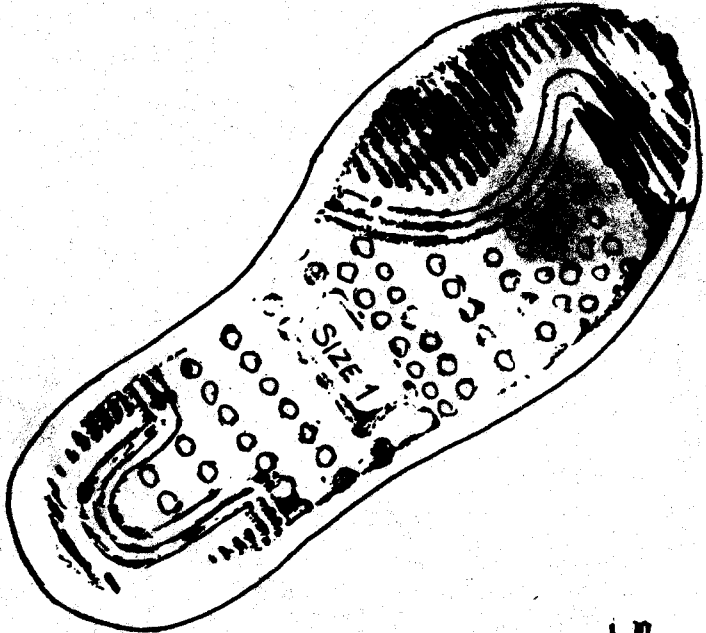


# CENTRAL VERMONT RUNNERS

## NEWSLETTER

JUNE 1988  
Vol. 9 No. 4



PRESIDENT: TIM NOONAN  
VICE-PRESIDENT: DARRAGH ELLERSON  
TREASURER: NORM ROBINSON  
SECRETARY: MERILL CRAY  
EDITOR: DANA MCCARTHY



MINUTES - CVR Meeting May 3, 1988

The May meeting was held after the first fun run of the season at the fun run site. Present were Tim Noonan, Norm Robinson, Geoff Lindemer, Larry Miller, John Mallery, Bob and Marilyn Wilson, Wade Walker, Dot Helling and Darragh Ellerson. The first fun run was a success, with wonderful, and we anticipate the participation to increase each week. Fun runs take place every Tuesday, 5:30PM at the Liquor Control parking lot.

Norm gave the Treasurer's Report - presently \$774.94 in the coffers. This is before any major race expenditures. Those present tabled the purchase of a second printer timer at this time. The price has risen to \$350 from the \$200 we paid for our first one. When we voted back in the winter to buy another we had no idea of the expense. Wade noted that this one may not stay state of the art and we are doing well with our present back-up system.

New business include a suggestion by Marilyn Wilson to contribute to Long Trail land purchases to avoid parts of the trail system being developed by private landowners. All present agreed this was a terrific suggestion but that we would not be in a position to donate any money until we get through our race season and see what's left in the treasury. Marilyn also suggested changing the Berlin Pond Couples' Race from August until September so that it doesn't conflict with vacations. Since it's too late to change this year's race, this will be discussed again when we set our 1989 race calendar in the fall.

Tim gave the race directors their TAC application forms for sanctioning. Then came the designation of monthly coordinators for Fun Run. Tim will take charge of May, John Mallery will do June and Bob and Marilyn Wilson will handle July. Still needed are coordinators for the months of August, September and October. Please see Tim if you can do it.

~~Applications for our high scholarships have been submitted. A scholarship committee was set up to review the applications and choose the male and female high school graduate to receive the honor. The committee consists of Bob Howe (Chairperson), Norm, Larry Miller and Dot.~~

Race Director reports were next. Wade reported that the U32 5K is (was) this weekend and he has more preregistered than last year. Newspaper ads in Washington World and the Times Argus are bringing folks as far away as Rutland. Blue Cross/Blue Shield is the big sponsor with the Rotary sponsoring as well. According to Tim, the Ten Miler will again be the Eastern Regional RRCA championship. This year's sponsor is Athletic Attic. Tim, along with Capital Stampede and Berlin Pond directors, will be doing a mass mailing of applications in about three weeks. Geoff is again directing the Capital City Stampede. Dot reported that Berlin Pond is a go as soon as she hears back from the Selectmen this week. She has again secured the use of the Maplewood Convenience and will use the same wonderful certified 8K course mapped out by Bob Murphy last year. Darragh reported that Leafpeepers will have a pre-race pasta feed and clinic(s) this year and she is expecting some big names at the starting line.

The RRCA convention is in Indianapolis this year (May 7-8). No one from CVR will attend. The old president commented that our new president is very thorough.

