

CENTRAL VERMONT RUNNERS NEWSLETTER

SEPTEMBER
1989
Vol. 10 No. 6

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V. PRES. DARRAGH ELLERSO
TREAS. NORM ROBINSON
SEC.
EDITOR: DAN MCCARTHY

CROSS-COUNTRY FUN RUNS COMING IN OCTOBER

For those of you who miss high school cross country runs, or have never done cross-country runs but have been waiting for an opportunity, or simply like to run in the woods, now is your chance. On Tuesday, October 10 and 17, we will be having cross-country fun runs instead of the regular fun runs.

The runs will take place in Hubbard Park in Montpelier, and will cover a three-mile course. I promise plenty of uphill and downhill running, numerous turns and narrow trails. The runs will start at 5:30 p.m., in the area of the picnic shelter near the Hubbard Park Drive entrance. In order to ensure that you know the course, it is important that you show up early when course directions will be given. At 5:00 p.m., we will run part of the course as a warmup. This will be a team event. Teams will be selected at random the nights of the runs.

So, if you are looking for something different, pass the word around and we'll see you on October 10 and 17. Give me a call (229-4658) if you want more information on the runs.

Tim Noonan

SEPTEMBER CVR MEETING

Norm Robinson, Dana McCarthy, Darragh Ellerson, Chris Whalen and I met on September 19 at Norm's house...Norm reported that there was \$530 in the treasury, which is deceptively low because \$400 in incurred Leaf Peepers expenses will be recouped and it does not include proceeds from the Berlin Pond Race...Norm also indicated that we had 115 members. It was agreed that anyone who joined from September on would be considered a member through 1990...We tentatively decided that we would have group runs on Saturday mornings during the Winter months, starting the beginning of January at 9:30 a.m...Darragh reported that there were 150 pre-registrants for Leaf Peepers, which is 50 ahead of last year at the same time...We decided to do cross-country fun runs on October 10 and 17 in Hubbard Park instead of the regular fun runs...The next meeting will be October 17, after the cross-country fun run, at Darragh's house on Upper North Street in Montpelier.

Tim Noonan

PREDICT YOUR OWN TIME FUN RUN
26 SEPTEMBER 1989

Come join us on the 26th for a special fun run treat. We will be having a predict your time run with a different twist. In addition to no watches allowed (of course!), ALL RUNNERS MUST COMPLETE THE FIRST MILE AS A GROUP. Runners may complete the 2, 4 or 6 mile course. A prize will be awarded to the runner who most closely predicts his average PACE PER MILE. So pencil in this event on your calendar now before you forget it. Remember: 5:30pm at the Liquor Control Warehouse on Green Mountain Drive. It will be a time for strategy, fun and a bit of luck.

Bob Murphy
September Fun Run Director

Triathletes Find Time For Fitness

By JONAH HOUSTON
Times Argus Staff

9/16/89 belt.

There just aren't enough hours in the day. How many times has that excuse, or some variation thereof, been used to duck something good for you, like a new exercise plan or diet?

It's a familiar excuse, and one which all working people know too well. Few people have the luxury of time, and fewer still have the gumption to use what free time they have to do something which is (yuck) good for them.

Yet three local professionals — two police officers and a doctor — not only find the time, but make the time to train and compete in triathlons.

John Martin, 37, and Dorothy (Dot) Graham, 28, are both Montpelier police officers who have finished their second competitive season as triathletes. Dr. Michael Mason, 40, a general surgeon at Central Vermont Hospital, is winding down his sixth triathlon season with three victories along with a second-, fifth- and 11th-place finish in his age division under his

All three athletes maintain full work schedules and train whenever they can. "I keep an ideal training schedule in my head," says Mason, "and I have a realistic schedule based on my workload. Then I have my actual workouts, which often fall short of both."

Mason is only half-joking when he says he doesn't train as much as he'd like. He's always on call as well as having office hours, but still tries to get in two hours of training per day, usually two of either swimming, cycling, or running.

Martin and Graham try to train between 18 and 25 hours per week, but because of their schedules can't always count on training on a daily basis. Martin takes one day off per week as a rest day while Graham never rests.

Graham says she has no problem finding the time to train. "You make the time," she says, "once you find you're hooked, you just plan your day around it. I may not eat dinner until 8 or 9 o'clock because I'm still training."

All three triathletes started competing as a way of gauging their efforts against their peers and for the fun of competition.

Martin started running to help shave off a few extra pounds, and his natural competitiveness lead him to start racing. His first triathlons were club length — a half-mile swim in the pool, 10-mile bike ride and a 5-mile run, designed so nearly anyone can finish. Martin not only finished his first triathlon but thought it was "the niftiest thing I had ever seen."

Graham was in good running shape before she started competing in triathlons. Martin suggested the two of them train and compete together. Ironically, Graham has now posted better finishes than Martin.

Mason was also a road runner before he started triathlons. Mason and his brother Tim plan their race schedules together and have competed in all the same races for their six year careers.

(See Fitness, Page 10)



Despite busy professional lives, John Martin, Mike Mason and Dorothy Graham (from left to right) have all opted to train for and run in triathlons in their spare time.

Photo by Chris Gee

Fitness

(Continued from Page 9)

For Mason, as with Martin, the swim was, and continues to be, the most challenging part of the triathlon. "The swim is intimidating for a non-swimmer," Mason said. "When you have 200 people crawling all over you, you tend to let people go by and swim by yourself. As I see it, the race starts when I get out of the water."

All the athletes are relatively new to the sport, but have been very successful.

Mason chalks up part of his success to being the youngest in his new age category. And to date, he has run only half Ironman length, or Tinman, which is a 1 1/4-mile swim, 60-mile bike and 13-mile run.

