

CENTRAL VERMONT RUNNERS NEWSLETTER



APRIL 1990
VOL. 11 NO. 3

FUN RUN

EVERY TUESDAY AT 5:00 P.M.

MAY - OCTOBER

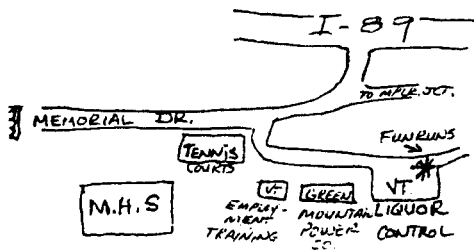
CHOOSE YOUR DISTANCE: 2 MILES
4 MILES
6 MILES

START/FINISH:

VT. LIQUOR CONTROL WAREHOUSE PARKING LOT

at the end of GREEN MOUNTAIN DRIVE

MONTPELIER, VT.



President: Dana McCarthy
Vice President: Darragh Ellerson
Treasurer: Norm Robinson
Secretary: Sue Drapp
Editor: Tim Noonan

CVR MARCH MEETING MINUTES

On Monday, March 12, a good variety of food and topics were in order when the Central Vermont Runners met at Tim Noonan's house. Tim, Jeff Shutak, Norm Robinson, Dana McCarthy, Bob Murphy, Chris Whalen, Duncan Robb, Darragh Ellerson and Sue Drapp were present. Darragh was appointed Vice President by the Executive Committee. Darragh graciously accepted.

Treasurer's Report - RRCA dues were paid and there is a balance of \$956.41. Also, dues are now due.

A motion was made for CVR to join TAC for the coming year. After a "friendly debate," the motion was defeated 6-3. Another motion was made and passed that Darragh call TAC and Tim follow up with a letter stating our position regarding TAC's action in certifying marathon courses (See elsewhere in Newsletter for copy of Tim's letter). Bob Howe sent applications to the area high schools for the CVR scholarships. Awards will be decided at the May meeting.

Report on Races - Montpelier 10 Miler time has been changed to 9:00 a.m., instead of 10:00 a.m., for a cooler race. Onion River Sports and State Street Market are sponsors for the Capital City City Stampede. A \$6 entry fee and a \$7 late fee will be charged. CVR will receive \$2 per runner. A motion was made and passed that a 5K be held simultaneously with the Leaf Peepers Half Marathon. Jeff and Darragh will work out the logistics. The Run For The Health Of It 5K and 1K is on for May 12th at U32. Blue Cross is the sponsor. Race walkers and a kid's fun run will also be included. Jeff, Darragh and Bob Murphy are race coordinators. Locomotion Fitness of Waterbury accepted our offer to buy our mailing list (\$25) and rent our equipment (\$25) for their race on April 29.

Fun Runs - Start on May 1, 5:00 p.m. (new time). The coordinators will be: May (still open), June-Dana, July-Darragh, August-Bob Murphy (one hour track runs to be held tentatively August 14 and 21), Sept.-Tim Noonan (will incorporate cross country runs). Come join in the weekly runs and be surprised.

A discussion regarding incentives for bringing new members into CVR was tabled. The April meeting was set for April 17 at Darragh's house.

Sue Drapp, Secretary

NEXT CVR MONTHLY MEETING

The next CVR monthly meeting is Monday, May 14 at Tim Noonan's house, 2 Pinewood Road in Montpelier. Call Tim (229-4658) if you need directions on how to get there. The meeting will begin at 6:30 p.m., and is Potluck.

CVR AT THE BOSTON MARATHON

Here's how CVR members did at the April 16 Boston Marathon :

Geoff Lindemer 3:00, Tim Noonan 3:03, Merrill Cray 3:34, Dot Belling 3:37, Jo Ann Fortier 3:41, Newton Baker 4:18 (Due to the delay at the start, the "real" racing times of each of these runners was 1 1/2 to 5 minutes faster than indicated here).