NEXT CVR MEETING - TUESDAY, JUNE 21, right after Fun Run at the home of President Tim Noonan, 2 Pinewood Terrace, Montpelier. All future meetings will take place at someone's home for comfort and expediency sake. The June 21 meeting is a POT LUCK. The July meeting will be held after Fun Run on July 19 at Norm Robinson's house, his new home at 66 Terrace Street, Montpelier, Look for the white picket fence!

Respectfully submitted: Dot Helling, fill-in for Merrill Cray, our CVR secretary who was under the weather but for who there is no substitute.

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THE CHALLENGE TO THE LONG TRAIL

You may have read (Vermont Life Autumn 1987) or seen publicity (such as the Green Mountain Club's window display at the Minute Man Press in Montpelier) about the pressures on the Long Trail. 67 miles of the Long Trail in northern Vermont is privately owned and almost half is currently for sale. The Green Mountain Club has inaugurated a Capital Campaign Fund Drive. They have received a \$50,000 Challenge Grant from the State to assist with raising private funds - on a 3 to 1 matching basis - for the purpose of buying land and/or easement rights to permanently protect the Trail.

Marilyn Wilson has asked CVR to contribute to the Protection Fund. President Tim says it will be on the next meeting's agenda. If you would like to make an individual contribution here is the info:

PROTECT THE LONG TRAIL —  
YOUR SUPPORT WILL MAKE A DIFFERENCE!!!



THE GREEN MOUNTAIN CLUB, INC.

P.O. Box 889, Montpelier, VT 05602  
(802) 223-3463

I/We would like to pledge/contribute to the Long Trail Protection Fund:

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

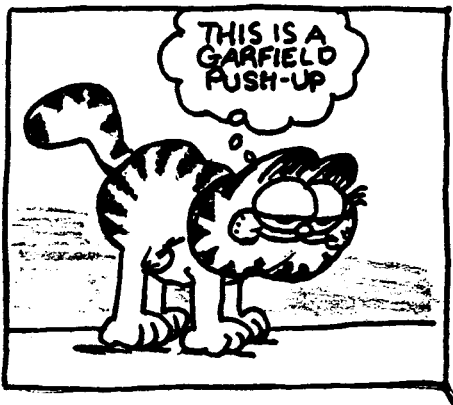
- 265 Mile Club .....\$1,000 +
- Guardian.....\$250-\$999
- Protector .....\$100-\$249
- Friend .....\$25-\$99

- Enclosed is my contribution of \$\_\_\_\_\_
- Enclosed is my first pledge payment of \$\_\_\_\_\_ toward a 2, 3, 4, 5 year pledge (circle one).

MASTERCARD       VISA  
CARD NO. \_\_\_\_\_ EXP. DATE \_\_\_\_\_

SIGNATURE \_\_\_\_\_

MAKE CHECKS PAYABLE TO  
THE LONG TRAIL PROTECTION FUND



JIM FIXX MEMORIAL

It seems the Central Vermont Runners Club is world reknown! Anne Batten has passed along a letter from: Miss Betty May  
 5 Harbour Square  
 Boddam  
 Near Peterhead  
 Aberdeenshire, Scotland  
 U.K.

Miss May was obviously inspired by the late author Jim Fixx's writing. For the past year she and her brother, father, George Hay (of Hay's Service Station in Hardwick) and ex-Police Chief George Brierley have been raising funds for a memorial to Jim Fixx in Hardwick. The memorial is ready and Miss May is asking area runners to attend the ceremony. Here are the details: JAMES F. FIXX MEMORIAL CEREMONY to be in Memorial Park in Hardwick on SATURDAY JULY 23, 1988 at 1:00 P.M. She says, "The late Mr. Fixx's mother, his sister and his son will be in Hardwick for the Ceremony. I imagine some of the runners would like to meet them." Miss May sounds like an interesting person to meet also!

She also sent Anne a copy of an article from the Aberdeen Evening Express. It says Miss May and her brother were in Hardwick visiting relatives (George Hay is her father's cousin) two years ago. On one of her runs Miss May imagined the memorial. Part of the fund-raising was through a "Guess My Time" sponsorship of Miss May's finishing time in the Aberdeen Adidas-Mars Half-Marathon last year.

The Memorial Ceremony sounds like an event runners should support. Hope to see you there!

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QUOTE OF THE MONTH:

"If the body recognized agony and frustration, people would never run marathons, have babies, or play baseball."

