



START 1989 WITH C.V.R.
AND THINK SPRING!



**CENTRAL VERMONT
RUNNERS
NEWSLETTER**

MARCH
1989

VOL. 10 NO. 1



PRESIDENT: Tim Noonan
VICE PRESIDENT: Darragh Ellerson
TREASURER: Norm Robinson
SECRETARY: Merrill Cray
EDITOR: Dana McCarthy





**DO YOU WANT TO KEEP UPDATED
ON UPCOMING AREA RACES?**

**DO YOU WANT RACE RESULTS AND
RUNNERS' ACCOUNTS OF RACES?**

**DO YOU WANT TO RECEIVE A REGULAR
NEWSLETTER CONTAINING THIS INFORMATION
PLUS OTHER RUNNING NEWS AND TIDBITS?**

**DO YOU WANT TO MEET, RUN WITH OR
SOCIALIZE WITH OTHER RUNNERS?**

**DO YOU WANT ALL THESE BENEFITS FOR ONLY
\$8 FOR INDIVIDUALS AND \$10 FOR FAMILIES PER YEAR?**

**IF SO, COMPLETE THE MEMBERSHIP APPLICATION
FORM ON THE BACK OF THIS SHEET
AND JOIN . . .**

CENTRAL VERMONT RUNNERS

CENTRAL VERMONT RUNNERS

MEMBERSHIP APPLICATION

NAME (Please Print) _____
STREET _____ CITY _____
STATE _____ ZIP _____
AGE _____ BIRTH DATE _____ SEX: MALE ___ FEMALE ___
PHONE NO. _____

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

- JUNE - CAPITAL CITY STAMPEDE _____
- JUNE - MONTPELIER TEN MILER _____
- AUGUST - BERLIN POND COUPLES RACE _____
- OCTOBER - LEAF PEEPERS HALF MARATHON _____
- NOVEMBER - JUNIPER HILL 15K _____
- FUN RUNS (EVERY TUESDAY, MAY-OCTOBER) _____

Names, ages and birth dates of additional CVR household members:

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

Annual membership dues are \$8 for individual membership and \$10 for family membership. Enclosed are dues for the following year(s):

1989 1990 1991 1992

Send completed membership form with membership dues to:

CENTRAL VERMONT RUNNERS
Norm Robinson
66 Terrace Street
Montpelier, Vermont 05602

ANNUAL MEETING, DUES, STRAY THOUGHTS

Well, we seemed to survive the Annual Meeting in pretty good shape. Five of the six races which CVR sponsored in 1988 will be held again in 1989. Only the Run For the Health of It 5k will not be held this year. My thanks to Nancy Maloney for agreeing to step forward to direct the Berlin Pond Race, and to JoAnn Fortier for agreeing to help Geoff Lindemer direct the Capital City Stampede. Also, my thanks to the race directors from last year's races who agreed to put themselves through the same trials this year.

Its that time of year again...dues are due. In this newsletter, you will find a CVR membership application form. Please fill it out and send it with your dues to Norm Robinson. Please send in your dues as soon as possible and be sure to fill out the application form. It is very helpful to race directors if you indicate on the form which race or races you are willing to work this year.

For what its worth department...Running experts offer a lot of advice on training, racing, eating, etc. I have found some of the advice helpful, some not so helpful and some bizarre. Two bits of wisdom offered which I have found, through twelve years of running experience, to be on target are the two "10 percent" rules: you should not increase your mileage more than 10 percent from week to week, and you should not spend more than 10 percent of your total running miles racing or doing speedwork. I have discovered that violation of either one of these rules invites injury, fatigue or a strong desire to quit running and take up serious tv watching. Have you found this to be true?

Anyway, I have fallen twice this winter on the ice while running and will sure be glad to run in shorts again.

Tim Noonan

CVR TREASURER'S REPORT 1988

Two major expenses dominated the fiscal year for CVR. Had it not been for those it would have been a very successful year. Those two expenses were: Payment to sponsors of 1986 Capital City Stampede of \$288.45 and the purchase of a second Chronomix Printer-Timer- \$364.00.

Of special note, 1988 was the first year that the club significantly raised dues to \$8.00 per person and \$10.00 per family. This nearly compensated for the expense of the newsletter. Dues fell \$22.96 of newsletter expenses. The club had 87 members register in 1988.

