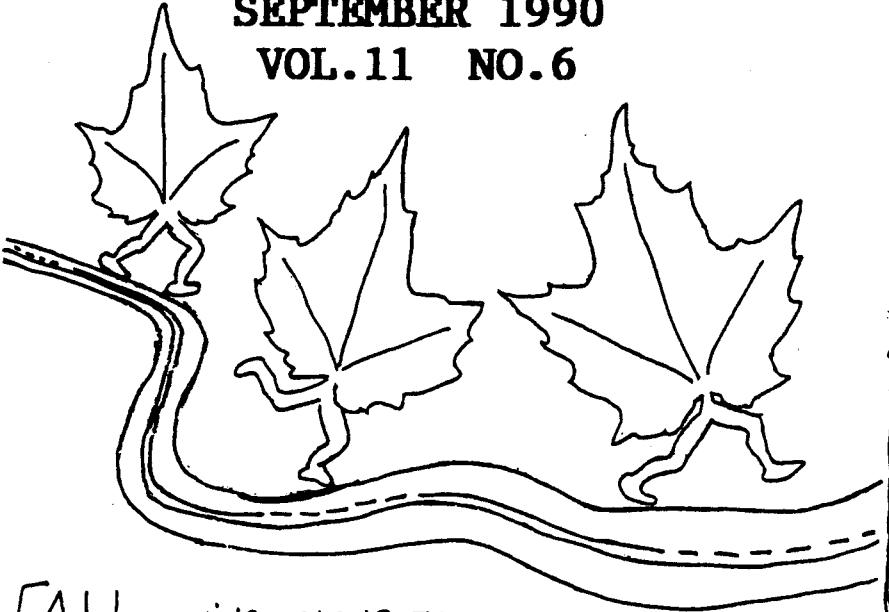


CENTRAL VERMONT
RUNNERS
NEWSLETTER

SEPTEMBER 1990
VOL.11 NO.6



FALL-OWING ALONG TO
LEAF PEEPERS 1/2 MARATHON!

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



**CROSS COUNTRY FUN RUNS ARE BACK,
AND THERE'S MORE OF THEM!**

Last Fall, we had two cross country fun runs in Hubbard Park. Since those runs were popular, we have decided to have more cross country runs this year. On Tuesday, September 4, 11, 18 and 25, and October 2, we will be having cross country fun runs instead of the regular fun runs. So, for those of you who miss high school cross country runs, or have never done cross country runs but have been waiting for an opportunity, or simply like to run in the woods, now is your chance.

The runs will take place in Hubbard Park in Montpelier, and will cover a 2.7 mile course. The course has plenty of uphill and downhill running, numerous turns and narrow trails (in other words, a typical cross country course). The runs will start at 5:30 p.m. in the area of the picnic shelter and foot bridge near the Hubbard Park Drive entrance. To ensure that you know the course, it is important that you show up early when course directions will be given. At 5:00 p.m., we will run part of the course as a warmup. This will be a team event. Teams will be selected at random the evenings of the runs.

So, if you are looking for something different, pass the word around and we'll see you at the runs. Give me a call if you want more information.

Tim Noonan



Course records:
Eric Moreau
1:09:22, 1988
Lee Meyer
1:21:15, 1988



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 Daragh Ellerson and Jeffrey Shutek.

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

OFFICIAL ENTRY BLANK

NAME (Please Print) _____

STREET _____ CITY _____

STATE _____ ZIP _____

AGE _____ BIRTH DATE _____ SEX: Male Female

Check appropriate box: Half Marathon 5 Km SHIRT SIZE: S M L XL

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, sever and release the Central Vermont Runners, the City of Waterbury and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in the waiver.

