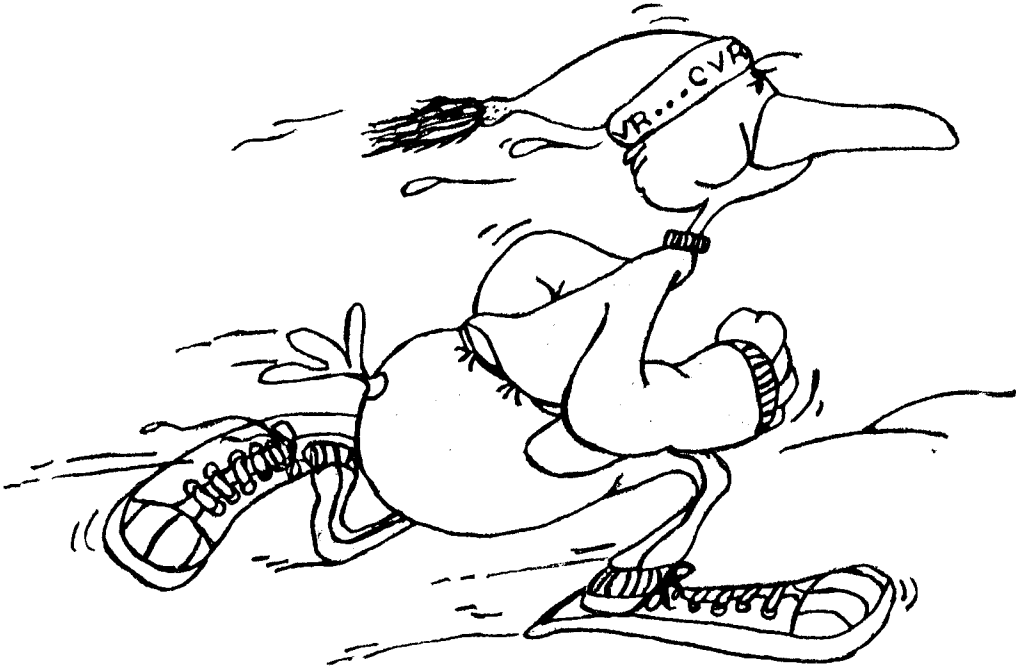


CENTRAL VERMONT RUNNER'S NEWSLETTER

MARCH



1987



VOL. 8 NO. 1



Pres. Norm Robinson
V.P. Geoff Lindemer
Tres. Darragh Ellerson
Sec. Tim Noonan





BEWARE!

ALRIGHT YOU, NO MORE MISTER NICE GUY. THIS IS YOUR LAST, AND WE MEAN LAST NEWSLETTER UNLESS YOU PAY UP! FOR A MEASLY FIVE BUCK-A-ROOS, EACH MONTH (if the editor gets it together) YOU WILL RECEIVE AN ACTION PACKED NEWSLETTER FILLED WITH RACE SCHEDULES, INTERESTING TIDBITS(?), NORM'S NOTES, RACE RESULTS AND VERBAL ABUSE. SO STOP WHAT YOU'RE DOING, PULL OUT THE OLD CHECK BOOK AND SEND YOUR DUES TO DARRAGH.

Did You Know?

- that two Colorado scientists claim that endurance athletes should train at, or even below sea level?
- a University of California at San Diego study shows that women are not, as once thought, more prone to Achilles tendon and calf injuries than men?
- from the same UCSD study from above that women in spite of wider hips than men do not suffer more knee injuries than their male counterparts?
- of the Harvard University study that found that athletic training begun early can lower risks of some cancers in women?
- up to 3 million people in the U.S. may have had "silent" heart attacks and don't know it?
- people with occasional irregular heartbeats are four times more likely to suffer strokes?
- drinking five or more cups of coffee a day more than doubles the risk of developing heart disease?
- more than 2300 hospitals offer some type of wellness program?
- nearly 20 million people in the U.S. who last year were considered to have normal blood pressure have been reclassified as hypertensive by the American Heart Association?
- one in 4 people in the U.S. - 63 million - suffers some form of heart disease, and 1.5 million of them will have a heart attack this year?
- treatment of heart and circulatory disease will cost an estimated \$78.6 billion this year?
- 23 million smokers took part in November's Great American Smokeout but there are still 54.5 million smokers?
- more than 1200 companies offer some kind of health and fitness program to their employees?
- the things you have just learned have boggled your mind?

STOP

Before you mail in your dues, PLEASE fill out the membership form. We are trying to update our current membership data and we need your help. It would help us greatly if you would take a few moments to answer the following questions for every CVR member in your household: Current address, Phone number(s)-work & home(Let us know if you object to your number being listed in the newsletter) and Birth dates. Thank you for your time.

