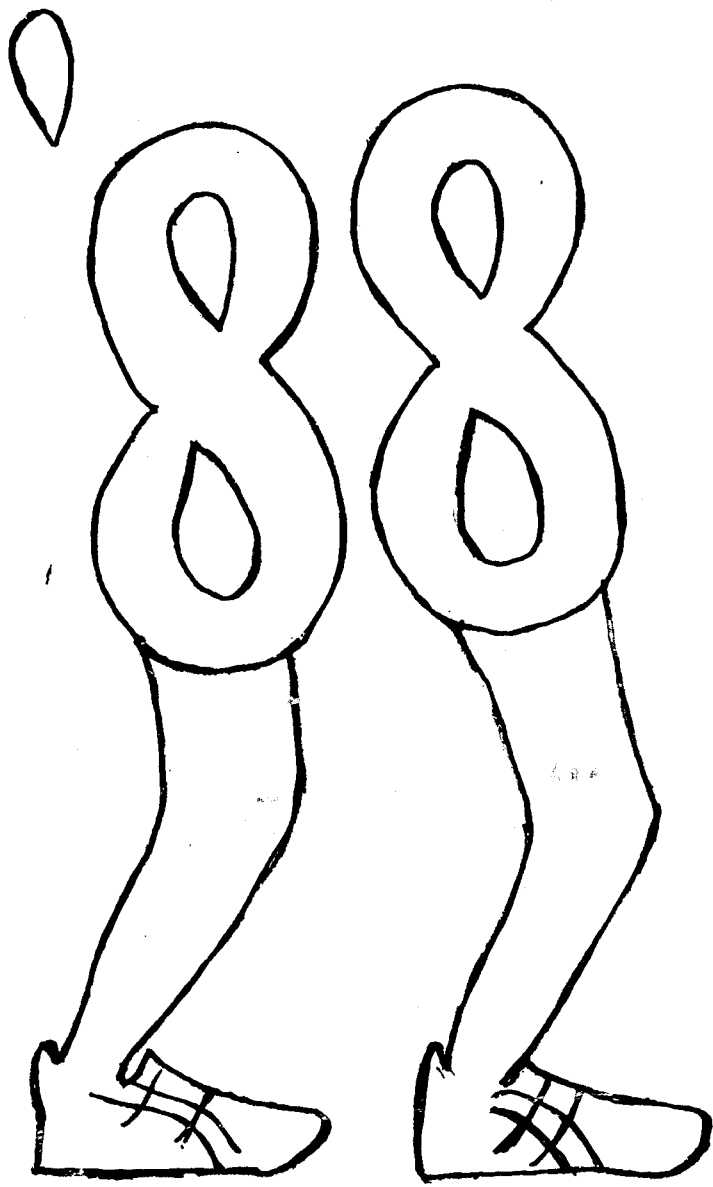


CENTRAL VERMONT RUNNER'S NEWSLETTER

Vol. 9, No. 1

SEC  
1987-  
1988



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



NOVEMBER MEETING NOTES

The November meeting of CVR at Dot Helling and John Peterson's home proved very active as a number of items were discussed and voted on. The highly debated issue of dues occupied much of the evening. Talk centered around the newsletter, cost and relative price. Finally a unanimous vote of 7-0 raised 1988's dues to \$8.00 for a single membership and \$10.00 for a family.

The club also voted to purchase a second printer-timer with the stipulation that it not exceed \$250.00. It was suggested that a second timer would allow us to more accurately follow RRCA and TAC race guidelines. This too was a unanimous vote.

Darragh revealed a current balance of \$931.51 with one newsletter left to print in '87. This means that '87 was just about a break even year as we ended 86 with approximately \$900.00

Dot unveiled a banner that CVR has obtained from Runner's World along with several other prizes we will use at next year's Berlin Pond race.

Pasta, salads, Ben & Jerry's, and homemade cookies topped off a lively evening.

