

# CENTRAL VERMONT RUNNERS NEWSLETTER



JULY 1990  
VOL. 11 NO. 5



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

JULY CVR MEETING MINUTES -- JULY 9,1990

Quick,before anybody who didn't attend the latest CVR meeting forgets.....  
Here's what happened!

We didn't have a quorum. Just a nice Fruit salad (thanks Darragh, the McCarthy kids loved it), Taco salad(thanks Martha and Norm, Dana and J.B. enjoyed it), and some pasta thing thrown together just as Norm and Darragh walked in the door. So that was the menu...and then we sort of chatted.

Darragh said she had fun racing in her new age group at the 4th of July  
Essex 5K.

Under OLD BUSINESS Pres. Dana paid her family dues, gave Norm the open dates for Montpelier High School's track so he can plan the Sub-Ultimate, and has open dates for the use of Hubbard Park for Cross Country Fun Runs.

Norm found a mial order company at the Burlington Marathon with inexpensive white singlets. He'll check further with this company as a possibility for new CVR singlets.

In Bob Murphy's name, Dana brought up the subject of the time of day for Fun Runs. Bob had expressed displeasure with the new 5:00 p.m. starting time. Darragh, Norm and Dana all have had people say directly they wished they could attend Fun Runs if they were at 5:30. So we decided in August to resume the 5:30 starting time. It will be publicized inthe World newspaper.

VERMONT SPORTS MONTHLY has articles about the 10-miler and Caital City Stampede. Norm suggested CVR inquire about an ad in the publication which would include a membership application.

Memberships are non-existant(except for the McCarthy8s and one other Norm has received). Spread the word when you converse about running with others!

NEW BURSINESS: Actually retracing old news, Dana will investigate further the progress of CVR grants for area schools. It was discussed at the Annual meeting and all agreed was a worthy idea to pursue, given the budget crunches for athletics at most schools. The idea is to provide some financial support for cross-country and track programs at area high schools. Stay tuned for an update in the next newsletter!

The meeting thus ended. Hope to see you, that's YOU at a future Fun Run or other CVR event! We miss YOU, but hope you are staying healthy and having fun running!

*Respectfully*  
*(again)*  
*acting Sec.*  
*Dana McCarthy*



11 TH ANNUAL BERLIN POND 8K COUPLES RACE

Berlin, Vermont  
Saturday, August 4, 1990 - 9:00 a.m.

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

Course: 8 kilometers (4.93 mi.) around Berlin Pond. First half hilly, second half flat and fast; all dirt road. Water stop at mid point. Course is TAC certified; all distances marked.

Awards: Since this is a couples race, the combined time of both entrants will determine the winner. Prizes to fastest couple, as well as fastest male and female runners.

Entry Fees: \$6.00 per person pre-registration, \$7.00 post-Race-Day

Registration: 7:30 a.m. August 4, 1990; Maplewood Convenience Store, RT. 62, Berlin, Exit 7 off I-89, right at 1st light.

T-Shirts to the first 60 entrants (30 couples).

Official Entry Blank

Berlin Pond 8k Couples Race \$6.00 per person pre-registration  
Mail with fee to Chris Whalen, P.O. Box 1067, Waitsfield, VT 05673 (Make checks payable to Central Vermont Runners)

Name \_\_\_\_\_  
 #1 \_\_\_\_\_ M/F Age \_\_\_\_\_ D.O.B. \_\_\_\_\_  
 Name \_\_\_\_\_  
 #2 \_\_\_\_\_ M/F Age \_\_\_\_\_ D.O.B. \_\_\_\_\_  
 Street \_\_\_\_\_ City \_\_\_\_\_  
 State \_\_\_\_\_ Zip \_\_\_\_\_

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 Town of 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 the persons named in this waiver.

\_\_\_\_\_  
 signature of entrants \_\_\_\_\_ date \_\_\_\_\_  
 \_\_\_\_\_  
 if entrant under 18, parent or guardian must sign \_\_\_\_\_ date \_\_\_\_\_

#### INJURIES...TRIATHLONS...AND FINDING A WILL TO HEAL

Injuries are a pain! I don't mean to be funny, because if you've been injured and prevented from running you what a frustrating time the lay-off can be. Probably one of the frustrating factors is not knowing why of how you injured yourself. There are those who keep records of their runs and can sometimes find a clue. But I think for most of us, we run according to how we feel, letting our bodies tell us how far to go. Obviously sometimes we don't listen very well. But it would be nice if our bodies would give us a little feedback. Just a little recollection of some slip, some different surface, different shoes, too many miles on too little rest??? What?

After a few weeks we just resign ourselves to not running, resting looking the other way when we see other runners on the roads( although I am tempted to trip them up. You know, it's the old "if I can't run why should you be able to" immature syndrome that tempts me!) and try to find other activities to consume our extra energy. Biking, swimming, walking, couch potatoing....But there comes a point when nothing else fits the daily routine, the energy consumption or gives you the exhausted satisfaction as a good run. It must be the time the injury is almost healed. If you venture out too soon you'll reinjure yourself. The thought of postponing the healing back a few weeks or month is usually enough to prevent any attempt to resume running. The will power to resist temptation gets stronger and soon...pretty soon...I will run again!

It's with these thoughts about injury and healing I ventured into the canoeing and biking portions of a recent triathlon. (Next year...I'll join Merrill in the Ironwoman ranks) I think I could almost become a bike racer. Almost...except for the expense of the equipment( and you thought running shoes were expensive?!) and I have no idea of what real bike racing is all about. I think I'll keep biking as one of my alternative interests! But the participation in the race was nice. It was great to be back among competitors! It also inspired me to heal completely, train smartly, LISTEN CLOSELY to my body from now on and plan for rest.