NORM'S NOTES

If you attended our annual banquet this article will seem repetitious. I would like to publicly thank last year's (and re-elected for 1987) officers for the support given to my presidency in 1986. Geoff, Tim and Darragh did a tremendous job and on top of their official capacity, all three will be directors in 1987! Both Tim and Darragh were directors in 1986 as well. These people tend to be typical of those involved in the club activities. They take on a lot of responsibility for the love of the sport and the club. Several others must be singled out for their efforts in 1986.

Bob Murphy was responsible for having both Leaf Peepers and the Montpelier 10 Miler certified. For those unfamiliar with the process, certification involves marking and measuring every foot of a course and sending detailed information to the national office. It is by no means a short or easy task and for that we are grateful. Bob was also in charge of new membership listings and the race schedule for the newsletter.

Merill Cray has done a super job with our newsletter! This is one of the most time-consuming jobs in the club and Merill has tackled it with real enthusiasm that is unparalleled. I know of a least one member who has joined CVR solely because of our newsletter.

Wade Walker is yet another volunteer that has contributed more than his share. Wade was race director of the U-32 5K in May and then turned around and filled a void when we came up empty handed for a race director for the Capital City Stampede. Wade will again be the director for the 5K, and for that we say thank you. (Geoff will be director of the Stampede in 1987)

Jeff Shutak was co-race director of the Leaf Peepers and put in a lot of time along with Darragh and Tony DiMaure. The trio met numerous times with WDEV and the Lions Club to build a relationship that will last a long time.

There is another member who I'd like to single out for her efforts. Dot Helling was race director for the Berlin Pond Couples Race. While this is a low key race, it is still a lot of work. Dot did this gladly while still finding time to train for the Ironman Triathlon in Hawaii. Congrats Dot!

Finally I would like to thank David Ellerson for all his help at most if not all our races. David isn't a member but I've seen him doing everything from traffic control to helping those who are a little under the weather after a race. He's great to have around and all of CVR appreciate his efforts.

The problem with singling out individuals is the risk of leaving someone out. If I have, I apologize because I know many of you put in time at the fun runs, races and the like. To all of you, thanks, and I hope you can give us a hand in 1987. We've got great plans for the year and we can use all the help we can get! Good luck and see you on the roads.

Norn Robinson

EDITORS TWO CENTS

If you wish to have anything put in our newsletter, I MUST have them sent to my office by the 23 of March. I welcome your suggestions and articles. Send information to: Merill Cray, Blue Cross & Blue Shield, P.O. Box 186 Montpelier, Vt. 05602

THE HUNTER'S GAUNTLET 15K

(with Chant for Solo Runner)

By Wayne London

It was the third Sunday in November. My usual long run along the dirt roads through the back woods of Guilford had been scrapped by sleet and freezing rain. That afternoon I was watching the kids while my wife was out. She returned at 4:00 p.m. and, with better weather, it was my last chance to get in a long training run before the Turkey Trot season.

I donned my dark blue running suit, my orange reflective vest, and my white cotton gloves. I also decided to run with rubbers over my running shoes because the dirt roads would be wet and icy, and because I wanted to test the theory of running with rubbers during the upcoming winter.

The sun was low in the sky when I arrived at the intersection of Bonnyvale and Akley roads in Guilford. Here our running club, the Red Clover Rovers (named for the state flower of Vermont) usually started the Sunday morning fun runs, dubbed "The Sunday Morning Express." These long runs through some of the most picturesque mountains and valleys in Vermont were the running highlight of my week. On these dirt roads, where the leaf-peepers and tourists never ventured, I would do a little hill work, try a little speedwork, and double my weekly mileage. I knew the nine mile loop, having run it by myself when I was the only passenger on the Express.

As I started down Bonnyvale Road, I passed a few cars and pick-up trucks with Massachusetts plates, parked along the side of the dirt road. This seemed a bit unusual. When I reached the top of Bennett Road near the elementary school, about three miles into the run, I heard a loud "kar-ooom" echo from the ridge opposite the Guilford Center Road. Those vibrations penetrated my thick skull deep enough for me to realize that this was the first weekend of deer hunting season.

I was in the wrong place at the wrong time.

To go forward or retreat? I was in Guilford Center and almost at the point of no return, so I decided to finish the loop. But I sensed in myself that same macho madness when you don't drop out of a race, when you know you should.

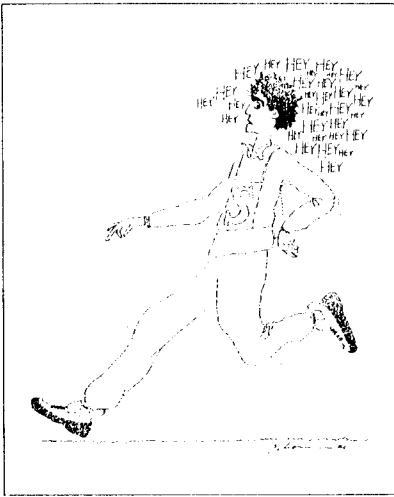
Dusk descended as I ascended the steep hill on Carpenter Road with dark woods on both sides. At this spot one Sunday morning I had seen a deer suddenly leap across the road and bound through the woods. All I could think of was the tractor commercial, "It (or in this case, me) runs like a Deere." I wondered if my two white cotton gloves looked like the tails of two deer jumping through the woods! Double jeopardy. I stashed my gloves in my pockets.

