

# OCTOBER



## 1987

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

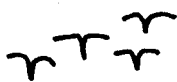


RACE SCHEDULE

\*\*\*\*\*  
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.

- OCT 24, '87   SHELburnE   ARTHUR TUDHOPE MEMORIAL 10K  
                  11 a.m. 862-8514
- OCT 25, '87   TOWNSEND   PUMPKIN 10K  
                  365-4375
- OCT 25, '87   SCHENECTADY, NY   MOHAWK HUDSON  
                  MARATHON (518) 438-3035
- OCT 25, '87   BURLINGTON 5K AND 10K
- NOV 7, '87    ESSEX CTR   GREEN MTN 50 MILE  
                  879-1687
- NOV 8, '87    BRATTLEBORO   CHILDRENS PLACE 5 MI  
                  257-5622
- \* 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



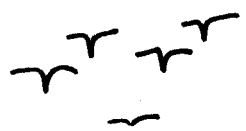
VERMONT'S FIRST STATE GAMES

I am organizing a torch RUN, BIKE, ROLLER SKI, ROLLER SKATE,  
SKI, etc. (Sorry, no snowmobiles!) the length of Vermont to raise  
money and publicize Vermont's FIRST State Games. The State  
Games are fashioned after the Olympics to encourage health and  
fitness for Vermonters of all ages. The Games will be held this  
winter, with most events falling on the weekend of Feb. 27-28th

If you are interested in participating in the Torch Run, please  
contact me as soon as possible. The run will be held Nov. 21  
(SAT.).

Tell all your friends - The more the merrier. I would like to  
see groups of people running together. It makes it more exciting  
for those involved and draws more attention to the purpose of  
this event.

MERRILL CRAY



# BOO!

## ALL-TIME SINGLE-AGE RECORDS FOR VERMONT ALL COMERS' PERFORMANCES

8 Kilometers - Men

Age	Time	Name	Hometown & State	Race	Date
16	30:53	Greg Tosi	East Montpelier	VT BPC	15Aug87
17	31:57	Bartholomew Kiley	Burlington	VT BPC	15Aug87
18	33:16	Dana Begins	Winooski	VT BPC	15Aug87
19	33:03	Scott Allard	East Corinth	VT BPC	15Aug87
20	.	none	.	.	.
21	29:18	Maurice Brown	East Montpelier	VT BPC	15Aug87
22	25:19	Eric Morse	Waterbury	VT BPC	15Aug87
23	40:59	Chris Hallowell	Burlington	VT BPC	15Aug87
24	.	none	.	.	.
25	.	none	.	.	.
26	26:35	Sam Davis	Hinsdale	NH BPC	15Aug87
27	.	none	.	.	.
28	.	none	.	.	.
29	32:23	Kevin Kimball	Milton	VT BPC	15Aug87
30	28:03	Michael Coleman	Pittsford	VT BPC	15Aug87
31	28:22	Ed Drapp	Waterbury	VT BPC	15Aug87
32	28:02	Tom McGann	Jericho	VT BPC	15Aug87
33	28:32	Brian Walker	Toronto	ONT BPC	15Aug87
34	33:35	Michael Cody	Barre	VT BPC	15Aug87
35	.	none	.	.	.
36	35:04	Rich Brown	Allentown	PA BPC	15Aug87
37	30:31	George Seivwright	Barre	VT BPC	15Aug87
38	31:20	Rick Price	Monroe	NH BPC	15Aug87
39	32:02	Michael Maxwell	Cabot	VT BPC	15Aug87
40	31:50	Greg Gerdel	Montpelier	VT BPC	15Aug87
41	.	none	.	.	.
42	.	none	.	.	.
43	34:51	Rusty Sachs	Norwich	VT BPC	15Aug87
44	37:06	Rod Davis	Morrisville	VT BPC	15Aug87
45	33:17	Newton Baker	Montpelier	VT BPC	15Aug87
46	.	none	.	.	.
47	35:26	Bob Murphy	Barre	VT BPC	15Aug87
48	.	none	.	.	.
49	36:29	Larry D. Miller	Montpelier	VT BPC	15Aug87
50	.	none	.	.	.
51	35:59	Bob Mercier	Montpelier	VT BPC	15Aug87
52	.	none	.	.	.
53	.	none	.	.	.
54	.	none	.	.	.
55	.	none	.	.	.
56	.	none	.	.	.
57	.	none	.	.	.
58	.	none	.	.	.
59	59:05	Dave Penoyar	Brookhaven	NY BPC	15Aug87
60	.	none	.	.	.
61	39:36	Don Lyons	Montpelier	VT BPC	15Aug87

BPC - Berlin Pond Couples Race, Berlin, VT

ALL-TIME SINGLE-AGE RECORDS FOR VERMONT  
ALL COMERS' PERFORMANCES

8 Kilometers - Women

Age	Time	Name	Hometown & State	Race	Date
14	44:49	Jennifer Troiano	Montpelier	VT BPC	15Aug87
15	39:57	Lynne Wells	Calais	VT BPC	15Aug87
16	45:39	Paige McIntire	Montpelier	VT BPC	15Aug87
17	1:00:22	Amy Angney	Montpelier	VT BPC	15Aug87
18	43:18	Laura Wells	Calais	VT BPC	15Aug87
19	39:40	Lynn Izzo	Hinesburg	VT BPC	15Aug87
20	42:30	Maureen Murphy	Barre	VT BPC	15Aug87
21	47:37	Shelly Robinson	Montpelier	VT BPC	15Aug87
22	.	none	.	.	.
23	.	none	.	.	.
24	36:18	Dawn Angney	Morristown	NJ BPC	15Aug87
25	.	none	.	.	.
26	32:52	Patty Roach	Hinsdale	NH BPC	15Aug87
27	42:19	Laurie Batchelder-Adams	Montpelier	VT BPC	15Aug87
28	.	none	.	.	.
29	35:11	Jane Walker	Toronto	ONT BPC	15Aug87
30	37:03	Nancy Maloney	Northfield	VT BPC	15Aug87
31	31:28	Susan Drapp	Waterbury	VT BPC	15Aug87
32	.	none	.	.	.
33	34:35	Claudia A. Sullivan	Jericho	VT BPC	15Aug87
34	1:01:02	Barbara Seivwright	Barre	VT BPC	15Aug87
35	32:34	Merill Cray	Montpelier	VT BPC	15Aug87
36	.	none	.	.	.
37	55:49	Kathleen Faro	Claremont	NH BPC	15Aug87
38	39:18	Pam Stephens	Chelsea	VT BPC	15Aug87
39	39:09	Elizabeth Meiklejohn	East Calais	VT BPC	15Aug87
40	.	none	.	.	.
41	.	none	.	.	.
42	43:22	Sandra Shenk	Montpelier	VT BPC	15Aug87
43	36:06	Marlene Sachs	Norwich	VT BPC	15Aug87
44	51:03	Janice Rockwell	Claremont	NH BPC	15Aug87
45	.	none	.	.	.
46	41:11	Rose Marie Kinney	Morrisville	VT BPC	15Aug87
47	44:53	Reidun D. Nuquist	Montpelier	VT BPC	15Aug87
48	.	none	.	.	.
49	42:05	Mary Doughty	Madison	NJ BPC	15Aug87
50	.	none	.	.	.
51	.	none	.	.	.
52	48:51	Beverly Tucker	Northfield	VT BPC	15Aug87
53	54:45	Jeanne Penoyar	Brookhaven	NY BPC	15Aug87
54	.	none	.	.	.
55	.	none	.	.	.
56	.	none	.	.	.
57	39:46	Darragh Ellerson	Montpelier	VT BPC	15Aug87

