

CENTRAL VERMONT RUNNERS

NEWSLETTER

May 1988
Vol.9 No.3

SPRING OPENERS THIS WEEK!

Fun Runs Begin

Fun runs will begin this coming 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. After the fun run this Tuesday, come to ...

CVR Monthly Meeting

The CVR monthly meeting will be on May 3, immediately following the fun run, at Merrill Cray's house on 3 Mile Bridge Road in Montpelier. This is an important meeting as many of the plans for the upcoming year remain to be worked out. One of the main topics of conversation will be ...

Run (or Walk) for the Health of It 5K and 1K

This is the first CVR-sponsored race of the year and will take place on May 7. If you plan to run or walk the race, see the enclosed entry blank. If you are unable to participate, your help is needed as a volunteer. Let Wade Walker know if you can help.



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



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.

- MAY 7 Run (or Walk) for the Health of It 5K and 1K, U32 High School, Wade Walker, 223-7674.
- MAY 8 Brattleboro Children's Place 5 Miler. Wayne London, 257-5622.
- MAY 15 Race of Champions Marathon. Holyoke, Ma. Walter Childs, Box 1484, Springfield, Ma., (413) 566-3145.
- MAY 19 Vermont Employees Corporate Challenge, 6:00 p.m., State House, Montpelier. George Plumb, 244-8711.
- 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.
- 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.

PERSPECTIVE ON BOSTON MARATHON

CENTRAL VERMONT FINISHERS

by Dot Helling

Race morning for this year's 92nd Boston Marathon dawned wet, gray and chilly (in the mid-40's) on Monday, April 18, 1988, also the celebration of Patriot's Day in Massachusetts. On the bus ride to the start at Hopkinton the skies opened wide and the rain poured down. Luckily, just before the start the rain turned to a drizzle and remained that way throughout the race. At the start the temperature hovered around 50 degrees but dropped as the runners neared the finish in downtown Boston, 26.2 miles away.

This writer was impressed with the organization behind this year's race. I ran it twice in the past (1982, 1984) and was very disappointed with the lack of attention paid to the "citizen" marathoner. Not the case any longer. BAA's new race committee had some problems last year, it's virgin year, but all has been ironed out and fine-tuned into one of the best organized, supportive events I have participated in. Over 6,000 official runners and approximately 4,000 bandits started this year's race and all were accommodated throughout the 26 miles and treated like royalty at the finish. Along the way crowds showed their support with music (including live bands), orange slices, banners and kids wanting nothing better than to slap the hand of a passing runner. At Wellesley College the women students were out in full force and, unlike other years, despite their overwhelming enthusiasm, left enough room on the street to let you by fairly unimpeded. The only impediments to running a smooth race this year, after you managed to get out from the start, were poking your way through and around other marathoners and watching out for the potholes.

Boston is not a race to race for time. It is definitely a race to run for fun and certainly one that every marathoner should do at least once in their lives. (Of course if you're elite class, this is a serious race. This year's winners, Ibrahim Hussein and Rosa Mota, took home \$45,000 and a Mercedes each.) This is also a good race to keep in mind over the winter to keep pushing you out the door for long runs on cold, snowy weekends and lonely, dark runs before and after work. And, if you enjoy the race, it sets you up psychologically for an enthusiastic running season. However, it's probably one of a few races where you can just about count on your first mile running anywhere from 8 to 15 minutes so that you have to fight not to get caught up in the "catchup syndrome."

This year Vermont had approximately 50 participants from all over the state. This was the first year that the Boston Marathon had more than 1,000 official women starters. Approximately 1,070 women registered and 1,040 started, more than 1/6 of the field. The finishers from Central Vermont are as follows (* designates requalifying time):

MEN: Ed Drapp, Duxbury 2:55:07*, John Valentine, Northfield 2:56:49*,
Tim Noonan, Montpelier 3:10:54, Andrew Eschen 3:12:23.

WOMEN Merill Cray, Montpelier 3:19:01*, Dot Helling 3:26:49*, Ruth Davis,
Waitsfield 3:30:37, Patty Girouard, Stowe 3:36:11, Karen Monsen,
Stowe 3:50:21.

These times are unofficial, unadjusted times. The race committee makes adjustments for delayed starts and sends out official times in May/June.



Blue Cross & Blue Shield of Vermont Run Or Walk



Run For The Health Of It

— with the Central Vermont Runners and Central Vermont Rotary Clubs —

1988: 5-KM & 1-KM

SATURDAY, MAY 7, 1988 • 11:00 AM (5 KM); 10:00 AM (1 KM)

PLACE: U-32 High School, Gallison Hill Road, East Montpelier, Vt.

SPONSORS: Blue Cross & Blue Shield, Central Vermont Rotary Club, and Central Vermont Runners Club.

REGISTRATION: Post registration at U-32 High School May 7 from 9:00 AM-10:45 AM. 1-km race registration from 9:00 AM-9:45 AM.