Martin and Graham ran their first full-length Ironman two weeks ago in Sunapee, N.H.

While all have done well in recent months, none see themselves as major fixtures in the triathlon community.

"I'm really just a minor player in the whole triathlon scheme," said Mason. "There are a lot of triathletes from the Burlington area who I only know from the rear."

Martin too, is realistic about where he figures in to the grand scheme of the sport. In the Sunapee race, Martin had trained for a full-length triathlon (2 1/4-mile swim, 120-mile bike, 26-mile run) and had figured himself for a time of 13 hours, but was slowed by the heat.

Even his projected pace was two-and-a-half hours behind what he would have needed to qualify for the most famous of all triathlons, the Ironman, held every year in Hawaii.

Graham, on the other hand, finished a remarkable third overall for the women in Sunapee.

A male triathlete in the 35-39 age group is in the largest and most competitive section. Martin keeps having fun in the front of his mind rather than winning.

"I'll never win," he says, "I'll never be competitive in the top ten percent and I don't need that. I'm part of the 80 percent who are not the top or the bottom ten. In all my races I've been in the top 30 or 40 percent and I'm where the sport is, I'm the pack."

Graham is less sure of her long-term goals in the sport, though to date she has fared significantly better than her training partner, Martin. But like Martin, she does them mostly for fun.

"They are great fun and I enjoy the competition," she said, "the winners change all the time and new people come out of the blue all the time. There are a lot of good athletes around and I just want to do as well as I can and keep my job."

Let us not forget that triathlons are priority number two for these particular competitors. While all are seriously devoted to their sport, all compete on an amateur level. And as long as

there are bills to pay, the career must come first.

Yet none of the triathletes/professionals see their career as being in conflict with their sport. In fact, the opposite is true.

"There's no question about it," says Mason, "my involvement with sports helps my job. I feel better, I can work longer hours and I feel I can do a better job."

Not only does Mason feel better, but says he prescribes exercise to his patients as well. "I talk to my patients quite a bit," he added, "and I encourage them to work at whatever level is most appropriate for them. Mostly it is to just get out and walk more. To just get outside and make them appreciate how fortunate we are to live in Vermont."

Martin concurs. "It's a great stress reliever," he said. "I enjoy the training as much as I enjoy the competition. I use the training time as time for myself. Nobody bothers me."

All three competitors will continue to train through the winter in order to face the new season stronger and faster. The time constraints each of their careers puts on their athletic pursuits necessitates that they become more efficient in their training. Able to put longer and more intense workouts into the same amount of time.

"It helps you on the job," Graham adds. "I feel pretty good at this time of the year, it can help anybody."

BUD LIGHT ENDURANCE TRIATHLON
Sunapee, N.H.

By John Martin

Early this spring when Dot Graham and I set our sights on the September 9th Bud Light Endurance Triathlon in Sunapee, N.H. we both got more than what we bargained for. The prospect of a 2.4 mile swim, 112 mile bike ride and a marathon to cap that off, seemed ominous. The training that would have to proceed such an undertaking seemed equally ominous; a summer of swimming, biking and running with little time for anything else. We made the commitment, did the training and finished the race.

Last year a CVR member commented that triathlons aren't as tough as marathons. Well dear member, you never trained for one! The race is hard, but let me assure you, the training is far worse. Our house still smells like a locker room. But what's scary is, we are beginning to enjoy the fragrance.

As for the race, the swim was the only thing that was flat, except for my feet. The bike course, five loops of Lake Sunapee, was, in a word, exceptionally challenging. Mountain goats were seen at every aid station! To add to this insult of the Ice Age, it was 85 degrees and humid, not exactly my cup of tea.

Dot surprised the field, except me, by finishing the course in 12 hours and 15 minutes to place third in the women's rank and 57th overall, out of a starting field of 300. About 60 starters did not finish.

After eight hours of dry heaves, leg cramps and two-plus hours of naps along the course, I finished the race in a blisshered 15 hours and 55 minutes. My consolation being that my finisher medal looks exactly like the medal they gave to the guy who won!

Now to qualify for Boston!

1989 SUB-ULTIMATE RUNNER

Name	5K	440	Mile	100 yd.	10K
Ed Drapp	17:52	1:00:35	5:18:52	12:36	45:29
Tim Noonan	18:23	1:04:23	5:18:18	12:51	42:45
Greg Gerdel	20:32	1:01:78	5:52:94	11:80*	46:51
Bob Murphy	21:53	1:33:14	5:30:40	18.49	44:00
Bob Howe	25:41	1:07.78	6:18.94	13.50	55:29
Henry Marcy	22:45	1:09.76	6:32.00	13.82	-----
Norm Robinson	23:07	1:07.14	-----	-----	-----
Sue Drapp	20:48*	1:13.82	6:00.79	15.50	46:28
Merill Cray	21:03	1:19.11	6:03.47	13.70	46:59
Nancy Maloney	21:48	1:11.32	6:24.00	13.61*	49:07
Dot Helling	21:48	1:27.81	6:33.00	17.86	47:54

I should have known the day was off to a bad start when I woke to find that the MHS track wouldn't be suitable for the race due to a field hockey game scheduled. Because of the conflict our group ran the 5K on the normal course and then moved the rest of the events up to U-32. After much discussion it was decided that the track was a metric track so all old records still stand.

The day continued to make for interesting activities as it heated up into the high 80's by the time the last two events were run. I dropped out one lap into the mile run due to a bad leg; which was just as well. The last-minute 10K course was set out by Bob Murphy and while he tried to make it a flat one, it was anything but. I took water out to try to keep everyone alive, and picked up Henry at the one mile mark. He hadn't been running much and took the smart course by helping me with the water.