BPC - Berlin Pond Couples Race, Berlin, VT

Vermont All-Time Age Group Records

8 Kilometers


Age	Time	Name	Hometown & State	Race	Date
Men					
Open	25:19	Eric Morse	Waterbury	VT BPC	15Aug87
16-17	30:53	Greg Tosi	East Montpelier	VT BPC	15Aug87
18-19	33:03	Scott Allard	East Wrinth	VT BPC	15Aug87
35-39	30:31	George Seivwright	Barre	VT BPC	15Aug87
40-44	31:50	Greg Gerdel	Montpelier	VT BPC	15Aug87
45-49	33:17	Newton Baker	Montpelier	VT BPC	15Aug87
50-54	35:59	Bob Mercier	Montpelier	VT BPC	15Aug87
55-59	59:05	Dave Penoyar	Brookhaven	NY BPC	15Aug87
60-65	39:36	Don Lyons	Montpelier	VT BPC	15Aug87

# EEK !!

## Women

Open	31:28	Susan Drapp	Waterbury	VT	BPC	15Aug87
14-15	39:57	Lynne Wells	Calais	VT	BPC	15Aug87
16-17	45:39	Paige McIntire	Montpelier	VT	BPC	15Aug87
18-19	39:40	Lynn Izzo	Hinesburg	VT	BPC	15Aug87
35-39	32:34	Merill Gray	Montpelier	VT	BPC	15Aug87
40-44	36:06	Marlene Sachs	Norwich	VT	BPC	15Aug87
45-49	41:11	Rose Marie Kinney	Morrisville	VT	BPC	15Aug87
50-54	48:51	Beverly Tucker	Northfield	VT	BPC	15Aug87
55-59	39:46	Darragh Ellerson	Montpelier	VT	BPC	15Aug87

BPC - Berlin Pond Couples Race, Berlin, VT



Wheres  
the BEEF?

## GRAND ISLE HALF & FULL MARATHON Oct. 17, 87

It was a beautiful fall morning with a STRONG wind chilling the air. With the fall leaves pirouetting around us, Dot and I went through the usual... "What should we wear?" routine. We finally decided on T-shirts, shorts and vaseline (with me characteristically wearing gloves). Even though the plan was to run easy (and we did), in preparation for the 50 miler yet to come, I was still apprehensive about the distance- 1983 was my last 26 mile race. We were of course talking when the starting gun went off... and continued to do so for most of the race. We enjoyed the change of scenery and kept each others spirits up in spite of powerful headwinds that seemed to follow us in both directions. GMAA's Bruce Cunningham kept us company for awhile with stories of his experience with the 50 miler. Bruce's ultra secret is brownies and flat coke... don't have to twist my arm! It's a tough job, but SOMEBODY has to eat those brownies. But seriously, if it weren't for the wind and rocky roads (looked like they were recently graded), this course would be a gem. It ran along back country roads with beautiful views of Lake Champlain and the Isles. Our only complaint (which we voiced) was the discrepancy in the age groups for women. There were five for men and only two for women... one BIG step backwards for womens running. All in all, it was fun. It was great running the whole distance with a friend. Marathons tend to get lonely towards the end when the crowd thins out and the talking has stopped... yes, even I stopped talking the last three miles! So, if you'd like to try this race out, wear well padded shoes with extra inserts, forget the contacts (DUST!), and if you're a woman, call in advance and see if they updated their age groups. Ta Ta.

*Bill U*

# Over The Hill . . .



Endurance does not only include road races and triathlons. On Monsoon Sunday, our esteemed and crazy Larry Miller participated in and completed the Mt. Washington Hill Climb on his bicycle. Not only was it rainy and cold on Mt Washington but the winds threatened to blow the bikers off the narrow guardrail-less mountain road. Nevertheless, Larry persevered and made it to the top. Let's hope he writes us a personal account of this adventure which someone thinks they heard him say he'd do it again! (Where did you say you work now, Larry? In what town?)

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## WANTED: CVR NEWSLETTER EDITOR

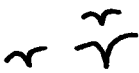
Dear fellow CVR runners,



I regret that I must hand over the newsletter to someone else for a while. I have been publishing the newsletter for almost two years, and frankly I need a break. I am involved in many projects right now (many that encourage health and fitness for Vermonters) and am not able to devote the time and energy I would like to our newsletter. I have enjoyed working on the newsletter and am glad to have been able to help the club in that capacity. CVR has done so much for me in terms of encouraging my running, meeting new friends and putting together quality races (and fun runs) that I have participated in. I could NEVER give as much to the club as it has given me.

Isn't there ANYONE out there who would like to help our club by taking over the newsletter?...even for just a little while? Have you never worked a fun run or race?...Well, here's your chance to do something for the club. Do we have some members who only work part time or who are retired? It's not a difficult task and you are free to be as creative as you like. For those interested, PLEASE contact Merrill at - WORK: 229-4988 or HOME: 223-3501.

