

# JUNE 87

## CENTRAL VERMONT RUNNER'S NEWSLETTER



VOL. 8



No 4



CVR MAY MEETING

CVR's May meeting was held on May 18 at Darragh and David Ellerson's home. Darragh, Norm Robinson, Bob Howe, Bob Murphy, Maureen Murphy and Tim Noonan were present.

Much discussion occurred on increasing member participation in monthly meetings and club activities in general. It was agreed that, for at least the summer months, monthly meetings would take place on the third Tuesday of each month immediately following the fun run at the site of the fun run. An attempt will be made to hold meetings to an hour in length. The next meeting will be June 16 at 6:30 p.m. The "potluck" practice is being temporarily discontinued. It was also decided that the club would encourage children's running by periodically holding shorter runs for children - up to a mile in length - during some of the fun run nights.

It was also decided that we would try to conduct fun runs with less volunteers. A minimum of two people will be needed - one to hand out sticks and one to record times and places. Runners will be responsible for filling in the sheet for names and places. Monthly coordinators for the fun runs are: May-Norm, June-Darragh, July-Bob Murphy, September-Tim. Coordinators are still needed for August and October.

On CVR-sponsored races, Tim reported the Montpelier 10-Miler will be going forward this year without a main financial sponsor. Some area businesses will be making contributions to the race but CVR will be picking up the major expenses of the race. The Sub-Ultimate Runner race will be held on August 1. Bob Murphy and Norm will be doing whatever coordination is necessary for this low-key event. The plan is to hold a picnic in conjunction with the event.

Tim Noonan  
Secretary

**VOLUNTEERS NEEDED**

Geoff Lindemer needs volunteers to help with the Capital City Stampede. Here's your chance to help out the club. Directing a race is a lot of work and help is always needed. PLEASE give Geoff a hand. Call 253-7136

Murry and Jane Banks need volunteers for the Toyota Triathlon held at Lake Morey on July 12th. Call 234-5484

**NEWSLETTER DEADLINE**

I am still getting information you wish to submit in the newsletter too late. Articles for the July newsletter MUST be on my office desk by Friday June 26. NOTE: Please DO NOT bring articles to the fun run to hand to me. More times than not I like to jog over to the start, and carrying papers home is a drag. Thanks



Compilation of 10 mile and 10 kilometer records for Vermont proceeds at a snail's pace. It's not lack of interest that keeps me going. It's mainly (1) lack of complete race results for past races, including ages and hometowns, and (2) lack of time (summer's here, in case you hadn't noticed!). The job will get done, however. So far, I have managed to assemble state records for those two distances for various age groups. Although all will eventually be broken down by 2-year age groups through age 19, open category, and 5-year age groups from age 35 on, 10-year age groups will have to do for now.

10 Kilometers

All-time all-comer best certified 10km performances in Vermont are based on results of Howard Bank 10km races 1981-85, the Capital City Stampede in 1986 and the recently held 1987 Bennington Road Race. (I still have no information on Brattleboro's certified 10km races in 1985-86.)

Male	0-13	41:31*	Brett Corbett
	14-29	30:29	Jim Miller
	30-39	31:15	Anthony Quinn
	40-49	35:20	Peter Teachout
	50-59	35:45	Bill Foulk
	60-69	43:23*	Leon Beverly
	70-79	51:43	David Morse

Female	0-13	48:20	Woden Teachout
	14-29	35:27	Lea Hayer
	30-39	38:43	Maira Hendricks
	40-49	44:24	Gerry Ann Cahill
	50-59	42:02*	Anny Stockman
	60-69	60:41*	Mally Sue Hennig



\* Mark set at 1987 Bennington Road Race.

10 Miles

All-time all-comer best certified 10 mile performances in Vermont are based on results of Montpelier Road Race 1982-84 and 1986, and the Essex Center National Life 10 Miler 1980-81. (I still have no information on the National Life 10 Miler for 1982-84, and no age information for the 1980 race.)

Male	0-17	55:18	Jon Rouelle
	18-29	50:09	Jim Miller
	30-39	51:00	Keith Woodard
	40-49	54:04	Bernd Heinrich
	50-59	61:08	Gerald Barney
	60-69	67:38	Hugh Short

Female	0-17	74:03	Karen Collins
	18-29	60:03	Ann Peisch
	30-39	64:48	Rita Doherty
	40-49	72:16	Anne Gwynne
	50-59	72:24	Phyllis Heaton



I'd appreciate missing information on races noted above, as well as any info on marks not recognized which may be better than the records indicated. My records can be no better than the information which supports them. Please continue to send information on all races (including complete race results for certified races) to:

Vermont Running Data Center  
c/o Bob Murphy  
RR 3, Box 6866  
Barre, Vermont 05641



#### NORM'S NOTES

Do you look forward to running in one of the five races CVR puts on each year? Are fun runs part of your weekly ritual? Is the newsletter one of your main sources of information on running? If you answered yes to any or all of the above then you should be an ACTIVE member of CVR. If any of our activities disappeared most of us would feel a loss in our lives, yet many don't do much to keep that from happening.

