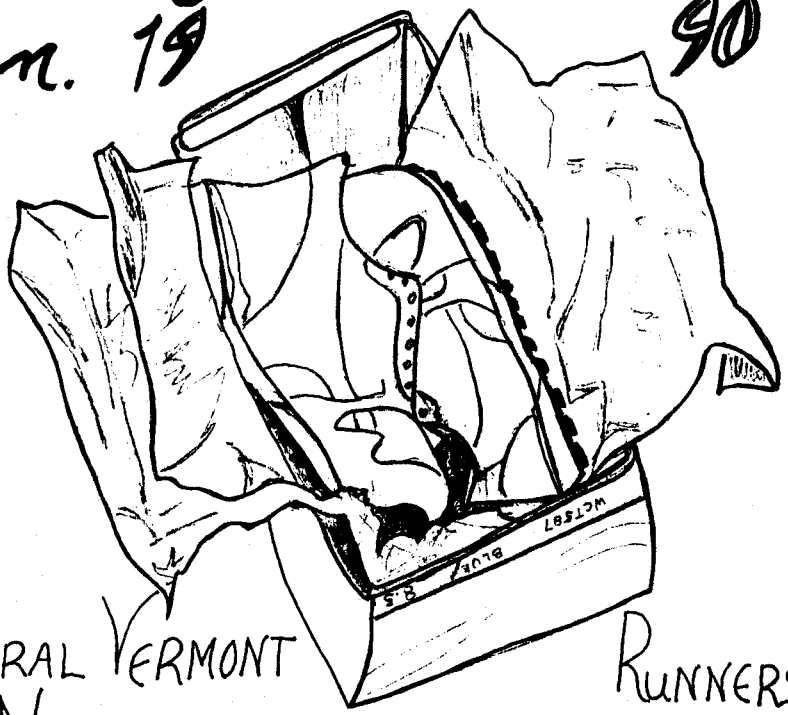


Happy New Year!
Jan. 19 90



CENTRAL VERMONT RUNNERS'
NEWSLETTER VOL. 11 No.1

1989 OFFICERS

- PRESIDENT: TIM NOONAN
- V. PRESIDENT: DARRAGH ELLERSON
- TREASURER: NORM ROBINSON

1990 OFFICERS

?
EDITOR: DANA MCCARTHY



LAST CHANCE TO SAY THANKS

Since I will be CVR president no longer as of the Annual Meeting, I want to take this last chance to do what I think of often but say all too little. That is, I would like to thank all of you whom have made my last two years as president immeasurably easier and very enjoyable. I have always thought that, for a small club, CVR provides strong support and good services for its members and runners in general. The last two years have only reinforced my view.

I would like to thank all the race directors, who spent numerous hours before race day to ensure that everything went smoothly on race day and then had to sweat it out on the big day. I would like to thank the club officers, who worked hard to see that club administration went smoothly and were always enthusiastic about making CVR stronger. Many thanks to the newsletter editors who always managed to put out a quality newsletter month after month. Special thanks to those whom we were able to count on time after time to perform tasks on race day or otherwise. You know who you are! Finally, my thanks to all of you who volunteered to help out at races. We could not do the races otherwise.

Tim Noonan

CVR ANNUAL MEETING...DON'T MISS IT!

The CVR Annual Meeting will be January 27, at Jeff and Vicki Shutak's home on Palmer Road in Williamstown. To get there, get off Exit 5 of I-89 and head east on Route 64. Palmer Road is the third road on the right (the road after Maloney Road), approximately 1½ miles from the interstate. The house is a light brown, wood-finished home, and is the 2nd house on the left. We will get together for running, skiing, etc. at 2 p.m. The meeting will begin at 4:00.

Among other items, we will elect officers, decide dues for this year, decide whether we wish to be covered by RRCA insurance and firm up the race schedule for 1990. This is a Pot-Luck occasion, so bring some yummy food!

If you get lost call the Shutak's at 433-6776. See you there!

NOMINATE YOURSELF...OR SOME OTHER EASY MARK

We are now taking nominations for the CVR offices of president, vice-president, secretary and treasurer. If you are interested in holding any of these offices, or would like to nominate some other club member, contact Tim Noonan (229-4658) or Bob Murphy (476-4328), who are on the nominating committee, by January 15. The nominating committee will present a slate of officers to be voted on at the Annual Meeting on January 27.

