

AUGUST 1987

VOL. 8

NO. 6



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



Dear Mr. Howe,

Thank you very much for the nice letter informing me that I was the successful male applicant for the C.V.R scholarship.

Next year I will attend Colby College in Waterville, Maine where I will run X-C and Track under Coach Wescott.

Please thank the members of the Central Vermont Runner's Club on my behalf. I greatly appreciate the monetary value of the scholarship as well as the honor of being chosen. I am now working toward the Division II state meet at U-32 on June 6th. Again I would like to thank you and the club.

Sincerely,

Marc Gilbertson

Marc Gilbertson

Dear Mr. Howe,

I would like to express my thanks and appreciation to you and the other members of the Central Vermont Runners Club for selecting me for the runners' scholarship. I was pleased to receive this honor and know that the money will help towards financing my education.

I will be attending the University of Vermont in the fall of this year. I hope to be able to continue running in both cross-country and in track.

Thank you very much.

Sincerely,

Marc Gilbertson

DID YOU KNOW THAT...

The more saturated a fat, the more solid it becomes as temperature drops. That's why the omega 3 fatty acids in cold water fish are, by nature, highly unsaturated. If they weren't, they would solidify in the cold water, making for stiff fish!

WALK FOR FITNESS

"Walk for Fitness" is a new program of the Vermont Governor's Council on Physical Fitness and Sports. A certificate (signed by the Governor) is given to those who walk 50 miles and an award pin to people who walk 100 miles. Contact Marilyn Sheldon, RR1, Box 2145, West Rutland, Vt. 05777.

EDITOR'S NOTE: Tell your non-running friends, children and spouses. Today's walker may be tomorrow's runner!

LONDON RUN-DOWN

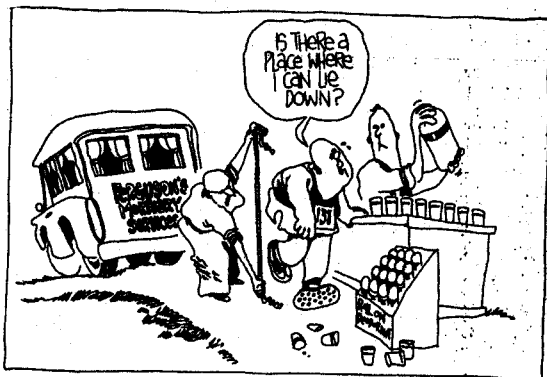
June 21, Offa's Dyke 15.

NOTE: The dyke was built by King Offa of Mercia in the eight century to mark (or defend?) the English-Welsh border. I didn't notice it during the run.

We started at the Hay-on-Wye village clock. (Hay is a nice little town with incredible used book stores.) I was prepared to position myself at the back of the pack but then it appeared that the women (60 out of 550 or so) were to start first. Weird. So off we went on the road, down to the Wye River, across the bridge, and up a big hill before heading off on a track in the fields. Soon the men started passing me in waves. The track was uneven, the cows threatened to break away from the farmer and his dog and cut across the runners, and the path went right through the farmer's manure pile. Then we hit the first steep uphill. Many walked; I shifted to low gear and managed a semi-jog (although later in the race I walked some of the steep hills too). Next was a stretch of flat road, followed by an uphill field climb into the woods. It had started to rain, and the path in the woods (like an old logging road) was steeply uphill, very uneven, and practically impossible to see because it was so dark. The water station on the other side was out of water by the time I got there. That was the low point. The rain stopped and we headed out across the moors. At about 6 miles there was a killer downhill. My legs turned to jelly as I headed down the last rough pitch toward the pigsty. I narrowly avoided that! There was a warm welcome in a small village with a nice little church before we headed up onto the moors again - up and down across the fields with beautiful views on all sides, down into another village with plenty of water, and up onto the final and highest ridge. I was feeling much better. We hit the first mile marker - 4 (downhill) miles to go. The first two were gentle and O.K., but the rough steep pitch down through the newly cut hay field finished off my braking system. I put my arms out for balance and hoped for the best. One more rough track through the woods, a 270 degree turn on a road and there were the Kingston playing fields with the finish line on the far side. What a great race! Plenty of variety, nice scenery, good organization, and friendly runners. I finished in 2:27 of so, well within the 3 hour limit. My legs were sore for 3 days.

A bonus was staying at the same Bed and Breakfast as Sarah Rowell the women's winner. She's the only female I know of who has beaten everyone (male and female) in a marathon. I don't know what her time was for this last race. The winning man's time was 1:28.

Cheers,
Elizabeth



Along the race course there will be aid stations
that cater to the runners' needs.

ROAD RUNNERS CLUB of AMERICA



PERSONAL FITNESS PROGRAM



The ROAD RUNNERS CLUB of AMERICA advocates physical fitness through running. It sponsors the PERSONAL FITNESS PROGRAM as a means of encouraging and motivating the beginning runner. The program is also intended to provide a challenge for those already in a regular running program.