I know, here we go again! In fact if you are still reading at this stage I'm impressed. I'm also hopeful you'll take it upon yourself to get involved, if you're not already. We could also use some new blood and I would encourage you to spread the good word.

The club has recently taken a couple of steps to try to minimize the work load. We have come up with a plan where only two people are needed for fun runs instead of the four we used in the past. By the way, where are you??? Have fun runs lost their appeal? If so, let me know why and maybe we can correct it.

Secondly, starting in June, we are going to try having our monthly meetings after fun runs on the third Tuesday of the month. Some felt that the pot-luck might be getting stale and the meetings too long. We'll try making them quick and to the point so everyone can get home at a decent hour.

Are you still reading? YOU should be a saint! Currently, ten people are making ALL the decisions affecting running and racing in Central Vermont. New faces are needed and wanted so please talk up CVR and get friends to join and get active yourself. If you are a new member and don't want to get in too deep, that's fine. Feel free to give me a call or come to a meeting and let me know what you would feel comfortable with. Just coming to meetings and letting us know you care and giving us input would be enough!!

I don't believe it, you're still reading! So let's change the subject. I want to remind you of the newest incentive to be a CVR member. The Sub-Ultimate Runner! Mark your calendar for August 1 for the race/event open to members only. It's your chance to run FIVE different distances in one day, with a picnic after.

Well, I've done my yearly plea for help and now we'll wait and see who will become the newest hope to keep CVR fresh. Hope to see you on the roads...and at the meetings!

# THIS MONTH'S FEATURE ARTICLE

## 1987 BENNINGTON ROAD RACE

Remember all the stories you used to hear about the Bennington Road Race and its "approximately" measured distances? (I remember Norm Robinson telling me that he ran the 4-miler one year at a pace several minutes better than his previous best - he figured the distance was more like 3.5 miles!). No more will you have to wonder just how long those courses really are. Bennington now has Vermont's newest certified race course. The 10 mile distance has been abandoned in favor of the more popular (and somewhat more civilized) 10 km distance. And although it is not certified, the 4-mile course has been accurately measured, so you can believe your time on that course too.

This year's event took place on 3 May. Both races began and finished on the grounds of a beautiful old mansion in historic North Bennington. The four mile race was held first, with around 250 participants. An hour later, 148 runners toured the same course as the 4-milers had run, with an out-and-back leg thrown in to get the extra distance. This was my first serious effort of the year, and I found the course to be a good, but challenging one. About half gravel and half pavement, the course contains lots of rolling terrain. No big hills, but plenty of small ones to slowly but inexorably wear you down to the point where you swear you're going to die in the last mile, which is all uphill. My finish was nowhere near as strong as my start but I was very happy with a second place in my age group (45-49) at 37:20.

Awards for these events included Bennington pottery. Results were quick and accurate, thanks to a professional race results system. The entire event was well run and the weather cooperated beautifully.

Age group results for the 10Km race were as follows:

	Male		Female
Under 20	37:02	Bannon Corbett	71:59
20-29	32:45	Rick Trainer	40:40
30-34	38:15	Dennis Mangano	41:52
35-39	33:36	Pete Farwell	44:51
40-44	35:57	Douglas McNally	
45-49	37:04	Eric White	no entrants
50-59	38:44	Wade Stockman	42:02
60-69	43:23	Leon Beverly	60:41
70+	54:05	Bob Matteson	no entrants

Both Norm Robinson and Elden Dube ran the 4-miler and finished well in their respective groups. I have results only for the 10km race, so cannot report on their times. For those looking for a good Spring opener, and a celebration of running with a good-sized field, I strongly recommend this one.

Bob Murphy

Want to become famous in the CVR running circle? Want your running, jogging, wogging experiences read world wide? Want to be next months celebrated author of the "Feature Article? Well then, you're in luck! Just follow these 3 simple steps to stardom, and you too can see your name in **BOLD** (or lightly typed 65% reduced) print!

1. Submit an article
2. Submit an article
3. Submit an article



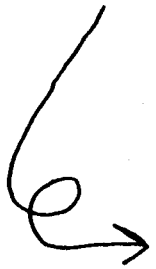


RACE SCHEDULE

\*\*\*\*\*  
 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.