Of special note was Sue Drapp in the 5K with a new record of 20:48; Nancy Maloney's 1:11 in the 440, Sue's 6:00 in the mile and another record in the 100 yd. dash for women with a 13:61 by Nancy. Also, a new record in the men's 100 yd. of 11.80 by Greg Gerdel. Even with all the moving from one site to another, the heat and the hills everyone seemed to enjoy themselves and you can bet there will be another one next year. I guarantee it will be back at MHS.

Norm

1 - HOUR TRACK RUN
5 Sep 89

The first ever CVR 1-Hour Track Run went off amazingly well. Seven enthusiastic runners showed up at Montpelier High School to discover that although the track was not in use, the playing field inside the track was being used for field hockey. An understanding Charlie Phillips allowed as how we could probably run our event simultaneously, so the magnificent seven were sent on their way.

Lap counters soon discovered that boom boxes and lawn chairs would have made sitting and counting laps (and recording elapsed times) much more pleasant. The weather was terrific, though, so no one complained too much. With runners passing by every 90 seconds to 2 minutes or so, the lap counters did not get too bored with the proceedings. Mini-competitions developed at various points throughout the event, keeping things interesting. The hour was soon over, and the CVR bullhorn brought all participants to a screeching halt. A quick trip around the track with a wheel to measure the final partial lap for each runner and the event was over. Final results are as follows:

Mi/Yds	Name	Hometown	Sex	Age
-----	-----	-----	---	---
9/ 677	Tim Noonan	Montpelier	M	33
8/ 768	Bob Howe	Williamstown	M	42
8/ 710	Norm Robinson	Montpelier	M	33
8/ 462	Jeff Shutak	Williamstown	M	44
8/ 443	Newton Baker	Montpelier	M	47
6/1193	Linda Hallinger	Washington	F	36
6/ 646	Reidun Nuquist	Montpelier	F	49

Congratulations to all who participated! Another run will be held on the MHS track Tuesday, 12 Sep 89, instead of the regular fun run. We will once again be in competition with the MHS field hockey team. It's already been decided that the 1990 version of this event will be held in the summer when competition for the track will not be a factor.

Bob Murphy
Race Director

1 - HOUR TRACK RUN
12 Sep 89

The second CVR 1-Hour Track Run of 1989 took place without competition from the MHS field hockey team. Sunny skies greeted the seven runners who participated (including two repeaters from the previous week). This week featured a very close race between Ed Drapp and Geoff Lindemer, both of whom covered more than 10 miles during the hour. Complete results are as follows.

Mi/Yds.	Name	Hometown	Sex	Age
10/ 706	Ed Drapp	Duxbury	M	33
10/ 549	Geoff Lindemer	Stowe	M	36
9/1025	Bob Murphy	Barre	M	49
8/ 361	Dot Helling	Montpelier	F	39
8/ 136	John Mallery	Montpelier	M	46
7/1726	Newton Baker	Montpelier	M	47
5/ 0	Bob Howe	Williamstown	M	42

Bob Howe wins Iron Man of the Week award. He ran both this and the previous week's 1-Hour track runs, and in addition completed CVR's Subultimate Runner competition last Saturday (5 events in one day, including 5k, 440yd, 1mi, 100yd & 10k). Regular Tuesday night fun runs will resume next week on the 19th, with timed 2, 4 and 6 mile runs beginning at 5:30pm. On the 26th, a predict-your-own-time run will be held. Come join in the fun!

Bob Murphy
Race Director

MANY RECORDS SET AT CVR TRACK RUNS

Up until this year, the only recorded 1 Hour Track Runs were conducted by Southern Vermont Road Runners. Results are available for only a handful of those performances, so single-age records are somewhat spotty. SVRR track runs generally feature teenage runners, with a few of the older folks joining in occasionally. As a result, many single age records in the "middle ages" were up for grabs.

CVR is helping to fill the gaps in the record books. Of the 12 individuals who participated in the two recent 1 hour runs at the Montpelier High School track, 10 are now holders of Vermont single age records. In addition, 3 of those are new age-group records. The following are new recordholders.

Age	Mi/Yds.	Name	Single	Age Gp
33M	10/ 706	Ed Drapp	x	
36M	10/ 549	Geoff Lindemer	x	x
42M	8/ 768	Bob Howe	x	
44M	8/ 462	Jeff Shutak	x	
46M	8/ 136	John Mallery	x	
47M	8/ 443	Newton Baker	x	
49M	9/1025	Bob Murphy	x	x
36F	6/1193	Linda Hallinger	x	
39F	8/ 361	Dot Helling	x	x
49F	6/ 646	Reidun Nuquist	x	

For your information, current 1-Hour Track Run Age Group records are summarized below.

