



OCTOBER 1991

VOL. 14 No. 6
12 7-6



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



C.V.R. SEPTEMBER MEETING
MINUTES

The Sept. meeting was held at Darragh Ellerson's house with Norm Robinson, Tim Noonan, Duncan Robb, Dana McCarthy (and kids), and prospective new member Kate Halvorson.

This informal gathering began with Darragh demonstrating her shin-strengthening, arch-strengthening, Plantar-facia injury preventing foot exercises to one ailing Duncan. These foot contortions are humbling efforts which make one "painfully" aware there are certain short circuits between brain and muscle control.

"Now move just your little toe (known as Pinky to some) to the right. Then have the others follow individually and finally bring the big toe over to join the others." Darragh instructed. Okay, the thoughts are programmed and processing down the leg into the foot. Bee-ee-eep! Short Circuit! Short Circuit! No movement in the toes. They just sitting there with no idea any command has been given to move. Or if they have received the message, it's in a foreign language and they're playing dumb. Dumb is the way you feel trying to do these exercises. Then the instructor gives those encouraging words, "It's okay. After about three weeks of just trying to move your toes, you are accomplishing something. They will begin to move in four to six weeks!" And then she showed us more tricks for the toes! Darragh says they work (actually I confess I have also used some of these exercises and realized their benefit). But we did more!

We ate!

We talked!

And this is more or less what transpired. Money. Always an attention grabbing topic. Treasurer Norm reported Berlin Pond Couples race made money this year after suffering a loss last year. The Treasury has about \$1,700.00. Tim suggested we inquire about a digital clock for the finish line from Granite State Racing Systems. We nodded approval, but never voted to take any action on the purchase.

Darragh reported the number of phone requests for Leaf Peepers race applications is down. The reason is unknown since state tourism figures indicate more Peepers are coming.

MORE MINUTES!!!!

She noted the least economical advertising was in Vermont Sports monthly publication. We decided next year to advertise C.V.R.'s entire race schedule in Vermont Sports rather than an individual race. Some concerns about the Leaf Peepers race:

- Apparently WDEV is struggling to sell ads to cover the expense of the T-shirts.

- The race course will have to be re-routed and remeasured next year because of bridge construction on part of the course. It was suggested changing the site to Harwood Union High School. The advantages are: better parking, an indoor area with shower facilities during inclement weather.

The disadvantages are: the course will be hilly and the location will be less convenient for out-of-towners and out-of-staters to find.

HOWEVER, the biggest concern about the race is.....it may not have a race director next year. Darragh announced she is retiring to enjoy Vermont in September. Darragh has directed or co-directed Leaf-Peepers for eight years; since it's beginning. She says the race has become almost a year round activity because of it's popularity. She says she is willing to continue to coordinate the phone requests for applications and has already submitted the advertisement for next year's race in national running publications.

OTHER RACES:

Bear Swamp -- Tim reported the race broke even. It was held Aug. 17 at the Rumney Elementary School in Middlesex. 35 people ran. A considerable increase from 4 runners last year! Tim credits the surge of runners to the early summer mailer of race applications. The only problem occurred when runners discovered they needed to go to the bathroom and they found the school doors locked. Tim said the school's rural setting provided enough trees for everyone.

Tim was so enthused with the race he re-volunteered to be "publicity director, as he calls it, again.

10-MILER -- Tim said this June race profitted by \$300.00- plus without a sponsor. Ah-ha! Sponsorship! A new twist to the meeting!

AND STILL MORE MINUTES!! (It will end soon, I promise.)

It was noted any race, even a large race like Leaf-Peepers could be run without a sponsor, which sometimes is a hassle. But the race would lack money for national advertising and t-shirts. Norm reported there are more than 800 addresses on our mailing list and by next year it could grow to 1,000. If the mailing list reaches 1,000, would it be sufficient just to send a packet of race applications and forget advertising? The questions was left unresolved.

Berlin Pond Couples Race -- Chris found several mile markers had been up-rooted and thrown in the bushes along the course. One marker had been run over by a vehicle and damaged. It was reported Jeff Shutak is making new mile-markers. (I forgot to mention Chris Whalen was in attendance. Sorry Chris.) The conversation rambled off onto running around Berlin Pond and many dog "tales". The meeting deteriorated to what happens when a runner tries to run past Toby the dog, who is either old and crotchety or just mean and nasty. Then there are Sasha and Jake who appear to be semi-harmless.

If you are planning a run around the pond and are suddenly met by barking fur, whose disposition your are uncertain, try using one of these names, Toby, Sasha, Jake in soothing tones and perhaps you can complete your run unscarred! Good luck!

There will not be an October meeting. C.V.R. will meet in November on the 19th at Dana McCarthy's house on Towne St. in Montpelier at 6:30 p.m. Pot-Luck dinner. Call 229-4650 for directions.

Respectfully submitted,

Dana N. McCarthy

Dana McCarthy

THE EIGHTH ANNUAL LEAF PEEPERS
HALF-MARATHON AND 5 KM RACE

October 6, 1991 5 KM TAC CERTIFIED #W791001BT Waterbury, VT
Timing By: GRANITE STATE RACE SERVICES, NEWPORT, NH (603)863-2537

| PLACE | DIV | DIV | NAME | AGE | S | CITY | ST | NO. | TIME | PACE |
|-------|-----|-------|----------------------|-----|---|------------------|----|-----|---------|------|
| 1 | 1 | M3039 | JOHN SACKETT | 32 | M | LYNDONVILLE | VT | 604 | 0:15:48 | 5:05 |
| 2 | 2 | M3039 | ED DRAPP | 35 | M | MORETOWN | VT | 551 | 0:16:49 | 5:25 |
| 3 | 1 | M1929 | SIMON COLLINS | 25 | M | BROOKLINE | MA | 547 | 0:16:59 | 5:28 |
| 4 | 2 | M1929 | RICK BLOUNT | 29 | M | HUNTINGTON | VT | 602 | 0:17:19 | 5:34 |
| 5 | 1 | M0118 | CAMERON MACLEAN | 15 | M | OTTAWA, ONTARIO | CD | 543 | 0:17:28 | 5:37 |
| 6 | 1 | M4049 | RICK STARK | 42 | M | MANCHESTER CTR | VT | 563 | 0:17:34 | 5:39 |
| 7 | 2 | M0118 | JASON MCLEAN | 13 | M | OTTAWA, ONTARIO | CD | 544 | 0:17:45 | 5:43 |
| 8 | 3 | M1929 | DEAN SMITH | 21 | M | MUJNEY | VT | 500 | 0:17:47 | 5:43 |
| 9 | 3 | M3039 | JIM COMBS | 35 | M | HARWICH FURT | MA | 556 | 0:17:49 | 5:44 |
| 10 | 3 | M0118 | ZELALEM GEBREMEDHIN | 14 | M | OTTAWA, ONTARIO | CD | 541 | 0:17:55 | 5:46 |
| 11 | 4 | M1929 | DOUGLAS ELLIOT | 22 | M | GARDEN CITY | NY | 608 | 0:18:19 | 5:54 |
| 12 | 2 | M4049 | DON DRESSER | 41 | M | HUNTINGTON | VT | 611 | 0:18:29 | 5:57 |
| 13 | 4 | M3039 | ROBERT HOPMANN | 31 | M | WATERBURY CTR | VT | 552 | 0:18:33 | 5:58 |
| 14 | 3 | M4049 | DAN NICASIO | 42 | M | ESSEX JCT | VT | 618 | 0:18:33 | 5:58 |
| 15 | 1 | F3039 | JOAN WRY | 34 | F | JEFFERSONVILLE | VT | 600 | 0:18:35 | 5:59 |
| 16 | 1 | M5059 | RICHARD WATSON | 52 | M | BOONE | NC | 575 | 0:18:47 | 6:03 |
| 17 | 5 | M3039 | MIKE FLANDERS | 33 | M | NEW HARTFORD | CT | 623 | 0:18:56 | 6:06 |
| 18 | 4 | M0118 | PAUL LEWANDOWSKI | 13 | M | NEPEAN, ONTARIO | CD | 542 | 0:18:57 | 6:06 |
| 19 | 5 | M1929 | TIM KRUGER | 26 | M | WATERBURY | VT | 626 | 0:19:07 | 6:09 |
| 20 | 2 | F3039 | PATTY ROACH-DAVIS | 30 | F | E. CALAIS | VT | 597 | 0:19:10 | 6:10 |
| 21 | 6 | M1929 | ARTHUR BRAMAN | 27 | M | WASHINGTON | VT | 590 | 0:19:16 | 6:12 |
| 22 | 7 | M1929 | WAYNE FIRESTONE | 29 | M | MONTPELIER | VT | 610 | 0:19:17 | 6:12 |
| 23 | 5 | M0118 | JOSH COOKSON | 15 | M | EAST MONTPELIER | VT | 537 | 0:19:31 | 6:17 |
| 24 | 4 | M4049 | BOB BORTREE | 44 | M | WATERBURY | VT | 621 | 0:19:41 | 6:20 |
| 25 | 5 | M4049 | GENE NICHOLS | 48 | M | STONE | VT | 566 | 0:20:21 | 6:33 |
| 26 | 6 | M3039 | LUC LAVIGUEUR | 33 | M | ST LAMBERT QUEB | CD | 558 | 0:20:23 | 6:34 |
| 27 | 6 | M4049 | STEWART ROBERTSON | 43 | M | NORTHFIELD | VT | 584 | 0:20:25 | 6:34 |
| 28 | 7 | M4049 | STEPHEN MALGERI | 41 | M | ESSEX JCT | VT | 617 | 0:20:26 | 6:35 |
| 29 | 7 | M3039 | LARRY WILK | 38 | M | PLAINFIELD | VT | 557 | 0:20:37 | 6:38 |
| 30 | 8 | M1929 | SCOTT FREY | 29 | M | BARRE | VT | 549 | 0:20:47 | 6:41 |
| 31 | 8 | M4049 | SCOTT MCLEAN | 41 | M | OTTAWA, ONTARIO | CD | 572 | 0:20:53 | 6:43 |
| 32 | 6 | M0118 | NATHAN SHENK-BORIGHT | 10 | M | MIDDLESEX | VT | 539 | 0:20:56 | 6:44 |
| 33 | 2 | M5059 | SIG BALTUCH | 59 | M | STONE | VT | 607 | 0:21:41 | 6:59 |
| 34 | 3 | M5059 | TIM CUNNINGHAM | 59 | M | HARTLAND 4 CRS. | VT | 614 | 0:21:46 | 7:00 |
| 35 | 9 | M4049 | JOHN DUNCAN | 45 | M | HUNTINGTON | VT | 609 | 0:21:52 | 7:02 |
| 36 | 1 | M6099 | WEB WILLIAMS | 66 | M | BURLINGTON | VT | 581 | 0:21:57 | 7:04 |
| 37 | 7 | M0118 | RYLAN EGAN | 13 | M | ALMONTE, ONTARIO | CD | 540 | 0:22:06 | 7:07 |
| 38 | 9 | M1929 | MARK BRIDR | 22 | M | MONTPELIER | VT | 593 | 0:22:14 | 7:09 |
| 39 | 1 | F4049 | JOAN BLUNDEN | 45 | F | NEPEAN ONTARIO | CD | 535 | 0:22:21 | 7:12 |
| 40 | 8 | M3039 | LARRY STONEBRIDGE | 38 | M | NEPEAN, ONTARIO | CD | 559 | 0:22:22 | 7:12 |
| 41 | 10 | M1929 | KELLY CARTER | 28 | M | NEPEAN ONTARIO | CD | 546 | 0:22:31 | 7:15 |
| 42 | 10 | M4049 | MAY MINTON | 40 | M | CAMBRIDGE | VT | 548 | 0:22:37 | 7:17 |
| 43 | 2 | F4049 | LOUISE HODGE | 41 | F | ROCK FOREST | CA | 605 | 0:22:38 | 7:17 |
| 44 | 3 | F3039 | MANON MENARD | 33 | F | ST LAMBERT QUEB | CD | 522 | 0:22:45 | 7:19 |
| 45 | 1 | F0118 | CHRISSE FELDMAN | 14 | F | GLoucester ONTA | CD | 501 | 0:22:48 | 7:20 |
| 46 | 1 | F1929 | BETSY PECOR | 24 | F | BARRE | VT | 509 | 0:22:52 | 7:22 |
| 47 | 9 | M3039 | JEAN-PIERRE SAVOIE | 38 | M | LONGUEUIL, QUEB | CD | 555 | 0:23:00 | 7:24 |
| 48 | 10 | M3039 | GEORGE BUTTON, JR. | 35 | M | ST. JOHNSBURY | VT | 591 | 0:23:06 | 7:26 |
| 49 | 11 | M3039 | BILL ALCH | 34 | M | ESSEX JCT | VT | 553 | 0:23:32 | 7:34 |
| 50 | 11 | M4049 | JACK LINN | 49 | M | RICHMOND | VT | 624 | 0:23:33 | 7:35 |

