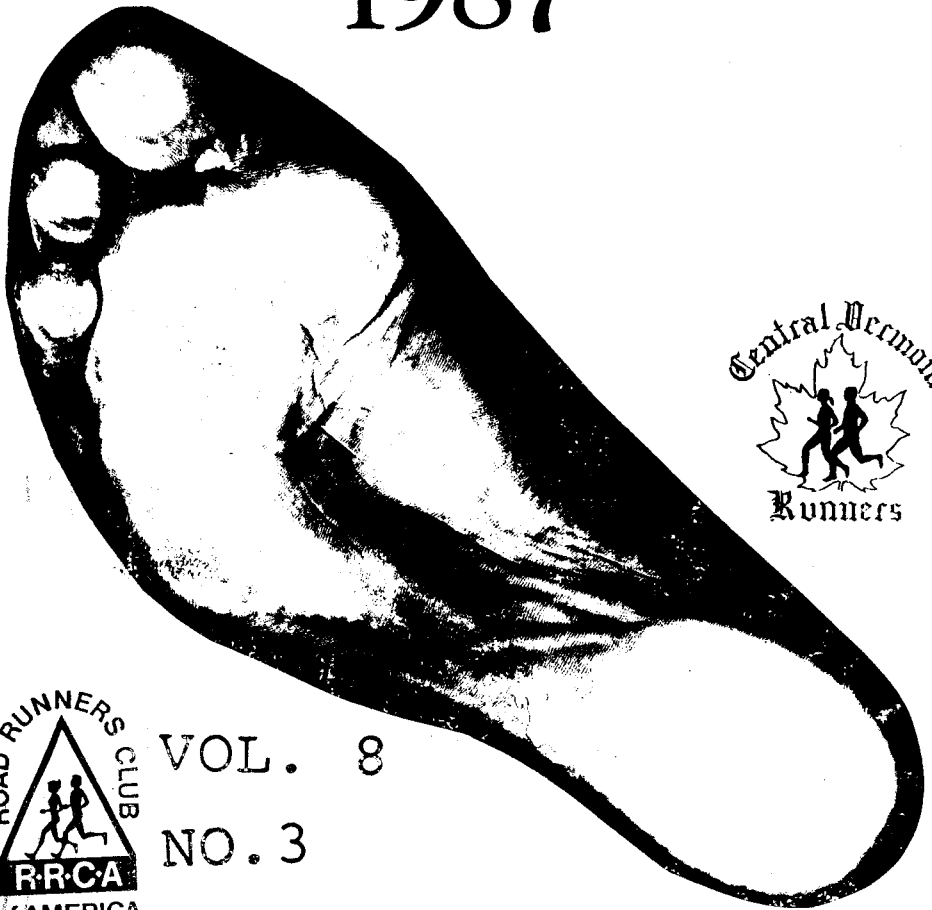


# CENTRAL VERMONT RUNNERS

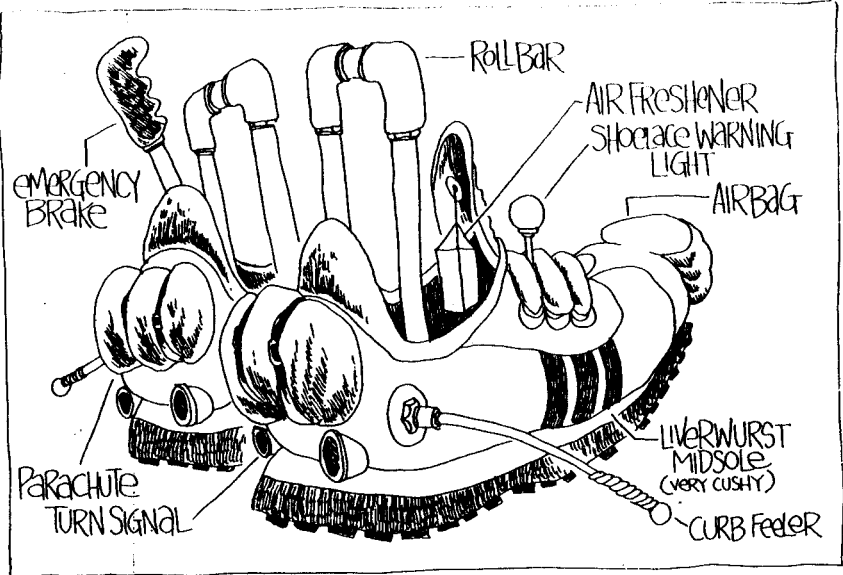
## NEWSLETTER

# MAY 1987



VOL. 8  
NO. 3

\* JUST ARRIVED! NEW RUNNING SHOE ON THE MARKET \*



Don't delay; the latest marvel in scientific development is taking the running world by surprise. For only \$200.00 you too can be the proud owner of this new wonder shoe. What is it called you ask? Non other than the "Darragh Power Pac". Be the first on your block to own a pair and BLOW the competition away. Check with your local athletic store. If they don't carry this shoe yet, call 223-2080 for the store nearest you or they can take your order over the phone and send a couple dozen pairs your way. So don't forget to ask for the DPP 200 and be ready for the race of your life.