*******IMPORTANT NOTE: IF YOU HAVE NOT PAID YOUR 1990 CVR DUES YET, THEY ARE DUE. THIS WILL BE YOUR LAST NEWSLETTER UNLESS WE RECEIVE YOUR DUES BY MAY 15. WE APPRECIATE YOUR CONTINUED SUPPORT*******

**CENTRAL VERMONT RUNNERS
MEMBERSHIP APPLICATION**

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

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

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

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

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

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

1990 1991 1992

Send completed membership form with membership dues to:

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

March 13, 1990

2 Pinewood Road
Montpelier, VT 05602

Don Allison, Executive Director
New England Athletics Congress
Box 1905
Brookline, MA 02146

Dear Don:

At the March monthly meeting of the Central Vermont Runners Club, it was decided that CVR would not renew its membership in The Athletics Congress at this time. I am writing to let you know the reason for our action. It was the belief of two-thirds of those attending the meeting that we should not belong to TAC now due to TAC's recent decision providing that performances at the Boston Marathon and, possibly, the New York Marathon would no longer be considered for record-setting purposes. It is our understanding that TAC shortly will be deciding whether to change this decision. We will reconsider our decision to join TAC once TAC reconsiders its decision.

Personally, I have run Boston 4 times in relatively "neutral" conditions (i.e., fairly cool, cloudy or rainy, moderate humidity, no tailwind - 1979, 1983, 1987, 1988). I have found the course to be challenging, and not at all easier than the 14 other marathons I have completed. Thus, I find TAC's decision to be one not based in reality. Clearly, the downhills early in the race are made up for by the hills between 16 and 21 miles. If tailwind is a concern (I am still waiting to run a Boston with a tailwind - maybe this year), I would suggest that TAC adopt the standard employed in track and field. If the performance is too wind-aided, then it does not count for record-setting purposes.

I hope TAC has the wisdom to set more reasonable standards. Unfortunately, this decision by TAC seems to have undone a great deal of effort by TAC over the past few years to be more responsive to the needs and concerns of road racers.

Sincerely,

Tim Noonan
Central Vermont Runners

Would you like to express your views on this? If so, come to the next CVR meeting and/or submit your views for inclusion in the next newsletter.

CVR SCHOLARSHIP

The Central Vermont Runners Club announces their fifth annual scholarships program for area high school students planning to attend college. Besides the \$200 scholarships awarded to the top male and female applicants, an additional \$100 scholarship will be awarded this year.

The primary selection criteria include scholastic achievement in high school, along with track and/or cross-country accomplishments and a statement of career goals. Scholarship applications are available at area high schools or by contacting Robert Howe, RFD #1, Box 1609, Williamstown, VT 05679.

The Central Vermont Runners Club, with over 100 members in the Central Vermont area, promotes the health benefits and enjoyment of running by conducting local races and a series of fun runs through the summer months.

The deadline for submitting applications is May 7.

SPRING IS HERE! - FUN
RUNS BEGIN TUESDAY,
MAY 1.

CAPITAL CITY STAMPEDE
****** WANTED - VOLUNTEERS ******
June 9- 9:30 a.m.

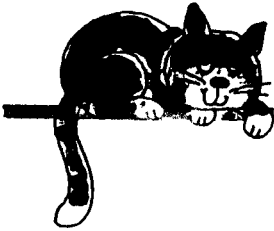
Duties include:

Traffic control
Water stops
Pre-registration
Post race results
Timers
Score keepers
Chute attendants

No experience required
Equal opportunity race director
if interested contact:

Norm Robinson
66 Terrace St.
Montpelier, Vt. 05602
or call: 223-7351

*Without you races like
these won't continue*



Beverly Nolan-Cannata

3/9/90

DEAR CVR,

We drove out to Phoenix Arizona to do the "ACROSS THE DECADES" 72 hour race from 12/19/89 thru 1/1/90. Bob did 150 miles and finished 7th and I did 170.2 miles and finished 5th (3rd female). My main goal for the race was to hope to set a North American Age Group Female record for 48 hours which I did -- 132.6 miles. Weather was perfect for a Vermonter. 60 degrees or lower days so you could wear long sleeves instead of sun tan lotion -- and 35 degrees at night and being in a tired state I'd wear three layers each on top and bottom plus hat and mittins.