*****THIS IS A SUMMARY OF THE NEW RRCA INSURANCE POLICY. AT THE ANNUAL*****
MEETING, WE WILL DECIDE WHETHER CVR WILL BE COVERED UNDER THE POLICY.



ROAD RUNNERS CLUB OF AMERICA

Road Runners Club of America's 1990 INSURANCE POLICY

We are offering a new, comprehensive, general liability insurance policy to all RRCA Clubs. For your club to be covered on January 1, 1990, your insurance and dues **MUST** be received by December 31, 1989. Coverage for those paying after December 31, will begin on the date of receipt and will not be retroactive.

What is the policy? This is a \$1,000,000 comprehensive general liability insurance policy including participant liability and hired and non-owned autos.

When does the policy begin? Effective date of the policy is January 1, 1990.

What is included? Coverage includes all RRCA sanctioned events and club activities including races, fun runs, picnics, meetings, expos, club meetings. Also included are track races which are not part of a track and field meet and club interval training sessions. Wheelchair divisions in foot races are also covered.

What is excluded? Coverage does not include strollers, baby joggers, bicycles, skateboards, etc. Coverage is not for track and field meets, bi or tri-sport events. It does not include events where the club simply helps out or rents their clock or equipment. The events must be club managed and directed. This coverage cannot be sold by a club to another group. It is for **RRCA CLUB EVENTS** only.

How is the fee determined? The fee will be paid one time annually at the time RRCA dues are paid, based on the number of members who pay dues. The exception to this is certain "event chapters," like a **Cherry Blossom Inc.** or **Gasparilla**. These clubs have relatively few members yet put on 1 or 2 or more events with over 3,000 participants. Their rate will be developed to assure it is fair and equitable in comparison to the rest of the majority of our clubs. **RRCA dues must be paid to get the insurance - no exceptions.** Bills will be sent in December and due by December 31 for insurance to be in effect on January 1. **NEW** clubs will pay a slightly pro-rated fee based on the time of year that they join.

How much paperwork is involved? No other paperwork beyond the fee and initial application will be required during the year. Clubs must follow RRCA sanction guidelines, and include "RRCA Sanctioned" on the entry form (if a race). Whether or not a fee is charged for a fun run or club race, a release/waiver signed by the participants is required. This could be a release/waiver typed at the top of a sheet which everyone signs.

What is the cost?

Up to 999 members	\$2.25 per member, annually
1000 to 1499 members	\$1.85 per member
1500 to 1999 members	\$1.75 per member
Above 2000 members	less than \$1.75 and negotiable

Clubs of any size with races above 3,000 participants would also be subject to rate evaluation by the RRCA.

Will my club receive a certificate of insurance? Each club will receive a copy of a certificate of insurance covering the year. Certificates listing additional insureds, for specific events can be requested and will be promptly issued. Certificates should be requested 14 days prior to date needed. Emergency situations can be handled on short notice, but you must pay the FAX and Federal Express charges.

The insurance policy is a great opportunity to insure your club activities. We **HIGHLY RECOMMEND** you sign up by January 1st. The cost will increase if you wait until a later date.

If you have additional questions concerning insurance please call the National Office in Alexandria, Virginia: (703) 836-0558.

TIPS ABOUT THIS INSURANCE POLICY

1. Every time your club has an event, no matter how formal or informal, it is accepting liability for those who participate. Although you always hope nothing will happen it can. If you are sued, lawyers fees alone, not counting the settlement, could put YOUR CLUB out of business and effectively shut down running in your town.
2. Having liability insurance is not only wise, but will give sponsors and municipal officials a better impression of your club. It shows two things: you are acting in a professional manner and you care about what happens at your event.
3. Insurance costs can be recouped by:
 1. charging your event sponsors a small part of the total.
 2. raising entry fees \$.50/race over the year.
 3. raising club dues \$1.00 or \$2.00 a year.

This is the simple, minimum paperwork program that you, the clubs, wanted. **SIGN UP TODAY** and rest easy tonight!!!

MINUTES OF CVR NOVEMBER MEETING

The CVR meeting was held November 13 at the home of Dot Helling and John Peterson. Dot, Darragh Ellerson, Bob Murphy, Dana McCarthy, Norm Robinson and Tim Noonan were present. Norm indicated that we had \$1262 in the treasury, over \$300 ahead of last year at the same time. This includes race receipts from Leaf Peepers, where we realized \$1.50 a runner in profit.

