

CENTRAL VERMONT RUNNERS  
NEWSLETTER

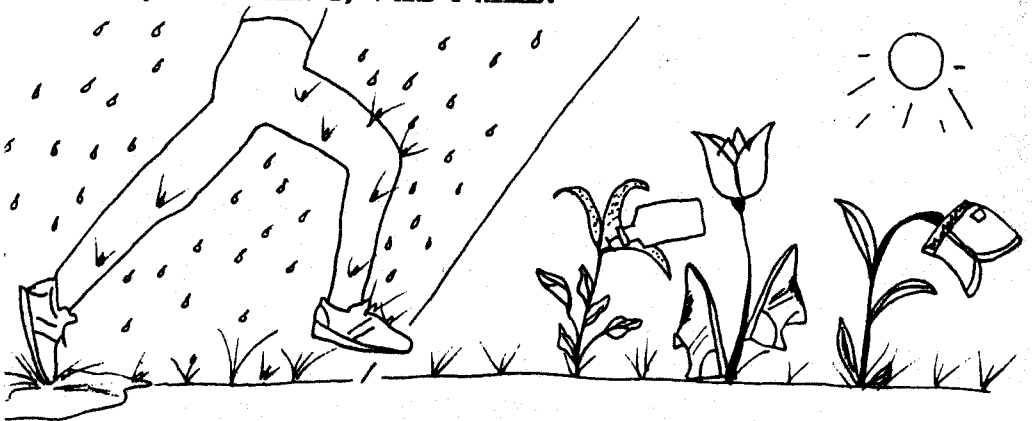
Vol.10 No.2

APRIL 1989

SPRING IS HERE!!!

--RUN FOR THE HEALTH OF IT 5K WILL BE RUN AFTER ALL...MAY 13. SEE ENCLOSED APPLICATION FOR DETAILS.

--FUN RUNS RETURN...BEGIN MAY 2, AND WILL BE HELD EVERY TUESDAY THROUGH OCTOBER. 5:30 P.M., LIQUOR CONTROL WAREHOUSE, GREEN MOUNTAIN DRIVE, MONTPELIER. 2, 4 AND 6 MILES.



APRIL SHOWERS BRING MAY FLOWERS



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



## CVR MARCH MEETING MINUTES

CVR members present: Dot Helling, Dot Graham, Darragh Ellerson, Larry Miller, Norm Robinson, Tim Noonan, Bob Murphy, Nancy Maloney

Bob Howe advertised CVR scholarship. It was moved and seconded to increase the area for the CVR scholarship to schools in Morrisville and Hardwick.

Nancy Maloney will advertise the CVR scholarship in the World and Times-Argus newspapers (she has done so and the ads are to appear soon).

Deadline for CVR newsletter is April 7th and will be the first Friday of each month.

There are approximately 53 members in the club at this time.

Newsletter will be mailed out to increase CVR membership. Bob Howe wrote a letter signed by Tim Noonan. The letters will be sent to people who race but aren't members. It was suggested to include a self-addressed envelope to Norm Robinson. Also included with the newsletters will be applications for upcoming races.

Race directors handbooks were passed out. They are available to others. Also available is the address to write for the "Children's Running Guide from R.R.C.A. for \$1.00.

The race directors for Leaf Peeper's, Juniper Hill, U-32 all gave progress reports.

Lilly Jones will be awarded a \$50.00 scholarship from CVR to help her compete in the International Sports Tour Summer 1989 Track and Field in Scandinavia. She ran at the district and state levels and qualified for the New England Track meet. Nancy Maloney will write to Jones. (She has done so).

Fun runs were discussed and then tabled. Tim will take June, Darragh will take May, Bob Murphy will take September, Dot Helling will take July.

Next meeting is Monday April 24th at Norm Robinson's house Terrace St. Montpelier at 6:30. Potluck dinner.

Submitted by,

Nancy Maloney  
acting Secretary

Thank you Nancy for acting as Secretary. Due to an overload of other commitments Merrill Cray has stepped down as Secretary. This Editor hopes Merrill will still find time now and then to submit any humor and news she stumbles across. Thanks for your past contributions, Merrill.

**\*\* NOTE:** This will be your last newsletter unless we receive your 1989 dues. If your address label indicates "dues owed," please send them.