From there we camped and did sightseeing and ended up at Pensacola Florida for their 48 hour indoor race. I did only 106 miles in that and Bob didn't compete -- he developed a detached retina and had major eye surgery 3 days before the race. It is still unknown how much of his vision would return. His biggest worry was his first doctor said he'd never run again. Luckily his surgeon is young and understands the benefits of exercise and said Bob could run in 6 weeks. Right now he's up to briskly walking 8 miles a day -- no running yet.

Cause: aging and heredity

P.S. Would somebody like to pace me at the Vermont 100 mile race for the last 30 miles? I'd be on 25 to 30 hour pace I hope, but have trouble keeping awake at the end. A aper to talk to would be wonderful.



Bob also is entered and will run/walk if his vision is better -- otherwise will walk it and would like a pacer the last 30 miles too. He'd be on 24 hour pace if running and "?" if walking. Pacing could be split between 2 or 3 people also.



ROAD RUNNERS CLUB OF AMERICA

FOR IMMEDIATE RELEASE

HENLEY GIBBLE TO BECOME INTERIM EXECUTIVE DIRECTOR of the ROAD RUNNERS CLUB OF AMERICA (RRCA)

Jim Burns, RRCA Executive Board member and Chairman of the organization's Executive Director Planning Committee, has announced that Henley F. Gibble has accepted the position as Interim Executive Director of the 150,000 - member organization. This is the first fulltime paid top administrative position of the Road Runners Club of America, which has its national headquarters in Alexandria, Virginia.

Gibble is the current RRCA president, and will assume the Executive Director position when her term expires June 1. In addition to her four years as President, Gibble served the four years previously on the Board as Director of the Eastern Region. A competitive runner for many years, she is a founding member of the Washington Runners, a Washington, DC, running club, and has served as race director for numerous events including last year's highly successful Nike Women's 8k.

The RRCA Board voted unanimously to offer the position to Gibble at its December meeting. The search to fill the position of permanent Executive Director will commence October 1, 1990.

Gibble's appointment has been received with enthusiasm by the national running community. Phil Stewart, editor of the Road Race Management Newsletter, says that "Henley Gibble is a natural choice based on her proven leadership as President of the RRCA and her popularity among the sport's grassroots organizations." Such sentiment is echoed by Julia Emmons, chair of the Women's Long distance Running Committee of The Athletics Congress: "Henley has devoted her considerable energies and intelligence to our sport for many years; there could have been no wiser choice."

FOR MORE INFORMATION CALL JIM BURNS (414) 421-8800 OR RRCA (703) 836-0558

This past year saw fields for many races grow somewhat. In addition, a larger number of races yielded more ranked runners. In all, 50 women and 100 men earned ranking points in 1989 races.

WOMEN'S OPEN:

Kellie Dutra blew away the competition this year by finishing as first Vermonter at Northfield. Gretchen Walthers was second, mainly on the strength of her finish just behind Kellie in that same race. Merrill Cray, who finished just behind Gretchen in Northfield, also finished strong in the Capital City Stampede to capture third ranking position.

Kellie Dutra	70	So. Burlington
Gretchen Walthers	55	Northfield
Merrill Cray	45	Lake Elmore
Moira Durnin	42	Stowe
Susan Drapp	30	Duxbury
Lisa Schmidt	30	Ludlow
Patty Girouard	27	Stowe
Barbara Capen	25	Starksboro
Nina Aitken	23	Hinesburg
Pam Trainer	20	Brandon

WOMEN 40-49:

Patty Girouard, who performed like a champ in the open division, dominated the masters this year, leading all other Vermont masters at Northfield and Berlin pond. Jane Banks did similarly at Capital City and the Montpelier 10-miler, but fewer competitors yielded fewer ranking points.

Patty Girouard	8	Stowe
Jane Banks	6	Bethel
Karen Monsen	5	Stowe
Rosemary Rusin	4	Florence
Barbara Capen	3	Starksboro
Reidun Nuquist	3	Montpelier

WOMEN 50-59:

Bev Nolan-Cannata took first place at the 10-miler and finished strong at the Berlin Couples race to nail down top honors. Jackie Schmidt finished second overall with a first at Northfield and a third at Leafpeepers.

