

CENTRAL VERMONT RUNNERS

NEWSLETTER

JULY 1988

Vol. 9 No. 5

2nd Annual SUB - ULTIMATE

WHEN: Sunday July 31 9:00am (registration 8:30)

WHERE: Montpelier High School Track

WHO: Central Vt. Runners Club Members ONLY

WHAT: 5 Races in 1 morning - in this order: 5K

- ⚡ 440 yd. run
- ⚡ 1 mile run
- ⚡ 100 yd. dash
- 10K (filler)

WHY: (WHO KNOWS?) To determine best all-around runner

COST: Absolutely nothing! Pot-Luck lunch after 10K

AWARDS: 1) Rotating Sub-Ultimate Trophy - 1st place
2) To Be Announced

DEFENDING CHAMP: Geoff Lindermer

MISCELLANEOUS INFO: Water will be available
No facilities

Call Norm Robinson 223-7351 evenings



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



WHAT KIND OF SHAPE ARE WE IN?

Mid-July is a good time of year for us to assess what kind of running shape we are in. Are we in the kind of running and racing form that we hoped to be in by this time of the year or are we gearing up to be in top shape for the fall? It is also a good time of year to assess what kind of shape our running club is in with approximately half of club activities for the year behind us and another half yet to go.

In this time of two-income households and baby-boomers having babies and running and racing less, many races are falling by the wayside and those surviving have less runners. How are our club races doing? So far, not bad. The number of races sponsored by our club has remained constant for a number of years. We are still sponsoring five races a year. The number of entrants in our races have generally declined over the past two years. However, we have been able to keep these races quality races and generate some income for the club. Our success is due largely to the substantial efforts of our various race directors, the support of businesses who sponsor the races and the willingness of club members and others to help out at races when asked. However, the picture is not all rosy. One of our long-term race directors, Wade Walker, will not be directing the Run for the Health of It next year. Wade has generously directed numerous races for the club over the years and it is time for someone else to step in and fill the void. Otherwise, one of our club races will fall by the wayside. Although it is a substantial commitment to be a race director, there are many club members experienced in race administration who are more than willing to help out. Also, we are planning to put together a race director's handbook at the end of this year. I have found my experience as race director of the Montpelier 10 Miler over the past four years to be very rewarding, and hope one or more of you will take on this responsibility which is so vital to our club.

Some other barometers of club success are membership totals, fun run participation, attendance at monthly meetings and the bottom line in the checkbook. Our membership is down approximately 25% from last year, and I would encourage each member to try to get one person to either renew or begin CVR membership. We have just revised our membership form and are making it more visible at club functions and other area races. Fun run participation this year has varied from 20-35 runners each week. Attendance at monthly meetings has dropped sharply and is down to 4-5 diehards each month. We have enough money in our checkbook to keep our races and fun-runs going, publish a regular newsletter, pay dues to national running organizations and award \$400 in scholarships to high school students. So we are not in bad financial shape, but we have not been able to purchase a needed second printer-timer because of lack of funds.

In sum, we are hanging in there but need continued commitment from those who have given much time and effort to the club and urgently need "new blood." Obviously, time is at a premium for all of us. However, if we want to continue to enjoy all that running and racing have to offer, it is up to all of us to give of some of our time.

Tim Noonan

CENTRAL VERMONT RUNNERS
MEETING MINUTES
JUNE 21, 1988

PRESENT WERE:

Merill, Darragh, Dot, Tim and Bob Howe

ABSENT WERE:

All the rest of you guys...Yes I mean YOU!
We can't run a club, organize a scholarship fund, newsletter, races and fun - runs with five people. If you participate in any of the above mentioned, please show your support and help us. It's your club. You lowered me to begging...shame on you.

WHAT IF WE HAD MEETINGS AN NO ONE CAME?

TREASURE'S REPORT: We got no buck-o-roos.

The treasure wasn't there...but rumor control has it that we're hurtin' puppies and that there's no way we can afford another printer timer. There was also talk that the scholarship fund may have to be reduced if things (memberships, etc.) don't pick up. \$300.00 was spent for supplies etc. for the 10 Miler. \$115.00 was spent to mail race forms to 450 runners in late May.

10 MILER: 30 preregistered so far. There were 37 preregistered last year. The cut off point to make any money is 70 runners. Ninety-five raced last year; the lowest in a long time. The Time Argus will do an article on the race...I'll believe it when I see it. Tim said everything is set. Athletic Attic is taking care of the prizes. REMEMBER THEM WHEN YOU NEED TO BUY A NEW PAIR OF SHOES OR RUNNING CLOTHES. It cost \$80.00 to rent the school.

CAPITAL CITY STAMPEDE: Jeff needs volunteers - especially at the water stops. Here's your chance to help out the club.

BERLIN POND COUPLES RACE: Dot and Merill could use some volunteers too. Five people have signed up so far. Poopsie and Bunney Toes have signed up and are looking forward to some good completion. The Town Manager was the first to register. Last year, forty people pre registered.

