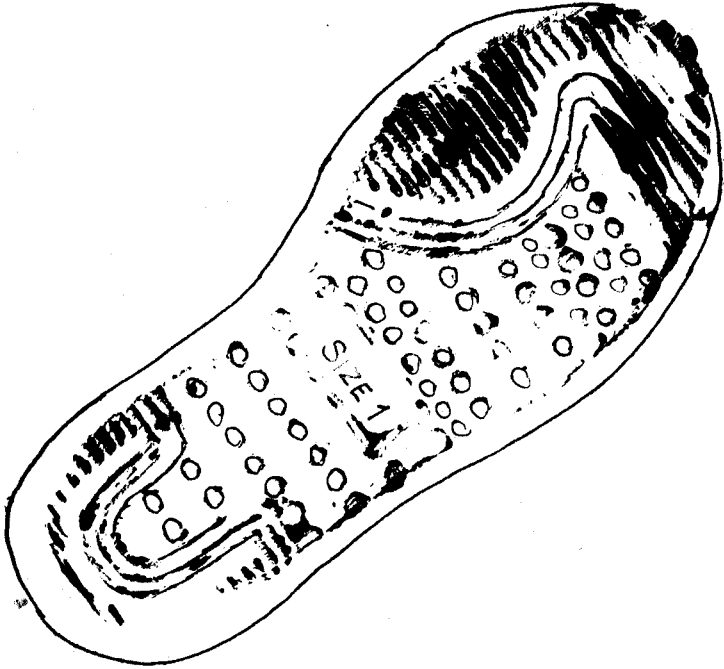


CENTRAL VERMONT RUNNERS NEWSLETTER

VOL. ¹² ~~11~~
No. ~~3~~ 4

JULY 1991



PRES. DARRAGH ELLERSON
V. PRES. TIM NOONAN
TREAS. NORM ROBINSON
SEC. SUE DRAPP
EDITOR DANA Mc CARTHY



NEXT C.V.R. MEETING WILL BE JULY 16 TUESDAY AT BOB MURPHY'S HOUSE IN BARRE.
5:30 FUN RUN AND 6:30 PCT LUCK DINNER.

If you're unsure how to get to Bob's house, he lives on Birchwood Park Drive in Barre, and his phone number is 476-4328. We had a great turnout for the June meeting at Jeff Shutak's house. Let's see if July's meeting can be just as numerous!

Speaking of the June C.V.R. meeting...let's see if I can recollect what transpired. We missed Sue Drapp our official Secretary and knowing nobody could fill her shoes (don't ask with what), we just sort of rambled on and made chicken scratch for notes. Ah-ha! President Darragh will know precisely what we did. I remember seeing her with pen in hand and writing on paper.

Hmmm. Well, Darragh sort of doodles when she takes notes too. Oh well, here is sort of what happened as best we can figure out.

Those attending were: Darragh, Tim Noonan, Jeff and Vicki Shutak, Norm Robinson, Dana, J.F., Kerry, and Collin McCarthy, Dot Helling, Duncan Kobb, Bob Howe, Bob Murphy, Chris Whalen and what a spread we ate! Thank you Shutaks for the great burgers and dogs and salad and hospitality. And thanks to the other good cooks, too!

The Bear Swamp race will have a picnic afterward at the Wrightsville Beach. Bring your own food and drink.

There will be a Move-Along-Thon sponsored by the American Cancer Society on Aug. 24th. They have asked C.V.R. to provide course monitors. The idea is for anyone with any mobility, crutches, wheelchairs, canes to just get out and move along the streets of Montpelier. If you can help call Jeff Shutak.

Bob Murphy is looking for someone to learn about course ~~managemtn~~ (oh boy, we need new fingers to type this!) management. He claims he may not always be around to certify courses for us. Ha! Vive le Bob! If you are interested call him. We also talked about investing in a second Jones counter. It's the device Bob uses on the courses.

We discovered two runners ran illegally in the last Capital Stampede. One ran pushing a baby stroller, the other ran wearing earphones connected to a Walkman. The baby stroller could force CVR to lose liability insurance if anything happened. MRCA strongly encourages people to leave baby carriages/strollers out of races. But TAC has ruled them illegal. So announcements will be made at the start of races and signs will be posted on the course.

Thus endth the meeting.