- JUN 7, '87 PROCTOR FRAN CROWLEY MEMORIAL RACE  
773-1822
- \* JUN 13, '87 BARRE KNIGHTS OF COLUMBUS  
3.5 mi., 10:30 a.m.
- \* JUN 14, '87 LEWISTON, ME  
10K run, 6.5 mi. canoe, 2.5 mi. bike
- JUN 20, '87 MIDDLESEX, BEAR SWAMP RUN  
9:30 a.m., Rumney School
- 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, Montpelier High School  
10 a.m.
- JUN 28, '87 Lewiston, ME  
5 mi. run, 20 mi. bike
- 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
- JUL 4, '87 MORRISVILLE CANNONBALL RUN  
2 mi. at 8:15, 10K at 8:45
- JUL 4, '87 WOODSTOCK  
9 a.m. 457-1502
- 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

\* JUL 26, '87 LEWISTON, ME  
5 mi. run, 20 mi. bike

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 2, '87 BELLOWS FALLS  
463-4280

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

AUG 9, '87 JAY 10K and 20K  
9 a.m. 988-2611

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

\* AUG 23, '87 LEWISTON, ME  
5 mi. run, 20 mi. bike

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

SEP 13, '87 BURLINGTON TRIATHLON  
North Beach

\* SEP 20, '87 LEWISTON, ME  
5 mi. run, 20 mi. bike

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



A BIG thank you goes to Newton Baker for drawing the cute couple on the front of this months cover...XXX. I know we have other artists out there, so fess up and send something in...PLEASE!!!

# RUNNERS

## Really Understanding Non-Running Spouses

Not another running club? No, this club is for the poor, ignored member of the family - the non-running spouse. We have been mistreated for too long! It's time we rise up and demand our rights!

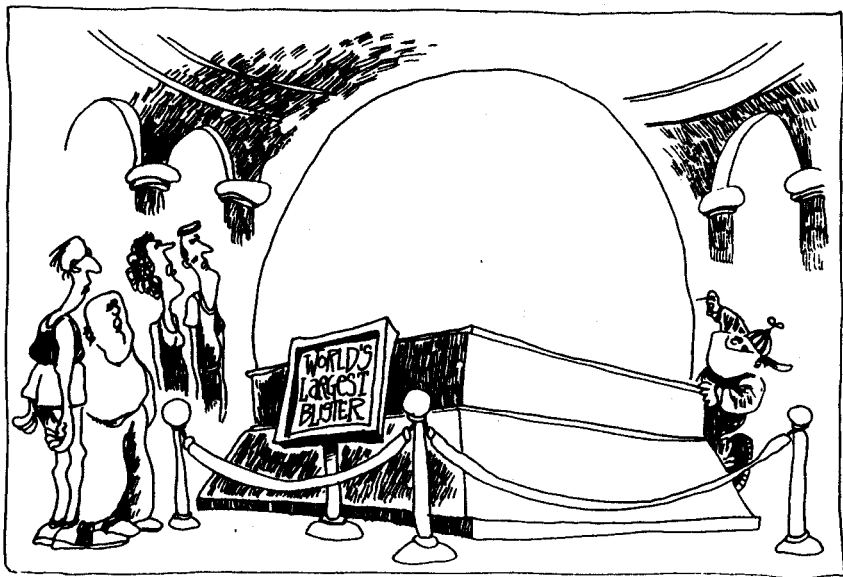
The following quiz is to determine wheter you qualify for membership:

1. Are you tired of your spouse's running friends state "Oh, you don't run?" after you've spent all day either chasing after pre-schoolers, driving kids back and forth to school events, or running from one office to another?
2. Are you tired of hearing how wonderful running is, while your spouse is laid up with yet another injury?
3. Are you tired of your spouse not having the time to do things around the house, but always having the time to run?
4. Does your spouse cry out Bill Rogers/Grete Weitz's name in the throes of passion?
5. Are you tempted to put Exlax in the brownies you bake for the pot luck dinner meetings each month?

If you answered yes to any of the above, you meet our membership requirements. If your answer is yes to all of the above, you qualify to be an officer.

To learn more about this support group for non-runners, contact Martha Hicks-Robinson at 479-1968 or Carol Howe at 433-5878

**NOTICE:** Starting June 13, Foot Power, The Running Show, will switch from Thursdays to Saturday afternoon. So fokes, don't forget to tune in your radio to station WDEV (Waterbury) 550 AM on Saturdays at 12:45 for the latest in running news.





KNIGHTS OF COLUMBUS  
3.5 MILE CHAMPIONSHIP ROAD RACE  
Saturday, June 13, 1987



Place: Knights of Columbus Hall, Farwell St., Barre Town

Entry: 3.5 mile race-\$5.00 by June 1; \$6 thereafter  
T-shirts to first 100 entries.

Course: Starts and finishes at Knights of Columbus Hall  
Several hills. Water stations on course.

Registration: All entrants must register between 8:30 and 10:00a.m.

Times: 3.5 mile race - 10:30 a.m.

Age Divisions: 3.5 mile race Male - under 18; 18-29; 30-39; 40-49; 50+  
Female-Under 18; 18-29; 30-39; 40-49; 50+

Awards: 3.5 mile race: Top 3 overall male and female; Top male and female in  
each age division.