NEXT CVR MEETING WILL BE HELD AT DARRAGH ELLERSON'S HOME ON MAY 18 AT 6:00 PM. POT LUCK DINNER

- Two New CVR Members -

Congratulations to Carolyn & Wade Walker and Tim & Annie Noonan on their new baby girls.

BOSTON MARATHON RESULTS - The ones we know

- \* Lea Hayer - 2:37:58 - First American Woman! Way to go Lea!!
- \* Peter Monsen 2: Fifty something (Sorry Peter, please let us know)
- \* Geoff Lindemer - 2:57:09
- \* Tim Noonan - 2:59:01
- \* Karen Monsen - 3:29:21

NOTE: If we left anyone out, please let us know and we'll post it in the next newsletter.

\*\*\*\*\*

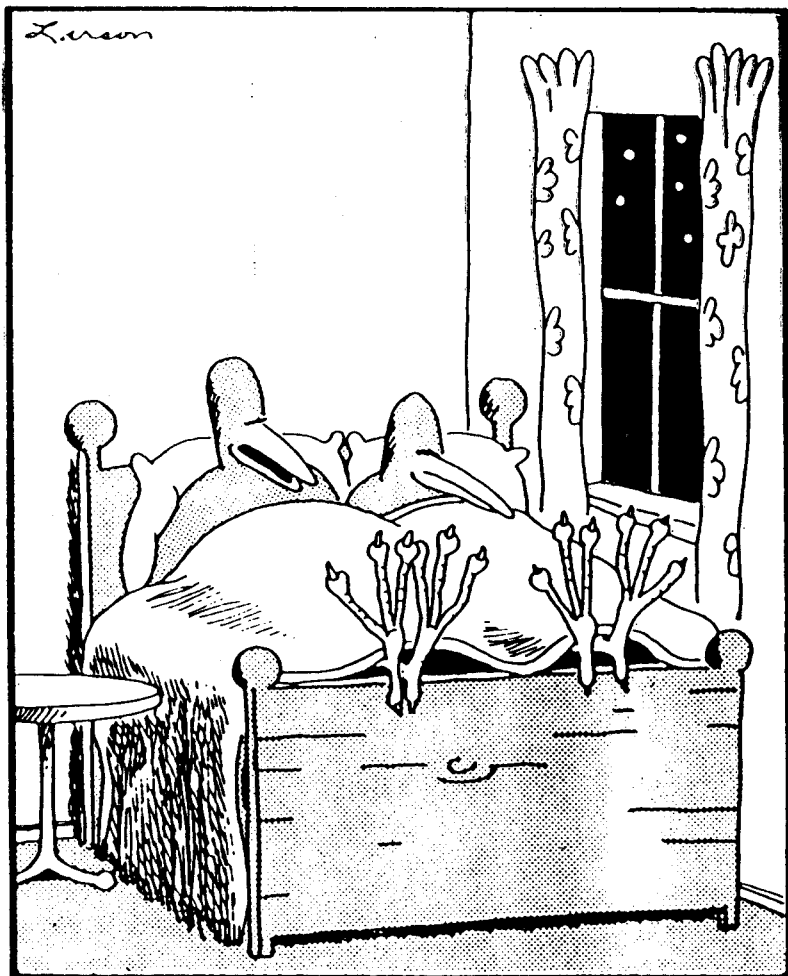
## RACE RESULTS BY COMPUTER

Attention Race Directors: Bob Murphy has recently revised his computer program for race results. If you would like printed results of your race from his program, please make advance arrangements with him (at least two weeks before race date).