The figures on the accompanying report are for checks written and deposits made in 1988 regardless of the year charged. It should be noted that as of this report the club has \$220.00 worth of checks written that have not been cashed to date. The most significant is one for \$200.00 to Jeanette Lovelette; our female scholarship winner. I will attempt to determine the status as soon as possible.

I must also note an error on my part in the amount of \$28.75. I overpaid the sponsors of the Capital City Stampede because I failed to charge the race sponsors for a mailing made in the spring of race forms. It is with regret that I report this and hope to have the club reimbursed in 1989 should the race be held.

In closing I feel CVR is on sound footing financially as we go into 1989. If anyone has any specific questions on our records please feel free to call me.

Sincerely,

Norm Robinson
Treasurer

CVR TREASURER'S REPORT 1988

	<u>Expense</u>	<u>Income</u>	
Beginning Balance			\$1247.96
ADMINISTRATION			
CVR dues		\$496.00	
TAC dues	\$ 50.00		
RRCA dues	\$ 60.75		
1987 president's expense	\$ 18.00		
Computer work	\$ 70.00		
Net	<u>\$198.75</u>		\$ 297.25
NEWSLETTER			
Printing	\$368.70		
Postage	<u>\$150.25</u>		
Net	<u>\$518.95</u>		(\$ 518.95)
SCHOLARSHIPS			
zerox	\$ 6.24		
scholarships	<u>\$400.00</u>		
Net	<u>\$406.24</u>		(\$406.24)
FUN RUNS			
cups	\$ 3.08		
donations		\$ 67.91	
Net			\$ 64.83
MISC.			
Banquet	\$256.50	\$246.00	
Flowers	33.80		
Stopwatch	364.00		
donation for equip. use		\$ 20.00	
1986 Stampede payment	<u>288.45</u>		
Net	<u>\$942.75</u>	<u>\$266.00</u>	(\$676.75)
U-32 5 Kilometer	\$462.50	\$638.00	\$175.50
Montpelier 10 Miler	\$304.55	\$425.00	\$120.45
Capital City Stampede	\$298.16		
Check to sponsors	** <u>102.59</u>		
	400.75	\$465.00	\$ 64.25
Berlin Pond	\$277.13	\$537.50	\$260.37
Leaf Peepers	\$ 552.94	\$2390.47	\$220.84
Check to sponsors	1616.69		
Juniper Hill	\$ 66.59	\$ 14.00	(\$ 52.59)
Ending Balance			\$796.92

** (treasurer overpaid sponsor by 28.75. This was due to the fact that I didn't charge the race for the early season mailing of race forms. The race should have netted the club \$93.00

CENTRAL VERMONT RUNNERS
ANNUAL MEETING MINUTES
SUNDAY, JANUARY 15, 1989

PRESENT: Beverly & Bob Noland-Cannata, Merrill Cray-2, JoAnn Fortier, Darragh Ellerson, Evan Ellerson, Dotty Helling, Bob Howie Cowie, Nancy (Blondie) Maloney, Dana McCarthy, Bob Murphy, Tim Noonan and Stormin' Norman Robinson.

* **NOTE:** We had the pleasure of a guest visit by Don Dresser from GMAA. Both clubs wish to work more closely together in the future.

VERMONT'S RUNNING DATA CENTER (Bob Murphy): Got all the race results (times & places) from race directors except the 10K in Brattleboro.

MEMBERSHIPS: Merrill suggested that we flag new members when they join and invite them to the next meeting. We should even offer to pick them up.

GMAA (Don): Don said his club would like to get together with CVR for something; possibly the Sub-Ultimate Run(s). CVR members present agreed it would be a positive move for the two clubs to get together to work towards the common goal of running in Vermont and the comradrie...ie. FUN!!

ELECTION TIME FOKES: Like last year, the present officers tried to vacate the room but to no avail...they were all found stuffing their face in the kitchen and were brought back into the living room to face their fate. And as expected, the SAME group were elected(?)/coerced for the same positions.

* **NOTE:** Please take note that all the following people will be out of town during next years CVR's electoral process.