Men	Mi/Yds.	Name	Hometown	Date
Open	10/ 910	Bannon Corbett	No. Bennington	1Sep88
6-7	6/1210	Boston Corbett	No. Bennington	1Sep88
8-9	8/1125	Brett Corbett	No. Bennington	23Aug84
10-11	9/1280	Bannon Corbett	No. Bennington	25Aug83
12-13	10/ 641	Bannon Corbett	No. Bennington	29Aug85
14-15	8/ 940	Paul Page	?	26Aug81
16-17	10/ 910	Bannon Corbett	No. Bennington	1Sep88
18-19	9/ 238	Alex Perkins	?	2Sep87
35-39	10/ 549	Geoff Lindemer	Stowe	12Sep89
40-44	9/ 238	Mark Donovan	?	27Aug87
45-49	9/1025	Bob Murphy	Barre	12Sep89
50-54		none		
55-59	8/1252	Dan Geer	Bennington	16Aug79
60-64	8/ 390	Dan Geer	Bennington	26Aug81
65-69	8/ 152	Dan Geer	Bennington	29Aug85
70-74	7/1160	Bob Matteson	Bennington	25Aug88

Women	Mi/Yds.	Name	Hometown	Date
-----	-----	-----	-----	-----
Open	8/ 880	Chris Lundy	?	25Aug88
10-11	6/ 980	Dorothy Wallace- Senft	?	26Aug81
12-13	6/1600	Melissa Canning	?	25Aug88
14-15	6/1320	Sara Hurley	?	1Sep88
16-17	8/ 880	Chris Lundy	?	25Aug88
18-19		none		
35-39	8/ 361	Dot Helling	Montpelier	12Sep89
40-44	5/1651	Barbara Wagner	?	16Aug79
45-49	6/1185	Grace Jarecki	?	16Aug79
50-54		none		
55-59	6/ 660	Grace Jarecki	?	2Sep87
60-64		none		
65-69	5/ 102	Mary Sarvis	Shaftsbury	27Aug87

For those who missed out on the fun on the track this year, be assured that this event will be repeated in 1990. Probable time will be late summer (August?) to avoid conflicts with school sports and other local races. I'd appreciate suggestions as to preferred day of week and time of day.

Bob Murphy

RESULTS

VIRGIL MOUNTAIN MADNESS TRAIL RUN

21.1 miles - August 20, 1989

Virgil, New York

MALES:	1.	Dan Dominic (25)	Canton, N.Y.	2:40:07
	2.	Doug Sweazy (32)	Jamaica Plain, NY	2:42:53
	3.	Stewart Dutfield (34)	Highland Park, NJ	2:43:15
FEMALES:	1.	Ljerka Ukrainczyk (26)	Ithaca, N.Y.	3:53:35
	2.	Dot Helling (39)	Montpelier, Vt.	3:54:32
	3.	Susan Snyder (35)	New York, N.Y.	3:55:18

140 starters. 124 finishers. Top 3 women finished within top 50% overall. Part of Northeast Trailrunners Circuit.

Northfield Labor Day Race

Men's 5K

Men 10 - 13

M. Schulteme, 12	21:49
Don White, 13	21:44
David Heald, 13	21:44
Tom Mills, 11	28:19
Men 14 - 19	
Pete Johnson, 17	17:08
Josh Anderson, 17	17:11
Josh Flannery, 18	17:22
Matthew Ford, 18	18:14
Coke Bradley, 16	18:17
Luke Kratky, 18	18:20
Tom McBride, 18	18:29
Keith Savers, 18	18:34
Rich Rivers, 16	18:40
Boswell King, 15	18:41
Jeff Durbin, 16	18:53
Jeremy Orr, 16	19:00
Gregory Hutchins, 19	19:04
Justin Cannara, 19	19:06
Nathaniel Wilson, 17	19:11
Robert Freeman, 19	19:15
Antonio Hicks, 19	19:19
Craig Bernard, 16	19:21
Brian Bana, 16	19:26
Brian Niner, 19	19:29
David Roy, 19	19:30
Kevin Hall, 17	19:35
Riley Pyles, 17	19:38
Jason Noyba, 16	19:55
Pete Carvabe, 19	19:57
Jason Leary, 16	20:02
Christopher Miles, 18	20:03
Jason Tassara, 19	20:14
Frank Brocato, 17	20:27
Matthew Turnbull, 16	20:28
Jason Billings, 16	20:50
Arthur Hanson, 16	20:58
Frederic Nelson, 17	21:00
Jason Stanfield, 18	21:08
Bryan Beardley, 16	21:10
Joshua B. Brasell, 16	21:41
Greg Heald, 15	23:34
Michael Hall, 14	23:40
Matthew Allen, 15	23:47
David Hogg, 16	24:52
George Shelley, 14	25:50
David Klins, 14	29:40

Men 20 - 29

Eric Nares, 23	14:25
Alan McHenry, 24	15:44
Rick Sault, 25	15:46
Douglas Britt, 21	16:44
Jonathan Asdel, 21	18:00
Jason Cox, 22	18:03
Kerry Guinn, 23	19:05
William Kahen, 29	19:26
Neal Baker, 20	19:28
Andrew McBride, 21	19:40
Aaron L. Schanz, 29	19:55
Mike Freeman, 21	19:56
Tia Krueger, 24	20:14
Carl Swanson III, 21	20:28
Scott McEdwards, 22	20:29
Alan Frew, 26	20:32

Chris Milne, 29	20:32
Michael Allan, 21	20:44
Robert G. Ferguson, 29	20:53
Paul Knox, 21	20:56
Blaine Miller, 23	21:05
Glenn Walker, 24	21:11
Christian Steahly, 21	21:19
Rick Gardner-Horse, 28	21:27
Ernest Larrabee, 21	21:31
Robert M. Adams, 29	21:36
Royce J. Wood, 25	21:41
Dwayne B. Urbane, 29	21:49
Kan Sullivan, 21	22:07
Russell Miller, 21	22:16
Robert Hale, 20	22:39
Philip Pasichak, 28	23:02
Mark Briler, 20	23:10
Andrew M. Vinopal, 22	24:13
Craig Mayo, 26	25:02
Robert O'Keefe, 28	25:20
Alan Linker, 29	26:20

