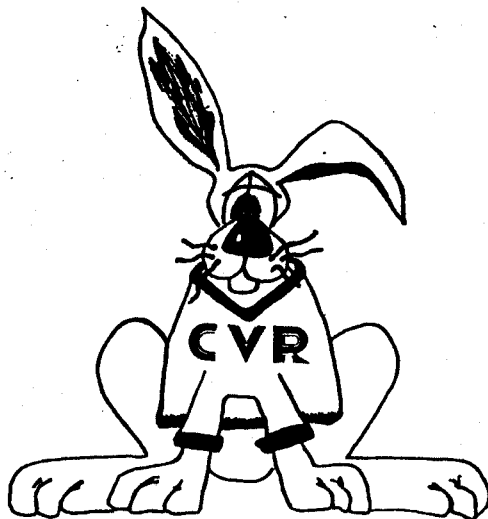


# CENTRAL VERMONT RUNNERS

## NEWSLETTER

March - April 1988  
Vol. 9 No.2



President: Tim Noonan  
Vice-President: Darragh Ellerson  
Treasurer: Norm Robinson  
Secretary: Merrill Cray



**THAT'S ALL, FOLKS !**

If you have not already paid your CVR dues for 1988, please do so. This will be your last newsletter unless we receive your payment by early May. (Threats always work best!) Dues have been raised to the exorbitant sums of \$8 for individual membership and \$10 for family membership. To avoid the unspeakable tragedy of no longer receiving this literary masterpiece and wealth of useful and useless running information, complete the form below and send (with a check, of course) to Norm Robinson.

**CENTRAL VERMONT RUNNERS MEMBERSHIP APPLICATION**

(PRINT) Last Name                      First Name                      Middle Initial

\_\_\_\_\_  
Stree                      City/Town                      State                      Zip

(PRINT)  
Date of Birth \_\_\_\_\_  
Phone No. (Home) \_\_\_\_\_ (Office) \_\_\_\_\_  
T-Shirt Size:    S    M    L    XL  
Dues Paid: 87    88    89    90    91    92    93    94    95    96

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-RUN FOR THE HEALTH OF IT 5K- \_\_\_\_\_  
JUNE-MONTPPELLIER 10 MILER- \_\_\_\_\_  
JULY-CAPITAL CITY STAMPEDE- \_\_\_\_\_  
AUGUST-BERLIN POND COPUPLES RACE- \_\_\_\_\_  
OCTOBER-LEAF PEEPERS HALF MARATHON- \_\_\_\_\_  
FUN RUNS (every Tuesday May-October)- \_\_\_\_\_  
NEWSLETTER- \_\_\_\_\_  
ANNUAL BANQUET- \_\_\_\_\_

Names, ages, birth dates (and work number if differnt than above), of all CVR household members.

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_

Send completed Membership Form with membership fee to:

CENTRAL VERMONT RUNNERS  
Norm Robinson  
4<sup>A</sup> Westwood Parkyway  
Barre, Vermont 05641

**RUNNER'S RAMBLINGS**

After convincing scores of members that they really did not want to be president of CVR, I became president without opposition at the January annual meeting. So you won't have Norm to kick around anymore. I figure being president gives me license to philosophize, give sermons, dispense running wisdom and generally ramble on as I see fit in a column in the CVR newsletter each month. Fortunately for you, I would rather run than write today so this month I will do none of the above.

I would like to make a few brief comments though. I would like to thank Norm for the tremendous job he did as President the last two years. Too bad he's going to have to watch everything he accomplished be dismantled during my brief reign. I also would like to thank Dana McCarthy for stepping forward (or being pushed forward) to be editor of the newsletter. Too bad, I would really like to do this every month (Yeah, right). Smartly, Dana decided she would wait until the June newsletter to start as editor. That way, she can follow my ineptitude rather than Merrill's creativity.

Anyway, have a great running and racing year.

Tim

**SPRING CAN'T BE FAR AWAY . . . FUN RUNS ARE ON THE WAY**

(I always wanted to be a poet, even a bad one.) Fun runs will begin again on Tuesday, May 3 and will continue on every Tuesday until the end of October. They are 2,4 and 6 miles and begin at 5:30 p.m. at the Liquor Control Warehouse on Green Mountain Drive in Montpelier.

**NEXT CVR MONTHLY MEETING**

- Date:** March 21, 6:30 p.m.
- Place:** Tim Noonan's house (2 Pinewood Road, Montpelier. Take a left off of Bailey Avenue onto Terrace St. Take your first left off of Terrace onto Crestview. Take a left off of Crestview onto Pinewood Road. The house is the last house at the end of the street).
- Food:** Potluck
- Agenda:** Discussion of Volunteers/Awards Banquet, upcoming races and anything else anyone wants to talk about.