To participate in the PERSONAL FITNESS PROGRAM, register before the end of the third month of a 6-month period (January-June or July-December). You will receive a Running Diary for recording your mileage throughout the 6-month period. A form will be sent to you for your final mileage report. You need not be a RRCA member to participate.

Everyone is a winner. All program participants receive an attractive embroidered emblem and a certificate suitable for framing. To recognize individuals according to the total miles they run, (1) each participant receives an emblem for the mileage category they complete during the 6-month period (see NOTE below), (2) each participant receives a certificate which includes their name and total miles completed during the 6-month period.

Use the registration form below to enter the program.

NAME _____ AGE _____ SEX _____

STREET/BOX ADDRESS _____

CITY _____ STATE _____ ZIP _____

SIX-MONTH MILEAGE CATEGORIES (Check only one)

- Under 250 Miles
- 250 Miles (10 Miles per Week)
- 500 Miles (19 Miles per Week)
- 750 Miles (29 Miles per Week)
- 1000 Miles (38 Miles per Week)
- 1500 Miles (58 Miles per Week)
- 2000 Miles (77 Miles per Week)

CLUB _____

- Member of the RRCA
- Not yet a member of the RRCA
- Send me information on the RRCA

Please register me for the following 6-month period: (Check only one)

- JAN 1 through JUN 30 (Register by MAR 31)
- JUL 1 through DEC 31 (Register by SEP 30)

Registration Fee: \$5.00 for RRCA Members
\$6.00 for non-members

Make check payable to: RRCA Personal Fitness

Mail form and fee to:

PAUL HORNJAK, DIRECTOR
RRCA PERSONAL FITNESS PROGRAM
111 BARNSBURY DRIVE
LIMA, OHIO 45804

(419) 227-8844

NOTE: You will receive the emblem for the actual category in which you finish no matter which category you select. If you select 500 miles but are able to run only 325 miles, you will receive the 250-mile emblem. On the other hand, if you select 250 miles and end up running 525 miles, you will receive the 500-mile emblem. The mileage categories are prominently displayed on the emblems with the exception of the "Under 250 Miles" category which contains a star.



CONVENTION AND RACE SPONSORS

10TH



10TH

10th ANNUAL 1987 NORTHFIELD LABOR DAY OBSERVANCES 5000 METERS RACE AND 1 MILE CHILDRENS' RACE

***** NOTE: REDUCED ENTRY FEE PRIOR TO 30 AUGUST 1987 *****

PLACE

The Northfield Savings Bank on the Common

DATE-TIME

Saturday, September 5, 10:30 A.M. for the 5K race and 9:30 A.M. for the 1 mile race for those 13 and under

COURSE

The Northfield Savings Bank and Northfield Observances are sponsoring this tenth annual 5000 meters (3.1 miles) foot race as well as a 1 mile race for those 13 and under. The course, which originates and ends at the Northfield Savings Bank, consists of two parts, the first of which is slightly hilly over a paved surface while the second part is an out and back loop over a flat hard-packed dirt road. Mileage markers will be posted at each mile. The Northfield Savings Bank on the Common will be open at 8:30 A.M. for registration. Registration will cease half an hour before each race. Refreshments served to participants.

DIVISIONS

Age groups for males and females are as follows: 1 mile race - 9 and under, 10-13; 5000 meters race - 14-19, 20-29, 30-39, 40-49, 50-59, 60 and over

PRIZES

In addition to the large mugs for first place in each of the 16 classes and the smaller mugs for second or third place, the Northfield Savings Bank, in conjunction with Onion River Sports of Montpelier, will also give a new pair of running shoes to any runner who wins his or her class and sets a new record for that class. The class records are:

ONE MILE RACE

Age	Female	Male
9 and under	Amy Schroyer 6:38 ('85)	Richard Taylor 5:54 ('85)
10-13	Jessica Christian 5:47 ('85)	Troy McBride 5:25 ('84)

5 K RACE

Age	Female	Male
14-19	Patty Roach 18:22 ('82)	Shawn Gardner 15:01 ('85)
20-29	Jennifer Mynter 19:18 ('86)	Jim Miller 14:48 ('86)
30-39	Merill Cray 19:48 ('86)	Mark Chaplin 15:04 ('82)
40-49	Dianne Walthers 19:38 ('86)	Bob Murphy 16:43 ('82)
50-59	Darragh Ellerson 21:48 ('82)	Jerry Carlson 19:00 ('84)
60+	Vivian Bryan 38:00 ('86)	Deane Milligan 23:50 ('86)

10TH



10TH

ARTICLES FOR SEPT. NEWSLETTER: DEADLINE AUGUST 26 (WEDNESDAY)



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.