Later...at the 10-Miler it was voted to adopt Williamstown High School's cross country team. They will help at our races and we will give them \$300.00.
Much later....Your Editor discovered the Montpelier High School team is also interested

1991 CAPITAL CITY STAMPEDE RESULTS

June 8, 1991

Place	Time	Name	Age	Town, State
<u>Women 0-19 Age Division</u>				
83	44:58	Greenfield, Kelly	15	St. Albans, Vt.
109	50:42	Maniatty, Grace	12	Morrisville, Vt.
<u>Women 20-29 Age Division</u>				
25	37:50	Loritski, Karen	29	Etna, NH
57	41:18	Wilson, Laura	21	Montpelier, Vt.
64	42:29	Bashaw, Shari	29	St. Albans, Vt.
70	43:21	Douglas, Jen	21	Wolfeboro, NH
73	43:31	Painter, Kay	28	Williston, Vt.
81	44:44	Lehoullier, Joan	29	S. Burlington, Vt.
87	46:27	Plante, Louise	27	Johnson, Vt.
91	47:19	Infurna, Dawn	23	Brookfield, Vt.
110	50:57	Farr, Sara	26	Bristol, Vt.
124	56:39	Dean Wulff, Gweneth	25	E. Montpelier, Vt.
127	57:11	Meshane, Beth	22	St. Albans, Vt.
<u>Women 30-39 Age Division</u>				
17	36:43	Sperry, Gina	30	S. Burlington, Vt.
47	40:24	Manley, Sue	34	Cambridge, Vt.
49	40:41	Drapp, Sue	35	Duxbury, Vt.
52	40:54	Roach-Davis, Patty	30	E. Calais, Vt.
56	41:16	Brus, Johanne	34	Ayers Cliff QUE
78	44:10	Van Dyke, Carol	35	Stowe, Vt.
84	46:00	Heininger, Nancy	31	Montpelier, Vt.
88	46:38	LaFlame, Betsy	39	Waitsfield, Vt.

95	48:31	Edelman, Robin	39	Montpelier,	Vt.
115	52:42	Boemer, Christina	34	Essex,	Vt.
117	53:41	Yarnell, Mary Lou	39	Swanton,	Vt.
119	54:11	Kammerer, Debbie	36	Duxbury,	Vt.
121	54:29	McIntosh, P.	39	Cambridge	Vt.

Women 40-49 Age Division

100	49:03	Noel, Margaret	48	Etna,	NH
104	50:00	Newman, Jude	43	Montpelier,	Vt.
108	50:39	Gilbert, Joyce	49	Waitsfield,	Vt.
112	51:16	Slattery, Eleanor	48	S. Burlington,	Vt.
114	52:25	Gerdel, Karen	40	Montpelier,	Vt.
118	54:10	Nagy, Laura	42	Hanover,	NH
125	56:46	Gilbert, Janet	49	Barre,	Vt.

Women 50-59 Age Division

129	57:55	Nuquist, Reidun	50	Montpelier,	Vt.
-----	-------	-----------------	----	-------------	-----

Women 60+ Age Division

113	51:19	Ellerson, Darragh	60	Montpelier,	Vt.
-----	-------	-------------------	----	-------------	-----

1991 CAPITAL CITY STAMPEDE RESULTS

June 8, 1991

Place	Time	Name	Age	Town, State
-------	------	------	-----	-------------

Men 0-19 Age Division

132	66:34	Goodell, Moe	10	Morrisville, Vt.
-----	-------	--------------	----	------------------

Men 20-29 Age Division

2	33:12	Daly, John	22	Pitsford, Vt.
3	33:56	Galanes, Joe	26	So. Burlington, Vt.
5	34:55	Davis, Michael	20	Morrisville, Vt.
8	35:40	Powell, Doug	29	Stowe, Vt.
9	35:59	Czaplinski, Matthew	25	Allston, MA
10	36:16	Boisjoli, Alain	22	Milton, Vt.
12	36:24	Langmaid, Chip	29	St. Johnsbury, Vt.
21	37:27	Shapiro, Paul	28	Colchester, Vt.
22	37:36	Spaulding, Troy	29	Swanton, Vt.
23	37:41	McDermott, John	28	Montpelier, Vt.
29	38:25	Millar, Dick	29	Montpelier, Vt.
55	41:13	Shanley, Kevin	25	St. Albans, Vt.
61	41:45	Kruger, Tim	25	Waterbury, Vt.
2	41:50	Moody, Brian	26	Morrisville, Vt.
63	42:28	Kutner, Joel	28	Shelburne, Vt.
107	50:38	Nicholson, David	27	Jericho, Vt.
111	50:58	Fisher, E. Kirk	29	Starksboro, Vt.
122	54:59	Davis, Joseph	22	Morrisville, Vt.

Stampede Results Continued

Place	Time	Name	Age	Town, State
		<u>Men 30-39 Age Division</u>		
1	31:56	Davis, Sam	30	E. Calais, Vt.
6	35:26	Eichhorn, Bill	37	So. Burlington, Vt.
7	35:38	Weith, Peter	37	Hinesburg, Vt.
13	36:25	Dean, Edward	30	St. Johnsbury Vt.
14	36:31	Sykes, Joe	35	South Hero, Vt.
19	37:00	Kaiden, Tom	32	Montpelier, Vt.
26	37:53	Halpert, Russ	30	Vt.
28	38:09	Roerg, Rick	34	Stowe, Vt.
30	38:30	Scott, Zane	35	Essex Jct., Vt.
31	38:32	Gilbert, Tim	34	W. Lebanon, NH
32	38:35	Dale, Peter	37	Montpelier, Vt.
33	39:11	Mauney, Jerry	37	Roxbury Vt.
35	39:20	Skinner, Mike	33	Essex, Jct. Vt.
40	39:52	Bell, Wayne	34	Montpelier, Vt.
43	40:05	Ummer, Chris	30	St. Johnsbury, Vt.
45	40:16	Mazzucco, John	38	Randolph, Vt.
48	40:28	Porto, Brian	39	Bethel, Vt.
50	40:44	Fatnassi, Ezzeddine	37	Burlington, Vt.
51	40:50	Shanley, Jamie	38	Montpelier, Vt.
53	41:02	Martin, John	39	Barre, Vt.
54	41:05	Sanborn, Lee	31	Wilder, Vt.
58	41:22	Dayvie, Rik	34	Colchester, Vt.
59	41:36	North, Kevin	36	E. Montpelier, Vt.