LEAF PEEPERS: Two registered so far with two request from out of state for race forms. Still no place has been set for the dinner...anyone have a large dinning room? As always, the race directors are looking for volunteers.

PRAY FOR NICE WEATHER

COLLEGE SCHOLARSHIP FUND: Money from this years races will go

④
towards next years scholarships - the fourth year. We got more applications this year. Merrill suggested that a picture of the two students who got the scholarships should be sent to the two local newspapers. She will try to set that up. This will let the public know that CVR is doing more than just running in the streets.

FUN RUNS: Set through July. We need YOU to take over for August, September or October.

MEMBERSHIP: Way down - only 55 members to this date! Not good. You hoo, where are you?

LONG TRAIL: Due to our current financial status (no money), we are unable to donate any money at this time.

HAVE A GOOD DAY AND WE HOPE TO SEE YOU AT THE NEXT MEETING. "U"

1988 SCHOLARSHIPS AWARDED

From a highly qualified field of eleven applicants, the CVR Scholarship Committee has selected Shane Sandretto and Jeanette Lovelette to receive \$200 scholarships. The awards were presented by school officials at their graduations.

A member of the National Honor Society, Shane was the Captain of both the cross-country and track teams at Harwood Union, where he was among the top 6 in the state in both the 800 and 1500 meter events. In thanking CVR, Shane indicates "I am very honored and pleased to have been chosen as a recipient of your scholarship...Now whenever I see notices of road races and running activities, I will remember your club and the assistance you have provided me."

A creative student, Jeanette expresses interest in the Peace Corps after college. She has been one of the top runners on the cross-country team for four years and holds the Montpelier H.S. Track records for both the mile and 800 meter events. Both of Jeanette's endorsements for the scholarship talked about her concern and support for her teammates and fellow students.

Shane plans to attend U.V.M. while Jeanette plans to attend Curry College.

1988 CAPITAL CITY STAMPEDE

July 9, 1988

The 11th annual Capital City Inferno is now history and, true to its name, proved again to be colder than a pot of boiling oil. Despite the heat, times were very fast, including Eric Morse's 5:06 pace to win the men's division in 31:35, and Susan Manley's 6:35 pace to win the women's division in 40:52. Neither was a course record, but no one is surprised by that. The feedback I received indicated that people had fun anyway. Sort of like the Who's down in Whoville.

Four days prior to the race, I had secured 1/2 of a volunteer to help with the race. By race time, I had no fewer than 15 volunteers. Who said running wasn't a team sport? Thank you all very much.

Union River Sports and State Street Market were great sponsors once again. Please do not thank me; thank them. Warren Kitzmiller seemed to be everywhere, helping in every aspect of the race. Special thanks to him.

84 runners finished the race. Participants came from all over New England and New York - even Illinois, Pennsylvania and West Germany, if you can believe that. Around next April, we'll wish for a day like today.

NAME	HOME	PLACE		TIME	PACE
		O	A		
--FEMALE 13-17--					
GRETCHEN WALTHERS	NORTHFIELD	42	1	44 :44	7 :13
--FEMALE 18-29--					
PATTY ROACH-DAVIS	HINSDALE, NH	29	1	42 :17	6 :49
DOROTHY J. GRAHAM	MONTPELIER	43	2	45 :14	7 :18
JENNIFER MCALPINE	SHELDON	45	3	46 :24	7 :29
HEATHER ROBINSON	NORTHFIELD	57	4	49 :22	7 :58
MAI-LIS ROMANO	MONTPELIER	62	5	50 :10	8 : 5
RACHEL P. BLACKHAM	MONTPELIER	75	6	56 :36	9 : 8
MOIRA McDONALD	NORTHFIELD	78	7	59 :54	9 :40
--FEMALE 30-39--					
SUSAN MANLEY	ST. ALBANS	22	1	40 :52	6 :35
MARCIA DESY	WINDSOR	37	2	43 :59	7 : 6
KAREN HARRIS	STOWE	50	3	47 :36	7 :41
NANCY MALONEY	NORTHFIELD	54	4	48 :35	7 :50
JACKIE HUGHES	CABOT	66	5	52 : 9	8 :25
EMILY DOUGLASS	MANCHESTER, NH	70	6	53 :50	8 :41
BARBARA J. MCGUIRE	BURLINGTON	77	7	59 :16	9 :34
SHEILA M. JOHNSON	LYONS, IL	83	8	74 :31	12 : 1
MAUREEN MCGUIRE	NEWPORT	84	9	74 :31	12 : 1

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1988
Capital City Stampede
continued