Bob Murphy indicated everything went smoothly for the Juniper Hill 15K, although he was disappointed there were 16 entrants and CVR lost \$50 on the race. All present at the race agreed it was a good addition to the race calendar, and that we should work to get the number of entrants increased.

Norm reported that we could purchase two additional stop watches for \$30 each, and it was agreed that we should purchase them. A lengthy discussion ensued on whether we should propose any changes to the CVR constitution. It was finally decided that no changes should be made at this time. Tim suggested that we should have a nominating committee to nominate a slate of officers for the coming year. This was agreed to, and Tim and Bob Murphy agreed to be on the nominating committee.

Tim reported that Jeff and Vicki Shutak had generously offered their home on Palmer Road in Williamstown for the CVR Annual Meeting. The meeting will be Saturday, January 27. Running, skiing, whatever will be from 2 p.m. to 4 p.m. The meeting will begin at 4 p.m.

Tim Noonan

ANYONE INTERESTED IN WINTER RACING?

For those of you masochistic enough to have trained in the recent sub-zero temperatures, perhaps you want to run a race to see what kind of shape you're really in. If so, a group of us are interested in possibly traveling to three or four races in February and March. The thought is that we will try to find races in New England within about two hours of central Vermont. If you are interested in doing this, call Tim Noonan at 229-4658. Also, let Tim know if you know of any good February or March races.

WINTER RUNNING

For us hearty souls who continue to pound the roads despite the weather, here are some running groups you might want to consider. All of these groups are loosely organized to run on Saturday mornings.

Dot Helling and some other Ultra distance runners will meet around 9:00 to run 15 miles or more. They will rotate different courses. Call Dot for where to meet.

Bob Murphy, John Valentine and Jeff Shutak meet around 6:30 or 6:45 A.M. and run 8 or 10 or 12 miles. They also rotate some courses. Give one of them a call to find out where they are meeting.

And for those of you who feel winter is your off-season, or less is more or like me you're so riddled with injuries a couple of miles is all you can hobble through, Yours Truly and Norm Robinson will meet at the High School with anyone w else around 9:00 to run 2 or maybe if we're lucky 4 or 6 miles. Heck, the High School cross country ski team has made a nice track around the school property. If anyone is interested in skiing some flat laps let me know. I'm discovering my running ability relies on other endeavors such as skiing. Call me or surprise Norm and let him know he's supposed to be running too! Just kidding, Norm!

LATE NEWS FROM FALL MARATHONS.....

Newton Baker qualified for the Boston Marathon by running a 3:24:56 at the Mohawk-Hudson Marathon on October 29. It was a squeaker; he qualified by 4 seconds!

Dot Graham, John Martin and Tim Noonan ran in the Cape Cod Marathon also on October 29.

RACE RESULTS FROM THE FOURTH ANNUAL GREEN MOUNTAIN MARATHON OCTOBER 14 1989

Overall John Valentine place 4th with a time of 2:54:22. John was the third male to finish and first in his age group.

Over all Dot Helling finished 19th at 3:14:05 and was the third woman to finish and third in her age group.

Jeff Shutak placed 41st overall at 3:24:45 and 12th in his age group.

Newton Baker finished 49th at 3:30:45 and 15th in his age group.

There were 82 competitors who finished the race.

JUNIPER HILL 12 KM RACE
4 Nov 89

The first running of the Juniper Hill 12 Km Race went off without a hitch. Although the day was cold (25 degrees) with new snow on the ground, an enthusiastic group of 15 runners showed up to run in the sun. Fourteen of the fifteen now hold single-age Vermont State 12Km records, as the course is the State's only certified race at that distance. Overall winners were Bob Miller of Burlington and Debbie Brunelle-Tirrito of Winooski. Complete official results follow. (All times have been rounded up to the next higher second in accordance with TAC rules.)