**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

**CENTRAL VERMONT RUNNERS**  
**announces**  
**1989 CVR EDUCATION SCHOLARSHIPS**

Central Vermont Runners will award two scholarships in 1989:

\$200.00 Successful Male Applicant

\$200.00 Successful Female Applicant

**Eligible Area High Schools:**

Spaulding	Twinfield	Montpelier
Stowe	U-32	Williamstown
Harwood	Northfield	Braintree/Randolph

**Student Eligibility Criteria:**

Must be a graduating senior in 1989, college bound, and have participated in the school track or X-Country running program.

**Primary Selection Criteria:**

Scholastic Achievement in High School

Track or X-Country Accomplishments

Statement of Career Goals

**Instructions:**

Completed application, including endorsements by two school officials (academic official and track coach), must be received by CVR on or before 15 April 1989. Mail applications to:

CVR Scholarship Committee  
 c/o Robert Howe  
 RFD #1, Box 1609  
 Williamstown, VT 05679

**NOTE:** Failure of a successful applicant to become enrolled in college by 1 February 1990 will result in forfeit of the award.

1988 RANKINGS OF VERMONT RUNNERS

Ranking of Vermont resident runners in 1988 has been completed. Road race performances at all standard certified distances are eligible for ranking; 1988 Rankings of Vermont Runners include performances on the following certified courses.

Bennington 10Km Road Race, Bennington	1May88
Montpelier 10-Miler, Montpelier	25Jun88
Capital City Stampede 10Km, Montpelier	9Jul88
Berlin Pond 8Km Couples Race, Berlin	13Aug88
SVRRC 1Hr Track Run, Bennington	25Aug88
SVRRC 1Hr Track Run, Bennington	1Sep88
Leafpeepers Half Marathon, Waterbury	2Oct88
Green Mountain Marathon, South Hero	15Oct88

Final compilation of results was delayed this year, as I have attempted to obtain a copy of the results of the Pepsi Challenge 10km Race held in Brattleboro in February. Results were sent to TACSTATS, but I have been unable so far to obtain a copy from them. I urge all race directors to forward copies of results directly to me. You may also forward them to TACSTATS if you wish, but if you don't, I will.

You'll note that this year I have included Southern Vermont Road Runners' 1 Hour Track Runs in the rankings. Although there is apparently no certification procedure for track events (at least TACSTATS has been unwilling so far to tell me about it), I have decided to include them as acceptable for compilation of records and rankings. Prior to TACSTATS activities in recordkeeping, NRDC had recognized marks established in SVRRC track runs.

The Vt. Cable TV 5Km Turkey Trot is missing from the list this year. Although the event was held in November, errors in the course layout resulted in a short course. Since the certified course was not the course run, marks set in that event count for nothing.

Ranking scores awarded for race performances are based on the following table. An individual may receive ranking scores for as many distances as he/she competes in, but will receive only one score (his/her best) at a given distance. Scores are determined by individual race, based on the number of finishers in the group in question. Although Vermont residents and non-residents are considered for the purpose of ranking score awarded in a given event, only Vermont residents are eligible for comparative ranking.

## Finishing Place

Finishers	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11	12	13	14	15
80+	100	70	50	40	30	25	20	15	12	10	7	5	3	2	1
75-80	70	50	40	30	25	20	15	12	10	7	5	3	2	1	
69-74	50	40	30	25	20	15	12	10	7	5	3	2	1		
63-68	40	30	25	20	15	12	10	7	5	3	2	1			
57-62	30	25	20	15	12	10	7	5	3	2	1				
51-56	25	20	15	12	10	7	5	3	2	1					
45-50	20	15	12	10	7	5	3	2	1						
39-44	15	12	10	7	5	3	2	1							
33-38	12	10	7	5	3	2	1								
27-32	10	7	5	3	2	1									
21-26	7	5	3	2	1										
15-20	5	3	2	1											
14 or less	3	2	1												

Smaller fields again in 1988 kept ranking point totals down, particularly for the women. A larger number of certified events offset some of this tendency for the men's fields, which tend to be larger in any event.

## WOMEN'S OPEN:

Sue Drapp rose from third position last year to take top honors from women in 1988, finishing 3rd at Leafpeepers and 4th at Berlin Pond. Jane Banks, 6th in 1987, finished in 2nd place this year, with 5th place a Leafpeepers and 4th at the Montpelier 10-miler to her credit.