SPONSORED BY: BISHOP BRADY COUNCIL 399

Make checks payable and mail to: Knights of Columbus (Address)  
C/O Roger Brault  
P.O. Box 870  
Barre, VT 05641

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Name _____	Birth Date ___/___/___
Address _____	Race Day Age _____
City _____ State _____	Zip Code _____
Phone ( ) _____ Sponsor (if any) _____	Shirt size _____

WAIVER: In consideration of your accepting this entry, I the undersigned, intending to be legally bound, hereby for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against the organizers of the events and any and all sponsors and its and their employees, agents, insurers, representatives, successors, and assigns for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event. Further, I hereby grant full permission to any and all the foregoing to use any photographs, videotapes, motion pictures, recordings and other record of this event for any legitimate purpose.

Entrant's Signature \_\_\_\_\_ Parent's signature (if under 18.) \_\_\_\_\_



# HOT WEATHER EXERCISE TIPS

Wear cool clothing. Light-colored, loose sleeveless shirts of 100 percent cotton or nylon and cotton mesh, nylon shorts and cotton socks

Drink plenty of fluids. Drink before you get thirsty, preferably water (before, during, and after a run), anywhere from 1-3 quarts a day.

Don't run in the midday sun. Early morning or late evening are preferable times, and morning is even better to minimize air pollution. Wear a hat with a visor to help shield you from bright sunshine.

Replenish your body's supply of minerals. Magnesium and potassium in particular are lost through sweating. Fresh fruits and vegetables contain essential elements (especially bananas, watermelon, cantaloupe, carrots, and tomatoes).

Use common sense. If it's hot, don't run hard. Don't race "all out," and if you can't avoid it, skip racing. Lower your expectations for time and distance in the heat. Remember, as temperature extremes, your body is working harder in the heat.

If you experience symptoms of hyperthermia - dizziness, dry skin, no sweating, nausea or cramps, goose bumps or a cold feeling, and incoherent speech and thoughts - stop running immediately and seek shade.

## TENTH ANNUAL CASPIAN LAKE RUNAROUND

Seven-mile course around beautiful Caspian Lake: half dirt, half pavement, moderate hills, two water stations. Ample parking, comfort facilities, picnic area, swimming for the hardy, boat landing. Bring the whole family for a Father's Day outing.

WHEN: SUNDAY, JUNE 21, 1987 (FATHER'S DAY) at 10:30 a.m.

WHERE: GREENSBORO, VERMONT

DISTANCE: SEVEN (7) MILES

GATHERING POINT: CASPIAN LAKE PUBLIC BEACH

RACE RECORDS: WOMEN: DONNA RAYMOND 40:24  
MEN: KEITH WOODWARD 36:01

CATEGORIES: WOMEN: 9-17, 18-29, 30-39, 40-49, 50-59, 60+  
MEN: 9-17, 18-29, 30-39, 40-49, 50-59, 60+

AWARDS: CEREMONY SOON AFTER RACE

FEES: PRE-REGISTRATION - \$4.00  
DAY OF RACE - \$5.00

T-SHIRTS: \$7.00 (Shirts are NOT included in registration fee. Some shirts will also be for sale on race day.)

INFO: (802) 748-5321, or the Umbrella office (802)748-8645

Benefit of Northeast Kingdom Rape Crisis Groups. Checks payable to Umbrella.

Send forms to D. Fowler, 49 Cliff St., St. Johnsbury, Vt. 05819

FEEL FREE TO COPY THIS FORM!!!

### REGISTRATION FORM (please print)

NAME: \_\_\_\_\_ AGE ON RACE DAY \_\_\_\_\_ SEX \_\_\_\_\_

ADDRESS: \_\_\_\_\_ AMT. ENCLOSED \_\_\_\_\_

DO YOU WANT A T-SHIRT? (Adult size) S, M, L, XL  
CLUB AFFILIATION? \_\_\_\_\_

In consideration of this entry's being accepted, I, myself, my heirs, executors, and administrators, hereby waive any claims I may have against the organizers, sponsors or towns connected with this race for any injury, damages or loss of property I may incur. I certify that I am in physical condition for this event.

Signature of Athlete \_\_\_\_\_

(Parent or guardian for athlete under 18) \_\_\_\_\_

# MONTPELIER TEN MILE ROAD RACE

SATURDAY, JUNE 27, 1987 - 10:00 A.M.



Sanctioned by Road Runners Club of America and  
The Athletics Congress  
Sponsored by Central Vermont Runners and  
Montpelier Recreation Department



PLACE: Montpelier High School, Montpelier, Vermont

REGISTRATION: Post Registration at Montpelier High School June 27, from 8:30 a.m.-9:45 a.m. Dressing and bathroom facilities available.