-----  
 Vermont Certified Course List (as of 27 Nov 1987)

5 Kilometers

Montpelier	"VT Cable TV Turkey Trot"	VT87005BT	27Oct87	Loop	S/F 0ft
	S 520 F 520 L 510 H 545 TC 45			mb Robert Murphy	

8 Kilometers

Berlin	"Berlin Pond Couples Race"	VT87002BT	9May87	Loop	S/F 350
	S 1000 F 1000 L 975 H 1130 TC 242			mb Robert Murphy	

Burlington	"Stroh's Run for Liberty"	VT84001JMC	14Jul84	Loop	S/F 400
	S 400 F 380 L 200 H 400 TC 130+			mb Bruce Cunningham	

10 Kilometers

Bennington	"Bennington Road Race"	VT87001BT	23Apr87	Keyhole	S/F 247
	S 650 F 650 L 540 H 695 TC 350			mb Robert Teschek	

Brattleboro	"Brattleboro"	VT85013JMC	4May85	Loop	S/F 400
	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 .26
	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	"AscutneyMtn Foliage Clas"	VT86001BT	12Oct86	?	S/F ?
	elevation data not available			mb Robert Teschek	

Manchstr Ctr	"Maple Leaf"	VT85001WN	28Jun85	Loop	S/F 202
	S 670 F 670 L 660 H 1000 TC 465			mb Wayne Nicoll	

Waterbury	"Leaf Peepers"	VT87004BT	28Sep87	Keyhole	S/F 360
	S 410 F 410 L 450 H 350 TC 350			mb Robert Murphy	

ANNUAL MEETING!!! ANNUAL MEETING!!! ANNUAL MEETING!!!

This year's meeting will be held on January 9 at 1:30 p.m. at the home of Larry Miller. Directions are as follows: Go 2 miles up Terrace Street, Montpelier until the road turns to dirt. Larry's house is the first house on left after the dirt road begins. For

further information call 229-0858. Activities include skiing, running, and of course pot-luck. As an extra incentive to attend there will be door prizes given away -- Runner's World Calenders .

Agenda includes but not limited to: Voting of 1988 officers  
Newsletter- costs, editor, no. of issues  
Scholarship funds

As an added note we have not received a very large number of nominations for officers and the following form should be filled out and returned to Norm Robinson, 48 Westwood Parkway, Barre, Vt., 05654.

PRESIDENT \_\_\_\_\_

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

TREASURER \_\_\_\_\_

SECRETARY \_\_\_\_\_

MAKE YOUR RESERVATIONS NOW FOR CVR BANQUET!!

CVR's Annual banquet is scheduled for Feb. 5 at the Steak House on the Barre-Montpelier Rd. Cocktails at 6:30 p.m. Dinner at 7:00 p.m. Meal includes Fruit Cup, Salad, Baked Potatoe, Green Beans, Rolls, Dessert and choice of the following:

Top Sirloin	\$9.00	-----	<i>Tim</i>
Teriyaki Chicken	\$10.50	----- <input checked="" type="checkbox"/>	<i>Noonan</i>
Haddock	\$10.50	-----	

Please indicate the number of each needed and send check payable to Central Vermont Runners to: Bob Howe, RTE. 1, Box 1, Williamstown, Vt., 05679.

Larry Miller will show slides of his cross-country bike trip. Plus other attractions.

DEADLINE IS JANUARY 30th !!!!!

THE FIRST ANNUAL  
VERMONT CABLE TV 5-K TURKEY TROT  
Scoring By Granite State Race Services

5K

MONTPELIER, VT.