NAME	HOME	PLACE		TIME	PACE
		O	A		
--FEMALE 40-49--					
TESS ZIMMERMAN	MONTPELIER	59	1	49 :58	8 : 4
ELIZABETH MEIKLEJOHN	E. CALAIS	65	2	51 :27	8 : 18
--FEMALE 50-59--					
POLLI FLANDERS	MONTPELIER	68	1	52 :52	8 : 32
BEVERLY NOLAN-CANNATA	WOLCOTT	82	2	64 :12	10 : 21
--MALE 13-17--					
BARTHOLOMEW KILEY	BURLINGTON	21	1	40 :48	6 : 35
--MALE 18-29--					
ERIC MORSE	WATERBURY	1	1	31 :35	5 : 6
JIM MILLER	S. BURLINGTON	2	2	32 : 3	5 : 10
SAM DAVIS	WINDSDALE, NH	3	3	32 :56	5 : 19
TONY BATES	SALISBURY	4	4	33 :20	5 : 23
RICK BLOUNT	BURLINGTON	7	5	35 :21	5 : 42
JEFF WUEHENICH	PITTSBURGH, PA	11	6	36 :36	5 : 54
JONATHAN REIDEL	N. FERRISBURG	16	7	38 : 5	6 : 9
KEVIN LARUE	STOWE	20	8	40 :45	6 : 34
STU SLOTE	PLAINFIELD	23	9	41 : 5	6 : 38
VINCENT HARRIMAN	NORTHFIELD	46	10	46 :25	7 : 29
TIM KRUGER	WATERBURY	49	11	46 :58	7 : 35
JIM DINSLEY	UNDERHILL	61	12	50 :10	8 : 5
BRAD HERSHMAN	BURLINGTON	63	13	50 :12	8 : 6
--MALE 30-39--					
JOHN REMY	WILLISTON	5	1	34 :38	5 : 35
RAY C. KELLETT	BRATTLEBORO	6	2	35 : 2	5 : 39
CARL A. HUBEL	BURLINGTON	8	3	35 :31	5 : 44
STEVE THOMPSON	SWANTON	9	4	35 :45	5 : 46
BILL DYSART	BURLINGTON	13	5	37 :11	5 : 60
MIKE MASON	MONTPELIER	14	6	37 :28	6 : 3
RICK VOERG	STOWE	15	7	37 :49	6 : 6
PETER MORIARTY	WOLCOTT	17	8	39 :24	6 : 21
TIM WOODMAN	MONTPELIER	18	9	39 :54	6 : 26
JOHN A. MAZZUCCO	RANDOLPH	24	10	41 :21	6 : 40
DENNIS REINA	BARRE	27	11	42 : 6	6 : 47
JERRY HOFFMAN	N. HYDE PARK	28	12	42 :10	6 : 48
ROBERT BUCHHOLZ	MONTPELIER	30	13	42 :22	6 : 50
JOSEPH ZUARO	NORTHFIELD	31	14	42 :40	6 : 53
NORM ROBINSON	MONTPELIER	35	15	43 :32	7 : 1
A.J. SHINNERS	STOWE	36	16	43 :52	7 : 5
JOHN MARTIN	MONTPELIER	44	17	45 :59	7 : 25
THOMAS W. BACHMAN	MONTPELIER	47	18	46 :33	7 : 30
JON KOHN	BURLINGTON	51	19	48 :12	7 : 46
BILL PERREAULT	MONTPELIER	52	20	48 :20	7 : 48
TOM PAVLIDIS	MANCHESTER, NH	60	21	50 : 6	8 : 5
LAWRENCE RHODES	STOWE	67	22	52 :17	8 : 26
WILLIAM ONEILL	MONTPELIER	71	23	54 :30	8 : 47
MICHAEL SEIBERT	MONTPELIER	73	24	55 :13	8 : 54
ALAN ROME	MONTPELIER	76	25	59 : 0	9 : 31
LARRY WILLARD	MONTPELIER	80	26	62 :24	10 : 4

1988 CAPITAL CITY STAMPEDE

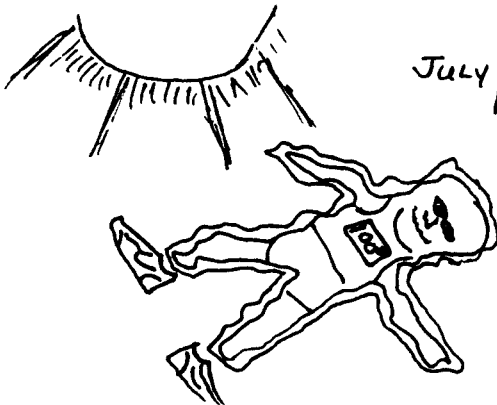
NAME	HOME	PLACE		TIME	PACE
		O	A		
--MALE 40-49--					
DOUG MACGREGOR	LEBANON, NH	10	1	36 : 0	5 : 48
GORDON MACFARLAND	COLCHESTER	12	2	36 : 47	5 : 56
MICHAEL MAXWELL	CABOT	19	3	40 : 44	6 : 34
DAVID MELLOR	LOWELL	25	4	41 : 30	6 : 42
CHRIS LYNN	WORCESTER	26	5	41 : 50	6 : 45
RUSS PETELLE	DERBY LINE	32	6	42 : 48	6 : 54
J. GREGORY GERDEL	MONTPELIER	33	7	42 : 54	6 : 55
FRANK NAPPI	MIDDLE ISLAND, NY	34	8	43 : 12	6 : 58
WENDELL CARR	S. BURLINGTON	38	9	44 : 10	7 : 7
JAMES SKURDALL	WEST GERMANY	39	10	44 : 32	7 : 11
RICH CARIDDI	W. HEMP, NY	40	11	44 : 37	7 : 12
RICHARD MORRIS	CHELSEA	47	12	46 : 28	7 : 30
TOM SISSEL	S. BURLINGTON	53	13	48 : 28	7 : 49
NEWTON B. BAKER	MONTPELIER	55	14	48 : 36	7 : 50
RICHARD EJMANOWICZ	NEWPORT	56	15	48 : 53	7 : 53
MIKE ZIMMERMAN	MONTPELIER	58	16	49 : 53	8 : 3
BILL ZAGER	WILBRAHAM, MA	69	17	53 : 17	8 : 36
JIM FRANCKE	MONTPELIER	74	18	55 : 57	9 : 1
ROGER CRANSE	MONTPELIER	81	19	62 : 46	10 : 7