FEE: \$5.00 (for pre-registrants and post-registrants). To pre-register, make checks payable and mail entries to: Montpelier Recreation Department, c/o Ann Russell, 55 Barre Street, Montpelier, Vermont 05602.

START TIME: 10:00 a.m.

COURSE: Starts at front of High School. Flat to rolling out and back course over primarily dirt road. Finishes at Dept. of Employment and Training building. Four water stations. Miles accurately marked. Course is certified.

DIVISIONS: MALE- Under 18, 18-29, 30-39, 40-49, 50-59, 60+  
FEMALE- Under 18, 18-29, 30-39, 40-49, 50-59, 60+  
TEAMS- 1-39 Open Male, 1-39 Open Female, 40+ Masters Male, 40+ Masters Female (3 member teams)

PRIZES: Trophy and prize to top male and female. RRCA Championship Award to top finisher in each age division. Gift certificate or merchandise prize for top finishers in each age and team division.



## RRCA EASTERN REGIONAL 10 MILE CHAMPIONSHIP

\*\*\*\*\*  
OFFICIAL ENTRY FORM- MONTPELIER 10 MILE ROAD RACE JUNE 27, 1987

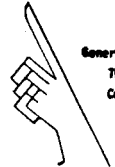
NAME \_\_\_\_\_ SEX M F AGE \_\_\_\_\_ BIRTH DATE \_\_\_\_\_  
STREET \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_  
ZIP \_\_\_\_\_ CLUB or TEAM (if applicable) \_\_\_\_\_

I ACKNOWLEDGE THAT RUNNING A ROAD RACE IS A POTENTIALLY HAZARDOUS ACTIVITY. I SHOULD NOT ENTER AND RUN UNLESS I AM MEDICALLY ABLE AND PROPERLY TRAINED. I AGREE TO ABIDE BY ANY DECISION OF A RACE OFFICIAL RELATIVE TO MY ABILITY TO SAFELY COMPLETE THE RACE. I ASSUME ALL RISKS ASSOCIATED WITH RUNNING IN THIS EVENT INCLUDING, BUT NOT LIMITED TO, FALLS, CONTACT WITH OTHER PARTICIPANTS, THE EFFECTS OF THE WEATHER, INCLUDING HIGH HEAT AND OR HUMIDITY, TRAFFIC AND THE CONDITIONS OF THE ROAD. ALL SUCH RISKS BEING KNOWN AND APPRECIATED BY ME. HAVING READ THIS WAIVER AND KNOWING THESE FACTS AND IN CONSIDERATION OF YOUR ACCEPTING MY ENTRY, I, FOR MYSELF AND ANYONE ENTITLED TO ACT ON MY BEHALF, WAIVE AND RELEASE THE CENTRAL VERMONT RUNNERS, THE CITY OF MONTPELIER AND ALL SPONSORS, THEIR REPRESENTATIVES AND SUCCESSORS FROM ALL CLAIMS OR LIABILITIES OF ANY KIND ARISING OUT OF MY PARTICIPATION IN THIS EVENT EVEN THOUGH THAT LIABILITY MAY ARISE OUT OF NEGLIGENCE OR CARELESSNESS ON THE PART OF THE PERSONS NAMED IN THIS WAIVER.



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

Signature of Parent of Guardian if under 18 years of age



MAPLE SAP RUN

7th ANNUAL MAPLE SUGAR FESTIVAL

APRIL 25, 1987

ST. JOHNSBURY, VERMONT

General Information:

Two Races: 2 Miles / 10 Kilometers (6.2 Miles)

Course: Measured accurately with a measuring wheel.  
2 Mile: Mostly pavement  
10 Kilometers: A few gentle hills (325 pavement, 685 gravel road)  
Start: The Howard Bank, Railroad Street  
Finish: Railroad Station

Railroad Street to Portland Street to Weeks Court to River Road to Bay Street

Conditions: Sunny, 60°, light wind, beautiful.

Starting Time: 11:00 AM

Total Runners: 100 (89 M, 40 F)

Starmer: William Kennedy, 1987 St. Johnsbury Citizen of the Year.

Top 10 Finishers

2 Mile	
Time	Name
10:34	Billy Roberts
10:52	Sean Pock
11:45	Chris Hanges
12:12	Steven Allison
12:19	Tony Whitehill
12:35	Bave Whiting
12:49	Brian Gallagher
13:08	Chris Burk
13:09	Jeff Whitehead
13:42	Aaron Young

10 K (6.2 Mile)

34:37	Robbie Pederson
35:07	Chip Langmaid
36:08	John Sackett
36:31	Bud Barrett
36:38	Ben Ross
37:18	John Valentine
38:05	John Kalinen
38:33	John Johanson
38:45	Robert Howe
38:48	John Kresser