22 Sept 1987

Name	Time	Age	S	Div	P1	City	St	Club
1 GUILD, MATTHEW	16:45	24	M	B	1	BELLOWS FALLS	VT	
2 FARJELL, PETER	16:56	36	M	C	1	WILLIAMSTOWN	MA	
3 LANGHAID, CHIP	17:21	25	M	B	2	ST. JOHNSBURY	VT	
4 BRODHEAD, JOHN	17:32	44	M	D	1	CRAFTSBURY COMM	VT	
5 SIMPSON, TIMOTHY	17:40	47	M	D	2	LYNDONVILLE	VT	
6 MILLER, ROBERT	18:00	29	M	B	3	BURLINGTON	VT	
7 CURRAN, DENNIS	18:20	41	M	D	3	WAITSFIELD	VT	
8 SEIVARIGHT, GEORGE	18:27	37	M	C	2	BARRE	VT	
9 MILISCI, GLENN	18:30	17	M	A	1	COLCHESTER	VT	COLCHES
10 SHAILOR, ROBERT	18:37	17	M	A	2	COLCHESTER	VT	COLCHES
11 BRAINERD, SHANE	18:42	16	M	A	3	WHITEFIELD	NH	
12 LAFERRIERE, JOSEPH	19:00	38	M	C	3	JERICHO	VT	COLCHES
13 AODDIE, JOHN	19:01	16	M	A	4	CHARLOTTE	VT	CVU
14 SEARLES, SIGH	19:01	38	M	C	4	NO. WILCOTT	VT	
15 MOBRIDE, TROY	19:04	16	M	A	5	NORTHFIELD	VT	
16 CURTIS, JOEY	19:14	17	M	A	6	MONTPELIER	VT	MONT
17 MEACHAM, MIKE	19:26	14	M	A	7	MONTPELIER	VT	MONT
18 KISH, ALEXANDER	19:26	38	M	C	5	UNDERHILL	VT	
19 DAUNSON, CHRISTOPHER	19:34	18	M	A	8	ESSEX JCT	VT	
20 SILK, TODD	19:35	17	M	A	9	SHELBURNE	VT	CVU
21 BRYAN, GREGORY	19:36	19	M	B	4	MONTPELIER	VT	
22 FLANDERS, SCOTT	19:36	18	M	A	10	MONTPELIER	VT	
23 MAXWELL, MICHAEL	19:37	39	M	C	6	CABOT	VT	
24 ORAY, MERILL	19:40	35	F	C	1	MONTPELIER	VT	
25 WHITNEY, CHARLIE	19:41	17	M	A	11	COLCHESTER	VT	COLCHES
26 TOWSLEY, HEATH	19:52	14	M	A	12	BELLOWS FALLS	VT	
27 WUTKIEWICZ, RUSTY	20:03	17	M	A	13	ESSEX JCT	VT	
28 MURPHY, ROBERT	20:04	47	M	D	4	BARRE	VT	
29 WALKER, ELI	20:07	17	M	A	14	MONTPELIER	VT	MONT.
30 HOME, ROBERT	20:30	40	M	D	5	WILLIAMSTOWN	VT	
31 ALLARD, SHAWN	20:54	15	M	A	15	ST. ALBANS	VT	
32 CAFEN, BARBARA	20:55	38	F	C	2	STARKSBORO	VT	
33 KIMBALL, LARRY	21:16	38	M	C	7	WILLISTON	VT	
34 KRAWITT, JUSTIN	21:20	16	M	A	16	SHELBURNE	VT	CVU
35 WRIGHT, RANDY	21:21	35	M	C	8	RIMM AND	VT	
36 DENNETT, JOHN	21:24	15	M	A	17	SAITH	NH	
37 CAMPOLI, GINA	21:34	32	F	C	3	CRAFTSBURY COMM	VT	
38 MERCIER, ROBERT	21:34	51	M	E	1	MONTPELIER	VT	
39 MARCELL, PHYLLIS	21:42	40	F	D	1	SO. BURLINGTON	VT	
40 CURRAN, ELLEN	21:42	31	F	C	4	WAITSFIELD	VT	
41 AULD, JUSTIN	21:48	15	M	A	18	WILLISTON	VT	CVU
42 RALEIGH, JEFF	22:00	19	M	B	5	BURLINGTON	VT	
43 DAMON, LINN E.	22:03	18	F	A	1			
44 TROIAND, JENNIFER	22:05	14	F	A	2	MONTPELIER	VT	
45 COON, VALERIE	22:26	12	F	A	3	FAIRFAX	VT	BFA
46 SMART, CORDELL	22:26	16	M	A	19	PUTNEY	VT	
47 NOBLE, ANDREW	22:27	17	M	A	20	COLCHESTER	VT	COLCHES
48 MILKINS, JENNIFER	22:29	18	F	A	4	BURLINGTON	VT	
49 HOISKA, TOLLA	22:32	16	F	A	5	MONTPELIER	VT	
50 BROWN, RICHARD	23:11	36	M	C	9	ALLENTOWN	PA	
51 MAILMAN, PAUL	23:15	50	M	E	2	MONTPELIER	VT	
52 DEBLASIO, PASCHAL	23:18	37	M	C	10	COLCHESTER	VT	
53 DEAN, HOWARD	23:21	38	M	C	11	BURLINGTON	VT	
54 McALLISTER, JAMES	24:04	27	M	B	6	PROVIDENCE	RI	
55 WILSON, SARAH	24:11	30	F	C	5	MIDDLESEX	VT	
56 LYON, ROBERT	24:14	43	M	D	6	RANDOLPH	VT	
57 MCCARREN, LOUISE	24:16	40	F	D	2	CHARLOTTE	VT	
58 AUSTIN, BETSY	24:17	32	F	C	6			
59 DAVIS, MAUREEN	24:20	22	F	B	1	WILLISTON	VT	
60 FLANDERS, ERNIE	24:46	56	M	E	3	MONTPELIER	VT	
61 SINGER, RICHARD	24:49	38	M	C	12	STONEHAM	MA	
62 SHEDD, SARAH	24:55	13	F	A	6	FAIRFAX	VT	BFA
63 KRESS, TROY	25:03	16	M	A	21	COLCHESTER	VT	COLCHES
64 McLAUGHLIN, TOM	25:14	32	M	C	13	SO. BURLINGTON	VT	