IN CASE YOU THOUGHT MERILL WAS DROPPING OUT  
OF THE PICTURE . . .

CENTRAL VERMONT RUNNERS  
MEETING MINUTES

PLACE: Larry Miller's house  
TIME: Whenever you got there  
ACTIVITIES: Skiing, Endurance Eating, Drinking and some  
business.

MEMBERS PRESENT: 10

Polly and Ernie Flatlanders  
Tim Nooner  
Merill Crayz  
Darragh Daryl and Daryl  
Stormin' Norman  
Bob Howe-Dee-Do-Dee  
No Dash Dot Helling  
Larry Miller Lite  
Fig Newton Baker

MEMBERS ABSENT: Everyone else!

NOMINATIONS FOR NEW & ABUSED OFFICERS: New nomination process  
took place. Positions were placed on the chairs and when the  
music stopped, every officer (and editor) switched places. It  
worked too - Not one of them got away!

OLD OFFICERS - NEW POSITIONS:

PRESIDENT: Tim Noonan  
VICE PRESIDENT: Darragh Ellerson  
TREASURER: Norm Robinson  
SECRETARY: Merill Cray

MEETING MINUTES

\* Norm STILL didn't find anything out about printer timer! His  
excuse was that he thought Bob Murphy had the information. It  
must be noted that Bob Murphy wasn't there to defend himself.  
Which brings up the question...where was Mr. Murphy that dark  
and stormy day? Stay tuned.

\* Newsletter - Members present voted for only (only?) 7  
newsletters this year. All agreed more is not necessary and too  
costly. Tentative months: 1- Dec./Jan., 2-March/April, 3-May,  
4-June, 5-July, 6-Sept., 7-Oct./Nov.

When the subject came up of who will be the editor, suddenly  
everyone had to leave the room. Polly suggested Dana McCarthy  
might be interested in the job - Dana will get you for this  
Polly!. Merill offered to continue being editor if the club  
would only purchase a few necessities. i.e.: antique oak desk  
(a rolltop would be fine), computer with a printer and a trip

to Hawaii when the last one was completed. Again, everyone had to leave the room. Merrill also brought up AGAIN, the idea of everyone taking turns (one newsletter) with one central address for articles to be sent to. You hoo, anyone want to give it a go?

\* Banquet: We need at least 25 people to make it go.

\* Hay, who made the brownies?

Tim said he knows someone that could put on permanent file, names and addresses from race entry forms and print up labels for this years races. All agreed the \$50.00 charge is well worth the time and energy saved. There would be an extra charge for the labels, but that wouldn't account for much since she buys in bulk.

\* Any one care for more wine while I'm up?

\* Norm suggested a volunteers banquet (possible spaghetti feed) for all those WONDERFUL people (usually the same people) who volunteer their time to help at CVR races. Without their help and continued support, we'd be lost. All thought it was a super supper idea. Good going Norm.

\* Any more cookies left?

\* Newton mentioned it would be nice to invite the volunteers from the school races to the "Volunteers Banquet". He feels it might draw possible new members, more volunteers for our races, and would be good PR for the club. The group thought it would be best to stick with only CVR volunteers first, and see how it goes and how much it will cost.

\* Yo Larry, more wine for the thirsty club members.

\* Back to the Volunteers Banquet: The question came up of who would do the cooking. All agreed it shouldn't be Norm. As to when, Oct., after the Leaf Peepers, seemed like a good time.

\* Kids race at the Berlin Mall: Norm said there wasn't much support from the Mall. He estimated that 5 to 600 could possibly show up - Holly mackerel!. All agreed a softer surface than the parking lot would be a better idea anyway. Kids tend to fall down a lot.

\* Scholarship Fund: \$200.00 each for one girl and one boy. May be more if private parties donate money.

\* NEXT MEETING: MARCH 21 (MONDAY) Tim's house. Be there or miss the famous "Noonan Gain 50 pounds and Pimples" pie.

THE END

Submitted by: Bunny Toes

## 1987 RANKINGS OF VERMONT RUNNERS

Ranking of Vermont resident runners in 1987 has been completed. Road race performances at all standard certified distances are eligible for ranking; 1987 Rankings of Vermont Runners include performances on the following certified courses.

Bennington 10km Road Race, Bennington	3May87
Montpelier 10-Miler, Montpelier	27Jun87
Capital City Stampede 10km, Montpelier	11Jul87
Berlin Pond 8km Couples Race, Berlin	15Aug87
Leafpeepers Half-Marathon, Waterbury	4Oct87
Vt. Cable TV 5km Turkey Trot, Montpelier	22Nov87

Ranking scores awarded for race performances are based on the following table. An individual may receive ranking scores for as many distances as he/she competes in, but will receive only one score (his/her best) at a given distance. Scores are determined by individual race, based on the number of finishers in the group in question. Although Vermont residents and non-residents are considered for the purpose of ranking score awarded in a given event, only Vermont residents are eligible for comparative ranking.