Female	
Time	Name
13:47	Brandi Sweet
13:55	Susi Rapp
14:06	Tori Edney
14:13	Sara McCollock
14:15	Jennifer Pittman
14:18	Bucky Brown
14:31	Allison Wright
18:21	Valerie Lamoreau
18:03	Serena Buckman
16:17	Karen Westover
41:38	Harrill Cray
44:29	Dot Neilling
46:06	Betty Perrault
47:14	Sue Christiansen
49:06	Monique Schug
51:25	Jess Friend
54:06	Sarah Hill
54:14	Rebecca Laughon
54:28	Babra Hale
55:07	Katherine Terry

2 Mile Results (26 M, 25 F)

12 and under

22	Allison Wright
33	Holly Dwyer
41	Karen Wright
49	Melissa Jenkins
50	Sarah Morehouse

St. Johnsbury Center	14:31
Lyndon Center	16:23
St. Johnsbury Center	17:20
St. Johnsbury	22:58
Concord	24:14

1987 Maple Sap Run

2 Mile Results (continued)

12 and under

10	Aaron Young
23	Susan LaPlante
27	Joey Campbell
31	John Jenkins
32	Richard Sargent
36	Chad Whitehead
37	Donna Brown

East Concord	13:42
Raree, NH	14:44
St. Johnsbury	16:28
St. Johnsbury	16:28
North Concord	16:22
Concord	16:47
Lyndonville	16:49

12 - 17 Female

15	Tori Edney
19	Jennifer Pittman
20	Bucky Brown
29	Serena Buckman
51	Kelly Gunnell

Barnet	14:06
East Burke	14:16
West Burke	14:18
East Newfich	16:03
St. Johnsbury	22:25

Male

1	Billy Roberts
2	Sean Pock
3	Chris Hanges
5	Tony Whitehill
6	Chris Burk
21	Ek Tassev
28	Joel Thornton
39	Bobby Young

St. Johnsbury	10:34
East Burke	10:52
Lyndonville	11:45
Barnet	12:19
Barnet	13:08
St. Johnsbury Academy	14:28
St. Johnsbury	15:59
	17:02

18 - 23 Female

11	Susi Rapp
17	Sarah McCollock
25	Valerie Lamoreau
30	Karen Westover
45	Patti Page
46	Karen Brown
48	Karen Willey

East Burke	13:05
East Burke	14:13
St. Johnsbury Center	16:21
St. Johnsbury	16:17
Vergennes	18:33
Littleton	18:59
St. Johnsbury	20:14

Male

6	Bave Whiting
7	Brian Gallagher
14	Todd Allen
16	Rich Marcotte

Littleton	12:36
Lyndonville	12:49
Cypress, California	14:02
St. Johnsbury	14:12

20 - 29 Female

11	Brandi Sweet
26	Serena Buckman-Cole
39	Brandi Brown
42	Miraha Stone
43	Lydia Alexander
44	Carol LaPlante
47	Judy Lasser

Lyndon Center	13:47
St. Johnsbury	16:23
Lyndonville	17:02
Barnet	17:53
Littleton	17:58
Raree, NH	18:10
Lyndonville	20:06

Male

4	Stephen Allison
9	Jeff Whitehead
13	Ronald Hale
18	Robert Joyce
26	Kevin Cole

Island Pond	12:12
Concord	13:08
West Burke	13:09
Bethlehem, NH	14:15
St. Johnsbury	15:37

SIMPLE DIRECTIONS TO READ THIS PAGE:  
Firmly grasp left hand corner, marked with an X. Holding on to the X, slowly or quickly (depending on your level of interest) move your hand in a clockwise direction till your hand is at the 12:00 position. You should then be able to read this page... unless you are a mind- less nitwit who damaged your brain when you fell off your bicycle while in a net!



1987 Maple Sap Run

2 Mile Run (continued)

50 and over - Female

30	Clara Fisher	St. Johnsbury	17:16
36	John Williams	Langsbury	18:17
34	David Dyer	Lyndon Center	16:28

10 Kilometer Results

17 and Under

36	Female		
	Marlene Schag	East Burke	47:14
36	Y	Bobbi Peckham	34:27
36		John Donnet	40:11
47		Jason Skinner	53:48
58		Chris Pezdie	58:00
58		Shane Bore	52:18

18 - 29 - Female

38	Chris Schlegel	Lyndon Center	49:09
42	Jess Friend		51:25
57	Nancy Komar	Litchton, NH	60:24

Male	2	Chip Langmaid	St. Johnsbury	38:07
	3	John Seccott	Lyndonville	38:58
	4	Red Barrett	Litchton, NH	36:31
	6	Ben Reed	Burlington	36:34
	10	John Kresser	East Burke	38:08
	11	Ed Dean	Lyndon	39:08
	20	James Year	East St. Johnsbury	43:29
	21	Eddie Wood	St. Johnsbury	43:59
	26	Steve Jones	East Burke	48:09
	45	Robert Howels	St. Johnsbury	52:19
	46	Marc Larose	St. Johnsbury	52:36