Men 30 - 39

James Miller, 30	15:21
Tom Jakes, 30	15:40
Mark Chaplin, 28	16:12
Jerry Richardson, 32	16:28
John Valentine, 39	16:54
Jack Fahay, 33	17:04
Beoff Lindeman, 34	17:14
Bill Dehart, 37	18:08
Daniel Lessor, 33	18:08
Michael Coleman, 32	18:36
John Mazzucco, 36	18:36
Eric Larsen, 33	19:27
Robert Buchler, 36	19:43
Mark Probst, 33	19:43
Wayne Bell, 32	20:09
Richard Brown, 38	20:20
Joseph Blatchford, 35	20:25
John Wobbel, 37	20:25
Larry Hill, 26	20:36
Nora Robinson, 33	20:39
Peter Cooley, 34	20:45
Jim Wietz, 34	21:03
Eric Ward, 31	21:24
Chris Kananak, 38	21:29
Rita Gonsky, 34	21:39
Dick Rosenberg, 35	21:41
George Holtz, 30	21:48
Jack Garvin, 38	21:58
Brent Surpee, 39	22:03
Michael Jeannot, 30	22:06
Peter Cook, 37	22:09
Ed Tracy, 32	22:24
Dave Piersam, 38	22:54
Douglas Paschal, 39	23:00
Debbie Powell, 32	23:13
Franklin H. Helges, 34	23:29
Elson Dube, 34	23:34
Tony Petrucci, 36	23:39
Earl Blatchford, 31	24:17
Kevin Dorn, 33	24:24
Brian O'Hagan, 38	24:37
John Wright, 38	24:43
James Swilley, 30	24:52
Steven Schapiro, 39	25:03
Greg Sylvain, 33	26:32
Robert Fiske III, 31	26:33
Elton Beatty, 37	26:38
William Jones, 39	28:38

Men 40 - 49

Rite Neam, 40	16:47
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Bob Murphy, 49	17:54
Tom Feltz, 41	17:54
Butch Dutra, 46	18:18
Nerly Blann, 40	18:46
Blaine Hancock, 41	19:08
Peter Hanson, 49	19:17
Gregory Gardel, 42	19:22
Fred Kowitzky, 41	19:25
Robert Barrore, 42	19:32
Ken Austin, 46	19:47
Ronald Korvas, 45	19:59
Steven Ingram, 44	20:11
Wayne Hunter, 43	20:30
Greg Wright, 43	20:30
Robert Howe, 42	20:37
Bob Kozlowski, 48	20:44
Newton Baker, 47	20:44
John Mallock, 42	21:01
John Lussier, 48	21:16
William Mayo, 48	21:25
Michael Fahay, 42	21:57
Joe Sweselin, 48	22:25
Richard Hale, 49	22:27
Jim Francis, 41	23:02
Ferry Ludz, 40	23:09
Gary Kauf, 48	23:13
George Kovacs, 48	23:39
Steve Canale, 42	23:39
Joseph Fahay, 40	23:55
Wallace McLean, 44	23:57
Kristenley Bove, 45	23:57
Frank Piccola, 42	24:00
Jeffrey Fambler, 41	24:45
Bruce Pearson, 43	24:47
William Barrett, 47	25:01
Tom McKay, 41	25:12
Guy Welch, 43	25:15
Stefan Turnbull, 41	25:16
Roger Cronan, 48	25:57
Tom Elroy, 46	26:05
Steve Mittala, 42	26:09
William Bernard, 44	26:29
Walden Muesist, 49	26:37
Frank Woods, 48	26:40
Frederick Mite, 43	27:30
William O'Hara, 41	27:30
Robert Lyon, 45	28:23
Don Dillon, 49	31:11
Tom Paquette, 43	32:21

Men 50 - 59

Jerry Taub, 54	20:42
Ted Hanson, 50	21:28
Bob Collins, 53	21:46
Lane Farley, 51	22:19
Robert Barrier, 52	22:54
Robert Fiske, 58	24:43
Alan Rogers, 54	25:12
James Vandewater, 53	25:48
Charles Garvity, 53	28:40
Men 60 & Up	
Jonathan Tobey, 42	19:30
Donald Lyons, 43	22:50
Dave Seifry, 40	24:25

Dave Allen, 42	26:00
Deane Milligan, 44	26:25
Womens 5K	
Women 10 - 13	
Emily Byrne, 13	29:18
Lauren Ingram, 13	30:59
Women 14 - 19	
Kellie Dutra, 17	19:08
Gretchen Mathers, 18	19:28
Sarrah Gollner, 16	19:50
Danika Johnson, 14	20:20
Stacey Smith, 17	20:29
Kim Blodgett, 16	21:37
Elise Mathers, 16	21:39
Lori Blodgett, 14	21:41
Cindy Ennan, 15	22:12
Kelly Bishop, 16	22:50
Sarah Finn, 15	23:18
Jennifer Truliano, 16	23:26
Alisa Johnson, 14	25:13
Elizabeth Hurtauch, 15	25:31
Julie Finn, 15	25:58
Nikki Atwood, 15	25:59
Michelle Gregory, 17	26:02
Susanah Byrne, 16	26:33
Allison McLean, 16	26:35
Karen Peake, 16	27:02
Krista Ingram, 16	27:05
Wendy Howe, 15	27:11
Billi Brackley, 15	28:31
Joanne Tenner, 16	28:48
Cara W. Perry, 49	34:03
Women 20 - 29	
Dianna Lumber, 15	29:17
Kate Boyd, 16	30:08
Heidi Orr, 15	30:49
Hean Atwood, 15	32:40
Kathleen Tannev, 14	33:12
Jacks Delocice, 15	33:14
Bria Holub, 14	33:42
Sarah Elwell, 14	33:58
Cheri Coady, 19	34:30