Bob needs the following information to "feed" his program. (1) Race entry blanks, with the runner's bib number recorded, (2) finish times, in order, and (3) bib numbers in order of finish.

Output from the program includes (1) complete results, by age/sex group, including finish place (overall and age group), finish time, name, sex, age, hometown, club and pace per mile or km, (2) list of competitors (either alphabetically or by race number) and (3) mailing labels for sending out results to all entrants.

Computer results cannot be made available on race day, but Bob promises to do his best to provide results the next day for duplication and mailing. If interested, please call 476-4328.



"Well, I dunno, Merrill ... I think your feet may be uglier than mine."

RUMMOR CONTROL

Did you hear the one about Jeff Shutak rushing home after his run, tossing a bag full of pre-ordered Chinese food in the oven to heat while he showered, only to discover when he returned refreshed and ready to eat, that they now packaged Chinese food to go in plastic containers instead of cardboard!...Yumm.

And not to mention names, but did you hear the one about Annie Bishop hurrying to make herself beautiful for a job interview, with only seconds to spare before she had to dash out the door? She decided a good covering of hair spray would keep everything in place for the long day ahead ; the bathroom spray deodorizer didn't hold her hair very well, but I heard her presence lingered long after she left.

If you have a couple of hours or need someone to help take your mind off a very very long run, ask Newton Baker about his fun filled weekend in Philadelphia and how he managed to miss a turn on his way home to Vermont and end up in Maine(?)... this is the guy teaching our leaders of tomorrow?

RACE SCHEDULE

\*\*\*\*\*  
CVR - indicates races with CVR involvement. If you aren't running, your help would be greatly appreciated by the race director and crew.  
\*\*\*\*\*

\* - indicates that Bob Howe (433-5878) has an entry blank. Please send SASE when requesting an entry blank from either Bob (RR1, Box 1609, Williamstown, 05679) or from the race directors listed.

\* MAY 3, '87 BIDDEFORD, ME. MAINE COAST HALF MARATHON  
10:00 a.m.

CVR MAY 9, '87 BERLIN 5K  
U32, 11:00 a.m., Wade Walker

MAY 10, '87 BRATTLEBORO CHILDREN PLACE 5 MILE  
Wayne London 257-5622

\* MAY 17 9TH EQUINOX MTN FOOT RACE  
5.2 mi., 10:30 a.m.

MAY 21, '87 MONTPELIER  
State Employee/Corporate 5K, Merill Cray  
6:00 p.m.

MAY 23, '87 ESSEX ROLLIN IRISH HALF MARATHON  
9 a.m., 13.1 mi., Essex Elementary School

\* MAY 24, '87 BIDDEFORD, ME. MAINE COAST MARATHON  
7 a.m.

MAY 25, '87 BURLINGTON MEMORIAL DAY 5K  
8:30 a.m., City Hall, Burlington  
Recreation Dept., 864-0123

JUN 20, '87 BURLINGTON ETHAN ALLEN 5 & 10K  
10 a.m., mixed racing surface, 864-0123

\* JUN 21, '87 GREENSBORO  
TENTH ANNUAL CASPIAN LAKE RUNAROUND  
7 mi., 10:30 a.m.,  
748-5321 or 748-8645

CVR JUN 27, '87 MONTPELIER 10 MILE  
Tim Noonan

JUL 3, '87 BURLINGTON 95 TRIPLE X 5 & 9K  
7 p.m., North Beach, 864-0123

JUL 4, '87 ESSEX JCT ESSEX KIWANIS 5K  
9 a.m., A.D. Lawton School

JUL 4, '87 BURLINGTON FIRECRACKER 5K

CVR JUL 11, '87 MONTPELIER CAPITAL CITY STAMPEDE 10K  
Geoff Lindemer

JUL 11, '87 JERICHO CTR PARTNERS RACE  
9 a.m., 4.8 mi.

JUL 19, '87 STOWE EIGHT-MILER

CVR AUG 1, '87 MONTPELIER THE SUB-ULTIMATE RUNNER  
5K, 400M, 1 MILE, 100M, 10K

AUG 1, '87 SHELBURNE BIKE & TIE/BIATHLON  
9 a.m., 7 miles/3 mile run, 20 mi. bike,  
3 mi. run, Governors Lane

AUG 7, '87 BURLINGTON PEPSI'S HOME RUN 5K  
7:10 p.m., UVM Centennial Field, 864-0123

CVR AUG 15, '87 BERLIN BERLIN POND COUPLES RACE 6 MILE  
Dot Helling

AUG 22, '87 BURLINGTON BIATHLON  
2.5 mi. run/1/3 mi. swim, E.K. 10K  
8:30 a.m., Nashville Road, Jericho

SEP 12, '87 20TH ANNUAL ARCHIE POST 5 MILE  
9 a.m.

