

CENTRAL VERMONT RUNNERS' NEWSLETTER

OCTOBER
1989

Vol. 10 No. 7

(WATCH OUT!)
→



C.V.R. Officers
Pres. Tim Noonan
V. Pres. Darragh Ellerson
Treas. Norm Robinson
Sec. 99
Editor Lana McCarthy





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BOO!

YES FOLKS, THIS SATISFIED C.V.R. MEMBER IS IN HER 1989 HALLOWEEN COSTUME, KNOWN AS THE OLD BICYCLE DISGUISE, AND AVAILABLE TO C.V.R. MEMBERS WHILE SUPPLIES LAST!

HER REASONS FOR CROSS-TRAINING FOR HALLOWEEN WERE QUOTE, "YUCKY." DON'T MISS THIS OPPORTUNITY TO LET HER KNOW JUST HOW SCARED YOU WERE BEFORE YOU SAW THIS PHOTO

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MINUTES OF CVR OCTOBER MEETING

Darragh Ellerson, Norm Robinson, Dot Helling, Chris Whalen and Tim Noonan attended the October 17 CVR meeting at Darragh's home. Norm reported that we had approximately \$1200 in the treasury, when outstanding expenses are deducted, compared to \$750 last year at this time. Norm indicated that newsletter expenses are up this year due to longer issues, printing more newsletters and increased postage costs. Miscellaneous expenses are down, since last year we bought a second printer timer. Race profits generally have been higher this year. Current membership totals 118.

Darragh reported that everything went smoothly for the Leaf Peepers Half Marathon, and planning already has started for next year's race. Darragh was somewhat disappointed with the number of entrants, which were slightly down from last year. The Juniper Hill 12K is coming up on November 4. This is the last CVR race of the year. Tim reported that the cross country fun runs in Hubbard Park were well-received, and that the consensus of runners was that we should do more of these runs next year.

Darragh indicated that she had received a call from Jane Dolley, RRCA Eastern Regional Director, concerning an insurance proposal that the RRCA Executive Board was going to be acting on the next weekend. Jane was looking for CVR's views on the proposal. The insurance would cover all club races, fun runs and picnics, and would cost \$2.25 per club member per year. It was agreed that we supported this insurance proposal assuming the coverage is at least comparable to the present TAC insurance. Darragh said she would follow up with Jane.

It was agreed that we would purchase two additional hand-held stop watches. Norm and Darragh agreed to look into this.

Finally, Darragh revealed that we have many CVR t-shirts left. We have 7 small, 12 medium, 6 extra large and several children's sizes. If you are interested in purchasing a shirt for \$6, contact Darragh. Also, if you are interested in ordering CVR singlets, contact Norm or Tim. If there is enough interest, we can order a supply.

Tim Noonan

NEXT CVR MEETING

The next CVR meeting will be November 13 at the home of Dot Helling and John Peterson, 34 St. Paul Street in Montpelier. The meeting will begin at 6:30 p.m. Potluck.

OVER HILL, OVER DALE . . . CROSS COUNTRY FUN RUNS

Participants in the cross country fun runs at Hubbard Park on October 10 and 17 discovered that this was not your typical fun run course. Instead of running a straight out and back course for 2, 4 or 6 miles, runners soon realized that this 2.65 mile cross country course through the roads and trails of the park had more twists and turns and loops than a typical marathon course.

In any event, runners liked the course (at least, they said they did) and the team aspect of the runs. The general consensus was that we should do more of these cross country fun runs next year. The weather on October 10 was ideal autumn leaf-peeping fare, perfect for cross country runs. The weather on October 17 was perfect only for the masochistic, somewhat deranged runner - cold, steady rain and slippery - and nine of us braved the conditions and actually acted like we were having fun.

On both weeks, we had enough runners to have three three-member teams. Teams were selected by picking a letter out of a hat. The team results follow. For each team member, the overall place of finish and time are indicated. Team place of finish was determined by adding the overall places of finish for individual team members, with lowest number of total points resulting in the top team.

OCTOBER 10

<u>Team Place</u>	<u>Team Members</u>	<u>Members' Place of Finish and Time</u>
1	Tim Noonan, Dick Millar Dana McCarthy	Noonan - 1st, 16:05, Millar - 2nd, 16:19, McCarthy - 9th, 19:28
2	Tom Smith, Jeff Shutak Bob Murphy	Smith - 4th, 17:50, Shutak - 5th, 18:36, Murphy - 6th, 18:49
3	Chris Lynn, John Mallery Chris Whalen	Lynn - 3rd, 17:38, Mallery - 7th, 19:17, Whalen - 8th, 19:28

OCTOBER 17

<u>Team Place</u>	<u>Team Members</u>	<u>Members' Place of Finish and Time</u>
1	Tim Noonan, Bob Murphy John Mallery	Noonan - 1st, 16:41, Murphy - 2nd, 18:11, Mallery - 7th, 19:49
2	Jeff Shutak, Merrill Cray Chris Whalen	Shutak - 4th, 19:31, Cray - 5th, 19:34, Whalen - 6th - 19:41
3	Chris Lynn, Dana McCarthy, Dot Helling	Lynn - 3rd, ?, McCarthy - 8th, 19:50, Helling - DNF

LEAFPEEPERS HALF MARATHON - 1 OCTOBER 1989
OFFICIAL COMPLETE RESULTS

Overall

Place	Time	Name	Age	Hometown	State
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Female 18 & under