* Under TACSTATS Age-Group guidelines

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THE EIGHTH ANNUAL LEAF PEEPER'S
HALF-MARATHON AND 5 KM RACE

October 6, 1991

5 KM TAC CERTIFIED #VT910018T

Waterbury, VT

Timing By: GRANITE STATE RACE SERVICES, NEWPORT, NH (603)863-2537

| PLACE | DIV | DIV | NAME | AGE | S | CITY | ST | NO. | TIME | PACE |
|-------|-----|-------|---------------------|-----|---|-----------------|----|-----|---------|-------|
| 51 | 4 | M5059 | JOHN CALLAHAN | 52 | M | MONTPELIER | VT | 576 | 0:23:34 | 7:35 |
| 52 | 4 | F3039 | LAURIE CALLAHAN | 38 | F | MONTPELIER | VT | 520 | 0:23:34 | 7:35 |
| 53 | 11 | M1929 | JOHN MURRAY | 27 | M | NEPEAN | CA | 586 | 0:24:02 | 7:44 |
| 54 | 5 | F3039 | DEBBIE NELSON | 34 | F | EAST GREENWICH | RI | 511 | 0:24:07 | 7:46 |
| 55 | 2 | F1929 | CHRISTINE HANCOCK | 29 | F | WATERBURY | VT | 587 | 0:24:10 | 7:47 |
| 56 | 3 | F4049 | SYLVIA AYIWARD | 43 | F | WATERBURY | VT | 601 | 0:24:30 | 7:53 |
| 57 | 4 | F4049 | HEIDI SMITH | 49 | F | MORETOWN | VT | 527 | 0:24:44 | 7:58 |
| 58 | 12 | M3039 | JERRY PAGANO | 36 | M | CALAIS | VT | 560 | 0:24:54 | 8:01 |
| 59 | 8 | M118 | PALL REID | 12 | M | NEPEAN, ONTARIO | CD | 545 | 0:25:01 | 8:03 |
| 60 | 6 | F3039 | JANE LAVIGUEUR | 34 | F | LONGUEUIL, QEB | CD | 519 | 0:25:02 | 8:03 |
| 61 | 3 | F1929 | BETH ANN MARTELL | 28 | F | ESSEX JCT | VT | 413 | 0:25:11 | 8:06 |
| 62 | 13 | M3039 | KARL MILLER | 34 | M | ENDSBURG FALLS | VT | 554 | 0:25:21 | 8:10 |
| 63 | 4 | F1929 | SANDY SHIRLEY | 29 | F | OTTAWA ONTARIO | CD | 502 | 0:25:22 | 8:10 |
| 64 | 5 | M5059 | ED ROBICHAUD | 51 | M | NORWICH | VT | 620 | 0:25:22 | 8:10 |
| 65 | 12 | M4049 | JIM SUMNER | 43 | M | BARRE | VT | 565 | 0:25:30 | 8:12 |
| 66 | 2 | F0118 | DAWN SWENSON | 16 | F | MORETOWN | VT | 596 | 0:25:32 | 8:13 |
| 67 | 5 | F1929 | PAM TOUNE | 27 | F | MORRISVILLE | VT | 507 | 0:25:34 | 8:14 |
| 68 | 6 | F1929 | CATHY FREY | 29 | F | BARRE | VT | 508 | 0:25:45 | 8:17 |
| 69 | 6 | M5059 | JOHN SPAULDING, SR. | 54 | M | MANCHESTER | CT | 578 | 0:25:46 | 8:18 |
| 70 | 14 | M3039 | RICK WALSH | 37 | M | N KINGSTOWN | RI | 627 | 0:25:51 | 8:19 |
| 71 | 5 | F4049 | PENNY MCINTOSH | 40 | F | CAMBRIDGE | VT | 533 | 0:26:03 | 8:23 |
| 72 | 15 | M3039 | STEPHEN BARLOW | 37 | M | CHESTERTOWN | NY | 594 | 0:26:04 | 8:23 |
| 73 | 16 | M3039 | GARY BRAMAN | 35 | M | CHELSEA | VT | 603 | 0:26:33 | 8:33 |
| 74 | 17 | M3039 | DAVID GALLAGHER | 37 | M | BURLINGTON | VT | 612 | 0:26:47 | 8:37 |
| 75 | 6 | F4049 | SANDRA SHENK | 46 | F | MIDDLESEX | VT | 531 | 0:26:57 | 8:40 |
| 76 | 7 | F4049 | CHERYL ZANLEONI | 43 | F | BARRE | VT | 613 | 0:27:02 | 8:42 |
| 77 | 7 | M5059 | JOHN PETERSEN | 59 | M | UNDERHILL | VT | 573 | 0:27:11 | 8:45 |
| 78 | 7 | F1929 | PATTY TRICEE | 26 | F | STOWE | VT | 506 | 0:27:19 | 8:48 |
| 79 | 7 | F3039 | FAY ANDERSON | 35 | F | MONTPELIER | VT | 515 | 0:27:27 | 8:50 |
| 80 | 8 | F3039 | GAIL OVITT | 32 | F | ENDSBURG FALLS | VT | 518 | 0:27:33 | 8:52 |
| 81 | 3 | F0118 | AMBER SATAGAJ | 16 | F | WARREN | VT | 595 | 0:27:43 | 8:55 |
| 82 | 4 | F0118 | KHADEJA MOUSA | 11 | F | WATERBURY | VT | 622 | 0:27:50 | 8:58 |
| 83 | 8 | F1929 | MARY BETH COMERCI | 23 | F | SO ROYALTON | VT | 505 | 0:27:51 | 8:58 |
| 84 | 9 | F3039 | BARB AUCH | 34 | F | ESSEX JCT | VT | 513 | 0:28:12 | 9:05 |
| 85 | 10 | F3039 | JOANNE BOWLEY | 32 | F | ESSEX JCT | VT | 514 | 0:28:12 | 9:05 |
| 86 | 13 | M4049 | NORMAN COOK | 46 | M | BEDFORD | CA | 615 | 0:28:22 | 9:08 |
| 87 | 11 | F3039 | IRENE DOYLE | 36 | F | WESTPORT | MA | 525 | 0:28:36 | 9:12 |
| 88 | 12 | F3039 | DEB MULLEN | 30 | F | TUNBRIDGE | VT | 592 | 0:28:55 | 9:18 |
| 89 | 8 | F4049 | NANCY WALTER | 44 | F | PLATTSBURG | NY | 532 | 0:29:06 | 9:22 |
| 90 | 14 | M4049 | DAVID WALTER | 48 | M | PLATTSBURG | NY | 567 | 0:29:07 | 9:22 |
| 91 | 1 | F5059 | BRIDGET NOONAN | 57 | F | SHELburne | VT | 616 | 0:29:15 | 9:25 |
| 92 | 15 | M4049 | DOUG PICKARD | 42 | M | E GREENWICH | RI | 625 | 0:29:22 | 9:27 |
| 93 | 13 | F3039 | ELLEN MILES | 34 | F | CALAIS | VT | 524 | 0:29:32 | 9:30 |
| 94 | 14 | F3039 | VICKI SACCO | 35 | F | MORRISVILLE | VT | 606 | 0:29:37 | 9:32 |
| 95 | 15 | F3039 | SUSAN LUDINGTON | 35 | F | MORRISVILLE | VT | 512 | 0:29:38 | 9:32 |
| 96 | 8 | M5059 | RONALD LAVIGUEUR | 58 | M | ST LAMBERT QLEB | CD | 579 | 0:30:11 | 9:43 |
| 97 | 9 | F4049 | JUDY TALB | 48 | F | PATTERSON | NY | 526 | 0:33:41 | 10:50 |
| 98 | 18 | M3039 | JOE FARARA | 33 | M | JOHNSON | VT | 562 | 0:33:43 | 10:51 |
| 99 | 9 | M118 | WARREN DAVIS | 7 | M | STOWE | VT | 598 | 0:34:00 | 10:57 |
| 100 | 16 | M4049 | K. M. DAVIS | 45 | M | STOWE | VT | 599 | 0:34:01 | 10:57 |