- CVR AUG 1, '87 MONTPELIER HIGH SCHOOL THE SUB-ULTIMATE RUNNER
5 races and picnic, 5K, 400M, 1 MILE, 100M, 10K
9 a.m., CVR membership plus \$2, pot luck food
contribution for picnic
- 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 KILLINGTON GREEN MTN. ROAD RACE
6 miles 422-3535
- 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 DIXVILLE NOTCH, N.H.
Marathon and 12 mi. Rick Tillotson
(603) 255-3191
- AUG 9, '87 JAY 10K and 20K
9 a.m. 988-2611
- CVR AUG 15, '87 BERLIN BERLIN POND COUPLES RACE 8 KM
Dot Helling
- AUG 22, '87 JERICHO EK 10K
Jim Slinkman, 223-2892
- 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 7, '87 GLOUCESTER, MASS CAPE ANN 25K

(617) 283-0470
- SEP 12, '87 20TH ANNUAL ARCHIE POST 5 MILE
9 a.m.
- SEP 13, '87 PORTLAND, ME CAPE CHALLENGE HALF-MARATHON
- SEP 20, '87 BAR HARBOR, ME 13 MILER
(207) 288-5103
- SEP 13, '87 BURLINGTON TRIATHLON
North Beach
- SEP 20, '87 CONCORD, N.H. CHUBB LIFE RRCA NATIONAL
CHAMPIONSHIP 10 mi. & 5K (603) 863-2537
- * SEP 20, '87 LEWISTON, ME
5 mi. run, 20 mi. bike
Sep 20 '87 Greensboro, Caspian Lake 7 Mile Run. 10:30 a.m. 472-6006
- SEP 26, '87 ESSEX NATIONAL LIFE TEN MILE
9 a.m., Essex Elementary School

- * SEP 27, '87 MONTREAL MARATHON (514) 871-9637
- SEP 27, '87 WILTON, N.H. 15K
11:30 a.m. Walter Bausha (603) 880-3338
TAC Certified
- 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 & HALF 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 15, '87 CAPE COD MARATHON
(617) 548-0348
- NOV 22, '87 BURLINGTON 5K
- NOV 26, '87 BURLINGTON TURKEY TROT 5K
11 a.m., Gutterson Field House

"Effort is the measure of a man" - William James

CAPITAL CITY STAMPEDE

Well, the 10th annual, and my 1st, Capital City Stampede is now history. It was quite an experience for a first time race director. So much effort goes into preparation and then, just minutes before the gun goes off, your mind goes blank and you think that no one is out on the course to help the runners. Fortunately, someone is usually around to tell you that you have just lost your mind and everything is ok. I understand that many of the helpers this year were either first timers or hadn't been involved in some time. I want to thank them very much for an excellent job. I received many accolades about the organization of the race, and this was not possible without helpers. Thanks to Darragh and David, Norm, Jeff, Wade, Jim H., Bob M., Nancy, Polli, Candace, Tom P., Charlie P., Eileen, Sue and Mary, John P, and Warren K. If I have forgotten anyone, please send me a nasty note because you deserve to be recognized.

The quantity of runners was down, but the quality was high. As usual, it was miserably hot, but there were no problems to speak of. I am hoping to get the quantity back to around 200 runners so we can treat this race as the best 10K in Central Vermont. I spoke with some runners new to the race and they said they enjoyed the course very much.

On a final note, I would like to make special mention of the last minute heroics by Darragh and Wade who reminded me of and helped me through some last minute details. And Bob Murphy who, in addition to running an excellent race, helped in every phase. Also, a special note of thanks to our sponsors, Onion River Sports and State Street Market. You can show your appreciation by frequenting their stores and recommending them to others. Thanks again.