As I ran by the old cemetery at the top of Carpenter Hill the gray gravestones seemed to beckon, to proclaim with a timeless, solemn finality: "Today, the shrink passed." Those slanting slabs from another century caused me to consider that today's long aerobic training run might not prolong my life.

When you're worried about getting shot because you look like a deer, and it's dark and there is no light to reflect, the main protective value of a runner's reflective vest is its ability to stop a bullet. Which is nil.

The odds were not in my favor. Out-of-state hunters unfamiliar with the area. Their rising levels of frustration and anticipation. Falling levels of light. The worst scenario was meeting the mortician and the best scenario was being mortified as I was carried on a stretcher into the Brattleboro Hospital Emergency Room wearing running shoes and rubbers.

Compared to the speed of light or bullets, sound, like myself, travels at the back of the pack. But I decided that noise would be my weapon of self



defense. I may look like a deer and run like a deer, but I was not going to sound like a deer. I started yelling "Runner!" "Runner!" with every breath.

As I passed the old blacksmith shop and started up the long hill on the Hinesburg Road, I changed the chant of "Runner!" "Runner!" which was difficult to shout, to a simple but piercing "Hey!". The cadence became...breathe in, "Hey!"...breath in, "Hey!". An occasional dog barked, probably out of disbelief (but probably also with his tail between his legs) as the "Hey!" man ran by. That afternoon, the horses along the Hinesburg Road salivated needlessly.

After thirty minutes of breathe in, "Hey!", I achieved a level of consciousness reserved for the select few who chant and run in rubbers. I felt a strange closeness to Jimmy Connors who grunts in his first serve and who growls his two-handed backhand cross court. I was also the alter ego of Kung Fu who serves up the back of his hand with a chop and a shout.

I rounded the turn at Akley and Goodenough roads, and with a mile to go, I picked up the pace and the chanting. My Mister Peepers rubbers had become the winged feet of Mercury. My orange reflective vest seemed to have a big bold "S" emblazoned on the front. And my polypropylene shirt-tail was my cape. As a super-runner, I felt I was moving faster than a speeding bullet from a hunter's gun, and, if required, I would be able to leap tall barns in a single bound. I felt I

The odds were not in my favor, out-of-state hunters unfamiliar with the area. Their rising levels of frustration and anticipation. Falling levels of light...

could have run the length of the state and been home in time for supper. I sprinted right up to the car, shouted one last "Hey!" for the road, and jumped inside.

As I caught my breath my only rational act of the afternoon was leaving open the car door so that the overhead light would stay on. I switched on the headlights and breathed a sigh of thankful relief.

I took off my reflective vest, which upon inspection and reflection, did not have a big bold "S" emblazoned on the front. My sweat soaked polypropylene shirt-tail was not a cape, and there were no winged appendages on my rubbers. (They were wet, my feet were dry, and so my theory of running with rubbers held water.)

This crazed shrinking runner quickly reverted to the mild-mannered, running shrink who in his fifth decade of life, usually did not do such foolish things, if only for the sake of the wife and the kids.

And my time for performing the "Hunter's Gauntlet 15K with Chant for Solo Runner"? Close to a personal record, and certainly my best time with rubbers.

But a fast time was not surprising. George Sheehan writes about how we all are animals, and how our glands and hormones are geared for fight or flight. Since breathe in, "Hey!" was no match for a high powered rifle with a telescopic sight, today was a day for flight.

Probably it was best put by the famous Roman road racer, Pliny the Elder Runner, who said "Fear doth make 15K sprinters of us all." []

Dear Runners:

The 1987 Price Chopperthon will be better than ever. The enclosed article explains some of the changes we've made -- and our reasons for making them. The Chopperthon has always been a participants-oriented event, and we expect that reputation to be particularly well-deserved in 1987.

We've enclosed some entry forms for the Chopperthon and would appreciate your help in making them available to other runners in your community. And, if your organization has a newsletter or bulletin, we would appreciate some mention of the Chopperthon's new date and distance in a forthcoming issue.

Questions about the Chopperthon should be directed to Ray Newkirk (438-8807) or Paul Murray (438-4733).

Thanks for your cooperation. We hope to see you on April 5 when THE CHOPPERTHON HALF makes its debut as one of the best half marathons in the northeast.

Ray Newkirk
Co-Director, 1987 Chopperthon

Hudson-Mohawk Road Runners Club, P.O. Box 12304, Albany, New York 12212

"GLOBETROTTING"

Here are a few notes on running around London. It certainly isn't like Vermont.