60	41:44	Seivwright, Jeff	33	Montpelier,	Vt.
65	42:42	Billings, Bob	33	Rutland,	Vt.
66	42:52	Dube, Elden	35	Montpelier,	Vt.
68	43:00	Johnson, Bruce	38	Middlebury, Vt.	Vt.
74	43:36	McCarthy, J.B.	33	Montpelier,	Vt.
76	43:42	McCarthy, Joe	35	Worcester,	Vt.
80	44:43	Wilk, Larry	38	Plainfield,	Vt.
92	47:26	Roberts, Rob	36	Moretown,	Vt.
94	47:47	Menard, Michael	35	Morrisville,	Vt.
97	48:39	Lindemann, Robert	38	Hyde Park,	Vt.
99	48:43	Fenner, Dana	32	So. Woodstock,	Vt.
101	49:04	Burkholder, Steven	39	Montpelier,	Vt.
103	49:44	Cotton, Ryan	34	Montpelier,	Vt.
105	50:27	Wray, Jim	36	Montpelier,	Vt.
116	52:49	Von Schoppe, Ted	36	Derby Line,	Vt.
130	60:39	Ottina, Tom	31	Hanover,	NH
131	62:38	Graves, Jay	33	Montpelier,	Vt.

Stampede Results Continued

Place	Time	Name	Age	Town, State
<u>Men 40-49 Age Division</u>				
4	34:31	Bridge, Bill	44	Thetford, Vt.
16	36:39	Barton, Joe	43	Lancaster, NH
20	37:19	Valentine, John	41	Roxbury, Vt.
24	37:49	Burtoix, Lex	41	Randolph, Vt.
27	37:57	Bennett, Crocker	40	Essex, Vt.
34	39:13	Vaughan, Jack	46	Springfield, Vt.
36	39:27	Petelle, Russell	43	Derby Line, Vt.
38	39:39	Gerdel, Greg	44	Montpelier, Vt.
39	39:41	Peterson, Bradley	49	Montpelier, Vt.
41	39:53	Ruess, Norman	43	Williston, Vt.
42	39:55	Heikkinen, Richard	44	Claremont, NH
44	40:14	Johnson, Gordon	49	Ayers Cliff, Que
46	40:16	Verrier, Phil	49	Whitefield, NH
67	42:53	Brown, Rich	40	Elmore, Vt.
69	43:08	Van Dulip, Lowell	44	Adamant, Vt.
72	43:26	Baker, Newton	49	Montpelier, Vt.
75	43:39	Betit, Greg	42	Crown Point, NY
77	43:47	Hall, Chris	44	Kensington, CA
79	44:36	Kaeding, John	43	Worcester, Vt.
82	44:51	Klein, Tony	44	Montpelier, Vt.
85	46:04	Accorsi, Ron	47	Burlington, Vt.
86	46:22	Caffrey, Richard	48	Brownsville, Vt.
89	46:42	Perreault, Bill	40	Montpelier, Vt.
90	46:55	Davis, Rod	48	Morrisville, Vt.
93	47:44	Farnsworth, Richard	43	St. Johnsbury, Vt.
102	49:25	Miller, Mel	44	Montpelier, Vt.

Stampede Results Continued

Place	Time	Name	Age	Town, State
106	50:31	Shover, Micahel	42	Bradford, Vt.
120	54:21	McIntosh, R.	40	Cambridge, Vt.
126	56:46	Gilbert, Townsend	46	Barre, Vt.
133	66:38	Clement, George	44	Morrisville, Vt.

Men 50-59 Age Division

11	36:17	Pelton, John	51	West Rupert, Vt.
15	36:35	Teachout, Peter	50	Norwich, Vt.
18	36:49	Murphy, Robert	51	Barre, Vt.
37	39:35	Noel, Gordon	50	Etna, NH
71	43:23	Cunningham, Tim	59	Hartland 4 Corn. Vt.
96	48:35	Chase, Ted	51	W. Danville, Vt.
98	48:39	O'Donnell, Bob	52	Montpelier, Vt.
123	55:23	Hewett, Floyd	58	Moretown, Vt.