P.S - If you stop getting a newsletter, then you'll know no one has come forth for the job.



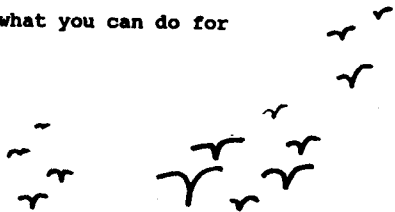
HAY, WAIT A MINUTE!...

Dash Dot came up with a brilliant idea. How about members taking a turn doing the newsletter? Sounds great to me. We would get a great variety of ideas and format and no one would suffer the dreaded disease of "Editor Burnout". So...how about it? Want to give it a try? It's easy (I'll be more than happy to show you how) and can be lots of fun. You need only to produce one a year. People have been so good about submitting material, that all you'd have to do is put it together and add your special touch if you're so inclined. So give it some thought, then give me a call.

"Ask not what CVR can do for you, but what you can do for CVR".

Hope to hear from you soon.

Merrill U



# NEXT

## RUN DOWN

Did you hear...

\* WDEV's "Foot Power" won first place at the 1987 Awards Dinner for "Best Sports Feature".

\* WDEV also won second place for sports "Play by Play" category from the Vermont Association of Press Broadcasters for their coverage of the 1986 Leaf Peepers Milk Run. Way to go Matt!!

\* During the Leaf Peepers half marathon, Larry Damons was kind enough to hand his red jacket (with a zipper) to a cold runner as they passed by. Were you that runner? If not, do you know who was? The jacket has sentimental value to Larry, and we would like to see that he gets it back. If you have any information to its whereabouts, please contact Merill.

\* Informal Turkey Trot: Nov. 26 (Thursday)

WHERE: Berlin Pond - Where the two dirt roads meet

TIME: 9:00 am

DISTANCE: 5 or 9 miles

\* Orphan Thanksgiving Dinner: If you don't have any family around, or you don't like to eat with your in-laws, come join us for the Annual Orphan Pot-Luck Pig Out on Nov. 26th. All are welcome...orphan or not. For more information, call Merill.

\* CONGRATULATIONS!!...

- Geoff & Debbie Lindemer are the proud parents of a new baby boy.

- Jim & Kathy Suskin are the proud parents of a new baby girl.

\* Iron Woman: Jane Banks sailed through the Hawaiian Iron Man Triathlon to place 7th in her age category. She had the second fastest marathon time (3:30). Can you believe that!...to run that fast after swimming two and a half miles then riding a bike for a hundred and twelve miles in the heat...Good job Janie; we knew you could do it.



HOLLOWEEN RACES

Oct. 31

\* MIDNIGHT TRICK-YOUR-FEET: 2 miles, Burlington

\* 50 MILER: 7:30 am. (also relay) Essex Elementary School

HELLING, LATHAM WIN 1st MAD RIVER GLEN  
GREEN & GOLD 5K

CVR's Dot Helling and Harwood's Jaime Latham won the 1st Mad River Glen Green & Gold 5K held on Saturday, October 3, 1987. Dot coasted to an easy win in a time of 20:19. Latham screamed across the finish line in 15:37. The race began at Kingsbury's Store on Route 100 just before the Sugarbush Access Road and ran north along Route 100 finishing behind Mehuron's Market in the Irasville section of Waitsfield. The race was sponsored by the Mad River Glen ski area and was one of its many Green & Gold weekend activities. Terrific prizes and refreshments rounded out a friendly and well-organized race.

More than 85 people participated, 35 of them women. Unique to this race was a staggered start for the women, providing more room on the road and a better idea of the competition. Overall winners were as follows.

Women's Division:

Dot Helling (37) - 1st	Time: 20:19
Christina Fiulaj (16) - 2nd	20:55
Marsha Bancroft (42) - 3rd	22:03

Men's Division:

Jaime Latham (14-19) - 1st	15:37
Jim Fredericks (1st 35-49) - 2nd	15:49
Stuart Libby (35-49) - 3rd	17:46

Other Central Vermont Runners competing:

Laurie Batchelder-Adams (22:52) and Greg Batchelder-Adams (18:50) both won their age group divisions (21-34). Heidi Smith (24:31) won 3rd place in the Women 35-49. Line Barral (23:51) a newcomer to CVR and to our area ran strong in the 21-34 age division, a highly competitive division. John Peterson (22:13) ran his first race in over a year because of injuries and finished in high spirits. Jeff Shutak (20:14) was 4th in his age division (men 35-49) and would have been third if he'd put some steam in his stride. Jeffer, however, was too busy looking at the scenery (and it was'tnt the foliage!). Awards were held up at the ski area baselodge immediately after the race and under cover from the elements. This race is recommended for your race list next season - good support, great prizes and terrific fun.

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# GMAA

**GMAA Marathon  
At Grand Isle**

Men's marathon: 1. Chris Baldwin, Burlington, 2:32:02, course record; 2. Randy Sawyer 2:36:52; 3. Shane Bowley 2:52:56; 4. Tony Quinn 2:54:10; 5. Jim Miller 2:54:11; 6. Rick Cleary, 2:57:28; 7. Monty Pappas 2:59:28; 8. Wiley Emerson 3:00:51; 9. John Kallinen 3:03:34; 10. Ray Lamoureux 3:06:23.

Women's marathon: 1. Doreen Friedman 3:05:10; 2. Irene Webb 3:17:57; 3. Deb Jones 3:22:04; 4. Kathy Akrodi 3:23:25; 5. Merrill Cray 3:26:30. & Dot Helling.

Half marathon, men: 1. Bill Newsham 1:13:32; 2. Pascal Cravedi-Cheng 1:16:56; 3. Charlie Kellogg 1:19:19; 4. Kevin Martel 1:19:40; 5. Paul Benoit 1:23:06; 6. Jerald Varney 1:25:28; 7. Joe Sykes 1:25:51; 8. Ralph Cote 1:26:17; 9. Norm Rauss 1:27:24; 10. Bob Miller 1:28:05.

Women's half marathon: 1. Deb Glendening 1:27:16; 2. Sue Dodge 1:31:40; 3. Mimi Whitney 1:36:35; 4. Sue Vocci 1:37:04; 5. Emil Brown 1:38:09.

There were 93 held marathoners and 91 marathoners.

