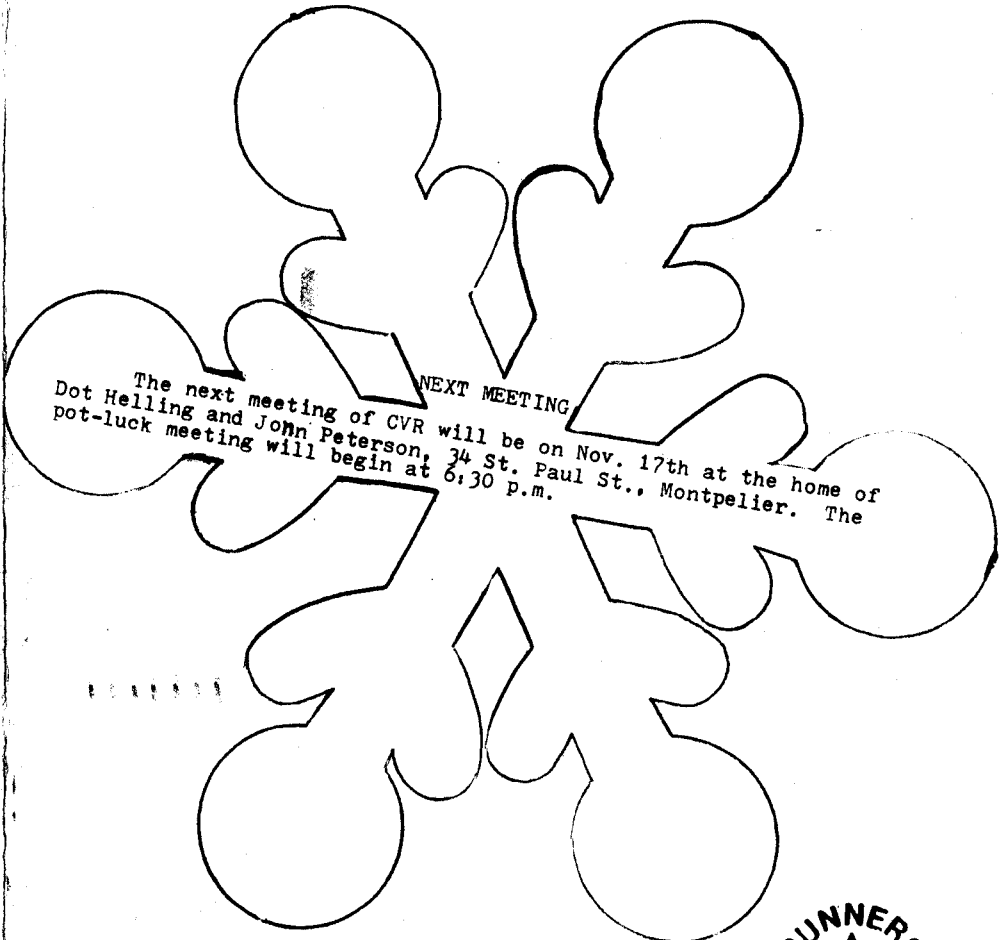


# Central Vermont Runners

Nov. '87

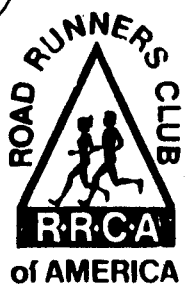


**NEXT MEETING**

The next meeting of CVR will be on Nov. 17th at the home of Dot Helling and John Peterson, 34 St. Paul St., Montpelier. The pot-luck meeting will begin at 6:30 p.m.



**Pres.- Norm Robinson**  
**V.P.- Geoff Lindemer**  
**Treas.- Darragh Ellerson**  
**Sec.- Tim Noonan**



NOMINATIONS FOR OFFICERS TO BE ELECTED JAN. 9th

We are fast approaching that time of year again for club elections. A reminder that neither myself or Geoff Lindermer are eligible for re-election to their present positions. Please fill out the following form and return to Norm Robinson, 48 Westwood Pky., Barre, Vermont, 05641 by Jan. 8, 1988.

*Norm*

PRESIDENT \_\_\_\_\_

VICE-PRESIDENT \_\_\_\_\_

TREASURER \_\_\_\_\_

SECRETARY \_\_\_\_\_

The Annual Meeting will be held on Jan. 9th at the home of Larry Miller. We will have skiing, running, etc. followed by a pot-luck meal and the meeting. Events start at 1:30 p.m. with the meeting starting and 4:00 p.m.

Anne Batten satisfied a long time goal by successfully completing the Casco Bay Marathon on Sunday, October 11. The course started and ended in downtown Portland, Maine. It was a loop out along Casco Bay, through Yarmouth and back into Portland along the scenic "back cove".

Anne has been running for ten years and has been thinking about a marathon for the last five years. She said that she decided last December that this would be the year.

She started training for it in January. During the legislative season, she went to the Wedgewood fitness center at 6:00 in the morning three times a week and used the Nautilus machines to build upper body strength. Anne increased her mileage this summer and her training included 18 and 20 mile training runs.

David Dow also ran at Casco Bay. In fact, they ran the entire race together. David, who has run in two other marathons (but "not lately"), really liked the Casco Bay course.