79	1:35:05	Gretchen Walthers	18	Northfield	VT
114	1:42:46	Liza Kiesler	16	Stowe	VT

Female 19-29

63	1:32:08	Jennifer Rood	28	Portsmouth	NH
71	1:33:53	Louise F. Plante	25	Stowe	VT
89	1:37:45	Dawn Angney	26	Morristown	NJ
126	1:44:24	Ann Hartman	28	Stowe	VT
134	1:46:51	Camille Short	23	Brownsville	VT
140	1:47:51	Regina Corbally	28	Jericho	VT
141	1:48:12	Andrea Chassagne	24	Burlington	VT
148	1:49:23	Karen Repalje	22	Burlington	VT
150	1:49:24	Jeanie Manchester	25	Colchester	VT
155	1:50:35	Carolyn Stewart	25	Cambridge	VT
158	1:50:48	Karen Ross	29	Stowe	VT
161	1:51:39	Germaine Kropilak	29	Nashua	NH
165	1:52:07	Pat Welsh	28	Boston	MA
175	1:55:35	Debbie Waddell	28	Eatontown	NJ
178	1:55:49	Sylvie Vachereau	25	Huntington	VT

Female 30-39

47	1:29:07	Moira Durnin	38	Stowe	VT
58	1:31:27	Nina Changelian Aitken	34	Hinesburg	VT
65	1:32:25	Dorothy L. Helling	39	Montpelier	VT
76	1:34:19	Debbie Crow	38	Stowe	VT
86	1:37:19	Debi Lindemer	33	Stowe	VT
94	1:38:20	Nancy Okun	37	Peru	VT
96	1:38:37	Debby Dorsett	32	Londonderry	VT
101	1:40:01	Jacqueline Shaw	33	Warren	VT
108	1:41:43	Betty Perreault	37	St. Johnsbury	VT
115	1:42:48	Nea Foltz	33	Jeffersonville	VT
119	1:43:19	Tracey Brady	34	Queensbury	NY
128	1:44:35	Carol Hillman Van Dyke	33	Stowe	VT
135	1:47:09	Lisa Carrick	35		
144	1:48:49	Pat Driscoll	34	Stowe	VT
145	1:48:54	Chris Hallinan	37	Millis	MA
146	1:49:11	Gina Campoli	34	Craftsbury Common	VT
149	1:49:24	Line Barral	33	Duxbury	VT
167	1:52:18	Sarah L. Lemnah	32	Essex Junction	VT
171	1:53:27	Helen Bell	39	Waterbury	VT
172	1:53:53	Marie Froeschl	38	Essex Junction	VT
179	1:55:51	Deirdre Kelley	30	Richmond	VT
181	1:56:22	Karen Siegel	36	Atlanta	GA
182	1:56:36	Maureen Cadieux	30	Leominster	MA
185	1:58:11	Marie Comtois	37	Barnard	VT
186	1:58:30	Emer Downs	34	So. Hero	VT
189	1:59:46	Jeni Wirtz	37	Newport	RI
204	2:09:51	Susan Ledrew	34	Springfield	VT
209	2:22:30	Deb Kozlowski	36	Lebanon	NH

LEAFPEEPERS HALF MARATHON - 1 OCTOBER 1989
OFFICIAL COMPLETE RESULTS

Overall

Place	Time	Name	Age	Hometown	State
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Female 40-49

53	1:30:40	Barbara Capen	40	Starksboro	VT
131	1:45:36	Elizabeth Ireland	41	Mt. Tabor	NJ
151	1:49:42	Sally Searles	41	North Wolcott	VT
154	1:50:23	Kathy Engle	46	Gillette	NJ
157	1:50:43	Patricia Heyer	48	Madison	NJ
162	1:51:47	Rosemary Rusin	46	Florence	VT
180	1:56:04	Teri Scatchard	47	Jericho	VT
195	2:03:09	Pauline Sicard	49	Burlington	VT
201	2:06:48	Heidi Smith	47	Moretown	VT
202	2:09:50	Judy U. Colombo	46	Montpelier	VT
203	2:09:51	Janet A. Gilbert	48	Barre	VT
206	2:13:25	Nancy A. Emberley	47	Shelburne	VT

Female 50+

173	1:54:13	Mary C. Doughty	52	Madison	NJ
174	1:55:07	Phyllis L. Dana	52	Waban	MA
187	1:58:50	Jackie Schmidt	51	Ludlow	VT
192	2:00:57	Lya Kilian	60	New York	NY
198	2:05:32	Marilyn Seidner	53	Latham	NY

Male 18 & under

51	1:30:23	Keith Sayers	16	Northfield	VT
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Male 19-29