FEE: 5-km (walk or run): \$6.00 before May 3, 1988; \$7.00 after
..... (\$8.00 for Rotary Cup Challenge)
1-km: \$1.00 (Must be 12 years old or less.)

START TIME: 1-km: 10:00 AM
5-km (walk or run): 11:00 AM

COURSE: 1-km: around track
5-km (walk or run): Take a right coming out of U-32 onto Gallison Hill Road; to intersection of Towne Hill Road; right onto Towne Hill Road for approximately .65 mile; turn around and head back; finish on track. (All gravel roads.)



DIVISIONS: 1-km: **12 and under only**
5-km (run): **MALE:** 0-12, 13-17, 18-19, 30-39, 40-49, 50+
FEMALE: 0-12, 13-17, 18-19, 30-39, 40-49, 50+
5-km (walk): **MALE:** 0-39, 40+ **FEMALE:** 0-39, 40+

PRIZES: 5-km (run): \$100 Cash for first overall male . . . \$100 . . .
\$100 Cash for first overall female . . . \$100 . . .
\$ 75 Cash for second overall male and female . . .
5-km (walk): \$ 50 Cash for first overall male and female
\$ 25 Cash for second overall male and female



Merchandise prizes for at least the first two in each age division (a participant cannot win both a cash award and merchandise prize).

T-Shirts: To the first 100 registrants (5-km only)

☆ OFFICIAL ENTRY BLANK ☆

Mail Entry and Fee to: Wade D. Walker, P.O. Box 244, Montpelier, VT 05602
(Checks payable to: Central Vermont Runners)

Name: _____ Age: _____ D.O.B.: / / Sex: Male Female
Street: _____ City: _____ State: _____ Zip: _____

Please check one: T-Shirt size: <input type="checkbox"/> Small <input type="checkbox"/> Medium 5-km Only <input type="checkbox"/> Large <input type="checkbox"/> XLarge	Please check one: Walk <input type="checkbox"/> Run <input type="checkbox"/>	Please check one: Entry Fee: <input type="checkbox"/> 1-km <input type="checkbox"/> 5-km	Please check one: <input type="checkbox"/> \$1.00 <input type="checkbox"/> \$6.00 <input type="checkbox"/> \$7.00 <input type="checkbox"/> \$8.00
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In consideration of the acceptance of this entry, I do hereby waive and release, for myself, my heirs and executors, Blue Cross/Blue Shield, The Central Vermont Rotary, and the Central Vermont Runners from all claims for damage for any and all injuries that may be suffered by me before, during, or after the "Run For The Health Of It" 5-kilometer and 1-kilometer races. I certify that I am physically fit and adequately trained for this event.

Signature: _____ Date: / /

For Athletes Under 18 Years Of Age: _____

Signature of Parent or Legal Guardian

TRAIL RUNNING, WHAT'S THAT?????

Montpelier ultradistance trio Sue Christiansen, Merrill Cray and Dot Helling take to the hills . . . literally. Under Christiansen's tutelage, the three women will be running the Northeast Trailrunners' Circuit all over New England this summer commencing with a 13.5 mile mountain run on May 15 in Somers, Connecticut. The Circuit consists of six races ranging in distance from 10 miles to 30, all over undeveloped woody and rocky terrain with serious climbs in elevation.

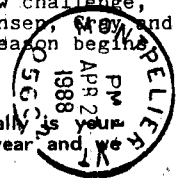
Christiansen is the veteran. She ran the 18.3 mile Mt. Pisgah trail run last fall and finished 3rd overall. She has also run two 50-milers, qualifying for the Western States 100 Mile Endurance Run both times. Last fall she sparked Cray and Helling's interest in ultra distance and the three ran the Essex 50-Miler on October 31 finishing 1, 2, 3 and all qualifying for the Western States. Each has that as a future goal if training time can be worked in.

The most difficult race on the NE Circuit will be the 30K Escarpment Trail Run in the Catskills, New York. The rugged terrain will take runners over six mountain peaks, with total elevation transitions of up to 5700', on July 31 when hot weather can be a big factor. Also a factor in trail runs is the fact that the runners have to navigate and many do not finish or lose significant time because they get lost on the way. Applications for these races provide extensive information on trail markings as well as multiple disclaimers of liability. Escarpment had qualifying standards based on previous trail runs, marathon and 50-miler times, etc. and also warns that the participant should expect to fall at least 2 times along the way and should use extreme caution lest they require medical attention which could be hours away.

Why run these things? Adventure, tranquility, a new challenge, new faces and places. What's the real reason? Christiansen, Cray and Helling are endorphin-crazed. Tune in for more as the season begins.

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O.K., so I lied in the last newsletter, but this really is your last newsletter if you have not paid your dues for this year and we do not receive your dues in May.



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Break Wagon 1880s
25 US

