

# SEPTEMBER

# 1987

CENTRAL VERMONT RUNNER'S NEWSLETTER

VOL. 8 NO. 7



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



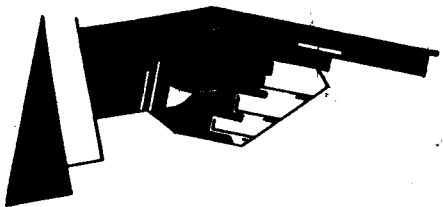
## NORM'S NOTES

While revising our membership list for the RRCA I saw names being deleted that I hated to see lose out on the benefit of CVR and the RRCA. The national publication "Footnotes" continues to improve and those of you who are CVR members should be receiving the next issue. If you don't get one in September let me know. CVR has 10 less members than last year at this time and those are figures we hate to see.

In terms of the members we do have (currently 114) I thought you might be interested in demographics. Montpelier still is the hub for the club. 58 members reside in the Capital City. As you might suspect Barre holds down second place in terms of members with 10. What came as a surprise was that Stowe ranks third with 7. Most of the rest of the club is made up of 2-3 people from various towns around Central Vermont. We also have 7 members who live out of state. The member living the farthest is Gerry Carlson. What are you up to Gerry? Drop us a line and let us know what running in Michigan is like.

"A look backward- July 1980"

Club records show CVR consisted of 84 members. Talk was begun for the very first Berlin Pond race that was held to benefit United Cerebral Palsy. Pat DeBlasio filed incorporation papers for the club. The club was 'fighting' with Irv Bates over use of the Liquor Warehouse area for run runs.



**DON'T SPACE OUT!!**

Next CVR meeting to be held  
after the Fun Run...Ya Hoo!

TUE. SEPT. 15

**SEE YOU THERE**

### LINDERMER THE ULTIMATE RUNNER

Geoff Lindermer won three of the five events, including the decisive 10K, to walk off with the coveted Sub-Ultimate Runner Trophy. Geoff will have to return next year to defend his title and keep the revolving trophy.

Going into the final event, the 10K, Geoff had won the 5K and 1 Mile, while Bryan Liss had taken the 440 and 100 yard runs. For Geoff to win the title outright he had to win the 10 K and hope that someone could finish ahead of Bryan. In the 440 Greg Gerdel had beaten out Geoff for second so all Bryan had to do was finish ahead of Geoff to win it outright. At the mid-point of the 10K Geoff and Tom Poltz had opened up a 30 sec. lead on Bryan and Geoff then pulled away from Tom and pulled off the win with a 37:40!

Other highlights of the day included Bob Howe's fine 68 second 440 yard dash. The "Gray Goose" also ran a 13:33 100 for 4th spot and proved that turning 40 hasn't slowed him down.

The 100 yard dash had a lot of people wondering what to do. The long distance runners struggled down the stretch but Ernie Flanders must have thought the fire alarm had gone off as he won his heat and finished with a great 14:01 for 8th spot in the 100. Unfortunately Ernie needed the Ben Gay later as he cramped up and had to back off in the 10K.

An incredible day was capped off with a pot-luck picnic and reminiscing of the 24 hour relay of years past. Special thanks to Bob Murphy who measured and set up the courses and took care of the scoring. Also, Maureen Murphy for her help in timing and numerous other odd jobs. I for one look forward to running next year and hope those who couldn't make it this time around will turn out. If you are still looking for something different in running watch for info on the "One Hour Run" later in the year.

It was fun! Norm Robinson.



# ROAD RUNNERS CLUB of AMERICA

## Members' Attitudes and Demographics

The Road Runners Club of America (RRCA), a national organization of more than 100,000 long distance runners in over 450 chapters, has released the results of a wide ranging survey. Over 1700 members returned questionnaires for the survey conducted by former RRCA Vice President Allan Field. The purpose, according to RRCA officers, was to develop a running profile of the membership, attain demographic data for marketing use, and to determine membership attitudes toward key issues facing the sport for club officers, race directors, national officers and committee chairs to consider.

Highlights of the membership survey include:

### Consumer Habits

- \* 44% have household incomes above \$50,000, with 8% of households with \$100,000 earnings.
- \* 78% purchase two or more pairs of running shoes annually while 40% buy three or more.
- \* The membership chooses Nike as its favorite shoe (26%) - Tiger and New Balance were further back with about 16% each. Other companies with a significant share, Saucony (12%) and Brooks (11%). Reebok and Avia, which Reebok recently purchased, combined accounted for 5%.
- \* 67% of RRCA members prefer tap water as a liquid replacement drink, 8% choose mineral water, while beer, juice and "energy" drinks each are the choice of 6%.
- \* 76% consciously attempt to support sponsors who support running.
- \* 10% are vegetarians.
- \* 61% use vitamin supplements
- \* 95% own cars, 70% have two or more, and 16% plan to buy a new car in the next twelve months.
- \* 42% were formerly smokers.
- \* 62% eat in fast food restaurants at least once a week.
- \* 59% have at least one beer a week, 48% wine, 24% mixed drinks, while 28% do not use alcohol at all.

### Training

- \* 40% of the members are morning runners, while 28% run in the afternoon and 32% at night.
- \* Weekly mileage of RRCA members is moderate, with only 7% running over 50 miles per week, while a quarter of the membership runs 31 to 40 miles and 30% run 21-30 miles.
- \* 88% run predominantly on the roads, which makes sense for a road running club member, while 10% train on the grass or in parks.