September 28, Sunday Times National Fun Run in Hyde Park. 14:50 - I race to get into the holding area along with 900 other women in the 30-32 age group (I was using someone else's number). 14:55 - I race to the starting area in order to be packed like a sardine near the front. 15:00 - and we're off on the 2.5 mile course winding across the grass, lined with crowds who murmur "well done, well done". I went out too fast as usual (Where is the first mile marker? I've been running for 20 minutes?). I try to keep up the pace-hey lady, watch those elbows, you think this is the Olympics or something? My legs are turning to mush. 3KM - how far is that? Ladies are passing me. I try to pick it up at the end; so does everyone else. I placed 36th in my group with a time of 17:40, and the school team (students, parents, teachers) placed 79th out of 1781. Number 1781 went to the CPD Turtle Breeders.

After the Fun Run, I and another teacher actually did some training, including lovely long circuits along the canal, passing swans, barges, fishermen who didn't comment, and some charming olde villages where we got lost. I also ran some sidewalk races - The Nescafe Women's 10 Miler in North London (3 laps, Ugh!, and I was lapped by the winner), and the Harrow Marathon (2 laps, Ugh! Ugh!). I also ran a half marathon road race in Reigate which had some beautiful country stretches.

They don't go in for the 10Km much over here; half marathons are the most common distance, so most people who race are fairly serious. The London Marathon has a lottery system which is heavily weighted against the unattached middle aged plodder applying for the first time. I got in anyway, so now I'm resting up in preparation for heavy Christmas feeding which should keep me warm through the long miles of the winter dark.

Cheers,

Elizabeth Meiklejohn

11 Park Rd. East
uxbridge, Middlesex
U.K. UB10 0AQ

CVR ANNUAL MEETING

The CVR Annual Meeting was held at the Stowe home of Debbi and Geoff Lindemer on January 18. The meeting was lightly attended; only eight members were present. After the traditional skiing/running, the meeting started at 3:30.

Election of Officers

The power of incumbency---The 1986 officers were nominated and elected to be officers again for 1987. The officers are Norm Robinson, President; Geoff Lindemer, Vice-President; Darragh Ellerson, Treasurer; and Tim Noonan, Secretary.

Treasurer's Report

Darragh reported there was \$790.97 in the treasury. Bob Murphy suggested that we work towards developing a more detailed treasurer's report. Darragh and Geoff said they would work on it.

Dues and Membership

It was decided that individual membership dues would remain at \$5 annually, with additional family members being charged \$1 each, as is now the case. Bob volunteered to develop a new membership application form. As was the case last year, the March newsletter will be the last newsletter received by members unless they pay their 1987 dues by then. It was also decided that CVR would join The Athletics Congress (TAC) again in 1987. CVR has to join TAC for insurance coverage.

Scholarship

Bob Howe agreed again to be a Scholarship Committee of one. It was agreed that the scholarship amounts would increase from \$150 to \$200 for male and female students.

Annual Report

Norm mentioned that Vermont law requires that non-profit corporations like CVR submit an annual report to the Secretary of State's office. Norm will look into what we have to do to comply with this requirement.

State Record-Keeping

Bob Murphy, who is responsible for maintaining records of Vermont races, indicated there were only 7 certified race courses in Vermont and three of those races were CVR-sponsored races (i.e. Capital City Stampede, Montpelier 10 Miler and Leaf Peepers Half-Marathon). Bob also reported the National Running Data Center was requesting \$10 from states to cover mailing costs to send records materials back to each state. It was agreed that CVR would send the NRDC \$25 to ensure their expenses were covered.

Sub-Ultimate Runners' Race

Have you ever wanted to run five races in one day? Now's your chance... It was agreed CVR would conduct a low-key event on August 1, open only to CVR members, which would consist of every participant completing races at the following distances in the following order: 5K, 440 yards, 100 yards, 1 mile, 10K. The idea comes from a midwest event that is called the Ultimate Runner's Race and includes a marathon as one of the five events. CVR's sauer event has an appropriately-reduced title. The location and other details are yet to be determined.

Next Meeting-----February 17, 6:30 p.m., at Darragh's.

Tim Noonan, Secretary



"Whether it takes me one or five years to get them, I'd like the outdoor world record in the 1500 and 3000."

-Mary Decker Slaney

The following are constitution by-law changes to be proposed at the next meeting of CVR. They were drafted by me in an attempt to clarify our constitution and allow us to follow it's principles more closely. The changes are in parentheses.

Art. 7 Sect. 2: In regards to the club officers

They shall be elected by a majority vote of the members present at the (annual) meeting.

Sect. 3: The term of office shall be one year (from the date of the annual meeting to the following annual meeting.)