Bev Nolan-Cannata	5	Wolcott
Jackie Schmidt	4	Ludlow
Polli Flanders	3	Montpelier
Bev Tucker	2	Northfield

MEN'S OPEN:

Eric Morse regained his title as top Vermont Runner in 1989, with wins at Northfield and Berlin Pond (his only two Vermont races of the year). Five fast foes finished close behind.

Eric Morse	110	Waterbury
Tony Bates	100	Salisbury
Joe Kreutz	100	Shelburne
James Miller	100	Essex Junction
Randy Sightler	100	Winooski
Keith Woodward	100	East Corinth
Alex McHenry	90	Burlington
Matt Guild	80	Bellows Falls
Terry Gilmore	70	Essex Junction
Ray Kellett	70	Brattleboro

MEN 40-49:

John Morton took first place among masters in 1989 on the strength of a second place finish at Vermont City Marathon. Gordon MacFarland, first-ranked in 1988, held on to second place. He was top Vermont master at both Leafpeepers and the Montpelier 10-miler. John Valentine finished an impressive third, considering that his masters performances began only after his 40th birthday in September.

John Morton	70	Thetford
Gordon MacFarland	30	Colchester
John Valentine	25	Northfield
Bob Murphy	24	Barre
John Brodhead	22	Craftsbury Common

MEN 50-59:

Jim Seeman wrested top ranking away from Gerald Barney in 1989, with top Vermont senior finishes at Berlin Pond, Montpelier 10-miler and Leafpeepers. Barney's top Vermont senior finish at the Vermont City Marathon earned him second spot.

Jim Seeman	10	So. Burlington
Gerald Barney	7	Swanton
Herbert Willard	5	Brattleboro
Fred Bertrand	4	Montpelier
Douglas Witham	4	So. Burlington

MEN 60-69:

Hugh Short upended Don Lyons in 1989, ending the latter's three year streak. Hugh's firsts at Leafpeepers and the Vermont City Marathon outclassed Lyons and Doug Allen, who tied for second.

Hugh Short	6	Chittenden
Doug Allen	5	Bethel
Donald Lyons	5	Montpelier
Armand Chicoine	3	So. Burlington
Jonathan Tobey	3	Townshend

Bob Murphy
Vermont Running Data Center

☆ **OFFICIAL ENTRY BLANK** ☆

Mail Entry and Fee to: Darragh Ellerson, Upper North Street, P.O. Box 170, Montpelier, VT 05602
(Checks payable to: Central Vermont Runners)

Name: _____ Age: ____ D.O.B.: __/__/__ Sex: Male Female

Street: _____ City: _____ State: ____ Zip: _____

Please check one:

T-Shirt size: Small Medium
5-km Only Large XLarge

Please check one:

Walk
Run

Please check one:

Entry Fee: 1-km
 5-km

Please check one:

\$1.00
 \$6.00 \$7.00 \$8.00

In consideration of the acceptance of this entry, I do hereby waive and release, for myself, my heirs and executors, Blue Cross/Blue Shield, The Central Vermont Rotary, and the Central Vermont Runners from all claims for damage for any and all injuries that may be suffered by me before, during, or after the "Run For The Health Of It" 5-kilometer and 1-kilometer races. I certify that I am physically fit and adequately trained for this event.

Signature: _____ Date: __/__/__

For Athletes Under 18 Years Of Age: _____

Signature of Parent or Legal Guardian

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 5:00 p.m., starting at the Department of Liquor Control on Green Mountain Drive in Montpelier. Distances are 2, 4 and 6 miles.

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

- MAY 5 **Freihofer's Run For Women**, 5K and 10K, TAC/USA 5K National Championship. George Regan, 233 4th Street, Troy, NY 12180 (518) 273 0267.

- MAY 6 **Apple Blossom Race**, 4.8 Miles, 10:00 a.m., Shoreham. 388-9669.

- MAY 6 **Bennington 10K**, 447-0414 (Call to make sure race is being held this year).

- MAY 12 **Run or Walk For the Health of It**, 5K (11:00 a.m.) and 1K (10:00 a.m.). U32 High School, East Montpelier. Darragh Ellerson, Upper North St., Box 170, Montpelier 05602.