Signature of entrant _____

Date _____

If entrant under 18, parent must sign _____

Date _____

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

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



Harwood Union Boosters Club



VOLUNTEERS NEEDED FOR LEAF PEEPERS

Volunteers are needed to help out at the Leaf Peepers Half Marathon and 5K on October 7. Since this year we have added the 5K to the Half Marathon, and both races will be starting at the same time, there is an even greater need for more workers to help out throughout both races. If you are not running either race, your assistance would be greatly appreciated by the race directors. If you are running either race, maybe a family member or a friend accompanying you to enjoy this peak foliage weekend would be willing to help out. In either event, please contact Darragh Ellerson (223-2080) as soon as you know that you, a family member or a friend can help at this largest CVR event of the year.

UPCOMING CVR MEETINGS

The next two CVR monthly meetings will be held as follows:

September 17, 6:30 p.m., Darragh and David Ellerson's home, Upper North Street, Montpelier.

October 15, 6:30 p.m., Dana and J.B. McCarthy's home, 10 Towne, Montpelier.

Both meetings are potluck. Hope to see you there!

Bear Swamp Run
is being held after all -
on September 22 -
See race schedule for
more details

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 Berlin Pond 8k Couples Race (August 4, 1990)
 Race Summary and Race Results

THE DRAPPS CRUISE INTO THE COUPLES' WINNER CIRCLE:
MORSE WINS FIRST PLACE

The dawn broke, sunny and warm, with nary a rain cloud in sight. At 9:00 a.m., the field of 40 runners charged off the starting line and by 10:00, it was over. The clear winners in the Berlin Pond Couples Race were Ed and Susan Drapp, with times of 28:34 and 32:51, respectively. Their overall places were 3rd and 11th.

Eric Morse easily came in first place overall, with a time of 24:32. Second place went to Ian Harvey with a time of 28:04. Ed Drapp was third.

Susan Drapp was the first women's finisher, with second place going to Merrill Cray and third to Nina Changelian Aitken. Their times were close: 33:32 and 33:38.

Special thanks to Sherry Knudsen and Central Vermont Hospital for sponsoring the race this year. The race wouldn't have been the same without her help. She even assisted at the finish line! Many thanks also to all the people who helped this first-time race director make the thing go: Tim Noonan, Jeff and Vicky Shutak, Bob Murphy, Bob Howe, Darragh and David Ellerson, Norm Robinson, John Valentine and Sue Drapp. Lastly, thanks to all the runners at the race; without them, it would have been a dull event.

Chris Whalen

OFFICIAL COUPLES TEAM RESULTS

Overall

Team Place	Combined Time	Team Members
------------	---------------	--------------

 Combined Age 20-40

17	1:28:22	Laura Welch & Greg Tosi
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Combined Age 40-60

2	1:03:28	Laurie Grover & Ian Harvey
3	1:03:46	Stacey Smith & Eric Morse
9	1:13:54	Kate Larson & Wayne Bell

Combined Age 60-80

1	1:01:25	Susan Drapp & Ed Drapp
4	1:06:16	Nina Changelian Aitken & Alan R. Aitken
5	1:08:39	Merrill Cray & Rich "Biff" Brown
6	1:09:59	Elizabeth Meiklejohn & Tim Noonan
7	1:12:38	Pat Driscoll & Bob Genter
8	1:13:08	Caroline Biddle & Russ Poulin
10	1:14:32	Maureen Murphy & Bob Murphy
11	1:15:03	Jacqueline Shaw & Charles Stanford
13	1:19:43	Mimi Benedict & Richard McKenna

Combined Age 80-100

14	1:23:59	Sally Searles & Trim Conklin
18	1:31:52	Jo-Ann Beaudin & Paschal DeBlasio

Combined Age 100-120

12	1:15:51	Darragh Ellerson & Newton Baker
15	1:24:41	Mary Doughty & Darrell Doughty
16	1:27:05	Polli Flanders & Ernie Flanders

BERLIN POND COUPLES RACE - 4 AUGUST 1990
OFFICIAL COMPLETE RESULTS

Overall

Place	Time	Name	Age	Hometown	State
-------	------	------	-----	----------	-------