Art. 8 Sect. 1: Business meeting of the club members shall occur during (Jan. of each year).

Sect. 4: A quorum shall consist of (5%) of the membership... No (annual) meeting shall be held unless a quorum is present.

Art. 9 Sect. 9: A (written fiscal) statement of the club's assets, liabilities and other expenditures shall be reported to the membership at the (annual) meeting and published in the newsletter.

Art. 15: Other committees to be added

- (e. Standards Committee)
- (f. Scholarship Committee)

Art. 17: a. Publish a newsletter at least (six times) during the fiscal year.

If there is any confusion or questions in regard to these changes please feel free to call me for clarification. A copy of our constitution is available upon request from the president. I urge all of you to plan to attend the April meeting as this is the scheduled date to vote. Currently we need 10% of the membership in order to adopt new changes to the constitution, so please make a special effort to attend. Date and time of the April meeting will appear in the April newsletter or call any of the officers for information.

Thank You,

Norm Robinson





VERMONT ROAD RACE RECORDS

I am currently in the process of gathering information on all certified road race performances in Vermont. Although information for some races is quite thorough, for others it is very sketchy. Here is what I have so far.

BURLINGTON RUN FOR LIBERTY 8KM (certified 1984 on)

1984 - nothing
1985 - nothing
1986 - nothing

BRATTLEBORO 10KM (certified 1985 on)

1985 - nothing
1986 - nothing

MONTPELIER HOWARD BANK 10KM (certified 1981-1984, 1985)

1981 - results, but no ages
1982 - results, but no ages
1983 - results, but no ages
1984 - results, but no ages
1985 - results, but no ages

MONTPELIER CAPITAL CITY STAMPEDE 10KM (certified 1986 on)

1986 - complete results

ESSEX CENTER NATIONAL LIFE 10MI (certified 1980-1984)

1980 - nothing
1981 - results, but no ages
1982 - nothing
1983 - nothing
1984 - nothing

MONTPELIER 10 MILER (certified 1982-1984, 1986 on)

1982 - nothing
1983 - nothing
1984 - nothing
1986 - complete results

MANCHESTER MAPLE LEAF HALF MARATHON (certified 1978-1984, 1985)

1978 - results, but few ages
1979 - complete results
1980 - complete results
1981 - complete results
1982 - top finishers only
1983 - complete results
1984 - complete results
1985 - complete results

WATERBURY LEAFPEEPERS HALF MARATHON (certified 1986 on)

1986 - complete results

BRATTLEBORO FALLING LEAVES 50KM (certified 1978-1984)

1978 - complete results
1979 - complete results
1980 - complete results

ESSEX CENTER NATIONAL LIFE 50MI (certified 1980-1984)

- 1980 - nothing
- 1981 - nothing
- 1982 - nothing
- 1983 - nothing
- 1984 - nothing

GREEN MOUNTAIN ISLAND MARATHON (certified 1975-1984)

- 1975 - results, but no ages
- 1976 - results, but no ages
- 1977 - nothing
- 1978 - results, but no ages
- 1979 - nothing
- 1980 - results, but no ages
- 1981 - results, but no ages
- 1982 - results, but no ages
- 1983 - nothing
- 1984 - results, but no ages

As I am attempting to compile both 5-year age group records as well as single-age records, my ability to recognize many of the performances in the above races will rely on obtaining ages of competitors on race day. If you have run in any of the above events for which I have indicated a lack of info, or if you have knowledge of other TAC certified races and results thereof, I would like to hear from you. I plan to begin disseminating Vermont record information in the near future and the more information I have on certified race results, the more complete and accurate those records will be.

Send any information you may have to Vermont Running Data Center, Bob Murphy, RR3, Box 6866, Barre, Vermont 05641. Thanks in advance for your help.

Bob Murphy



Old gray sweatsuits are out. Serious runners sport the latest in designer outfits.

A SPECIAL THANKS

A special thanks to Annie Bishop for finding the cute picture that is on this months newsletter cover. Annie also volunteered her time to help the editor with some typing. If you ever saw the editor type, you would know just how much help that was. Thanks Annie and CONRATULATIONS on your property management job in Norwich Vermont! We'll miss you at the Fun Runs but I'm sure we'll see you at the races. Good Luck.

Proposed Ranking System for Vermont Runners

Purpose: To emphasize performances in quality races throughout the State and to encourage greater interest and participation in those events. Also, to encourage the certification of a greater number of road race courses throughout the State.

This ranking system is intended to measure a runner's performance level throughout the year, at a variety of distances, on Vermont's certified courses. The ranking system favors the runner who consistently performs well in a number of events. Exceptional runners who participate in only one or two certified Vermont events may not rank as high as less talented but more frequent successful performers.