SEP 13, '87 BURLINGTON TRIATHLON  
North Beach

SEP 26, '87 ESSEX NATIONAL LIFE TEN MILE  
9 a.m., Essex Elementary School

SEP 27, '87 BURLINGTON 5K AND 10K

CVR OCT 4, '87 WATERBURY LEAF PEEPERS HALF MARATHON  
Darragh Ellerson, Jeff Shutak

OCT 10, '87 RICHMOND ROUND CHURCH WOMEN'S RUN  
10 a.m.

OCT 17, '87 SOUTH HERO GMAA MARATHON  
8 a.m., Folsom School

OCT 24, '87 SHELBURNE ARTHUR TUDHOPE MEMORIAL 10K  
11 a.m.

OCT 25, '87 BURLINGTON 5K AND 10K

NOV 22, '87 BURLINGTON 5K

NOV 26, '87 BURLINGTON TURKEY TROT 5K  
11 a.m., Gutterson Field House



TAC New England Championship - Pepsi Free - Nashua Trust 10 km  
Nashua, NH. Saturday May 16, 1987 9 am - \$10,000 Prize Purse!

## 1986 RANKINGS OF VERMONT RUNNERS

Ranking of Vermont resident runners in 1986 has been completed. Although road race performances at all standard certified distances are eligible for ranking, 1986 Rankings of Vermont Runners include performances on the following courses only.

Montpelier 10-Miler, Montpelier	21Jun86
Capital City Stampede 10km, Montpelier	12Jul86
Leafpeepers Half-Marathon, Waterbury	5Oct86

(Results of races on other certified courses in 1986 have been requested, but not received.)

Ranking scores awarded for race performances are based on the following table. 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. 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.

### 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												

### WOMEN'S OPEN:

Merill Cray's strong performances at all distances earned her the 1986 top spot. Patti Catalano was a close second on the strength of her win at Leafpeepers.

Merill Cray	110	Montpelier
Patti Catalano	100	Peru
Deb Glendinning	40	Burlington
Dot Helling	32	Montpelier
Zoe Erdman	32	Berlin

Carlie Geer	30	Burlington
Sue Manley	30	Fletcher
Ann C. Greenan	25	Shelburne
Marcia Desy	25	Windsor
Clare Holland	25	South Strafford

### WOMEN (40-49):

Relatively small fields kept the scores low in this class. Dianne Walthers' win at Leafpeepers was sufficient to earn her top billing over Gerry Cahill, who was first master at both the Stampede and the 10-Miler.

Dianne Walthers	7	Northfield
Gerry Ann Cahill	6	Orleans
Jane Williams	5	Enosburg Falls
Sue Christiansen	4	Montpelier
Rosemary Rusin	2	Montpelier

**WOMEN (50+):**

Darragh Ellerson was undisputed champ, taking first at all three races in 1986. Marilyn Wilson garnered second place on the strength of second place finishes at Leafpeepers and the 10-Miler.

Darragh Ellerson	9	Montpelier
Marilyn Wilson	4	Montpelier
Beverly Tucker	2	Northfield
Ruth Painter	1	Williston
Ellie Reddington	1	South Burlington

**MEN'S OPEN:**

Eric Morse had a banner year, with first-place finishes at Leafpeepers and the Stampede, and a second in the 10-Miler. Jim Miller's first place finish at the 10-Miler earned him second.

Eric Morse	270	Waterbury
Jim Miller	100	South Burlington
Chris Baldwin	70	Burlington
Anthony Quinn	70	Milton
John Fish	50	Stowe
Dean Bumstead	47	Winooski
Shane Bowley	42	Underhill
John Lisak	40	Fairlee
Ray Kellett	32	Brattleboro
Billy O'Neil	30	Stowe

**MEN (40-49):**

John Brodhead soared to first place with a win at Leafpeepers. Oleg Ritter was solid in second with strong finishes at all distances.

