILL MORRIS
112	3	1:36:13	TED B. FLANAGAN
116	4	1:36:43	HERBERT B. HUFFMON
119	5	1:37:02	ROBERT MERCIER
122	6	1:37:42	DONALD E. HEYER
146	7	1:40:26	ARMAND CHICOINE
150	8	1:41:22	DAN MURNANE
179	9	1:45:30	SCHUYLER JACKSON
180	10	1:45:51	PAT DAVIS
219	11	1:54:47	LEE BLODGETT
222	12	1:55:46	R. J. NOONAN
227	13	1:56:54	DARRELL DOUGHTY
228	14	1:57:46	HOWARD GOODRICH
231	15	1:58:36	BILL KEOGH
232	16	1:58:41	RUSS KINAMAN
240	17	2:05:27	ALAN C. ROGERS
248	18	2:19:07	PHIL WOLFF
252	19	2:20:27	DAVE PENOYAR

SWANTON	VT	6:18
ALBANY	NY	7: 5
BURLINGTON	VT	7:20
MADISON	NJ	7:23
MONTPELIER	VT	7:24
MADISON	NJ	7:27
SOUTH BURLINGTON	VT	7:40
MONTPELIER	VT	7:44
HUNTINGTON	VT	8: 3
ORLEANS	VT	8: 4
ESSEX JUNCTION	VT	8:45
SHELburnE	VT	8:50
MADISON	NJ	8:55
WINOOSKI	VT	8:59
BURLINGTON	VT	9: 3
ESSEX JUNCTION	VT	9: 3
BARRE	VT	9:34
MONTPELIER	VT	10:32
BROOKHAVEN	NY	10:43

MALE 60 TO 99

65	1	1:30:06	WEB WILLIAMS
90	2	1:33:50	HERB E. SILANDER
92	3	1:34:10	HUGH SHORT
175	4	1:44:59	HAROLD W. LUETJEN

BURLINGTON	VT	6:52
VOLUNTOWN	CT	7: 9
CHITTENDEN	VT	7:11
ROCKVILLE	CT	8: 0

by Wayne London

It all started when Bob yelled "Turn right, Arne" and on the right was only a big open field that stretched to the top of the ridge. So off we went across the field.

It was Sunday, Dec. 30, 1984 and we were about a mile and a half into the weekly club fun run along the back roads of West Brattleboro, Guilford and Marlboro, VT. It was unusually warm for late December — the day before had reached nearly 60 degrees — and the temperature that Sunday was in the high 30s. The roads were mainly mud, as if we had skipped winter and passed directly into mud season.

For me these runs through some of Vermont's most picturesque areas are the running highlight of the week. We follow the back roads, where the leaf peepers and tourists never go.

These runs also bring out the serious runners in our club, the Red Clover Rovers.

At 46 years and 165 pounds, I'm the oldest, the heaviest and the slowest of the group. I call myself the "mature, full-figured runner." I average less than 20 miles per week: four so-called quality miles at the Thursday club fun run at the high school, nine quality miles on Sunday morning and the rest garbage runs during the week between the hospital where I work, my son's nursery school and my daughter's kindergarten. (I do hold the local one-kilometer course record between my

The rut less traveled

son's nursery school and my daughter's kindergarten, but this achievement has been consistently ignored by the club, the running magazines and the Saucony Racing Team.)

It was also not my day. The night before I had indulged in cheese and sherbert, which bring out my latent asthma, and my lungs were tight. My legs also were tight from my first workout on my new stationary bicycle. And I hadn't had my usual pre-run cup of coffee.

We ran across the field, which was

bare of snow and mud. Bob, who grew up in the area, looked across at the next ridge and said: "I don't know why we always stick to the roads. We're in a rut. Why don't we go down through those fields, then across the valley." There, he said, we'd be able to catch a connecting road and get back to his house and our cars.

The bare fields were a relief from the muddy roads, but I wasn't sure that mud season in December was the time to try out a new loop.

The two natives in the group, Arne and Bob, were always planning adventures/diversions from the

standard loop runs. They knew, or thought they knew, all the trails, old logging roads and abandoned dirt roads in the area. I've lived in Vermont for three years but their talk made me feel like a tourist.