THE FIRST ANNUAL

Name	Time	Age	S	Div	Pl	City	St	Club
65 DAVIS, HAM	25:15	50	M	E	4	BURLINGTON	VT	
66 CRANSE, ROGER	25:22	46	M	D	7	MONTPELIER	VT	
67 FLANDERS, POLLI	26:25	50	F	E	1	MONTPELIER	VT	
68 FERRALLT, MARIE	26:45	14	F	A	7	BARRE	VT	
69 DAVISON, JOSEPH	26:53	25	M	B	7	BURLINGTON	VT	
70 DODGE, DEBBIE	26:56	34	F	C	7	HUNTINGTON	VT	MONT
71 COON, JANET	26:58	45	F	D	3	FAIRFAX	VT	
72 MARTINECK, JOHN G. JR.	27:27	38	M	C	14	MONTPELIER	VT	
73 BEAUDIN, JO-ANN	28:11	38	F	C	8	MONTPELIER	VT	
74 MULHERON, DAWN	28:12	20	F	B	2	BURLINGTON	VT	
75 DAMIATA, JOSEPH	29:26	8	M	A	22	MONTPELIER	VT	
76 BULLEAU, BRENDA	30:02	14	F	A	8	BARRE	VT	
77 LASH, JEN	30:02	14	F	A	9	BARRE	VT	
78 PHELPS, LINDA	30:41	32	F	C	9	HUNTINGTON	VT	
79 HUGHES, JON	30:51	10	M	A	23	MILTON	VT	
80 GERYK, AMY	30:55	11	F	A	10	W. RUTLAND	VT	
81 JAINBIAK, JULI-JO	30:56	11	F	A	11	W. RUTLAND	VT	
82 MEYETTE, LISE	31:58	43	F	D	4	ESSEX JCT	VT	
83 DENNETT, DAWN	32:20	11	F	A	12	BATH	NH	
84 HUGHES, CHRIS	33:18	13	M	A	24	MILTON	VT	
85 HUGHES, BOB	33:18	22	M	B	8	SO. BURLINGTON	VT	
86 BUTTON, GLEN	34:43	13	M	A	25	MILTON	VT	
87 GOULMAN, MICHAEL	34:45	13	M	A	26	MILTON	VI	
88 MARTIN, ALLEN	35:12	50	M	E	5	ESSEX	VT	
89 REIDINGER, FRISCILLA	35:12	34	F	C	10	HINESBURG	VT	
90 MCGILL, BOB	35:12	46	M	D	8	CHARLOTTE	VT	
91 DURAND, JEANNE	40:58	37	F	C	11	PAWTUCKET	RI	
92 MCALLISTER, NANCY	40:58	29	F	B	3	PROVIDENCE	RI	

## NORM'S NOTES

Two years of my presidency are done. While it has been work; it has been enjoyable too, at least most of the time. Our scholarship program is strong and continuing to grow. Our races still show our greatest strength, the ability to do quality events if not quantity. Many of the people involved in CVR have contributed immense amounts of time and energy to the club and running in general. It is my privilege to be counted as their friends. My plans are for continued involvement in CVR on some basis. My goal is that more of you would do the same. I believe our biggest challenge lies in our ability to bring those of you who haven't gotten involved to do so.

Don't forget to sign up early to renew your dues for 1988. As you may or may not know dues have increased to yet a still inexpensive \$8.00 for an individual and \$10.00 for a family. This was necessary to cover newsletter costs and allow the club to continue to operate and do the things we need to do. Sign up early so you are not taken from the newsletter roles.

Believe it or not I'm actually starting to run again and I hope to see you soon. Good luck!!!!

Norm

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 Burrill 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 (125 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 (83 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)

The last Vermont certified race of the 1987 racing season was held on its newest certified course in Montpelier on 22 November. The event was the Vermont Cable TV 5Km Turkey Trot. Although temperatures were around 20 degrees and the north wind was blowing 92 hardy souls finished the premier edition of this race.