## Racing

- \* Taking part in races is important as 98% race during the year, with 45% running more than 10 races a year.
- \* Favorite distance is the 10K, with 5 miles next in line and ten miles third. Running on the track was the least favorite racing past time.
- \* 67% of those responding have run a marathon and 74% plan to run one in the future.
- \* Only 20% of the membership have competed in a triathlon and 63% have no intention of doing so in the future.
- \* The preferred size of races members take part in, 151-1000 (63%). 19% prefer races with less than 150, while 4% have as their favorite size race the 5000 plus variety.
- \* Given 16 choices, the 5 most important criteria members picked in choosing a race to enter, in order of preference:
  - a) distance
  - b) personal schedule
  - c) course accuracy
  - d) safety (traffic, aid stations, etc.)
  - e) the course itself

Awards were 10th on the list, t-shirts 11th and invited or elite athletes 15th out of the 16 categories.

## Miscellaneous

- \* 23% of those responding are females, 56% are 40 or over and 80% are college educated.
- \* 39% of RRCA members are also TAC members.
- \* 84% think the efforts of the RRCA are important to running, 57% say the same for TAC.

The questionnaire was published in the 1986 winter edition of Footnotes, the RRCA's quarterly newspaper and detailed results will appear in upcoming issues.

For further information on the survey or the RRCA, individuals may contact: Road Runners Club of America, 8208 East Boulevard Drive, Alexandria, VA 22308 (703-768-0545).

### **Fascinating facts**

- If you eat an orange you may get as much as 60% more vitamin C than you would if you squeezed it and drank the juice.
- When you run, the impact of each step on your shock-absorption system is 3 to 4 times your body weight. When you walk, the impact of each step is only 1 to 1.5 times your weight.



## RUNNING GAIT ANALYSIS THROUGH VIDEOTAPING

BEFORE



AFTER



### RUNNING\WALKING GAIT ANALYSIS

When? Thursday, September 10,  
Where? In the Wedgewood Fitness Center  
How? On the treadmill, with video  
Cost? Free to Wedgewood members-----\$5 for non-members

Dr. Rob Borowski, D.C. and Murray Banks will watch you walk, jog or run (which ever you do for fitness), then provide information on the mechanics of your stride for:

- \* foot strike
- \* pronation/supination
- \* knee
- \* upper body compensation
- \* arm swing

Each person will receive recommendations on how to adapt or improve their stride for healthier walk/jog/running, and will be able to view video replays of their session. The goal of this program is to keep you going, injury free.

### **\*\*PARTICIPANTS MUST PRE-REGISTER\*\***

20 minute sessions will run between 7:30 AM -10:30 AM and from 4:00 PM - 7:00 PM

Call Wedgewood - 223-6161 for an appointment.

SUB-ULTIMATE RUNNER RESULTS

5K Results

Geoff Lindermer	17:24
Bryan Liss	17:30
Tom Foltz	17:32
Greg Gerdel	19:12
Henry Marcy	19:45
Newton Baker	20:14
Dot Helling	21:47
Pat DeBlasio	22:45
Bob Howe	22:45
Ernie Flanders	23:45
Darragh Ellerson	24:08
Polli Flanders	24:32

100 Yard Dash

Bryan Liss	12:14	seconds
Geoff Lindermer	12:42	
Greg Gerdel	12:66	
Bob Howe	13:33	
Henry Marcy	13:82	
Newton Baker	13:83	
Tom Foltz	13:96	
Ernie Flanders	14:01	
Pat DeBlasio	14:57	
Polli Flanders	16:29	
Darragh Ellerson	16:64	
Dot Helling	20:11	

440 yard dash

Bryan Liss	1:03:31
Greg Gerdel	1:04:02
Geoff Lindermer	1:05:37
Bob Howe	1:08:66
Tom Foltz	1:08:52
Henry Marcy	1:09:30
Newton Baker	1:09:91
Ernie Flanders	1:16:46
Pat DeBlasio	1:20:02
Dot Helling	1:26:58
Darragh Ellerson	1:30:79
Polli Flanders	1:34:39

10K

Geoff Lindermer	37:40
Tom Foltz	38:06
Bryan Liss	42:05
Bob Howe	43:21
Greg Gerdel	43:37
Henry Marcy	44:09
Dot Helling	45:30
Pat DeBlasio	46:23
Newton Baker	48:52
Darragh Ellerson	52:46
Polli Flanders	61:46
Ernie Flanders	67:23

1 Mile

Geoff Lindermer	5:21:07
Bryan Liss	5:27:99
Tom Foltz	5:29:58
Greg Gerdel	5:52:29
Henry Marcy	5:54:98
Bob Howe	6:02:92
Newton Baker	6:07:18
Pat DeBlasio	6:14:60
Dot Helling	6:33:67
Darragh Ellerson	7:30:57
Ernie Flanders	7:41:11
Polli Flanders	7:53:71

Final Results (low pts. wins)

Lindermer	8
Liss	9
Gerdel	18
Foltz	20
Howe	26
Marcy	27
Baker	35
DeBlasio	42
Helling	45
Flanders E.	49
Ellerson	53
Flanders P.	57

The 6 Youngest

Lindermer	8
Liss	9
Foltz	16
Gerdel	17
DeBlasio	27
Helling	28

The 6 Oldest

Howe	8
Marcy	8
Baker	14
E. Flanders	23
Ellerson	24
P. Flanders	28

points scored on basis of times and position within age group

UNION BANK/WDEV 8 MILER

STOWE - JULY 19

TIM NOONAN	46:43	PAT DEBLASIO	59:13
JIM ROY	46:29	TOM COMMITO	1:09:22
GEFF LINDEMER	46:48	PETER MONSEN	49:27
JOHN VALENTINE	47:59	SUMMER WILLIAMS	49:52
HOWARD ATHERTON	53:13	DEBBIE CROW	53:27
ELDEN DUBE	58:24	KAREN MONSEN	59:09