3	1:14:26	Bill Newsham	24	Dorchester	MA
4	1:14:38	James Douglass	26	East Randolph	VT
9	1:17:15	Michael Mashtare	29	St. Albans	VT
12	1:18:00	Steven Schenck	26	Stowe	VT
14	1:18:21	Todd Burke	27	Baton Rouge	LA
21	1:21:41	David B. Foster	29	Bethel	VT
35	1:26:10	Matt Chandler	25	Shelburne	VT
38	1:26:49	Tim Resker	26	Westwood	MA
40	1:27:56	Chris M. Paradee	29	Fairfax	VT
43	1:28:17	Eric Montminy	24	Stowe	VT
44	1:28:29	James D. Pels	29	Madison	NJ
46	1:28:50	Bob Brown	26	Boston	MA
49	1:29:24	Tom Villemaire	23	Milton	VT
81	1:35:45	Shannon Blake	21	South Burlington	VT
87	1:37:26	Kevin Shanley	23	Morrisville	VT
91	1:38:05	Doug Howell	29	Winooski	VT
92	1:38:07	Shawn Elliott	24	St. Albans	VT
102	1:40:05	James M. Dingley	26	Burlington	VT
106	1:41:11	Dave C. Sears	28	Boston	MA
129	1:44:49	John Luman	24	St. Albans	VT
133	1:46:43	Christopher P. Nagy	19	Montpelier	VT
152	1:49:45	Darrin MacKenzie	29	Burlington	VT
156	1:50:42	Neil E. Roberts	24	Burlington	VT
166	1:52:07	Jim O'Conor	28	Boston	MA
176	1:55:40	Tim McCartney	26	Montpelier	VT
177	1:55:40	Robert Moiles	24	Montpelier	VT

LEAFPEEPERS HALF MARATHON - 1 OCTOBER 1989
OFFICIAL COMPLETE RESULTS

Overall

Place	Time	Name	Age	Hometown	State
205	2:12:21	Victor M. Sherbrook	23	Waterbury	VT

Male 30-39

1	1:10:56	Randy Sightler	30	Winooski	VT
2	1:12:59	Chip Button	37	Saratoga Springs	NY
5	1:15:47	Pascal Cravedi-Cheng	36	Burlington	VT
6	1:16:00	Jack Fahey	33	Belmont	MA
7	1:16:23	William Stone	37	Newton Center	MA
8	1:17:08	Ed Drapp	33	Duxbury	VT
16	1:19:11	Philip Siegel	34	Atlanta	GA
17	1:19:31	Wayne M. Flewelling	34	Bennington	VT
19	1:20:40	John Scheer	33	Burlington	VT
22	1:21:49	Gary Furlong	36	Burlington	VT
25	1:24:03	Thomas A. Grace	37	Fairfax	VT
26	1:24:31	Paul D. Wheeler	39	Richico	VT
27	1:24:37	Aubrey Waddell	31	Eatontown	NJ
29	1:24:41	Mark Lorden	32	Leominster	MA
30	1:24:58	Monte Pappas	31	Burlington	VT
31	1:25:03	Christopher Ludington	35	Morrisville	VT
33	1:25:34	John Q. Marshall	32	Billerica	MA
42	1:28:13	Chris Foltz	34	Jeffersonville	VT
52	1:30:26	Jeff Jackson	31	Stowe	VT
55	1:31:00	Whit Hartt	34	Morrisville	VT
57	1:31:18	Philip Racicot	30	Brighton	MA
59	1:31:38	Bob Burke	36	Williston	VT
66	1:32:25	John R. Eriksson	39	Fitchburg	MA
67	1:32:31	Mark H. Mills	34	Newport	RI
68	1:32:31	Steve Barker	34	Arlington	MA
69	1:32:42	Mark Provost	33	Montpelier	VT
70	1:33:41	Brent B. LeDrew	34	Springfield	VT
72	1:33:57	Jake Baird	37	Charlottetown	PEI
74	1:33:59	Mark Mulder	31	Allendale	NJ
75	1:34:17	William F. Frantz	39	Randolph	VT
80	1:35:35	Michael Alger	36	Grand Isle	VT
83	1:36:13	Mark Logan	38	Rutland	VT
93	1:38:10	Bruce Johnson	36	Middlebury	VT
95	1:38:25	Peter M. Covill	32	Providence	RI
98	1:39:23	Greg MacDonald	39	East Montpelier	VT
100	1:39:56	Robert Clark	38	Calpella	CA
104	1:40:31	John Timoney	38	Newton	MA
105	1:40:33	Robert Lindemann	36	Hyde Park	VT
107	1:41:24	Joseph Blatchford	35	Montpelier	VT
120	1:43:33	Evan Ellerson	34	Graniteville	VT
121	1:43:38	Mike Bachand	32	So. Burlington	VT
132	1:46:31	Randy Witlicki	33	Warren	VT
137	1:47:22	Robert Tosiello	32	Hamden	CT
142	1:48:23	Patrick C. Aramini	38	Sussex	NJ
163	1:51:56	Jeffrey Seivwright	31	Montpelier	VT
164	1:51:56	Martin Parker	34	Waterbury	VT
168	1:52:29	Paul Newhouse	36	South Burlington	VT
194	2:01:41	Stephen J. Rogers	36	Waltham	MA

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LEAFPEEPERS HALF MARATHON - 1 OCTOBER 1989
OFFICIAL COMPLETE RESULTS