THE EIGHTH ANNUAL LEAF PEEPERS
HALF-MARATHON AND 5 KM RACE

October 6, 1991 Half-Marathon TAC CERTIFIED #V1870048T Waterbury, VT
Timing By: GRANITE STATE RACE SERVICES, NEWPORT, NH (603)863-2537

| PLACE | DIV | DIV | NAME | AGE | S | CITY | ST | NO. | TIME | PACE |
|-------|-----|-------|-----------------------|-----|---|-----------------|----|-----|----------|------|
| 1 | 1 | M3039 | SAM DAVIS | 30 | M | E. CALAIS | VT | 264 | 1:10:10 | 5:21 |
| 2 | 1 | M1929 | MARC GILBERTSON | 22 | M | STOLE | VT | 301 | 1:12:19 | 5:31 |
| 3 | 2 | M3039 | CHIP BUTTON | 39 | M | SARATOGA SPRING | NY | 8 | 1:13:20 | 5:36 |
| 4 | 2 | M1929 | CHIP LANAMAID | 29 | M | ST. JOHNSBURY | VT | 266 | 1:13:30 | 5:36 |
| 5 | 3 | M1929 | FALLO SALDANNA | 28 | M | MONTREAL NO. | CA | 275 | 1:14:05 | 5:39 |
| 6 | 3 | M3039 | TERRY GILMORE | 32 | M | BURLINGTON | VT | 255 | 1:14:47 | 5:42 |
| 7 | 4 | M1929 | PETER LEMESSIS | 27 | M | MONTREAL | CA | 264 | 1:16:06 | 5:48 |
| 8 | 4 | M1929 | KEVIN WHEEL | 33 | M | ESSEX JCT | VT | 106 | 1:16:23 | 5:50 |
| 9 | 5 | M3039 | KEVIN WOODHOUSE | 30 | M | GREENFIELD | MA | 246 | 1:17:37 | 5:55 |
| 10 | 6 | M3039 | REG BOWLEY | 35 | M | ESSEX JCT | VT | 117 | 1:18:01 | 5:57 |
| 11 | 1 | M4049 | GORDON MACFARLAND | 43 | M | BURLINGTON | VT | 155 | 1:18:04 | 5:57 |
| 12 | 7 | M3039 | PASCAL CRAVEDI-CHENG | 38 | M | BURLINGTON | VT | 15 | 1:18:10 | 5:58 |
| 13 | 8 | M3039 | WILLIAM STONE | 39 | M | BROOKLINE | MA | 134 | 1:18:37 | 6:00 |
| 14 | 9 | M3039 | CHARLIE BUTTREY | 32 | M | E. THETFORD | VT | 147 | 1:18:55 | 6:01 |
| 15 | 5 | M1929 | ART FOWLER | 22 | M | ESSEX JCT | VT | 92 | 1:18:59 | 6:01 |
| 16 | 6 | M1929 | SHANE MASON | 21 | M | WINDSOR | VT | 80 | 1:19:05 | 6:02 |
| 17 | 7 | M1929 | JOHN DEPSEY | 22 | M | BURLINGTON | VT | 259 | 1:19:21 | 6:03 |
| 18 | 1 | M5059 | PETER TEACHOUT | 51 | M | NORWICH | VT | 249 | 1:19:37* | 6:04 |
| 19 | 10 | M3039 | TOM KAIDEN | 32 | M | MONTPELIER | VT | 121 | 1:20:11 | 6:07 |
| 20 | 11 | M3039 | MARK MADIGAN | 30 | M | BURLINGTON | VT | 101 | 1:21:36 | 6:13 |
| 21 | 12 | M3039 | JAMIE SHANLEY | 38 | M | MONTPELIER | VT | 300 | 1:21:56 | 6:15 |
| 22 | 13 | M3039 | JACK SCHEURICH | 34 | M | LUDLOW | VT | 127 | 1:22:01 | 6:15 |
| 23 | 8 | M1929 | DOUG FANELL | 29 | M | STOLE | VT | 286 | 1:22:07 | 6:16 |
| 24 | 14 | M3039 | RALPH COTE | 30 | M | JOHNSON | VT | 310 | 1:22:51 | 6:19 |
| 25 | 15 | M3039 | CHRISTOPHER LUDINGTON | 37 | M | MORRISVILLE | VT | 107 | 1:23:05 | 6:20 |
| 26 | 16 | M3039 | JAMES MARTINSSON | 35 | M | NEW LONDON | CT | 138 | 1:23:19 | 6:21 |
| 27 | 2 | M4049 | DOUG SMITH | 43 | M | ROUSES PT | NY | 179 | 1:23:21 | 6:21 |
| 28 | 17 | M3039 | GLEN TURNER | 31 | M | COLCHESTER | VT | 302 | 1:23:25 | 6:22 |
| 29 | 18 | M3039 | ED DEAN | 30 | M | ST. JOHNSBURY | VT | 269 | 1:23:28 | 6:22 |
| 30 | 9 | M1929 | JOE MCNAMARA | 28 | M | BURLINGTON | VT | 274 | 1:23:35 | 6:23 |
| 31 | 10 | M1929 | DAVID LEBLANC | 29 | M | WATERBURY | VT | 88 | 1:23:47 | 6:23 |
| 32 | 11 | M1929 | TROY SPAULDING | 29 | M | SWANTON | VT | 217 | 1:23:57 | 6:24 |
| 33 | 19 | M3039 | CHRIS PELS | 37 | M | EAST GREENWICH | RI | 109 | 1:24:04 | 6:25 |
| 34 | 12 | M1929 | ERIC MONTHINY | 26 | M | STOLE | VT | 82 | 1:24:27 | 6:27 |
| 35 | 3 | M4049 | STEVE TITCOMB | 40 | M | BURLINGTON | VT | 163 | 1:24:46 | 6:28 |
| 36 | 13 | M1929 | LARRY LACKEY | 29 | M | STOLE | VT | 272 | 1:25:21 | 6:31 |
| 37 | 4 | M4049 | LEX BURTON | 41 | M | RANDOLPH | VT | 185 | 1:25:35 | 6:32 |
| 38 | 20 | M3039 | LARRY BELLIVEAU | 36 | M | CHATHAM | MA | 297 | 1:25:44 | 6:32 |
| 39 | 14 | M1929 | ROBERT HEDLUND | 27 | M | W. LEBANON | NH | 74 | 1:25:45 | 6:32 |
| 40 | 21 | M3039 | JAY ROTELLA | 31 | M | BURLINGTON | VT | 108 | 1:25:48 | 6:33 |
| 41 | 22 | M3039 | ANTHONY WARNER | 36 | M | COLUMBIA | MD | 133 | 1:25:51 | 6:33 |
| 42 | 1 | F3039 | JOHANNE BRUS | 35 | F | QUEBEC | CA | 285 | 1:25:57* | 6:33 |
| 43 | 23 | M3039 | AL BOURGEOIS | 37 | M | M CARY | NC | 96 | 1:25:58 | 6:33 |
| 44 | 5 | M4049 | ROBERT SEARLES | 42 | M | WOLCOTT | VT | 258 | 1:26:11 | 6:34 |
| 45 | 24 | M3039 | GREG JOHNSON | 31 | M | E. GREENWICH | RI | 224 | 1:26:22 | 6:35 |
| 46 | 6 | M4049 | WILLIAM DIXON | 44 | M | PUTNEY | VT | 183 | 1:26:31 | 6:36 |
| 47 | 25 | M3039 | JIM PAULSEN | 31 | M | UNDERHILL | VT | 261 | 1:26:39 | 6:37 |
| 48 | 2 | F3039 | DOT GRAHAM | 31 | F | BARRE | VT | 289 | 1:26:43 | 6:37 |
| 49 | 1 | F4049 | MIRA DURBIN | 40 | F | STOLE | VT | 24 | 1:27:41* | 6:41 |
| 50 | 26 | M3039 | ALFIE POALETTE | 31 | M | MONTREAL | CA | 281 | 1:27:49 | 6:42 |