- Tim Noonan: President
- Darragh Ellerson: Vice-President
- Merrill Cray: Secretary
- Norm Robinson: Treasurer
- Dana McCarthy: Newsletter Editor

NEW POST: Public Relations - Nancy Maloney. This newly created position, which Nancy so kindly volunteered to take over (with a little help from her friends and threats of no dessert), was established to help advertise and promote CVR and the sport of running in the central Vermont area. All too often CVR and its members help put together community events without the public's knowledge. This position is also responsible for sending race results and CVR functions into the newspapers. Thanks Nancy.

MEMBERSHIP LIST & MAILING LABELS: Merrill volunteered to take over the membership list (up-dating and labels) but at this writing must withdraw her offer. The girl who used to work in Tim's office is no longer available for the job. Please help us out if you have a computer with the capabilities of printing labels. We need someone desperately who is **ORGANIZED** and willing to take over this important function. As mentioned before, beside up-dating our current membership list (**HAVE YOU SENT IN YOUR COMPLETED MEMBERSHIP FORM AND CHECK?**), we would like to flag all new members so we can call them up and personally invite them to our meetings. If interested, please call Tim Noonan. Thank you.

- * 1989 Membership Goal is 100. Know anyone who might be interested? Send them a membership form!

1989 RACE SCHEDULE

- * **CAPITAL CITY STAMPEDE:** Jeff Lindinmer - June 10
- * **10 MILER:** Tim Noonan - June 24
- * **BERLIN POND COUPLES RACE:** Nancy Maloney - August 5
- * **SUB-ULTIMATE:** Norm Robinson - September 9
- * **LEAF BEEPERS HALF MARATHON:** Darragh Ellerson - October 1
- * **JUNIPER HILL 18K:** Bob Murphy - November 4 (tentative)

NOTE: The proposed Electric City 5K (May) - a race where everyone gets an award based on their time - had to be postponed due to a lack of **NEW** help.

- * A special thanks for the above members who volunteered to be a race director so the rest of us can experience the fun and excitement of frendley competition. How about **YOU** giving it a go sometime - you will find directing a race an rewarding experience.

RACE WALKERS SPEAK OUT: Darragh was contacted by a Ted Rigger who would like CVR to have a formal category for race walkers in our races. All members present agreed we already have enough to do without adding a non-running category to our races. We would support any walkers joining CVR who would care to take on this extra responsibility.

RACE DIRECTORS HANDBOOK: We hope to have a draft for the next meeting. Bob Murphy suggested that a work group get together in February to work on it. Please call Bob if you are interested.

FUN RUNS: Will discuss at the next meeting (March 20th at Tim Noonan's home)...the crew is getting tired and cranky.

DUES: Kept them the same as last year.

RUNNER'S SCHOLARSHIPS: Bob Howe - We missed getting the CVR scholarship announcement in this years "Vermont Student Assistance Program". Scholarships will remain the same as last year.

*** IMPORTANT ANNOUNCEMENT: HELP! HELP!! HELP ME!!! PLEASE HELLLP MEEE!!!!** I need someone to take over my position as Secretary. I am going back to school and will be too busy to do this job justice. For those of you who have wanted to help the club out...here's your chance. It's an easy job that only requires a bit of your time to type out the meeting minutes for the newsletter. If you can help me out, PLEASE call Merrill (223-3501) ASAP. Thank you for your help.

NEXT CVR MEETING: Darragh Ellerson's house. February 20, 1989. Upper North Street, Montpelier. 223 -2080. 6:30 PM - POT-LUCK.



North American Ultra Lists 1988

On the next few pages are lists of the top North American finishers at the standard ultra distances. We combine track, road (certified and uncertified), and trail courses, and include splits when we know them. A "T" after the time denotes a track race, "A" denotes a trail course.

A word of caution on using these lists for comparative purposes: Courses of a given length can vary greatly in difficulty, and sometimes in distance, too! And other factors, such as weather, can significantly influence times.

We were thinking of adding a 12-hour compilation because of the increasing number of 12-hour races. But since we seldom receive 12-hour splits from 24-hour and 100-mile races, such a compilation would not reflect the true state of the event.

Note that only the best time for each runner appears at each distance, so the lists do not reflect consistency.

The lists include all 1987 results that we have received. Please let us know of any corrections or additions, as an addendum will be published in the April issue. Some results are missing; we have been unable to obtain the results of the "Are You Tough Enough 100 Km" and the Quicksilver ultras. If anyone out there has a copy of either, please send them to us.