J.B. ran the 3.9 mile portion in under 30 minutes, but couldn't find my canoeing partner and I in the crowd. We tagged and splashed into the two mile paddle which who knows how long it took or how far we zigged and zagged! The I was off to peddle my 20-year old touring bike 12.5 miles. It was fun. We didn't even hang around for the results because they seemed less important than our enjoyment. This was our first The Great Race Triathlon in St. Albans but it won't be our last!

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**DAVIS CAPTURES 13TH CAPITAL CITY STAMPEDE 10K  
(state age-group records fall)**

The 13th running of the Capital City Stampede 10K road race proved to be anything but unlucky for defending champion Sam Davis of East Calais; as he cruised to a 32:33 time to win on Saturday, June 9 in Montpelier. Sam bested a field of 121 runners on a humid, but overcast day. By taking 5 seconds off last year's pace Sam won by more than two minutes over second place finisher, Douglas MacGregor of Lebanon, NH.

It was MacGregor that impressed the field however, by blistering the course in 34:44 to set a new 50-54 age group record for the 10K in Vermont. MacGregor, at age 51 took 1:02 off the old record set by Bill Fouik in 1984 of 35:46.

Third place overall went to Montpelier's Edward McSweeney in a time of 35:18, which was good enough to win the 30-39 age group bracket.

The women's race was a sprint to the finish as Johanne Brus of Quebec, Canada out-kicked Sue Manley of Cambridge, Vt. to win in 39:47. Manley finished just four seconds back with a 39:51. The race for third was just as close as Barbara Capen of Starksboro nudged out a 40:02 time to defeat last year's second place finisher, Moira Durnin of Stowe by 4 seconds as well.

Capen's time set a new women's age-group record in the 40-44 year old category previously held by Jane Banks of Underhill Center. The old mark of 42:40 was set just last year at Capital City.

Besides MacGregor's and Capen's age group records, several other single age records fell this year. Durnin's time set a new 39 year-old mark, while McSweeney's time set the male record for the same age. Bob Murphy of Barre set a new mark for 50 year-olds with a 38:40; Tim Cunningham of Hartland 4 Corners, at 58 years-old set the mark at 44:07; and Don Lyons of Montpelier set a new mark of 50:55 for 64 year-olds.

Other age group winners included: Patty Roach-Davis in the 18-29 category with a 41:13 and Darragh Ellerson in the 50-59 for women with a 51:26. Andrew Skea won the male 13-17 group with a time of 42:21 and Jonn Valentine the 40-49 age group with a 36:13.

Complete results follow.

CAPITAL CITY STAMPEDE - 9 JUNE 1990  
OFFICIAL COMPLETE RESULTS

Overall Place    Time    Name    Age    Hometown    State

Female 18-29

34	41:13	Roach-Davis, Patty	29	East Calais	VT
35	41:30	Graham, Dorothy	29	Barre	VT
50	43:20	Bashaw, Shari	28	St. Albans	VT
53	43:26	Short, Camille	24	Brownsville	VT
94	49:54	Wood, Tammy	28	Colchester	VT
115	54:32	Casey, Laura	24	Burlington	MA

Female 30-39

23	39:47	Brus, Johanne	33	Ayers Cliff	QUE
25	39:51	Manley, Sue	33	Cambridge	VT
28	40:06	Durnin, Moira	39	Stowe	VT
41	42:15	Aitken, Nina C.	35	Hinesburg	VT
47	42:36	Crow, Deb	39	Stowe	VT
55	43:46	Lindemer, Deborah A.	34	Stowe	VT
65	45:12	Roddy, Cheryl	39	Charlestown	MA
68	45:28	Van Dyke, Carol	34	Stowe	VT
73	45:53	Kissner, Jean	31	Williston	VT
82	47:07	Kehoe, Mary P.	32	Burlington	VT
86	48:21	LaFlame, Betsy	38	Waitsfield	VT
89	48:47	Hughes, Jackie	35	Cabot	VT
99	51:07	Pavlidis, Emily	33	Manchester	NH
100	51:12	Edelman, Robin	38	Montpelier	VT

Female 40-49

27	40:02	Capen, Barbara	41	Starksboro	VT
36	41:35	Banks, Jane	41	Underhill Center	VT
72	45:51	Francis, Charlene	49	Brookline	MA
97	50:52	Whalen, Jude	42	Montpelier	VT
102	51:20	Smith, Heidi	48	Moretown	VT
105	52:25	Desorda, Gail	41	Williston	VT
111	54:06	Shenk, Sandra	45	Montpelier	VT
117	54:44	Colombo, Judy U.	47	Montpelier	VT
118	54:44	Gilbert, Janet	48	Barre	VT
120	55:39	Nuquist, Reidun D.	49	Montpelier	VT
121	62:20	Beaudin, Jo-Ann	40	Montpelier	VT

Female 50-59

103	51:26	Ellerson, Darragh	59	Montpelier	VT
110	54:06	Schmidt, Jackie Garand	52	Ludlow	VT
112	54:16	Rhoades, Milly	50	Bethel	VT
113	54:25	Flanders, Polli	53	Montpelier	VT
114	54:25	Nolan-Cannata, Beverly	55	Wolcott	VT
116	54:42	Sicard, Pauline	50	Burlington	VT

Male 13-17

44	42:21	Skea, Andrew	15	Montpelier	VT
78	46:30	Anderson, Christian	17	Waterbury	VT