--MALE 50-59--

CHARLES WALTHERS	NORTHFIELD	41	1	44 : 43	7 : 13
ROBERT J. CANNATA	WOLCOTT	72	2	55 : 5	8 : 53

--MALE 60+ --

DONALD A. LYONS	MONTPELIER	64	1	50 : 52	8 : 12
DOUG ALLEN	BETHEL	79	2	59 : 57	9 : 40



JULY MELTDOWN !
 INTRODUCING: PUDDLE RUNNER
 GOOD FOR 1,000 MILES
 OR 99° - WHICHEVER
 MELTS FIRST !

(8)

MONTPELIER 10-MILE ROAD RACE

The story at this year's running of one of Vermont's oldest races was Lea Hayer's smashing of the old State women's record for the distance. Lea, originally from Montpelier but now from Greenfield, MA, toured the course in an awe-inspiring 55:58 (official time 55:57.37), more than 4 minutes faster than the previous record of 1:00:03, held by Ann Peisch of Brighton, MA, since 1982. In all, 18 new single age records were set, including 3 new age group records, as follows.

14 M	1:05:59	Jonathan Parrish	So. Burlington	VT *
20 M	59:30	Jeff Wuchenich	Pittsburg	PA
24 M	55:28	Matt Guild	Bellows Falls	VT
32 M	54:40	Richard Weinstein	Newton	MA
34 M	56:51	Bill Ragan	St. Albans	VT
37 M	55:48	Mark Chaplin	Montpelier	VT
38 M	58:54	John Valentine	Northfield	VT
50 M	1:10:30	Douglas Witham	So. Burlington	VT
52 M	1:23:09	Robert Mercier	Montpelier	VT
55 M	1:04:36	Gerald Barney	Swanton	VT *
57 M	1:18:46	George Schiavone	Shelburne	VT
58 M	1:14:18	Jack Jennings	Surry	NH
24 F	1:09:49	Louise Plante	Stowe	VT
32 F	55:58	Leatrice Hayer	Greenfield	MA **
34 F	1:05:52	Nancy Ward	Middlebury	VT
37 F	1:08:21	Debbie Crow	Stowe	VT
39 F	1:07:34	Jane Banks	Bethel	VT
47 F	1:15:51	Linda Coffin	Grand Isle	VT

* Age Group Record

** Age Group and overall State Record

Vermont runners competing in the above event earned ranking points as follows.

Women Open (17 finishers)

Nancy Ward	Middlebury	3 (2nd)
Jane Banks	Bethel	1 (4th)

Women 40-49 (3 finishers)

Linda Coffin	Grand Isle	3 (1st)
Rosemary Rusin	Florence	2 (2nd)
Rose Marie Davis	Morrisville	1 (3rd)

Women 50-59 (2 finishers)

Polli Flanders	Montpelier	3 (1st)
Barbara Walsh	Jericho	2 (2nd)

Men Open (66 finishers)

Eric Morse	Waterbury	40 (1st)
Tony Bates	Salisbury	30 (2nd)
James Miller	So. Burlington	25 (3rd)
Matt Guild	Bellows Falls	15 (5th)
Mark Chaplin	Montpelier	12 (6th)
Ray Kellett	Brattleboro	10 (7th)
Bill Ragan	St. Albans	7 (8th)
Rick Blount	Burlington	5 (9th)
William Dysart	Burlington	3 (10th)
Reg Bowley	Colchester	2 (11th)
John Valentine	Northfield	1 (12th)

Men 40-49 (18 finishers)

Bruce Meader	Vergennes	5 (1st)
David Linton	Brattleboro	3 (2nd)
Pete Kramer	Morrisville	2 (3rd)
Norman Ruess	So. Burlington	1 (4th)

Men 50-59 (7 finishers)

Gerald Barney	Swanton	3 (1st)
Douglas Witham	So. Burlington	2 (2nd)

Men 60-69 (2 finishers)

Donald Lyons	Montpelier	3 (1st)
Doug Allen	Bethel	2 (2nd)