Women 30 - 39

Leiric Cronan, 26	19:45
Katherine Kahan, 29	21:17
Lindsay Graham, 20	22:25
Paola Payne, 25	23:42
Rebecca Young, 22	23:46
Nai-Lie Ellstrom, 28	24:07
Karen Anderson-Schenk, 24	24:21
Neuron Murphy, 22	24:59
Nichelle Lonnak, 24	25:47
Teresa Bennett, 27	26:24
Cristina Devita, 25	26:56
Shanna Ferguson, 27	27:09
Bobby Bates, 26	27:17
Sam Craig, 23	28:11
Paola Arnold, 25	28:19
Women 40 - 49	
Sibara Leatrice, 34	17:34
Marili Crav, 27	19:24
Susan Gray, 34	19:36
Deb Lindner, 33	20:45

Nancy Maloney, 32	20:56
Brian Bullis, 32	21:50
Louise Garcia, 35	22:47
Betsy Tucker Cady, 32	22:50
Linda Heltner, 36	23:04
Nancy Gonsville, 32	23:48
Robin Ekolan, 28	24:30
Laural Sault, 28	24:34
Fay Anderson, 33	27:23
Barbara Sarvin, 36	27:25
Nathia J O'Hara, 36	28:17
Caroline Vassar, 37	28:18
Paula Petrucci, 35	28:20
Cathy Mita, 39	29:02
Connie Leach, 31	30:22
Women 50 - 59	
Patty Girouard, 41	19:41
Karen Hanson, 47	21:20
Pege Guertin, 44	25:25
Eric Zusan, 8, 7:57	25:33
Sandra Smeck, 44	26:17
Caren Billings, 42	26:34
Susan Brozell, 41	26:49
Jo-Ann Braden, 40	26:19
Elizabeth Pearson, 42	29:23
Nicholas Knodes, 49	29:54
Jane Valentine, 42	30:10
Jane Blanchard, 47	30:28
Judy Taub, 45	32:24
Hean Short, 40	32:59
Jane Bienna, 49	33:04
Cara W. Perry, 49	34:03

Women 60 - 69

Jackie Scheidt, 51	25:47
Polli Flinders, 52	26:07
Jane Vanderaart, 54	26:28
Beverly Tucker, 54	27:19

Kid's 1K

Women Under 10	
Heg Brough, 9	6:50
Malinda Hall, 9	7:44
Krista Hall, 8	8:48
Jennifer Day, 9	8:45
Stacy Livingston, 9	9:01
Women 10 - 13	
Nicole McKenney, 7	9:27
Katrina Ahlstrom, 7	9:34
Lindsay Novitake, 7	9:36
Women 14 - 19	
Kate Walte, 5	11:43
Rebecca Drapp, 5	12:08
Brideid O'Hara, 5	13:55
Alison Mathias, 5	17:09

Women 20 - 29

Hegan Valentine, 10	7:12
Jennifer Hunter, 12	7:19
Melissa Hall, 11	7:19
Louise Delia, 12	7:25

Laura Power, 10	7:25
Handy Ennan, 11	7:28
Rebekah Bevil, 12	7:47
Kerri Duquette, 13	8:41
Kathleen Holt, 11	9:47
Pratiana Crane, 10	9:54
Sara Davidson, 10	9:56
Jessica Livingston, 11	10:05
Heather McLean, 10	11:14
Men Under 10	
Nathan Shank-Boright, 6:34	6:34
Billy James, 9	6:45
Marvin Keck, 8	7:17
Kevin Corrigan, 9	7:21
Matthew Sullivan, 9	7:22
Sean Ennan, 9	7:45
Eli Jolly-Schapiro, 7	7:51
William Taylor, 6	7:53
Scott James, 7	7:54
Eric Zusan, 8	7:57
Sean O'Hagan, 8	8:25
Dick Walte, 8	8:59
Matthew Holt, 9	9:11
Amon Paquette, 6	9:14
Tyler Shank-Boright, 10:00	10:00
Nicholas Santiago, 7:10:00	7:10:00
Zachary Novitake, 5:10:27	5:10:27
Brandon Fahay, 7:10:46	7:10:46
Brad Mathias, 8	12:11
Grant-Novitake, 3	13:51
Nick Simon, 4	15:55

Men 10 - 13

Chris Kaseckit, 13	5:37
Richard B Taylor, 13	5:39
Andrew Johnson, 11	6:10
Kurt Motyka, 11	6:15
Christopher Brozell, 6:12	6:12
Matthew Stratford, 13	6:20
Tia Livingston, 13	6:27
Timothy Stratford, 6:27	6:27
Ethan Bernard, 11	6:30
Joshua Stahl, 13	6:37
Derek Walter, 10	6:41
Peter G. Pearson, 12	6:42
Eric Parker, 13	6:45
Joshua Jolly-Schapiro, 7:10:2	7:10:2
Nathaniel Stahl, 11	7:02
Markus Bean, 12	7:05
Philip Christian, 13	7:36
Chris Guertin, 12	7:39
Lucas Holub, 13	7:42
Red Woods, 11	8:51

Men 14 - 19

Alexander Gustave Eiffel, the man who designed the Eiffel Tower, also designed the inner structure of the Statue of Liberty in New York Harbor.	
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THE SIXTH ANNUAL
**LEAF PEEPERS
 HALF-MARATHON**
 SUNDAY, OCTOBER 1, 1989
 11 A.M., WATERBURY, VERMONT

Course records:
 Eric Moore
 1:59:28, 1986
 Len Meyer
 1:21:15, 1985

SPONSORED BY WDEV

Organized by the Central Vermont Runners and Harwood Union Boosters Club

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

AWARDS: At the Waterbury Recreation Field

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

ENTRY FEE: \$9.00 (U.S.), entries postmarked by September 18 will receive a free LeafPeepers Half Marathon T-shirt. Post entries accepted 9 a.m. to 10 a.m. on race day. \$10.00 (U.S.)