John Brodhead	100	Craftsbury Common
---------------	-----	-------------------

Oleg Ritter	77	Stowe
Butch Dutra	40	South Burlington
Tom Crowe	32	Jeffersonville
Emery Bassett, Jr	32	Essex

**MEN (50-59):**

Gerald Barney is the uncontested leader here with wins at both the 10-Miler and Leafpeepers.

Gerald Barney	8	Swanton
Bob Mercier	3	Montpelier
Ted B. Flanagan	2	Burlington
Robert Shelton	2	Bradford


**MEN (60+):**

Don Lyons' first at the Stampede and third at the 10-Miler edged out Web Williams, who won at Leafpeepers.

Donald Lyons	4	Montpelier
Web Williams	3	Burlington
Deane Milligan	2	Windsor
Hugh Short	1	Chittenden
Dave Morse	1	Montpelier

Bob Murphy  
Vermont Running Data Center





TENTH ANNUAL BEAR SWAMP RUN

PLACE: Rumney-Memorial School - Shadyrill, Middlesex, Vt.

BENEFIT: Middlesex Recreational Facilities

DATE: June 20, 1987

TIME: Registration - 8:15 A. M. until race time

Race Time: 9:30 A. M.

COURSE: 5.7 miles of scenic gravel road climbing over 450 feet in the first three miles and gradually descending back to the starting point.

AWARDS: Certificates to the first four places in each division.

DIVISIONS: Female and male ages 0-12, 13-29, 30-39, 40-49, 50-59, 60 and over

ENTRY FEE: \$4.00





CENTRAL VERMONT RUNNERS PHONE NUMBERS

JoAnn Beaudin.....H: 223-2165  
 Michael Balding.....H: 476-5048.....W: 229-9121 EX.113  
 Debbie Crow.....H: 253-8497  
 Ernie, Polli, Chuck & Scott Flanders...H: 223-3152  
 Geoff & Debbie Lindemer...H: 253-7835  
     Geoff.....W: 253-7136  
     Debbie.....W: 223-6311  
 Jim, Cathy, Terry & Kate Suskin.....H: 223-5452  
     Cathy.....W: 863-7575  
     Jim.....W: 223-6375  
 Andrea Wilson.....H: 476-3419  
 Sumner Williams.....H: 899-2364.....W: 899-4923  
 Howard Atherton.....H: 434-3228  
 Murry, Jane, Steve & Jeff Banks.....H: 234-5484  
 Ann Batten.....H: 472-6066  
 Kandace Benedidi.....H: 223-5381  
 John Brodhead & Gina Campoli.....H: 586-7780  
     John.....W: 586-2514  
     Gina.....W: 828-3226  
 Annie Bishop.....H: (603)272-4828..W: (802)295-7961  
 Tom Commito.....H: 229-4579...W: 229-3825  
 Maurice & Sue Cerutti....H: 476-9825...W: M-828-2621  
 Sue Christiansen.....H: 229-0713...W: 223-7309  
 Roger Cranse.....H: 223-6997...W: 9490  
 Elden Dube.....H: 229-5334...W: 485-5311  
 David & Darragh Ellerson H: 223-2080  
 Craig & Mai-lis Romano...H: 223-2080  
 Jim & Lois Hanna.....H: 223-6605  
     Jim.....W: 828-2602  
     Lois.....W: 241-3535  
 Lea Hayer(Unofficial Member) H: (413) 774-4431  
 Dot Helling & John Peterson..H: 223-5797  
     Dot.....W: 223-2381  
     John.....W: 229-9418  
 David & Wilma Kelley.....H: 229-0232  
 Donna Kennedy.....H: 879-0262...W: 656-2430  
 Mary Labate.....H: 456-8163...W: 828-2291  
 Lorens, Mounts & Priscilla Lindberg....H: 247-6741  
 Bryan Liss.....H: 229-4570  
 Nancy Maloney.....H: 485-6026  
 Joe & Cory McEntyre.....H: 454-7831...W: 454-7825  
 Lauren Major.....H: 655-3502...W: 864-5623  
 Richard Millar.....H: 229-0570  
 Larry Miller.....H: 229-0850...W: 244-8731  
 Karen & Peter Monsen....H: 253-9437  
 Bob & Maureen Murphy.....H: 476-4328...W: B-828-2664  
 Zane & Cora Parry.....H: (518) 642-0514...W: 638-8222  
 Tom Potter.....H: 485-6181...W: 485-2042  
 Stephen Rixford.....H: 889-3313...W: 828-2215  
 Norm Robinson.....H: 479-1968...W: 476-6659