Bob Murphy
VRDC

MONTPELIER TEN MILE ROAD RACE (JUNE 25, 1988)
RACE SUMMARY AND RACE RESULTS

The number of entrants was down for the second consecutive year, reflecting a trend of runners racing less and at shorter distances. 86 runners entered the race and 83 finished. Traditionally, this race has produced strong fields. This year was no exception. 15 runners came in under one hour, 29 finished within 65 minutes and 47 finished under 70 minutes. Unlike last year, the weather cooperated. The deluge which last year came hours before the race this year came a few hours after the race. The race was run under cloudy and mid-60's conditions, although runners raced a headwind the last half of the race. For the fourth consecutive year, the race served as the Road Runners Club of America Eastern Regional Ten Mile Championship.

Special thanks to Larry Cruz and Athletic Attic for sponsoring the race this year. In a time of decreasing numbers of racers and higher expenses, business support is much needed to put on quality races. Please support businesses like Athletic Attic who are supporting runners. Many thanks to the following, runners and non-runners alike, who sacrificed a Saturday morning to perform the various functions needed for a race to proceed smoothly: Marie Cetrangolo, Sue Christiansen and daughter, Allison Church, Rick Daye, Darragh Ellerson, Mailis Ellerson, Dot Helling, Jim Hanna, Dave Kelley, Wilma Kelley, Debi Lindemer, Geoff Lindemer, Nick Marro, Dave Morse, Bob Murphy, Maureen Murphy, Tom Potter, Norm Robinson and Jim Suskin.

See you next year!

Tim Noonan
Race Director

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Montpelier 10-Mile Road Race
Montpelier, VT 10mi 25 June 1988

Place	Ovr Age	Age	Address	Club	Face per Mile
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Female 0 to 17					
(no finishers)					
Female 18 to 29					
34	1 1:06:42	Conlon; Carol	29 Bloomfield	CT HTC	6:40
42	2 1:08:18	Trainer; Pam	27 Brandon	VT	6:50
47	3 1:09:48	Plante; Louise	24 Stowe	VT	6:59
66	4 1:18:31	Bannerman; Patricia	29 So. Burlington	VT	7:51
Female 30 to 39					
7	1 55:58	Hayer; Leatrice Sikora	32 Greenfield	MA NBTC	5:36
31	2 1:05:52	Ward; Nancy	34 Middlebury	VT	6:35
37	3 1:07:34	Banks; Jane	39 Bethel	VT CVR	6:45
43	4 1:08:21	Crow; Debbie	37 Stowe	VT	6:50
56	5 1:13:37	Yandow; Pat	38 So. Hero	VT GMAA	7:22
71	6 1:21:20	McGuire; Barbara J.	30 Burlington	VT	8: 8
76	7 1:24:04	Barral; Line	32 Waitsfield	VT	8:24
77	8 1:24:17	Sanford; Suzanne	31 Stowe	VT	8:26
Female 40 to 49					
60	1 1:15:51	Coffin; Linda	47 Grand Isle	VT GMAA	7:35
63	2 1:17:52	Rusin; Rosemary	45 Florence	VT	7:47
73	3 1:22:25	Davis; Rose Marie	47 Morrisville	VT	8:15
Female 50 to 59					
80	1 1:27:40	Flanders; Polli	51 Montpelier	VT	8:46
83	2 1:37:08	Walsh; Barbara	52 Jericho	VT	9:43
Female 60 to 99					
(no finishers)					
Male 0 to 17					
23	1 1:03:09	Johnson; Peter	16 Greensboro	VT	6:19
26	2 1:04:22	Tosi; Gregory	17 East Montpelier	VT	6:26
32	3 1:05:59	Farrish; Jonathan	14 So. Burlington	VT	6:36
Male 18 to 29					
1	1 51:36	Morse; Eric	23 Waterbury	VT	5:10
2	2 53:35	Bates; Tony	29 Salisbury	VT	5:21
3	3 54:11	Miller; James	29 So. Burlington	VT	5:25
5	4 55:28	Guild; Matt	24 Bellows Falls	VT AthlCrnr	5:33
10	5 57:25	Blount; Rick	26 Burlington	VT	5:45
15	6 59:30	Wuchenich; Jeff	20 Pittsburgh	PA	5:57
17	7 1:01:51	Connolly; Joe	23 Burlington	VT GMAA	6:11

36	8	1:07:27	Mallette; Raymond Jr.	24	Brandon	VT	GAC	6:45
74	9	1:22:59	Hershman; Brad	18	Burlington	VT		8:18

