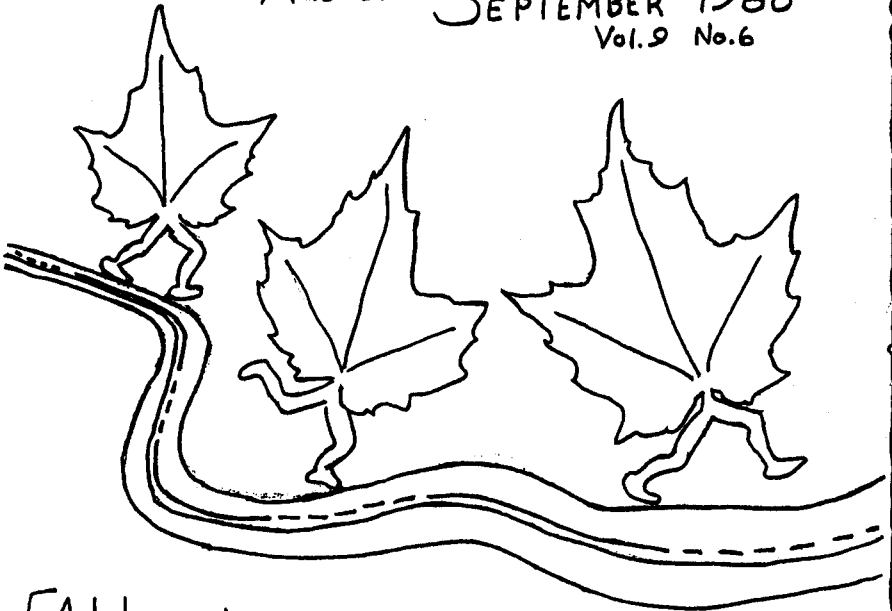


CENTRAL VERMONT RUNNERS

NEWSLETTER

AUGUST - SEPTEMBER 1988
Vol. 9 No. 6



FALL-O'ING ALONG TO
LEAF PEEPERS 1/2 MARATHON!



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



CENTRAL VERMONT RUNNERS
MEETING MINUTES
July 19, 1988
Tim & Annie Noonan's house

PRESENT WERE:

Dash Helling, Merill, Stormin' Norman, Dana McEditor, Tim Nooner and Bob Howdy Do Da.

ABSENT WERE:

Darragh Ellerson, Darragh Ellerson, Darragh Ellerson, Darragh Ellerson, Darragh Ellerson, Darragh Ellerson, Darragh Ellerson.....
AND THE REST OF YOU YA HOO's!!

TREASURERS REPORT: (Norm)

The books say \$763.47 but Norm said we really only have about \$500.00. We are checking to see if he's suddenly purchased 263.47 worth of new running togs...stay tuned. Norm wants to break down all the expenses at the end of the year to help the club organize a budget in the future.

CAPITAL CITY STAMPEDE: CVR got \$1.00 per runner of the proceeds and the rest was split between the two sponsors - Onion River Sports & State Street City Market. The sponsors donated the caps and food with the entry money paying for the extra miscellaneous expenses. CVR made only \$93.00 from this race. We'll need a lot more than that to afford the badly needed printer timer! Normie thinks we should up CVR's cut to \$2.00 per runner next year. All those in favor say "I"! Now it is \$5.00 to enter, even on race day. Norm suggest we up it to \$6.00 on race day with CVR keeping the extra dollar.

10 MILER: Successful. Down in entries, but quality race with excellent field. CVR made \$120.00. The Athletic Attic in the Berlin Mall DONATED \$530.00 towards this race. Expensive race to put on. It cost \$81.00 just to use the school. Club feels it needs more advertisement in the future.

LEAF PEEPERS: The committee kicked Darragh out as director for consecutive absentees of her fruit salad for our meetings. Race (like all of them) is in need of volunteers.

PUBLIC RELATIONS: We need someone who will devote their energy solely to advertising CVR and its functions. Our club isn't visible enough. The public doesn't know about all the "things" we do - they just think we get in the way of cars and run around in our long underwear during the winter. We were talking about adding this function to the V.P job description. What do you think? Problem is, they're usually just another "burned out" ACTIVE member. Anyone interested in the job?

NEW BLOOD & RACE DIRECTORS: We have only about 11 core club members doing all the work. We lost Wade Walker as race director for many many years for many many races - and his rest is looooooong past due. We can't thank you enough Wade for all your help...but Thanks. By Oct. we need to decide if we are going to drop the race (U-32) if another race director doesn't come forward. How about it fokes?

BURLINGTON MARATHON: Bill Everett of GMAA wanted to know if CVR would like to participate (or is interested in) the development of the race or help on race day. Dot will ask Bill to send someone over to discuss it during our next meeting. We might be able to man (woman) a water stop or two - but we're so short of help as it is this may be easier said than done. Norm suggested we could donate our mailing list.

NEWS FLASH!!!: Tim has been impeached as president - his wife Annie as been elected because her cooking doesn't make us sick. A thank you goes out to those bums who didn't show up for the last meeting - we won't mention names Darragh - but it left more food for the rest of us.