TAKE A FRIEND

RAIN OR SHINE



**FOURTH ANNUAL VERMONT REGIONAL CANCER CENTER BENEFIT RUN**

**DATE:** SUNDAY, SEPTEMBER 20, 1987  
**TIME:** 10:30 A.M. SHARP RACE BEGINS  
 9:00 - 10:15 PICK UP RACE #/TURN IN DONATIONS  
 LATE REGISTRATION ENDS AT 10:00 A.M.  
**PLACE:** CHURCH STREET AT CITY HALL & CONTOIS AUDITORIUM, BURLINGTON, VERMONT

**2MI & 10K COURSES** LOOP COURSES THROUGH THE STREETS OF BURLINGTON. START AND FINISH ON CHURCH STREET AT COLLEGE. WATER STOP ON 10K. RUNNERS MUST USE OWN DISCRETION WHEN CROSSING STREETS & DEALING WITH TRAFFIC. MAIN TRAFFIC INTERSECTIONS WILL BE CONTROLLED.

**RACE DIVISIONS** 2 MILE (MALE & FEMALE DIVISIONS): 10 & UNDER (YOUNGEST), 11-17 (JUNIOR), 18-29 (OPEN), 30-39 (SUB-MASTER), 40-49 (MASTER), 50 & OVER (SENIOR).  
 10K (MALE & FEMALE DIVISIONS): 17 & UNDER (JUNIOR), 18-29 (OPEN), 30-39 (SUB-MASTER), 40-49 (MASTER), 50 & OVER (SENIOR).

**ENTRY FEES** \$6/PERSON PREREGISTRATION. T-SHIRTS PROVIDED. PREREGISTER BY SEPTEMBER 16th.  
 \$8/PERSON DAY OF RACE REGISTRATION. LATE REGISTRATION ON RACE DAY FROM 9:00 A.M.-10:00 A.M. ONLY. T-SHIRTS WHILE THEY LAST.

**DONATIONS** IN ORDER TO BE ELIGIBLE FOR SOME PRIZES, INDIVIDUALS MUST BRING IN AT LEAST \$50 IN DONATIONS (ABOVE REGISTRATION FEE). BUSINESS SPONSORSHIP WELCOMED OR ASK YOUR EMPLOYER TO MATCH YOUR DONATION. ANY ACQUAINTANCE MAY BE A SPONSOR FOR ANY AMOUNT OF MONEY. IF EACH RUNNER RAISED \$50 FROM FAMILY, FRIENDS AND ACQUAINTANCES, THE RUN WOULD BE A HUGE SUCCESS. DONATIONS TO BE TURNED IN ON DAY OF RACE OR BEFORE. PRIZES AWARDED BASED ON DOLLARS TURNED IN.

THE NAME, ADDRESS AND AMOUNT DONATED BY EACH SPONSOR SHOULD BE ENTERED ON THE BACK OF THIS FORM.

**PICKUP** PICK UP RACE #S AND PACKETS IN CONTOIS AUDITORIUM, BURLINGTON CITY HALL FROM 9:00 A.M.-10:15 A.M. ON DAY OF RACE.

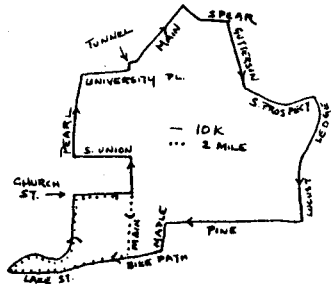
**PRIZES** GRAND PRIZES TO TOP DONATION GATHERERS - \$500 MINIMUM RAISED  
 OTHER GREAT PRIZES AWARDED TO TOP DONATION GATHERERS AND FASTEST RUNNERS

**FESTIVITIES** FOOD DRINK MUSIC

EARLY MAJOR SPONSORS



VANTAGE  
 INSTA-PRINT



FOR FURTHER INFORMATION CALL THE CANCER CENTER AT 850-4414

RUN FOR DEBBIE REGISTRATION

AGE ON

NAME

SEPT. 20TH

SEX

ADDRESS

TEL. #

I WISH TO ENTER \_\_\_\_\_ 10K \_\_\_\_\_ 2 MILE FUN RUN

REGISTRATION FEE ENCLOSED \$ \_\_\_\_\_ (CHECKS PAYABLE TO VERMONT REGIONAL CANCER CENTER)

T-SHIRT SIZE (CIRCLE ONE)

SMALL

MEDIUM

LARGE

EXTRA LARGE

**WAIVER:** In consideration of this entry being accepted, I hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the organization holding this event, its agents, representatives or successors for any and all injuries suffered by me at said meet. I understand the potential hazards of the race including the fact that runners will share public roads with cars. I am in sufficient physical condition to run the course I have chosen.

RACER'S SIGNATURE \_\_\_\_\_

(Parent or guardian, if racer is under 18.)

## Stretch before or after?

**A**dd another fitness expert who believes it's best to stretch *after* aerobic exercise rather than *before*...

Kenneth Forsythe, MD, co-founder of Los Angeles' ALFA Fitness Institutes, believes that stretching *before* aerobic exercise can cause muscle tears and other injuries.

"The evidence that supports stretching when the body isn't warmed up is thin at best," says Dr. Forsythe.

Stretching *after* exercise—when the body is warmed-up—is better because the connective tissue, which is what stretches, becomes more pliable as the body temperature rises.