Men:	Bob Miller, Burlington, 31	45:10
	John Valentine, Northfield, 40	45:36
	Ralph Cote, East Corinth, 28	45:41
	Butch Dutra, So. Burlington, 47	45:47
	Tim Noonan, Montpelier, 33	47:07
	Keith Sayers, Northfield, 16	49:08
	Chris Lynn, Worcester, 47	50:24
	Lowell VanDerlip, Adamant, 43	52:00
	Jeff Shutak, Williamstown, 44	52:16
	Joe Zuaro, Northfield, 39	52:36
	John Mallery, Montpelier, 46	1:01:17
	Fred Bertrand, Montpelier, 53	1:15:12
Women:	Debbie Brunelle-Tirrito, Winooski, 34	48:34
	Moirra Durnin, Stowe, 38	51:30
	Carol Van Dyke, Stowe, 33	1:01:22

Special thanks to those who worked the race so that the above athletes could enjoy themselves. Workers included Bill Bruzesse, Darragh Ellerson, Vicki Shutak, Brian Valentine and Megan Valentine.

Bob Murphy
Race Director

RESULTS
GMAA 50-MILER
OCTOBER 28, 1989
ESSEX, VERMONT

1st Place - Alan Bowman (31), Ithaca, N.Y.....6:12:47
2nd Place - Robert Dion (34), Reedsboro, VT.....7:07:56
3rd Place - Dot Helling (39), Montpelier, VT.....7:14:39*

*First Woman in Course Record by nearly 5 minutes.

MAD RIVER GLEN

THE SKIER'S MOUNTAIN

Contact: Edith Buningh
Race Organizer

September 30, 1989
Mad River Glen
Waitsfield, VT 05673
VT (800) 696-2001

3rd Annual Green & Gold Road Race

This year 100 runners and 2 powerwalkers vied for best times in this 5km race through Warren and Waitsfield on Route 100.

The winning times are:

Women:	13 and under	1st place - Jeanne Gosselin 24.22
	14-19	1st place - Tina Mondonhall 21.20 2nd place - Kelly Bishop 23.20 3rd place - Heidi Domini 23.25
	20-34	1st place - <u>Debra Tirrito 18.09</u> - Best overall, 2nd place - Muffy Ritz 19.09 women 3rd place - Ruthie Davis 19.47
	34-39	1st place - Dot Holling 24.12 2nd place - Nancy Idol-Wilson 27.46 3rd place - J. Ballentine
	50+	1st place - Mary Doughty 25.30
Men:	13 and under	1st place - Matt Bodrin 21.42 2nd place - Jake Herrick 23.51 3rd place - Bill van Eouwen 43.58
	14-19	1st place - Josh Moulderfor 17.00 2nd place - Max Popowitz 18.03 3rd place - Henry Pratt 18.40
	20-34	1st place - Eric Morse 14.26 - Best overall, men 2nd place - Keith Gallant 18.38 3rd place - Thomas Mohuron 19.17
	35-49	1st place - Mark Chaplin 16.05 2nd place - Victor Tirrito 18.23 3rd place - Dennis Curran 18.34
	50+	1st place - Dave Barber 22.55 2nd place - Rich Moore 24.28 3rd place - Darrell Doughty
Powerwalkers		
Women:		1st place - Beverly Salm 40.55 2nd place - Jane Van Eouwen 44.54

Debra Tirrito with an excellent time of 18.09 upset last year's record of 19.43 set by Ruthie Davis.

1st overall men's winner, Eric Morse beat the record of 15:27 set by Tony Bates in 1988 with an outstanding time of 14.26. Eric is an ex-member of the Harwood High School Cross Country Running Team in Duxbury, having graduated in 1983. Eric has been clocked with a 3.595 mile and is only 1/2 second away from the Olympic qualifying time.

Cross Country running teams from Harwood High School in Duxbury and Mt. Abraham High School in Bristol participated in the race.

The race is hosted by Mad River Glen ski area. The support system for the race is provided by the Harwood High School cross country running team under the direction of Coach John Kerrigan.

Refreshments for the runners were donated by Cold Hollow Cider in Waterbury, Mad River Soda of Stowe, and R.S.V.P. Pizza of Waitsfield. Kingsbury's Country Store of Warren and Mohuron's Supermarket of Waitsfield provided the start and finish areas.