Number of runners ranked at a specific distance and the ranking score awarded each varies with the number of competitors. A runner finishing first in a large field earns a higher score than one finishing first among a small field. Ranking score is determined by the following table:

Finishing Place

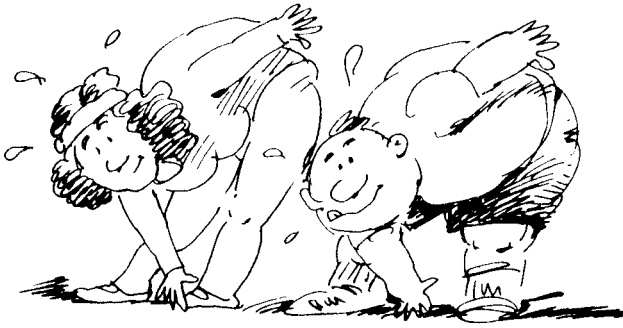
Finishers	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10t	11t	12t	13t	14t	15t
80 or more	100	70	50	40	30	25	20	15	12	10	7	5	3	2	1
75 to 80	70	50	40	30	25	20	15	12	10	7	5	3	2	1	
69 to 74	50	40	30	25	20	15	12	10	7	5	3	2	1		
63 to 68	40	30	25	20	15	12	10	7	5	3	2	1			
57 to 62	30	25	20	15	12	10	7	5	3	2	1				
51 to 56	25	20	15	12	10	7	5	3	2	1					
45 to 50	20	15	12	10	7	5	3	2	1						
39 to 44	15	12	10	7	5	3	2	1							
33 to 38	12	10	7	5	3	2	1								
27 to 32	10	7	5	3	2	1									
21 to 26	7	5	3	2	1										
15 to 20	5	3	2	1											
14 or fewer	3	2	1												

Only performances on certified courses in Vermont are eligible for ranking. An individual may receive ranking scores for as many distances as he/she competes in, but will receive only one score (his/her best) at a given distance. Scores are determined by individual race, based on the number of finishers in the group in question (e.g., men's open would include ALL men finishers, women 40-49 would include only women in that category, etc.). Although Vermont residents and non-residents are considered for the purpose of ranking score awarded in a given event, only Vermont residents are eligible for comparative ranking. Rankings will be determined on an annual basis.

There are four distances for which Vermont currently has certified courses: 8km, 10km, 10mi and Half-marathon. (The Maple Leaf half-marathon course has a certified 20km mark as well, but that race was not held in 1986.) Plans are afoot to certify a 5km course in Northfield during 1987.

Comments on the above proposal are welcomed.

Bob Murphy



Proposed CVR Race Standards

8 Feb 87

by R.M.Murphy

Certified Races:

COURSE MARKINGS: The course will be marked every mile or kilometer (or both) at the race director's discretion. Kilometer markings are encouraged for races measured in kilometers (e.g., 5km, 10km, etc.). The start and finish will be clearly indicated by a contrasting line painted or otherwise placed on the surface of the road or ground. Turnaround points will be marked with a traffic cone or similar device. Areas where runners will be restricted to a path longer than the shortest possible route will be marked with cones or similar devices and will be monitored during the race. Photographs showing the location of the start, finish, turnarounds and restricted areas will be taken the day of the race, preferably with runners on the course.

RACE START: At least three watches (one of them will normally be the Seiko printer-timer) will be started simultaneously at the beginning of the race. All three watches must be within 10 meters of the starting line when the race starts. Before the race is started, all runners **MUST** be **BEHIND** the starting line (no toes on the line). The race will be started with the words "ON YOUR MARK....GO!" (This short sequence will help to avoid false starts. In the event of a false start in spite of your best efforts, timers must be ready to start their watches at the moment that the first runner breaks, and they should be so instructed.) At the word "GO!" all watches should start simultaneously. More detail on starting the race is contained in TAC rule 60, with which all race directors should be familiar.

Note that both TACSTATS forms Running Race Summary Sheet and Application for Recognition of Road Race Performances should be available on race day and signatures obtained while people are readily available.

RACE MONITORING: Race monitors should be stationed wherever runners could accidentally stray off course. All locations where the race course crosses a highway should also be monitored. At all turnaround points, monitors should be present to ensure that runners do not turn short, and also to record runners in the order of arrival at that point. Recording may be manual (writing down bib numbers in sequence), by audio tape (reading numbers into a tape recorder) or by videotape. Such records should be filed with the race results. On loop courses, it is suggested that recording of bib numbers occur at about the halfway point to ensure that all runners complete the entire course.

FINISH LINE PROCEDURE: Timers and recorders should place themselves immediately adjacent to the finish line. The primary timing device will be the Seiko printer-timer. That device will print out the finish time of each finisher to the hundredth of a second. A backup timer and recorder must be present to record "running times" (times read while the watch is running) in hours, minutes and seconds for each

individual finisher. These two timers should periodically check with one another to ensure that they are in agreement. (If disagreement occurs, the third watch will be used to determine the correct timepiece and the two correct watches will be used to record times from that point on.)