	Serving Size	Cholesterol % (Milligrams)	Calories
White-flesh fish (low fat fish)	3 oz.	43	115
Medium to higher fat fish	3 oz.	40	130
Crabs	1/2 c.	62	85
Clams	6 lg.	36	65
Lobster	1/2 c.	62	60
Oysters	3 oz. or 6 oysters	45	53
Scallops	3 oz.	45	90
Shrimp	1/2 c. (11 large)	96	108
Tuna (canned in oil, drained solids)	3 oz.	55	167
Salmon (canned in oil, drained solids)	3 oz.	32	130



## ENDURANCE REPORT ON "MONSOON SUNDAY" AND MORE

SUNDAY, SEPTEMBER 13, 1987. Monsoons is an exaggeration but it was a lousy Sunday, the kind of day for curling up with a good book and maybe a snifter of brandy in front of a fireplace. Nevertheless, CVR diehards hit the roads, the trails and the surf.

Sue Christiansen gets the endurance award for completing the 18.3 mile Mt. Pisgah Trail Run down outside of Chesterfield, New Hampshire. When asked, Sue said it was "the hardest thing I ever did." Sue was in 2nd place for most of the race which was run up and over a mountain much like the trails going up Camel's Hump. Coming down was painful for, you see, throughout the race the rain was pelting down and washing out the footing. The steep downhill combined with the precarious treading hither and thither around loose rock and slippery mudslides made for the adventure of a lifetime. Sue finished the race, which had about 60 participants, in third place overall amongst the females.

This notable Sunday was also the day of the Burlington Triathlon. Yours truly wimped out much to my pleasure but other Central Vermonters stuck it out and did quite well. Murray Banks won the race overall in a stunning performance closing in on three young'uns during the last miles of the bike and overtaking the last leader at mile 4 of the run to cruise in with strides to spare, smiling as usual. Glen Turner finished 6th overall. It was an accomplishment to finish and make it through the hypothermic conditions and dangerous riding surfaces on the bike. Many bikers experienced flats. On wet surfaces, any glass your bike tire runs over adheres to the wet tire instead of dropping off after a few spins or a rub with your biking glove. The glass adhering to the wet tire treads works its way into the tire and, after a few spins or even miles, PHWOP! - a flat. That's what happened to Jane Banks who then found she was too cold to change her tire. At that point a warm bath or hot cup of tea sounds much better than racing.

Throughout the Triathlon, the rain never let up, just got harder. Hubbie John Peterson and I stationed ourselves at railroad tracks on Pine Street where at least 25 bikers went down on the slippery rails. Thankfully, no one was seriously hurt and all but one with a damaged bike climbed back on and continued with the race. It was not a day for fun. Central Vermonters had some team entries. Swimmer Sherry Miller, Biker Esther Salmi and Runner Merrill Cray were 2nd in their division followed by Biker Gina Campoli, Runner Zoe Erdman and unknown swimmer. First in that division were Biker Barbie Nash and Runner Debbie Crow with an unknown swimmer. This writer does not have final results so that other Central Vermont participants have probably been missed in this report. Sorry.

Other news on endurance. Jane Banks is off to Hawaii via the National Triathlon Championships at Hilton Head, Carolina. Jane is in SUPER FANTASTIC shape and should return with a sterling performance at the Ironman on October 10. The Western States Crazies continue to train and are psyched after watching Bob Howe's VHS on the 1986 Western States (it was exciting until runners started to lose the trail after dark).

Sue Christiansen, Newton Baker, yours truly, Merrill Cray and Louise Plante are training to run the Essex 50-miler on Halloween (Oct. 31). Training includes 28-mile runs, the Champlain Valley Marathon, running Leafpeepers and then running back to Montpelier. If Essex goes well, some are looking to the Maine Rowdies 50 on Nov. 15. Anyone offering company on a lonnggg run at a steady 8-8:30 pace should holler.

That's the Endurance Report for this month. More to follow. Thanks for your attention. Yours truly, Aloha/Dash Dot Helling

# Frozen Peepers!

Mother Nature threw everything she had at a field of 240 competitors in the 4th annual Leaf Peepers Milk Run Sunday October 4th in Waterbury. Snow, sleet, wind and rain pounded at the racers mile after mile. Three runners broke away early from the pack. Jim Miller of Burlington, Eric Morse of Waterbury - the defending men's champion - and two-time winner Keith Woodward of East Corinth raced through the first mile in 4:51. From there on in it was a struggle as the wind and sleet forced the pace to drop to around 5:20 a mile.

Through it all, the 29 year old Miller raced to the win in a time of 1 hour 10 minutes 51 seconds. Eric Morse finished 16 seconds behind Miller. Woodward ended up in third.

The winner of the women's division, 26 year old Deb Glendinning of Burlington, led for most of the race and finished with a time of 1:28:11.

The runners found the footing pretty slippery throughout. By the end of the race, almost two inches of slush had settled on the course. Fifty-five runners registered on race day. Two hundred of the 240 runners completed the race.

## LEAF PEEPERS MILK RUN RESULTS.....TOP 5 MEN AND WOMEN

MEN:	1) Jim Miller	of Burlington	1:10:51
	2) Eric Morse	of Waterbury	1:11:07
	3) Keith Woodward	of East Corinth	1:12:15
	4) Kevin LaRue	of West Concord, MA	1:15:16
	5) David Coyne	of Avon, New York	1:15:56

WOMEN:	1) Deb Glendinning	of Burlington	1:28:11
	2) Merrill Cray	of Montpelier	1:29:46
	3) Muffy Ritz	of Waitsfield	1:30:56
	4) Ellen Coyne	of Avon, NY	1:31:22
	5) Gail Schliomowitz	of Hartford, CT	1:32:46

MEN'S MASTER : John Brodhead of Craftsbury 1:19:52

WOMEN'S MASTER: Billie Maas of Newport 1:51:51

## VOLUNTEERS UNITE

Jeff Shutak and Darragh Ellerson wish to thank the following people who pulled themselves out of bed the morning of the Leaf Peepers half marathon to brave the most deplorable weather one could conjure up for a race...nor rain, hail, sleet or snow could keep these hardy souls from helping out. (or maybe it was the threat of winning a date with Shutak if you didn't show up?).