Men 60+ Age Division

128	57:24	Mitchell, Robert	61	Hanover, NH
-----	-------	------------------	----	-------------



ROAD RUNNERS CLUB OF AMERICA

May 13, 1991

For July

CONTACT: Henley Gibble
(703) 836-0558

FOR IMMEDIATE RELEASE:

The Road Runners Club of America (RRCA) has again received a generous grant from The Athletics Congress (TAC). The \$17,500 grant will be used to expand RRCA educational efforts, to encourage the formation of new road running clubs, to increase support for children's fitness programs and to generally enhance development of more grassroots running awareness in the United States. The RRCA is an organization of long distance runners with over 480 chapters and 150,000 members.

The Athletics Congress' grant was approved in December at that organization's annual meeting in Seattle, Washington. In some ways the grant is extraordinary because in the late 60's and early 70's, the Amateur Athletic Union, the previous governing body for the sport, and the RRCA often feuded over the governance of the sport. Conflicts have diminished over the years and RRCA officials have assumed leadership roles in TAC, as TAC recognized the growing prominence in the United States of road running and the RRCA's critical role. Meanwhile, The Athletics Congress has evolved into a progressive national governing body for long distance running and track and field.

"The Athletics Congress' grant is greatly appreciated," said Jane Dolley, RRCA President, "as it is a symbol of the continued cooperation between TAC and the RRCA, which significantly benefits our sport. In particular, Ollan Cassell, TAC's Executive Director, Henley Gibble, the Executive Director of the RRCA, and Jeff Darman, a former president of RRCA and current executive board member, should be congratulated for working to make this grant possible."

Frank Greenberg, TAC/USA's President said, "We at TAC/USA look for ways to help grassroots running programs, both on and off the track. RRCA has demonstrated its ability to introduce road running to children throughout our country, and we are pleased to be able to help them again to show kids that the fun of running can be continued as a lifetime recreational activity."

This is the fifth year that TAC has supported the RRCA with a grant.

MONTPELIER TEN MILE ROAD RACE (JUNE 22, 1991)

**PFIEFER AND DUNHAM OVERALL WINNERS,
MACGREGOR AND DURNIN SET MASTERS RECORDS**

Kathy Pfiefer won for the second consecutive year and Dave Dunham won in his first attempt to take the overall women and men titles, and Doug MacGregor and Moira Durnin broke the Masters records set last year, to highlight the 17th annual Montpelier Ten Miler on June 22.

Dunham, 27, of Londonderry, New Hampshire, overtook Jeff Staab of Natick, Massachusetts, over the second half of the course, to win in 53:33. It was tight at the front as only 27 seconds separated the first three men. Staab held on to finish second in 53:50, and Art Demers of Pelham, New Hampshire, followed closely behind in 54:00. MacGregor, 52 years old, from Lebanon, New Hampshire, turned in another remarkable performance. He finished in 56:53, breaking the Male Masters record which he set last year. Other male age group winners were Mike Cronauer (under 18), Demers (30-39), Mark Chaplin (40-49), who also was first finisher for the host team, the Central Vermont Runners, and Armand Chicoine (60+).

Pfiefer, 31, of Burlington, bettered her winning time of last year by 29 seconds, in finishing in 59:00. Moira Durnin, 40, of Stowe, was second women overall and shattered the Female Masters course record, set last year by Barbara Capen, by nearly five minutes in finishing in 63:09. Other female age group winners were Shari Bashaw (18-29) and Mildred Rhoades (50-59).

The Greater Lowell Road Runners dominated the Open Male team competition, with its first three finishers setting a course team record in 2:43:51 (Dunham, Demers, Dave Lapiere). The North Country Runners (MacGregor, Joe Barton, Phil Verrier) won the Masters Male team title. There were no complete female teams.

121 runners registered for the race, and 112 actually completed the distance, a 20 percent increase over last year. As usual, the field was fast. 18 runners finished in under an hour, 35 finished in under 65 minutes, and 59 (more than half the field) completed the distance in under 70 minutes. The weather was relatively cooperative for a change, with partly sunny skies, low humidity and temperatures in the 60's. Nearly 30 percent of the runners were from out of state (many no doubt enticed by the race being the first in the Hockomock Swamp Rat's New England Race Series). Out-of-staters were treated to not only the typical scenery of a rural Vermont course, but also a very large and very dead porcupine which they had to run by twice on the out and back course. Also, they had to run around a construction crane on the bike path at the 9 1/2 mile point. It turned out the crane was only a minor nuisance as the construction company, Beck & Belluci, was very cooperative in stopping construction and clearing the path as much as possible for the runners.

Many thanks to the Montpelier Recreation Department who helped sponsor the race this year. Also, the support of the following organizations and businesses was much appreciated in defraying race expenses: Hockomock Swamp Rat, Onion River Sports, Runner's World, Road Runner Sports and Kinney Drugs. Last, but far from least, many, many thanks to the race volunteers who, as

usual, did a great job. The majority of volunteers were made up of the "CVR regulars" who help out at many club races: Pat Deblasio, David and Darragh Ellerson, Don Lyons, J.B. and Dana McCarthy, Bob Murphy, Duncan Robb, Norm Robinson, Jeff and Vicki Shutak and John Valentine. The turnaround was handled by Cheryl Eaton, daughter of the coach of the Williamstown High girls cross-country team, and the water stops were staffed by five members of the Willimstown team.