Overall Place	Time	Name	Age	Hometown	State
Male 40-49					
10	1:17:19	Gordon MacFarland	41	Shelburne	VT
11	1:17:32	John Brodhead	45	Craftsbury Common	VT
13	1:18:11	John Valentine	40	Northfield	VT
15	1:18:58	John Elkins	43	Stowe	VT
18	1:19:40	Jim Wyatt	46	Charlottetown	PEI
20	1:21:21	Bob Murphy	49	Barre	VT
23	1:21:55	Lloyd Hulburd	41	So. Burlington	VT
24	1:23:37	Peter Davis	42	Cambridge	VT
28	1:24:40	Peter Farr	40	Hyde Park	VT
32	1:25:09	Bruce R. Meader	46	Vergennes	VT
34	1:25:42	David Pedley	47	Kanata	ONT
36	1:26:16	John M. Horne	43	Colchester	VT
37	1:26:16	Keith G. Turman	42	Essex Junction	VT
39	1:27:31	Steve Herrero	41	Shelburne	VT
41	1:28:00	Robert Searles	40	North Wolcott	VT
48	1:29:22	Glenn Gershaneck	41	Montpelier	VT
50	1:30:04	Norman H. Reuss	42	South Burlington	VT
54	1:30:54	Bill Heise	47	Burlington	VT
60	1:31:45	David A. Cobb	44	Champaign	IL
73	1:33:57	David Capen	42	Starksboro	VT
77	1:34:37	John H. Elliott	43	Lyndonville	VT
78	1:35:00	Bert Villemaire	48	Winooski	VT
82	1:36:10	Joseph Pare	44	Beaconsfield	QUE
88	1:37:27	Ian Jenike	42	Quechee	VT
97	1:38:49	Robert Spurrier	41	Exeter	NH
99	1:39:53	Bob Howe	42	Williamstown	VT
103	1:40:16	John Mordes	42	Waban	MA
109	1:41:46	Richard Morris	44	Chelsea	VT
110	1:42:15	Robert Craig Conover	40	Valley Forge	PA
111	1:42:16	Laird Conover	43	Saratoga Springs	NY
112	1:42:16	Barry Goldberg	41	Saratoga Springs	NY
113	1:42:21	Douglas P. Maclean	40	Newton	MA
116	1:42:52	Newton Baker	47		
118	1:43:01	Bernie Fitzgerald	48	Burlington	VT
122	1:43:47	Rod Davis	46	Morrisville	VT
123	1:43:59	Wendell Carr	49	So. Burlington	VT
124	1:44:06	Eddie Gerstein	42	Brooklyn	NY
127	1:44:32	Michael P. Cusumano	44	Glover	VT
130	1:45:02	Harry R. Colombo	44	Montpelier	VT
138	1:47:27	Charles Stanford	43	Warren	VT
139	1:47:40	Jerry Smith	42	Altmar	NY
153	1:50:22	Townshend Gilbert	44	Barre	VT
160	1:51:36	Ted Chase	49	St. Johnsbury	VT
184	1:57:27	William Ruggles	47	Barton	VT
188	1:58:55	Roger Burbrink	43	Newport	RI
207	2:14:09	Robert A. Penney, Jr.	40	Shelburne	VT
Male 50-59					
45	1:28:37	Jim Seemann	50	So. Burlington	VT
56	1:31:11	William A. Beresford	50	Groton	MA
64	1:32:09	Pat Hutton	51	So. Burlington	VT
84	1:36:18	Douglas W. Witham	51	South Burlington	VT

LEAFPEEPERS HALF MARATHON - 1 OCTOBER 1989
OFFICIAL COMPLETE RESULTS

Overall

Place	Time	Name	Age	Hometown	State
85	1:36:50	Bill Engle	58	Gillette	NJ
117	1:42:52	Joe Connors	50	Brookline	MA
125	1:44:07	Schuyler Jackson	55	Huntington	VT
136	1:47:22	Pat Davis	57	Orleans	VT
147	1:49:19	Richard Tomczyk	50	Boylston	MA
159	1:50:58	Donald E. Meyer	53	Madison	NJ
169	1:52:36	John J. Spaulding, Sr.	52	Manchester	CT
183	1:56:53	Victor Harwood	54	Oradell	NJ
190	2:00:29	Darrell J. Doughty	53	Madison	NJ
191	2:00:56	Edward R. Ducharme	56	Hinesburg	VT
193	2:01:05	Bill Keogh	58	Burlington	VT
196	2:04:18	Norman J. Gauthier	53	Essex Junction	VT
197	2:05:05	Alan C. Rogers	54	Barre	VT
208	2:21:22	Peter J. W. Butt	52	Shelburne	VT
210	2:24:19	Peter P. Seidner	58	Latham	NY
211	2:24:41	Jerry Kennelly	59	Newport	NH

Male 60+

90	1:37:52	Hugh Short	67	Chittenden	VT
143	1:48:41	Armand Chicoine	61	So. Burlington	VT
170	1:53:01	Harold W. Luetjen	66	Rockville	CT
200	2:06:19	Doug Allen	62	Bethel	VT

RESULTS GMAA 10-miler
October 23, 1989
Essex, Vermont

Male Winners:

1.	Jim Miller (Burlington)	Time 53:50
2.	Bob Miller (Burlington)	59:18
3.	John Scheer	60:58

Female Winners:

1.	Dot Helling (Montpelier)	70:21
2.	Carol VanDyke (Stowe)	77:32
3.	Sarah Lemnah	79:49

VERMONT RUNNER RANKINGS UPDATE

The Leafpeepers Half Marathon of 1 October produced a large number of Vermonters who earned 1989 ranking points. In addition, there were 5 new all-comers' single age records set, and one new age group record. First, the new records at this highly competitive distance.