* Under TACSTATS Age-Group guideline

THE EIGHTH ANNUAL LEAF PEEPER
HALF-MARATHON AND 5 KM RACE

October 6, 1991

Half-Marathon TAC CERTIFIED #VT87004B1

Waterbury, VT

Timing By: GRANITE STATE RACE SERVICES, NEWPORT, NH (603)863-2537

| PLACE | DIV | DIV | NAME | AGE | S | CITY | ST | NO. | TIME | PACE |
|-------|-----|-------|--------------------|-----|---|----------------|----|-----|---------|------|
| 51 | 7 | M4049 | RICHARD H:EIKKINEN | 45 | M | CLAREMONT | NH | 245 | 1:27:56 | 6:42 |
| 52 | 15 | M1929 | SCOTT MONEIL | 21 | M | LYNDONVILLE | VT | 79 | 1:28:08 | 6:43 |
| 53 | 16 | M1929 | GREG TOSI | 20 | M | LYNDONVILLE | VT | 78 | 1:28:09 | 6:43 |
| 54 | 27 | M3039 | JAMES PELS | 31 | M | MADISON | NJ | 140 | 1:28:13 | 6:44 |
| 55 | 8 | M4049 | GLENN GERSHANECK | 44 | M | MONTPELIER | VT | 161 | 1:28:19 | 6:44 |
| 56 | 17 | M1929 | TOM VILLEMAIRE | 25 | M | BELMONT | MA | 87 | 1:28:41 | 6:46 |
| 57 | 28 | M3039 | EZZEDDINE FATNASSI | 38 | M | BURLINGTON | VT | 314 | 1:28:46 | 6:46 |
| 58 | 2 | M5059 | MARC BURG | 50 | M | ESSEX JCT | VT | 192 | 1:28:47 | 6:46 |
| 59 | 18 | M1929 | BRIAN MOODY | 27 | M | MORRISVILLE | VT | 93 | 1:28:53 | 6:47 |
| 60 | 1 | F1929 | STEPHANIE LEVESQUE | 19 | F | QUEBEC | CA | 257 | 1:28:57 | 6:47 |
| 61 | 29 | M3039 | MICHAEL WALLACE | 35 | M | E. SANDWICH | MA | 143 | 1:29:07 | 6:48 |
| 62 | 9 | M4049 | GEORGE SEIVARIGHT | 41 | M | BARRE | VT | 187 | 1:29:18 | 6:49 |
| 63 | 30 | M3039 | TIM GILBERT | 35 | M | W LEBANON | NH | 311 | 1:29:26 | 6:49 |
| 64 | 10 | M4049 | WILLIAM FRANTZ | 42 | M | RANDOLPH | VT | 160 | 1:29:28 | 6:49 |
| 65 | 11 | M4049 | JOHN KLEIN | 42 | M | CASTLETON | VT | 312 | 1:29:34 | 6:50 |
| 66 | 31 | M3039 | RANDY COLE | 35 | M | E WALTINGFORD | VT | 288 | 1:29:39 | 6:50 |
| 67 | 3 | M5059 | GORDON NOEL | 50 | M | ETNA | NH | 199 | 1:29:49 | 6:51 |
| 68 | 32 | M3039 | JEAN-CLAUDE BOYER | 37 | M | L'ACADIE | CA | 235 | 1:30:05 | 6:52 |
| 69 | 33 | M3039 | DAVID CORMIER | 32 | M | WOODSTOCK | VT | 128 | 1:30:26 | 6:54 |
| 70 | 19 | M1929 | JASON GAUMOND | 19 | M | LYNDONVILLE | VT | 75 | 1:30:44 | 6:56 |
| 71 | 20 | M1929 | MIKE FOURNIER | 21 | M | LYNDONVILLE | VT | 76 | 1:30:47 | 6:56 |
| 72 | 2 | F4049 | BARBARA CAPEN | 42 | F | STARKSBORO | VT | 25 | 1:30:53 | 6:56 |
| 73 | 34 | M3039 | BLAINE ISHAM | 36 | M | ESSEX JCT | VT | 220 | 1:31:01 | 6:57 |
| 74 | 35 | M3039 | JOHN MARTIN | 39 | M | BARRE | VT | 290 | 1:31:01 | 6:57 |
| 75 | 36 | M3039 | JEFF RITCHIE | 33 | M | ESSEX JCT | VT | 252 | 1:31:06 | 6:57 |
| 76 | 3 | F3039 | SUE DRAPP | 36 | F | MORETOWN | VT | 37 | 1:31:07 | 6:57 |
| 77 | 4 | M5059 | DOUGLAS WITHAM | 53 | M | SO. BURLINGTON | VT | 203 | 1:31:26 | 6:58 |
| 78 | 37 | M3039 | BRIAN NORTON | 32 | M | ROUSES PT | NY | 149 | 1:31:32 | 6:59 |
| 79 | 21 | M1929 | MARK DODGE | 22 | M | BURLINGTON | VT | 90 | 1:31:35 | 6:59 |
| 80 | 12 | M4049 | BILL HEISE | 49 | M | BURLINGTON | VT | 227 | 1:31:53 | 7:01 |
| 81 | 38 | M3039 | MICHAEL BACHAND | 34 | M | SO BURLINGTON | VT | 142 | 1:31:59 | 7:01 |
| 82 | 39 | M3039 | MARK PROVOST | 35 | M | MONTPELIER | VT | 148 | 1:32:20 | 7:03 |
| 83 | 40 | M3039 | GARY KESSLER | 31 | M | WATSFIELD | VT | 118 | 1:32:29 | 7:03 |
| 84 | 41 | M3039 | THOMAS KELLY | 37 | M | BARRE | VT | 112 | 1:32:44 | 7:04 |
| 85 | 42 | M3039 | JOHN DONNELLY | 32 | M | COLCHESTER | VT | 150 | 1:32:48 | 7:05 |
| 86 | 13 | M4049 | LARRY BAYLE | 40 | M | STOWE | VT | 303 | 1:33:07 | 7:06 |
| 87 | 14 | M4049 | TOM POTTER | 41 | M | NORTHFIELD | VT | 296 | 1:33:20 | 7:07 |
| 88 | 43 | M3039 | JOHN CARVER | 37 | M | DRAOUT | MA | 136 | 1:33:38 | 7:09 |
| 89 | 44 | M3039 | ROBERT MCKINLEY | 32 | M | HIGHLAND PARK | NJ | 135 | 1:33:48 | 7:09 |
| 90 | 45 | M3039 | SCOTT BARNETT | 35 | M | COLCHESTER | VT | 102 | 1:34:20 | 7:12 |
| 91 | 8 | M5059 | BERT VILLEMAIRE | 50 | M | WINJORKI | VT | 202 | 1:34:24 | 7:12 |
| 92 | 18 | M4049 | GEORGE ETHERINGTON | 46 | M | ELKHART | IN | 173 | 1:34:30 | 7:13 |
| 93 | 46 | M3039 | ROB ROTHMAN | 37 | M | WATERBURY CTR | VT | 298 | 1:34:38 | 7:13 |
| 94 | 47 | M3039 | STUART WHITNEY | 38 | M | WATERBURY | VT | 132 | 1:34:50 | 7:14 |
| 96 | 48 | M3039 | ANDREW MACLEAN | 37 | M | WATERBURY | VT | 131 | 1:34:51 | 7:14 |
| 96 | 22 | M1929 | DANNY MONEIL | 19 | M | LYNDONVILLE | VT | 77 | 1:34:53 | 7:14 |
| 97 | 16 | M4049 | DAVID CAPEN | 44 | M | STARKSBORO | VT | 164 | 1:35:06 | 7:15 |
| 98 | 6 | M5059 | DAVE DOUBLEDAY | 50 | M | SO. BURLINGTON | VT | 231 | 1:35:14 | 7:16 |
| 99 | 17 | M4049 | JOHN ELLIOTT | 45 | M | LYNDONVILLE | VT | 169 | 1:35:15 | 7:16 |
| 100 | 4 | F3039 | DEBBIE THOMPSON | 30 | F | PERU | NY | 42 | 1:35:28 | 7:17 |