TRISH LAWSON-NORM ROBINSON-RICH(Poopsie)BROWN-MERILL CRAY-PASHAL DEBLASIO-NICK MARRO-JOHN PETERSON-LEA HAYER-MOLLY CORRIGAN-SUE CHRISTIANSEN-MARY CHRISTIANSEN-DAVID(Always There)ELLERSON-JIM SUSKIN-MARY LABATE-WADE WALKER-BOB MURPHY-BOB WILSON-DON LYONS.

The club could not survive without the MANY hours of volunteer help required to makes races like this work. Thanks Again

EDITORS NOTE: From ALL of us who slogged our way through the half marathon, a big THANK YOU goes to Jeff & Darragh for all the time and hassles spent putting this quality race together.

Place	Ovr	Age	All	Grp	Time	Name	Age	Address	Club	Place	Per
										per	Mile
Female 0 to 18											
(no finishers)											
Female 19 to 29											
35	1	1:28:11	Glendinning, Deb	26	Winooski	VT				6:44	
53	2	1:33:25	Eitapence, Michele	22	Morrisville	VT				7: 8	
74	3	1:37:35	Plante, Louise F.	23	Stowe	VT				7:27	
80	4	1:38:51	Cornelius, Lynn	26	Brookline	MA				7:32	
81	5	1:38:56	Pinard, Michelle	27	Barton	VT				7:33	
91	6	1:40:29	Burroughs, Barbara J.	29	So. Burlington	VT				7:40	
96	7	1:41:27	Bray, Sally	29	Stowe	VT				7:44	
114	8	1:44:23	Graham, Dorothy J.	27	Montpelier	VT				7:58	
135	9	1:49:45	Angney, Dawn	24	Morristown	NJ				8:22	
136	10	1:49:58	Nelligan, Cindy	20	Burlington	VT				8:23	
138	11	1:51:10	Painter, Kay	24	Burlington	VT				8:29	
154	12	1:55:25	Fahey, Karen	27	So. Boston	MA				8:48	
164	13	2:00:47	Goodwin, Elizabeth	19	Johnson	VT				9:13	
170	14	2:02:28	Callahan, Mary	26	Waterbury Center	VT				9:21	
171	15	2:02:28	Fuhrmann, Cindi	24	Winooski	VT				9:21	
176	16	2:07:03	Kissner, Jean	28	Underhill	VT				9:41	
188	17	2:17:28	Richards, Kim L.	25	Essex Junction	VT				10:29	
Female 30 to 39											
39	1	1:29:46	Cray, Merrill K.	35	Montpelier	VT	CVR			6:51	
44	2	1:30:56	Ritz, Muffy	30	Waitsfield	VT				6:56	
45	3	1:31:22	Coyne, Ellen J.	30	Avon	NY				6:58	
50	4	1:32:46	Schlomowitz, Gail	30	Hartford	CT				7: 5	
54	5	1:33:36	Crow, Deb	36	Stowe	VT				7: 8	
60	6	1:35:20	Flasher, Lydia	30	Montreal	QUE				7:16	
69	7	1:36:59	Girouard, Patricia	39	Stowe	VT				7:24	
88	8	1:39:52	Jones, Susan R.	31	Jericho	VT				7:37	
97	9	1:41:33	Helling, Dot	37	Montpelier	VT	CVR			7:45	
103	10	1:42:20	Whitney, Mimi	38	Colchester	VT				7:48	
120	11	1:46:12	Jenkins, Mary Lynn	33	Durham	NH				8: 6	
123	12	1:46:34	Nash, Barbara	38	Stowe	VT				8: 8	
127	13	1:47:32	Chenoweth, Ginny	32	Stowe	VT				8:12	
132	14	1:49:20	Van Dyke, Carol	31	Stowe	VT				8:20	
144	15	1:52:12	Barral, Line	31	Waitsfield	VT				8:34	
146	16	1:53:05	Birarelli, Carla	33	Brookline	MA				8:38	
155	17	1:55:33	Bowerman, Lauren	30	Newport	VT				8:49	
156	18	1:55:37	Holmquist, Anne R.	34	Killington	VT				8:49	
157	19	1:55:41	Koenigsberg, Kate	37	Burlington	VT				8:49	
158	20	1:56:32	Addington, Susan	35	Somerville	MA				8:53	
173	21	2:02:35	Sweeney, Mandy	32	Brookline	MA				9:21	
177	22	2:07:14	Bell, Helen B.	37	Waterbury	VT				9:42	
186	23	2:14:38	Sanford, Suzanne	31	Stowe	VT				10:16	
Female 40 to 49											
142	1	1:51:51	Maas, Billie	41	Newport	VT				8:32	
148	2	1:53:59	Cooper, Amy	44	Shelburne	VT				8:42	
161	3	1:57:26	Bancroft, Marsha J.	49	Essex Falls	NJ				8:57	
174	4	2:04:51	Sirois, Shirley	40	Portsmouth	NH				9:31	
179	5	2:07:51	Kilmurry, Katherine	45	Montpelier	VT				9:45	
193	6	2:31:41	Angney, Alice	44	Montpelier	VT				11:34	
Female 50 to 99											
165	1	2:00:47	Doughty, Mary C.	50	Madison	NJ				9:13	
190	2	2:27:10	Seidner, Marilyn	50	Latham	NY				11:14	
Male 0 to 17											
27	1	1:26:45	Burrill, Jason	17	Waitsfield	VT				6:37	