Liza Kiesler, Stowe, VT	16 F	1:42:46
Moira Durnin, Stowe, VT	38 F	1:29:07
Barbara Capen, Starksboro, VT	40 F	1:30:40
Lya Kilian, New York, NY	60 F	2:00:57 *
John Brodhead, Crafts Com, VT	45 M	1:17:32

* also age group record F 60-64

Now for the ranking points.

Women's Open:	Moira Durnin, Stowe	30
	Barbara Capen, Starksboro	25
	Nina Aitken, Hinesburg	20
	Dot Helling, Montpelier	12
	Louise Plante, Stowe	10
	Debbie Crow, Stowe	7
	Gretchen Walthers, Northfield	5
	Debi Lindemer, Stowe	3
	Nancy Okun, Peru	1
Women 40-49:	Barbara Capen, Starksboro	3
	Sally Searles, North Wolcott	1
Women 50-59:	Jackie Schmidt, Ludlow	1
Men's Open:	Randy Sightler, Winooski	100
	James Douglass, East Randolph	40
	Pascal Cravedi-Cheng, Burlington	30
	Ed Drapp, Duxbury	15
	Michael Mashtare, St. Albans	12
	Gordon MacFarland, Shelburne	10
	John Brodhead, Craftsbury Common	7
	Steven Schenck, Stowe	5
	John Valentine, Northfield	3
	John Elkins, Stowe	1
Men 40-49:	Gordon MacFarland, Shelburne	20
	John Brodhead, Craftsbury Common	15
	John Valentine, Northfield	12
	John Elkins, Stowe	10
	Bob Murphy, Barre	5
	Lloyd Hulburd, So. Burlington	3
	Peter Davis, Cambridge	2
	Peter Farr, Hyde Park	1
Men 50-59:	Jim Seemann, So. Burlington	5

	Pat Hutton, So. Burlington	2
	Douglas Witham, So. Burlington	1
Men 60-69:	Hugh Short, Chittenden	3
	Armand Chicoine, So. Burlington	2

 VRDC still needs results from the Vermont City Marathon.
 Please send to Bob Murphy, RR3, Box 6866, Barre, VT 05641.

Bob Murphy
 VRDC

CVR RALLIES AT GMAA MARATHON

Members of the Central Vermont Runners Club successfully participated in the GMAA Green Mountain Marathon and Half Marathon held Saturday, October 14, 1989, on a glorious fall foliage day in South Hero, Vermont. Of the six runners who attempted the marathon, four qualified for Boston and two placed in the top 3. What historically is known as a "lousy weather marathon" because of the wind conditions off the lake, turned out to be a fairly windless, sunny day, a bit hot for some, perfect for others. The scenery was spectacular and the race organization superb.

Approximately 100 runners turned out for the marathon and 83 finished. Most notable was the performance of the first woman, Doreen Friedman of Montreal, last year's winner and 2nd at Burlington City Marathon in May, who placed 2nd overall amongst men and women. Friedman actually crossed the finish line in 3rd place but the 2nd place male was disqualified for accepting a ride on the course. Two CVR runners finished in the top 20 overall, John Valentine of Northfield was 3rd male, 4th overall and Dot Helling of Montpelier was 3rd female and 20th overall. Results are as follows:

MARATHON RESULTS

MALE:	1. Celio Fernandez, Springfield, Mass.	2:35:54
	2. Monty Pappas, _____, Mass.	2:53:52
	3. John Valentine, Northfield, VT	2:54:23*
FEMALE:	1. Doreen Friedman, Montreal, CA	2:52:37
	2. Heather McKeown, Vershire, VT	3:11:43
	3. Dot Helling, Montpelier, VT	3:14:06

*First Master.

All the above qualified for the 1990 Boston Marathon. Also qualifying for Boston was Jeff Shutak of Williamstown in 3:24:47. Other CVR participants included Newton Baker of Montpelier in 3:30:45 and Bob Murphy of Barre.

HALF MARATHON RESULTS

MALE:	1. Randy Sightler, Burlington, VT	1:12:11
	2. Rick Stark, Manchester Center, VT	1:14:59
	3. Pascal Cravedi-Cheng, Burlington, VT	1:16:11
FEMALE:	1. Emily Fish	1:29:51
	2. Lisa Fitzsimmons, Underhill Center, VT	1:30:06
	3. Louise Plante, Stowe, VT	1:31:57
CVR Participant:	Bob Howe, Graniteville, VT	1:37:06

AGELESS RUNNERS

As I approach the 4th decade of my life (happily I must add), masters runners have become a focus of personal study. Especially over the past five years, with the new information we have about osteoporosis and overuse injuries, masters have the needed knowledge to care for their bodies and ensure continued success in running. Locally we have quite a few excellent masters, including a man approaching 50 who at 40 scored a national ranking and, based upon his recent performances, is looking to do so again when he hits 50. Bob Murphy of Barre (age 49) recently placed 20th overall at the Leafpeepers Half Marathon, a highly competitive 13.1 mile race put on by the Central Vermont Runners in Waterbury. I took note of Bob's strategy at the Club's recent Subultimate (a combination event of consecutively run 5K road, 440 track, track mile, track 100 yd. dash and 10K road). Unlike the younger runners who gave it "all they got" in each event, or the mild-mannered runners who maintained a "pace" through all the events, Bob saved himself for the final event and ran a great 10K. He demonstrated the philosophy and strategy of the wise and successful masters runner: Plan ahead and save yourself for the important events. Incorporate hard-easy regimens into your training schedule year round. This means adequate rest on a weekly basis, a monthly basis and a yearly basis. This means do what your body requires to avoid injury and don't let the starting gun carry you away.