Sue Drapp	23	Duxbury
Jane Banks	13	Bethel
Moirá Durnin	10	Stowe
Debbie Crow	7	Stowe
Sue Manley	7	St. Albans
Pam Trainer	7	Brandon
Barbara Sullivan	5	Manchester
Marcia Desy	3	Windsor
Jo-Ann Fortier	3	Graniteville
Dorothy Graham	3	Montpelier
Sara Hurley	3	?
Chris Lundy	3	?
Nancy Ward	3	Middlebury

## WOMEN 40-49:

Elizabeth Meiklejohn and Rosemary Rusin share the first spot this year. Elizabeth earned her points in 2nd place finishes at Berlin Pond and the Capital City Stampede, whereas Rosemary enjoyed 2nd place finishes at the 10-miler and the Green Mountain Marathon.

Elizabeth Meiklejohn	4	East Calais
Rosemary Rusin	4	Florence
Linda Coffin	3	Grand Isle
Patty Girouard	3	Stowe
Barb MacArthur	3	?
Priscilla Mounts	3	Brandon
Tess Zimmerman	3	Montpelier

WOMEN 50-59:

Pollie Flanders dominated her age group in 1988 with wins at the Capital City Stampede, the 10-miler and the Green Mountain Marathon. Darragh Ellerson, top ranked in 1986 and 1987, held on to 2nd with a win at Berlin Pond and a second at Leafpeepers.

Pollie Flanders	9	Montpelier
Darragh Ellerson	5	Montpelier
Beverly Nolan-Cannata	4	Wolcott
Barbara Nash	2	Jericho

WOMEN 60-69:

Mary Sarvis repeats this year as the only Vermont woman competitor in her 60's, earning points for her finish in the SVRRC 1Hr Track Run.

Mary Sarvis	3	Shaftsbury
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MEN'S OPEN:

After two years of finishing second behind Eric Morse, Jim Miller upended him in 1988 on the strength of a big win at Leafpeepers, a second at the Stampede and a third at the 10-miler. Morse proved he was no slouch, though, as his overall second place ranking was based on first place finishes at Berlin Pond, the Stampede and the 10-miler.

James Miller	150	So. Burlington
Eric Morse	90	Waterbury
Shane Bowley	70	Underhill
Vincent Connelly	50	?
Tony Bates	45	Salisbury
Rick Speaker	40	?
Randy Sightler	30	Burlington
Bob Miller	25	Burlington
Ray Kellett	20	Brattleboro
Matt Guild	15	Bellows Falls

MEN 40-49:

Gordon MacFarland topped John Brodhead for 1988 honors on the strength of a first place at Leafpeepers and second at the Stampede. John, top ranked in 1986 and 1987, tied Bruce Meader for 2nd honors in 1988. John finished second at Leafpeepers.

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whereas Bruce earned his points at the 10-miler (1st) and Leafpeepers (3rd).

Gordon MacFarland	28	Colchester
John Brodhead	20	Craftsbury Common
Bruce Meader	20	Vergennes
Pete Kramer	14	Morrisville
Bob Murphy	13	Barre

MEN 50-59:

Gerald Barney and Dean Haney tied for first ranking in the 50-59 age group. Each won two races in 1988. Barney took Leafpeepers and the 10-miler; Haney took first at the Bennington Road Race and the September Track Run.

Gerald Barney	6	Swanton
Dean Haney	6	Pownal
Bob Cannata	3	Wolcott
Larry Miller	3	Montpelier
Charles Walthers	3	Northfield

MEN 60-69:

Don Lyons made it three years in a row as king of the 60's with wins at the Stampede and the 10-miler. Doug Allen and Dan Geer tied for second, Allen for seconds at the Stampede and the 10-miler, Geer for a first at the September Track Run and a third at the Bennington Road Race.

Donald Lyons	6	Montpelier
Doug Allen	4	Bethel
Dan Geer	4	Bennington
Leon Beverly	3	Stamford
Web Williams	3	Burlington

MEN 70-79:

Bob Matteson made it two years in a row as the sole competitor in his age group, earning points at both the Bennington Road Race and the August Track Run.