Geoff Lindemer

11 July 1987

Place	Ovr	Age	Time	Name	Age	Address	Club	Face per Km
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Female 0 to 12								
(no finishers)								
Female 13 to 17								
53	1	47:51	Walthers; Gretchen		16	Northfield	VT	4:47
56	2	48:29	Wilson; Laura		17	Montpelier	VT	4:51
72	3	58:06	Perez; Robin M.		17	Randolph	VT	5:49
Female 18 to 29								
33	1	43:56	Roach; Patty		26	Adamant	VT	4:24
35	2	44:02	Arnold; Helene		27	Stowe	VT	4:24
48	3	47:23	Woodward; Sarah		21	Burlington	VT	4:44
55	4	48:29	Wilson; Andrea		21	Barre	VT CVR	4:51
60	5	50:36	McMahon; Beth		27	Stowe	VT	5: 4
62	6	50:52	McCarthy; Dana		29	Montpelier	VT CVR	5: 5
63	7	51:38	Lawson; Patty		23	Montpelier	VT	5:10
Female 30 to 39								
18	1	40:24	Cray; Merrill		35	Montpelier	VT CVR	4: 2
25	2	42:35	Crow; Deb		36	Stowe	VT CVR	4:15
36	3	44:09	Helling; Dot		37	Montpelier	VT CVR	4:25
43	4	46:04	Natti; Lisa		32	South Burlington	VT Armadill	4:36
45	5	47:09	Van Dyke; Carol		31	Stowe	VT	4:43
Female 40 to 49								
49	1	47:25	Monsen; Karen J.		45	Stowe	VT CVR	4:45
64	2	51:48	Kinney; Rose Marie		46	Morrisville	VT	5:11
70	3	57:30	Smith; Heidi		45	Moretown	VT CVR	5:45
Female 50 to 59								
74	1	58:38	Wilson; Marilyn		55	Montpelier	VT CVR	5:52
Female 60 to 99								
(no finishers)								
Male 0 to 12								
(no finishers)								
Male 13 to 17								
8	1	36:49	Davis; Mike		16	Morrisville	VT	3:41
Male 18 to 29								
2	1	34:13	Davis; Sam		26	Adamant	VT	3:25
5	2	36:10	Pedersen; Robert C.		18	Amherst	NH Cruisers	3:37
6	3	36:12	Gilbertson; Marc		18	Montpelier	VT MHS	3:37
24	4	42:25	Jackson; Jeff		29	Stowe	VT	4:15
26	5	43:17	Adams; Krister B.		23	Stowe	VT	4:20
34	6	43:57	MacDonald; Kenny		18	Amherst	NH	4:24
39	7	45:14	McCarthy; James		29	Montpelier	VT CVR	4:31
40	8	45:21	Brown; Kevin		28	Montpelier	VT	4:32
50	9	47:33	Hamlin; Bill		26	Middlebury	VT BOD	4:45
59	10	50:35	Lawson; Steven		25	East Montpelier	VT	5: 4
69	11	56:43	Holt; Norris L.		27	Montpelier	VT	5:40

Male 30 to 39

1	1	33:03	Weinstein; Richard	31	Newton	MA	CSU	3:18
4	2	36:03	Roy; Jim	31	Hyde Park	VT	CVR	3:36
7	3	36:17	Veatch; Chris	30	Montpelier	VT	NECI	3:38
10	4	36:55	Yoerg; Rick	30	Stowe	VT		3:42
11	5	37:22	Liss; Bryan M.	30	Calais	VT	CVR	3:44
12	6	37:51	Valentine; John	37	Northfield	VT	CVR	3:47
16	7	39:46	Searles; Robert	38	North Wolcott	VT		3:59
17	8	40:11	Carrick; R.P.	39	Stowe	VT	Armadill	4: 1
20	9	40:46	Wuerdeman; Peter	30	Middlebury	VT		4: 5
21	10	40:48	Gershaneck; Glenn	39	Montpelier	VT		4: 5
22	11	42:00	Walther; Howard	32	Santa Barbara	CA		4:12
23	12	42:06	Buchholz; Robert	34	Montpelier	VT		4:13
29	13	43:30	Mazzucco; John A.	34	Randolph	VT		4:21
31	14	43:50	Zuaro; Joe	37	Northfield	VT		4:23
41	15	45:51	Brown; Rich	36	Allentown	PA		4:35
42	16	45:53	Smith; Eric	30	Plainfield	VT	MadRiver	4:35
66	17	54:09	Sylvain; Greg	31	Northfield	VT		5:25
67	18	55:33	Martineau; Maurice	33	Barre	VT		5:33

Male 40 to 49

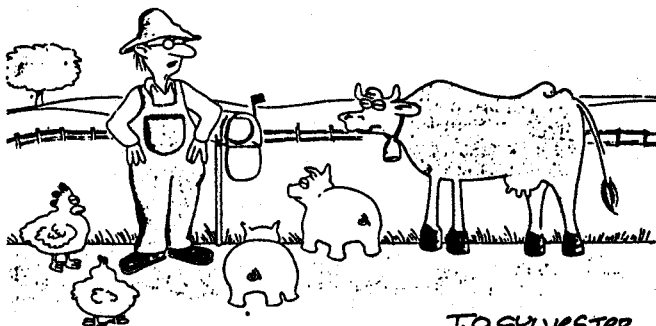
3	1	35:54	Elkins; John	40	Stowe	VT		3:35
9	2	36:50	Murphy; Bob	47	Barre	VT	CVR	3:41
13	3	38:21	Simpson; Timothy	46	Lyndonville	VT		3:50
14	4	38:44	Peterson; Bradley	45	Burlington	VT		3:52
15	5	39:26	Monsen; Peter	47	Stowe	VT	CVR	3:57
19	6	40:37	Gerdel; Gregory	40	Montpelier	VT		4: 4
27	7	43:18	Bortree; Robert	40	Stowe	VT		4:20
28	8	43:29	Sinclair; Michael	43	Northfield	VT	CVR	4:21
30	9	43:36	Blanchette; David	45	Gilman	VT	CVR	4:22
32	10	43:54	Baker; Newton	45	Montpelier	VT	CVR	4:23
37	11	44:26	Howe; Bob	40	Williamstown	VT	CVR	4:27
38	12	45:05	Foulin; Russell	45	East Montpelier	VT		4:30
44	13	46:39	Suskin; Jim	44	Montpelier	VT	CVR	4:40
46	14	47:17	Sissel; Tom	48	South Burlington	VT		4:44
47	15	47:21	Cusumano; Michael	42	Glover	VT		4:44
51	16	47:36	Davis; Rod	44	Morrisville	VT		4:46
54	17	48:11	Ejmanowicz; Richard	46	Newport	VT		4:49
68	18	55:51	Belding; Mike	45	Barre	VT	CVR	5:39