Alan Rogers.....H: 476-8611...W: 476- 3115 EX.264  
 Amy Schroyer.....H: 244-6968  
 Heidi, Trent, Andrea & Derek Smith.....H: 496-3281  
 John Valentine.....H: 485-3777...W: 223-6196  
 Bob & Marilyn Wilson.....H: 229-9851...W: B-244-8702  
 Phil, Ellen, Jennifer & Jonathan Wolff..H: 223-7703  
     W: 479-1454  
 Jeff Shutak.....H: 476-4583...W: 229-9121  
 GMAA - Ralph Swenson.....H: 864-4952  
 Henry Marcy.....H: (617) 944-2194  
 Bob Mercier.....H: 223-7225  
 Tim Noonan.....H: 229-4658  
 Bob Howe.....H: 433-5878...W: 828-2106  
 Pascal DeBlasio.....H: 223-6649  
 Dana & J.B. McCarthy.....H: 229-4650  
 Molly Corrigan.....H: 229-9552...W: 828-2811  
 Merrill Cray.....H: 223-3501...W: 229-4988

# 1987 Sap Run

8.2 miles

(Overall winners (\*) are not included in the official results by age group)

1. Eric Morse	43:09
2. Tony Bates	43:25
3. Joe Kreutz	47:28
4. Randy Sighter	48:46
5. Bill Ragan	49:11
6. Pascal Cravedi-Cheng	49:30
7. Bill Dysart	50:07
8. Ben Rose	50:12
9. Michael Conti	50:16
10. Ralph E. Cole	50:30
11. Alain Boisjoli	51:38
12. Michael Maszare	52:18
13. Demetre Bolduc	52:32
14. Gordon Renny	52:50
15. Kevin Martell	52:55
16. Bob Murphy	52:59
17. Yvon Lamarche	53:16
18. Shawn Allard	53:17
19. Richard Flint	55:07
20. Alden Aldrich	55:24
21. Bob O'Brien	55:32
22. Christopher Cuniff	55:40
23. John Wilda	55:48
24. Ray McKennie	55:53
25. W. Jones	55:53
26. Merrill Cray	56:13

MEN		WOMEN	
Overall Winner		Overall Winner	
Eric Morse	43:09	Merrill Cray	56:13
Under 18		Under 18	
1. Demetre Bolduc	52:32	1. Michele Boissoneault	1:05:37
2. Shawn Allard	53:17	2. Lindsey Yandow	1:11:59
3. Rob Shailor	58:22	3. Sue Penrod	1:16:06
18-29		18-29	
* Eric Morse	43:09	1. Christine Short	59:37
1. Tony Bates	43:25	2. Jennifer McAlpine	1:01:35
2. Randy Sighter	48:46	3. Cindy Nelligan	1:02:27
3. Ben Rose	50:12	30-39	
30-39		* Merrill Cray	
1. Joe Kreutz	47:28	1. Mimi Whitney	1:05:48
2. Bill Regan	49:11	2. Rolanda Rainville	1:08:37
3. Pascal Cheng	49:30	3. Terry Goldberg	1:12:43
40-49		40-49	
1. Bob Murphy	52:29	1. Jane Williams	1:00:13
2. W. Jones	55:53	2. Phyllis Marcell	1:01:54
3. Summer Williams	56:23	3. Liz Schaffer	1:24:16
50 and over		50 and over	
1. Gordon Renny	52:50	1. Maureen Murphy	1:16:46
2. Hugh Short	59:15	2. Hilda Kelly	1:34:10
3. Rod Larrow	1:11:01		