Bob Matteson	6	Bennington
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Bob Murphy  
Vermont Running Data Center



TRAINING FOR THE WESTERN STATES 100  
DURING A LOUSY VERMONT WINTER

Training for a 100-mile race in the Sierra Nevadas of California while living in Vermont anytime is a bit humbling. Doing so during the winter of 1988-89 has been character-building at best. Despite the lack of snow which would make one think the footing, etc. would be better, it's been a rough winter to run through. What comes to my mind in looking back, and even as I write this, is ice and ice and more ice, plus alot of sub-zero temperatures. Couple that with a full-time job and you spend alot of uncomfortable hours pounding out the miles in the dark. Thank goodness for weekends and the company of Merrill, Nancy Maloney, Shane Bowley and Jim Paulsen.

I qualified for the Western States 100 at the 50-miler in October and then made it through the lottery required because of the U.S. Forest Service restriction on the number of runners on the trail in December. The first thing I did was panic and then sit down with a calendar and scientifically work out a training schedule, starting with race day and working backwards. This is what I did for the Ironman and had good luck, especially since it helps me to establish goals ahead of time and keep to a schedule.

January and February were devoted to strength training, flexibility and a slow buildup in mileage. March is designed to get me up to what I term weekly mega-mileage (above 60/week) without injury. April and May are the intense training months, including 60-100+ miles per week, trail running, long runs of 25-40 miles, heat training, hill-climbing and rest with massage. I use the hard/easy method, alternating day to day, and take one full day off each week where I will do an easy walk and stretching. Then over the Memorial Day weekend I'll participate in a 3-day WS training camp when we will cover the last 75 miles of the trail, taking 25 miles each day and camping on the trail at night. From there I'll go to my sister's house in Colorado where I'll work on altitude and dry heat adjustment and taper for the big day on June 24. My sister just happens to live in a canyon at approx. 8,000' with access to high altitude trails. Lucky me.

Although I had planned not to work in April and May, it's not going to work out. But I will be working less hours and hopefully able to squeeze in some naps. Someone told me that naps are the elite runner's secret. It certainly would be fun to find out.

So far, unlike Tim Noonan and Merrill, I haven't fallen on the winter ice. I did experience alot of longer runs simply because the footing was so tenuous and even more difficult on the many nights I went out after work with my flashlights. I took to running alot up the County Road and onto the East Montpelier and Adamant area dirt roads this winter because I found them very sheltered from the wind, light on traffic and beautiful. Many of my runs were spiritual, both because my body was so frozen and because I was one with nature, being the only moving creature away from a fire. In many ways the desolate stillness made me appreciate even more the Vermont we all love and I could even forget (for a minute) what this winter has been like and how I yearned to move out West where the sun shines and the mountains twinkle with fluffy white powder. But spring is around the corner and the hills of Vermont will hug us all again and we'll stay on to face another winter. I feel very lucky to have survived this one. My one problem has been sore feet from the hard ground and ruts. But even the memories of my feet are fading as the ground becomes softer to run on.

Happy Spring everyone. Come run with me. I have lots of miles ahead to fill up with company.

Dot Helling

# Capital City Marathoner Endures

By STEPHANIE CARTER  
Times Argus Staff  
MONTPELIER — Dorothy Helling, a 39-year-old attorney from Montpelier, is the 10th fastest female 50-miler in North America, according to national rankings recently released by "Ultrarunning Magazine."

Helling earned her distinction with a win at last October's 50-miler in Essex Junction, where she shattered the course record by 17 minutes with a time of 7:19:16. Runners earned a spot on the North American Ultra List by completing a 50-miler in under 11 hours in 1988. 250 women made the list.

Helling, who ran her first 50 in 1987, also won the women's open division (40 years-and-under) of the 1988 Northeast Trailrunners Circuit, a six-race series on New England and New York trails ranging in length from 13.6 to 32 miles.

"My friend Sue Christiansen (third-place finisher in the Trailrunners Circuit) literally had to drag me to the races," Helling said. "She wanted to do the circuits, so we traveled together. I was only there because she wanted the company — winning was certainly an unexpected bonus."

In 1986, Helling participated in (See Marathoner, Page 13)



Photo by Stephanie Carter

Dorothy Helling of Montpelier approaches the finish line during last year's Boston Marathon.

see myself stopping a lot; I usually fare a lot better if I just keep moving."