Tim Noonan, Race Director

OFFICIAL COMPLETE RESULTS

Overall Place	Age Group Place	Time	Name
-----	-----	-----	-----
Female 18-29			
55	1	1:09:15	Shari Bashaw
81	2	1:17:41	Louise Plante
83	3	1:17:51	Jodie Bisson
93	4	1:20:12	Karen Papalje
95	5	1:20:45	Kate Kelly
96	6	1:21:25	Kelly McKenzie
102	7	1:25:19	Sara Farr
Female 30-39			
14	1	59:00	Kathy Pfliefer
54	2	1:09:12	Sue Manley
69	3	1:11:40	Mary Mancuso
73	4	1:12:53	Marcie Saganov
85	5	1:18:51	Cindy Pentony
87	6	1:19:04	Jean Kissner
98	7	1:22:53	Pat Driscoll
Female 40-49			
29	1	1:03:09	Moira Durnin
52	2	1:08:33	Barbara Capen
100	3	1:23:56	Judy Shaw
101	4	1:24:49	Jude Newman
107	5	1:36:12	Judy Columbo
108	6	1:36:13	Janet Gilbert
Female 50-59			
103	1	1:30:28	Mildred Rhoades
104	2	1:31:09	Pauline Sicard
106	3	1:35:00	Polli Flanders
112	4	2:27:55	Bev Nolan-Cannata
Male 0-17			
22	1	1:01:00	Mike Cronauer

Montpelier Ten Miler (6/22/91) - Official Complete Results(cont.)

Overall Place	Age Group Place	Time	Name
Male 18-29			
1	1	53:33	Dave Dunham
2	2	53:50	Jeff Staab
5	3	55:58	Dave Lapierre
6	4	56:03	David D'Arcangelo
7	5	56:51	David Thornbrough
9	6	57:58	James MacKenzie
25	7	1:01:27	Jeff Philips
27	8	1:02:35	Kevin Rapalje
28	9	1:02:52	Jeff Gould
35	10	1:04:55	Lance Gill
42	11	1:06:46	Brian Moody
46	12	1:07:44	Tim Kruger
49	13	1:08:09	Bob Martens
59	14	1:09:45	Tom Hartshorn
110	15	1:41:29	Brad Hershman
Male 30-39			
3	1	54:00	Arthur Demers
4	2	55:08	Jim Miller
11	3	58:36	Reg Bowley
12	4	58:47	Kevin Martell
13	5	58:54	Pascal Cravedi-Cheng
17	6	59:57	Joe Sykes
19	7	1:00:18	Monte Pappas
20	8	1:00:51	Charlie Buttrey
21	9	1:00:54	Bill Dysart
23	10	1:01:11	Ralph Cote
24	11	1:01:23	Tom Kaiden
30	12	1:03:31	Vic Tirrito
31	13	1:03:47	Peter Yates
32	14	1:04:10	Kurt Short
33	15	1:04:18	Peter Brook
36	16	1:05:21	Wayne Bell
37	17	1:05:43	Dave Garner
38	18	1:05:55	Ezzeddine Fatnassi
39	19	1:06:13	Jamie Shanley
43	20	1:06:52	Bill Everett
48	21	1:08:02	Lee Sanborn
53	22	1:09:10	Ron MacBruce
56	23	1:09:18	Steven Green
65	24	1:11:01	Richard Coyne
66	25	1:11:05	Mike Bachand
70	26	1:11:46	Bruce Johnson
71	27	1:12:43	John Donnelly
72	28	1:12:44	J. Atchinson
74	29	1:12:55	Steven Trubacz
78	30	1:15:59	Larry Wilk
79	31	1:17:02	Jeff Seivwright
91	32	1:19:54	Paul Mitro

Overall Place	Age Group Place	Time	Name
Male 40-49			
10	1	58:24	Mark Chaplin
15	2	59:26	Joe Barton
16	3	59:31	Peter Dane
34	4	1:04:50	Vern Porter
40	5	1:06:26	Phil Verrier
41	6	1:06:41	Joe Tomaselli
44	7	1:06:56	Richard Heikkinen
45	8	1:07:13	Rick Price
47	9	1:07:49	Russ Petelle
50	10	1:08:27	Patrick Burke
51	11	1:08:30	R.E. Searles
57	12	1:09:29	John Elliot
58	13	1:09:29	Howie Atherton
60	14	1:10:23	Pete Lorusso
61	15	1:10:35	Stewart Robertson
63	16	1:10:53	Newton Baker
67	17	1:11:25	Bert Villemaire
68	18	1:11:38	Lloyd Huriburd
75	19	1:13:00	David White
76	20	1:14:08	Jerry Lasky
77	21	1:14:43	Tony Klein
80	22	1:17:02	Townshend Gilbert
82	23	1:17:46	Ron Accorsi
84	24	1:18:05	Rod Davis
89	25	1:19:20	Doug Maclean
92	26	1:19:58	David Breault
99	27	1:24:55	Bernie Shaw