VERMONT CERTIFIED COURSE LIST as of 8 Nov 89

5 Kilometers

Montpelier	"Vt Cable TV Turkey Trot"	27Oct87	VT87005BT
Northfield	"Northfield Observances 5Km"	13Oct89	VT89001BT

8 Kilometers

Berlin	"Berlin Pond Couples Race"	13Jul87	VT87002BT
Burlington	"Stroh's Run for Liberty"	14Jul84	VT84001JMC

10 Kilometers

Bennington	"Bennington Road Race"	23Apr87	VT87001BT
Brattleboro	"Brattleboro"	4May85	VT85013JMC
Montpelier	"Capital City Stampede"	14Jun87	VT87003BT

12 Kilometers

Barre	"Juniper Hill Race"	13Oct89	VT89002BT
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10 Miles

Montpelier	"Montpelier 10 Miler"	23Aug86	VT86023JMC
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20 Kilometers

Manchester Ctr	"Maple Leaf" (split)	28Jun85	VT85001WN
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Half Marathon

Brownsville	"Ascutney Mtn Foliage Classic"	12Oct86	VT86001BT
Manchester Ctr	"Maple Leaf"	28Jun85	VT85001WN
Waterbury	"Leaf Peepers"	28Sep87	VT87004BT

Marathon

Burlington	"Vermont City Marathon"	21Apr89	VT89001WN
South Hero	"Green Mountain Marathon"	14Oct88	VT88001BT

Myth: *Stretching can head off soreness after unaccustomed exercise.*

Fact: Unfortunately, there's no proven way to avoid muscle soreness the next day. Delayed-onset muscle soreness (DOMS, in physiologists' lingo) may develop after any unaccustomed, strenuous exercise with an "eccentric component"—that is, one requiring your muscles to produce a force while lengthening. Hiking or running downhill or repeatedly lowering weights to the floor are good examples of this: some muscles involved in these motions are elongating but at the same time producing enough force to slow the descent. Most exercise—running, brisk walking, aerobic dance, calisthenics—has an eccentric component. Scientists aren't sure exactly what produces the soreness beginning the next day and usually peaking 24 to 72 hours later, but there may be some microscopic damage to muscle fibers. A recent study failed to show that postexercise stretching had any effect on this type of muscle soreness.

This doesn't mean you should forgo stretching. It's an excellent thing to do before and after a workout. It promotes flexibility and can keep your muscles from tightening up quickly. But your best bet to minimize muscle soreness from unusually hard activity is to do some mild training beforehand. If you plan a hiking trip, do some exercise with an "eccentric component"—for example, walk down long flights of stairs every day during the preceding week or two.

Have insoles been oversold?

You see them increasingly displayed in shoe stores and sporting goods stores—special flat insoles that can be inserted in shoes, especially athletic shoes, to absorb shock when your feet strike the ground. The claim commonly used to sell these insoles—which cost up to \$20 a pair—is that they provide better shock absorption than the insoles normally built into athletic shoes. Buying them is like “providing insurance for your feet,” says one manufacturer. (Don’t confuse these flat insoles with orthotic devices that are molded foot supports designed to correct abnormal foot motion and alignment.)

Do these athletic insoles really work? Some manufacturers assert that their studies prove that their insoles—made from various soft cushioning materials collectively referred to as viscoelastic polymers—absorb far more shock than the conventional shock-absorbing materials in running shoes (most often ethylene vinyl acetate, or EVA). However, researchers at the University of Calgary in Alberta, Canada, recently compared the two types of insoles and concluded there was no significant difference between them as far as injury prevention goes.

One reason for the different findings is the method of measurement. Some insoles have been tested by having a weighted rod dropped onto them; the shock this produces is then recorded. The Canadian researchers, by contrast, measured the effect of insoles on actual runners: they had subjects run across a sensitized platform that registered the relative force of impact on their feet. (Even with mechanical testing, however, results of independent studies have challenged the findings of studies done by insert manufacturers.)

Similar discrepancies between mechanical tests and tests on humans have turned up before—for example, in tests on running shoes—and some experts theorize that a runner’s leg

muscles or gait can compensate for differences in footwear. Underscoring this possibility is a study of 3,000 U.S. Marine recruits that examined the relationship between stress fractures (and other common running injuries) and the use of different shoes and insoles. The researchers found that special shock-absorbing insoles were no more effective in preventing running injuries than normal insoles. *Much more important was a subject’s level of conditioning: subjects who were out of shape were much more likely to sustain an injury than those who were more active.*

Will special insoles prevent injuries? Probably not, according to these and other studies. Most experts don’t think these insoles significantly increase the shock-absorbing ability of good athletic shoes. Your best bet is to concentrate instead on choosing shoes that provide sufficient cushioning by themselves. The material used in conventional insoles (EVA) wears out after about 600 miles of running—by which time it’s probably time to replace the shoes. Of course, if you have chronic or recurrent pain, you should consult a podiatrist or orthopedist to see whether you might benefit from an orthotic device.