Male 50 to 59

52	1	47:51	Walters; Charles	50	Northfield	VT		4:47
57	2	48:53	Murnane; Dan	50	Montpelier	VT		4:53
58	3	49:54	Moriarty; Marvin	50	Stowe	VT		4:59
65	4	53:11	Flanders; Ernie	56	Montpelier	VT	CVR	5:19
71	5	58:01	Rogers; Alan C.	52	Barre	VT	CVR	5:48
73	6	58:31	Wolff; Phil	51	Montpelier	VT	CVR	5:51

Male 60 to 99

61	1	50:39	Lyons; Donald	61	Montpelier	VT		5: 4
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"Okay, which one of you guys sent me the gift subscription to Vegetarian Times?"

Vermont Runner Rankings Update

Although the field for the 1987 running of the Capital City Stampede was smaller than usual a high percentage of those finishing "in the money" were Vermonters. A hot day accounted for some slow times, but ranking points respect place, not time, so no one suffered in that area. The CCS course was recertified this year - construction behind the State House precluded using the traditional route. A summary of those Vermonters receiving ranking scores in this year's event follows.

Mens Open (55 finishers)

Sam Davis	Adamant	20 (2nd)
John Elkins	Stowe	15 (3rd)
Jim Roy	Hyde Park	12 (4th)
Marc Gilbertson	Montpelier	7 (6th)
Chris Veatch	Montpelier	5 (7th)
Mike Davis	Morrisville	3 (8th)
Bob Murphy	Barre	2 (9th)
Rick Yoerg	Stowe	1 (10th)

Men 40-49 (18 finishers)

John Elkins	Stowe	5 (1st)
Bob Murphy	Barre	3 (2nd)
Tim Simpson	Lyndonville	2 (3rd)
Brad Peterson	Burlington	1 (4th)

Men 50-59 (6 finishers)

Charles Walthers	Northfield	3 (1st)
Dan Murnane	Montpelier	2 (2nd)
Marvin Moriarty	Stowe	1 (3rd)

Men 60+ (1 finisher)

Don Lyons	Montpelier	3 (1st)
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Womens Open (19 finishers)

Merill Cray	Montpelier	5 (1st)
Deb Crow	Stowe	3 (2nd)
Patty Roach	Adamant	2 (3rd)
Helene Arnold	Stowe	1 (4th)

Women 40-49 (3 finishers)

Karen Monsen	Stowe	3 (1st)
Rose Marie Kinney	Morrisville	2 (2nd)
Heidi Smith	Moretown	1 (3rd)

Women 50+ (1 finisher)

Marilyn Wilson	Montpelier	3 (1st)
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In spite of the heat, two new age group records were set for the 10Km distance. Merill Cray established a new mark at 40:24 for Women 35-39, and Karen Monsen lowered the Women 45-49 record to 47:25. There were an apparent 4 new single age records in addition to these two.

Bob Murphy
Vermont Running Data Center
25 July 87

THE TALE OF THE UNION BANK/WDEV STOWE 8 MILER
(July 19,1987)

IT WAS A DARK AND STORMY NIGHT.....

That was the day before the Big Event. On the day of the Big Event, it was nice and clear and the sun hung around all day.

I, Sir Galahad, arrived on the Plain of Whiskers in Stowe early in the morning to assemble the Knights of Broadcasting for coverage of this annual race of the King's best runners from throughout the country. The favorites for the MEN were Sir Andrew Palmer of Portland, Maine and Sir James Miller of Burlington. For the WOMEN - Lady Cathy Champagne of Plattsburg, New York and Lady Gina Sperry of Burlington.

At 9am sharp, the group of more than 500 runners, ranging in age from 8 to 69, took off.

It was a three-way race in the early going, with Sirs Andrew Palmer, Wally Collins and from afar, Ron Cornell (came from L.A., now lives in Massachusetts) setting the pace. The lead changed hands a few times between miles 4 and 6. Sir Cornell took the lead for good by mile 6 and won the race in 39 minutes 14 seconds - a little over half a minute off the course record set last year by John Treacy of Ireland.

Lady Champagne, a former winner of the Stowe 8 miler, had the lead from the start in the women's division and won again this year. Her time of 45:46 was just over a minute off the course record set in 1982 by Judi St. Hilaire.