Dr. Forsythe also advises that stretches be held for about one minute in order to achieve an increase in flexibility. □



### A VIEW FROM THE BACK OF THE PACK...THE SODOM POND MICRO-MARATHON

JULY 25

What a day! It was sunny and humid with lingering fog hovering over Adamant. The "crowd" was wandering around snapping photos of the runners. Adamant residents were beginning to set up tables for their Fair. The race organizers sat on the stone dam at Adamant Pond wondering if each passing car brought more runners.

Just a few minutes before the start, race helper Hugh Weeden asked race director Lowell VanDerlip if he also planned to run. He replied, "I'll wait to see how big the "crowd" is." At race time Lowell decided there was room for him. So he gave the runners their course directions, instructed Hugh on the use of the stopwatch and toed the "starting line" along with the other...5.... runners! It was tough for me to find the back or even the middle of the "pack"! We all fit along the line! Lowell had picked a spot and dragged his heel across the dirt road to make the start/finish line. So our finishing times were for 4.1 or 4.2 or 4-point something miles! Maybe because there were so few of us or because we looked like a curious lot, some of the Adamant Music School students really did take our pictures. Instant fame (in some unknown photo album in Timbuktu)!

At the start Tin Narkiewicz bolted out to the lead with Bryan List close behind. (They may have changed positions soon after, I don't know. I only saw them again at the finish.) Down the hill, around the bend by the Co-op store, and directed by VanDerlip family members at the turns, we circled Sodom Pond. Lowell hung back for the first few tenths of a mile to chat with John Mallery and then headed off to catch the leaders.

The first mile or so along the back side of Sodom Pond narrows to rocky, and sometimes pond-like, two-tire tracks nearly impassable by car as my family found out after the race. Miles two and three are up long gradual hills and the last mile (or so) is mostly downhill.

The first couple of miles I actually kept pace with John Mallery. We passed Hardin Mathews about the first mile. But on hill number two John motored ahead while I had to refill my bellows! However, at mile 2 we could



see Lowell and Tim in the distance running together for second place. The neighborhood dogs barked their annoyance to be hitched at our indulgence. Perhaps my time would have been faster with a canine nipping at my heels, but thank you just the same to whomever coordinated the dog hitchhiking!

I approached the finish line and caught a glimpse of John diving into Adamant Pond to cool off. He was soon followed by Bryan, Tim and Lowell. Lowell jokingly (I think) suggested next year's race be a biathlon with a swim across Adamant Pond. Hugh and an unknown female assistant quickly untangled a string across the finish line so I could "break the tape" as the first and only female finisher! Here are the official results:

1st: Bryan List 25:23  
 2nd: Lowell VanDerlip 26:44  
 3rd: Tim Narkiewicz 27:42  
 4th John Mallery 30:28  
 5th Dana McCarthy 31:28  
 6th Hardin Mathews 36:47

This was a fun race, partly because so few runners ran, partly because the free t-shirts were extras from previous years' races, but mostly because it was kept simple. A line scratched in the dirt to start and finish, an approximate distance to run and some watermelon at the end!

Dana McCarthy

Berlin Pond Couples Race  
 Berlin, VI 8km 15 August 1987

Couples Results

Combined Ages 0-27

no entrants

Combined Ages 28-39

Jennifer Troiano & Greg Tosi	1:15:42
Laura Wells & Dana Begins	1:16:34
Lynne Wells & Jeff Nykiel	1:25:45
Paige McIntire & Chris Hall	1:31:18

Combined Ages 40-59

Patty Roach & Sam Davis	59:27
Dana McCarthy & J.B. McCarthy	1:11:32
Lynn Izzo & John Izzo	1:14:34
Laurie & Gregg Batchelder-Adams	1:14:56
Kim Maxwell & Michael Maxwell	1:17:30

Combined Ages 60-79

Susan Drapp & Ed Drapp	59:50
Claudia Sullivan & Tom McGann	1:02:37
Jane Walker & Brian Walker	1:03:43
Merill Cray & Rich Brown	1:07:38
Susan Stark & Michael Coleman	1:07:41
Dot Guerra and Jorge Guerra	1:09:55
Pamela Cole & John Connell	1:11:49
Maureen Murphy & Bob Murphy	1:17:56
Betsy Tucker & Michael Cody	1:18:36
Dawn Angney & Richard Angney	1:18:47
Pam Stephens & Rick Melberth	1:19:21
Shelly Robinson & Bob Farnham	1:23:35
Ann Hallowell & Chris Hallowell	1:27:33
Barbara Seivwright & George Seivwright	1:31:33

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Combined Ages 80-99  
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Marlene Sachs & Rusty Sachs	1:10:57
Elizabeth Meiklejohn & Newton Baker	1:12:26
Sandra Shenk and Greg Gerdel	1:15:12
Rose Marie Kinney & Rod Davis	1:18:17
Reidun Nuquist & Paschal DeBlasio	1:20:32
Beverly Tucker & Gary Haas	1:29:51
Janice Rockwell & Kenneth Rockwell	1:44:51

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Combined Ages 100+  
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Darragh Ellerson & Larry Miller	1:16:15
Mary Doughty & Darrell Doughty	1:23:51
Jeanne Penoyar & Dave Penoyar	1:53:50

**THANKS, APOLOGIES AND RESULTS!!!**

Thanks to everyone who participated in and supported the 8th Annual Berlin Pond Couples' Race held on August 15, 1987 by Central Vermont Runners. Special thanks to Doug Hill of the Maplewood Convenience Store and Bob Aughy of Town & Country Honda, both of Berlin, for the staging areas. Special thanks to our prize donors: Onion River Sports, Kinney Drugs, Out to Lunch, Miller Sports, Maplewood Convenience Store, Henry's Pizza & Sub Shoppe, The Country Store, Angeleno's, Wedgewood, Walker Motors, Julio's, Country Camera, The Linen Shoppe, Somers Hardware, Athletic Attic, and Estia's Pizza. Special thanks to our refreshment donors: Coca Cola of Barre, Whole Donut, Dunkin' Donuts and Ellie's Farm Market of Northfield (those wonderful apples). Special thanks to all our volunteers: Constable McGoon, Jeff Shutak, John Peterson, John Valentine, Zoe and Fred Erdman (water stop), Susan and Moe Cerutti, Nancy Langkopf, Mallis and Craig Romano, Shirley Fortier (refreshments), Carolyn and Breck Campbell, Tim Noonan, Darragh Ellerson, Norm Robinson, Pam Cummings, David Ellerson (ever soothing, reliable and friendly) and everyone else who chipped in to get the job done. A word of thanks to these folks and businesses when you think of it will be greatly appreciated.