The first male and first female runners to cross the line should receive three "split times". The first is automatically provided by the printer-timer. The other two are provided by pushing the split button on the other two watches and reading the time to the tenth or hundredth of a second, depending on the watch design. After these split times are recorded, those two watches may be returned to running time. It is a good idea to read split times for the last runner to cross the line as a final check on your watches.

Bib numbers must be recorded at the finish line regardless of the results procedure you employ. It is best to have the recorder stand at the end of the finish line chute and record the numbers there where runners are moving slowly. It will be necessary to have chute monitors to assist runners and make sure they stay in order to the end of the chute. Accuracy in recording these numbers cannot be stressed too much. This record is often used to clear up confusion that might occur during results compilation. Audio or video tape are acceptable methods of recording order of finish. These records should be kept with the race results.

RESULTS: Attempts should be made to have age group results (winners) available for awards ceremony within one hour of the time the last runner crosses the line. "Unofficial" times may be used at the awards ceremony, and "unofficial" times may be posted for all to see if available (should be clearly marked as "unofficial").

"Official" results may be compiled after the race is over and runners have gone home. "Official" times must be determined as described in the TAC/USA publication, "Road Race and Finish Line Management", pp. 5-9 (TAC rule 37). Complete "official" results should be provided to all competitors in the event.

A copy of the official results, along with a completed Running Race Summary Sheet (TACSTATS - 11/23/86) and a completed Application for Recognition of Road Race Performances (TACSTATS - 11/86) will be forwarded to Bob Murphy, Vermont Running Data Center, RR 3, Box 6866, Barre, VT 05641. The results thus forwarded should include, as a minimum, each runner's name, age in years, sex, hometown, home state, and official time. The race should be clearly identified by name, date, distance and location (town and state).

Uncertified Races:

Timing: Backup timing should be provided in case of failure of the primary timepiece. Three watches should be started at the beginning of the race.

Course Monitoring: Course monitors should be provided to give the runners direction and to provide for the runners' safety where

appropriate.

Results: The awards ceremony should be held within an hour of the arrival of the last finisher. Complete results will be forwarded to Merrill Cray for inclusion in the next newsletter.

Comments on the above are welcome.

Bob Murphy



NEXT MEETING

Pot-luck dinner at Tim and Ann Noonan's house 6:30 pm.
229-4658: 2 Pinewood Road, Montpelier. Call for more
information.

1986 Single Age Records for Vermont

10 Miles Male

Age	Time	Name	Hometown & State	Pace	Date
16	1:00:40	Chris D'Avolio	Utica	NY MTM	21Jun86
17		none			
18		none			
19	1:05:09	Steven Tosi	East Montpelier	VT MTM	21Jun86
20	1:04:49	Matt Czaplinski	Montpelier	VT MTM	21Jun86
21	52:48	Eric Morse	Waterbury	VT MTM	21Jun86
22	1:03:48	Louis Bello	Montpelier	VT MTM	21Jun86
23	1:02:42	Amos Kornfeld	Thetford Center	VT MTM	21Jun86
24		none			
25		none			
26		none			
27	51:37	Jim Miller	South Burlington	VT MTM	21Jun86
28		none			
29	59:36	Pick Cleary	Burlington	VT MTM	21Jun86
30	56:00	Richard Weinstein	Newton	MA MTM	21Jun86
31	1:17:30	Joe Blatchford	Worcester	VT MTM	21Jun86
32	53:54	Chad Couto	Stowe	VT MTM	21Jun86
33	56:46	Dean Bumlead	Winooski	VT MTM	21Jun86
34	57:36	Steve Thompson	Swanton	VT MTM	21Jun86
35	57:37	Ray Pellett	Brattleboro	VT MTM	21Jun86
36	1:03:07	John Valentine	Northfield	VT MTM	21Jun86
37	1:03:10	Win Thomas	Putland	VT MTM	21Jun86
38	1:07:33	Joel Schilling	Park Fidge	VT MTM	21Jun86
39	1:00:26	Summer Williams	Haderhill Center	VT MTM	21Jun86
40	1:14:33	Richard Morris	Chelsea	VT MTM	21Jun86
41	1:05:52	Jack Vaughan	Springfield	VT MTM	21Jun86
42	1:06:29	Jack Jorgens	Essex Junction	VT MTM	21Jun86
43	1:01:48	Oleg Fitter	Stowe	VT MTM	21Jun86
44	1:01:01	Bradley Peterson	Burlington	VT MTM	21Jun86
45	1:01:51	Timothy Simpson	Lyndonville	VT MTM	21Jun86
46		none			
47	1:05:46	Emery Bassett, Jr.	Essex	VT MTM	21Jun86
48		none			
49		none			
50	1:15:26	Robert Mercier	Montpelier	VT MTM	21Jun86
51		none			
52		none			
53	1:01:08	Gerald Barney	Swanton	VT MTM	21Jun86
54		none			
55		none			
56		none			
57		none			
58	1:41:35	Fred Tillotson	Fayetteville	NY MTM	21Jun86
59		none			
60	1:24:16	Donald Lyons	Montpelier	VT MTM	21Jun86
61	1:17:01	Don Sill	Femsen	NY MTM	21Jun86
62		none			
63		none			
64	1:10:10	Edward Buckley	Clinton	NY MTM	21Jun86