## Finishing Place

Finishers	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10t	11t	12t	13t	14t	15t
80 or more	100	70	50	40	30	25	20	15	12	10	7	5	3	2	1
75 to 80	70	50	40	30	25	20	15	12	10	7	5	3	2	1	
69 to 74	50	40	30	25	20	15	12	10	7	5	3	2	1		
63 to 68	40	30	25	20	15	12	10	7	5	3	2	1			
57 to 62	30	25	20	15	12	10	7	5	3	2	1				
51 to 56	25	20	15	12	10	7	5	3	2	1					
45 to 50	20	15	12	10	7	5	3	2	1						
39 to 44	15	12	10	7	5	3	2	1							
33 to 38	12	10	7	5	3	2	1								
27 to 32	10	7	5	3	2	1									
21 to 26	7	5	3	2	1										
15 to 20	5	3	2	1											
14 or fewer	3	2	1												

Race entries were generally down in 1987, as may be seen from the ranking scores. In the Women's Open category, for instance, top ranking in 1986 was 110 points and the 10th place woman had 25 points. In 1987, the top ranked woman earned only 42 points; the tenth ranked woman had only 5. The larger the fields, the greater the number of points awarded for a given finishing position.

## WOMEN'S OPEN:

Merill Cray's repeated as top woman in 1987 with strong performances at several distances, including wins at the Capital City Stampede and VT

Cable TV's Turkey Trot. Deb Glendinning's win at Leafpeepers vaulted her into second spot.

Merill Cray	42	Montpelier
Deb Glendinning	20	Winooski
Susan Drapp	15	Waterbury
Muffy Ritz	12	Waitsfield
Michele Eitapence	10	Morrisville
Jane Banks	7	Bethel
Barbara Capen	7	Starksboro
Claudia Sullivan	7	Jericho
Deb Crow	6	Stowe
Gina Campoli	5	Craftsbury Common

WOMEN (40-49):

Three second-place finishes put Rose Marie Kinney in top spot among those over 40. Four women were tied for second; each ran one certified race in Vermont in 1987 and each won her race!

Rose Marie Kinney	5	Morrisville
Billie Maas	3	Newport
Phyllis Marcell	3	So. Burlington
Karen Monsen	3	Stowe
Marlene Sachs	3	Norwich

WOMEN (50-59):

Darragh Ellerson, Polli Flanders and Marilyn Wilson each won one race in 1987 and ended up in a tie for first.

Darragh Ellerson	3	Montpelier
Polli Flanders	3	Montpelier
Marilyn Wilson	3	Montpelier
Barbara Smith	2	Dorset
Beverly Tucker	2	Northfield

WOMEN (60-69):

Mary Sarvis was Vermont's only resident woman in this category, but ran a fine race in Bennington in May to capture first place ranking.

Mary Sarvis	2	Shaftsbury
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MEN'S OPEN:

Eric Morse held on to first place ranking for another year, primarily on the strength of wins at the Montpelier 10-Miler and the Berlin Pond Couples Race. Jim Miller's first place finish at Leafpeepers earned him a second-place tie with Rick Trainer, winner of the 1987 Bennington Road Race.

Eric Morse	140	Waterbury
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Jim Miller	100	South Burlington
Rick Trainer	100	Manchester Center
Matt Guild	50	Bellows Falls
Keith Woodward	50	East Corinth
Chris Baldwin	40	South Burlington
Randy Sightler	37	Burlington
John Brodhead	22	Craftsbury Common
Sam Davis	20	Adamant
Chip Langmaid	20	St. Johnsbury

## MEN (40-49):

John Brodhead also repeated top ranking with wins at Leafpeepers and the Turkey Trot. Peter Davis nailed down second with his second-place showing at Leafpeepers.

John Brodhead	18	Craftsbury Common
Peter Davis	12	Cambridge
Tom Crowe	11	Jeffersonville
Bob Murphy	9	Barre
John Elkins	8	Stowe

## MEN (50-59):

Bob Mercier moved up from second last year to capture first place ranking on the strength of wins at Berlin Pond and the Turkey Trot. Second ranked Charles Walthers had a good year also, winning at the Stampede and taking second at Leafpeepers.

Bob Mercier	7	Montpelier
Charles Walthers	5	Northfield
Dan Murnane	4	Montpelier
Gerald Barney	3	Swanton
George Schiavone	3	Shelburne

## MEN (60-69)

Don Lyons' repeated No. 1 ranking again in 1987 with convincing wins at the Couples Race and the Stampede. Second ranked Leon Beverly was first at the Bennington 10km.