Carlton Fisk

quoted by Larry Keith in  
 Sports Illustrated

SOAPSTONE MOUNTAIN TRAIL HALF-MARATHON (13.6 miles)

The first trail race in the Northeast Trailrunners Circuit took place at Shenipsit State Forest outside of Stafford Springs, Connecticut, on Sunday, May 15, 1988. With a cumulative climb of 2000 feet, runners began in the first quarter mile with a straight climb up Soapstone Mountain. From there on the group of approximately 150 encountered continuous climbs, sharp descents, brooks to ford or run through, logs to jump, bridges to cross and unforgiving rocky, leaf-covered terrain. Of the 150 entered, approximately 21 were women.

The male overall winner grabbed a new course record with a time of 1:30. The women's winner, Helga LaHoud of Massachusetts, finished in 1:00:58. Vermont had four entries, all women. Their times and place amongst women are as follows:

- 4th - Laura Perry, Windsor, Vermont - Time: 2:07:20
- 7th - Dot Helling, Montpelier ..... 2:17:48
- 9th - Merrill Cray, Montpelier..... 2:20:45
- 11th - Sue Christiansen, Montpelier ..... 2:23:32\*

\*Unofficial results indicate Sue may have won the masters' division (more on that later). The trailrunners' circuit has two divisions,, male and female: age 0-39 open, 40 and over masters.

The next race is a trail marathon (26.2), also in Connecticut. It's called the Nipmuck Trail Marathon and takes place on Sunday, June 12. There is a half marathon run at the same time. On June 26, 1988, in Adams, Massachusetts, will be the Greylock Gallop, a 10-mile trail run which is also part of the circuit. The circuit consists of 6 trail races in Connecticut, Massachusetts and New York at distances varying from 10 miles to just over 30. The most difficult, in terms of terrain, will be the Escarpment Trail Run, a 30K in the Catskills on July 31.

\*\*\*\*\*

BENNINGTON ROAD RACE

The 1988 version of the Bennington 10km Road Race turned out many fine performances, including a number of Vermont records. There were a total of 13 single age records, and four age group records set at the 1 May event. New recordholders are as follows:

|      |       |                   |              |      |
|------|-------|-------------------|--------------|------|
| 35 M | 33:45 | Robert Colantuono | North Adams  | MA   |
| 37 M | 33:49 | Pete Farwell      | Williamstown | MA   |
| 48 M | 43:36 | Albert Richey     | Altamont     | NY   |
| 62 M | 45:46 | Bob Hennig        | Middle Grove | NY   |
| 68 M | 47:59 | Dan Geer          | Bennington   | VT * |
| 71 M | 49:09 | Bob Matteson      | Bennington   | VT * |
| 10 F | 56:44 | Nichole Kirby     | Troy         | NY * |
| 24 F | 41:09 | Wendy Schneider   | Adams        | MA   |
| 25 F | 40:24 | Libby Greany      | Dover        | NH   |
| 26 F | 43:02 | Barbara Sullivan  | Manchester   | VT   |
| 47 F | 54:26 | Susan Thompson    | Albany       | NY   |
| 48 F | 48:00 | Priscilla Mounts  | Brandon      | VT   |
| 63 F | 59:59 | Barbara Hennig    | Ballston Spa | NY * |

\* Age Group Record

Congratulations to those above and all those others who helped chase them across the finish line.

Bob Murphy  
VRDC

REMINICING ON LEAF PEEPERS '87

I've read a lot about the infamous Leaf Peepers last October and it'll certainly go down in my books as an adventure.

I was positioned at the turn-around pylon somewhere just under the rump of the Hump. The WDEV remote crew was about 75 yards ahead on the course. Fortunately, I was well prepared for the elements, and the comfort of my warm car was only a few steps away. Quite a few branches came down in the road and a couple bounced off my back.

But I had a lot of empathy for the runners, especially those who were poorly dressed for the driving sleet and snow. Some appeared to be going through automatic motion, just knowing they had to keep moving. They slipped and slid around the slushy surface at the aylon. My efforts to try and keep it down to dirt weren't too good. The elements stayed ahead of me.

Naturally, most of them had covered their numbers with jackets, shirts, etc. I felt like an old-time telephone operator...continually yelling, "Number, please?" Some remembered, others had to stop, pull up their shirt and look. A few simply said, "Forget it," and kept on going.

I've only been running a dozen years, but I've never seen anything like it! Have there been worse conditions...ever?

Toward the end, I was getting concerned. A few of them looked pretty bad, especially a lady in her 40's-50's. I followed them back slowly when I was told by the last runners that there weren't anymore. She grouped up with the last ones and seemed to be okay a little ways before turning onto the bridge.

Picking up the markers on the way back in, I realized even more so just how severe the storm had been. There was a large tree fallen across most of the road a short distance from Route 100 turn. I had to edge around it at one side and I knew it probably fell after all the runners had passed(between 1 and 2 miles), or if it hadn't it would've probably frightened a lot of them outof the race.

