



1988

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

WHERE: Montpelier High School Track
WHO: Central Vt. Runners Gue Members ONLY

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

\$440 yd. run 1 mile run

100yd. dash

10 Killer)

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

Coll Norm Robinson 223-7351 evenings

Vice-President: Darragh Ellerson Norm Robinson Merill Cray

Secretary: Editor: Dana McCarthy

Sentral Merman

of AMERICA

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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 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

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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.

<u>CAPITAL CITY STAMPEDE</u>: 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



towards next years scholarships - the fourth year. We got more applications this year. Merill 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.

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

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

 ${
m LONG\ TRAIL}$: 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. /"

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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. Desoite 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.

Onion River Sports and State Street Market were great soonsors 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.

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		PLA	CE		
NAME	HOME	0	A 	TIME	PACE
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		9	74 :31	12 : 1



1988 Capital City Stampade continued PLACE NAME HOME TIME . . PACE --FEMALE 40-49--TESS ZIMMERMAN MONTPELIER 59 1 49 :58 8 : 4 ELIZABETH MEIKLEJOHN 65 2 E. CALAIS 51 :27 8:18 --FEMALE 50-59--**POLLI FLANDERS** MONTPELIER 68 1 52 :52 8:32 BEVERLY NOLAN-CANNATA 82 2 WOLCOTT 64:12 10 :21 --MALE 13-17--BARTHOLOMEW KILEY BURLINGTON 21 1 40 :48 6 :35 --MALE 18-29--6 JO. ERIC MORSE WATERBURY 31 :35 1 1 5:6 JIM MILLER S. BURLINGTON 5 5 32 : 3 5 :10 SAM DAVIS HINSDALE, 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 PITTSBURGH, PA 11 6 N. FERRISBURG 16 7 JEFF WUEHENICH 36 : 36 5 :54 JONATHAN REIDEL 38 : 5 6:9 20 8 KEVIN LARUE STOWE 40 :45 6 :34 PLAINFIELD 23 9 41 : 5 STU SLOTE 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 35 : 2 5 :39 6 2 CARL A. HUBEL BURLINGTON 8 3 35 :31 5 :44 STEVE THOMPSON SWANTON 9 4 35 :45 5 :46 13 5 37 :11 5 :60 PILL DYSART BURLINGTON 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 NOOMAN MONTPELIER 18 9 39 :54 6 :26 41 :21 6:40 JOHN A. MAZZUCCO RANDOLPH 24 10 27 11 6 :47 DENNIS REINA BARRE 42 : 6 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 MONTPELIER 35 15 43 :32 7:1 NORM ROBINSON STOWE 36 16 43 :52 7:5 A.J. SHINNERS JOHN MARTIN MONTPELIER 44 17 45 :59 7:25 47 18 THOMAS W. BACHMAN MONTPELIER 46 :33 7:30 JON KOHN BURLINGTON 51 19 48 :12 7:46 MONTPELIER 52 20 BILL PERREAULT 48 :20 7:48 TOM PAVLIDIS MANCHESTER, NH 60 21 50 : 6 8 : 5 52 :17 STOWE 67 22 LAWRENCE RHODES 8 :26 WILLIAM ONEILL MONTPELIER 71 23 54 : 30 8 :47 MONTPELIER 73 24 55 :13 MICHAEL SEIBERT 8 :54 MONTPELIER 76 25 59 : 0 9:31 ALAN ROME

MONTPELIER

80 26

62:24

10 : 4

LARRY WILLARD

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		PLAC	Œ		
NAME	HOME	0	A	TIME	PACE
MALE 40-49					
DOUG MACGREGOR		10	1	36 : 0	5 :48
GORDON MACFARLAND		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		6 :45
RUSS PETELLE	DERBY LINE	32	6	42 :48	6 :54
J. GREGORY GERDEL	MONTPELIER	33	7	42 :54	6 :55
FRANK NAPPI	MIDULE ISLAND. NY	34	8	43 :12	6 :58
WENDELL CARR	S. BURLINGTON	38	9		7:7
JAMES SKURDALL	WEST GERMANY	39 1	10		7:11
RICH CARIDDI	W. HEMP, NY	40 1	11		7 :12
RICHARD MORRIS	CHELSEA	47 1	15		7 :30
TOM SISSEL	S. BURLINGTON	53 1	1.3	48 :28	7 :49
NEWTON B. BAKER					7 :50
RICHARD EJMANOWICZ					
MIKE ZIMMERMAN					
BILL ZAGER	WILBRAHAM, MA				
JIM FRANCKE	MONTPELIER	74 1	A	55 :57	9 1 1
ROGER CRANSE	MONTPELIER	81 1	9	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			59 :57	9 :40
JOSO ALLEN	DETRIEL	,,	-	J) 13/	7 :40

JULY MELT DOWN!
INTRODUCING: PUDDLE RUNNER
GOOD FOR 1,000 MILES
OR 99°- WHICEVER
MELTS FIRST!