CAPITAL CITY STAMPEDE - 9 JUNE 1990  
OFFICIAL COMPLETE RESULTS

Overall

Place	Time	Name	Age	Hometown	State
-----					
Male 18-29					
1	32:33	Davis, Sam	29	East Calais	VT
5	36:03	Mead, Dave	22	Shelburne	VT
9	37:11	Cote, Ralph	29	East Corinth	VT
10	37:12	Curtis, Joey	20	Montpelier	VT
16	39:16	Tosi, Greg	19	East Montpelier	VT
18	39:23	Millar, Dick	28	Montpelier	VT
37	41:49	Walker, Eli	20	Montpelier	VT
43	42:20	Devitt, Brendan	25	Burlington	VT
45	42:21	Frey, Scott	27	Barre	VT
50	43:20	Kruger, Tim	24	Stowe	VT
56	43:49	Prue, Louis H.	28	South Burlington	VT
64	45:07	Reynolds, Bill	24	Canton	MA
77	46:21	Smith, Derek	19	Moretown	VT
80	46:57	Casey, Dan	27	Shelburne	VT

Male 30-39

3	35:18	McSweeney, Edward	39	Montpelier	VT
4	35:48	Miner, Patrick	32	Barre	VT
6	36:06	Couto, Chad	36	Waterbury	VT
8	36:24	Dysart, Bill	38	Burlington	VT
11	38:08	Kalden, Tom	31	Montpelier	VT
12	38:12	Noonan, Tim	34	Montpelier	VT
15	39:14	Batchelder-Adams, Gregg	33	Montpelier	VT
17	39:21	Dresser, Don	39	Huntington	VT
22	39:44	Gilbert, Tim	33	Enfield	NH
24	39:50	Wheeler, Paul	39	Jericho	VT
26	39:54	Mazzucco, John A.	37	Randolph	VT
29	40:17	Bachand, Mike	32	South Burlington	VT
38	41:55	Bell, Wayne P.	33	Northfield	VT
40	42:12	Dube, Elden N.	34	Montpelier	VT
46	42:31	Seivwright, Jeffrey	32	Montpelier	VT
48	43:11	Little, Steve	36	Rutland	VT
49	43:12	Johnson, Bruce	37	Middlebury	VT
54	43:38	Martin, John C.	38	Barre	VT
57	43:56	Wilk, Larry	37	Plainfield	VT
60	44:09	Bachman, Tom	34	Montpelier	VT
61	44:29	Brown, Kevin M.	31	Montpelier	VT
62	44:53	Daso, Paul	32	Plainfield	VT
63	44:59	Perreault, Bill	39	Montpelier	VT
66	45:15	Schaeffer, Bob	37	Colchester	VT
70	45:46	Lindemann, Bob	37	Hyde Park	VT
83	47:30	Bent, Robert	37	Cabot	VT
84	47:30	Misuraca, Jim	33	Piermont	NH
92	49:39	Cotton, Ryan	33	Montpelier	VT
93	49:53	Turbide, Gary W.	30	Winooski	VT
101	51:17	McCarthy, Peter	36	Barre	VT
104	52:25	Redmond, Ron	34	Burlington	VT
106	52:53	Shein, Peter C.	33	Rockaway	NJ
107	53:29	Tracey, Ed	33	Lebanon	NH
108	53:42	Eastman, Frank	39	Essex Junction	VT

CAPITAL CITY STAMPEDE - 9 JUNE 1990  
OFFICIAL COMPLETE RESULTS

Overall Place	Time	Name	Age	Hometown	State
-----					
Male 40-49					
7	36:13	Valentine, John	40	Northfield	VT
14	38:48	Kosnitsky, Fred	41	Montpelier	VT
19	39:26	Searles, Robert	41	Wolcott	VT
20	39:33	Gerdel, Greg	43	Montpelier	VT
21	39:38	Price, Rick	41	Monroe	NH
31	40:44	Kalinen, John V.	44	Orleans	VT
32	40:49	Heikkinen, Richard A.	43	Claremont	NH
33	41:05	Zuaro, Joe	40	Northfield	VT
39	42:07	Johnson, Gordon	48	Ayers Cliff	QUE
42	42:20	Bortree, Robert	43	Waterbury	VT
58	44:02	Aylward, Peter	43	Waterbury	VT
69	45:37	Farnsworth, Richard	42	St. Johnsbury	VT
71	45:50	Duncan, John	43	Huntington	VT
74	46:17	Lawson, Doug	49	Williston	VT
75	46:18	Cusumano, Michael P.	45	Glover	VT
76	46:20	Malloy, Dennis E.	44	Montpelier	VT
79	46:51	Colombo, Harry R.	45	Montpelier	VT
81	47:04	Betit, Greg	41	Crown Point	NY
87	48:31	DeBlasio, Paschal	40	Colchester	VT
90	48:52	Gilbert, Townshend	46	Warren	VT
91	49:23	Donaghy, Pete	46	Montpelier	VT
95	50:11	Kilcourse, Jerry	49	Montpelier	VT
96	50:13	Mason, Robert	49	Montpelier	VT
Male 50-59					
2	34:44	MacGregor, Douglas	51	Lebanon	NH
13	38:40	Murphy, Bob	50	Barre	VT
30	40:27	Hutton, Pat	52	South Burlington	VT
52	43:22	Witham, Douglas W.	52	South Burlington	VT
59	44:07	Cunningham, Tim	58	Hartland 4 Corners	VT
67	45:17	Carlson, Gerry	58	Portage	MI
85	47:58	Stinehour, Norm	50	Essex Junction	VT
88	48:40	Connors, Joe	51	Brookline	MA
109	53:45	Flanders, Ernie	59	Montpelier	VT
119	55:32	Rogers, Alan C.	55	Barre	VT
Male 60+					
98	50:55	Lyons, Don	64	Montpelier	VT



CAPITAL CITY STAMPEDE  
9 JUNE 1990  
RACE SUMMARY

Age Group Winners:

Men's Open	32:33	Sam Davis (29)	East Calais, VT
Boys 14-15	42:21	Andrew Skea (15)	Montpelier, VT
Boys 16-17	46:30	Christian Anderson (17)	Waterbury, VT
Men 18-19	39:16	Greg Tosi (19)	E. Montpelier, VT
Men 35-39	35:18*	Edward McSweeney (39)	Montpelier, VT
Men 40-44	36:13	John Valentine (40)	Northfield, VT
Men 45-49	42:07*	Gordon Johnson (48)	Ayers Cliff, QUE
Men 50-54	34:44**	Douglas MacGregor (51)	Lebanon, NH
Men 55-59	44:07*	Tim Cunningham (58)	Hartland, VT
Men 60-64	50:55*	Don Lyons (64)	Montpelier, VT

Women's Open	39:47*	Johanne Brus (33)	Ayers Cliff, QUE
Women's 35-39	40:06*	Maira Durnin (39)	Stowe, VT
Women's 40-44	40:02**	Barbara Capen (41)	Starksboro, VT
Women's 45-49	45:51*	Charlene Francis (49)	Brookline, MA
Women's 50-54	54:06	Jackie Garand Schmidt (52)	Ludlow, VT
Women's 55-59	51:26*	Darragh Ellerson (59)	Montpelier, VT

\* = New Vermont Single-Age Record

\*\* = New Vermont Single-Age and Age-Group Record

Other new Single-Age records were set by:

38:40\* Bob Murphy (50) Barre, VT

Vermont Runner Rankings:

Race finishers:	Male	Female
Open	84	37
40-49	23	11
50-59	10	6
60-69	1	-

Ranking points were earned by the following runners:

Men's Open	Sam Davis	East Calais	100 (1st)
	Edward McSweeney	Montpelier	50 (3rd)
	Patrick Miner	Barre	40 (4th)
	Dave Mead	Shelburne	30 (5th)
	Chad Couto	Waterbury	25 (6th)
	John Valentine	Northfield	20 (7th)
	Bill Dysart	Burlington	15 (8th)
	Ralph Cote	East Corinth	12 (9th)
	Joey Curtis	Montpelier	10 (10th)
	Tom Kaiden	Montpelier	7 (11th)
	Tim Noonan	Montpelier	5 (12th)
	Bob Murphy	Barre	3 (13th)
	Fred Kosnitsky	Montpelier	2 (14th)
	Gregg Batchelder-Adams	Montpelier	1 (15th)

CAPITAL CITY STAMPEDE  
9 JUNE 1990  
RACE SUMMARY

Vermont Runner Rankings (Continued):

Men 40-49	John Valentine	Northfield	7 (1st)
	Fred Kosnitsky	Montpelier	5 (2nd)
	Robert Searles	Wolcott	3 (3rd)
	Greg Gerdel	Montpelier	2 (4th)
Men 50-59	Bob Murphy	Barre	2 (2nd)
	Pat Hutton	So. Burlington	1 (3rd)
Men 60-69	Don Lyons	Montpelier	3 (1st)
Women's Open	Sue Manley	Cambridge	10 (2nd)
	Barbara Capen	Starksboro	7 (3rd)
	Moira Durnin	Stowe	5 (4th)
	Patty Roach-Davis	East Calais	3 (5th)
	Dorothy Graham	Barre	2 (6th)
	Jane Banks	Underhill Ctr.	1 (7th)
Women 40-49	Barbara Capen	Starksboro	3 (1st)
	Jane Banks	Underhill Ctr.	2 (2nd)
Women 50-59	Darragh Ellerson	Montpelier	3 (1st)
	Jackie Garand Schmidt	Ludlow	2 (2nd)
	Milly Rhoades	Bethel	1 (3rd)

Compiled by:  
Bob Murphy  
Vermont Running Data Center  
RR3, Box 6866  
Barre, VT 05641



Course records:  
Eric Morse  
1:09:28, 1986  
Lee Hayer  
1:21:15, 1985

THE SEVENTH ANNUAL  
**LEAF PEEPERS  
HALF-MARATHON  
AND 5 Km RACE**

SUNDAY, OCTOBER 7, 1990  
11 A.M., WATERBURY, VERMONT

**SPONSORED BY WDEV** Unique radio coverage of race from start to finish.  
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, 19-29, 30-39, 40-49, 50 and over.  
**ENTRY FEE:** \$9.00 (U.S.), entries postmarked by September 25 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



11

The Capital City Stampede was extremely successful again in 1990, with over 120 runners taking part. As a first year race director it proved to be challenging and rewarding if not always "fun". On top of the routine challenges of putting on a road race going through major highways of a city, this year proved even more eventful.

The I-89 bridge was being re-built right over the bike path that was part of the race course. Would chunks of concrete be falling on racers heads? Fortunately all was well there on race day.

Less than a week before race day I was informed that the National Guard would be using the Department of Employment and Training parking lot for a rest stop on their way to Maine. This meant heavy trucks crossing the race course just as the race was to start. Fortunately the timing and work of guardsmen, volunteers and police kept this from being a problem.

The most major problem however was a sheer lack of help on race day. It is with this in mind that I write this to thank all of those who lent a hand and enabled the CCS to go off without any major problems and in fact be very successful. So THANKS A LOT to the following:

The Sponsors- Warren Kitzmiller and Mike Woodfield of Onion River Sports and State Street Market. Without their enthusiasm about this race things would have been much more difficult.

CVR Members-Geoff Lindermer, Jeff Shutak, Darragh Ellerson, Dot Helling, Doug Allen, David White; who all helped out at Pre-registration and/or during the race as well! A special thanks to Tim Noonan who was everywhere before the race and then helped with results after( on top of running the race). Ditto to Bob Murphy who did a wonderful job marking the course and helped with results as well. Also, to John Valentine for help with results.

To Shawn and Helen Bryan and family for their support of the race in working the water stop set up on their lawn.

And another very special thanks to two women that put in a real effort. Vicki Shutak who showed up early with Jeff and worked before, during and after the race. I think Vicki deserves to be a honorary member for the work she puts in at nearly all CVR events. And my wife, Martha Hicks-Robinson, who worked before the race and the water stop as well. Most importantly she put up with the phone calls, and me prior to race day. Thanks!!!!