Female 39 & under

11	32:51	Drapp, Susan	34	Duxbury	VT
12	33:32	Cray, Merrill	38	Lake Elmore	VT
13	33:38	Aitken, Nina Changelian	35	Hinesburg	VT
19	35:24	Grover, Laurie	24	Lake Placid	NY
21	36:27	Shaw, Jacqueline	34	Warren	VT
22	37:17	Biddle, Caroline	22	Middlebury	VT
23	37:37	Driscoll, Pat	35	Stowe	VT
26	39:14	Smith, Stacey	18	Waterbury	VT
30	41:24	Larson, Kate	25	Northfield	VT
36	43:34	Murphy, Maureen	23	So. Burlington	VT
40	58:06	Welch, Laura	20		

Female 40+

27	39:22	Meiklejohn, Elizabeth	42	East Calais	VT
29	41:06	Doughty, Mary	52	Madison	NJ
31	41:38	Ellerson, Darragh	60	Montpelier	VT
32	41:59	Searles, Sally	41	No. Wolcott	VT
34	42:01	Benedict, Mimi	41	Hyde Park	VT
35	43:02	Flanders, Polli	53	Montpelier	VT
39	51:55	Beaudin, Jo-Ann	41	Montpelier	VT

Male 39 & under

1	24:32	Morse, Eric	24	Waterbury	VT
2	28:04	Harvey, Ian	22	Lake Placid	NY
3	28:34	Drapp, Ed	34	Duxbury	VT
4	29:22	Curtis, Joey	20	Montpelier	VT
5	30:16	Tosi, Greg	19	East Montpelier	VT
6	30:37	Noonan, Tim	34	Montpelier	VT
8	31:48	Gage, Matt	20	Montpelier	VT
9	32:30	Bell, Wayne	33	Northfield	VT
15	35:01	Genter, Bob	34	Stowe	VT
16	35:07	Brown, Rich "Biff"	39	Lake Elmore	VT
17	35:11	Robinson, Norm	34	Montpelier	VT
18	35:21	Kruger, Tim	24	Waterbury	VT
24	37:42	McKenna, Richard	36	Hyde Park	VT

Male 40+

7	30:58	Murphy, Bob	50	Barre	VT
10	32:38	Aitken, Alan R.	40	Hinesburg	VT
14	34:13	Baker, Newton	48	Montpelier	VT
20	35:51	Poulin, Russ	48	East Montpelier	VT
25	38:36	Stanford, Charles	44	Warren	VT
28	39:57	DeBlasio, Paschal	40	Montpelier	VT
33	42:00	Conklin, Trim	42	No. Wolcott	VT
37	43:35	Doughty, Darrell	54	Madison	NJ
38	44:03	Flanders, Ernie	59	Montpelier	VT

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BERLIN POND COUPLES RACE
4 AUGUST 1990
RACE SUMMARY

Age Group Winners:

Men's Open	24:32	Eric Morse (24)	Waterbury, VT
Men 18-19	30:16	Greg Tosi (19)	E. Montpelier, VT
Men 35-39	35:07	Rich Brown (39)	Lake Elmore, VT
Men 40-44	32:38	Alan Aitken (40)	Hinesburg, VT
Men 45-49	34:13	Newton Baker (48)	Montpelier, VT
Men 50-54	30:58**	Bob Murphy (50)	Barre, VT
Men 55-59	44:03*	Ernie Flanders (59)	Montpelier, VT
Women's Open	32:51*	Susan Drapp (34)	Duxbury, VT
Women 18-19	39:14*	Stacey Smith (18)	Waterbury, VT
Women 35-39	33:32*	Merill Cray (38)	Lake Elmore, VT
Women 40-44	39:22*	Elizabeth Meiklejohn (42)	East Calais, VT
Women 50-54	41:06**	Mary Doughty (52)	Madison, NJ
Women 60-64	41:38**	Darragh Ellersb (60)	Montpelier, VT

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

Other new Single-Age records were set by:

37:17*	Caroline Biddle (22)	Middlebury, VT
43:34*	Maureen Murphy (23)	So. Burlington, VT
35:24*	Laurie Grover (24)	Lake Placid, NY
41:24*	Kate Larson (25)	Northfield, VT
43:02*	Polli Flanders (53)	Montpelier, VT
29:22*	Joey Curtis (20)	Montpelier, VT
28:34*	Ed Drapp (34)	Duxbury, VT
42:00*	Trim Conklin (42)	No. Wolcott, VT
43:35*	Darrell Doughty (54)	Madison, NJ

Vermont Runner Rankings:

Race finishers:	Male	Female
Open	22	18
40-49	6	4
50-59	3	2
60-69	-	1

Ranking points were earned by the following runners:

Men's Open:

Eric Morse	Waterbury	7 (1st)
Ed Drapp	Duxbury	3 (3rd)
Joey Curtis	Montpelier	2 (4th)
Greg Tosi	East Montpelier	1 (5th)

Men 40-49:

Alan R. Aitken	Hinesburg	3 (1st)
Newton Baker	Montpelier	2 (2nd)
Russ Poulin	East Montpelier	1 (3rd)

BERLIN POND COUPLES RACE
& AUGUST 1990
RACE SUMMARY

Vermont Runner Rankings (Continued):

Men 50-59:			
Bob Murphy	Barre	3	(1st)
Ernie Flanders	Montpelier	1	(3rd)
Women's Open:			
Susan Drapp	Duxbury	5	(1st)
Merill Cray	Lake Elmore	3	(2nd)
Nina Changelian Aitken	Hinesburg	2	(3rd)
Women 40-49:			
Elizabeth Meiklejohn	East Calais	3	(1st)
Sally Searles	No. Wolcott	2	(2nd)
Mimi Benedict	Hyde Park	1	(3rd)
Women 50-59:			
Polli Flanders	Montpelier	2	(2nd)
Women 60-69:			
Darragh Ellerson	Montpelier	3	(1st)

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

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NSB

13th

**13th ANNUAL
1990 NORTHFIELD LABOR DAY OBSERVANCES
TAC CERTIFIED 5000 METERS ADULT RACE AND 1 MILE CHILDRENS' RACE**

***** NOTE: REDUCED ENTRY FEE PRIOR TO AUGUST 24, 1990*****

PLACE

The Northfield Savings Bank on the Common

DATE - TIME

Saturday, September 1, 10:30 A.M. for the 5K ADULT TAC certified race and 9:30 A.M. for the 1 mile race for those 13 and under

COURSE

The Northfield Savings Bank and Northfield Observances are sponsoring this thirteenth annual 5000 meters (3.1 miles) foot race as well as a 1 mile race for those 13 and under. Mileage markers will be posted at each mile. The Northfield Savings Bank on the Common will be open at 8:30 A.M. for registration. Registration will cease half an hour before each race. Refreshments served to participants. A map of the course will be posted at the registration area.

DIVISIONS

Age groups for males and females are as follows: 1 mile race - 9 and under, 10-13: 5000 meters certified race - 14-19, 20-29, 30-39, 40-49, 50-59, 60 and over

PRIZES

NSB, in conjunction with Northfield Wood Products, will award prizes for first, second, and third place in each of the 16 classes. In addition, Northfield Savings Bank, along with Onion River Sports of Montpelier, will again give a new pair of running shoes to any runner who wins his or her class and sets a new record for that class. The class records are:

ONE MILE RACE

Age	Female	Male
9 and under	Amy Schroyer 6:38 ('85)	Richard Taylor 5:54 ('85)
10 - 13	Jessica Christian 5:47 ('85)	Troy McBride 5:25 ('84)

5 K RACE

Age	Female	Male
14 - 19	Patty Roach 18:22 ('82)	Eric Morse 15:20 ('86)
20 - 29	Jennifer Mynter 19:18 ('86)	Eric Morse 14:26 ('89)
30 - 39	Sikora Leatrice 17:35 ('89)	Mark Chaplin 15:04 ('82)
40 - 49	Patty Girouard 19:30 ('88)	Bob Murphy 16:26 ('82)
50 - 59	Darragh Ellerson 21:48 ('82)	Jerry Carlson 19:00 ('84)
60 +	Vivian Bryan 38:00 ('86)	John Toby 19:31 ('89)