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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		1:05:59	Jonathan Parrish	So. Burlington	VT *
					PA
20		59: 30	Jeff Wuchenich	Pittsburg	
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	Mgo. Burlington	VT
52	M	1:23:09	Robert Mercier	Montpelier	VT
_		1:04:36		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

Polli Flanders

Barbara Walsh

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

3 (1st)

2 (2nd)

Women Open (17 finishers)

Nancy Ward	Middlebury	3 (2nd)
Jane Banks	Bethel	1 (4th)
Women 40-49 (3 fin	ishers)	
Linda Coffin	Grand Isle	3 (1st)
Rosemary Rusin	Florence	2 (2nd)
Rose Marie Davis	Morrisville	1 (3rd)
Women 50-59 (2 fin	ishers)	

Montpelier

Jericho

^{**} Age Group and overall State Record

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		(10th)
Reg Bowley	Colchester	_	(11th)
John Valentine	Northfield	1	(12th)
John Valentine	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	_	•
Men 40-49 (18 fin	ishers)		
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 fini	shers)		
Gerald Barney	Swanton	3	(1st)
Douglas Witham	So. Burlington	2	(2nd)
Men 60-69 (2 fins	ishers)		
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

Montpelier 10-Mile Road Race Montpelier, VT 10m1 25 June 1988

	MOULT							_
Ple	100		•					Pace
OVE	Age							per Mile
A1S	Grp	Time	Hame	AE+			Club	
Fem	ale 0	to 17						
(:	no fin	ishers)	1					
Fem	ale 18	to 29						
34	1 1	106:42	Conlon: Carol	29		CT	HTC	6: 40
12			Trainer: Pam	27	Brandon	VT		6:50
47			Plante: Louise	24		VT		6:59
66	4 1	:18:31	Bennerman; Patricia	29	So. Burlington	VT		7:51
7em	ale 3 0	to 39						
7	1	55:58	Hayer: Leatrice Sikore	32	Greenfield	MA	MBTC	5:36
31		105:52	Ward: Hancy	34	Middlebury	VT		6: 35
37	3 1	107134	Banks: Jane	39		VT	CVR	6:45
43			Crow: Debbie	37	Stowe	VT		6:50 7:22
56	5 1	113:37	Yandow: Pat		So. Hero	VT VT	GMAA	8: 8
71			McGuire: Berbare J.	30		VT		8:24
76	7 1	:24:04	Barral; Line		Waitefield	VT		8:26
77	8 1	: 24:17	Sanford; Suzanne	31	Stowe	•1		0.20
7em	ale 80	to 49						
60		. 15:51	Coffin: Linda	47	Grand Isle	VT	GMAA	7:35
63	9 1	117152	Rusin: Rosemary	15	Florence	VT		7:47
73			Davis: Rose Marie	47	Morrisville	VT		8:15
Fes	male 50	to 59						
			Flanders: Polli	51	Montpelier	VT		8:46
80 83			Welsh: Barbara		Jericho	VT		9:43
Pay	.ale 60	to 99	•					
	(no fi	nishers)					
Mal	Le 0 to	o 17						
2:		1:03:09	Johnson: Peter		Greensboro	VT		6:19
2			Tosi: Gregory		Esst Montpelier	VT		6: 26
3			Parrish: Jonathan	14	So. Burlington	VT		6:36
Ma	10 18	to 29						
	1 1	51:36	Moree: Eric		Waterbury	VT		5:10 5:21
	2 2		Bates: Tony		Salisbury	VT		-
	3 3	54:11	Miller: James	-	So. Burlington	VT		5:25
	5 4	55:2	B Guild: Matt		Bellows Falls	VT		
1		57:25	5 Blount; Rick		Burlington	VT		5:45 5:57
1	5 6		0 Wuchenich: Jeff	50		PA VT		6:11
1		1:01:5	l Connelly: Joe	23	Burlington	41	ALV.	V. 21

36									
Male 30 to 39	36				24	Brandon	VT	GAC	6:45
\$ 1 58:80 Weinstein: Richard	74	9	1:22:59	Hershman; Brad	18	Burlington	VT		8:18
\$ 1 58:80 Weinstein: Richard									
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		MEN'S OPEN							
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		2. Green Mount	tain Athletic A	# BOC 2		Joe Conne	117	1:01:51	
						Rick Cle	ry	1:02:07	
						TE	M TOTAL	3:02:26	
						David Li	nton	1:03:08	
		1. Gaelic Ath	letic Club:			Dave San	orn	1:03:58	
						Ray Mall	ette, Jr	1:07:27	
						TE	M TOTAL	3:14:33	
		MEN'S MASTERS	(40+)						
			tain Athletic A		iation:	Gerald B	arney	1:04:36	
		1. Green Moun	tain Athletic A		,	Lerry CV		1:08:34	
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						Don Lyon	•	1:24:35	
							AM 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.

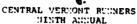
Total number of female participants unknown at the writing of this article. Nor are half marathon results available. For those of you who worked as handlers at the Essex 50-miler last year, the Nipmuck was blessed with a visit from Igor of Nova Scotia who did not finish the race but nevertheless added 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.

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.









BERLIN POND COUPLES PACE

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:

56.00 postmarked by Aug. 8: \$8.00 thereafter PER PERSON.

COURSE:

& kilometers (4.93 min, of scenic dirt road around the Berlin Pond - no pavement. Folling hills first half, then relatively flat. CERTIFIED. Hile 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 COUPLES' TEAM OF INDI

CINCUL ONL.	COOFFES	LAN	Or	INDIAIDOME			
FEMALE NAME:				MALE NAME:			
ADDRESS:				ADDRESS:			
							
AGE ON 8/13/8	38:			AGE ON 8/13/88: COMBINED:			

WAIVER: THIS NUST 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 & Merill Cray c/o Helling, 34 5t. Paul St., Montpelier, Vermont 05602. Telephone numbers for information: Dot 223-5797, Merill 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

- * 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 Merill 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 . . .

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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