THE EIGHTH ANNUAL LEAF PLEPER
 HALF-MARATHON AND 5 KM RACE

Page 3

October 6, 1991 Half-Marathon TAC CERTIFIED #VT87004BT Waterbury, VT
 Timing By: GRANITE STATE RACE SERVICES, NEWPORT, NH (603)861-2537

| PLACE | DIV | DIV | NAME | AGE | S | CITY | ST | NO. | TIME |
|-------|-----|-------|---------------------|-----|---|-----------------|----|-----|---------|
| 101 | 49 | M3039 | JAMES ATCHINSON | 39 | M | WATERBURY | VT | 313 | 1:35:48 |
| 102 | 18 | M4049 | EDWARD DURGIN | 48 | M | WOODSTOCK | VT | 299 | 1:35:50 |
| 103 | 50 | M3039 | BRUCE JOHNSON | 38 | M | MIDDLEBURY | VT | 130 | 1:36:06 |
| 104 | 7 | M5059 | KENNETH THOMPSON | 54 | M | AKRON | OH | 200 | 1:36:17 |
| 105 | 51 | M3039 | JEFF BLANCHARD | 34 | M | ESSEX JCT | VT | 126 | 1:36:32 |
| 106 | 19 | M4049 | NEWTON BAKER | 49 | M | MONTPELIER | VT | 171 | 1:36:36 |
| 107 | 5 | F3039 | LIZ CHAMPAGNE | 33 | F | SO. BURLINGTON | VT | 56 | 1:36:48 |
| 108 | 20 | M4049 | RUSSELL PULLIN | 49 | M | E. MONTPELIER | VT | 159 | 1:37:00 |
| 109 | 21 | M4049 | JOSEPH PARE | 46 | M | BEACONSFIELD QU | CD | 177 | 1:37:03 |
| 110 | 52 | M3039 | JEFF SEIVWRIGHT | 33 | M | MONTPELIER | VT | 270 | 1:37:19 |
| 111 | 3 | F4049 | MARTI ANDERSON | 44 | F | HUNTINGTON | VT | 294 | 1:37:26 |
| 112 | 6 | F3039 | SUSAN JONES | 35 | F | JERICHO | VT | 47 | 1:38:34 |
| 113 | 8 | M5059 | PATRICK JIRON | 53 | M | CAMBRIDGE | VT | 287 | 1:38:35 |
| 114 | 7 | F3039 | BETSY LARLAME | 39 | F | WATTSFIELD | VT | 239 | 1:38:50 |
| 115 | 8 | F3039 | MALRA McDONALD | 32 | F | N KINGSTOWN | RI | 210 | 1:39:05 |
| 116 | 22 | M4049 | ROBERT SPURRIER | 43 | M | EXETER | NH | 230 | 1:39:16 |
| 117 | 23 | M4049 | THOMAS STEVENSON | 45 | M | SUDBURY | MA | 180 | 1:39:31 |
| 118 | 9 | F3039 | ANN STRAKA | 33 | F | SO. BURLINGTON | VT | 55 | 1:39:35 |
| 119 | 10 | F3039 | DIANE KUNIGIS | 34 | F | MILTON | VT | 39 | 1:39:41 |
| 120 | 24 | M4049 | BERNIE JUSKIEWICZ | 48 | M | CAMBRIDGE | MA | 158 | 1:39:42 |
| 121 | 2 | F1929 | MICHELLE GABOURY | 24 | F | BELMONT | MA | 32 | 1:39:50 |
| 122 | 53 | M3039 | JONATHAN SANDS | 36 | M | SO. BURLINGTON | VT | 268 | 1:39:50 |
| 123 | 54 | M3039 | RICHARD MCKENNA | 37 | M | HYDE PARK | VT | 251 | 1:40:03 |
| 124 | 25 | M4049 | JOHN KAEDING | 43 | M | WORCESTER | VT | 304 | 1:40:32 |
| 125 | 26 | M4049 | RICHARD CAFFEY | 49 | M | BROWNSVILLE | VT | 162 | 1:40:36 |
| 126 | 23 | M1929 | BRAD GRESHAM | 28 | M | WATERBURY | VT | 83 | 1:40:40 |
| 127 | 55 | M3039 | MICHAEL KANFER | 36 | M | WILLISTON | VT | 95 | 1:40:57 |
| 128 | 27 | M4049 | DOUGLAS MACLEAN | 42 | M | NEWTON | MA | 229 | 1:41:10 |
| 129 | 56 | M3039 | BOB HICKEY | 30 | M | PLATTSBURGH | NY | 99 | 1:41:29 |
| 130 | 9 | M5059 | GARY CUNNINGHAM | 50 | M | CAMBRIDGE | VT | 233 | 1:41:34 |
| 131 | 57 | M3039 | TOM TORTI | 36 | M | MONTPELIER | VT | 226 | 1:41:45 |
| 132 | 28 | M4049 | RIC HYSLOP | 46 | M | OTTAWA, ONTARIO | CD | 188 | 1:41:46 |
| 133 | 11 | F3039 | JACKIE HUGHES | 36 | F | CABOT | VT | 58 | 1:41:50 |
| 134 | 10 | M5059 | BRIAN BRADLEY | 53 | M | NEPEAN | ON | 263 | 1:42:15 |
| 135 | 58 | M3039 | THOMAS LACKEY | 32 | M | STONE | VT | 223 | 1:42:18 |
| 136 | 29 | M4049 | HAL BOARDMAN | 44 | M | SWANTON | VT | 228 | 1:42:30 |
| 137 | 30 | M4049 | JAY LEDERMAN | 46 | M | UNDERHILL CTR | VT | 170 | 1:42:42 |
| 138 | 59 | M3039 | JOHN SLAYMAKER | 32 | M | BROOKLYN | NY | 94 | 1:42:44 |
| 139 | 60 | M3039 | STEPHEN ROY | 37 | M | MONTPELIER | VT | 114 | 1:42:56 |
| 140 | 31 | M4049 | BILL GERLACK | 41 | M | WESTFORD | VT | 154 | 1:43:06 |
| 141 | 3 | F1929 | DR. MANN | 23 | F | BURLINGTON | VT | 91 | 1:43:07 |
| 142 | 11 | M3039 | ERIC PLITT | 52 | M | WOODSTOCK | VT | 191 | 1:43:14 |
| 143 | 24 | M1929 | RICHARD HEMOND, JR. | 23 | M | CUMBERLAND | RI | 86 | 1:43:25 |
| 144 | 61 | M3039 | JUDD ALLEN | 32 | M | BURLINGTON | VT | 267 | 1:43:50 |
| 145 | 4 | F1929 | JENNIFER WEST | 21 | F | S HADLEY | MA | 178 | 1:43:56 |
| 146 | 12 | F3039 | JEAN KIRKNEI | 32 | F | WILLISTON | VT | 67 | 1:44:08 |
| 147 | 32 | M4049 | MICHAEL CUSUMANO | 46 | M | GLOVER | VT | 184 | 1:44:09 |
| 148 | 62 | M3039 | GEORGE MORGAN | 38 | M | BOSTON | MA | 105 | 1:44:12 |
| 149 | 4 | F4049 | LANE DUNN | 45 | F | SHELBURNE | VT | 62 | 1:44:20 |
| 150 | 13 | F3039 | NANCY SCHACHINGER | 39 | F | STRATON HT | VT | 254 | 1:44:24 |

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THE EIGHTH ANNUAL LEAF PEELERS
 HALF-MARATHON AND 5 KM RACE

October 6, 1991 Half-Marathon TAC CERTIFIED #VT8700481 Waterbury, VT
 Timing By: GRANITE STATE RACE SERVICES, NEWPORT, NH (603)863-2537