Donald Lyons	8	Montpelier
Leon Beverly	3	Stamford
Henry A. House	2	Williston
Dan Geer	1	Bennington

## MEN (70-79)

The sole 70-year old Vermonter to run a certified course in the State in 1987, Bob Matteson earned top ranking in this category with a fine performance in Bennington.

Bob Matteson	3	Bennington
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Bob Murphy  
Vermont Running Data Center



CENTRAL VERMONT RUNNERS

announces

1988 CVR EDUCATION SCHOLARSHIPS

Central Vermont Runners will award two scholarships in 1988:

\$200.00 Successful Male Applicant

\$200.00 Successful Female Applicant

Eligible Area High Schools:

Spaulding	Twinfield	Montpelier
Stowe	U-32	Williamstown
Harwood	Northfield	Braintree/Randolph

Student Eligibility Criteria:

Must be a graduating senior in 1988, college bound, and have participated in the school track or X-Country running program.

Primary Selection Criteria:

- Scholastic Achievement in High School
- Track or X-Country Accomplishments
- Statement of Career Goals

Instructions:

Completed application, including endorsements by two school officials (academic official and track coach), must be received by CVR on or before 15 April 1988. Mail applications to:

CVR Scholarship Committee  
 c/o Robert Howe  
 RFD #1, Box 1609  
 Williamstown, VT 05679

NOTE: Failure of a successful applicant to become enrolled in college by 1 February 1989 will result in forfeit of the award.

10

### RACE SCHEDULE

\*\*\*\*\*  
CVR - indicates CVR-sponsored race. If you do not plan to run, your help would be greatly appreciated by the race director and crew.

\* - indicates that date is tentative. Check with contact person to ensure that the race is being held on that date.

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- MAR 19 **Holyoke 10K.** Holyoke, Ma., 1 p.m. Holyoke City Hall, Mike Tierney, (413) 534-3301.
- MAR 20 **New Bedford Half Marathon.** New Bedford, Ma., 11 a.m. Susan Foster, (617) 997-8031.
- \* APR 10 **St. Albans 8.5 Mile Sap Run.** St. Albans Recreation Dept., 527-7194.
- APR 17 **Kaynor's Sap Run.** 6 miles, noon, King Hill Road, Westford. Chapin and Donna Kaynor, 878-6392 or 879-7483.
- APR 18 **Boston Marathon.** Boston Athletic Association, 17 Main Street, Hopkinton, MA 01748. (617) 437-2672.
- \* MAY 1 **Bennington 10K and 4 Mile.** Bennington Chamber of Commerce, Veteran's Memorial Drive, Bennington, Vt 05201.
- MAY 7 **Trollheim 5K.** 11:00 a.m., Sleepy Hollow Road, Essex Center, Al and Sally Duval, 899-3398.
- MAY 8 **Brattleboro Children's Place 5 Miler.** Wayne London, 257-5622.
- \*CVR MAY 14 **Run For the Health of It 5K and 10K.** East Montpelier Elementary School. Wade Walker, 223-7674.
- MAY 15 **Race of Champions Marathon.** Holyoke, Ma. Walter Childs, Box 1484, Springfield, Ma., (413) 566-3145.
- MAY 21 **Rollin' Irish Half Marathon.** 9:00 a.m., Essex Elementary School. Dave Fields, 878-5710.
- MAY 22 **Run for the Sun 10K.** 9:00 a.m., Brattleboro. John Fish, Austine School, 120 Maple Avenue, Brattleboro. 254-4571.

11

**RACE SCHEDULE (Cont.)**

- JUN 18 **Camel's Hump X-C Run.** 6:00 p.m., Camel's Hump Nordic Ski Center, Huntington. Don Dresser, 434-3811.
- CVR JUN 25 **Montpelier 10 Mile Road Race.** Tim Noonan, 229-4658.
- CVR JUL 9 **Capital City Stampede.** 10k. Geoff Lindemer, 253-7835.
- CVR AUG 13 **Berlin Pond Couples Race.** 6 miles. Dot Helling (223-5797) and Merrill Cray (223-3501)
- CVR OCT 2 **Leaf Peepers Half Marathon.** Waterbury. Darragh Ellerson, 223-2080.

**REMINDERS . . .**

**-NEXT MEETING MARCH 21**

**-DUES ARE DUE**

**-THE DEADLINE FOR ARTICLES FOR THE MAY NEWSLETTER IS  
MAY 1. ALMOST ANYTHING IS ACCEPTED.**

**-FUN RUNS BEGIN MAY 3**

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**Tim Noonan  
2 Pinewood Road  
Montpelier, Vt 05602**