27. Chris Albertine	56:19
28. Summer Williams	56:23
29. David Hugo	56:24
30. Robert Jacobs	57:17
31. Lloyd Hulburd	57:18
32. Chris Conti	57:21
33. Robert Lawton	57:46
34. Mike Comisky	57:55
35. Dick Spaulding	57:56
36. Dave Thomas	58:11
37. Robert Howe	58:19
38. Louis Begin	58:21
39. Rob Shailor	58:22
40. Kevin Kimball	58:38
41. Mark Sarlis	58:53
42. Hugh Short	59:15
43. Mark Paul	59:15
44. Dave Garner	59:23
45. Ludwig J. Weimann	59:27
46. Bob Collins	59:34
47. Merritt Clifton	59:35
48. Christine Short	59:37
49. Jerry Bouchard	59:45
50. Chad Swan	59:48
51. Mike Heroux	59:53
52. Bob Lindemann	59:59
53. George Lanham	1:00:05
54. Jane Williams	1:00:13
55. P. T. Burke	1:00:38
56. Bradley Jackson	1:00:39
57. Charlie Whitney	1:00:47
58. Frank Short	1:00:57
59. Ciovis Gagner Jr.	1:01:01
60. Peter Bowler	1:01:04
61. Joe LeClair	1:01:14
62. Mike Bessette	1:01:22
63. Jennifer McAlpine	1:01:35
64. Peter Thomas	1:01:42
65. Phyllis Marcell	1:01:54
66. Ron Kilburn	1:01:54
67. James Bergum	1:01:58
68. Cindy Nelligan	1:02:27
69. Kristen Esty	1:02:30
70. Yann Grall	1:02:35
71. Gregory Sharp	1:02:35
72. Dennis Williams	1:02:36

73. William Rowe	1:02:54
74. Bernard Denton	1:02:55
75. Craig Sharp	1:03:03
76. Gary Cunningham	1:03:20
77. Emerson Lynn	1:03:43
78. Tony Santucci	1:03:43
79. Lawrence Howrigan	1:03:46
80. Barbara Heald	1:03:46
81. Randy Draper	1:03:49
82. Bernie Juszkewicz	1:04:08
83. Douglas Witham	1:04:08
84. Mike Barrett	1:04:31
85. Alan Barr	1:04:38
86. Joe Hewitt	1:04:44
87. Steve Bourgeois	1:04:47
88. Richard Friel	1:04:48
89. Kenneth Reissig	1:04:50
90. Michael Lalancette	1:04:56
91. Bruce Johnson	1:04:59
92. Jeff Shepard	1:05:07
93. Maurice Miller	1:05:19
94. Michele Boissoneault	1:05:37
95. Ray Gratton	1:05:40
96. Mimi Whitney	1:05:48
97. Shari Bashaw	1:05:53
98. Joe Shailor	1:05:58
99. Jim Bashaw	1:06:19
100. William Simonds	1:06:22
101. Colin Jones	1:06:32
102. Carolyn Stewart	1:06:37
103. Stacy Weed	1:06:39
104. Gary Greeno	1:06:51
105. Randy Whitney	1:07:21
106. Richard Offutt	1:08:04
107. Richard Carr	1:08:22
108. Russell Agne	1:08:28
109. Mike Simpson	1:08:29
110. Rolande Rainville	1:08:37
111. Keith Cullen	1:08:57
112. Lee Kelley	1:09:19
113. Mark Draper	1:09:19
114. Terry O'Neill	1:09:29
115. Dale Rock	1:09:32
116. Gary Stidsen	1:09:54
117. Gary Brown	1:10:03
118. Howard Smith	1:10:15

119. Roland Luxenberg	1:10:25
120. Murray Benner	1:10:26
121. Rod Larrow	1:11:01
122. Jim McMillan	1:11:22
123. Mark Kramer	1:11:27
124. Lindsey Yandow	1:11:59
125. Tom Paine	1:12:31
126. Alcide Begin	1:12:39
127. Terry Goldberg	1:12:43
128. Marc Lariviere	1:12:44
129. John Paeplow	1:12:47
130. Clayde Yarnell	1:12:57
131. Ray Gomez	1:13:10
132. Pat Reaves	1:13:25
133. George Jamison	1:13:51
134. John Calahan	1:14:16
135. David Hemingway	1:14:34
136. Edward Ducharme	1:14:36
137. Polly Griesbach	1:14:45
138. Beth Rizzon Johnson	1:16:00
139. Marge Gidner	1:16:00
140. William Braun	1:16:06
141. Sue Penrod	1:16:13
142. John Muth	1:16:16
143. Otto Kremer	1:16:30
144. Maureen Murphy	1:16:46
145. Sandra Luneau	1:16:57
146. Jennifer Bohn	1:17:26
147. Norleen Jones	1:17:33
148. Carolyn Eddy Reynolds	1:17:34
149. Norman Cook	1:18:05
150. Harold Smith	1:18:11
151. Margaret Pierce	1:18:38
152. Carrie Kittell	1:19:54
153. Ann Hall	1:20:33
154. Jonathan Yandow	1:21:31
155. Tom McDonald	1:22:37
156. Louise Gervais	1:23:44
157. Kevin Austin	1:23:44
158. Liz Schaffer	1:24:16
159. Chris Jones	1:24:43
160. Peter Kush	1:28:10
161. Tracie McQuillen	1:33:31
162. Marc Hansinger	1:33:42
163. Dennis Paul LaFarr	1:34:01
164. Hilda Kelley	1:34:10