Participants must complete the run within 30 hours or they are pulled off the course.

Helling said she has no difficulty eating on the run. She sustains herself with bagels, bananas, water and power bars. Next month may find Helling running in the 93rd Boston Marathon — she is currently the only female from the Green Mountain State registered for the race. However, a trial slated for race day — April 17 — may prevent her from running.

Helling said that if the trial is rescheduled, allowing her to go to Boston, she can be ready to leave at the last minute.

In preparation for the race, which is nearly the equivalent of four marathons, Helling will be running in excess of 100 miles weekly and incorporating hill running and running in the darkness to prepare for the overnight adventure.

"Psychologically, I feel prepared; I'm really excited about it," Helling said. "I'll do quite a few 30-40 mile runs and then taper down toward the end so that hopefully I'll be rested and raring to go."

Helling said that she doesn't plan to spend much time resting on the course, although there are tents set up along the way in case participants want to nap. "I operate a lot better if I keep moving," Helling said. "I don't

## Marathoner

(Continued from Page 11)  
her first ultra-distance event — the Hawaii Ironman Triathlon, which included a 2.4-mile ocean swim, 112-mile bike followed by a 26.2-mile marathon.

As if marathons and triathlons and trail runs and 50-milers weren't enough of a challenge, Helling is now gearing up to run a 100-mile trail race in northern California.

She is one of three Vermonters to qualify for the 1989 Western States Endurance Run, a 100-miler through the Sierra Nevada that will take place June 24-25. Ralph Swenson of South Burlington and Shane Bowley of Richmond will join Helling for the ultra-distance race this summer.

## CELEBRITY NEWS!!

(Ultra-Distance) Dot says she was a star interviewee "live" with WCAX-TV's Brad Wright on the Mar. 22 six o'clock news!

As for other notables named in articles appearing in the World newspaper...

## Montpelier Residents To Ski For Lung Assn.

"Let it snow, let it snow, let it snow!" That's what nine Montpelier residents are thinking as they prepare for the Vermont Lung Association's 7th Annual Cross-Country Ski Trek For Life and Breath. During the weekend of March 3-5, the area residents will be joining over 80 other Vermonters at Craftsbury Ski Center, and will ski more than 50 kilometers on behalf of the Vermont Lung Association. They are also raising money

through pledges for Lung Association programs, including: tobacco and drug education programs in public schools; smoking cessation self-help programs and group clinics; family asthma programs; breathing workshops and support groups for Vermonters suffering from chronic obstructive lung disease; and lung research taking place in Vermont.

Local participants of the Ski Trek include Montpelier residents Sherry Knudson, Kathleen Plante, Larry and Stephanie Miller, Catherine Simpson, Eric Bishop, Paul Esswein, Russell Barrett and Stu Sloce.

13745 Doster Road, Plainwell, MI 49080

March 18, 1989

Dear CV Runners:

When I left Vermont, I expected to keep you up to date on my running. Finally, four years later, I'm starting. 1985, '86, & '87 weren't too good for my running, but 1988 was better. Maybe I had my best year ever, at least I ran more races than ever. I also placed higher in many more races than ever. As usual, my short races were more competitive than the long ones. I had hoped to get some PR's, but the only one was my 6K in Pittsfield, NH. We had a very hot summer, with seven days over 100 degrees. Only a few races were affected, especially the long ones! I think my Muskegon race was the best with hills and wind and very warm weather. The 25K I ran for fun, not competition. All except the 6K were in Michigan. That was rather special, too, since I got a PR on a very hilly course on a hot day with my mother and my son, Stan, present. I lost ten pounds from May to October; weighed 125 for last race!! I've listed all my 1988 races below.

I follow all the CVR news with interest. Keep up the good work!!