13th

NSB



ENTRY FEE

Before August 24, \$1.75 for the 1 mile race or \$2.75 for the 5K race in check or money order payable to Northfield Savings Bank. After August 24, the entry fee is \$4.75 for the 1 mile race and \$5.75 for the 5K race. If you want a T-shirt, circle the appropriate choices and enclose an additional \$5.00 for each child's short sleeved T-shirt or \$8.00 for each adult's long sleeved T-shirt. Both shirts feature a new color, but same popular design of last year.

ENTRY FORM

Please complete all information and sign. Parent or guardian must also sign if 18 or under. Entries must include the appropriate fee, depending on the postmark date, plus an additional \$5.00 or \$8.00 for each T-shirt, payable to Northfield Savings Bank. Mail entries to Northfield Labor Day Races, c/o Dr. Joe Zuaro, 10 Crescent Avenue, Northfield, VT 05663. (802-485-5100)

RELEASE - PLEASE READ CAREFULLY BEFORE SIGNING.

I, the undersigned, being of lawful age (and if not of lawful age this Release must be signed by parent or guardian) and in consideration of being permitted to participate in the Northfield Labor Day Observances 5000 meter race and/or 1 mile children's race, do for myself, my heirs, executors, administrators and assigns, release and forever discharge the Northfield Savings Bank and Northfield Observances, Inc., their successors, assigns, employees and agents, from any and every claim, demand, action or right of action of whatever kind or nature, either in law or in equity arising from or by reason of any bodily injury or personal injuries known or unknown, death or property damage resulting or to result in any accident which may occur as a result of my participation in said race or any activities in connection with said race whether by negligence or not.

I fully understand that participating in such an event has inherent dangers and risks of injuries. I also fully understand that prior to any race and/or warm-up for said race I should consult with trained medical personnel.

The undersigned expressly agrees that this release, waiver, and indemnity agreement is intended to be as broad and inclusive as permitted by the laws of the State of Vermont and that if any portion hereof is held invalid it is agreed that the balance shall continue in full legal force and effect.

OFFICIAL USE ONLY

Signature of Adult
(person 18 years of age or older)

Signature of Parent and/or Guardian
of entrant under the age of 18 years old

PLEASE PRINT

Name

Address

Age

M/F

Town

State

Zip

CIRCLE THE APPROPRIATE CHOICE(S). I desire a T-shirt. Yes No Cost

Short sleeved Child's T-Shirt Sizes Small Medium Large 5.00

Long sleeved Adult's T-Shirt Sizes Small Medium Large X-Large 8.00

Central Vermont Runners 1-Hour Track Run
August 14, 1990

In the first of this year's two 1-Hour Track Runs, nine individuals attempted to see how far they could go in one hour. Unlike many running events, where all start at once and finish at different times, everyone starts and finishes together. The race is also unique in that, although challenging, it offers runners continuous support and encouragement from other runners and spectators throughout the event.

Of the eight competitors who finished this event, four are new Vermont single-age record holders, and two of those are age-group record holders. The big news, however, was Susan Drapp's shattering of the previous State record for women overall. Her 9 miles and 223 yards (that's an average pace of 6:34 per mile) eclipsed the old record of 8 miles 880 yards, set by Chris Lundy at the SVRRC 1-Hour Track Run in Bennington in 1988.

Complete results follow for the eight who finished.