Whenever you start naming people you run the risk of forgetting people that made a contribution. If I have done so it is out of a poor memory and not from lack of thanks. I leave all of you with one final note. I was lucky this year that there were not any problems, because we were running a thin line with volunteers that did double and triple duty. Those of you who could have helped and didn't; I ask that you contact those race directors that still have races to run and offer a hand. It is a difficult job as it is, but nearly impossible without your assistance. I know this sounds like a broken record but we as a club are dangerously close to losing races because a small core group of volunteers are near the burn out stage. A few hours once a year by everyone is all it takes!!!

Norm Robinson  
Race Director  
Capital City Stampede

MINUTES: JUNE C.V.R. MEETING  
1990

The June CVR meeting was held at Norm Robinson's house on June 11, 1990. Members and officers present were; Polly Flanders, Chris Whelan, Tim Noonan, Bob Howe, Vice Pres. Darragh Ellerson, Pres. Dana McCarthy and Norm.

Momentous things happened! YOU should have been there! Speaking of YOU... Tim reported membership is d<sup>o</sup>wn and lots of folks haven't paid their dues... like our top executive officer...what an example!! (She says the check is in the mail! Yeah, and read her lips again...no more what?) So incase you have followed this politically inept example the membership dues are... \$8.00 per person and \$10.00 per family. What a deal! And if you have forgotten, you will be reminded soon with a postcard from one of your friendly club members. Soon perhaps even after the next Fun Run(another place we haven't seen YOU lately) there will be a postcard writing party to those absent minded runners who think they are still CVR members. (If you have trouble reading yours because of the sweat smears, let me interpret; Send check to: Norm Robinson 66 Terrace St. Montpelier.)

Membership forms for recruiting new runners will begin appearing at CVR races. Our Pres. says she'll get a few thousand copies made. (Uh-huh. Another endeavor in lip service)

Have you been wondering what happened to the Bear Swamp Run? Ususally held in June, it has been set for September 22 this year. Don't know why.

Norm reported the Capital City Stampeded was successfull. 126 entrants, 121 finishers which is an increase from 1989 when only 106 ran. A few more volunteers would have been appreciated, but several folks who ran also helped out; especially with results.

Tim is excited about the upcoming(and now past) 10-Miler. He received great response from Runner's World and Gatorade in the form of prizes, cups and water coolers. No major sponsore this year, so the donations are helpful. He's hoping for 75 Runners to make the race break-even(101 actually raced) 115 ran in 1989.

Chris says he's ready to tackle the Berlin Pond race. You should find an entry form someplace in this newsletter. Central Vermont Hospital will donate t-shirts. And as always he needs volunteers. That means You again.

Darragh says she has already received two applications for Leaf Peepers! She credits her ads in New England Runner and Running Times for the early response.

Now for new things happening... The Montpelier-East Montpelier Bicentennial Committee asked for our help in an International Friendship Relay race from Waterbury to Montpelier on August 23. The race starts in Ontario and involves Governor Kunin and Canadian government officials for the final mile into Montpelier. We agreed with Darragh, Polli and Tim to gather some CVR runners to participate. (Subsequently, Tim reports the Bicentennial Committee really wants CVR to organize the relay. Tim declined and offered our initial support of providing runners only.)

Bob Howe (recently nominated as club fashion supervisor) inquired about CVR singlets to have at races to sell, and possibly attract new members. Darragh will check with Porcupine graphics for our logo and Norm will check on price and supply of singlets at area stores.

Norm (former newsletter editor and news-hound) reports a new state sports monthly magazine is about to hit the newsstands. It will feature Vermont sports, aerobic sports only. It's called VERMONT SPORTS MONTHLY and is published out of Waterbury. It should have some CVR races news, so look for it.

Now I've probably omitted somebody's important statement, misquoted what actually was said or even made some of this up due to the time lap and a poor memory. But if there are any complaints, then YOU should attend the next CVR meeting to be held at Dana McCarthy's house Monday July 9. See you there!!

*Respectfully,  
Dana McCarthy  
Pres. & acting Sec*

**RELAY RUNNERS NEEDED FOR  
ADVENTURE IN FRIENDSHIP RELAY**

The Montpelier-East Montpelier Bicentennial Committee has asked for our help in recruiting runners to participate in the Adventure in Friendship Relay, which will be completed in Montpelier on August 23. A relay team, made up of girls and boys from Canada and the U.S, will run through the northeast corner of Ontario, parts of Quebec, and enter Vermont at Grand Isle. The event will be completed at the State House in Montpelier, where Governor Kunin and Canadian Consul-General Tom McMillan will receive the team. Runners are needed, youngsters and adults, to meet the relay team 1 mile from the State House and run with them to the capital. If you would like to participate, contact Tim Noonan (229-4658).

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MONTPELIER TEN MILE ROAD RACE (JUNE 23, 1990)

**DAVIS AND PFIEFER OVERALL WINNERS,  
MACGREGOR AND CAPEN SET MASTERS RECORDS**

Sam Davis and Kathy Pfeifer ran impressive times given the high humidity to win the overall men and women titles, and Doug MacGregor and Barbara Capen set Masters records, to highlight the 16th annual Montpelier Ten Mile Road Race on June 23. For the sixth consecutive year, the race served as the Eastern Regional Championship of the Road Runners Club of America.

Davis, of East Calais, emerged the victor in a tight three man duel in a time of 53:07. Randy Sightler of Winooski was close behind in 53:38, followed 23 seconds later by John Dowling of Warner, New Hampshire. MacGregor, 51 years old, from Lebanon, New Hampshire, topped his remarkable performance of last year. He was 5th overall, and set a Masters Male record in 57:32. Other male age group winners were Terence Paquette (17 and under), Sightler (30-39), Ed McSweeney (40-49), and Doug Allen (60+).