Usually the road-less-traveled did exist and we would find an old cellar hole, a duck pond or a beaver dam. I hadn't decided if the successful adventures made up for the times when the trail wasn't there and we ended up bushwhacking through mud, brush and endless ups and downs. Not much fun and not much running.

Apparently the premature thaw had once again stirred the juices of adventure and we were off through the fields that turned into a swamp at the low points. Freedom is getting your shoes soaked early in a run, because then you have nothing left to lose.

On the trail over the next ridge we did discover an old cemetery that was new to the two natives. There were more bare fields at the top. I went over three barbed-wire fences but at the one that required a decisive jump, I crawled under through the mud and the snow, preferring a muddy bottom to tetanus.

The trail down the other side offered many options: slick rocks, slippery leaves, slushy snow, swampy mud or sheets of ice. I was the last one down and, while trying not to fall, I thought wistfully of my favorite last three rolling miles of the usual Sunday loop. There I wouldn't have to worry about my footing. I could crank it up, concentrate on form and do my speedwork. That's not being in a rut, that's a groove.

We found ourselves on a muddy abandoned road and the bare fields that seemed to parallel the road were too inviting to pass up. At the end of the fields we came out on a wide trail that Bob said he had never seen before. This was to be an omen of things to come.

Bob was sure his house and our cars were just over the next ridge so why should we take one muddy road to another and around when a straight line over the ridge would do the trick? Arne, the other native, agreed. Since tourist votes don't

count, off we went on no trail through the forest and through the snow. And me in low-cut socks.

At the top of the ridge 20 minutes later, Bob looked perplexed and said "Gee whiz, I think I forgot about a valley in between and a second ridge." But we were past the point of no return. We headed down the steep ridge. Not much fun and certainly no running. Near the bottom I fell into a foot of snow with my bare legs in my low-cut socks and shorts with the slit up the side.

We made it across the narrow valley and up the next ridge. Part way up the slope Bob declared that the old stone wall underfoot was the back border of his property. This was from a guy who had just forgotten about a massive ridge and a deep valley in his own neck of the woods. I was leery about this particular puny stone wall, which appeared indistinguishable from the other eight we had climbed over.

But Bob knew his stone walls and 10 minutes later we picked up a trail that zig-zagged down the hill.

The first harbinger of civilization was a dog barking — the only time I have ever welcomed that sound on a run. We did end up at Bob's back door. He invited us in for cider but we were already overdue at home and I, for one, had seen enough of his property for one day.

But I am getting to know the back roads. I look forward to a Sunday morning in late March when it's back to the running shorts with the slit up the sides and the low-cut socks. We'll be out on Hinesburg Road at the sign that points up the steep dirt road to Camp Waubanon. Someone will look up that hill and wonder if we can get through on the trail behind Governor's Mountain.

And I'll say: "That would put us out on Ames Hill at the old farmhouse on the loop from South Pond; we'd go left and head down the Brook Road and pick up Hinesburg at the bottom of the long hill at the old blacksmith shop."

The natives will nod and off we'll go. □

Thanks Wayne

NORM'S NOTES

Alot of little things in this month's "notes". First off, I received a letter from our/your V.P., Geoff Lindermer. Among other things Geoff has offered to prepare an operating budget for 1987. If anyone has any input for Geoff I'm sure he would appreciate it. Geoff and I will also be talking about expanding the role of the Vice-President. While Geoff may not have been able to attend our functions as much as he would like I want to publicly thank him for shewing the interest and concern for CVR.

I would like to echo numerous members' praise for our newsletter editor, Merrill Cray has brought life into the position and has done a superb job. It's up to us to not let her down. Contibute! She needs materials by the 25th of the month or so. Good job Merrill!!!!

I have finally found the time to sit down and up-date our roster for RRCA. If you have not been getting the publication "Footnotes" from RRCA you have now been added to their list. I will be working more closely with Darragh to see that new members get added quickly, but you can help by letting me know if you have an address change so that Footnotes can catch up to you.

Get out your '87 calender and mark May 14-17 for the RRCA Convention in Rockville, Maryland. I know it seems like Portland, Maine was just last week but plans are in the works already. I can not express the excitement from Maine that is still expressed by those who attended. I hope CVR can build on its reputation from Maine and have a large group attend in '87.