The Stowe 8 mile race was the first major running event to be broadcast on WDEV this year, and the second one since the Leaf Peepers Milk Run last fall. By all accounts the race and the broadcast were a success. I would like to thank our guest commentators - the Mistress Dot Helling, Maid Marian's side-kick Darragh Ellerson, the Shoemaker Norm Robinson, The Scrivener Lanny Townly of Boston Running News and race co-director Sir Larry Kimball. Their assistance and comments were excellent.

The next race broadcast on WDEV will be the Leaf Peepers Milk Run Half-Marathon on 4th of October (550 on your AM dial).

Respectfully submitted,

Sir Galahad ("The Voice of Footpower")

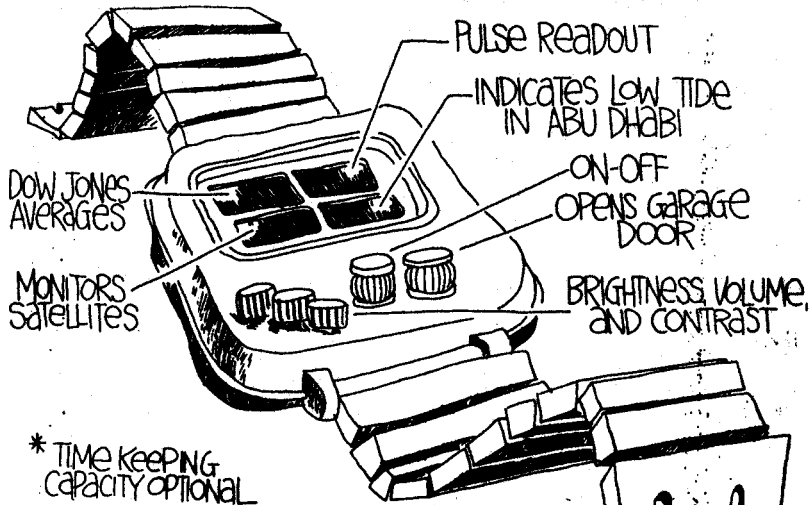
HERE IS A LIST OF TOP RUNNERS...FROM THE STOWE 8 MILER...

MEN

1) Ron Cornell	- Wilbraham, Massachusetts	39:14
2) Andy Palmer	- Portland, Maine	39:18
3) Wally Collins	- Rhode Island	39:28
4) Jim Miller	- Burlington, Vermont	40:07
5) Mike O'Brien	- Boston, Massachusetts	40:15
6) Eric Morse	- Waterbury, Vermont	40:30
7) Chris Baldwin	- Burlington, Vermont	40:40
8) Ed Sparkowski	- ?	41:02
9) Brent Coon	- ?	41:06
10) Tim Donovan	- Newton, Massachusetts	41:07

WOMEN

1) Cathy Champagne	- Plattsburg, New York	45:46
2) Gina Sperry	- Burlington, Vermont	47:21
3) Bobbi Rothman	- Florida	48:17
(Masters winner for the women)		
4) Julie Collins	- Rhode Island	48:19
5) Dorcas Den Hartog	- Lebanon, New Hampshire	48:47
6) Donna Chacalos	- Hanover, New Hampshire	49:20
7) Laurie Isbell	- Tampa, Florida	49:33
8) Leslie Thompson	- Stowe, Vermont	50:15
9) Diane Hanks	- Shelburn Farms, MA	50:41
10) Jennifer Calder	- New Canaan, CT	51:27



* TIME KEEPING
CAPACITY OPTIONAL

UNION BANK/WDEV 8-MILE
ROAD RACE
Stowe, Vt.
July 19, 1987

**MEN
BOYS 17 AND UNDER**

Alan Mashtare	47:54
Tim Watson	49:25
Mike David	50:39
Dave Johnson	52:17
Shawn Allard	56:00

MEN 18-29

Roh Cornell	39:14
Wally Collins	39:28
Jim Miller	40:07
Mike O'Brien	40:15
Eric Morse	40:39
Brent Coon	41:06
Todd Boonstra	41:50
Bob Hepler	42:00
John A. Fish	43:25
Micha Morrissey	43:39

MEN 30-39

Andy Palmer	39:18
Chris Baldwin	40:49
Ed Sparkowski	41:02
Tim Donovan	41:07
Walt Murphy	41:35
Keith Woodward	41:42
Alan Cantlay	42:13
Bob Clifford	42:24
Robe Colantuano	43:02
Tony Quinn	43:11

MEN 40-49

John Elkins	45:37
Hal Rothman	46:10
Paul Sullivan	46:12
Charlie Kellogg	46:24
Peter Davis	46:39
Duka Hutchinson	47:46
John M. Morton	48:11
Thomas Egan	48:57
Micha Morrissey	49:01
Oleg Ritter	49:06

MEN 50-59

Gerald Barney	49:06
Gordon Renny	49:31
Mik Borkiewicz	53:23
Michael Bartlett	56:03
Robert Shelton	56:23
Roland Comire	56:57
Jim Duval	57:02