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

 OFFICIAL ENTRY BLANK

NAME (Please Print) _____

STREET _____ CITY _____

STATE _____ ZIP _____

AGE _____ BIRTH DATE _____ SEX: Male Female

SHIRT SIZE: S M L XL (circle appropriate size)

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to, falls, apparel-related injury. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release the Central Vermont Runners, the City of Waterbury and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature of entrant _____ Date _____ If entrant under 18, parent must sign _____ Date _____

Make checks payable to Central Vermont Runners, and mail entries to:

Darragh Ellerson
 Upper North Street, Box 170
 Montpelier, VT 05602



P.O. Box 550,
 Waterbury, Vermont 05676



**Harwood
 Union
 Boosters
 Club**



Schedule of Events September 24th

- 00:10-30 Race Day Registration at Base Lodge
- 3:30-11:00 Pre-Race Meeting
- 1:00-12:00 START/FINISH Pushups & Sit ups
- 2:00 2:00 START/FINISH Delayed Mass Start Run/Bike
- 00:3-00 AWARDS

ENTRY FEES

**PRE-REGISTRATION POSTMARKED BY
SEPTEMBER 10, 1989**

Registration for Individuals, \$10.00
Registration for Teams, \$20.00

Pre Registration includes FREE T-SHIRT

Day of Event for Individuals, \$15.00
Day of event for Teams, \$30.00

MAIL RELEASE FORMS, WITH CHECK PAYABLE TO:

BAC/GOLD'S GYM
ATTN- Vermont Fittest
74 Hegeman Ave.
Colchester, VT 05446

For Information Contact-

802-865-3387 802-655-3232
ENDURANCE BAC/GOLD'S GYM
SPORTS

VERMONT'S FITTEST IS FOR EVERYONE...

This will mark the first year that Bolton Valley Resort has hosted VERMONT'S FITTEST CONTEST. We at Bolton Valley, Gold's Gym and Endurance Sports along with Hood are proud to be hosting this exciting new event that will be fun for individuals and teams alike.

The competition will combine the strength aspects of push-ups and sit-ups, with the endurance of running and cycling.

Teams are welcome as well as those who wish to compete for Vermont's Fittest Person honors.

So practice up on your push-ups and sit-ups, and put in some running and cycling miles. We look forward to seeing you there.

Your Hosts



PRINTING BY MESSENGER PRINT & DESIGN, ST ALBANS, VT

RULES

PUSH-UPS AND SIT-UPS:

The competition will begin with performance of two strength testing events, push-ups and sit-ups. Each individual or team member will be timed for one minute at each exercise. The cumulative total will be used to determine the individual's start time, in the run in accordance with the following schedule:

Cumulative Total	Run Start Time
120 or more	12:00 pm
110-119	12:02 pm
90-99	12:04 pm
80-89	12:06 pm
70-79	12:08 pm
60-69	12:10 pm
59 or less	12:12 pm

NOTE: EACH REPETITION OF PUSH-UPS AND SIT-UPS MUST BE PERFORMED CORRECTLY TO RECEIVE CREDIT. PLEASE READ THE FOLLOWING INSTRUCTIONS CAREFULLY:

PUSH-UPS:

Competitors will start with hands flat on the ground, approximately shoulder width apart. Back and legs must be straight at all times. The push-up is performed by bending the arms and lowering the body until the upper back is level with the elbows. Arms should form a 90° angle. The body is then raised again until the arms are in a straight locked position. This completes one push-up repetition.

SIT-UPS:

Sit-ups will be performed by starting with the head and back flat on the ground. Knees bent at a 90° angle at the knee. Officials will hold competitor's feet firmly on the ground. Hands must be clasped behind the head, with fingers interlocked. The competitor will then raise their body until the upper body and back break a vertical plane. (90° angle with ground) They will then lower the upper body until the shoulders touch the ground, at no time may hips bounce off the ground. This completes one sit-up.

NOTE: OFFICIALS WILL CALL OFF REPETITIONS TO EACH COMPETITOR. IN THE EVENT OF AN INCORRECT REPETITION OFFICIALS WILL KEEP REPEATING THE PREVIOUS REPETITION'S NUMBER AND INSTRUCT THE COMPETITOR OF THE ERROR.

CROSS COUNTRY

MOUNTAIN RUN:(Distance 8km)

After the results of the push-ups and sit-ups are completed, a start list will be made up, based on the push-up/sit-up cumulative total start sheet. Competitors will have their racing bibs marked with their start time and line up in their designated starting corral. For each start time, there will be a marked starting corral. As you can gather, the net result is a delayed mass start in the run based on the strength event.

At 12pm, the first competitors will leave the running corral. Then every two minutes another group of runners will leave until all competitors have started.

The course starts at the Bolton Valley Base Lodge and heads down a nordic ski trail called Broadway. When Broadway reaches the access road, competitors will turn right and continue down the access road until they reach the bottom. (Rte. 2) Once there, they will tag their cycling teammate or for an individual, continue on with cycling portion of the event.

BICYCLE HILL CLIMB:

(Distance 8 km)

Once tagged or the transition has been made from run to bike, cyclist will ride up the Bolton Valley Ski Area access road and finish at the base of the lodge. No drafting is allowed and ANSI approved helmets must be worn at all times. Because this is a delayed mass start, the first individual or team cyclist across the finish line at the top will be declared the winner.