Pfeifer, of Burlington, turned in one of the few sub-one hour performances (59:29) ever by women on this course in finishing well ahead of her closest pursuer. The real race among women was for second place, with Lisa Schmidt of Proctorsville (63:26) edging Debbie Brunelle-Tirrito of Winooski (64:36). Barbara Capen, of Starksboro, broke the Masters Female record set last year by Jane Banks, finishing in 67:55. Other female age group winners were Schmidt (18-29), and Darragh Ellerson (50-59).

The host club, the Central Vermont Runners, fared very well in the team competition. CVR took home three of the four team titles, winning Open Male, Masters Male and Masters Female. Reebok-Endurance Sports was the Open Female team champion.

101 runners registered for the race, and 94 actually completed the distance. The weather was iffy, which is not unusual for this race. The temperature was around 70 degrees, but humidity was high. Skies mercifully were overcast for the entire race, and not a drop of rain fell until the last finisher crossed the line. Luckily, the starting time for the race was moved from 10:00 a.m. to 9:00 a.m. this year. By the time the awards ceremony started 20 minutes after the last finisher crossed the line, the heavens had opened in a torrential downpour. A 10:00 start would have meant most runners would have been running in such lovely conditions, to say nothing of the more than 20 race volunteers standing in the downpour.

The race had no major sponsor this year, so the support of the following businesses was much appreciated in defraying race expenses: Ben & Jerry's, First in Fitness, Gatorade, Kinney Drugs, Onion River Sports, Runner's World and Stevens & Co. Thanks also to the Montpelier Recreation Department, who has been involved in this race since the beginning, and stepped forward this year to help sponsor it. Many, many thanks to the race volunteers who, to the last person, did a great job and cheerfully did more than they were asked. It was the best crew we have had in the six years I have directed the race. They are: Marcia Ackerly, Jo Ann Beaudin, David Ellerson, Greg & Karen Gerdel and their children, Linda Hallinger, Floyd Hewett, Bob Howe, Geoff Lindemer, Don Lyons, Dana & J.B. McCarthy and their children, Bob Murphy, Reidun Nuquist, Jerry Richardson, Norm Robinson and Jim Suskin. Special thanks to my wife, Annie, who stayed up late the previous night to bake muffins for the racers, and also served as race photographer.

Tim Noonan, Race Director

MONTPELIER TEN-MILER - 23 JUNE 1990  
OFFICIAL COMPLETE RESULTS

Overall Place	Time	Name	Age	Hometown	State
<b>Female 18-29</b>					
20	1:03:26	Schmidt, Lisa	26	Proctorsville	VT
39	1:08:39	Graham, Dorothy	29	Barre	VT
40	1:09:30	Fisch, Emily	26	West Lebanon	NH
46	1:10:26	Davis, Ruthie	28	Waitsfield	VT
76	1:19:37	Pierce, Kimberly	28	Marshfield	VT
81	1:23:33	Lane, Rebecca	23	Jeffersonville	VT
92	1:34:04	McGivney, Michele M.	25	Stowe	VT
<b>Female 30-39</b>					
10	59:29	Pfiefer, Kathy	30	Burlington	VT
25	1:04:36	Brunelle-Tirrito, Debbie	35	Winooski	VT
30	1:06:00	Durnin, Moira	39	Stowe	VT
32	1:06:50	Manley, Sue	33	Cambridge	VT
52	1:11:38	Crow, Deb	39		
54	1:12:22	Mancuso, Mary	32	Jericho	VT
59	1:13:12	Powers, Lisa	35	Richmond	VT
65	1:14:17	Lindemer, Debi	34	Stowe	VT
72	1:17:03	Van Dyke, Carol	34	Stowe	VT
73	1:18:07	LaFlame, Betsy	38	Waitsfield	VT
74	1:18:26	Patterson, Jodi	33	Ludlow	VT
87	1:31:18	Decarreau, Kathy	31	Winooski	VT
<b>Female 40-49</b>					
36	1:07:55	Capen, Barbara	41	Starksboro	VT
69	1:16:16	Andersen, Marti	43	Huntington	VT
80	1:22:56	Rusin, Rosemary	47	Florence	VT
84	1:25:53	Desorda, Gail	41	Williston	VT
88	1:31:40	Gilbert, Janet	48	Barre	VT
89	1:31:40	Colombo, Judy Utton	47	Montpelier	VT
<b>Female 50-59</b>					
85	1:26:41	Ellerson, Darragh	59	Montpelier	VT
90	1:32:02	Nolan-Cannata, Bev	55	Wolcott	VT
93	1:37:15	Flanders, Polli	53	Montpelier	VT
<b>Male 17 &amp; under</b>					
55	1:12:36	Paquette, Terence	17	So. Burlington	VT
<b>Male 18-29</b>					
1	53:07	Davis, Sam	29	East Calais	VT
21	1:03:48	Montminy, Eric	25	Stowe	VT
23	1:04:09	Warner, Mark	24	So. Burlington	VT
24	1:04:33	Tosi, Greg	19	East Montpelier	VT
28	1:05:04	McDermott, John	27	Montpelier	VT
34	1:07:12	Villemaire, Tom	24	Winooski	VT
41	1:09:30	Gallagher, Matt	25	West Lebanon	NH
64	1:14:10	Kruger, Tim	24	Waterbury	VT

MONTPELIER TEN-MILER - 23 JUNE 1990  
OFFICIAL COMPLETE RESULTS

Overall Place	Time	Name	Age	Hometown	State
71	1:16:36	Houston, Jonah	23	Montpelier	VT