Just wanted to recount the unforgettable event as we tune up for the greater running frequency now.

Don Lyons

Vermont Runner Ranking Update

The 1988 road racing season is off and running. First certified event of the year was the Bennington 10km Road Race, run on 1 May. 114 finishers vied for points in the 1988 Vermont Rankings, with the following results:

Women Open (27 finishers)

|                  |            |   |       |
|------------------|------------|---|-------|
| Barbara Sullivan | Manchester | 5 | (3rd) |
| Nina Changelian  | Burlington | 2 | (5th) |

Women 40-49 (5 finishers)

|                  |            |   |       |
|------------------|------------|---|-------|
| Priscilla Mounts | Brandon    | 3 | (1st) |
| Janet Chafee     | Bennington | 1 | (3rd) |

Men Open (87 finishers)

|                  |             |    |        |
|------------------|-------------|----|--------|
| Bob Miller       | Burlington  | 25 | (6th)  |
| David Linton     | Brattleboro | 7  | (11th) |
| Jason Cummings   | Bennington  | 5  | (12th) |
| Wayne Flewelling | Bennington  | 2  | (14th) |

Men 40-49 (20 finishers)

|              |               |   |       |
|--------------|---------------|---|-------|
| David Linton | Brattleboro   | 5 | (1st) |
| Erik Smith   | N. Bennington | 2 | (3rd) |
| Jack Vaughan | Springfield   | 1 | (4th) |

Men 50-59 (3 finishers)

|              |            |   |       |
|--------------|------------|---|-------|
| Dean Haney   | Pownal     | 3 | (1st) |
| Dave Berry   | Bennington | 2 | (2nd) |
| Chuck Jensen | Bennington | 1 | (3rd) |

Men 60-69 (6 finishers)

|              |            |   |       |
|--------------|------------|---|-------|
| Leon Beverly | Stamford   | 3 | (1st) |
| Dan Geer     | Bennington | 1 | (3rd) |

Men 70-79 (1 finisher)

|              |            |   |       |
|--------------|------------|---|-------|
| Bob Matteson | Bennington | 3 | (1st) |
|--------------|------------|---|-------|

Congratulations to all of the above! Next scheduled certified events in Vermont are the Montpelier 10 Miler on 25 June and the Capital City Stampede on 9 July. Hope to see you there.

Bob Murphy  
(VRDC)

5th ANNUAL VERMONT EMPLOYEES CORPORATE CUP CHALLENGE  
Montpelier, VT - 19 May 1988

Team Results

STATE AGENCIES - Male Teams  
-----

- 1. Johnson State College (JSC #1)  
(Places 25, 26, 45) Team Score 96
- 2. Labor & Industry and Labor Relations Board (Laboring On)  
(Places 17, 24, 63) Team Score 104
- 3. Attorney General's Office (L'Etat C'est Moi)  
(Places 36, 37, 48) Team Score 121
- 4. Agency of Transportation (Structures)  
(Places 35, 46, 49) Team Score 130
- 5. Vermont State Police  
(Places 41, 44, 66) Team Score 151

STATE AGENCIES - Female Teams  
-----

- 1. Johnson State College (JSC #2)  
(Places 67, 74, 86) Team Score 227
- 2. Agency of Natural Resources (Winkin', Blinkin' & Nod)  
(Places 125, 205, 248) Team Score 578
- 3. Tax Department (Overtaxed)  
(Places 186, 210, 286) Team Score 682
- 4. Lyndon State College (LSC "Sole" Sisters)  
(Places 193, 274, 275) Team Score 742
- 5. Attorney General's Office (The Hybrids)  
(Places 252, 308, 309) Team Score 869

STATE AGENCIES - Mixed Teams  
-----

- 1. Lyndon State College (Back by Dark)  
(Places 51, 58, 113) Team Score 322
- 2. Woodside Detention Unit (Woodside I)  
(Places 55, 98, 146) Team Score 299
- 3. Agency of Natural Resources (Water Striders)  
(Places 75, 105, 130) Team Score 310
- 4. Department of Education (Cupid's Best)  
(Places 53, 106, 228) Team Score 387
- 5. Agency of Transportation (ADT Dozers)  
(Places 27, 157, 208) Team Score 392



5th ANNUAL VERMONT EMPLOYEES CORPORATE CUP CHALLENGE  
Montpelier, VT - 19 May 1988