## Male 18 to 29

1	1	1:10:51	Miller, James D.	29	So. Burlington	VT	5:24
2	2	1:11:07	Morse, Eric W.	22	Waterbury	VT	5:25
4	3	1:15:06	LaRue, Kevin	26	West Concord	MA	5:44
6	4	1:16:10	Sightler, Randy	28	Burlington	VT	5:49
7	5	1:17:24	Guild, Matt	23	Bellows Falls	VT	5:54
21	6	1:24:57	Stubblefield, Neal	29	Avondale Estates	GA	6:29
23	7	1:25:36	Martell, Kevin	29	Essex Junction	VT	6:32
30	8	1:27:06	Robinson, Steve	22	Warren	VT	6:39
32	9	1:27:42	Pappas, Monte	29	So. Burlington	VT	6:41
33	10	1:28:01	Donnelly, John	27	Montpelier	VT	6:43
38	11	1:28:53	Halpern, Russell	26	Burlington	VT	6:47
48	12	1:31:54	Trottier, B. Peter	27	Colchester	VT	7: 1
57	13	1:35:02	Jackson, Jeff	29	Stowe	VT	7:15
59	14	1:35:18	Braceras, Geordie	26	Colchester	VT	7:16
66	15	1:36:44	Shanley, Kevin	21	Burlington	VT	7:23
70	16	1:37:02	Hogan, Kevin	25	Winooski	VT	7:24
75	17	1:38:02	Webb, Gordon	21	Burlington	VT	7:29
79	18	1:38:35	Robinson, George	28	Warren	VT	7:31
83	19	1:39:06	Dingley, Jim	24	Burlington	VT	7:34
84	20	1:39:18	Kerns, Stephen	22	Burlington	VT	7:34
100	21	1:42:13	Fain, James	22	Burlington	VT	7:48
101	22	1:42:13	Banister, Jeff	22	Burlington	VT	7:48
108	23	1:42:49	Ummer, Christopher	26	Lyndonville	VT	7:51
131	24	1:48:59	Barrett, Stephen C.	28	Colchester	VT	8:19
139	25	1:51:15	Mirabile, Gerry J.	27	Hallowell	ME	8:29
140	26	1:51:15	Norse, Manuel	23	Bakersfield	VT	8:29
149	27	1:54:01	Kruger, Tim	22	Waterbury	VT	8:42
184	28	2:11:00	Chadwick, Brian	29	Jacksonville	FL	10:00

## Male 30 to 39

3	1	1:12:15	Woodward, Keith	36	East Corinth	VT	5:31
5	2	1:15:56	Coyne, David A.	36	Avon	NY	5:48
8	3	1:18:23	Kellett, Ray	36	Brattleboro	VT	5:59
9	4	1:19:04	Drapp, Ed	31	Duxbury	VT	6: 2
10	5	1:19:46	Lindemer, Geoffrey	34	Stowe	VT CVR	6: 5
12	6	1:21:11	Valentine, John	38	Northfield	VT CVR	6:12
14	7	1:21:37	Jenkins, Jay Paul	37	Durham	NH	6:14
15	8	1:21:45	Weinstein, Richard	31	Newton	MA	6:14
16	9	1:22:09	Fahey, Jack	31	Waltham	MA	6:16
17	10	1:22:49	Thompson, Steve	35	Swanton	VT	6:19
18	11	1:22:51	Foltz, Tom	39	Lowell	MA CVR	6:19
19	12	1:23:27	Stone, William	35	Newton Centre	MA	6:22
20	13	1:24:40	MacLean, Bruce	34	Newbury	VT	6:24
22	14	1:25:26	Furlong, Gary	34	Burlington	VT	6:31
25	15	1:25:46	Lancot, Bob	36	Otterburn Park	QUE	6:33
26	16	1:25:52	Hartt, Whit	32	Stowe	VT	6:33
28	17	1:26:55	Herrero, Stephen J.	39	Shelburne	VT	6:38
36	18	1:28:34	Maxwell, Mike	39	Cabot	VT	6:45
42	19	1:30:17	Lanciano, Scott	35	Burlington	VT	6:53
46	20	1:31:47	Titcomb, Steve	36	Huntington	VT	7: 0
49	21	1:32:33	Ludington, Christopher	33	Morrisville	VT	7: 4
51	22	1:32:54	Zuaro, Joe	37	Northfield	VT	7: 5
52	23	1:32:54	Lane, Dale L.	38	Jeffersonville	VT	7: 5
55	24	1:34:51	Metayer, Marc	30	Waterbury Center	VT	7:14
56	25	1:34:54	Schilling, Joel B.	39	Park Ridge	NJ	7:14
64	26	1:36:29	Poirier, Jean-Guy	36	Waltham	MA	7:22
67	27	1:36:50	Gershaneck, Glenn	39	Montpelier	VT CVR	7:23
71	28	1:37:04	Egan, Mike	32	Burlington	VT	7:24
72	29	1:37:12	Brzoza, Bruno	38	Ludlow	VT	7:25
76	30	1:38:09	Lindemann, Bob	34	Hyde Park	VT	7:29
78	31	1:38:27	Gilreath, Scott	30	Menands	NY	7:31
82	32	1:39:05	Soens, Bill	32	Averill Park	NY	7:33
86	33	1:39:41	Comisky, Mike	30	Gansevoort	NY	7:36
87	34	1:39:49	Beinert, Laurence	36	Williston	VT	7:37
89	35	1:40:03	MacLean, Douglas	38	Newton	MA	7:38
95	36	1:41:12	Searles, Robert	38	Wolcott	VT	7:43
99	37	1:41:57	Paskiet, Kevin T.	30	Burlington	VT	7:47
105	38	1:42:30	Blatchford, Joseph H.	33	Montpelier	VT	7:49
106	39	1:42:36	Ledman, Gary	34	Jacksonville	FL	7:50
109	40	1:43:09	Loveman, Don	38	Hyde Park	VT	7:52
111	41	1:43:29	Alleman, Steve L.	34	East Berlin	PA	7:54

117	42	1:45:50	Paul, Mark	32	Burlington	VT	8: 4
118	43	1:46:01	Briggs, Dennis	36	Milton	VT	8: 5
121	44	1:46:14	Robison, Steven H.	34	So. Burlington	VT	8: 6
122	45	1:46:23	Smith, Carter	36	Williston	VT	8: 7
125	46	1:46:38	Stanton, Christopher	31	Fair Haven	VT	8: 8
129	47	1:48:22	Garvin, Jack	36	Moretown	VT	8: 16
133	48	1:49:31	Martin, John	35	Montpelier	VT	8:21
137	49	1:50:06	Pendlebury, William W.	37	Cambridge	VT	8:24
147	50	1:53:06	Shoprish, Barry	32	Brookline	MA	8:38
150	51	1:54:18	Chugg, John L.	39	Nashua	NH	8:43
159	52	1:56:32	Brown, Richard K.	36	Allentown	PA	8:53
163	53	2:00:35	LaRocca, Brad	39	Laguna Wigiki	CA	9:12
178	54	2:07:40	Barral, Robert	34	Waitsfield	VT	9:44
180	55	2:08:47	Flanders, Sidney P.	38	Waterbury	VT	9:49
182	56	2:09:45	Bright, Alan R.	33	Stowe	VT	9:54
187	57	2:14:59	Benner, Murray	36	Colchester	VT	10:18