Love to you all,

*Jerry*  
 Geoff Carison

RACE	DATE	DIST.	TIME & seconds	AGE group	Place in age group	No. in Age group	TOTAL Finishers
Kalamazoo	4/30/88	10K	43:00	55-59	3	12	813
Grand Rapids	5/14/88	25K	1:35:38	55-59	25	46	2918
Holland	5/21/88	5K	21:20	55-59	4	9	259
Fruitport	5/28/88	5K	21:30	50+	2	9	127
Kalamazoo	6/3/88	5K	20:59	50-59	3	19	321
Kalamazoo	6/10/88	5K	19:57	50+	1	4	21
Kalamazoo	6/17/88	5K	19:32	50-59	2	59	692
Muskegon	6/25/88	5K	19:44	55-59	1	13	801
Lawton	7/2/88	10K	42:53	50+	1	5	84
South Haven	7/9/88	10K	42:40	55+	2	17	507
Plainwell	7/30/88	10K	41:29	55-59	2	6	301
Pittsfield, N	8/7/88	6K	23:45	50+	1	9	113
Alegan	8/20/88	10K	43:35	50+	4	14	241
Portage	9/10/88	5K	20:11	50-59	1	9	213
Battle Creek	9/24/88	5K	20:41	55-59	1	3	83
Eaton Rapids	10/8/88	10K	44:12	50+	2	5	71

To Benefit  
the



# Vermont 100 Mile Endurance Run

Date: Saturday/Sunday, July 29-30, 1989.

Time: 4:00 a.m. — 30 hour limit.

Entry Fee: \$85.00.

Entrants: Experienced trail runners.

Start/Finish: Smoke Rise Farm, South Woodstock, Vermont. All race activities are centered here.

**Course:** The course is on scenic woods trails (25%) and dirt/jeep roads (75%) in the rough foothills of the Green Mountains, with 14,000' climb. The race will be held in conjunction with a 100-mile horse race.

**Aid Stations:** There will be 33 aid stations with good access for handlers; pacers will be allowed the last 30 miles.

**Awards:** Trophies to finishers under 24 hours. Plaques to finishers between 24 and 30 hours.

**Entry Forms and Info:**

Laura Perry  
 RR 1, Box 717  
 Windsor, VT 05089 (802) 674-9984

## A Wild Runner from the Maritimes

Stan Friedlander will never forget the day that Egor came knocking.

"I opened up my door," recalled Friedlander, the race director for the recent Valley Stream 50 Miler. "And there was this man-mountain standing there."

That would be Egor Egan, a hulking runner from Nova Scotia who looks like he should be playing linebacker for the Winnipeg Blue Bombers in the CFL. Instead, he drags his six-foot-two-inch, 210-pound frame to ultramarathons throughout the United States and Canada.

Egan is somewhat of a legend on the ultra circuit. The sudden way he popped up at Friedlander's door the night before last year's race is a good example of such legendary behavior. So is the fact that, after the ultra, he wrote Friedlander a 50-page letter. What was it about? "I'm not sure," said Friedlander, although half of it, he admitted with embarrassment, "was him telling me how great I was." Well, that's okay. Spend a few minutes with Egan and you, too, will become one of the greatest people he's ever met. Egan is like that. "He's up front with his feelings," said Friedlander. And with his appearance. At the Valley Stream ultra — with the temperatures in the low 20s — most competitors were swathed in top-of-the-line running shoes and expensive Lycra and Goretex suits, the latest in high-tech cold-

Arthur Foti



weather running fashions. Egan, on the other hand, ran in a flannel shirt, cut-off jeans, and a pair of sneakers that, Friedlander said, "I wouldn't even paint my house with." Icicles hung off his beard and, as he shuffled along, puffing and panting, he began to assume his characteristic droop — his upper body bending over, as he puts it, "like a dead speed skater."

Part of the Egor mystique — what has made him a legend as well as pain in the neck to race directors from Florida to Manitoba — is his name. He says it's an Anglicized version of the German name Igor, if that's any help. Another part of his mystique is his past, which he is reluctant to discuss. In fact, it was only when assured that anything written about him in this newspaper was not likely to receive wide circulation in Halifax that he agreed to speak. And when he did, he had nothing good to say about himself. "I'm slow, I'm no good at any sport except ultramarathoning, and I'm not even any good at this," he moaned. "But I'm a survivor."

Indeed, he is. Egan barely survived a 2,500-mile roundtrip from his home in the uppermost reaches of the province to an ultra in Toledo, Ohio. The car was a piece of junk — not surprising since it came from the junkyard in which Egan makes his living. Carbon monoxide was leaking throughout the long drive, leaving the big Canadian with a mild case of carbon monoxide poisoning. No problem. Egan completed the 62 miles in Toledo and was back out on the roads in Valley Stream two weeks later.