Sig Baltuch	57:23
A. Cymbalista	57:50
Marvin Moriarty	1:01:13
MEN 60 AND OVER	
Web Williams	56:01
Fred Kelley	1:03:59
Charles Gamburg	1:10:06
Charles Dixon	1:14:31
John H. Bland	1:16:33

**WOMEN
GIRLS 17 AND UNDER**

Julie Eells	59:03
Amy Kretz	59:34
Kerry Ann Voss	1:01:54
Terry Hopper	1:06:35
Robin N. Perez	1:14:14

WOMEN 18-29

Kathy Champagne	45:46
Gina Sperry	47:31
Julie Collins	48:19
Decca Donhartog	48:47
Donna Chacalos	49:29
Laurie Isbell	49:33
Leslie Thompson	50:15
Diane Hanks	50:41
Dominique McAree	51:27
Louise Plante	54:53

WOMEN 30-39

Doreen Friedman	52:12
Maria Short	52:16
Marcia Desy	52:37
Debbie Crow	53:27
Nancy Ward	54:12
Machia Saltala	54:32
Jane E. Baskirk	55:11
Patty Girouard	55:52
Peggy Hunter	55:58
Cather Petersen	56:24

WOMEN 40-49

Bobbi Rothman	48:17
Jennifer Calder	51:27
Jane B Williams	54:45
Vivian Godin	57:20
Phyllis Marcell	57:49
Karen J Monsen	59:09
Martha Andersen	59:58
Rosemary Rusin	1:00:54
Sue Isbell	1:01:37
Teri Scatchard	1:02:41

WOMEN 50-59

Jeanne Penoyar	1:01:54
Betty Lacharite	1:34:20

Vermont Certified Course List (as of 28 July 1987)

8 Kilometers

Berlin	"Berlin Pond Couples Race" VT87002BT	9May87	Loop	S/F 350ft
	S 1000 F 1000 L 975 H 1130 TC 242		mb Robert Murphy	
Burlington	"Stroh's Run for Liberty" VT84001JMC	14Jul84	Loop	S/F 400m
	S 400 F 380 L 200 H 400 TC 180+		mb Bruce Cunningham	

10 Kilometers

Bennington	"Bennington Road Race" VT87001BT	23Apr87	Keyhole	S/F 247ft
	S 650 F 650 L 540 H 695 TC 350		mb Robert Teschek	
Brattleboro	"Brattleboro" VT85013JMC	4May85	Loop	S/F 400m
	elevation data not available		mb Rusty Cofrin	
Montpelier	"Capital City Stampede" VT87003BT	14Jun87	Out/Back	S/F 0ft
	S 525 F 525 L 515 H 550 TC 100		mb Robert Murphy	

10 Miles

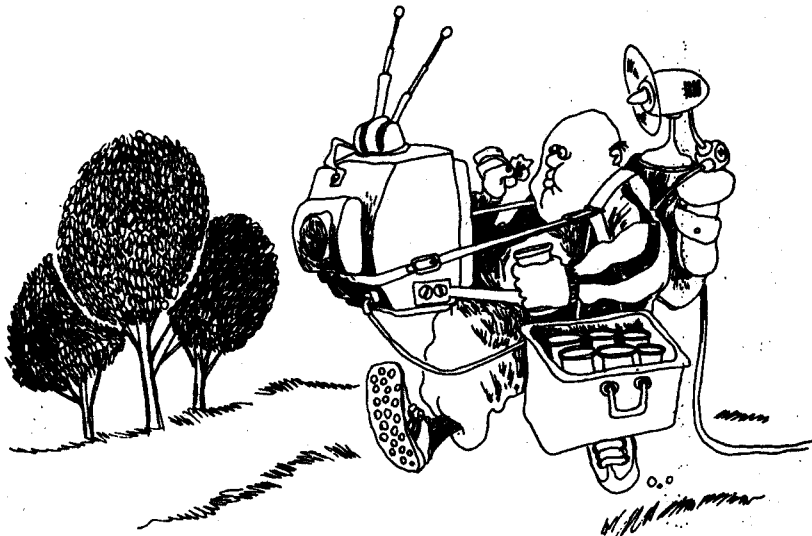
Montpelier	"Montpelier 10 Miler" VT86023JMC	27Apr86	Out/Back	S/F .26mi
	S 520 F 530 L 495 H 590 TC 245		mb Robert Murphy	

20 Kilometers

Manchstr Ctr	"Maple Leaf (split)" VT85001WN	28Jun85	Loop	S/F ?
	S 670 F ? L 660 H 1000 TC ?		mb Wayne Nicoll	

Half Marathon

Brownsville	"Ascutney Mtn Foliage Clas" VT86001BT	12Oct86	?	S/F ?
	elevation data not available		mb Robert Teschek	
Manchstr Ctr	"Maple Leaf" VT85001WN	28Jun85	Loop	S/F 202m
	S 670 F 670 L 660 H 1000 TC 465		mb Wayne Nicoll	
Waterbury	"Leaf Peepers" VT86022JMC	15Jun86	Keyhole	S/F 0m
	S 410 F 410 L 450 H 350 TC ?		mb Robert Murphy	



Technological advances have helped alleviate the boredom of running.