Our 8th Annual Berlin Pond Couples' Race - over a newly certified 8K course - was a huge success! We will have \$300 to place in the Central Vermont athletic scholarship fund to be awarded to a 1988 female and male high school graduate. Scholarships are awarded in the spring.

Apologies are in order for the snafu in results on race day. We tried to implement a new scoring system to give couples who had not won in a couples division the chance to compete in the individual categories. It did not work. As a result we had delays and fouled up the fastest couple award. Unless we acquire a computer by next year, we will return to the old system and get you back to quicker and reliable results. The enclosed results will hopefully make up for the blunder. Enclosed is a complete listing of individual finish times as required of a certified course - this list places everyone individually according to time and age category. I am also providing a listing of the couples awards as they would have been awarded had the couples scoring not be snagged. In a few cases the awards will appear differently than they were presented. These are the official results based on the official times.

We hope to see you all back again next year. If anyone is interested in taking over the race directorship, please contact me. This was my third year and my professional responsibilities are too great for me to continue to do the race the justice it deserves. It is a fun race and the mechanisms are in place. I would work with the director. I just need to turn over the ultimate responsibility. And, I would love to run it myself some year.

Thanks again everyone!

Race director,

*Dot Heeling*

MORE THANKS TO BYRON HILL OF MONTEPELIER CAMTELEVISION FOR THE CONES AT THE FINISH LINE, ESPECIALLY FOR THE PICKUP AND DELIVERY!!!!!! AND OF COURSE TO OUR OWN BOB MURPHY FOR CERTIFYING & SETTING UP THE COURSE & FOR THE OFFICIAL RESULTS!!!

1987 BERLIN FUND (COUPLES) RACE AWARDS

<u>FASTEST MALE OVERALL:</u>	Eric Morse Waterbury, Vermont	Time: 25:19* (Course Record)
<u>FASTEST FEMALE OVERALL:</u>	Susan Drapp Duxbury, Vermont	Time: 31:28* (Course Record)
<u>FASTEST COUPLE OVERALL:</u>	Patty Roach 32:52 San Davis 26:35 Hinsdale, N.H.	Combined Time: 59:27* (Course Record)

COUPLE AWARDS

			<u>Combined Times</u>
28-39 AGE DIVISION:	Jennifer Troiano (14) 44:49 Greg Tosi (16) 30:53		1:15:42
40-59 AGE DIVISION:	Dana McCarthy (29) 36:52 J.B. McCarthy (29) 34:40		1:11:32
60-79 AGE DIVISION:	Susan Drapp (31) 31:28* Ed Drapp (31) 28:22		59:50
80-99 AGE DIVISION:	Marlene Sachs (43) 36:06 Rusty Sachs (43) 34:51		1:10:57
100 PLUS:	Darragh Ellerson (57) 39:46 Larry Miller (49) 36:29		1:16:15

INDIVIDUAL AWARDS NOTE: ANYONE WHO RECEIVED A COUPLES AWARD WAS NOT ELIGIBLE FOR AN INDIVIDUAL AWARD AND THE AWARD WOULD DROP DOWN TO THE NEXT FASTEST INDIVIDUAL.

<u>MALE INDIVIDUAL:</u>	OVERALL: Eric Morse	25:19*
	14-29: Maurice Brown	29:18
	30-39: Michael Coleman	28:03
	40-49: Greg Gerdel	31:50
	50 PLUS: Bob Mercier	35:59

<u>FEMALE INDIVIDUAL:</u>	OVERALL: Merrill Cray	32:34
	14-29: Jane Walker	35:11
	30-39: Claudia Sullivan	34:35
	40-49: Rose Marie Kinney	41:11
	50 Plus: Beverly Tucker	48:51

MISCELLANEOUS AWARDS:

Best Costume Award:	Chris Hall (came straight out of bed in PJ's)
Heaviest Couple Award:	Ann and Chris Hallowell (Mother/Son Award too)
Lightest Couple Award:	Dawn and Richard Anigny
Fastest Married Couple:	Pamela Cole & John Connell 1:11:49
Fastest Father/Daughter:	Mike and Kim Maxwell 1:17:30
Fastest First Race Ever:	Matthew Popecki 42:08
Fastest Out of State:	Brian and Jane Walker 1:03:43

NOTE: These are the results for the awards divisions. The official times and places for certification and record bases are those on the following computerized three(3) pages, courtesy of Bob Murphy. This course is a certified, sanctioned BK by TAC/USA, and recognized by the Road Runners Club of America.

## What's a stitch?

While running or walking briskly, nearly everyone has experienced a stitch, as we call that sharp pain in the side. According to Dr. William McArdle of Queens College, City University of New York, no one knows what causes a stitch, though there's no shortage of educated guesses. One theory is that the diaphragm (the large muscle that separates the chest from the abdominal cavity) sometimes fails to receive enough blood during its contractions, with resultant spasm and pain. A stitch would therefore be a version of a leg cramp. Another theory is that a stitch is caused by trapped gas pockets in the stomach brought on by exercising right after a meal.