Team Results

CORPORATIONS - Male Teams

|   |                      |            |     |
|---|----------------------|------------|-----|
| 1. Merchants Bank (The Flying Fiduciaries)    |                      |            |     |
|   | (Places 1, 9, 34)    | Team Score | 44  |
| 2. Trapp Family Lodge (Trapps II)             |                      |            |     |
|   | (Places 14, 20, 100) | Team Score | 134 |
| 3. IDX Corporation (IDX Road Warriors)        |                      |            |     |
|   | (Places 4, 31, 114)  | Team Score | 149 |
| 4. Howard Bank                                |                      |            |     |
|   | (Places 47, 59, 120) | Team Score | 226 |
| 5. National Life Insurance (National Life II) |                      |            |     |
|   | (Places 78, 83, 103) | Team Score | 264 |

CORPORATIONS - Female Teams

|  |                        |            |     |
|--|------------------------|------------|-----|
| 1. Olympiad                              |                        |            |     |
|  | (Places 140, 164, 165) | Team Score | 459 |
| 2. Trapp Family Lodge (Trapps I)         |                        |            |     |
|  | (Places 153, 200, 257) | Team Score | 610 |
| 3. Vermont Mutual (Vermont Mutual - Red) |                        |            |     |
|  | (Places 217, 218, 235) | Team Score | 670 |
| 4. Marble Bank (Marble's Marvels)        |                        |            |     |
|  | (Places 222, 224, 271) | Team Score | 717 |
| 5. Vermont National                      |                        |            |     |
|  | (Places 239, 301, 302) | Team Score | 842 |

CORPORATIONS - Mixed Teams

|   |                      |            |     |
|---|----------------------|------------|-----|
| 1. Mt. Mansfield Company                  |                      |            |     |
|   | (Places 3, 64, 88)   | Team Score | 155 |
| 2. Vermont National Bank                  |                      |            |     |
|   | (Places 54, 73, 118) | Team Score | 245 |
| 3. Vermont Mutual (Vermont Mutual - Blue) |                      |            |     |
|   | (Places 39, 60, 147) | Team Score | 246 |
| 4. IDX Corporation (Wij's)                |                      |            |     |
|   | (Places 5, 72, 176)  | Team Score | 253 |
| 4. Vermont Gas Systems (VGS #1)           |                      |            |     |
|   | (Places 18, 65, 170) | Team Score | 253 |

5th ANNUAL VERMONT EMPLOYEES CORPORATE CUP CHALLENGE  
Montpelier, VT - 19 May 1988

Team Results

NON-PROFIT - Male Teams

|                                       |            |     |
|---------------------------------------|------------|-----|
| 1. Central Vermont Hospital (CVH'ers) |            |     |
| (Places 8, 15, 77)                    | Team Score | 100 |
| 2. Vermont NEA                        |            |     |
| (Places 2, 30, 138)                   | Team Score | 170 |
| 3. City of Montpelier                 |            |     |
| (Places 97, 194, 202)                 | Team Score | 493 |

NON-PROFIT - Mixed Teams

|   |            |     |
|---|------------|-----|
| 1. Medical Center Hospital of Vermont (MCHV #1) |            |     |
| (Places 94, 145, 168)                           | Team Score | 407 |
| 2. Montpelier Public Schools                    |            |     |
| (Places 119, 175, 203)                          | Team Score | 497 |
| 3. Medical Center Hospital of Vermont (MCHV #3) |            |     |
| (Places 121, 171, 213)                          | Team Score | 505 |
| Medical Center Hospital of Vermont (MCHV #2)    |            |     |
| (Places 173, DNF, DNF)                          | Team Score | INC |

Individual Results

|                           |                               |
|---------------------------|-------------------------------|
| 1. 15:37 Jim Miller       | 64. 19:52 Patty Girouard      |
| 2. 16:22 Mark Chaplin     | 67. 19:59 Louise Plante       |
| 3. 16:36 Jim Roy          | 73. 20:12 Sue Spencer         |
| 4. 16:37 David Ziegelman  | 74. 20:14 Jennifer Johnson    |
| 5. 16:38 Rick Speaker     | 75. 20:17 Gail Center         |
| 6. 16:44 Patrick Miner    | 80. 20:29 Allison Van Akkeren |
| 7. 16:52 Tim Simpson      | 86. 20:41 Gwen Stevens        |
| 8. 16:54 John Valentine   | 88. 20:44 Sally Bray          |
| 9. 16:55 Geoff Lindemer   | 106. 21:17 Nancy Johnson      |
| 10. 16:56 Peter Davis     | 113. 21:30 Brenda Sweet       |
| 11. 16:58 Jeff Mullen     | 121. 21:52 Lucy Van Hollebeke |
| 12. 17:09 John Brodhead   | 125. 21:52 Sherry Miller      |
| 13. 17:12 Ralph Cote      | 127. 21:52 Zoe Erdman         |
| 14. 17:14 Rick Yoerg      | 130. 21:59 Rose O'Connell     |
| 15. 17:15 Mike Mason      | 140. 22:22 Pat Bannerman      |
| 16. 17:16 Dick Millar     | 144. 22:28 Beth McMahon       |
| 17. 17:26 Tim Noonan      | 146. 22:31 Barb Fitterer      |
| 18. 17:42 Mike Sullivan   | 147. 22:35 Rose Thompson      |
| 19. 17:49 Bob Burke       | 150. 22:44 Hilary Jean        |
| 20. 17:57 Chris Ludington | 153. 22:50 Lynne Kennefick    |