| PLACE | DIV | DIV | NAME | AGE | S | CITY | ST | NO. | TIME | PAGE |
|-------|-----|-------|-------------------|-----|---|------------------|----|-----|---------|------|
| 151 | 63 | M3039 | FRED POND | 36 | M | LEBANON | NH | 139 | 1:44:41 | 7:59 |
| 152 | 14 | F3039 | CARLA BIRARELLI | 37 | F | BOSTON | MA | 211 | 1:44:58 | 8:00 |
| 153 | 64 | M3039 | DAVID VITELLO | 30 | M | N. KINGSTOWN | RI | 137 | 1:45:19 | 8:02 |
| 154 | 5 | F4049 | AMY RAISER | 45 | F | SO. BURLINGTON | VT | 213 | 1:45:48 | 8:04 |
| 155 | 15 | F3039 | BETTY PERREAULT | 39 | F | ST. JOHNSBURY | VT | 40 | 1:46:19 | 8:07 |
| 156 | 6 | F4049 | ROBIN EDELMAN | 40 | F | MONTPELIER | VT | 60 | 1:46:28 | 8:07 |
| 157 | 12 | M5059 | HILLEL HOCHMAN | 55 | M | NEWTON | MA | 253 | 1:46:52 | 8:09 |
| 158 | 65 | M3039 | BARRY LIPPINICK | 36 | M | BOSTON | MA | 226 | 1:46:55 | 8:09 |
| 159 | 66 | M3039 | GARY HILLARD | 35 | M | RANDOLPH | VT | 116 | 1:47:28 | 8:12 |
| 160 | 25 | M1929 | MICHAEL FISHER | 29 | M | MARLBOROUGH | CT | 85 | 1:47:34 | 8:12 |
| 161 | 16 | F3039 | CAROL VANTYKE | 35 | F | STOLE | VT | 295 | 1:48:22 | 8:16 |
| 162 | 67 | M3039 | ROBERT EDKINS | 38 | M | NORWICH | VT | 221 | 1:48:36 | 8:17 |
| 163 | 33 | M4049 | PATRICK ARAMINI | 40 | M | SUSSEX | NJ | 174 | 1:48:44 | 8:18 |
| 164 | 7 | F4049 | MARGARET NOEL | 48 | F | ETNA | NH | 65 | 1:49:27 | 8:21 |
| 165 | 17 | F3039 | TINA LEE | 33 | F | S HADLEY | MA | 279 | 1:49:41 | 8:22 |
| 166 | 8 | F4049 | KATE KOENIGSBERG | 41 | F | BURLINGTON | VT | 214 | 1:49:48 | 8:23 |
| 167 | 18 | F3039 | KIM GRALL | 30 | F | MARLBORO | VT | 51 | 1:49:52 | 8:23 |
| 168 | 19 | F3039 | PATRICIA MATTER | 34 | F | MONTPELIER | VT | 50 | 1:49:53 | 8:23 |
| 169 | 9 | F4049 | SALLY POLLAK | 47 | F | SHELburnE | VT | 215 | 1:50:17 | 8:25 |
| 170 | 13 | M5059 | PHILIP AMBROSE | 55 | M | BURLINGTON | VT | 284 | 1:50:24 | 8:25 |
| 171 | 34 | M4049 | DAVID BARNARD | 49 | M | NORWICH | VT | 151 | 1:50:27 | 8:26 |
| 172 | 68 | M3039 | STEVEN BURKHOLDER | 39 | M | MONTPELIER | VT | 262 | 1:50:33 | 8:26 |
| 173 | 69 | M3039 | WILLIAM ROY | 31 | M | UNDERHILL | VT | 113 | 1:50:34 | 8:26 |
| 174 | 20 | F3039 | SHARI BASHAW | 30 | F | S ALBANS | VT | 280 | 1:50:35 | 8:26 |
| 175 | 1 | F5059 | MARY DOUGHTY | 54 | F | MADISON | NJ | 69 | 1:50:37 | 8:26 |
| 176 | 35 | M4049 | VICTOR MASI | 41 | M | ORANGE | VT | 153 | 1:50:48 | 8:27 |
| 177 | 36 | M4049 | BRECK CAMPBELL | 40 | M | MONTPELIER | VT | 186 | 1:51:00 | 8:28 |
| 178 | 14 | M5059 | SCHUYLER JACKSON | 57 | M | HUNTINGTON | VT | 195 | 1:51:48 | 8:32 |
| 179 | 21 | F3039 | ELIZABETH ROGERS | 30 | F | SO. WEYMOUTH | MA | 52 | 1:51:53 | 8:32 |
| 180 | 70 | M3039 | KEVIN COLE | 38 | M | ST. JOHNSBURY | VT | 103 | 1:51:53 | 8:32 |
| 181 | 37 | M4049 | C. STANFORD | 45 | M | WARREN | VT | 628 | 1:51:59 | 8:33 |
| 182 | 15 | M5059 | KEVIN KEARNEY | 51 | M | PERU | NY | 193 | 1:52:22 | 8:34 |
| 183 | 22 | F3039 | BELINDA PERKINS | 32 | F | WILDER | VT | 35 | 1:52:25 | 8:35 |
| 184 | 5 | F1929 | ANDREA GOGGINS | 26 | F | S ALBANS | VT | 282 | 1:52:39 | 8:36 |
| 185 | 71 | M3039 | ROGER KEENER | 38 | M | WATERVILLE | VT | 222 | 1:52:40 | 8:36 |
| 186 | 10 | F4049 | JUDY SHAW | 42 | F | W. BRATTLEBORO | VT | 61 | 1:53:04 | 8:41 |
| 187 | 35 | M4049 | BENNIIE 'JAW | 49 | M | WEST BRATTLEBORO | VT | 156 | 1:53:55 | 8:41 |
| 188 | 11 | F4049 | ELEANOR SLATTERY | 48 | F | SO. BURLINGTON | VT | 260 | 1:54:08 | 8:42 |
| 189 | 72 | M3039 | RANDY WITLICKI | 35 | M | NORWICH | VT | 119 | 1:54:09 | 8:42 |
| 190 | 23 | F3039 | CHRIS SCHLEGEL | 31 | F | LYNDON CTR | VT | 293 | 1:54:12 | 8:43 |
| 191 | 16 | M5059 | PAT DAVIS | 59 | M | ORLEANS | VT | 194 | 1:54:21 | 8:43 |
| 192 | 39 | M4049 | JERRY ST. AMAND | 48 | M | WINSLOW | ME | 166 | 1:54:33 | 8:44 |
| 193 | 17 | M5059 | JERRY TAUB | 56 | M | PATTERSON | NY | 189 | 1:54:46 | 8:45 |
| 194 | 1 | M6099 | HAROLD LUETJEN | 69 | M | ROCKVILLE | CT | 208 | 1:55:20 | 8:48 |
| 195 | 24 | F3039 | LINE BARRAL | 35 | F | DUXBURY | VT | 54 | 1:55:30 | 8:49 |
| 196 | 25 | F3039 | CINDY LAHAR | 30 | F | LYNDON CTR | VT | 43 | 1:55:33 | 8:49 |
| 197 | 18 | M5059 | JOE CONNORS | 52 | M | BROOKLINE | MA | 273 | 1:57:48 | 8:59 |
| 198 | 26 | F3039 | LISA GERLACH | 31 | F | HOBOKEN | NJ | 234 | 1:57:57 | 9:00 |
| 199 | 27 | F3039 | PAM GHISOLM | 35 | F | WATERBURY | VT | 46 | 1:58:06 | 9:01 |
| 200 | 12 | F4049 | HELEN BELL | 41 | F | WATERBURY | VT | 212 | 1:59:15 | 9:06 |

THE EIGHTH ANNUAL LEAF PEEPERS
HALF-MARATHON AND 5 KM RACE

October 6, 1991 Half-Marathon TAC CERTIFIED #VT87004BT Waterbury, VT
Timing By: GRANITE STATE RACE SERVICES, NEWPORT, NH (603)863-2537

| PLACE | DIV | DIV | NAME | AGE | S | CITY | ST | NO. | TIME | PACE |
|-------|-----|-------|-----------------------|-----|---|------------------|----|-----|----------|-------|
| 201 | 6 | F1929 | MADLEN CAPLOW | 27 | F | CHAPEL HILL | NC | 33 | 2:00:12 | 9:10 |
| 202 | 13 | F4049 | CINDY BARNARD | 47 | F | NORWICH | VT | 64 | 2:00:12 | 9:10 |
| 203 | 14 | F4049 | PATRICIA CONNELLY | 48 | F | WILLISTON | VT | 67 | 2:00:24 | 9:11 |
| 204 | 73 | M3039 | ALAYN JEFFERIS | 34 | M | ST JEAN-BAPTISTE | CA | 29 | 2:01:08 | 9:14 |
| 205 | 40 | M4049 | STEPHEN TURNBULL | 43 | M | NORTHFIELD | VT | 157 | 2:01:36 | 9:17 |
| 206 | 28 | F3039 | RENEE BARRETT | 35 | F | COLCHESTER | VT | 38 | 2:01:52 | 9:18 |
| 207 | 7 | F1929 | CHRISTINE KEENER | 28 | F | SOMERVILLE | MA | 29 | 2:02:14 | 9:19 |
| 208 | 26 | M1929 | JEFFREY DEPUYT | 27 | M | HAMILTON SQ | NJ | 84 | 2:02:40 | 9:21 |
| 209 | 19 | M5059 | VICTOR HARWOOD | 56 | M | GRADELL | NJ | 196 | 2:02:40 | 9:21 |
| 210 | 27 | M1929 | MICHAEL DOYLE | 28 | M | PORTWASHINGTON | NY | 72 | 2:03:50 | 9:22 |
| 211 | 2 | F5059 | MARILYN SEIDNER | 55 | F | LATHAM | NY | 70 | 2:03:53* | 9:27 |
| 212 | 8 | F1929 | MARY STEWART | 29 | F | SO ROYALTON | VT | 28 | 2:04:27 | 9:30 |
| 213 | 15 | F4049 | LAURA NAGY | 42 | F | HANOVER | NH | 66 | 2:05:19 | 9:34 |
| 214 | 2 | M6099 | ROBERT MITCHELL | 62 | M | HANOVER | NH | 206 | 2:05:37 | 9:35 |
| 215 | 28 | M1929 | JOHN DOYLE | 26 | M | PORT WASHINGTON | NY | 73 | 2:06:49 | 9:40 |
| 216 | 29 | F3039 | TONI KAEDING | 34 | F | WORCESTER | VT | 305 | 2:07:16 | 9:42 |
| 217 | 74 | M3039 | BRON OLLIE | 39 | M | E HARDWICK | VT | 309 | 2:07:24 | 9:43 |
| 218 | 16 | F4049 | ROSIE CASINO | 43 | F | E HARDWICK | VT | 308 | 2:07:25 | 9:43 |
| 219 | 30 | F3039 | TERRI MELINCORFF | 33 | F | BURLINGTON | VT | 44 | 2:08:36 | 9:49 |
| 220 | 3 | M6099 | ROBERT NOONAN | 60 | M | SHELBURNE | VT | 205 | 2:08:58 | 9:50 |
| 221 | 20 | M5059 | WINSTON CHAPIN | 56 | M | MT. HOLLY | VT | 247 | 2:09:50 | 9:54 |
| 222 | 41 | M4049 | WILLIAM WICK | 41 | M | BURLINGTON | VT | 244 | 2:09:55 | 9:55 |
| 223 | 29 | M1929 | ROB CONNELL | 27 | M | BURLINGTON | VT | 242 | 2:10:10 | 9:56 |
| 224 | 9 | F1929 | LISA CONNELL | 27 | F | BURLINGTON | VT | 241 | 2:10:11 | 9:56 |
| 225 | 31 | F3039 | STASIA PETERS | 38 | F | NO. ATTLEBORO | MA | 48 | 2:10:36 | 9:58 |
| 226 | 75 | M3039 | MARK KRAMER | 36 | M | BURLINGTON | VT | 141 | 2:10:37 | 9:58 |
| 227 | 10 | F1929 | OLIVIA DERRIDINGER | 28 | F | BOSTON | MA | 306 | 2:10:47 | 9:59 |
| 228 | 76 | M3039 | KEVIN RICHARD | 31 | M | CAMBRIDGE | MA | 307 | 2:10:48 | 9:59 |
| 229 | 42 | M4049 | PAT THORNTON | 40 | M | WINDOSKI | VT | 243 | 2:10:51 | 9:59 |
| 230 | 32 | F3039 | PALLA PETRUCCI | 37 | F | RANDOLPH | VT | 49 | 2:10:53 | 9:59 |
| 231 | 17 | F4049 | BARBARA LEBER | 40 | F | MONTPELIER | VT | 63 | 2:12:13 | 10:05 |
| 232 | 33 | F3039 | JENNIFER BALL | 34 | F | MORETOWN | VT | 240 | 2:12:17 | 10:05 |
| 233 | 4 | M6099 | DOUG ALLEN | 64 | M | BETHEL | VT | 265 | 2:12:18 | 10:06 |
| 234 | 21 | M5059 | LON NELSON | 56 | M | LAS VEGAS | NV | 198 | 2:12:56 | 10:08 |
| 235 | 77 | M3039 | JEFFREY BERGER | 34 | M | SO DARTMOUTH | MA | 144 | 2:13:34 | 10:11 |
| 236 | 78 | M3039 | DON STEVENSON | 39 | M | CHARLESTOWN | MA | 145 | 2:14:26 | 10:15 |
| 237 | 18 | F4049 | MARY CURTIN-STEVENSON | 42 | F | CHARLESTOWN | MA | 68 | 2:16:35 | 10:25 |