Male 40 to 49

11	1	1:19:52	Brodhead, John	43	Craftsbury Common	VT	CVR	6: 6
13	2	1:21:21	Davis, Peter	40	Cambridge	VT		6:12
24	3	1:25:41	Crowe, Tom	43	Jeffersonville	VT		6:32
29	4	1:27:05	Kasser, Chris	40	Greenfield	MA		6:39
34	5	1:28:03	Donovan, Frank	43	Canton	MA		6:43
37	6	1:28:41	Rae, Ron	43	Tolland	CT		6:46
40	7	1:29:59	Kramer, Pete	42	Morrisville	VT		6:52
41	8	1:30:04	Daly, Shamus	47	Stowe	VT		6:52
43	9	1:30:45	Reuss, Norman H.	40	So. Burlington	VT		6:55
47	10	1:31:51	Schramm, LeRoy H.	43	Helena	MT		7: 0
58	11	1:35:13	Brown, Todd	45	Gloversville	NY		7:16
61	12	1:35:52	Graves, Arthur H.	47	Peru	NY		7:19
62	13	1:36:09	Oxley, Jonathan	45	Pointe Claire	QUE		7:20
63	14	1:36:20	Ingram, Steven K.	44	Northfield	VT		7:21
65	15	1:36:42	Carr, Wendell E.	47	So. Burlington	VT		7:23
68	16	1:36:51	Jiron, Patrick G.	49	Cambridge	VT		7:23
77	17	1:38:16	Kearney, Kevin	47	Peru	NY		7:30
85	18	1:39:41	Pare, Joseph	42	Beaconsfield	QUE		7:36
90	19	1:40:26	Stapleton, Terry	43	Westford	MA		7:40
92	20	1:40:35	Cunningham, Gary G.	46	Cambridge	VT		7:40
94	21	1:40:53	Witham, Douglas W.	49	So. Burlington	VT		7:42
102	22	1:42:16	Poulin, Russell	45	East Montpelier	VT		7:48
104	23	1:42:21	Boyd, Kenn	41	So. Burlington	VT		7:48
107	24	1:42:46	Howe, Bob	40	Williamstown	VT	CVR	7:50
110	25	1:43:09	Conklin, Trim	40	Hyde Park	VT		7:52
113	26	1:43:35	Ippolito, Paul	46	Chester	VT		7:54
115	27	1:44:24	Smith, Jerry	40	Altmar	NY		7:58
116	28	1:45:43	Bartels, Bruce	40	Essex Junction	VT		8: 4
119	29	1:46:10	Denton, Bernard A.	43	Burlington	VT		8: 6
124	30	1:46:38	Dunne, John B.	41	Orwell	VT		8: 8
126	31	1:47:20	Baker, Newton B.	45	Montpelier	VT	CVR	8:11
128	32	1:47:53	Kane, Frank	49	Middlebury	VT		8:14
130	33	1:48:35	Collins, Art	45	Oneida	NY		8:17
134	34	1:49:36	Friel, Richard	44	Essex Junction	VT		8:22
145	35	1:52:49	Rivers, Cliff	46	Essex Junction	VT		8:36
152	36	1:54:52	Shanley, Richard A.	45	Morrisville	VT		8:46
153	37	1:54:52	Anderson, Jack	45	Hyde Park	VT		8:46
160	38	1:56:59	Garbutt, David H.	41	Morrisville	VT		8:55
162	39	1:59:32	O'Neill, Terry	42	St. Albans	VT		9: 7
167	40	2:00:57	Curtin, Thomas	45	Richmond	VT		9:14
181	41	2:08:58	Cummings, Bob	44	Bennington	VT		9:50
183	42	2:10:14	Martone, Raphael J.	45	Stowe	VT		9:56
192	43	2:31:40	Angney, Richard	47	Montpelier	VT		11:34

Male 50 to 59

31	1	1:27:26	Barney, Gerald	55	Swanton	VT		6:40
73	2	1:37:21	Walthers, Charles R.	51	Northfield	VT		7:26
93	3	1:40:43	Brooks, John K.	50	Katonah	NY		7:41
112	4	1:43:31	Mercier, Bob	51	Montpelier	VT	CVR	7:54
143	5	1:51:59	Chicoine, Armand	59	So. Burlington	VT		8:33
166	6	2:00:50	Stout, Neil	55	Burlington	VT		9:13
168	7	2:01:48	Noonan, R.J.	56	Shelburne	VT		9:17
169	8	2:02:24	Keogh, Bill	56	Burlington	VT		9:20

172	9	2:02:29	Guilbert, Ernest	59	Haverhill	MA	9:21
175	10	2:06:22	Ducharme, Edward R.	58	Hinesburg	VT	9:38
191	11	2:27:13	Seidner, Peter P.	56	Latham	NY	11:14

Male 60 to 99

98	1	1:41:43	Hartier, Wally	60	Nashua	NH	7:46
141	2	1:51:37	House, Henry A.	66	Williston	VT	8:31
151	3	1:54:26	Lustsen, Harold W.	65	Rockville	CT	8:44
185	4	2:12:05	Dixon, Charles	62	Jericho	VT	10:5
189	5	2:17:28	Allen, Doug	60	Bethel	VT	10:29

TENTH ANNUAL  
CASPIAN FOLIAGE RUN

Sept. 20  
1987

Male 9-17

Pete Johnson, Greensboro 46:03

Male 18-29

Todd Taska Lowell 39:20  
Alden Aldrich Lyndonville 44:09  
Doug Garey St. Albans 46:01  
Jeff Jackson 48:15

Male 30-39

5 Mike Maxwell Cabot 44:59  
8 David Mellor Lowell 46:34  
10 Willy Cats-Baril Charlotte 46:57  
13 Bill Everett Essex Jct. 49:18  
18 Donald Loveman Morrisville 52:09  
19 John Robie St. Johnsbury 52:14  
21 Bill Eisner Greensboro 52:57