# "Run For The Health Of It" — 1987 —



## 1987 — 5 km & 1 km

SATURDAY, MAY 9, 1987 AT 11:00 AM (5 km); 10:00 AM (1 km)

- PLACE:** Union District 32 High School, Gallison Hill Road, East Montpelier, VT
- SPONSORS:** Blue Cross & Blue Shield, Central Vermont Rotary Club and Central Vermont Runners.
- REGISTRATION:** Post registration at U-32 High School May 9, from 9:00 AM-10:45 AM. 1 km race registration 9:00 AM-9:45 AM.
- FEE:** 5 km—\$6.00 before May 2, 1987; \$7.00 AFTER  
\*\*\*(\$8.00 for Rotary Club Members)\*\*  
1 km—\$1.00. MUST BE 12 years old or LESS.
- START TIME:** 1 km—10:00 AM  
5 km—11:00 AM.
- COURSE:** 1 km—around track.  
5 km—Take a right coming out of U-32 onto Gallison Hill Road, then left to Cutler School Road, then right onto Towne Hill Road; go approximately .65 mile on Towne Hill Road and turn around and head back. Finish on track. All gravel roads.
- DIVISIONS:** 1 km—12 AND UNDER ONLY  
5 km—MALE: 0-12, 13-17, 18-29, 30-39, 40-49, 50-59, 60+  
FEMALE: 0-12, 13-17, 18-29, 30-39, 40-49, 50-59, 60+
- PRIZES:** 1 km—ribbon  
5 km—\$100.00 CASH for first overall male \*\*\*\*\$100.00\*\*\*  
\$100.00 CASH for first overall female \*\*\*\*\$100.00\*\*\*  
\$ 75.00 CASH for second overall male and female.  
\$ 50.00 CASH for third overall male and female.  
Merchandise prizes for at least the first three in each age division.  
Drawing also.

**T-SHIRTS:** To the first 150 registrants— 5 km ONLY.



Kite design contest for kids!



Refreshments for runners—concession stand available for public.

### OFFICIAL ENTRY BLANK

Mall Entry and FEE to: Wade D. Walker, P.O. Box 244, Montpelier, VT 05602

(Checks payable to: Central Vermont Runners)

NAME \_\_\_\_\_ AGE \_\_\_\_\_ D.O.B. \_\_\_\_/\_\_\_\_/\_\_\_\_ SEX Male Female (circle)

STREET \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

T-SHIRT SIZE: S M L XL (circle) ENTRY FEE \$1.00 \$6.00 \$7.00 \$8.00 (circle)  
\*5 km Only

1 km \_\_\_\_\_ 5 km \_\_\_\_\_

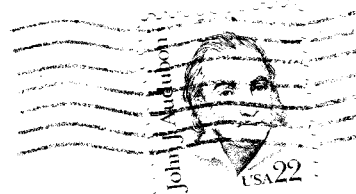
IN CONSIDERATION OF THE ACCEPTANCE OF THIS ENTRY, I DO HEREBY WAIVE AND RELEASE, FOR MYSELF, MY HEIRS AND EXECUTORS, BLUE CROSS/BLUE SHIELD, THE CENTRAL VERMONT ROTARY AND THE CENTRAL VERMONT RUNNERS FROM ALL CLAIMS FOR DAMAGE FOR ANY AND ALL INJURIES THAT MAY BE SUFFERED TO ME BEFORE, DURING, OR AFTER THE "RUN FOR THE HEALTH OF IT" 5 KILOMETER AND 1 KILOMETER RACES. I CERTIFY THAT I AM PHYSICALLY FIT AND ADEQUATELY TRAINED FOR THIS EVENT.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_/\_\_\_\_/\_\_\_\_

ATHLETES UNDER 18 YEARS OF AGE \_\_\_\_\_

Parent or Legal Guardian Signature \_\_\_\_\_

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



**To:**

Robert & Maureen March  
RT #3 Box 3888  
Dane VT  
05644