Male 50-59			
8	1	56:53	Doug MacGregor
18	2	59:58	Peter Teachout
26	3	1:02:20	Bob Murphy
62	4	1:10:37	Pat Hutton
64	5	1:10:56	Douglas Witham
86	6	1:18:55	Ted Chase
90	7	1:19:48	Gary Cunningham
94	8	1:20:27	Peter Buhl

Male 60+			
88	1	1:19:09	Armand Chicoine
97	2	1:21:52	George Schiavone
105	3	1:33:25	Robert Mitchell
109	4	1:39:02	Doug Allen
111	5	1:55:43	Bob Cannata

- TEAM RESULTS: Male 0-39** - 1. Greater Lowell Road Runners 2:43:51
(Dunham, Demers, Lapierre)
2. Green Mtn. Athletic Assoc. 2:59:09
(Cravedi-Cheng, Sykes, Pappas)
- Male 40+**
1. North Country Runners 3:02:45
(MacGregor, Barton, Verrier)
2. Central Vermont Runners 3:11:37
(Chaplin, Murphy, Baker)
3. Green Mtn. Athletic Assoc. 3:28:33
(Burke, Atherton, Hutton)

17

Vermont Bicentennial Relay

When Morgan and I joined the "Adventure in Friendship Relay" in Philadelphia on Thursday June 20, we were among nine fresh recruits to the team — six young runners and three parents who would serve as bus driver, nurse, and all-around go'fer. The latter was my specialty.

The core group of twelve runners plus the six running only the first leg began the relay in Washington D.C. with a torch-lighting send-off from Willard Scott, live on the Today Show. We soon discovered that Willard has quite a few viewers. "Are these the kids who are running to Vermont?" we would be asked again and again.

The relay, the 17th organized by Myles Caskie of Brandon, passed through ten of the original thirteen states. In each, the team had a ceremonial meeting with state officials and gathered Bicentennial proclamations which were delivered to Governor Snelling at the Statehouse on July 1.

But the running was the heart of the matter for the kids, who were ages 13 -17. The relay was run in a sort of leap-frogging strategy with a school bus or van always protecting runners when police escort was not available— which in a time of tight government budgets, proved to be about half the time.

Usually, the kids ran in pairs, a mile at a time. On that cycle, even the younger runners could easily put in six or eight miles a day. On the longest running day, a stretch from New Haven, CT to Newport, RI, some of the older, stronger kids did nearly 20 miles.

The two oldest runners were Canadians who had done several relays with Caskie earlier. The majority of the group were from the Brandon, Pittsfield, Rutland area, with other runners from Woodstock, White River Jct. and Montpelier/Worcester. In addition to Morgan, local runners included Ben Weiss, Rob Mitchell, and Karyn Peabody, who attend U-32.

Highlights of the second section included a lunch at Sardi's in New York, a run around the Central Park reservoir, and the rest day on the beach at Newport — although I was on the phone arranging the details of the next day's run and official presentations.

The final leg of the relay included a dramatic crossing of the Connecticut River with a group of international students from St. Michael's College on Saturday June 29. Sunday, most of the team ran the full 6.7 miles from Barre's City Park to downtown Montpelier with police escort and perfect running weather. Russ Poulin of Plainfield joined the group after jogging down to Barre from his home.

An official Bicentennial event, sponsors for the relay included Saucomy, Bill Rogers running clothes, Gatoraide, Holiday Inns, Nabisco, Jogbra, MAX, Ocean Spray, PowerBar, Casella Waste Management, Papa Gino's, Promotion Technologies of Putney, Merrimaide of Vermont, Cabot Cheese, the Hard Rock cafes in Washington D.C. and Boston, and Foster Motors of Middlebury. Woody Jackson provided custom T-shirts and a life-size Holstein on wheels.

A training weekend in May was hosted by the Quechee Resort.

Organizing an event of this scale was monumental. Myles Caskie has quite a vision. But the important result was a lot of personal growth and new friendships for a talented group of young Vermonters. Wish more of you had been able to meet them.

—Greg Gerdel

CENTRAL VERMONT RUNNERS CLUB ANNOUNCES SCHOLARSHIPS

The Central Vermont Runners Club, with over 100 members in the Central Vermont area, has awarded three scholarships this year to area high school seniors.

The top student/athletes are selected on the basis of scholastic achievement, track and/or cross country accomplishments and career goals. This year two of the three scholarships have been awarded to students from Montpelier High School.

Erin Smyth and Matthew Lindley, both from Montpelier, will be receiving \$200 scholarships. Erin plans to major in early childhood education at St. Michaels College, while Matthew will be attending the University of Vermont. Both plan to run competitively at the college level.

Keith Sayers of Northfield will be receiving a \$100 scholarship toward his college career at the University of Vermont. Keith has been a member of the Central Vermont Runners Club in addition to his participation in school athletics.