**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.  
\*\*\*\*\*\_

- JUN 18     **Bear Swamp Run.** 9:30 a.m., Rumney Elementary School, Shady Rill, Middlesex. Kemp Saunders, Rd #1, Box 2150, Worcester 05682.
- JUN 18     **Camel's Hump X-C Run.** 6:00 p.m., Camel's Hump Nordic Ski Center, Huntington. Don Dresser, 434-3811.
- JUN 19     **Caspian Lake Runaround.** 10:30 a.m., Caspian Lake Beach, Greensboro. Debbie Fowler, 748-5321.
- CVR JUN 25   **Montpelier 10 Mile Road Race.** 10:00 a.m., Montpelier High School. Tim Noonan, 229-4658.
- JUL 4       **Essex Junction 5K,** 9:00 a.m. A.D. Lawton School. Bruce Cunningham, 878-3875.
- JUL 4       **Woodstock July 4 Road Race.** 7.2 miles. Woodstock Town Green. David Neal, 457-1502.
- CVR JUL 9    **Capital City Stampede.** 10k. 9:30 a.m. School Street, Montpelier. Geoff Lindemer, 253-7835.
- JUL 24     **Stowe 8 Mile Road Race.** 9:00 a.m., Whiskers. Lee Labier, 253-9009.
- AUG 5       **Salem's Pickering Wharf 10K Road Race.** Pickering Wharf Management, Salem, MA 01970.
- CVR AUG 13   **Berlin Pond Couples Race.** 6 miles. Dot Helling (223-5797) and Merrill Cray (223-3501)
- AUG 20     **E.K. 10K.** 8:30 a.m., Mount Mansfield Union High School, Jericho. Jim Slinkman, 223-2892.
- SEP 4       **Montreal Marathon.** COMIM, Box 1570 Station B, Montreal, Quebec, Canada H3B 3L2.
- SEP 18     **Dixville Notch Marathon.** Colbrook, N.H. Rick Tillotson, RD 1, Dixville Notch, NH 03576.
- SEP 25     **Clarence Demar Marathon.** Gilsum, N.H. Pete Hanrahan, Box 168, Gilsum, N.H. 03448.

**RACE SCHEDULE (CONT.)**

- SEP 25 **East Lyme Marathon**, East Lyme, Ct. East Lyme Marathon, Box 26.2, East Lyme, CT 06333.
- CVR OCT 2 **Leaf Peepers Half Marathon**. Waterbury. Darragh Ellerson, 223-2080.
- OCT 15 **Green Mountain Marathon**. 9:30 a.m., Folsom School, South Hero. Howie Atherton, 434-3228.
- NOV 6 **Rhode Island Marathon**. Newport, RI. Kevin Pilkington, 591 Angell St., Providence, RI 02906.
- NOV 13 **Cape Cod Marathon**. Falmouth, MA. Courtney Bird, Cape Cod Marathon, Box 699, West Falmouth, MA 02574
- NOV 20 **Boston Peace Marathon**. Boston, MA. Boston Peace Marathon, Box 60, Boston, MA 02130.

**UPCOMING CVR MEETINGS . . .**

June 21 - Tim Noonan's house. 2 Pinewood Road, Montpelier.

July 19 - Norm Robinson's house. 66 Terrace Street, Montpelier.

Meetings are POTLUCK and will begin right after Fun Runs.

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**IF YOU ARE NOT RUNNING THE UPCOMING MONTPELIER 10 MILER OR THE CAPITAL CITY STAMPEDE, YOUR HELP WOULD BE GREATLY APPRECIATED BY THE RACE DIRECTORS. LET THEM KNOW BEFORE RACE DAY IF YOU CAN HELP.**

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**Dana McCarthy  
10 Towne Street  
Montpelier, Vt 05602**

ELEVENTH ANNUAL BEAR SWAMP RUN

PLACE: Rumney Elementary School - Shady Rill - Middlesex  
 BENEFIT: Middlesex Recreation Facilities  
 DATE & TIME: June 18, 1988 8:30 A. M. Registration Starts  
 9:30 A. M. Race Time  
 COURSE: 5.7 miles of scenic gravel road climbing over 450 feet in the first three miles and gradually descending back to the starting point.  
 AWARDS: Certificates to the first four places in each division.  
 ENTRY FEE: \$4.00

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## REGISTRATION

Name \_\_\_\_\_

ADDRESS \_\_\_\_\_  
 \_\_\_\_\_

DIVISION (circle one)

Up to 12 years    13-29    30-39    40-49    50-59    60 plus

FEMALE

MALE

In consideration of acceptance of this entry, I do hereby forever release all sponsoring organizations and persons from all claims and causes of action which i require at anytime as a result of participating in this event.