* Under TACSTATS Age-Group guideline

**MALONEY & HELLING DOMINATE AT
1ST ANNUAL BRAINTREE BASHER
10:04 AM, Sept. 7, 1991
Upper Branch School
West Braintree, Vermont**

On a glorious picture-perfect day, Nancy Maloney and Dot Helling took early advantage of their hill climbing abilities and immediately pulled away from the field. They were never challenged by anyone - only the mountain. After an arduous 3-mile climb, with a dirt biker taking up the rear, they crested Braintree Gap with no one in sight and nearly missed the trail marker to the right. It was a peak experience!

Unable to find the aid stations, Nancy and Dot munched on transparent apples at a small hunting camp, surrounded by an orchard, before plummeting down "some rocks" or what appeared to be an old river bed. Several river crossings later, after running past "natural waterfalls and gorges," they emerged into the bright sun with the finish line in sight. Alas, they were so fleetfooted that race director Jeff Shutak never had the time to put up the chute. The only finishing cheers came from a Florida family hiking up the trail from which they'd just emerged.

Nancy and Dot not only finished first overall, but Nancy took the open title and Dot the masters division. In addition, they both set A COURSE RECORD! As a reward, they drove home with a free entry into next year's race when they will return to defend their title and record run of 1:34:54.

by A. Anonymous

MANCHESTER FALL FOLIAGE FOOTRAGE



10K and 1 Mile Fun Run Saturday, October 19, 1991



Sponsored by the Manchester Recreation Department

REGISTRATION: Mail entry form to pre-register for either race. Pre-registration must be received prior to 4:00p.m., Friday, October 18. Pre-registrants may pick up race packets at the Dana L. Memorial Park between 10:00a.m. and 4:00p.m. Monday, Friday, or at the registration desk on race day between 8:00a.m. and 9:30a.m.

ENTRY FEES: Pre-registration is \$10 per race. Race day registration is \$12 per event. All registration fees are nonrefundable. Race T-shirts will be issued to the first 80 registrants. Please make checks payable to the Manchester Recreation Department.

CATEGORIES: Based on Pre-registration. There will be six standard male and female divisions. They will be as follows:
18 & UNDER, 18 - 28, 30 - 39, 40 - 49, 50 - 59, 60 & OVER
Junior Open Submaster Master Veteran Grandmaster

STARTING TIME: The 10K race and the 1 Mile Fun Run will start simultaneously at 10:00a.m. Race day registration will be held from 8:00a.m. to 9:30a.m. at the Dana L. Thompson Memorial Park.

COURSE: TAC/USA certified, starts and finishes at the Dana L. Thompson Memorial Park. The 10K race is relatively flat with a couple of gently rolling hills. The Fun Run is a loop within the park. See Course Map

AWARDS: Merchandise, trophies or sponsor products will go to the top three male and female finishers in each category. An awards ceremony will be held immediately following race finish.

AMENITIES: Water stations and medical personnel will be strategically placed along the running course. Mile markers will be displayed. Split times will be provided. Bathrooms and changing areas are provided at the finish.

AFTER RACE ACTIVITIES: Refreshments and award ceremony immediately following the race.

BABYSITTING: A babysitting service will be provided for those children that are 3 years of age and up. If you are interested please check the following information: YES I AM INTERESTED _____ NO I AM NOT INTERESTED _____ # OF KIDS _____ AGE/AGES OF THE CHILDREN _____

NOTE* TAC/USA sanctioned events are subject to a drug testing program and this event may be randomly selected. Athletes who participate in this competition may be subject to formal drug testing in accordance with TAC rules and IAAF Rule 144. Athletes found positive for banned substances, or who refuse to be tested, will be disqualified from this event and will lose eligibility for future competitions. Some over-the-counter and prescription medications contained banned substances. Information regarding drugs and drug testing may be obtained by call the USOC Hot Line at 800-233-0393.

FOR ANY OTHER RACE INFORMATION CALL: (802) 362-1439

NAME _____ ADDRESS _____

ITY _____ STATE _____ ZIP CODE _____

PHONE NUMBER _____ SEX _____ BIRTHDATE _____

WEIGHT ON RACE DAY _____

T-SHIRT SIZE S_ M_ L_ XL_

FOR OFFICIAL USE ONLY: BIB# _____

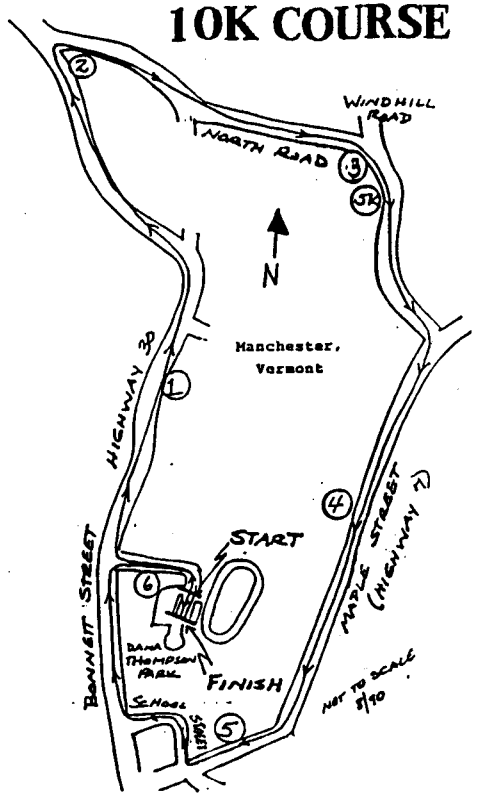
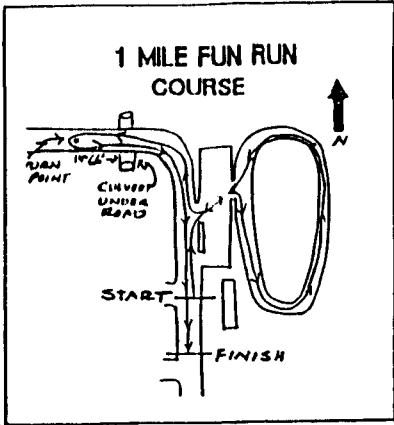
PLEASE SELECT THE RACE YOU ARE REGISTERING FOR: 10K FOOTRACE__ 1 MILE FUN RUN__

NOTE* Entry form must be completed. Make checks payable to Manchester Recreation Dept. P.O. Box 909, Manchester Center, Vermont 05255.

In consideration of your accepting this entry, I herby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the Town of Manchester TAC/USA, New England Athletics Congress and any sponsors, coordinating groups, and any individuals associated with this event, their representatives, successors, and assigns, and will hold harmless any and all injuries suffered in connection with this event, including those which may be attributed to weather conditions. I attest that I am physically fit to compete in the race that I entered, and have been sufficiently trained for the completion of the event, including duration. Further, I herby grant full permission to any and all of the foregoing to use my photographs, video tapes, or any other record of this event.