12 TH ANNUAL BERLIN POND 8K COUPLES RACE

Berlin, Vermont
Saturday, August 3, 1991 - 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 3, 1991; Maplewood Convenience Store, RT. 62, Berlin, Exit 7 off I-89, right at 1st light.

T-Shirts to the first 30 entrants (15 couples).

Official Entry Blank

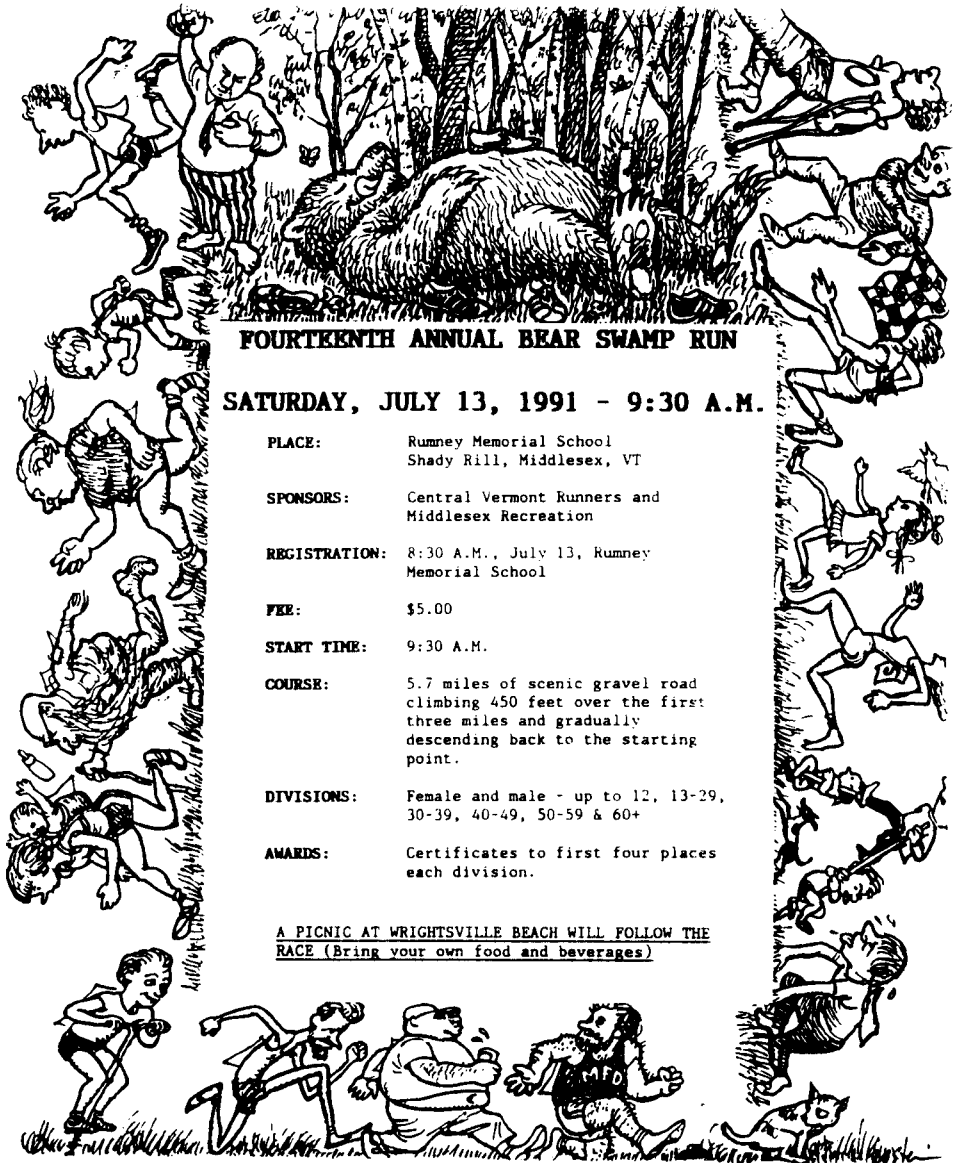
Berlin Pond 8k Couples Race \$6.00 per person pre-registration
Mail with fee to Chris Whalen, P.O. Box 1067, Waitsfield, VT 05673 (Make checks payable to Central Vermont Runners)

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 _____



FOURTEENTH ANNUAL BEAR SWAMP RUN

SATURDAY, JULY 13, 1991 - 9:30 A.M.

- PLACE:** Rumney Memorial School
Shady Hill, Middlesex, VT
- SPONSORS:** Central Vermont Runners and
Middlesex Recreation
- REGISTRATION:** 8:30 A.M., July 13, Rumney
Memorial School
- FEE:** \$5.00
- START TIME:** 9:30 A.M.
- COURSE:** 5.7 miles of scenic gravel road
climbing 450 feet over the first
three miles and gradually
descending back to the starting
point.
- DIVISIONS:** Female and male - up to 12, 13-29,
30-39, 40-49, 50-59 & 60+
- AWARDS:** Certificates to first four places
each division.