REVVING UP FOR BERLIN POND
RACE DATE: AUGUST 15, 1987

Vermont's first certified 8-kilometer course is set to go! The Berlin Pond Couples' Race takes place Saturday, August 15, 1987, at 9:00 AM sharp. Registration begins 8:00 AM at the Maplewood Convenience Store in Berlin. The course loops around Berlin Pond, totally on dirt, with some rolling hills in the first two miles (see the race application in this newsletter).

There will be lots of fun awards and prizes: Best costumes, Fastest married couple, Heaviest couple, Lightest, Slowest, Last Finisher and more! Individuals will be recognized as well with prizes to the first finisher in each age group, individual and couple (but no duplicates).

This is a chance to set a distance record in Vermont and a new course record for all you speedsters. And a chance for fun and low-keyed competition for those not inclined to "go for it." Hope to see you all there! If you don't want to run, but can help, please call me. Race director Dot Helling at 223-5797 (home) or 223-2381 (work).

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:** _____ **COMBINED:** _____

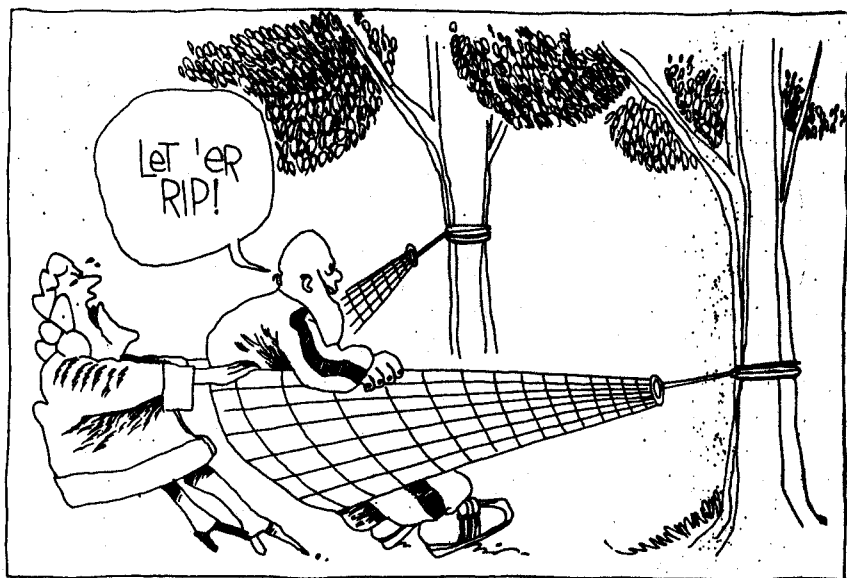
WAIVER: THIS MUST BE SIGNED OR YOU CANNOT PARTICIPATE. THANK YOU.

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.



*After stretching you should be limbered up and
ready to venture forth in your first run.*

ALL I EVER REALLY NEEDED TO KNOW I LEARNED IN KINDERGARTEN _____

Most of what I really need to know about how to live, and what to do, and how to be, I learned in kindergarten. Wisdom was not at the top of the graduate school mountain, but there in the sandbox at nursery school.

These are the things I learned: Share everything. Play fair. Don't hit people. Put things back where you found them. Clean up your own mess. Don't take things that aren't yours. Say you're sorry when you hurt somebody. Wash your hands before you eat. Flush. Warm cookies and cold milk are good for you. Live a balanced life. Learn some and think some and draw and paint and sing and dance and play and work every day some.

Take a nap every afternoon. When you go out into the world, watch for traffic, hold hands, stick together. Be aware of wonder. Remember the little seed in the plastic cup. The roots go down and the plant goes up and nobody really knows how or why, but we are all like that.

Goldfish and hamsters and white mice and even the little seed in the plastic cup--they all die. So do we.

And then remember the book about Dick and Jane and the first word you learned, the biggest word of all: LOOK. Everything you need to know is in there somewhere. The Golden Rule and love and basic sanitation. Ecology and politics and sane living.

Think of what a better world it would be if we all--the whole world--had cookies and milk about 3 o'clock every afternoon and then lay down with our blankets for a nap. Or if we had a basic policy in our nation and other nations to always put things back where we found them and cleaned up our own messes. And it is still true, no matter how old you are, when you go out into the world, it is best to hold hands and stick together.

By: Robert Fulghum -- Reprinted from Kansas City Times -- September 17, 1986.

Merill K. Cray-Z
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Montpelier, VT 05602