What about comfort? This is a better reason to buy insoles. You may indeed find that replacement insoles make your athletic shoes more comfortable. And if you stand for long periods in ordinary shoes that have no built-in cushioning material, insoles may provide additional comfort.

If you decide to buy insoles, try different brands to see which ones feel most comfortable. Because insoles take up varying amounts of room in your shoe and can make for a tight fit, be sure to try them in the shoes they’ll be worn in. Also bear in mind that some of the heavier insoles may make feet feel overheated.

One small step...

By now you’ve probably heard about the recently published study that presented the best evidence yet that exercise—more precisely, being fit and active—helps people live longer. You may have thought that you had heard this before. Why did this study make headlines when it was reported in the *Journal of the American Medical Association* in November?

- It was the most extensive analysis yet of the effects of fitness on longevity, looking at more than 13,000 people for an average of eight years. The researchers, working at the Institute for Aerobics Research in Dallas, determined that all participants were in good health at the start of the study.

- It found that of the five groups of people, divided according to fitness levels, the least-fit group (who were also the most sedentary) had the highest mortality rates by far. The big surprise was that the death rate dropped most sharply in the second-least-fit group, by 60% for men and 48% for women. To be in this group, the researchers estimated, all a person would have to do is walk briskly for 30 to 60 minutes every day. The three fittest groups—including people who jogged up to 40 miles a week—derived relatively small additional benefits.

- It included women (more than 3,100 of them), who were found to benefit as much from being fit as the men. The few earlier studies of fitness in women were small and had ambiguous results.

- It evaluated subjects according to objective standards of fitness—the results of treadmill tests. In contrast, most earlier research relied on how much people said they exercised; such self-reports are likely to be unreliable.

- It suggested that being physically fit lowers the risk not only of heart disease (a well-established effect), but also cancer (for which there’s less evidence) as well as all causes of death.

- It adjusted its data statistically to be sure that the higher mortality rate was due to lack of fitness and not other important risk factors, such as age, smoking, high cholesterol or blood pressure levels, and family history of heart disease. However, the researchers couldn’t adjust for the fact that nearly all the participants were white and well-to-do.

As more than one expert noted, what this means is that you don’t have to be a marathoner to greatly reduce your risks. If, like about 30% of Americans, you’re largely sedentary and unfit, even modest increases in lower-intensity activities such as brisk walking may add years to your life. You still need to sweat a little, but not buckets.

FROM UNIV. CALIF. AT BERKELEY WELLNESS NEWSLETTE

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):

- MAY- RUN FOR THE HEALTH OF IT 5K ____
- JUNE- MONTPELIER TEN MILER ____
- JULY- CAPITAL CITY STAMPEDE ____
- AUGUST- BERLIN POND COUPLES RACE ____
- OCTOBER- LEAF PEEPERS HALF MARATHON ____
- 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):

1988 1989 1990 1991 1992

Send completed membership form with membership dues to:

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

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.

- MAR 4 **Hyannis Marathon and Half Marathon**, 10:30 a.m., Barnstable High School, Cape Cod A.C., Box 1678, Hyannis, MA 02601 (508) 778-6965.
- MAR 18 **New Bedford/Bank of Boston Half Marathon**, noon, Susan Foster, 69 Forest St., New Bedford, MA 02740 (508) 999-2699.
- APR 8 **MDA-Boston Milk Run**, 10K, DMSE, 430C Salem St., Medford, MA. 02155 (617) 396-3001.
- APR 16 **Boston Marathon**, noon, Hopkinton-Boston, 94th BAA Boston Marathon, Box 1990, Hopkinton, MA 01748 (508) 435-6905.
- MAY 27 **Bank of Vermont/Vermont City Marathon and Marathon Relay**, 8:00 a.m., Burlington, Vermont City Marathon, Box 152, Burlington, VT 05401-0152 658-1810.

Dana McCarthy
10 Towne
Montpelier, Vt 05602