*What should you do if you get a stitch?*

- Stop or slow down, then bend forward and push your fingers into the painful area.

- Breathe deeply and exhale slowly through pursed lips. This should help relax the diaphragm.

- Stretch the abdominal muscles by raising your arms and reaching above your head.

*How can you prevent a stitch?*

- If stitches seem to hit you after a meal, wait 30 to 90 minutes before exercising.

- Warm up before exercising--a good policy in any case.
- Work out at lower intensity for longer periods, rather than suddenly increasing the intensity of the workout. If you are going to increase intensity, do so gradually.

- Well-conditioned runners and walkers don't seem to get stitches very often. The more you increase your aerobic capacity, the less likely you are to be in stitches.

Place	Age	Time	Name	Age	Address	Club	Pace per Km
Female 0 to 13							
(no finishers)							
Female 14 to 29							
20	1	32:52	Roach; Patty	26	Hinsdale	NH	4: 6
33	2	35:11	Walker; Jane	29	Toronto	ONT	4:24
41	3	36:18	Angney; Dawn	24	Morristown	NJ	4:32
43	4	36:37	Guerra; Dot	29	Mansfield Center	CT	4:35
44	5	36:49	Graham; Dorothy J.	26	Montpelier	VT	4:36
45	6	36:52	McCarthy; Dana	29	Montpelier	VT CVR	4:36
49	7	38:32	Cole; Pamela	29	Hyde Park	VT	4:49
55	8	39:40	Izzo; Lynn	19	Hinesburg	VT	4:58
57	9	39:57	Wells; Lynne	15	Calais	VT	5:00
66	10	42:19	Batchelder-Adams; Laur	27	Montpelier	VT	5:17
68	11	42:30	Murphy; Maureen	20	Barre	VT CVR	5:19
69	12	43:18	Wells; Laura	18	Calais	VT	5:25
71	13	44:49	Troiano; Jennifer	14	Montpelier	VT	5:36
74	14	45:28	Maxwell; Kimberley	19	Cabot	VT	5:41
75	15	45:39	McIntire; Paige	16	Montpelier	VT	5:42
79	16	47:37	Robinson; Shelly	21	Montpelier	VT	5:57
87	17	1:00:22	Angney; Amy	17	Montpelier	VT	7:33
Female 30 to 39							
13	1	31:28	Drapp; Susan	31	Waterbury	VT	3:56
18	2	32:34	Cray; Merrill	35	Montpelier	VT CVR	4: 4
28	3	34:35	Sullivan; Claudia A.	33	Jericho	VT	4:19
46	4	37:03	Maloney; Nancy	30	Northfield	VT	4:38
50	5	39:09	Meiklejohn; Elizabeth	39	East Calais	VT CVR	4:54
51	6	39:18	Stephens; Pam	38	Chelsea	VT	4:55
54	7	39:38	Stark; Susan	33	Pittsford	VT	4:57
59	8	40:47	Strong-Strenio; Barb	31	Bradford	VT	5: 6
73	9	45:01	Tucker; Betsy	30	Barre	VT	5:38
84	10	55:49	Faro; Kathleen	37	Claremont	NH	6:59
88	11	1:01:02	Seivwright; Barbara	34	Barre	VT	7:38
Female 40 to 49							
40	1	36:06	Sachs; Marlene	43	Norwich	VT	4:31
62	2	41:11	Kinney; Rose Marie	46	Morrisville	VT	5: 9
64	3	42:05	Doughty; Mary	49	Madison	NJ	5:16
70	4	43:22	Shenk; Sandra	42	Montpelier	VT	5:25
72	5	44:53	Nuquist; Reidun D.	47	Montpelier	VT	5:37
78	6	46:34	Hallowell; Ann	49	Burlington	VT	5:49
81	7	51:03	Rockwell; Janice	44	Claremont	NH	6:23
85	8	59:03	Angney; Alice	44	Montpelier	VT	7:23
Female 50 to 99							
56	1	39:46	Ellerson; Darragh	57	Montpelier	VT CVR	4:58
80	2	48:51	Tucker; Beverly	52	Northfield	VT CVR	6: 6
83	3	54:45	Penoyar; Jeanne	53	Brookhaven	NY	6:51





Male 9 to 13

(no finishers)

Male 14 to 29

1	1	25:19	Morse; Eric	22	Waterbury	VT	3:10
2	2	26:35	Davis; Sam	26	Hinsdale	NH	3:19
9	3	29:18	Brown; Maurice	21	East Montpelier	VT	3:40
11	4	30:53	Tosi; Greg	16	East Montpelier	VT	3:52
15	5	31:57	Kiley; Bartholomew	17	Burlington	VT	4:00
17	6	32:23	Kimball; Kevin	29	Milton	VT	4: 3
21	7	33:03	Allard; Scott	19	East Corinth	VT	4: 8
22	8	33:16	Begins; Dana	18	Winooski	VT	4: 9
29	9	34:40	McCarthy; J.B.	29	Montpelier	VT CVR	4:20
60	10	40:59	Hallowell; Chris	23	Burlington	VT	5: 7
76	11	45:39	Hall; Chris	16	Montpelier	VT	5:42
77	12	45:48	Nykiel; Jeff	16	Montpelier	VT	5:43