I hope to set '87's race schedule at the October meeting. I plan to talk with the '86 race directors to confirm their interest or lack of for 1987 but I do know the Capital City Stampede is looking for a director. Let me know if you want to have an idea what it entails. That's all for this month. Good luck, and see you on the roads!!!!!!

Norm

MONTREAL - THE BEST MARATHON AROUND?

This is an unpaid advertisement for the Montreal Marathon. If you are looking for an extremely well-organized marathon which meets all running needs, yet also want to share in the excitement of a big-city marathon, I believe no marathon can surpass Montreal.

This year's race, held on September 28, was no exception. Even the weather cooperated, which thrilled me since I was shooting for a personal best. Those of you who have run Montreal in the past know it can be somewhat warm. Not this year. As we stood on the Jacques Cartier Bridge at the 9:10 a.m. start, it was overcast with the temperature in the low 50's - and it stayed that way the whole race. Perfect marathon weather.

If you have run other marathons and expect similar treatment when you run Montreal, you are in for a pleasant surprise. Its organization is unparalleled. There are not only mile markers, but markings at each kilometer. This was great for me, since my goal was to average 4 minutes a kilometer. There are approximately 20 water stations. Sponges are given runners at 7-8 different points during the race and there are several overhead showers (I've never seen another marathon with sponges and showers). Splits are given every 5 kilometers. There are even marked bathrooms. Spectators line the entire route, encouraging runners with cries of "bravo" and "c'est bon". My CVR singlet brought many comments. Runners are given medallions and packets of fruit and liquids upon finishing. I could go on, but suffice it to say that from start to finish this is the best run of the marathons I have run.

The quality of the organization contributed to my achieving a p.r. - 2:48:17. Of course, a heavy training schedule, an even-paced race and the assistance of my brother (who came all the way from Connecticut) didn't hurt either. Two other CVR members I know of also ran. Although slowed down substantially by a heavy cold, Wade Walker finished in 3:16. Newton Baker "eased" in at 3:26, looking no worse for wear at the finish line.

Tim Noonan

Man, 83, still going strong

AT AGE 83, championship runner Arling Pitcher eats no man's dust.

The amazing retired coach and building contractor holds or has held more than 25 track records for athletes over 80.

He's either outrun or outwitted most of his opponents. An admiring sportswriter says Pitcher "runs so fast not even the record books can keep up with him."

"I have no strong competition," he shrugs. "I just don't get anybody. They've all left me."

"I have to run against younger fellows."

In a meet at New Orleans last May, Pitcher

set five world records and a newspaper headline referred to him as a "living legend."

"I've been called a lot of other things but never that before," he laughs.

Pitcher competes in

by BOB HODGINS

dashes, hurdles, pole vault, high and long jumps, javelin and discus.

At the Senior Classics meet in his hometown of Indianapolis, he ran 100 meters (110 yards) in 16.25

seconds, faster than anybody 81 or older has gone the distance, according to the authoritative book, *Masters Age Records*.

Remarkably, Pitcher led a sedentary life after retirement until he was 78 and friends challenged him to join the field at a track meet they were attending.

He did and took first in the high jump and second in the 200-meter (220-yard) run.

Advice

"I broke the record the first time I ran it, and I was in terrible shape," he recalls.

Driven by his triumphs, Pitcher began working out.

Now he runs and jumps twice daily, after losing 15 pounds and taking a doctor's advice to give up salt, eggs and beer.

"I get a lot of free medical

He holds 25 athletic records for over-80s

having anything physically wrong."

He recalls going to a doctor only twice in his life, once for measles during World War I, again because he stepped on a rusty nail at a construction site.

Dazzle

Pitcher plans to dazzle the 1986 Senior Olympics next January in Australia.

"I'll be ready to take on all comers," he declares, barely breathing hard after a 200-meter training dash.

advice," he notes.

"My competitors are more doctors than any other profession."

But Pitcher mostly credits heredity for his athletic prowess.

"Most of my ancestors lived well into their 90s," he says.

"It all goes back to not

VINEGAR TO PREVENT SWIMMERS' EAR

If you've been swimming all day or have water trapped in your ears, pour vinegar into your ears to prevent a minor but common bacterial infection of the outer ear that can cause an earache. Vinegar is a great way to prevent swimmers' ear caused by water remaining in the ear canal that softens the skin and wax and allows bacteria and fungus to flourish.