The table below shows the number of runners making these lists at 50 and 100 km, 50 and 100 miles, and 24 hours, and when began compiling them. The totals for the eight years are: 1370, 1585, 1585, 1826, 1505, 1531, 1554, 1677. One clear trend is increased participation at 100 miles and 24 hours.

	50 km	50 mi	100 km	100 mi	24 hr
1981	180	839	99	185	67
1982	285	852	108	245	95
1983	273	804	140	258	110
1984	312	775	225	342	172
1985	166	739	188	267	145
1986	139	738	220	280	154
1987	172	774	170	286	152
1988	162	777	223	353	162

530. Thomas Koelt	7:57:37
537. Hilby Smith, 44, TN	7:57:49
538. Maurice Monzeur	7:57:57
539. Ralph West, 35, CA	7:58:01
540. Tony Kraft, 26, CA	7:58:09
541. Stefan Scherzke, 31, GA	7:58:09
542. John Clark, 46, CA	7:58:39
543. Bill Holtsch, TX	7:58:40
544. Charles Kozlowski, VA	7:58:40
545. Charlie Knapp	7:58:40
546. Ray	7:58:40
547. David	7:58:40
548. David	7:58:40
549. David	7:58:40
550. David	7:58:40
551. Herndon Spratt, 45, FL	7:59:52

50 Miles

Women	
1. Christine Gibbons, 27, NJ	6:31:35
2. Jan Kreuz, 40, OH	6:37:42
3. Silvia Ardente, 32, MEX	6:44:44
4. Melissa Greer, CA	6:50:44
5. Mary Jane Henning, III	6:53:41
6. Christine Avin, 30, NY	6:56:30
7. Susan Gimbel, 42, CA	7:00:15
8. Catherine Neff, 33, MT	7:04:38
9. Joan Mark, 34, CA	7:09:04
10. Dot Hilling, VT	7:19:16
11. Henrietta Yarbrough, CO	7:19:37
12. Cam Kewell, TN	7:25:56
13. Cora Kintner, 37, CA	7:26:11
14. Claire Sullivan, WA	7:30:11
15. Chris Hart, 35, OH	7:30:46
16. Mary Hammes, 24, TX	7:31:42
17. Bobbie Duon, 41, MT	7:42:09
18. Tracy Achels, 34, CA	7:42:22
19. Lou Heyton, AK	7:43:56
20. Joan Sprick, CA	7:48:12
21. Lynn Goring, 37, ME	7:48:46
22. Barbara Shur, 34, CA	7:49:59
23. Sarah Limer-Juganjan, CA	7:49:59
24. Marjorie Blake, 30, OH	7:51:00
25. Jean Kerr, 26, NY	7:56:00
26. Mary-Jane Sullivan, 39, WA	7:57:09
27. Carolyn Bhowater, 34, MI	7:57:18
28. Mary Weter, CO	7:58:15
29. Nancy Schwam, 35, MA	7:58:39
30. Kathy D'Onofrio, 23, CA	8:00:38
31. Joan Hyde, 41, FL	8:02:40
32. Carol Lallari	8:02:40
33. Nandi Bronka, 36, CO	8:02:40
34. Debra Sauer, 30, OH	8:04:14
35. Mary Ann Miller, 32	8:05:32
36. Cindy Grunt, 36, OH	8:05:37
37. Barbara Alvarez, 45, CA	8:06:36
38. Laura Vaughan, 22, CA	8:08:08
39. Dee McKim, 33, CA	8:08:53
40. Linda Parr, 37, CA	8:13:24
41. Darlene Walker, CA	8:13:24
42. Jberg Auathethen-Smith, CA	8:13:24
43. Nancy Cole, 42, OH	8:14:12
44. Karyn Kujala, 23, CA	8:14:25
45. Linda Sledge, 40, AL	8:15:19
46. Kathy Smith, 24, OH	8:16:16
47. Julie Wynn, CO	8:16:33
48. Nancy Drach, 28, KY	8:20:30
49. Ellen Eitel, 44, FL	8:20:53
50. Karen Ide, 37, CA	8:22:05
51. Jeanne Honore, 42, Guam	8:22:22
52. Sue Christiansen, VT	8:23:12
53. Sherry Hopenstein, 37, MN	8:24:11
54. Shelby Hayden Clifton, NC	8:25:33
55. Ann Whiting, 50, OR	8:26:25

Submitted by Merrill

In addition to the 1988 Ultra info. at the right, there was another Vermonter, Laura Perry, her hometown unknown who was tanked #65. In all there were 225 women listed.