Male 30 to 39

4	1	54:40	Weinstein; Richard	32	Newton	MA	CSU	5:28
6	2	55:48	Chaplin; Mark	37	Montpelier	VT	CVR	5:35
8	3	56:11	Kellett; Ray	37	Brattleboro	VT	HSR	5:37
9	4	56:51	Ragan; Bill	34	St. Albans	VT		5:41
11	5	58:28	Dysart; William R.	35	Burlington	VT	GMAA	5:51
12	6	58:34	Bowley; Reg	32	Colchester	VT		5:51
13	7	58:54	Valentine; John	38	Northfield	VT	CVR	5:53
14	8	59:00	Miner; Patrick R.	30	Barre	VT		5:54
16	9	1:00:44	Hornor; Gordon S.	31	Jeffersonville	VT		6: 4
18	10	1:02:01	Cass; Michael	33	Hartford	CT	HTC	6:12
19	11	1:02:07	Cleary; Rick	31	Burlington	VT	GMAA	6:13
21	12	1:02:27	Yoerg; Rick	31	Stowe	VT		6:15
24	13	1:03:58	Sanborn; Dave	38	Brattleboro	VT	GAC	6:24
25	14	1:04:16	Searles; Robert	39	Wolcott	VT	SBC	6:26
30	15	1:05:35	Potter; Tom	38	Northfield	VT	CVR	6:34
35	16	1:07:10	Anderson; Chris	33	Middlebury	VT		6:43
39	17	1:07:49	Zuaro; Joe	38	Northfield	VT		6:47
40	18	1:07:55	Everett; Bill	36	Essex Junction	VT	GMAA	6:47
45	19	1:09:29	Robinson; Norm	32	Montpelier	VT	CVR	6:57
51	20	1:10:58	Barr; Alan	30	Burlington	VT		7: 6
52	21	1:11:47	Blatchford; Joseph	33	Montpelier	VT		7:11
54	22	1:13:15	Garvin; Jack	37	Moretown	VT	GAC	7:19
55	23	1:13:36	Izzo; John	39	Hinesburg	VT	GMAA	7:22
59	24	1:15:47	Grinnell; Charles	35	Burlington	VT	GMAA	7:35
62	25	1:17:14	Kohn; Jonathan	33	Burlington	VT	GMAA	7:43
65	26	1:18:23	DeBlasio; Paschal	38	Colchester	VT	CVR	7:50
72	27	1:22:00	McCarthy; Tom	35	Burlington	VT		8:12

Male 40 to 49

20	1	1:02:14	Meador; Bruce R.	45	Vergennes	VT		6:13
22	2	1:03:08	Linton; David	44	Brattleboro	VT	GAC	6:19
28	3	1:04:49	Kramer; Pete	43	Morrisville	VT		6:29
29	4	1:05:00	Ruess; Norman	41	So. Burlington	VT		6:30
33	5	1:06:20	Maxwell; Mike	40	Cabot	VT		6:38
38	6	1:07:42	Wallan; Peter	45	Sharon	MA	HSR	6:46
41	7	1:08:15	Peterson; Bradley	46	Burlington	VT		6:49
44	8	1:08:34	Burke; Patrick	40	Wincooski	VT	GMAA	6:51
46	9	1:09:34	Lynn; Chris	46	Worcester	VT		6:57
48	10	1:10:02	Bortree; Bob	41	Waterbury	VT		7: 0
49	11	1:10:17	Howe; Bob	41	Williamstown	VT	CVR	7: 2
53	12	1:12:15	Poulin; Russell	46	East Montpelier	VT		7:13
58	13	1:14:54	Davis; Rod	45	Morrisville	VT		7:29
61	14	1:17:10	Morris; Richard	42	Chelsea	VT		7:43
64	15	1:17:53	Feeney; Vince	45	Wincooski	VT		7:47
67	16	1:18:45	Cunningham; Bruce	47	Essex Junction	VT	GMAA	7:53
70	17	1:20:17	Cunningham; Gary G.	47	Cambridge	VT		8: 2
81	18	1:28:08	Chase; Ted	48	St. Johnsbury	VT		8:49

Male 50 to 59

27	1	1:04:36	Barney; Gerald	55	Swanton	VT	GMAA	6:28
50	2	1:10:30	Witham; Douglas W.	50	So. Burlington	VT	GMAA	7: 3
57	3	1:14:18	Jennings; Jack	58	Surry	NH		7:26
68	4	1:18:46	Schiavone; George	57	Shelburne	VT	GMAA	7:53

69	5	1:18:50	Kieselich: Paul	50	Burlington	VT		7:5
75	6	1:23:09	Mercier: Robert	52	Montpelier	VT	CVR	8:1
79	7	1:27:18	Flanders: Ernie	57	Montpelier	VT		8:4

Male 60 to 99

78	1	1:24:35	Lyons: Donald	62	Montpelier	VT	CVR	8:2
82	2	1:35:01	Allen: Doug	60	Bethel	VT		9:3

NOTE: Official winning times:

First Male: Eric Morse 51:35.71
 First Female: Leatrice Hayer 55:57.37

Key to Clubs:

- AthlCrnr - Athlete's Corner
- CSU - Cambridge Sports Union
- CVR - Central Vermont Runners
- GAC - Gaelic Athletic Club
- GMAA - Green Mountain Athletic Association
- HSR - Hockomock Swamp Rats
- HTC - Hartford Track Club
- NBTC - Nike-Boston Track Club
- SBC - Stowe Bike Club