Signature _____ Parent's Signature if under 18 _____

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Manchester Fall Foliage Footrace

Recreation Department
Town Of Manchester
(802) 362-1439

MANCHESTER FALL FOLIAGE FOOTRACE
RECREATION DEPARTMENT
Town of Manchester
P.O. Box 503
Manchester Center, Vermont 05255
VT90001WN



The
Athletic Congress
of the USA

When Are You Ready for New Running Shoes...

by Bob Beattie

How long should a running shoe last? As the manager of a running shoe store, I hate that question. It's like picking up a book in a bookstore and asking, "How long is it going to take me to read this book?"

First, you measure a running shoe's life by distance, not time. Obviously, if you run 30 miles a week, they'll last about twice as long as someone running 60. But there's more.

If you weigh 190 pounds and I weigh 145, your shoes will not last as long as mine. Then there's the way you run. Some people pound the road, while others seem to glide. Still others shuffle. Then there's stride length. I've run alongside people who take two steps for every one of mine; their shoes are getting twice the beating, mile for mile. All of these factors change a shoe's life expectancy.

And there's still more. The surface on which you run plays a big role. Concrete's the worst; it has no give and its rough surface grinds

at the outsole of your shoes. (Sidewalks do the same to your joints; avoid them.) Asphalt is better, for joints and shoes, but have you noticed the right side of your right shoe wearing out faster than the left? That's the old pitch-of-the-road factor. Dirt and grass surfaces save on wear and tear.

Oh, and then there are the biomechanical factors.

Under- and over-pronators wreak havoc on one side or the other of outsoles. There may be less obvious damage, too, to the midsoles and uppers, which can break down the very support you need.

Heavy heel strikers often break down the heel plug long before the rest of the shoe shows any wear. (Resins and repair kits can serve to correct this problem.) A widely held fallacy is that a running shoe is good for as long as tread remains on the outsole. Most outsoles, however, will outlast most midsoles. It's the midsole that provides you with cushioning and support. When the midsole breaks down, the fat lady has sung. Unfortunately, the condition of the midsole is not as easily noticed.

One more thing to consider is the running shoe itself. For

obvious reasons, lightweight shoes generally don't last as long as shoes built for durability.

But the question remains: How long will my shoes last?

Of course there are no stock answers—just guidelines. If you're of average size and have no biomechanical problems, most shoes should last over 600 miles. Lightweight models, about 400 miles. Heavy-duty stable shoes, with a solid rubber outsole and polyurethane midsole, may last twice as long.

Inspect your shoes often as you approach the 400-600-mile range, particularly if you think you're losing support and/or cushioning. Don't wait until every step is a jarring jolt. Check the outsole for wear. Is the midsole collapsing anywhere? Are the uppers breaking apart? Does the shoe lean to one side? If you're in doubt, visit your nearest running store and ask the salesperson to take a look.

In closing, just remember to take care of your shoes. The midsoles compress when you run and need a chance to expand, so don't wear them all day long if you're concerned about their longevity.

How's that for a long-winded answer?

...And What Do You Do With the Old Pair?

by Katy Williams

You probably have a pair of running shoes so old and foul-smelling that you think, *Who would want these?* Think again. Better yet, drop them in the washer, then drop them in the mail to either of two organizations that are collecting running shoes and redistributing them to those for whom running shoes are a luxury.

Shoes for Africa is the project of Mike Sandrock, a 2:25 marathoner who was invited through the U.S. Information Agency to run a marathon in Cameroon in 1986. Returning to Boulder, he called on some of Boulder's better-known runners—Arturo Barrios, Rub de Castel and Pilsilla Welch among them—to pass along their excess shoes in near-new condition. Sandrock had them shipped via USA back to Cameroon. He has since had another 5,000 pairs shipped to various African countries, where they are

distributed exclusively to runners.

The address that you can ship them to: Shoes for Africa, Box 2233, Boulder, (CO) 80502. Shoes received in not-so-new condition are donated to the Boulder Shelter for the Homeless.

SportLace Shoes for the Needy is a newer program that began nationwide recycling of shoes last summer. Runners are encouraged to drop off used shoes at any of the 15 Coors Light Marathon Series events, May through November. Despite limited publicity, hundreds of pairs have been dropped off at each race site. These shoes go directly to the United Way in the respective cities, and United Way distributes them to various charities, including homeless shelters. You may instead ship them to: SportLace Shoes for the Needy, c/o Perceptive Products, 2438 30th St., Boulder, CO 80301; (800) 688-2656.

Why Do They Call It...?

by Karen Hunsaker

Adidas. The Adidas moniker comes from a shortening of German-born Adi Dassler's name (Adi-Das), who made his first pair of athletic shoes in 1920.

Asics. Asics is an acronym for the Latin phrase "Anima Sana In Corpore Sano," meaning "a sound mind and a sound body."

Avia. Originally called Pensa, Greek for "to think," the company name was changed to Avia in 1981, which is Latin for "flight."

Brooks. Brooks is believed to be a family name given to a Pennsylvania shoe company, formerly known as the Quaker Shoe Company.

Etonic. Charles Eaton launched the Eaton Shoe Company in Massachusetts in the 1890s. Eaton changed to the livelier "Etonic"

name when the company began making athletic products.

Mizuno. The Mizuno name comes from a Japanese family who established a shoe business in 1906. The company is now headed by grandson Masato Mizuno.

New Balance. Founded in 1906 in Massachusetts as the New Balance Arch Company, which developed arch supports and orthopedic shoes, New Balance Athletic Shoe Inc. was the result of a move into the hand-crafted running shoe market in the 1950s.

Nike. Nike is the Greek goddess of victory. The company's brand name came to employee Jeff Johnson in a dream the night before shoe boxes were to be printed. The forerunner of the Nike name was

Blue Ribbon Sports.

Reebok. Reebok has its roots in 19th-century England, when Joseph William Foster made himself a pair of running shoes with spikes. In 1958, two of the founder's grandsons started a companion company they named Reebok (for a species of African gazelle), which later absorbed the original J.W. Foster & Sons.

Saucony. This name comes from the Saucon River in Pennsylvania, and is an Indian term for "softly running waters." The parent company, Hyde Athletic Industries Inc., traces its roots to a 1912 cobbler's shop in Cambridge, Massachusetts.

Turner. Turntec is a blending of founder Jerry Turner's name with "tec" (for "technology").

AN OPEN INVITATION TO ALL C.V.R. MEMBERS:

IF YOU PARTICIPATE IN ANY OF THE RACES LISTED IN OUR RACE SCHEDULE, RACES NOT LISTED, OR ANY EVENT WHICH INCLUDES RUNNING, LET THE EDITOR KNOW. IF YOU FEAR WRITING AN ARTICLE, JUST PASS ON THE INFORMATION BY PHONE. OR ASK THE RACE DIRECTOR FOR A SET OF RESULTS AND PASS THEM ALONG TO THE NEWSLETTER.

OR IF YOU HAVE SOME TRAINING TIPS - PASS THEM ALONG, PLEASE.

THE NEWSLETTER IS AS INTERESTING AS MEMBERS WANT TO MAKE IT.

THANK YOU.

ED.

RACE SCHEDULE

***C.V.R. -- INDICATES C.V.R.-SPONSORED RACES. IF YOU DO NOT PLAN TO RUN, YOUR HELP WOULD BE GREATLY APPRECIATED BY THE RACE DIRECTOR AND CREW.

- October 19 G.M.A.A. Marathon and Half Marathon South Hero, Vt. Howie Atherton
434-3228
- 19 Stowe Derby Hill Climb Stowe, Vt. Craig Sourbear 253-7704
- 19 Manchester Fall Foliage 10K Footrace & 1 Mile Fun Run Manchester, Vt.
Tom Lebiecki 362-1439
- 19 Walpole Village Nursery School Road Race/ Walk-a-thon Walpole, N.H.
(603) 756-9564 or (603) 756-9602
- 20 Culinary Quadrathlon, Bike/ Run/Cook/Serve NewEngland Culinary Inst.
Montpelier, Vt. Pam Matecat 223-6324
- 20 Pine Tree Marathon Waterville, Me. Central Maine Striders
Jerry Saint Amand 873-6753
- 26 50 Mile Individual Race/ Team Relay Essex, Vt. Bill Everett
879-1687
- 26 Lake Shore Hospital 10K Road Race Manchester, N.H. (603) 645-6700 or
(800) 322-3312
- 27 5th Annual Halloween 5K Fun Run (costume categories, too)
Burlington Boat House 879-6001
- 27 Sam Gomez Classic 15K/3M Andy Edwards (413) 644-4511
- 27 White Mountain Milers Half Marathong 10:00 a.m. North Conway, N.H.
Gary Howard (603) 447-1974
- 27 Cape Cod Marathon 11:00a.m. West Falmouth, Ma. Courtney Bird
(508) 548-0348
- November *** 2 Juniper Hill 12K Race (TAC) Earre, Vt. Bob Murphy 476-4328
- 3 New York City Marathon
- 3 14th Fred J. Hackett Autumn Run (TAC) 10K West Concord, N.H.
(603) 863-2537
- 24 Annual Turkey Trot & Gobble Wobble 2.5M & 10K Runs Middlebury, VT.
388-4041 (weekdays)
- 28 G.M.A.A. Turkey Trot 5K Burlington UVM Ralph Swenson 864-4962

McCarthy
Box 3315 Towne St.
Montpelier, VT-05602