In our next newsletter, Dot says she will report on her preparation for the Western States 100, "during a lousy Vermont winter." The race is June 24.

**** * * * * * * * * * *

Other winter running news...

Mallis Ellerson ran her first marathon this fall at the Mohawk Hudson River Marathon. Her time was 3:49:55 (Wow!). Mom-Darragh says, "She was so psyched, it's not going to be her last marathon!" Just for proof Darragh adds all the Ellerson women are training for the Montreal Marathon at the end of September.

"CENTRAL VERMONT EATERS" CRASH GMAA'S POT-LUCK

Merill CrayZ

It was a dark and stormy night as the three CVR "Refrigerettes" slowly slid into the parking lot of GMAA's Annual club pot-luck. Squeezing out of the little red rabbit, bearing their edible concoctions, Merill Cray, Dot Helling and Nancy Maloney eagerly approached their next feeding assignment with anticipation. They secretly wondered will anyone mind our being here?, will we know anyone?, will any of "them" talk to us?...will there be enough food?

Trying to be fashionably late, the famished females still managed to arrive early to the sparsely attended church hall. All were greeted with a friendly smile and a hello as they placed their provisions among the other goodies. Eyeing the fare before them, they mingled with the other runners eagerly awaiting the "Feeding Frenzy" soon to take place.

The hall was soon a throng of fit bodies and the air was filled with the constant chatter of happy mouths and the aroma of freshly baked bread. All present were either busily stuffing their face as they listened to athletic events of the past or entertaining others with accounts of things to come.

After a wonderful dinner, the horde was entertained by the delightful and humorous Dr. John Bland. In spite of the few children left free to blatantly stampede about the hall (Nancy was able to corral a couple with a few choice words, then sent them to the back of the room), Dr. Bland patiently held the interest of his listeners with accounts of fitness and the ever growing population of "older" Americans.

Dr. Bland started out stating "We're getting harder to Kill!" Last year 179 people over 69 went to the hospital for skate boarding accidents, while countless others were arrested for "outrageous" behavior!. A woman 72 years young won a weight lifting contest for women over 40..."Happy Things are happening out there!"

In the United States, the fastest growing population is the segment over 85 years of age. Think about it.

From a random sample of older people, 94% were independent. Age has no meaning. You don't define people by age but by function. How do they function in society; can they take care of themselves. Dr. Bland goes on to say "It's "cool" to be old these days". In a survey, some of the men voted "Most Sexiest" were Paul Newman (85), Lee Iacocca, Isaac Singer (Jewish composer), George Burns (94) who said, when asked about his sex life, "they don't pay me any more".

In recent lab studies of athletes and aging, it was found that the most un-fit get the fastest results from exercise. Everyone has a ceiling of how much they can improve their VO2 MAX (oxygen carrying capacity), but most don't exercise enough to reach their full potential. 39% were less likely to have a heart attack if they were physically active. Those moderately active, were 24% less likely to have a heart attack than those not physically active.

About death, Dr. Bland had this to say. "Put it off as long as you can, then when you go, do it promptly - don't leak out of life". "There's not much to say about being dead!" Healthy people are more apt to go fast.

FACTORS AFFECTING HEALTH

- * MEDICAL SYSTEM * INDIVIDUAL LIFESTYLE *
- * SOCIAL CONDITIONS * PHYSICAL ENVIRONMENT

MYTHS OF AGING

1. Memory fails: "I have a good memory if I'm being paid for it!"
2. Senile Dementia
3. Physical & Mental Health diminish
4. Will not respond to the Training Effect
5. Physical performance very limited
6. Depression
7. Sexual function lost
8. I.Q Decreases (cannot learn)
9. Unemployment
10. Die of old age

Dr. Bland went on to say that only 3% of men over 65 exercise because they want to - which is way too low.