TEAM RESULTS

MEN'S OPEN

1. Central Vermont Runners:	Mark Chaplin	55:48
	John Valentine	58:58
	Tom Potter	1:05:35
	TEAM TOTAL	3:00:17
2. Green Mountain Athletic Association:	William Dysart	58:28
	Joe Connolly	1:01:51
	Rick Cleary	1:02:07
	TEAM TOTAL	3:02:26
1. Gaelic Athletic Club:	David Linton	1:03:08
	Dave Sanborn	1:03:58
	Ray Mallette, Jr.	1:07:27
	TEAM TOTAL	3:14:33

MEN'S MASTERS (40+)

1. Green Mountain Athletic Association:	Gerald Barney	1:04:36
	Patrick Burke	1:08:34
	Douglas Witham	1:10:30
	TEAM TOTAL	3:23:40
1. Central Vermont Runners:	Bob Howe	1:10:17
	Bob Mercier	1:23:09
	Don Lyons	1:24:35
	TEAM TOTAL	3:58:01

NIPMUCK TRAIL MARATHON NIPS MARATHONERS

The 2nd race in the Northeast Trailrunners Circuit took place Sunday, June 12, 1988, along the Nipmuck Trail outside of Ashford, Connecticut. The full length of the trail runs from Mansfield, Conn. to the border of Massachusetts at Union, Conn. This was a full-fledged trail marathon, consisting of two out-n-backs totalling approximately 26.2 miles, depending on how you took your rocks. Taking place at the same time on the second part of the course was a half marathon. 56 participated in the full marathon, 37 in the half. Only 36 finished the full marathon.

The day was a scorcher (90 degrees). The first half of the course wasn't half the intensity of the second half. This author finished the first half in 2:10 and thought she had the course record until someone commented on the topography of the second half, not to mention the three nationally-ranked female runners in front. (Ah, what are dreams made for.) Tough it was, especially with 6 falls (2 humdingers) and twice losing the trail. I was initially in 3rd place and dropped to finish 5th in a time of 4:56:57. Sue Christiansen, sure-footed as always (no falls, one missed turn) finished 6th in 5:05:05 and first master.

Overall men's winner was course record holder Rich Fargo in 3:07:05 (no challenge to the record). The women's course record of 4:37 was shattered by Christine Gibbons in 4:08:25. Top women finishers in the full marathon were as follows:

- 1. Christine Gibbons 4:08:25
- 2. Helga LaHoud 4:16:03
- 3. Marcy Schwam 4:36:54
- 4. Diane McNamara 4:53:53 (1987 winner)
- 5. Dot Helling 4:56:57
- 6. Sue Christiansen 5:05:05

All these women qualify for the Escarpment 30K Trail Run in the Catskills on July 31. Dot and Sue were the only Vermonters in the race at Nipmuck but hope to see Laura Perry of Windsor at the next in the series - the Greylock Gallup 10-mile in North Adams, Mass. on Sunday, June 26.

Total number of female participants unknown at the writing of this article. Nor are half marathon results available. For those of you who worked as handlers at the Essex 50-miler last year, the Nipmuck was blessed with a visit from Igor of Nova Scotia who did not finish the race but nevertheless added lots of color. When asked my assessment of this race, my answer was, "Well...I fell a half dozen times, twice were humdingers. I lost the trail twice, I'm battered and bruised and I have poison ivy. But it was a challenge." In addition, even though the races are much more difficult to complete and involve strengthening new muscles, in terms of the pounding elements of running, these are much nicer to your skeleton. I hope to live through them all.
Dot Helling

CORRECTION: In the last newsletter, the report on the Soapstone Trail Marathon listed the female winner Helga LaHoud's time as 1:00:57. This was incorrect. The male winner came in at 1:30 and change. Helga's time should have read 2:00:57. Sorry.



CENTRAL VERMONT RUNNERS
NINTH ANNUAL

BERLIN POND COUPLES RACE

SATURDAY, AUGUST 13, 1988

CERTIFIED AND SANCTIONED 3K (4.93 miles): PROCEEDS FUND THE CENTRAL VERMONT HIGH SCHOOL ATHLETE COLLEGE SCHOLARSHIPS FUND AWARDED EACH YR.

REGISTRATION: 8:00 AM, MAPLEWOOD CONVENIENCE STORE, Berlin, Vermont.
Exit 7 off Interstate-89, right at 1st light, store on right.

START TIME: 9:00 AM sharp.

ENTRY FEE: \$6.00 postmarked by Aug. 8; \$8.00 thereafter PER PERSON.

COURSE: 8 kilometers (4.93 mi.) of scenic dirt road around the Berlin Pond - no pavement. Rolling hills first half, then relatively flat. CERTIFIED. Mile split, each kilometer posted, water stop midway, medical assistance available.

AWARDS, REFRESHMENTS: At store immediately following the race.