"It's a beautiful course, rolling hills, nice scenery. Sunday was cold, 38 degrees and drizzly. We started at 7:00 a.m., about 400 runners. The worst part for me was some calf cramping between miles 18 and 22 (my old nemesis). The worst for Anne was the cold. She was seriously chilled for the last few miles."

"The main goal was to complete it safely. A secondary goal was to be under 5 hours. It was a complete success. Anne finished in 4:38:22 and I was one second behind. We suffered no problems beyond some sore muscles for a couple of days. We both got "antsy" to run within a couple of days and feel a renewed zest for running.

The organizers were great. They provided excellent traffic control, support, hot broth and blankets at the end, and, most wonderful of all, leg massages after a hot shower.

Dave and Anne both recommend Casco Bay as a good first marathon because of the great support crew and facilities, the rolling terrain, and the unliklihood of having it be too hot at 7 a.m. in October.

*David Dow*

## MT. WASHINGTON HILLCLIMB

It all started back in July. I was riding through Pennsylvania with Holly Thiel, a young woman from Tacoma, Washington. Holly was talking about our ride through the Rocky Mountains over Logan Pass (elevation 6880 feet). Holly thought that since that ride, which covered 28 miles and 5,000 vertical feet, didn't seem so bad we should go on to do other hillclimbs. She was referring to an article in Bicycling magazine which listed the "10 toughest climbs in the U.S.." According to the article, the toughest climb is Pikes Peak, which starts at 7,000 feet and climbs up to 14,000 feet where there isn't any air. I told Holly that the second toughest climb was Mt. Washington in New Hampshire. Mt. Washington is only eight miles long but rises 4700 feet at an average grade of 12.5% with a maximum of 22%. Well, Holly said that after the TransAmerican Bike Trek, she was going to visit her mother in Massachusetts and would come up to New Hampshire if I would. Not to be outdone by a woman, I agreed.

Well, the rest is history. Holly went back to Tacoma after I had sent in my registration. I convinced Jeff Fehrs to go to Mt. Washington with me so at least I had some company.

It rained all night before the event. There was still some showers during the climb. When we arrived, I discovered four other trekkers that I had ridden across America with.

This was my first hillclimb and my first competitive biking event. I've always thought bike racers were real animals and my vision of the start was for a pack of 300 riders to shoot off and up the mountain leaving me to putt along behind. As it turned out I started with the last category not realizing that that group was the citizen senior category (age 18-35) and that the masters (old farts) had left 2 minutes earlier. Even so, I stayed with the pack and even passed a few. Mt. Washington is truly a one gear race. We started at the toll booth but after 100 yards of flat we hit the mountain and everyone shifted into their lowest gear. For me that meant a 40 tooth chainring with a 38 tooth rear cog or a 1.05/1.00 ratio. Some of the mountain bikes have even lower gears. Still, others were totally unprepared like the guy I passed who was walking because he simply didn't have the strength to turn his 42/24 tooth combination. Actually 260 started and 220 reached the top, including Jeff, my friends from the trek and me. It was quite a day with the steep grades, wheel sucking mud on the unpaved sections, 50 mph winds with gusts to 70, rain, cold, and wet leaves on the lower sections.

They didn't exactly offer me appearance money to come back next year, but I made it to the top and am very glad I did it. I called my brother in Denver the next day and asked him if he would join me if I flew to Colorado next summer to do one or more of the hillclimbs, listed in Colorado. He said sure, so....

### SPECIAL INVITATION

Here's a once in a runtime opportunity! We SPECIALLY invite YOU to join the Saturday morning RUNCH CLUB - Run and Brunch your way through another Vermont winter and emerge in shape for a change.

**BENEFITS:** Guaranteed 10 miler or more each week.

Great company, great eats = great incentives.

Peer pressure in the worst of weather.

**CONDITIONS** Smells, noises, bad jokes and an occasional run "you won't want to do."

Alternate as hostess/host which entails using your house/office for gathering place and eats with you choosing the course for the week.

Early morning start so we don't waste away the day.

A commitment to try and want to come every week so we can keep this group to a smaller size and not risk running alone.

If you're interested please get in touch with Merrill Cray, Dot Helling, Jeff Shutak or John Valentine. Meetings in 1987 will be loose until the holidays are over. We want a solid start the first Saturday in January,

OCTOBER MEETING NOTES

The October meeting of CVR was attended by five members. Although a small turnout, the club did set tentative dates for most of the 1988 race calendar. The "Run For The Health Of It" race may be moved to be held in conjunction with Fools Fest but no date has been set yet. The following are dates for 1988:

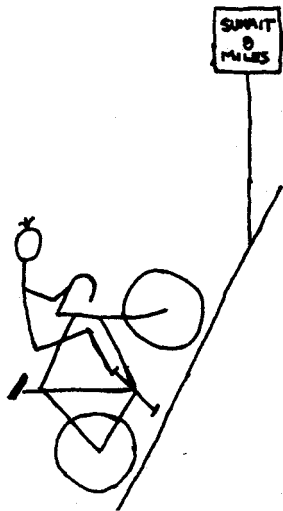
Montpelier 10 Miler- June 25

Capital City Stampede- July 9

Berlin Pond Couples- August 13th

Leaf Peepers- Oct. 2

In other news Bob Howe agreed to look into places for our Annual Banquet held each February. He will report back at the Nov. meeting. Larry Miller has agreed to show slides of his cross country bike ride as part of the entertainment. Anyone having any other ideas please contact Norm.



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