Male 30 to 39

3	1	28:02	McCann; Tom	32	Jericho	VT	3:30
4	2	28:03	Coleman; Michael	30	Pittsford	VT	3:30
5	3	28:22	Drapp; Ed	31	Waterbury	VT	3:33
6	4	28:24	Liss; Bryan	30	Calais	VT CVR	3:33
7	5	28:32	Walker; Brian	33	Toronto	ONT	3:34
8	6	29:12	Noonan; Tim	31	Montpelier	VT CVR	3:39
10	7	30:31	Seivwright; George	37	Barre	VT	3:49
12	8	31:20	Price; Rick	38	Monroe	NH	3:55
16	9	32:02	Maxwell; Michael	39	Cabot	VT	4: 0
19	10	32:37	Batchelder-Adams; Greg	30	Montpelier	VT	4: 5
24	11	33:17	Connell; John	33	Hyde Park	VT	4:10
26	12	33:35	Cody; Michael	34	Barre	VT	4:12
27	13	34:25	Metayer; Marc	30	Waterbury Center	VT	4:18
31	14	34:54	Izzo; John	38	Hinesburg	VT	4:22
32	15	35:04	Brown; Rich	36	Allentown	PA	4:23
36	16	35:39	DeBlasio; Paschal	37	Montpelier	VT CVR	4:27
37	17	35:48	Cannistraci; Luke	36	Springfield	VT	4:28
48	18	38:11	Hart; Jim	36	Barre	VT	4:46
52	19	39:18	Rhodes; Lawrence	32	Stowe	VT	4:55
58	20	40:03	Melberth; Rick	34	Chelsea	VT	5: 0
61	21	41:00	Haas; Gary	36	Barre	VT	5: 8
65	22	42:08	Popecki; Matthew	31	Waterbury	VT	5:16

Male 40 to 49

14	1	31:50	Gerdel; Greg	40	Montpelier	VT CVR	3:59
23	2	33:17	Baker; Newton	45	Montpelier	VT CVR	4:10
25	3	33:18	Guerra; Jorge	40	Mansfield Center	CT	4:10
30	4	34:51	Sachs; Rusty	43	Norwich	VT	4:21
34	5	35:26	Murphy; Bob	47	Barre	VT CVR	4:26
35	6	35:32	Poulin; Russell E.	45	East Montpelier	VT	4:26
38	7	35:58	Farnham; Bob	43	Los Angeles	CA	4:30
42	8	36:29	Miller; Larry D.	49	Montpelier	VT CVR	4:34
47	9	37:06	Davis; Rod	44	Morrisville	VT	4:38
67	10	42:29	Angney; Richard	47	Montpelier	VT	5:19
82	11	53:48	Rockwell; Kenneth	44	Claremont	NH	6:43

Male 50 to 99

39	1	35:59	Mercier; Bob	51	Montpelier	VT CVR	4:30
53	2	39:36	Lyons; Don	61	Montpelier	VT	4:57
63	3	41:46	Doughty; Darrell	51	Madison	NJ	5:12
86	4	59:05	Penqyar; Dave	59	Brookhaven	NY	7:23

Vermont Runner Rankings Update

The 1987 Berlin Pond Couples Race was a smashing success in terms of weather, race organization and participation. Vermonters figured heavily in top placement in this low-key popular event. Adding to their point totals for 1987 were the following:

**Open Men (49 finishers)**

Eric Morse	Waterbury	20 (1st)
Tom McGann	Jericho	12 (3rd)
Michael Coleman	Pittsford	10 (4th)
Ed Drapp	Waterbury	7 (5th)
Bryan Liss	Calais	5 (6th)
Tim Noonan	Montpelier	2 (8th)
Maurice Brown	East Montpelier	1 (9th)

**Men 40-49 (11 finishers)**

Greg Gerdel	Montpelier	3 (1st)
Newton Baker	Montpelier	2 (2nd)

**Men 50-59 (3 finishers)**

Bob Mercier	Montpelier	3 (1st)
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**Men 60+ (1 finisher)**

Don Lyons	Montpelier	3 (1st)
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**Open Women (39 finishers)**

Susan Drapp	Waterbury	15 (1st)
Merill Cray	Montpelier	12 (2nd)
Claudia Sullivan	Jericho	7 (4th)
Marlene Sachs	Norwich	3 (6th)

**Women 40-49 (8 finishers)**

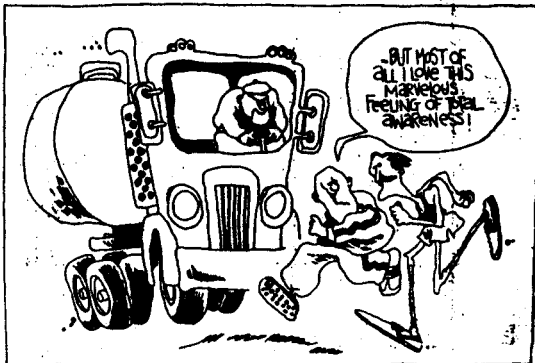
Marlene Sachs	Norwich	3 (1st)
Rose Marie Kinney	Morrisville	2 (2nd)

**Women 50-59 (3 finishers)**

Darragh Ellerson	Montpelier	3 (1st)
Bev Tucker	Northfield	2 (2nd)

An interesting sidelight to this race: because no results are available for previous certified 8km races, 56 of the 88 finishers of this race now hold all-time single-age records at that distance in Vermont!