People can't die of "Old Age" because there is no definition of just what that is. We die of diseases, not old age! If you put a young healthy cross country skier to bed for 20 days, he would age about 30 years! Ouch.

ATHLETIC ADVANTAGES OF BEING OVER 66

- Slow deconditioning
 - * A young athletic will begin the deconditioning process in 1.3 weeks whereas an older athlete will take 12 weeks.
- Will increase strength without increasing size of muscle. (smart muscles, much more efficient in recruiting muscles fibers)
- Faster response to training effects.

5 THINGS YOU NEED IF YOU ARE "OLD"

1. DIGNITY
2. MONEY
3. PROPER MEDICAL SERVICE
4. USEFUL WORK
5. PRIVACY & HUMAN CONTACT

BITS & PIECES

In America, the fear of dying early has been replaced with the fear of living too long.

The biggest mistake of endurance athletes is not resting enough -training beyond reason.

"You don't grow old, you become old when you stop growing.

"Even the weakest among us can be some kind of an athlete - only the strongest survive as spectators"

NOTE: It was a terrific evening and the three enjoyed themselves and look forward to meeting up with the GMAA crew during this summer's athletic events. Dot Helling became CVR's official representative by becoming a member of GMAA's board. Both clubs look forward to a closer relationship in the future. How about a combined Pot-luck?

GMAA RACES SCHEDULED FOR 1989

- JUN 17 CATAMOUNT X-C RUN, 6:00 P.M., CATAMOUNT FAMILY CENTER, WILLISTON, DON DRESSER 434-3811. RETURN WITH US NOW TO THOSE HIGH SCHOOL YEARS, RUNNING AMONG THE ROLLING HILLS - \$3
- JUL 4 ESSEX JUNCTION 5K, 9:00, A.D. LAWTON SCHOOL, BRUCE CUNNINGHAM, 878-3875 - FOR FAMILY FUN ON THE FOURTH, COME AND ENJOY THIS FLAT, FAST COURSE - \$2
- JUL 8 PARTNERS RACE, 8:30, 4.8 MI., JERICHO CENTER GREEN, NANCY & TOM MCCANN 899-4594 - START AND FINISH ON A LOVELY VILLAGE GREEN; A FUN OPPORTUNITY TO RUN AS A TEAM - \$2
- AUG 12 BIKE & TIE/BIATHLON, 9:00, 7 MI/3 MI; 20 MI; 3 MI, GOVERNORS LANE, DAVE JACOBOWITZ 658-6536 - WACKIEST RACE OF THE YEAR! TWO RUNNERS SHARE ONE BIKE. GREAT FUN! HELMETS REQUIRED - ALSO BIATHLON: 20 MILE BIKE RIDE BETWEEN TWO 3 MILE RUNS - GOOD TRIATHLON TRAINING - \$2
- AUG 19 E.K. 10K, 8:30, MOUNT MANSFIELD UNION H.S. IN JERICHO, JIM SLINKMAN, 223-2892 - THIRD ANNUAL RACE IN HONOR OF E.K. MALONE RUN ON ONE OF HIS FAVORITE TRAINING ROUTES - \$3
- SEP 9 22ND ANNUAL ARCHIE POST 5 MILE, 9:00, BRUCE CUNNINGHAM, 878-3875 - DON'T MISS VERMONT'S OLDEST ROAD RACE; A LATE SUMMER CLASSIC - \$4
- SEP 23 NATIONAL LIFE TEN MILE, 9:00, ESSEX ELEMENTARY SCHOOL, BRUCE CUNNINGHAM, 878-3875 - A FAST OUT-AND-BACK CERTIFIED COURSE THAT CHALLENGES BOTH SPEED AND ENDURANCE - \$2
- OCT 7 ROUND CHURCH WOMEN'S RUN, 10:00, 5K & 10K, RICHMOND, ELLEN RAINVILLE 864-9165 - START AND FINISH AT THIS HISTORIC SITE; AIM FOR YOUR P.R. ON THIS EASY COURSE - \$2
- OCT 14 MARATHON, 9:30, FOLSOM SCHOOL, S. HERO, HOWIE ATHERTON, 434-3228 - RUN ON THE SHORES OF LAKE CHAMPLAIN WITH THE COOL AND THE COLOR OF OCTOBER. AN IDEAL MARATHON - \$15
- OCT 21 ARTHUR TUDHOPE MEMORIAL 10K, 11:00, SHELBURNE BEACH, JOHN KOHN, 862-8514 - GMAA'S NEWEST AND FASTEST 10K COURSE - SET A P.R. - \$4
- OCT 28 50 MILER, 7:30; RELAY, 8:30, ESSEX ELEMENTARY SCHOOL, ESSEX CENTER, BILL EVERETT, 879-1687 - 5 X 10 MILES FOR THE RELAY; 50 MILES FOR THOSE SEEKING A NEW DIMENSION IN FATIGUE - \$4
- NOV 24 TURKEY TROT, 11:00, 5K, UVM CUTTERSON, RALPH SWENSON, 864-4952, NEIL STOUT, 862-5872 - ENTRY FEE IS EITHER A FOOD DONATION OR A MINIMUM \$2 CASH DONATION FOR THE BURLINGTON EMERGENCY FOOD SHELF