A PICNIC AT WRIGHTSVILLE BEACH WILL FOLLOW THE RACE (Bring your own food and beverages)

RACE SCHEDULE

- *** C.V.R. - INDICATES C.V.R. - SPONSORED RACE. IF YOU DO NOT PLAN TO RUN, YOUR HELP WOULD BE GREATLY APPRECIATED BY THE RACE DIRECTOR AND CREW.
- *** C.V.R. July 13 BEAR SWAMP RACE 9:00 A.M., 5.6. MILES,
RUMNEY ELEMENTARY SCHOOL, MIDDLESEX
TIM NOONAN (229-4658)
- July 14 MT. CRANMORE HILL CLIMB 3 MILES
NORTH CONWAY, N.H. (603-447-2141)
- July 20 STRATTONFEST TRIPLE CHALLENGE FOOTRACE SERIES
RED FOX 10K / 5K TOWN AND COUNTRY FUN RUN
BONDVILLE, VT. COLIN LAWSON (297-0100)
- July 21 STOWE 8-MILER STOWE LEE LEBIER (253-9009)
- July 21 ALPINE AVIATION 3.6 MILES ROAD RACE
NORTH CLARENDON, ATHLETIC ENDEAVORS (483-6074)
OR (773-9168)
- July 27 GOSHEN GALLOP 8 KM CROSS-COUNTRY RACE
BLUEBERRY HILL TOURING CENTER, GOSHEN
(247-6735)
- *** C.V.R.
AUG 3 BERLIN POND COUPLES RACE 8K BERLIN POND
CHRIS WHALEN (496-9703)
- AUG. 4 10TH ANNUAL GREEN MOUNTAIN ROAD RACE 10K
KILLINGTON (422-3535)
- AUG. 17 E K 10K 8:30 A.M. MT. MANSFIELD HIGH SCHOOL
JERICHO 83.00 DAVID JACOBOWITZ (656-4563)

RACE SCHEDULE CONTINUED !

- AUG. 10 CRAFTSBURY 5K CLASSIC CRAFTSBURY COMMON
(586-7767)
- AUG. 17 STRATTONFEST TRIPLE CHALLENGE FOOT RACE SERIES
JAKES MARKETPLACE CAFE 15K/5K ROAD RACE
LONDONDERRY COLIN LAWSON (297-0100)
- AUG. 24 BLUE CROSS-BLUE SHIELD/KIWANIS CHARITY CLASSIC
10K EXETER, N.H. (603-772-6839)
- AUG. 25 GREEN MOUNTAIN CROSS-COUNTRY RUNNING
CHAMPIONSHIPS CATAMOUNT FAMILY CENTER
(879-6001)
- AUG. 25 VERMONT EPILEPSY 5 MILE ROAD RACE
ATHLETIC ENDEAVORS, RUTLAND (483-6074 OR
773-9168)
- AUG. 31 14TH ANNUAL LABOR DAY 10K FOOT RACE
NORTHFIELD
- SEPT. 7 EQUINOX MAPLE LEAF HALF MARATHON
MANCHESTER VILLAGE COLIN LAWSON (297-0100)
- SEPT. 14 ARCHIE POST 5 MILER 9:00 A.M. ESSEX ELEM.
SCHOOL BRUCE CUNNINGHAM (482-2933)
- SEPT. 14 LAKE PLACID HALF MARATHON LAKE PLACID, N.Y.
(518-253-2591)
- SEPT. 21 10 MILER 9:00 A.M. ESSEX ELEM. SCHOOL
CERTIFIED, BRUCE CUNNINGHAM (482-2933)

MORE RACES!

SEPT. 21 14TH ANNUAL BAR HARBOR HALF MARATHON
BAR HARBOR, MAINE (207-288-3511)

OOPS! AUG. 10 BIKE AND TIE BIATHLON 9:00 A.M.
7 mi., 3 mi., 21 mi., 3 mi. 2 RUNNERS SHARE
ONE BICYCLE, HELMETS REQUIRED! GOVERNOR'S LANE,
SHELBURNE (658-6536) \$2.⁰⁰

SEPT. 28 ROUND CHURCH WOMEN'S RUN 5K AND 10K
RICHMOND JOHN SCHEER (862-0122 DAYS)

SEPT. 29 EAST LIME MARATHON, CONNECTICUT
(203-739-2864)

SEP. 29 FRIEHOFFER'S RUN FOR WOMEN 10K AND 5K
SYRACUSE, N.Y. (518-273-0267)

***C.V.R.
OCT. 6 LEAF PEEPERS HALF MARATHON WATERBURY, VT.
11:00 A.M. DARRAGH ELLERSON (223-2080)

OCT. 12 ARTHUR TUDHORE MEMORIAL 10K
SHELBURNE BEACH 11:00 A.M. ALLEN RAINVILLE
(864-9165)

OCT. 19 GREEN MOUNTAIN MARATHON AND HALF MARATHON
SOUTH HERO (434-3228)

MORE MARATHONS IN AUGUST'S ISSUE!