Athlete's Entry and Release Form

TO THE PROMOTER:

Please accept my entry in the Vermont's Fittest Contest

Category (A-J) _____ Team Name _____

Fee of \$ _____ is enclosed.

NOTICE: THIS ENTRY BLANK AND RELEASE IS A CONTRACT WITH LEGAL CONSEQUENCES. READ IT CAREFULLY BEFORE SIGNING.

In consideration of the acceptance of my application for entry in the above event, I hereby freely agree to and make the following contractual representations and agreements.

I fully realize the dangers of participating in this race and fully assume the risks associated with such participation including, by way of example, and not limitation, the following: the dangers of collision with pedestrians, vehicles, other racers, and fixed or moving objects; the dangers arising from surface hazards, inadequate safety equipment, and weather conditions, and the possibility of serious physical and/or mental trauma or injury associated with athletic competition.

I hereby waive, release and discharge for myself, my heirs, executors, administrators, legal representatives, assigns, and successors in interest (hereinafter collectively "successors") any and all rights and claims which I have or which may hereafter accrue to me against the sponsors of this event, Gold's Gym, the promoter and any promoting organization(s), property owners, law enforcement agencies, all public entities, special districts, and properties (and their respective agents, officials, and employees) through or by which the events will be held for any and all damages which may be sustained by me directly or indirectly in connection with, or arising out of, my participation in or associated with the event, or travel to or return from the event.

I agree it is my sole responsibility to be familiar with the race course, the rules, and any special regulations for the event. I understand and agree that situations may arise during the race which may be beyond the immediate control of the race officials or organizers, and I must continually run so as to neither endanger myself nor others. I accept responsibility for the condition and adequacy of my competition equipment. I have no physical or medical condition which, to my knowledge, would endanger myself or others if I participate in this event, or would interfere with my ability to participate in this event.

I agree, for myself and successors, that the above representations are contractually binding, and are not mere recitals, and that should I or my successors assert my claim in contravention of this agreement, I or my successors shall be liable for the expenses (including legal fees) incurred by the other party or parties in defending, unless the other party or parties are finally adjudged liable on such claim for willful and wanton negligence. This agreement may not be modified orally, and a waiver of any provision shall not be construed as a modification of any other provision herein or as a consent to any subsequent waiver or modification.

PARENT or GUARDIAN of a Minor: I, as parent or guardian of the below named minor, hereby give my permission for my child or ward to participate in the event, and further agree, individually and on behalf of my child or ward to the terms of the above.

CATEGORIES

- | | |
|-----------------|-----------------|
| A. Male 18-34 | H. Family Team |
| B. Female 18-34 | I. Business |
| C. Male 35+ | Team |
| D. Female 35+ | J. College Team |
| E. Male Team | K. High School |
| F. Female Team | Team |
| G. Mixed Team | |

AWARDS FOR TOP 3 IN EACH CATEGORY

PLEASE PRINT CLEARLY:

Today's date _____

Strength Person _____

Runner _____

Cyclist _____

Team Captain Address - Street _____

Town _____ State _____ Zip _____

Phone _____

Signature of entrants or parent or guardian _____

Strength Person

Runner

Cyclist

VERMONT'S FITTEST



CONTEST

September 24, 1989

9 am - 2 pm

Rain or Shine

BENEFITS PROJECT HARMONY

Presented By

BOLTON VALLEY **MENDURANCE**
sports

OKLEY



GOLD'S GYM

106.7 WIZN

Hood MILK

VERMONT'S FITTEST

c/o BAC/Gold's Gym
74 Hegeman Ave.
Colchester, Vt. 05446
802-655-3232

VERMONT'S FITTEST



CONTEST

MENDURANCE

100 Main Street
Burlington, Vt. 05401
802-865-3387

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.

In addition to the following races, CVR has fun runs every Tuesday, May through October, at 5:30 p.m., starting at the Department of Liquor Control on Green Mountain Drive in Montpelier. Distances are 2, 4 and 6 miles.

- SEP 23 **National Life Ten Miler**, 9:00 a.m. Essex Elementary School. Bruce Cunningham, 878-3875.
- SEP 24 **Montreal International Marathon**, 514-879-1027.
- CVR SEP 26 **Predict Your Time Fun Run** (See elsewhere in newsletter for details).
- CVR OCT 1 **Leaf Peepers Half Marathon**, Waterbury. Darragh Ellerson, 223-2080.
- OCT 7 **Round Church Women's Run**, 10:00 a.m. 5K and 10K. Richmond. Ellen Rainville, 864-9165.
- CVR OCT 10 **Cross-Country Fun Run** (See elsewhere in newsletter for details).
- OCT 14 **Green Mountain Marathon**, 9:30 a.m. Folsom School, South Hero. Howie Atherton, 434-3228.
- CVR OCT 17 **Cross-Country Fun Run** (See elsewhere in newsletter for details).
- OCT 21 **Arthur Tudhope Memorial 10K**, 11:00 a.m. Shelburne Beach. John Kohn, 862-8514.
- OCT 28 **50 Miler**, 7:30 a.m. Relay, 8:30 a.m. Essex Elementary School. Bill Everett, 879-1687.
- OCT 29 **Cape Cod Marathon**, Falmouth, Ma. 508-548-0348.
- CVR NOV 4 **Juniper Hill 12K**, Barre. Bob Murphy, 476-4328.
- NOV 19 **Boston Peace Marathon**, Carlisle to Boston. 617-524-5454.
- NOV 24 **Turkey Trot**, 11:00 a.m. 5K, UVM, Gutterson Fieldhouse. Ralph Swenson, 864-4952.

Dana McCarthy

10 Towne

Montpelier, Vt 05602