30 - 39 - Female

14	Merrill Gray	Montpelier	41:39
26	Dot Helling	Montpelier	44:20
29	Betsy Farnswell	St. Johnsbury	46:05
31	Sarah Hill	Lyndonville	54:05
51	Debra Hale	West Burke	54:28
52	Katherine Terry	Barnet	56:07
56	Barbara Bartland	North Conary, NH	59:05

Male	6	John Valentine	Northfield	37:10
	8	John Johanson	Fairfax	38:33
	12	Rick Price	Warren, NH	38:38
	13	J. Gregory Gardal	Montpelier	41:24
	16	Ben Winter	Franconia, NH	41:55
	16	James Brown	Barnet	42:09
	22	Alan Robertson		44:12
	23	Bob Kimball	St. Johnsbury	44:17
	25	Dave Conans	Warren, NH	44:28

(cont'd)

1987 Maple Sap Run

10 Kilometer Results - (Continued)

Male	28	George Mitchell	Litchton, NH	45:29
	33	Drighl Keffer	St. Johnsbury	47:49
	37	Tom Robinson	St. Johnsbury	48:20
	41	Richard Hall	St. Johnsbury	50:44
	43	Gary Boag	St. Johnsbury	51:30

40 - 49 - Female

34	Sue Christensen	Montpelier	47:14
50	Rebecca Laughon	Lyndon Center	54:14
53	Anna Betton	East Hardwick	56:01
54	Milary Smith	Pochoan	57:57

Male	7	John Kallan	Orleans	38:05
	9	Robert Howe	Williamstown	38:46
	17	Samir Williams	Underhill Center	42:09
	19	Peter Terry	Barnet	43:18
	24	David Blomchette	Stiman	44:19
	27	Charles Christensen	Montpelier	46:17
	34	Richard Eganowicz	Rupert	47:50
	38	Keith Fortier	St. Johnsbury	49:06
	40	Otto Kramer	West Burke	50:38
	44	David Dow	East Hardwick	51:31
	48	Gary Aubin	Lyndonville	54:02

50 and over

Female	None			
Male	15	Robert Shelton	Orleans	42:24
	32	Pat Davis		47:27



Road Racing

Rollin' Irish

Rollin' Irish Half Marathon Essex Center

Men's Open: 1. Mike Cranin 1:11.05; 2. Steve Occanall 1:12.33; 5. Bill Newsham 1:15.19.

Men's submasters: 1. Pascal Cheng 1:16.30; 2. John Valentine 1:21.57; 3. Ralph Swanson 1:22.05.

Men's Masters: 1. Charlie Kellogg 1:21.07; 2. John Elkins 1:21.34; 3. Tom Crowe 1:23.14.

Men's Senior 1. Clyde Baker 1:24.56; 2. Jim Smith 1:27.58; 3. Hugh Short 1:32.26.

Women's Open: 1. Chris Short 1:32.27; 2. Sue Dodge 1:36.17; 3. Janet Dodge 1:36.19.

Women's Submaster: 1. Merrill Gray 1:30.43; 2. Sue Jones 1:36.24; 3. Dot Helling 1:41.02.

Women's Masters: 1. Loise McCarren 1:52.10; 2. Liz Schenker 2:08.40



Next CVR meeting will be held right after the Fun Run on June 16. So be there, or be square!

Need some new running, biking or triathlon threads?

Call Jane Banks for a price list and sample materials. A 10% discount for CVR members. She can custom design your Tri shorts, Bike shorts, Tights, Unitard, Tri suit, Ski suit or Short or Long sleeve shirts to suit your individual taste. Call Jane at 234-5484

# CAPITAL CITY STAMPEDE

10th Annual 10K Road Race  
Saturday, July 11, 1987

Sponsored By:



Post Registration: 8:00 AM, July 11, 1987, Corner of School Street and Main St., Montpelier, VT (in front of the Howard Bank Drive thru)

Race Start Time: 9:30 AM

Entry Fee: \$5.00

**FLAT AND FAST: Certified Course: Half Pavement, Half Dirt: Two Aid Stations**

Record Holders:	Jim Miller	30:29	1983	Lea Hayer	35:27	1983
1986 Winners:	Eric Morse	30:58		Wendy Reeves	39:29	

Categories: Male & Female; 0-12, 13-17, 18-29, 30-39, 40-49, 50-59, 60+  
Gift Certificate Prizes

Refreshments: Fruit (melons, oranges, etc.), drinks — served after the race.

Bicycle Caps: To the first 200 entrants.

## OFFICIAL ENTRY BLANK

Deliver or Mail with \$5.00 fee to: Geoffrey Lindemer, RR 2 Box 7099, Stowe, VT 05672  
(Checks must be made payable to Central Vermont Runners.)