AWARD DIVISIONS: Couples Mixed: combined ages 0-27; 28-39; 40-59; 60-79; 80-99; 100+; Miscellaneous fun prizes like for best costumes.
Single Females/Males: 0-13; 14-29; 40-49; 50+. Top Overall. Sorry, but there can be no duplicate awards, except that top female and male can qualify as part of a couple also.

COURSE RECORDS: Eric Morse (22) Waterbury, Vermont Time: 25:19 (Set 1987)
Susan Drapp (31) Duxbury, Vermont Time: 31:28

OFFICIAL ENTRY FORM

CIRCLE ONE: COUPLES' TEAM or INDIVIDUAL

FEMALE NAME: _____ **MALE NAME:** _____

ADDRESS: _____ **ADDRESS:** _____

AGE ON 8/13/88: _____ **AGE ON 8/13/88:** _____ **COMBINED:** _____

WAIVER: THIS MUST BE SIGNED OR YOU CANNOT PARTICIPATE. THANK YOU!
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 this 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, dogs, traffic and 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 CENTRAL VERMONT RUNNERS, the TOWN OF BERLIN and all sponsors, their representatives, successors and assigns from all claims or liabilities of any kind arising out of my participation in this race.

SIGNATURE _____ **DATE** _____ **SIGNATURE OF PARTNER** _____ **DATE** _____

PARENT/GUARDIAN IF UNDER 18 _____ **PARENT/GUARDIAN IF UNDER 18** _____

SEND THIS COMPLETED APPLICATION FORM WITH ENTRY FEE (\$6 by 8/8/88; \$8 thereafter PER PERSON) to Race Directors Dot Helling & Merrill Cray c/o Helling, 34 St. Paul St., Montpelier, Vermont 05602. Telephone numbers for information: Dot 223-5797, Merrill 223-3501. Make checks payable to CENTRAL VERMONT RUNNERS.

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.

- *****
- JUL 23 *Sodom Pond Fun Run. 9:30 Adament Methodist Church
Registration-9:00 4-plus miles.*
 - JUL 24 **Stowe 8 Mile Road Race. 9:00 a.m., Whiskers. Lee Labier, 253-9009. No race-day registration, pre-registration only.**
 - CVR JUL 31 **Sub-Ultimate Runner, 9:00 a.m., Montpelier High School Track. 5 races in all: 5K, 440 yd., 1 mile, 100 yd., 10K. Open to CVR members only. Norm Robinson, 223-7351 evenings.**
 - AUG 5 **Salem's Pickering Wharf 10K Road Race. Pickering Wharf Management, Salem, MA 01970.**
 - CVR AUG 13 **Berlin Pond Couples Race. 9:00 a.m. 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 3 **Northfield 5K and 1 Mile Races, 9:30 a.m. for the 1 Mile Race and 10:30 a.m. for the 5K race. Northfield Savings Bank on the Common. Dr. Joe Zuaro, 10 Crescent Avenue, Northfield, VT 05663, 485-5100.**
 - SEP 4 **Montreal Marathon. COMIM, Box 1570 Station B, Montreal, Quebec, Canada H3B 3L2.**
 - SEP 10 **Archie Post 5 Mile Race, 9:00 a.m. University of Vermont, Burlington. Bruce Cunningham, 878-3875.**
 - SEP 18 **Dixville Notch Marathon. Colbrook, N.H. Rick Tillotson, RD 1, Dixville Notch, NH 03576.**
 - SEP 24 **National Life Ten Mile. 9:00 a.m. Essex Elementary School. Bruce Cunningham, 878-3875.**
 - 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**. 11:00 a.m. Waterbury. Darragh Ellerson, 223-2080.
- OCT 8 **Round Church Women's Run**, 5K and 10K. 10:00 a.m. Richmond. Gary Furlong, 863-6404.
- OCT 15 **Green Mountain Marathon**. 9:30 a.m., Folsom School, South Hero. Howie Atherton, 434-3228.
- OCT 22 **Arthur Tudhope Memorial 10K** Burlington area. 11:00 a.m. John Kohn, 862-8574.
- OCT 29 **50 Miler**. 7:30 a.m. for individual race, 8:30 a.m. for 5-member team relay. Essex Elementary School, Essex Center. Bill Everett, 879-1687.
- 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.
- NOV 24 **Turkey Trot**. 5K. 11:00 a.m. University of Vermont Gutterson Fieldhouse. Ralph Swenson, 864-4952, Neil Stout, 862-5872.

UPCOMING CVR MEETINGS . . .

- July 19 - Norm Robinson's house. 66 Terrace Street, Montpelier.
- August 23 - Tim Noonan's house. 2 Pinewood Road, Montpelier.

Meetings are POTLUCK and will begin right after Fun Runs.

IF YOU ARE NOT RUNNING THE UPCOMING BERLIN POND COUPLES RACE, YOUR HELP WOULD BE GREATLY APPRECIATED BY THE RACE DIRECTORS. LET THEM KNOW BEFORE RACE DAY IF YOU CAN HELP.

Dana McCarthy
10 Towne Street
Montpelier, Vt 05602