Parent/Guardian signature if under 18 \_\_\_\_\_

Participant,s signature \_\_\_\_\_

Advance registrations may be mailed to: Kemp Saunders  
 Rd #1 Box 2150  
 Worcester, Vermont 05682



# MONTPELIER TEN MILE ROAD RACE

14TH ANNUAL RACE

ONE OF VERMONT'S OLDEST RACES

SATURDAY, JUNE 25, 1988 - 10:00 A.M.

PLACE: Montpelier High School, Montpelier, Vermont.

SPONSORS: Athletic Attic at the Berlin Mall, Central Vermont Runners. Sanctioned by Road Runners Club of America and The Athletics Congress.

REGISTRATION: To pre-register, make checks payable to Central Vermont Runners and mail entries to: Tim Noonan, 2 Pinewood Road, Montpelier, Vermont 05602. Post registration at Montpelier High School June 25, from 8:30 a.m.-9:45 a.m. Dressing and bathroom facilities available.

FEE: \$6.00 for pre-registrants. \$7.00 for post-registrants.

NYLON ATHLETIC BAGS WILL BE GIVEN TO FIRST 100 ENTRANTS! REGISTER EARLY TO GET ONE.

START TIME: 10:00 A.M.

COURSE: Starts at front of High School. Flat to rolling out and back course over primarily dirt road. Finishes at Dept. of Employment and Training building. Four water stations. Miles accurately marked. Course is certified.

DIVISIONS: FEMALE- Under 18, 18-29, 30-39, 40-49, 50-59, 60+  
MALE- Under 18, 18-29, 30-39, 40-49, 50-59, 60+  
TEAMS- 1-39 Open Male, 1-39 Open Female, 40+ Masters Male, 40+ Masters Female (3 member teams).

PRIZES: Trophy and running shoes to top male and female. RRCA Championship Award to top finisher in each age division. Gift certificate or merchandise prize for top finishers in each age and team division.



## RRCA EASTERN REGIONAL TEN MILE CHAMPIONSHIP



\*\*\*\*\*  
OFFICIAL ENTRY FORM - MONTPELIER 10 MILE ROAD RACE JUNE 25, 1988

NAME \_\_\_\_\_ SEX M F AGE \_\_\_\_\_ BIRTH DATE \_\_\_\_\_

STREET \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_

ZIP \_\_\_\_\_ CLUB or TEAM (if applicable) \_\_\_\_\_

I KNOW THAT RUNNING A ROAD RACE IS A POTENTIALLY HAZARDOUS ACTIVITY. I SHOULD NOT ENTER AND RUN UNLESS I AM MEDICALLY ABLE AND PROPERLY TRAINED. I AGREE TO ABIDE BY ANY DECISION OF A RACE OFFICIAL RELATIVE TO MY ABILITY TO SAFELY COMPLETE THE RUN. I ASSUME ALL RISKS ASSOCIATED WITH RUNNING IN THIS EVENT INCLUDING, BUT NOT LIMITED TO, FALLS, CONTACT WITH OTHER PARTICIPANTS, THE EFFECTS OF THE WEATHER, INCLUDING HIGH HEAT AND/OR HUMIDITY, TRAFFIC AND THE CONDITIONS OF THE ROAD, ALL SUCH RISKS BEING KNOWN AND APPRECIATED BY ME. HAVING READ THIS WAIVER AND KNOWING THESE FACTS AND IN CONSIDERATION OF YOUR ACCEPTING MY ENTRY, I, FOR MYSELF AND ANYONE ENTITLED TO ACT ON MY BEHALF, WAIVE AND RELEASE THE CENTRAL VERMONT RUNNERS, THE CITY OF MONTPELIER AND ALL SPONSORS, THEIR REPRESENTATIVES AND SUCCESSORS FROM ALL CLAIMS OR LIABILITIES OF ANY KIND ARISING OUT OF MY PARTICIPATION IN THIS EVENT EVEN THOUGH THAT LIABILITY MAY ARISE OUT OF NEGLIGENCE OR CARELESSNESS ON THE PART OF THE PERSONS NAMED IN THIS WAIVER.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