Male 40-49

2 John Kalinen Orleans 43:59  
4 Gordon Johnson Quebec 44:45  
12 Newton Baker Montpelier 48:40  
14 Charlie Bucknam Greensboro 50:12  
15 Russ Petelle Derby Line 50:29  
16 Mike Cusumano Glover 50:56  
17 Ted Chase St. Johnsbury 51:51  
20 Trim Conklin Hyde Park 52:28  
22 Rich Ejanowicz Newport 53:33  
24 Len Tashman So. Burlington 54:43  
30 David Garbutt Morrisville 58:39  
32 Scott Warthin Newport 59:36  
33 Larry Karp Greensboro 60:05  
39 David Dow E. Hardwick 65:27

Male 50-59

36 Hu Sangree Watertown, Ct. 63:03

Male 60--

25 Henry House Williston 56:00  
37 Charles Dixon Jericho 63:16

Female 9-17

38 Serena Bucknam Greensb. 65:07

Female 18-29

9 Michelle Pinard Barton 46:48  
29 Marlene Royle  
Craftsbury 58:03

Female 30-39

23 Muffy Howard Cambridge 53:52  
27 Lauren Bowerman Newport 57:35  
28 Holly Forbes Steam-  
boat Springs, Colo. 58:07  
31 Marsha Cherrington  
Orleans 59:55

Female 40-49

26 Billie Maas Newport 57:00  
34 Nancy Mc Rae Cambridge 60:35

Female 50-59

35 Anne Batten E. Hard. 63:02  
40 Jean Archibald Underhill  
Center 66:28  
41 Gail Sangree Watertown,  
Ct. 77:53



This has been a year of notoriously poor weather for CVR's two major races. The 10-Miler in May was plagued by spring-like mud-season conditions under heavy rains. The recent Leaf Peepers Half Marathon could scarcely have seen worse weather, but it did. With the wind howling at 25 to 35 mph, the runners were pelted with (1) driving rain, (2) sleet and hail, and finally (3) wet, heavy snow that turned the course into a miserable slimy mush. Temperatures that dropped from the low thirties into the mid-to-high twenties during the run didn't help things any. Our hats are off to all who participated in this event.

Although weather conditions kept times lower than they might otherwise have been, two performances were especially noteworthy. Jason Burritt established a new State mark for 17-year old males at 1:26:45, and Keith Woodward distinguished himself in spite of the conditions by finishing 3rd overall in 1:12:15, the fastest time yet recorded in Vermont for 36-year old men. His time is also the fastest for Vermont residents in the 35-39 year old age group.

A large field produced a large number of Vermonters receiving ranking points, as follows:

Open Men (145 finishers)

James D. Miller	So. Burlington	100 (1st)
Eric Morse	Waterbury	70 (2nd)
Keith Woodward	East Corinth	50 (3rd)
Randy Sightler	Burlington	25 (6th)
Matt Guild	Bellows Falls	20 (7th)
Ray Kellett	Brattleboro	15 (8th)
Ed Drapp	Duxbury	12 (9th)
Geoffrey Lindemer	Stowe	10 (10th)
John Brodhead	Craftsbury Common	7 (11th)
John Valentine	Northfield	5 (12th)
Peter Davis	Cambridge	3 (13th)

Men 40-49 (43 finishers)

John Brodhead	Craftsbury Common	15 (1st)
Peter Davis	Cambridge	12 (2nd)
Tom Crowe	Jeffersonville	10 (3rd)
Pete Kramer	Morrisville	2 (7th)
Shamus Daly	Stowe	1 (8th)

Men 50-59 (11 finishers)

Gerald Barney	Swanton	3 (1st)
Charles R. Walthers	Northfield	2 (2nd)

Men 60-69 (5 finishers)

Henry A. House	Williston	2 (2nd)
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Open Women (48 finishers)

Deb Glendinning	Winooski	20 (1st)
Merill K. Cray	Montpelier	15 (2nd)
Muffy Ritz	Waitsfield	12 (3rd)
Michele Eitapence	Morrisville	5 (6th)
Deb Crow	Stowe	3 (7th)
Patricia Girouard	Stowe	1 (9th)

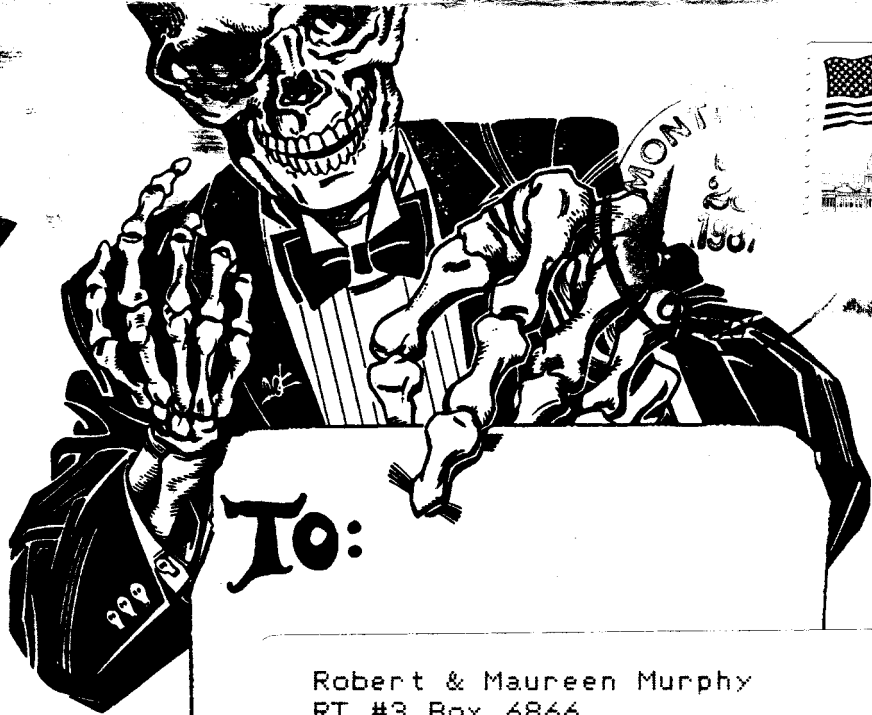
Women 40-49 (6 finishers)

Billie Maas	Newport	3 (1st)
Amy Cooper	Shelburne	2 (2nd)

Bob Murphy  
Vermont Running Data Center



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



To:

Robert & Maureen Murphy  
RT #3 Box 6866  
Barre VT  
05641