NAME \_\_\_\_\_ AGE \_\_\_\_\_ D.O.B. \_\_\_\_\_  
STREET \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_  
ZIP \_\_\_\_\_ MALE \_\_\_\_\_ FEMALE \_\_\_\_\_

I KNOW THAT RUNNING A ROAD RACE IS A POTENTIALLY HAZARDOUS ACTIVITY. I SHOULD NOT ENTER AND RUN UNLESS I AM MEDICALLY ABLE AND PROPERLY TRAINED. I AGREE TO ABIDE BY ANY DECISION OF A RACE OFFICIAL RELATIVE TO MY ABILITY TO SAFELY COMPLETE THE RACE. I ASSUME ALL RISKS ASSOCIATED WITH RUNNING IN THIS EVENT INCLUDING, BUT NOT LIMITED TO, FALLS, CONTACT WITH OTHER PARTICIPANTS, THE EFFECTS OF THE WEATHER, INCLUDING HIGH HEAT AND/OR HUMIDITY, TRAFFIC AND THE CONDITIONS OF THE ROAD. ALL SUCH RISKS BEING UNKNOWN AND APPRECIATED BY ME. I HAVE READ THIS WAIVER AND I AM NOWING THESE FACTS AND IN CONSIDERATION OF MY ACCEPTING MY ENTRY, FOR MYSELF AND ANYONE ENTITLED TO FACTOR AND RELEASE, WAIVE AND RELEASE THE CENTRAL VERMONT RUNNERS, THE CITY OF MONTPELIER AND ALL SPONSORS, THEIR REPRESENTATIVES AND SUCCESSORS FROM ALL CLAIMS OF LIABILITY, TORT AND OTHERWISE, ARISING OUT OF OR IN CONNECTION WITH MY PARTICIPATION IN THIS EVENT. EVEN THOUGH THAT LIABILITY MAY ARISE OUT OF NEGLIGENCE OR CARELESSNESS ON THE PART OF THE PERSONS NAMED IN THIS WAIVER.

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



CENTRAL VERMONT RUNNERS  
EIGHTH ANNUAL

# Berlin Pond Couples' Race



SATURDAY, AUGUST 15, 1987

**NEW COURSE!** CERTIFIED AND SANCTIONED 8K (4.93 miles)! NEW STAGING AREA!!!!!!!!!!!!

**REGISTRATION:** 8:00 AM, MAPLEWOOD CONVENIENCE STORE, Berlin, Vermont. Exit 7 off Interstate-89, turn right at 1st light, 1st store on right.

**START TIME:** 9:00 AM sharp.

**ENTRY FEE:** \$5.00 postmarked before August 10; \$6.00 thereafter. PER PERSON.

**COURSE:** 8 kilometers (approx. 4.93 miles) of scenic dirt road around Berlin Pond - no pavement. Rolling hills first half, then relatively flat. Certified. Mile split, each kilometer posted, water stop midway.

**AWARDS AND REFRESHMENTS:** At store immediately following the race.

**AWARD DIVISIONS:** Couples Mixed: combined ages 0-27; 28-39; 40-59; 60-79; 80-99; 100+. Also best costumes, heaviest and lightest couple and many more.

Single Females/Males: 0-13; 14-29; 30-39; 40-49; 50+ (1st place only).

No duplicate awards. Results will be published ASAP.

-----  
**OFFICIAL ENTRY FORM**

**CIRCLE ONE:** COUPLES' TEAM or INDIVIDUAL

**FEMALE NAME:** \_\_\_\_\_ **MALE NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_ **ADDRESS:** \_\_\_\_\_

**AGE ON 8/15/87:** \_\_\_\_\_ **AGE ON 8/15/87:** \_\_\_\_\_ **COMBINFD:** \_\_\_\_\_

**WAIVER: THIS MUST BE SIGNED OR YOU CANNOT PARTICIPATE. THANK YOU.**

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release CENTRAL VERMONT RUNNERS, the TOWN OF BERLIN and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

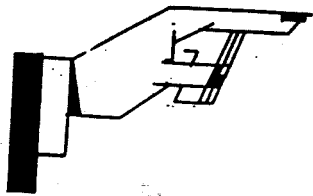
Signature \_\_\_\_\_ Date \_\_\_\_\_ Signature of Partner \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Signature if under 18 \_\_\_\_\_ Parent/Guardian Signature if under 18 \_\_\_\_\_

Send this completed application form with entry fee (\$5.00 by 8/10/87; \$6.00 thereafter) (PER PERSON) to Dot Helling, Race Director, 34 St. Paul Street, Montpelier, Vermont 05602. Telephone 223-5797. Make checks payable to CENTRAL VERMONT RUNNERS.



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



**TO:**

Norman E. Robinson  
48 Westwood Parkway  
Barre VT  
05641