## Male 30-39

2	53:38	Sightler, Randy	31	Winooski	VT
3	54:01	Dowling, John	33	Warner	NH
4	57:23	Kellett, Ray	39	Brattleboro	VT
6	57:58	Bowley, Reg	34	Essex Junction	VT
7	58:14	Drapp, Ed	34	Duxbury	VT
8	58:30	Cravedi-Cheng, Pascal	36	Burlington	VT
9	59:16	Horner, Gordon	33	Jeffersonville	VT
13	1:00:39	Stone, William	37	Newton Centre	MA
14	1:01:34	Bennett, Crocker	39	Essex Junction	VT
15	1:01:37	Maclean, Bruce	37	Newbury	VT
16	1:01:53	Dysart, Bill	37	Burlington	VT
17	1:02:05	Couto, Chad	36	Waterbury	VT
18	1:02:24	Kaiden, Tom	31	Montpelier	VT
22	1:03:56	Scott, Zane	34	Essex Junction	VT
26	1:04:40	Sykes, Joe	34	So. Hero	VT
33	1:07:05	Turner Glen R.	30	Barre	VT
37	1:08:10	Everett, Bill	38	Essex Junction	VT
44	1:10:12	Sanborn, Lee	30	Wilder	VT
45	1:10:21	Seivwright, Jeff	32	Montpelier	VT
47	1:10:47	Martin, John	38	Barre	VT
48	1:10:55	Conlon, Sean	32	San Pedro	CA
49	1:11:14	Bell, Wayne P.	33	Northfield	VT
50	1:11:20	Milne, Dave	33	Mt. View	CA
53	1:12:16	Atchinson, J.	38	Waterbury	VT
58	1:12:59	Waite, John	33	Williston	VT
62	1:13:44	Wilk, Larry	37	Plainfield	VT
66	1:14:44	Johnson, Bruce	37	Middlebury	VT
67	1:16:01	Roberts, David	37	St. Hubert	QUE
68	1:16:14	Kohn, Jonathan	35	Burlington	VT

## Male 40-49

11	59:42	McSweeney, Edward	40	Montpelier	VT
12	1:00:28	Valentine, John	40	Northfield	VT
19	1:03:25	Hulburd, Lloyd	42	So. Burlington	VT
29	1:05:52	Gershaneck, Glenn	42	Montpelier	VT
31	1:06:27	Price, Rick	41	Monroe	NH
35	1:07:22	Young, Bill	42	Hyde Park	VT
38	1:08:21	Vaughan, Jack	45	Springfield	VT
43	1:09:48	Lynn, Chris	48	Worcester	VT
56	1:12:57	Izzo, John	41	Hinesburg	VT
57	1:12:59	Baker, Newton	48	Montpelier	VT
61	1:13:35	Burke, Patrick	42	Winooski	VT
63	1:14:03	Villemaire, Bert	48	Winooski	VT
70	1:16:16	Mallery, John	47	Montpelier	VT
75	1:19:37	Pierce, John	48	East Sandwich	MA
78	1:21:45	Lawson, Doug	49	Williston	VT
79	1:22:23	Colombo, Harry R.	45	Montpelier	VT
82	1:24:12	DeBlasio, Paschal	40	Colchester	VT
83	1:24:58	Maclean, Doug	41	Newton	MA



MONTPELIER TEN-MILER - 23 JUNE 1990  
OFFICIAL COMPLETE RESULTS

Overall

Place	Time	Name	Age	Hometown	State
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Male 50-59

5	57:32	MacGregor, Douglas	51	Lebanon	NH
27	1:04:48	Murphy, Bob	50	Barre	VT
42	1:09:38	Walton, Don E.	55	LaSalle	QUE
51	1:11:31	Witham, Douglas W.	52	So. Burlington	VT
60	1:13:16	Cunningham, Tim	58	Hartland 4 Corners	VT
77	1:19:52	Carr, Wendell	50	So. Burlington	VT
86	1:31:06	Flanders, Ernie	59	Montpelier	VT
91	1:33:08	Rogers, Alan C.	55	Barre	VT

Male 60+

94	1:41:48	Allen, Doug	62	Bethel	VT
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OFFICIAL TEAM RESULTS

Men's Open

1. Central Vermont Runners:	58:14	Ed Drapp
	59:42	Ed McSweeney
	<u>1:00:28</u>	John Valentine
	2:58:24	
2. Green Mountain Athletic Assn:	58:30	P. Cravedi-Cheng
	1:01:34	Crocker Bennett
	<u>1:01:53</u>	Bill Dysart
	3:01:57	

Men's Masters

1. Central Vermont Runners:	59:42	Ed McSweeney
	1:00:28	John Valentine
	<u>1:04:48</u>	Bob Murphy
	3:04:58	
2. Green Mountain Athletic Assn:	1:03:25	Lloyd Hulburd
	1:11:31	Doug Witham
	<u>1:12:57</u>	John Izzo
	3:27:53	

Women's Open

1. Reebok-Endurance Sports:	59:29	Kathy Pfieler
	1:04:36	D. Brunelle-Tir.
	<u>1:13:12</u>	Lisa Powers
	3:17:17	
2. Central Vermont Runners:	1:08:39	Dot Graham
	1:17:03	Carol Van Dyke
	<u>1:26:41</u>	Darragh Ellerson
	3:52:23	

Women's Masters

1. Central Vermont Runners:	1:26:41	Darragh Ellerson
	1:32:02	B. Nolan-Cannata
	<u>1:37:15</u>	Polli Flanders
	4:35:58	

MONTPELIER TEN-MILER  
23 JUNE 1990  
RACE SUMMARY

Age Group Winners:

Men's Open	53:07	Sam Davis (29)	East Calais, VT
Boys 16-17	1:12:36	Terence Paquette (17)	So. Burlington, VT
Men 18-19	1:04:33*	Greg Tosi (19)	East Montpelier, VT
Men 35-39	57:23*	Ray Kellett (39)	Brattleboro, VT
Men 40-44	59:42	Edward McSweeney (40)	Montpelier, VT
Men 45-49	1:08:21	Jack Vaughan (45)	Springfield, VT
Men 50-54	57:32**	Douglas MacGregor (51)	Lebanon, NH
Men 55-59	1:09:38	Don E. Walton (55)	LaSalle, QUE
Men 60-64	1:41:48	Doug Allen (62)	Bethel, VT

Women's Open	59:29*	Kathy Pfiefer (30)	Burlington, VT
Women 35-39	1:04:36**	Debbie Brunelle-Tirrito (35)	Winooski, VT
Women 40-44	1:07:55**	Barbara Capen (41)	Starksboro, VT
Women 45-49	1:22:56	Rosemary Rusin (47)	Florence, VT
Women 50-54	1:37:15*	Polli Flanders (53)	Montpelier, VT
Women 55-59	1:26:41*	Darragh Ellerson (59)	Montpelier, VT

\* = New Vermont Single-Age Record

\*\* = New Vermont Single-Age and Age-Group Record

Other new Single-Age records were set by:

58:30*	Pascal Cravedi-Cheng (36)	Burlington, VT
1:11:31*	Douglas W. Witham (52)	So. Burlington, VT
1:13:16*	Tim Cunningham (58)	Hartland 4 Cors., VT
1:31:06*	Ernie Flanders (59)	Montpelier, VT
1:23:33*	Rebecca Lane (23)	Jeffersonville, VT
1:03:26*	Lisa Schmidt (26)	Proctorsville, VT
1:06:00*	Moirra Durnin (39)	Stowe, VT
1:31:40*	Janet Gilbert (48)	Barre, VT

Vermont Runner Rankings:

Race finishers:	Male	Female
Open	66	28
40-49	18	6
50-59	8	3
60-69	1	-

Ranking points were earned by the following runners:

Men's Open	Sam Davis	East Calais	40 (1st)
	Randy Sightler	Winooski	30 (2nd)
	Ray Kellett	Brattleboro	20 (4th)
	Reg Bowley	Essex Jct.	12 (6th)
	Ed Drapp	Duxbury	10 (7th)
	Pascal Cravedi-Cheng	Burlington	7 (8th)
	Gordon Horner	Jeffersonville	5 (9th)
	Edward McSweeney	Montpelier	3 (10th)
	John Valentine	Northfield	2 (11th)
	Men 40-49	Edward McSweeney	Montpelier
John Valentine		Northfield	3 (2nd)
Lloyd Hulburd		So. Burlington	2 (3rd)
Glenn Gershaneck		Montpelier	1 (4th)
Men 50-59	Bob Murphy	Barre	2 (2nd)
Men 60-69	Doug Allen	Bethel	3 (1st)
Women's Open	Kathy Pfiefer	Burlington	10 (1st)
	Lisa Schmidt	Proctorsville	7 (2nd)
	Debbie Brunelle-Tirrito	Winooski	5 (3rd)
	Moirra Durnin	Stowe	3 (4th)
	Sue Manley	Cambridge	2 (5th)
	Barbara Capen	Starksboro	1 (6th)

MONTPELIER TEN-MILER  
23 JUNE 1990  
RACE SUMMARY

Vermont Runner Rankings (continued):

Women 40-49	Barbara Capen	Starksboro	3 (1st)
	Marti Andersen	Huntington	2 (2nd)
	Rosemary Rusin	Florence	1 (3rd)
Women 50-59	Darragh Ellerson	Montpelier	3 (1st)
	Bev Nolan-Cannata	Wolcott	2 (2nd)
	Polli Flanders	Montpelier	1 (3rd)

Compiled by:  
Bob Murphy  
Vermont Running Data Center  
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, or at other locations if noted below. Distances normally are 2, 4 and 6 miles.  
\*\*\*\*\*

- JUL 14 Partners' Race, 8:30 a.m. 4.8 miles. Jericho Ctr. Green. Chris & Bill Griffin. 985-8304.
- JUL 21 Red Fox 10K/5K Town and Country Fun Run, 10:30 a.m., Red Fox Inn, Bondville. (297-0100).
- JUL 22 Stowe 8 Mile Road Race, 9:00 a.m., Mountain Road. No race day registration. Lee LaBier, Box 335, Stowe, Vt 05672. 253-9009.
- CVR AUG 4 Berlin Pond Couples Race, 8K. 9:00 a.m. Chris Whalen, Box 1067, Waitsfield, VT 05673 (496-9703).
- CVR AUG 14 One Hour Track Run, Montpelier High School Track, 5:30 p.m. Bob Murphy (476-4328).
- AUG 18 E.K. 10K, 8:30 a.m., Mount Mansfield Union High School, Jericho. Jim Slinkman (223-2892).
- AUG 18 Jake's Marketplace Cafe 15K/5K Road Race, Mountain Marketplace, Londonberry, 10:30 a.m. ((297-0100).
- AUG 19 Men's Dress Up 5K Run, 2 p.m. Jockey Hollow Pizza, So. Barre. (479-3212).
- AUG 21 One Hour Track Run, Montpelier High School Track, 5:30 p.m. Bob Murphy (476-4328).
- SEP 1 Northfield 5K Adult Race and 1 Mile Children's Race, 9:30 a.m. for 1 Mile, 10:30 a.m. for 5K. Dr. Joe Zuaro, 10 Crescent Avenue, Northfield, Vt 05663 (485-5100).
- CVR OCT 7 Leaf Peepers Marathon, Waterbury. Darragh Ellerson (223-2080) and Jeff Shutak (433-6776)
- CVR NOV 3 Juniper Hill 12K, Barre. Bob Murphy (476-4328).

**Tim Noonan**  
**2 Pinewood Road**  
**Montpelier, VT 05602**