A master runner's biggest obstacle and foible is injury. The older you are the longer it takes to recover, whether from a daily workout or an injury. Therefore, the trick is not to over use your body and, when you do stress your body, as in a hard race, give it a recovery period. Dr. John Valentine (age 40) is another successful area master who knows what it means to be sidelined by injury. He was the highest finishing central Vermonter in the Leafpeepers race (13th) and placed 3rd in the masters category. Just two weeks after Leafpeepers, John finished 3rd male overall and was the fastest master in the Green Mountain Marathon. From all appearances, John "saved" something at the Half Marathon in order to do so well at the full marathon where he also qualified for the 1990 Boston Marathon. John agrees that a successful master's secret is not to get injured. He believes you get better and better as a master simply by consistent training, that is, avoiding down time for injury. It makes sense that continued training without injury will breed consistency and strength, provided you take the time to rest.

How does a runner rest and still train? Simple. The hard-easy method mentioned above combined with learning to read your own body's signals. Nowadays you can find on the market any number of books, video tapes and coaches with a program that's guaranteed to help you monitor your training and become a better runner. The many devices and aids can offer assistance but no one program designed by another can give you all the answers. If you look to

an outside program or coach, you must fine-tune or modify it to yourself. The bottom line always, if any program, self-designed or otherwise, is to work for you, is to learn how to interpret your own body and to pay attention when it gives you the "hi" sign. You can look to a number of methods. For instance, take your resting pulse, check your appetite and sleeping patterns, or simply take note of how you feel when you run. Most importantly, if you are serious about your training, keep a log and periodically look back to see if you get any clues as to how you're doing. In order to make your log useful, you need to include information about how you feel before, during and after runs and any other data that will fill you in on your physical condition and signs or symptoms that things aren't quite right. Catching a cold is one such sign and so is an injury. Your log will enable you to backtrack from the date of the injury and hopefully figure out what went wrong so you can avoid making the same mistakes in the future.

Hard-easy programs go beyond your one week's training schedule. Most runners work in one-week increments. What a serious runner should do is look at the big picture. Plot out your year on a calendar. Decide what will be your big races and plan your training schedule accordingly. Plan appropriate rest into each week and then again into a month and, finally, into the big picture. For instance, if you do your hardest racing in the fall, you should plan to kick back on your running during November and December, a perfect way to enjoy the holidays. Do some minimal maintenance training so you don't have to return to square one, but don't keep up the same level of training on a year-round basis. You will eventually burn out. Perhaps the greatest lesson successful masters runners have learned is that the failure to rest eventually leads to burnout. It may be physical, mental or both. The soundest measure of success for a masters runner is that, if you stay healthy, you're bound to get better. To stay healthy you need to plot out the training/resting regimen that works for you.

HELP! This author is in the process of collecting interviews and information from area masters runners and, if you are a master, may be contacting you in the future for such an interview. In the meantime, it would be helpful if you have time if you would write out a few paragraphs about yourself and send it to me, including some of the following information: a brief history of your running experience, the "tricks" that have made you successful in reaching your goals, any insights you have on masters, either personal or external to yourself, and a bit about the type of training and competing you do in comparison to when you were younger and any differences you have noted in regard to your performance as a result of altered training or other factors, such as diet. This is step one in the writing of a book on masters, with a local focus, and your assistance will be greatly appreciated. Hopefully, you will eventually be rewarded with your name in print. My address is: Dot Helling, 7 Langdon Street, Montpelier, Vermont. Thank you.