Signature of Parent or Guardian if under 18 years of age

# CAPITAL CITY STAMPEDE

## 11th Annual 10K Road Race Saturday, July 9, 1988

Sponsored By:



Post Registration: 8:00 AM, July 9, 1988, Corner of School Street and Main St., Montpelier, VT (in front of the Howard Bank Drive thru)

Race Start Time: 9:30 AM

Entry Fee: \$5.00

**FLAT AND FAST: Certified Course: Half Pavement, Half Dirt: Two Aid Stations**

~~Record Holders: Jim Miller 30:29 1983 Lee Hayer 35:27 1983~~

1987 Winners: Richard Weinstein 33:03 Merrill Cray 40:24

Categories: Male & Female; 0-12, 13-17, 18-29, 30-39, 40-49, 50-59, 60+  
Gift Certificate Prizes

**Refreshments: Fruit (melons, oranges, etc.), drinks — served after the race.**

**Bicycle Caps: To the first 200 entrants.**

### OFFICIAL ENTRY BLANK

Deliver or Mail with \$5.00 fee to Geoffrey Lindemer, RR 1 Box 7099, Stowe, VT 05672  
(Checks must be made payable to Central Vermont Runners.)

NAME \_\_\_\_\_ AGE \_\_\_\_\_ D.O.B. \_\_\_\_\_  
STREET \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_  
ZIP \_\_\_\_\_ MALE \_\_\_\_\_ FEMALE \_\_\_\_\_

I KNOW THAT RUNNING A ROAD RACE IS A POTENTIALLY HAZARDOUS ACTIVITY. I SHOULD NOT ENTER AND RUN UNLESS I AM MEDICALLY ABLE AND PROPERLY TRAINED. I AGREE TO ABIDE BY ANY DECISION OF A RACE OFFICIAL RELATIVE TO MY ABILITY TO SAFELY COMPLETE THE RUN. I ASSUME ALL RISKS ASSOCIATED WITH RUNNING IN THIS EVENT INCLUDING, BUT NOT LIMITED TO, FALLS, CONTACT WITH OTHER PARTICIPANTS, THE EFFECTS OF THE WEATHER, INCLUDING HIGH HEAT AND/OR HUMIDITY, TRAFFIC AND THE CONDITIONS OF THE ROAD. ALL SUCH RISKS BEING UNKNOWN AND APPRECIATED BY ME. HAVING READ THIS WAIVER AND KNOWING THESE FACTS AND IN CONSIDERATION OF YOUR ACCEPTING MY ENTRY, I, FOR MYSELF AND ANYONE ENTITLED TO ACT ON MY BEHALF, WAIVE AND RELEASE THE CENTRAL VERMONT RUNNERS, THE CITY OF MONTPELIER AND ALL SPONSORS, THEIR REPRESENTATIVES AND SUCCESSORS FROM ALL CLAIMS OR LIABILITIES OF ANY KIND ARISING OUT OF MY PARTICIPATION IN THIS EVENT. EVEN THOUGH THAT LIABILITY MAY ARISE OUT OF NEGLIGENCE OR CARELESSNESS ON THE PART OF THE PERSONS NAMED IN THIS WAIVER.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

**CENTRAL VERMONT RUNNERS**

**MEMBERSHIP APPLICATION**

NAME (Please Print) \_\_\_\_\_

STREET \_\_\_\_\_ CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_

AGE \_\_\_\_\_ BIRTH DATE \_\_\_\_\_ SEX: MALE \_\_\_ FEMALE \_\_\_

PHONE NO. \_\_\_\_\_

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

MAY- RUN FOR THE HEALTH OF IT 5K \_\_\_\_\_

JUNE- MONTPELIER TEN MILER \_\_\_\_\_

JULY- CAPITAL CITY STAMPEDE \_\_\_\_\_

AUGUST- BERLIN POND COUPLES RACE \_\_\_\_\_

OCTOBER- LEAF PEEPERS HALF MARATHON \_\_\_\_\_

WEEKLY RUNS (EVERY TUESDAY, MAY-OCTOBER) \_\_\_\_\_

Names, ages and birth dates of additional CVR household members:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

Annual membership dues are \$8 for individual membership and \$10 for family membership. Enclosed are dues for the following year(s):

1988 1989 1990 1991 1992

Send completed membership form with membership dues to:

**CENTRAL VERMONT RUNNERS**  
Norm Robinson  
66 Terrace Street  
Montpelier, Vermont 05602



DAVA MCCARTHY  
BOX 3315 TOWNE ST.  
MONTPELIER, VT.  
05602

RRCA NATIONAL OFFICE  
629 S. WASHINGTON ST.  
ALEXANDRIA, VA. 22314