Because this is the first ever certified 5km race held in Vermont, over half (49) of the finishers are now single-age record holders. In addition, Vermont resident runners picked up ranking points for 1987 as follows:

Open Men (61 finishers)

Matthew Guild	30 (1st)	Bellows Falls
Chip Langmaid	20 (3rd)	St. Johnsbury
John Brodhead	15 (4th)	Craftsbury Common
Timothy Simpson	12 (5th)	Lyndonville
Robert Miller	10 (6th)	Burlington
Dennis Curran	7 (7th)	Waitsfield
George Selvwright	5 (8th)	Barre
Glenn Milisci	3 (9th)	Colchester
Robert Shailor	2 (10th)	Colchester

Men 40-49 (8 finishers)

John Brodhead	3 (1st)	Craftsbury Common
Timothy Simpson	2 (2nd)	Lyndonville
Dennis Curran	1 (3rd)	Waitsfield

Men 50-59 (5 finishers)

Robert Mercier	3 (1st)	Montpelier
Paul Mailman	2 (2nd)	Montpelier
Ernie Flanders	1 (3rd)	Montpelier

Open Women (31 finishers)

Merill Cray	10 (1st)	Montpelier
Barbara Capen	7 (2nd)	Starksboro
Gina Campoli	5 (3rd)	Craftsbury Common
Phyllis Marcell	3 (4th)	South Burlington
Ellen Curran	2 (5th)	Waitsfield

Women 40-49 (4 finishers)

Phyllis Marcell	3 (1st)	South Burlington
Louise McCarren	2 (2nd)	Charlotte
Janet Coon	1 (3rd)	Fairfax

Women 50-59 (1 finisher)

Polli Flanders	3 (1st)	Montpelier
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## 1989 VERMONT MARATHON MEETING

Plans are under way for a major marathon in the Burlington area in the Spring of 1989. A tentative budget figure of \$50,000 has been mentioned with 1,000 runners a goal. The next meeting is scheduled for Jan. 11 at 7:30. Place to be determined. Organizers hope to make this a state affair and are requesting members of CVR to get involved. If interested Contact Gordon MacFarland at 655-6045.

① Thank you a lot to's  
- wear walker

- Good underwear  
- Dot Helling  
- Jill Shusterman  
- Darragh - shoes, now

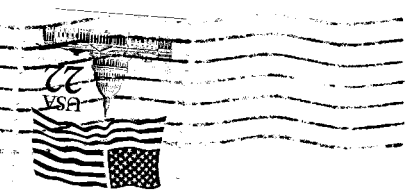
② Thank new handbook  
editor  
for 14 - now one.

③ Thank  
Bob Deane

- Scholarship  
- Comm. letter  
- booklet  
- Bob Murphy  
- walk on  
- records

④ Thank you  
Pete, now  
press.

Timothy Noonan  
2 Pinewood Road  
Montpelier VT  
05602



### Central Vermont Runners Membership Application

Last Name NOONAN First Name Tim Middle Initial \_\_\_\_\_

Street 2 Pinewood City/Town Montpelier State VT Zip 05602

Date of Birth May 13, 1956 Sex M

Phone No. (Home) 229-9658 (Office) 828-2700

T-Shirt size: S M  L XL

Dues Paid: 85 86 87  88 89 90 91 92 93 94

As a responsibility of club membership, I agree to be available to work on at least one club race during the year. My preferred month is indicated below. (Directors will call for help.)

\_\_\_ Mar \_\_\_ Apr \_\_\_ May \_\_\_ Jun  \_\_\_ Jul \_\_\_ Aug \_\_\_ Sep \_\_\_ Oct \_\_\_ Nov

As an alternative, I prefer to work on the race checked below:

- May \_\_\_ Rotary 5 km- date undecided
- June \_\_\_ Montpelier 10 miler
- July \_\_\_ Howard Bank 10k
- August \_\_\_ Berlin Pond Couples Race
- September \_\_\_
- October \_\_\_ Leaf Peepers Half Marathon
- \_\_\_ Fun Runs (every Tuesday May-October)
- \_\_\_ Newsletter
- \_\_\_ Annual Banquet

Initial membership fee is \$5.00 for t-shirts - \$8.00. ~~Annual membership is \$10.00.~~

Send completed Membership Form with initial membership fee to:

Central Vermont Runners  
Darragh Eliason  
Upper North St., Box 170  
Montpelier, VT 05602