The **CENTRAL VERMONT GREEN UP PROJECT** has been developed by the sponsors to create a safer, cleaner Central Vermont for all to enjoy.

You Can Help!

3 Major events will occur on Green Up Day Saturday, May 6, 1989:

1. Amnesty Day at Central Vermont Landfill:

They will accept, free of charge, all residential or Green Up collected: Litter, Whitegoods (appliances), Tires, and Engine Oil.

2. The Great Waste Reduction Run: 5K Road Race

A 5K road race for the athlete in all of us will include awards for special categories, prizes, and a commemorative t-shirt.

3. Clean up with Central Vermont Green Up:

Your time and energy is needed to help pick up the trash along our rivers, streams, roadways, and in our parks.

VOLUNTEER TO HELP AND WE WILL:

1. Provide a specific site for you to pick up with in your local community,
2. provide trash bags,
3. and haul the litter to the Central Vermont Landfill.

WE WILL ALSO:

Provide FREE Refreshments

VOLUNTEER BEFORE APRIL 21 TO:

- Order a commemorative t-shirt and
- Qualify for the Central Vermont Green Up Projects RAFFLE

1989 Central Vermont Green Up Project

Schedule of Events

Saturday, May 6, 1989
Central Vermont Landfill
Route 2
Montpelier, Vermont

7am to 5pm **FREE Refreshments** available for **GREEN UP VOLUNTEERS**

Central Vermont Landfill OPEN to accept all residential or Green Up collected: Litter, whitegoods, tires, and engine oil.

FREE OF CHARGE

9am to 10am **REGISTRATION** — The Great Waste Reduction Run

10am **SPECIAL EVENT** — TBA
*Start of the Great Waste Reduction Run.

Registration & Information

To order t-shirts and become eligible for the raffle: Register by APRIL 21!

SIMPLY — complete, detach, and send the registration stub to:

Nancy Johnson, Project Director
Agency of Development & Community Affairs
Pavilion Building
Montpelier, VT 05602

OR CALL: 1-800-932-7100

The 1989 Great Waste Reduction Run

Saturday, May 6, 1989
Central Vermont Landfill
Route 2
Montpelier, Vermont

Registration Form

April 21 deadline for t-shirt orders

Name _____

Phone _____

Address _____

T-Shirt Order
Due April 21

small medium large x-large
circle appropriate size

\$5 each
Make checks payable to
Central Vermont Green Up Project
*Non refundable

Send completed form to:

Nancy Johnson, Project Director
Agency of Development & Community Affairs
Pavilion Building
Montpelier, VT 05602

Bank of Vermont

vermont

C · I · T · Y

marathon

BURLINGTON · MAY 28, 1989

BURLINGTON'S PREMIER MARATHON AND MARATHON RELAY

A Quality Event with that "Made in Vermont" touch!

26.2-MILE COURSE WILL ENCOMPASS

- **the Belt-line** with wonderful views of Mount Mansfield
- **the Bike Path** with majestic scenery of Lake Champlain and the Adirondacks
- **City Streets** for downtown excitement and spectators and
- **Battery Park** for a thrilling finish!

\$5,000 Total Prize Money and Awards to Top Finishers

Plan now for Memorial Day Weekend 1989

SEND A SELF-ADDRESSED STAMPED ENVELOPE FOR
REGISTRATION AND INFORMATION

VERMONT CITY MARATHON

May 28, 1989 8:00 a.m.