Swimming is not the only cause of this problem. Water trapped in the ear from a shower or shampoo can cause the same results.

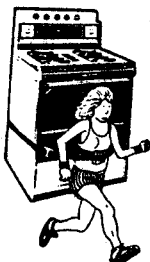
Some physicians recommend adding alcohol to the treatment, following the vinegar, letting both drain after each application.

The ear drum separates the outer ear from the middle ear and seals the passage between the two. Infections of the middle ear are much more serious and can cause hearing loss and affect balance.

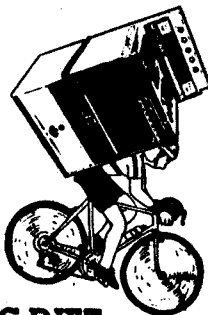


• **DYNAMIC SENIOR** Arling Pitcher takes hurdles in stride and proves age is no obstacle to achievement





THE DAVE BARRY
WEIGHT-LOSS DEVICE
FITS INTO YOUR
ACTIVE LIFE-STYLE



WHAT YOU NEED TO KNOW ABOUT A TRAINING DIET

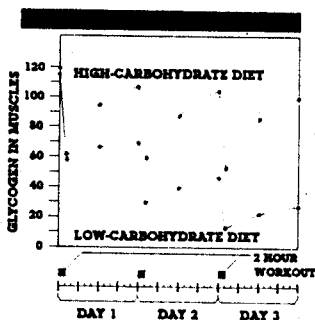
Eat a diet high
in carbohydrate
throughout the season
for energy to train
and to compete.

WHY IS CARBOHYDRATE IMPORTANT FOR PERFORMANCE?

Fatigue is common after hard physical training day-after-day, especially when you work out twice a day. You might blame your exhaustion on a "bad day." But if you are always tired, it might be due to your diet.

When you exercise, you draw on energy stored as carbohydrate in muscles. This energy comes from the foods you have eaten. During a two-hour workout, you can easily use up all your stored carbohydrate. Unless you are eating enough foods high in carbohydrate, the carbohydrate level in your muscles will not be replenished for the next day's training.

The chart below shows the difference in muscle carbohydrate levels between athletes eating a high-carbohydrate diet and the same athletes eating a low-carbohydrate diet.



Suppose you eat a diet low in carbohydrate. After just three days of two-hour workouts, your muscle carbohydrate can be nearly used up. You are a candidate for fatigue. However, on a high-carbohydrate diet after the same workouts, your muscle carbohydrate level can be almost as high as it was before you began training. So you can have the energy to train and compete at your top performance level by eating a diet high in carbohydrate throughout the season.

PLANNING THE TRAINING DIET

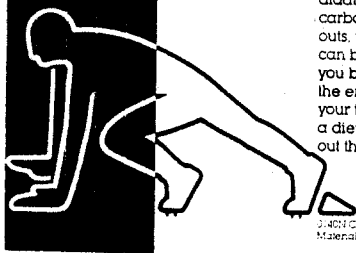
The main difference between the training diet and your normal diet is that the training diet is probably higher in carbohydrate. In particular, the training diet includes more foods from the Grain Group and Fruit-Vegetable Group, which are excellent sources of carbohydrate.

Of course, you still need protein, fat, vitamins, minerals, and water in your diet. You get these nutrients, as well as carbohydrate, by eating a variety of foods from each of the Four Food Groups (Milk, Meat, Fruit-Vegetable, and Grain).

When planning a high-carbohydrate diet, remember:

- Cereals, breads, pasta, muffins, pancakes, rolls, and other grain products are high in carbohydrate.
- All fruits and vegetables are also good sources of carbohydrate.
- Yogurt, milkshakes, milk, cocoa, and ice cream all contain carbohydrate.
- With the exception of dry beans and peas (like refried beans or blackeye peas), foods from the Meat Group are low in carbohydrate.
- Cakes, pies, cookies, soft drinks, and other sugary foods are high in carbohydrate. However, they are low in most other nutrients. Select them only after you've eaten the recommended number of servings from the Four Food Groups.

To get specific training diet recommendations, ask for a copy of the handout **How to Select the Diet for You**. To help you plan your own training diet, use the handout **What You Need to Know about Food**.



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 \$6 (\$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

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

Merill Cray
RD 3, Box 5310
Montpelier
VT 05602