ALL-TIME SINGLE-AGE RECORDS FOR VERMONT
ALL-COMERS' PERFORMANCES

5 KILOMETERS - MEN

Age	Time	Name	Hometown & State	Race	Date
8	29:26	Joseph Damiata	Montpelier	VT	VtCableTV 22Nov87
9		none			
10	30:51	Jon Hughes	Milton	VT	VtCableTV 22Nov87
11	28:50	Tom White	Montpelier	VT	Northfld 2Sep89
12	21:50	M. Schuitema	Northfield	VT	Northfld 2Sep89
13	21:24	John Dennett	Bath	NH	VtCableTV 22Nov87
14	19:26	Mike Meacham	Montpelier	VT	VtCableTV 22Nov87
15	18:42	Boswell Wing	Waterbury Center	VT	Northfld 2Sep89
16	18:18	Cope Bradley	Montpelier	VT	Northfld 2Sep89
17	17:09	Pete Johnson	Greensboro	VT	Northfld 2Sep89
18	17:23	Kevin Flannery	Hanover	PA	Northfld 2Sep89
19	19:05	Gregory Hutchins	Bennington	VT	Northfld 2Sep89
20	19:39	Neal Baker	Seekonk	MA	Northfld 2Sep89
21	16:47	Douglas Stitt	Northfield	VT	Northfld 2Sep89
22	18:04	James Cox	Northfield	VT	Northfld 2Sep89
23	14:26	Eric Morse	Waterbury	VT	Northfld 2Sep89
24	15:47	Alex McHenry	Burlington	VT	Northfld 2Sep89
25	16:21	Matt Guild	Bellows Falls	VT	Northfld 2Sep89
26	20:33	Scott Frey	Barre	VT	Northfld 2Sep89
27	24:04	James McAllister	Providence	RI	VtCableTV 22Nov87
28	21:28	Mack Gardner-Morse	Calais	VT	Northfld 2Sep89
29	18:00	Robert Miller	Burlington	VT	VtCableTV 22Nov87
30	15:22	James Miller	Essex Junction	VT	Northfld 2Sep89
31	21:25	Eric Ward	Strafford	VT	Northfld 2Sep89
32	16:29	Jerry Richardson	Montpelier	VT	Northfld 2Sep89
33	17:05	Jack Fahey	Belmont	MA	Northfld 2Sep89
34	20:46	Peter Cooley	Montpelier	VT	Northfld 2Sep89
35	20:22	Joseph Blatchford	Montpelier	VT	Northfld 2Sep89
36	16:56	Peter Farwell	Williamstown	MA	VtCableTV 22Nov87
37	17:18	Bill Dysart	Burlington	VT	Northfld 2Sep89
38	16:25	Mark Chaplin	Montpelier	VT	Northfld 2Sep89
39	16:57	John Valentine	Northfield	VT	Northfld 2Sep89
40	16:48	Mike Mason	Montpelier	VT	Northfld 2Sep89
41	17:55	Tom Foltz	Lowell	MA	Northfld 2Sep89
42	19:23	Gregory Gerdel	Montpelier	VT	Northfld 2Sep89
43	20:31	Wayne Hunter	Northfield	VT	Northfld 2Sep89
44	17:32	John Brodhead	Craftsbury Common	VT	VtCableTV 22Nov87
45	20:00	Reed Korrow	Northfield Falls	VT	Northfld 2Sep89
46	18:19	Butch Dutra	So. Burlington	VT	Northfld 2Sep89
47	17:40	Timothy Simpson	Lyndonville	VT	VtCableTV 22Nov87
48	20:45	Bob Kimball	Liverpool	NY	Northfld 2Sep89
49	17:47	Bob Murphy	Barre	VT	Northfld 2Sep89
50	21:30	Ted Marsden	Northfield	VT	Northfld 2Sep89
51	21:34	Robert Mercier	Montpelier	VT	VtCableTV 22Nov87
52	23:45	Robert Mercier	Montpelier	VT	Northfld 2Sep89
53	21:49	Bob Collins	Northfield	VT	Northfld 2Sep89
54	20:43	Jerry Taub	Patterson	NJ	Northfld 2Sep89
55		none			
56	24:46	Ernie Flanders	Montpelier	VT	VtCableTV 22Nov87
57		none			
58	24:44	Robert Fiske	Barnard	VT	Northfld 2Sep89
59		none			
60	24:26	Dave Gaffey	No. Scituate	MA	Northfld 2Sep89
61		none			
62	19:31	Jonathan Tobey	Townshend	VT	Northfld 2Sep89

63	23:51	Donald Lyons	Montpelier	VT	Northfld	2Sep89
64	26:26	Deane Milligan	Windsor	VT	Northfld	2Sep89

Northfld = Northfield Observances Race, Northfield, VT
 VtCableTV = Vermont Cable TV Turkey Trot, Montpelier, VT

ALL-TIME SINGLE-AGE RECORDS FOR VERMONT
 ALL-COMERS' PERFORMANCES

5 KILOMETERS - WOMEN

Age	Time	Name	Hometown & State	Race	Date
11	30:55	Amy Geryk	West Rutland	VT	VtCableTV 22Nov87
12	22:26	Valerie Coon	Fairfax	VT	VtCableTV 22Nov87
13	24:55	Sarah Shedd	Fairfax	VT	VtCableTV 22Nov87
14	20:21	Danika Johnson	Greensboro	VT	Northfld 2Sep89
15	22:13	Cindy Enman	Northfield	VT	Northfld 2Sep89
16	19:51	Gerrit Gollner	Montpelier	VT	Northfld 2Sep89
17	19:09	Kellie Dutra	So. Burlington	VT	Northfld 2Sep89
18	19:29	Gretchen Walthers	Northfield	VT	Northfld 2Sep89
19	34:31	Cheri Caddy	Northfield	VT	Northfld 2Sep89
20	22:26	Lindsay Grabon	Winoski	VT	Northfld 2Sep89
21		none			
22	23:47	Rebecca Young	Northfield	VT	Northfld 2Sep89
23	28:12	Sue Craig	Fitchburg	MA	Northfld 2Sep89
24	25:48	Michelle Lesnak	Montpelier	VT	Northfld 2Sep89
25	23:43	Pamela Payne	Montpelier	VT	Northfld 2Sep89
26	19:46	Ingrid Cyros	Bradford	MA	Northfld 2Sep89
27	26:25	Teresa Bennett	Northfield	VT	Northfld 2Sep89
28	24:08	Mai-Lis Ellerson	Montpelier	VT	Northfld 2Sep89
29	21:18	Kathybeyer Kehoe	Northfield	VT	Northfld 2Sep89
30	24:11	Sarah Wilson	Middlesex	VT	VtCableTV 22Nov87
31	21:42	Ellen Curran	Waitsfield	VT	VtCableTV 22Nov87
32	20:57	Nancy Maloney	Northfield	VT	Northfld 2Sep89
33	20:46	Debi Lindemer	Stowe	VT	Northfld 2Sep89
34	17:35	Leatrice Sikora	Greenfield	MA	Northfld 2Sep89
35	19:40	Merill Cray	Montpelier	VT	VtCableTV 22Nov87
36	23:05	Linda Hallinger	Washington	VT	Northfld 2Sep89
37	19:35	Merill Cray	Elmore	VT	Northfld 2Sep89
38	20:55	Barbara Capen	Starksboro	VT	VtCableTV 22Nov87
39	29:03	Cathy White	Montpelier	VT	Northfld 2Sep89
40	21:42	Phyllis Marcell	South Burlington	VT	VtCableTV 22Nov87
41	19:42	Patty Girouard	Stowe	VT	Northfld 2Sep89
42	26:35	Caren Billings	Randolph	VT	Northfld 2Sep89
43	31:58	Lise Meyette	Essex Junction	VT	VtCableTV 22Nov87
44	25:26	Page Guertin	Northfield	VT	Northfld 2Sep89
45	26:58	Janet Coon	Fairfax	VT	VtCableTV 22Nov87
46		none			
47	21:21	Karen Monsen	Stowe	VT	Northfld 2Sep89
48		none			
49	26:38	Reidun Nuquist	Montpelier	VT	Northfld 2Sep89
50	26:25	Polli Flanders	Montpelier	VT	VtCableTV 22Nov87
51	25:48	Jackie Schmidt	Ludlow	VT	Northfld 2Sep89
52	26:09	Polli Flanders	Montpelier	VT	Northfld 2Sep89
53		none			
54	26:29	Jane Vandermark	Newburg	NY	Northfld 2Sep89