P.O. BOX 152 ■ BURLINGTON, VERMONT 05402-0152
(DAYS) (802) 863-1648 (EVES) (802) 434-4131

the
marketplace



TRIPLE X
XtraHits

RACE SCHEDULE

CVR - indicates CVR-sponsored race. If you do not plan to run, your help would be greatly appreciated by the race director and crew.

* - indicates that date is tentative. Check with contact person to ensure that the race is being held on that date.

- MAR 18 **Holyoke Road Race, 10K, 1:00 p.m., Holyoke City Hall, Holyoke, Ma. Mike Tierney, 252 Maple St., Holyoke 01040 (413) 534-3301.**

- MAR 19 **New Bedford/Bank of Boston Half Marathon, 13.1 Miles, New Bedford, Ma., 11:00 a.m. Susan Foster, 69 Forest St., New Bedford, Ma. 02740 (508) 999-2699.**

- APR 9 **MDA Boston Milk Run 10K, Boston, Ma., Simmon's College. Noon. DMSE, Russ Pugh, 430C Salem St., Medford, Ma. 02155. (617) 396-3001.**

- APR 16 **Kaynor's Sap Run, 12:00, 6 miles, King Hill Road, Westford, Chapin 878-6392 & Donna 879-2052 Kaynor.**

- APR 17 **Boston Marathon, Hopkinton to Boston, noon.**

- MAY 6 **Trollheim 5K, 11:00 a.m., Sleepy Hollow Road, Essex Center, Al & Sally Duval, 899-3398.**

- MAY 13 **Rolling Irish Half Marathon, 9:00 a.m., 13.1 Miles, Essex Elementary School, Dave Fields, 878-5710.**

- MAY 18 **State Agency Run & Corporate Cup Challenge, 6:00 p.m., State House, Montpelier.**

- MAY 20 **Spring Women's Run, 10:00 a.m., 3.3 Miles, Williston Central School, Ruth Painter 878-3048 or Jeannette Perry 879-4421.**

- MAY 28 **Vermont City Marathon, Burlington, 8:00 a.m. P.O. Box 152, Burlington, 05402-0152. (Days) 863-1648. (Eves) 434-4131.**

- CVR JUN 10 **Capital City Stampede, 10K, School Street, Montpelier, 9:30 a.m. Geoff Lindemer 253-7835 & JoAnn Fortier 476-4835.**

- CVR JUN 24 **Montpelier 10 Miler, Montpelier High School, 10:00 a.m. Tim Noonan 229-4658.**

RACE SCHEDULE (CONT.)

- CVR AUG 5 Berlin Pond Couples Race, 8K, Nancy Maloney
485-6026.
- CVR OCT 1 Leaf Peepers Half Marathon, Waterbury, Darragh
Ellerson 223-2080 & Jeff Shutak.
- CVR NOV 4 Juniper Hill 15K, Barre. Bob Murphy 476-4328.
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FEBRUARY MEETING MINUTES

Tim Noonan, Darragh Ellerson, Norm Robinson and Bob Murphy met on February 20 at Darragh's house.... Norm indicated that we had \$781.17 in the treasury, after he had paid for the new printer-timer, ALRA dues and TAC dues....It was decided that we would put off doing the Electric City 5K until 1990. Meanwhile, we will work on getting a certified course....It was agreed that we would invite GMAA to participate with us in the Sub-Ultimate Runner this September....We decided that we will not have a volunteers/awards banquet this year. Instead, we plan to have a CVR picnic, preceded by a 5k run, on July 9 at Wrightsville....We agreed to provide our race sponsors with free advertising in our newsletter....Tim distributed a draft he had done of a race director's handbook. Comments were made on the draft, and Tim will put it in final form before the March meeting....Bob discussed his draft of a letter to send to area runners who are not CVR members to recruit them for membership. It was agreed that the draft was well done and that we would mail this out soon.

Tim Noonan

NEXT CVR MEETING

The March CVR meeting will be on March 20 at Tim Noonan's house at 2 Pinewood Road, Montpelier. Call Tim at 229-4658 for directions.

Dana McCarthy
Box 3315 Towne St.
Montpelier, Vt 05602