Bob Murphy  
Vermont Running Data Center  
25 Aug 87



## Have it your way

The average American eats out about 190 times a year, according to one estimate. Many of these meals are laden with fat and salt, but they don't have to be. Here's proof that most eating establishments are willing to cook and serve food the way you want it. In a Gallup survey of over 500 restaurants (including family-style, fine-dining, and fast-food establishments) commissioned last year by the National Restaurant Association, three out of four restaurants said they would alter food preparation, specifying the following changes:

- Nearly all will cook without salt or serve sauce or dressing on the side.
- Almost as many will broil or bake instead of frying, and will prepare foods in margarine or vegetable oil instead of butter or lard.
- Most will remove skin before cooking chicken, which reduces its fat content substantially.
- Most offer margarine instead of butter, whole-grain breads instead of white, and fresh fruit for dessert.
- One out of three stock reduced-calorie salad dressings, low-fat or skim milk, salt substitutes, and bran cereals.

### 1987 STEELMAN TRIATHLON, BRATTLEBORO, AUGUST 16

The Steelman (should be person!) Triathlon consists of a 1.2 mile swim in the Townsend Dam Reservoir, a 57.6 mile bike over hill and dale (mostly hill) down into Brattleboro and a very hilly 13.1 mile run over dirt. The course is breathtaking in beauty and in effort. I believe it's called "steeel" instead of "tin" because of the rugged terrain. It is also a Hawaii Ironman Qualifier and brings competitors from around the world to take a shot at winning a place.

This year several central Vermonters participated. A listing of the known finishers and known times is listed below. This is the race where I qualified for Hawaii last year. Thankfully I didn't have that purpose in mind. For me, this year's race turned into a workout. My first strokes in the water and I knew I didn't have it. I was bushed. My finishing time was almost 13 minutes slower than in 1986 and I did not have fun. Nevertheless, I got my yahoos out of the qualifications for Hawaii of my dear friend and ex-training partner (I can't keep up with her now) Jane Banks and a friend from Maine who was in Hawaii with me last year, Roz Randall. And Jane, Roz and I finished 1, 2, 3 in our age group (women 35-39). That was a kick.

The water this year was exquisitely warm compared to last year's 68 degrees. Many of us however got grounded on a sandbar because the buoys were misdirected. The sand in our suits felt lousy later on. The bike featured a headwind most of the way. Last year it was chilly but we had the graces of a tailwind. The run was a hot one. Temperatures soared into the 90's that day with high humidity throughout the bike and run. The Race Committee placed a water stop at every mile on the run which was especially wonderful for climbing the 5-mile East-West Hill.

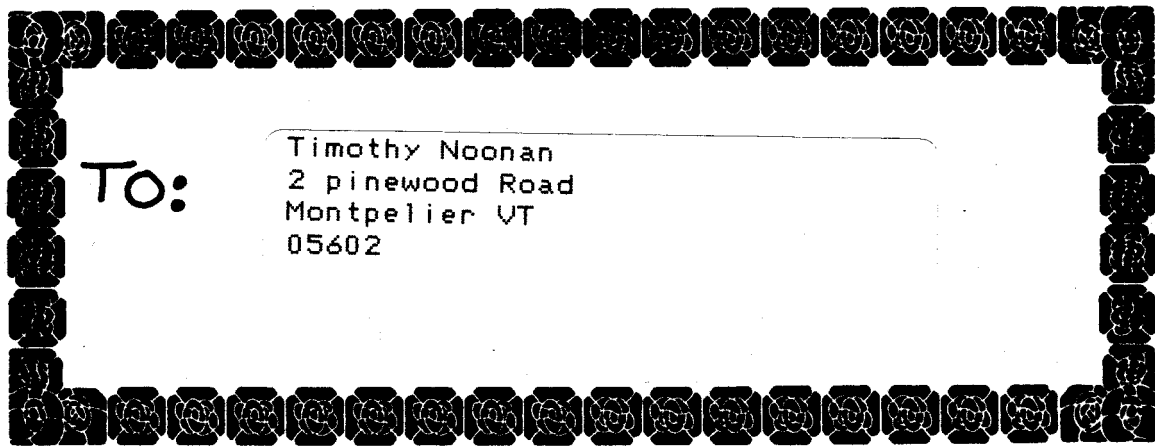
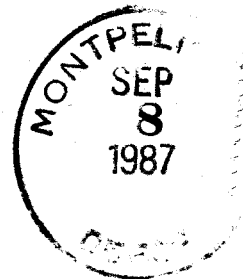
This triathlon also has a team division. The only central Vermont was the "Dr. Knows" consisting of swimmer Sherry Miller, biker John Peterson and runner Geoff Lindemer. Alas, the Dr. Knows placed first in 1986 but third in 1987. The competition was gunning for them. Still and all, they put on a great show, as did our Hawaii qualifiers Jane Banks, Glen Turner and Murray Banks (who declined). Here is the list of central Vermont finishers known to me at this time:

Murray Banks	7th overall, 2nd men 35-39	Overall time:	4:39:10
Glen Turner	13th overall, 4th men 25-29		4:44:58
Chad Couto	29th overall, 4th men 30-34		5:00:45
Dr. Knows	49th overall, 3rd team division		5:01:14
Muffy Ritz	110th overall, 4th women 30-34		5:29:30
Jane Banks	120th overall, 1st woman 35-39		5:33:49
Dot Helling	149th overall, 3rd woman 35-39		5:44:45
Tom Potter	156th overall, 12th men 35-39		5:56:17

Automatically this year, the first two places in each age division qualified for Hawaii. If someone in first or second place either had already qualified, declined for personal reasons or was absent at the time of the presentations, the qualifying slot dropped down to the next place through the first five places in each age division. No one finishing outside of 5th place can qualify.

You've just read through another feature by Aloha Dot. Those of you who get out on the roads or into the waters and see Jane or Glen training their buttocks off, give them a loud cheer. Vermont's a tough place to try and simulate training in Hawaii. Give them lots of encouragement. They only have 7 weeks to train for the Ironman scheduled for October 10, 1987. Let's give them CVR support!!!

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