That survivor mentality is the way Egan approaches ultramarathons. He just runs . . . slowly . . . until he drops or finishes. "You have to be very strong and very dedicated to do it that way," said Friedlander. "But it's a horrible way to train."

Problem is, if you told Egan that, he'd probably agree with you. "I'm no good," he said, as he circled the one-mile loop of Hendrickson Park that serves as the course of the Valley Stream race. "I need to lose 50 pounds. I need to do more speedwork." He stopped and reflected a minute as he shuffled along. "I need a woman," he declared. "I need a good ultra-woman."

Despite his eccentricities, there are a lot of qualities about a character like Egan that would make him a good mate — on or off the roads. "He's honest, he's courageous, he's open, he's friendly, he's warm," says Friedlander. And he's coming back to Long Island again next year, you can be sure. In Valley Stream he ran a good time for a 210-pound ultramarathoner: just over eight hours. Besides, he exclaimed during the race, "I love Long Island!" What part of it has he seen? "Oh, the Cross Island Parkway and this park."

Ah, good old Egor. Sometimes too nice and too honest for his own good.

John Hanc

This article first appeared in the Long Island newspaper, *Newsday*.

LETTER TO THE EDITOR (ULTRARUNNING MAGAZINE)

March 18, 1989

Dear Editors:

In your latest edition you published the 1988 Northeast Trailrunners Circuit Final Rankings. In those rankings, I was the listed winner of the Women's Open division and Helga Lahoud of the Women's Masters Division. First let me say that my comments here are in no way meant as a criticism of or a deflection from Helga Lahoud's accomplishments. Helga is a wonderful person and a spectacular trail runner and was clearly the overall winner of the women's division of the Circuit.

What I am critical of is the formula which was used for the final rankings because this year it robbed a dear friend of mine of the credit she was due. Without elaborating on the formula, it will suffice to tell your readers that computations are made based upon the year of your birth only. Month and date do not count. Therefore, if you turned 40 in November or December, after all the Circuit races for the year had been run, for purposes of final rankings you would be ranked as a master, even if you hadn't run any of the races as a master.

The scenario I just described happened in 1988 in the rankings of the top three women. I ran way behind Helga in the Open Division all year. Helga won most of the races, was overall women's winner of the Circuit and should have been the 1988 open division winner. She ran every race at age 39 and turned 40 after the Circuit closed for the year. On the other hand, Sue Christiansen of Montpelier, Vermont, age 44, completed five of the six trail races and won the Masters title in each. Sue was third overall in the point rankings for females.

Sue dragged me to the races. Her goal and greatest accomplishment was to win the Masters Division. We both know that there's no catching Helga the gazelle and I remember Sue saying throughout the summer, "This is my last chance before Helga becomes a master," or words to that effect. Sue worked hard, ran well and I'm writing now because I feel, friend or not, she was not appropriately rewarded. Instead I feel that I received unearned recognition and that Helga, too, did not get her just desserts.

I know that the rankings are completed and published for 1988 and that they will stand for now. However, I hope that you will publish this letter so that your readers will at least know of Sue's accomplishment and she will be acknowledged in this small way. Also, I hope that you will recognize the unfairness of the current ranking formula and endeavor to change it. Thank you for hearing me out.

Dot Helling  
34 St. Paul St.  
Montpelier, Vermont 05602

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☑ Bank of Vermont

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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



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15  
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: 1-800-332-7168

## 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

## 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.  
\*\*\*\*\*

- APR 16 Kaynor's Sep 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 7 Bennington Road Race, 10:00 a.m., 10:30 a.m., 11:30 a.m.. 1 Mile, 3.8 Miles, 10K. SVRRC, 4 Caroline Drive, Bennington, VT. 447-0414.
- CVR MAY 13 Run For the Health of It 5K. See enclosed application for details.
- MAY 14 The Children's Place Five Mile Road Race, Brattleboro Union High School. Wayne London, 6 Tyler St., Brattleboro, VT 05301. 257-5622.
- 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 Fortler 476-4835.
- CVR JUN 24 Montpelier 10 Miler, Montpelier High School, 10:00 a.m. Tim Noonan 229-4658.
- 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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