- MAY 12 **Rolling Irish Half Marathon**, 9:00 a.m., 13.1 miles, Dave Fields (878-5710).

- MAY 13 **Brattleboro 5 Miler**, 257-5622 (Call to make sure this race is being held this year).

- MAY 16 **Vermont Corporate Challenge**, 5K Run and Walk, 3 Member Teams. George Plumb, Recreation Division, 103 South Main Street, 8 South, Waterbury 05676. 244-8713.

- MAY 19 **Spring Women's Run**, 10:00 a.m., 3.3 miles, Williston Central School. Ruth Painter (878-3048) and Jeannette Perry (879-4421).

- MAY 20 **Equinox Mountain Foot Race**. 5.2 Miles (up Equinox Mountain). 10:00 a.m. Box 1144, Middletown Springs, VT 05757. 235-2605.

- 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.

- JUN 2 **Warbler Ramble**. 4.6 Miles. 10:00 a.m. Green Mountain Audubon Center, Huntington.

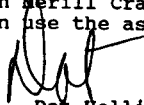
- CVR JUN 9 **Capital City Stampede**, 10K, School Street, Montpelier 9:30 a.m. Norm Robinson (223-7351).
- CVR JUN 23 **Montpelier 10 Miler**, Montpelier High School, 9:00 a.m. Tim Noonan (229-4658).
- CVR AUG 4 **Berlin Pond Couples Race**, 8K. Chris Whalen (496-9703).
- CVR OCT 7 **Leaf Peepers Half Marathon**, Waterbury. Darragh Ellerson (223-2080) and Jeff Shutak (433-6776).
- CVR NOV 3 **Juniper Hill 12K**, Barre. Bob Murphy (476-4328).

Dear Friends,

This article appeared in The World newspaper in its April 4, 1990, edition. The article is incorrect in stating that I am seeking sponsorship. I am not seeking sponsorship. I am financing my participation in the trip myself and do not need assistance. I was understandably embarrassed by this statement and The World will be printing a retraction in its next edition.

Since many people do not catch the fine print and smaller context of such retractions, I wanted you to know that this was an error. Also, I want to encourage you, if you want to support this wonderful event in any way, to steer those efforts in Merrill Cray's direction, as she truly can use the assistance.

Thanks,


Dot Helling

Area Runners To Participate In Soviet Marathon Exchange

By Verne Davis

Seven Vermont runners, including two from the central Vermont area, have been invited to run in a marathon relay in the Soviet Union this June. Joining local runners Merrill Cray and Dot Helling, will be triathletes Murray and Jane Banks, Shayne Bowley, Ralph Swenson, and organizer Gordon MacFarland.

The exchange began as part of a Project Harmony project to bring two top Soviet marathoners, Oleg Kotlyarevski and Vladimir Marchenko, to the U.S. to run in the recent Super Cities fundraising marathon.

The group is scheduled to leave the U.S. around June 18 and travel to Leningrad for two days. The race will begin in Soravala in the republic of Karelia. Runners will pass through the territory of five districts from Ladoga to Onega Lakes. Each runner will run approximately five kilometers of each leg. According to MacFarland, even though some of the top marathon runners in the Soviet Union will be participating, the race is "assumed" to be non-competitive, designed to be an exchange to continue the promotion of improved relations between the two superpowers.

According to correspondence from the Soviet Union organizers, the runners will be staying with host families during their tour. Some of the more interesting comments received from the Soviets on what to expect were: "Soviet service not high quality," "Absence of American foodstuffs and drink," "Most Soviet people speak bad English."

According to local organizers, costs for the trip will reach close to \$1000 for each runner. Sponsors are being sought by both Cray and Helling. Persons interested can call Cray at 223-8400 or 888-7243.

SEE YOU AT FUN
RUNS BEGINNING
MAY 1. NEW TIME
THIS YEAR - 5:00 p.m.

Tim Noonan
2 Pinewood Road
Montpelier, VT 05602

Norm Robinson
66 Terrace Street

Montpelier

VT 05602