Northfld = Northfield Observances Race, Northfield, VT
 VtCableTV = Vermont Cable TV Turkey Trot, Montpelier, VT

BETTER LATE THAN NEVER

Thanks to all who braved the tad end of the hurricane to help with the 10th Annual Berlin Pond Race on Saturday, August 5. When I got there at 7:30, the road was flooded in four places, but by the end of the race it had stopped raining and the road was only flooded at one place.

Thanks to David and Darragh Ellerson, Don Lyons, Laurel Gould, Merrill Cray, Rich Brown, Dawn Farnham, Paul Mailman, Bob Howe, Bob Murphy, Norm Robinson, Newton Baker, Richard Millar, Katie Maloney, Tammy Farnham, Anna Slocum, Jennifer Lowe, and Tim Noonan. This was my first race as director and without these people the race simply would not have happened.

Thanks to all the area businesses that contributed prized, refreshments and space for registration and parking. (These businesses were thanked in the World newspaper).

A special thanks to Merrill Cray for hours and hours and hours of help, (Merrill- I owe, I owe, it's off to work I go).

Apologies for mistakes made by this fledgling (understatement!) race director - sorry Newton, Darragh for the wild goose chase over registration forms. Sorry to race participants for a delayed start and a delayed, less than coherent awards ceremony at the end of the race.

Other than those problems, it was a fun, low-key race. Everyone seemed to enjoy themselves and were ready to overcome the water and mud. The water stop wasn't very popular. I considered a new prize category for wet T-shirt participants, our pens ran as much as the water and runners, and my sympathies were with Rich Brown when he came in 45 minutes after the race was over (maybe if you had worn decent shoes, Rich, you could've beat the people in the back). The race was so much fun, in fact, I know we'll have no problem finding a new victim, ah I mean, volunteer for race director next year. No seriously, we do need a new race director. I volunteer for co-directorship.

Thank you.
Nancy Maloney



JUNIPER HILL 12KM RACE
Barre, Vermont
Saturday, 10am, 8 November 1989

Sponsored by Central Vermont Runners
Sanctioned by RRCA and TAC/USA

Course: Challenging, hilly loop course; 1/2 gravel, 1/2 paved. Starts and finishes on Birchwood Park Drive in Barre Town. No aid stations. No traffic control. Accurately measured course. All miles, 5km and 10km marked. Note: The course is TAC-certified!

Awards: Prizes to first male and female plus drawn prizes. Post-race refreshments will be provided.

Entry Fee: \$3.50. Additional \$0.50 for complete mailed results.

Registration: By mail or register between 9:00am and 9:45am on race day.

How to Get There: From I-89 Exit 6, go 1.5mi on VT 62, turn left at crossroad, go 0.2mi, turn left onto dirt rd, 4th house 1/2 mi on right.

----- OFFICIAL ENTRY BLANK -----

NAME (Please Print) _____ SEX: M F
STREET _____ CITY _____
STATE _____ ZIP _____ AGE ON RACE DATE _____ BIRTHDATE _____

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, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. 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 Towns of Barre and Berlin 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 persons named in this waiver.

signature of entrant date

if entrant under 18, parent or guardian must sign date

Mail with \$3.50 (\$4 if results desired), checks payable to Central Vermont Runners, to Bob Murphy, RR3, Box 6866, Barre, VT 05641

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.

- | | |
|-----------|---|
| 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. |

ANNOUNCING....The Western States.....100 Miles....Come see it for yourself!
Dot Helling presents a slide and video show of her experience in the
Western States 100 Mile Race on November 9, 1989 at 7:00 at First In Fitness.

Dana McCarthy
10 Towne
Montpelier, Vt 05602