Age	Mi/Yds.	Name	Hometown
----	-----	-----	-----
34M	9/1103	Tim Noonan	Montpelier
34F	** 9/ 223	Susan Drapp	Duxbury
31M	8/1216	Stu Srote	Randolph Center
48M	* 7/1516	Newton Baker	Montpelier
43M	7/1347	Bob Howe	Williamstown
37F	* 7/ 494	Linda Hallinger	Washington
60F	** 7/ 181	Darragh Ellerson	Montpelier
34M	5/ 0	Norm Robinson	Montpelier

- * = New Vermont single age record
- ** = New Vermont single age and age group record

Central Vermont Runners 1-Hour Track Run
August 21, 1990

In the second edition of this year's 1-Hour Track Run, Vermont State records continued to fall. This week's star performance was turned in by Montpelier's Tom Kaiden, with a 9 mile and 1565 yard effort that bettered the previous mark for 31-year old men. Darragh Ellerson and Newton Baker both outdid their performances of last week and established new marks for their ages. Darragh's was once again a new age group (60-64) record for women. Bob Murphy filled a gap in the record books by claiming the best performance for 50 year old men and the 50-54 year age group (no previous performers in this group).

As was the case last week and last year, several people showed up during the event and expressed interest in participating. Mark your calendars now for next year. We plan to repeat this event on two successive Tuesdays in August of 1991.

Complete results follow.

Age	Mi/Yds.	Name	Hometown
----	-----	-----	-----
31M	* 9/1565	Tom Kaiden	Montpelier
44M	8/ 270	Rick Reilly	Boston, MA
47M	8/ 239	John Mallery	Montpelier
48M	* 8/ 903	Newton Baker	Montpelier
50M	** 9/ 970	Bob Murphy	Barre
60F	** 7/ 290	Darragh Ellerson	Montpelier

- * = New Vermont single age record
- ** = New Vermont single age and age group record



JUNIPER HILL 12KM RACE
Barre, Vermont
Saturday, 10am, 3 November 1990

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

Course: TAC certified 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. All miles, 5km and 10km marked.

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

Entry Fee: \$4.00 preregistration postmarked before 28 Oct 90. \$5.00 on race day. Race proceeds to benefit the CVR Scholarship Fund.

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 63, 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 \$4.00, checks payable to Central Vermont Runners, to Bob Murphy, RR3, Box 6866, Barre, VT 05641

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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.

- 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 SEP 4 Cross Country Fun Run (See elsewhere in newsletter for details)
- CVR SEP 11 Cross Country Fun Run (See elsewhere in newsletter for details)
- SEP 15 Archie Post 5 Miler, 23rd annual. Burlington. 9:00 a.m. Bruce Cunningham 482-2933.
- CVR SEP 18 Cross Country Fun Run (See elsewhere in newsletter for details)
- SEP 22 Bear Swamp Run, 13th annual run. 9:30 a.m. 5.7 miles. Rumney Memorial School, Shady Hill, Middlesex. Kemp Saunders 223-6026.
- SEP 22 GMAA Ten Miler, 9:00 a.m. Essex Elementary School. Bruce Cunningham 482-2933.
- SEP 23 13th Goshen Gallop, 4.5 miles. 247-6535.
- CVR SEP 25 Cross Country Fun Run (See elsewhere in newsletter for details)
- SEP 29 Round Church Women's Run, 10:00 a.m. 5K and 10K. Richmond. John Scheer (862-0122).
- CVR OCT 2 Cross Country Fun Run (See elsewhere in newsletter for details)
- CVR OCT 7 Leaf Peepers Half Marathon and 5k, Waterbury. Darragh Ellerson (223-2080) and Jeff Shutak (433-6776)
- OCT 13 Green Mountain Marathon, 8:30 a.m. Folsom School. South Hero. Howie Atherton 434-3228.
- OCT 20 Arthur Tudhope Memorial 10k, 11:00 a.m. Shelburne Beach. Ellen Rainville 864-9165.
- OCT 27 GMAA 50 Miler, 7:30 a.m. Relay is 8:30 a.m. Essex Elementary School. Bill Everett 879-1687.
- CVR NOV 3 Juniper Hill 12K, Barre. Bob Murphy (476-4328).

Tim Noonan
2 Pinewood Road
Montpelier, VT 05602