1986 Single Age Records for Vermont

10 Miles Female

Age	Time	Name	Hometown & State	Face	Date
14	1:30:59	Jennifer Wolff	Montpelier	VT	MTM 21Jun86
15		none			
16	1:18:31	Julie Ellis	Essex Junction	VT	MTM 21Jun86
17		none			
18		none			
19		none			
20		none			
21		none			
22	1:12:14	Louise Plante	Johnson	VT	MTM 21Jun86
23		none			
24		none			
25	1:04:04	Deb Glendinning	Burlington	VT	MTM 21Jun86
26	1:22:02	Margaret MacFarree	Whitestown	NY	MTM 21Jun86
27	1:14:47	Pat Baumerman	South Burlington	VT	MTM 21Jun86
28		none			
29	1:05:26	Sue Montoye	Fletcher	VT	MTM 21Jun86
30	1:07:45	Margaret	Randson	VT	MTM 21Jun86
31	1:09:00	Mary E. Froughan	Little Silver	NJ	MTM 21Jun86
32		none			
33	1:08:10	Merill Casey	Montpelier	VT	MTM 21Jun86
34	1:42:07	Madeline Tillotson	West Roxbury	MA	MTM 21Jun86
35		none			
36	1:11:01	Dot Hellweg	Montpelier	VT	MTM 21Jun86
37	1:14:37	Dona Kennedy	Essex Junction	VT	MTM 21Jun86
38	1:24:21	Elizabeth Meillejohn	East Calais	VT	MTM 21Jun86
39	1:17:11	Iva Kristina Randa	Arlington	MA	MTM 21Jun86
40	1:13:47	Gerry Cahill	Orleans	VT	MTM 21Jun86
41		none			
42	1:30:05	Liz Schaeffer	Burlington	VT	MTM 21Jun86
43	1:17:45	Rosemary Rusin	Florence	VT	MTM 21Jun86
44	1:30:23	Sarah Cahill	Montpelier	VT	MTM 21Jun86
45	1:14:26	Satsuo Rosen	Utica	NY	MTM 21Jun86
46	1:38:28	Dolores Huber	Stowe	VT	MTM 21Jun86
47		none			
48		none			
49		none			
50		none			
51		none			
52		none			
53		none			
54	1:30:00	Marilyn Wilson	Montpelier	VT	MTM 21Jun86
55	1:19:19	Darragh Ellerson	Montpelier	VT	MTM 21Jun86

MTM - Montpelier 10-Miler, Montpelier, VT

WINTER FUN(?) RUNS

Winter blues got ya down? Then run around with us. Around Berlin Pond that is. Every Tuesday and Thursday evening at 4:50 SHARP!(We'll leave without you if your late), a group of us get together to motivate each other to run during the cold, often dark soggy winter months. The worst is over and the best is yet to come. The meeting point (Now that it's lighter, the distance has been bumped from five to seven miles) is the top of the hill by the UPS building in Berlin. If you would like more information, call Merrill, Jeff S., John V., or Bob M. Don't delay, or John will have us doing 15 miles before you can say "My feet hurt!". The pace is relaxed and the rules are if you don't show up the others can talk about you. Jeff, we had a "Hay Day" while you were in Club Med...I'll never tell!!



Central Vermont Runners Membership Application

Last Name First Name Middle Initial

Street City/Town State Zip

Date of Birth _____ Sex _____

Phone No. (Home) _____ (Office) _____

T-Shirt size: S M L XL

Dues Paid: 85 86 87 88 89 90 91 92 93 94

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

___ Mar ___ Apr ___ May ___ Jun ___ Jul ___ Aug ___ Sep ___ Oct ___ Nov

As an alternative, I prefer to work on the race checked below:

May ___ Rotary 5km

June ___ Montpelier 10 miler

July ___ Howard Bank 10k

August ___ Berlin Pond Couples Race

September ___

October ___ Leaf Peepers Half Marathon

___ Fun Runs (every Tuesday May-October)

___ Newsletter

___ Annual Banquet

Initial membership fee is ~~\$5~~\$1 for subsequent members from the same household). T-shirts — \$6.00.

Send completed Membership Form with initial membership fee to:

Central Vermont Runners
Darragh Ellerson
Upper North St., Box 170
Montpelier, VT 05602

Merill K. Cray-Z
RD 3 Box 5310
Montpelier, VT 05602