NEWSLETTER: SUPER job Dana!! Everyone at the meeting had been an editor at one time or another and could appreciate the work that went into it. Hip Hip Hurray! There was a secret ballot cast that has award the job as editor to Dana for as long as she lives. Thanks Dana.

VOLUNTEERS: Oh no, not this song again! EVERY club member has a responsibility to help out at least at one race a year...it's not much to ask...HINT, HINT. So, if you haven't already fulfilled your duty, come on down; there's still time. We NEED Fun Run Coordinators for August and Sept. You can even split a month with someone! To put it simply...we need HELP!

PORTA POTTIES: Can we get a volume use discount? Ha! Ha! (sick) who said that?

BERLIN POND COUPLES RACE:: 19 entered so far; 4 weeks before the race \$102.00 has been raised. Last year \$80.00 had been collected at that time. Last years race made \$208.00, all which went towards the scholarship fund. It cost \$110.00 for the two porta potties.

RACE DIRECTORS HANDBOOK: The club would like to put one together this winter for future race directors.

NEXT MEETING: Aug. 23, 1988. Rumor control has it that it will be at Norms ...but then again, you'd better ask around.

↑
UPDATE: AUG. 23 MEETING WAS AT NORM'S. AUG. MEETING MINUTES WERE EATEN - RIGHT MERILL? - SHE THOUGHT THEY MIGHT TASTE LIKE FRUIT SALAD!

ANYWAY, SEPTEMBER MEETING IS SEPTEMBER 20 AT MERILL'S HOUSE - 3 MILE BRIDGE RD. - AFTER FUN RUN.

OFFICIAL RESULTS (TAC-certified)

Nineth Annual Berlin Pond Couples Race August 13, 1988

M A L E S O V E R A L L (48 starters, 47 finishers) ***COURSE RECORD***

Number	Name	Hometown	Age	Place	Time
1	477 Eric Morse	Waterbury, VT	23	1	00:24:57***
2	372 Craig Holm	LeRoy, NY	33	2	00:25:23
3	469 Sam Davis	Hinsdale, NH	27	3	00:26:27
4	193 Rick Trainer	Brandon, VT	30	4	00:27:06
5	209 Marc Gilbertson	Montpelier, VT	19	5	00:27:16
6	297 Bob Neil	Longmeadow, MA	32	6	00:27:36
7	473 Blake Mackey	East Calais, VT	18	7	00:28:59
8	404 Bill Dysart	Burlington, VT	36	8	00:29:03
9	176 Michael Edelstein	Williamsville	30	9	00:29:07
10	464 Nick Hopley	Amherst, MA	20	10	00:29:55
11	309 Joey Curtis	Montpelier, VT	18	11	00:29:56
12	463 Tim Noonan	Montpelier, VT	32	12	00:30:30
13	410 Bob Murphy	Montpelier, VT	48	13	00:31:03
14	471 John Denmark	St. Jonstown, NY	19	15	00:31:43
15	377 Cape Bradley	Montpelier, VT	15	16	00:31:45
16	406 Mike Maxwell	Cabot, VT	40	17	00:31:47
17	109 James D. Pell	Madison, NJ	28	19	00:32:07
18	414 Greg Tosi	E. Montpelier, VT	17	20	00:32:15
19	189 Fred Kosnitsky	Randolph, VT	40	21	00:32:20
20	478 Mike Moran	Rutland, VT	36	22	00:32:25
21	280 Bernard Haskell	Stowe, VT	28	23	00:32:34
22	402 Gregg Batchelder-Adams	Montpelier, VT	31	24	00:32:43
23	97 David Bradley	Omaha, NE	33	26	00:32:56
24	380 Christopher Haskell	Stowe, VT	21	27	00:33:19
25	93 Patrick Murtagh	Burlington, VT	41	28	00:33:30
26	470 Jamie Kalven	Chicago, Ill.	39	31	00:34:43
27	403 George Guerra	Mansfield Ctr, VT	41	32	00:34:48
28	465 John Izzo	Hinesburg, VT	39	34	00:35:36
29	182 Tim Kruger	Waterbury, VT	22	35	00:35:56
30	408 Jeff Fehrs	Williston, VT	30	36	00:36:06
31	409 Bob Howe	Williamstown, VT	41	37	00:36:26
32	376 Randy Witlicki	Brattleboro, VT	32	38	00:36:49
33	313 John C. Martin	Montpelier, VT	36	39	00:36:58
34	462 Larry Miller	Montpelier, VT	50	41	00:37:11
35	480 Lawrence Rhodes	Stowe, VT	33	44	00:37:56
36	251 Matthew Popecki	Waterbury, VT	32	45	00:38:06
37	481 Fred Oakes	Stanhope, NJ	50	49	00:38:31
38	151 David Willis	St. Johns	46	51	00:38:54
39	461 Larry Richburg	Randolph Ctr, VT	35	54	00:39:30
40	405 Ryan Cotton	Montpelier, VT	32	58	00:40:39
41	451 Steven Delit	NY, NY	43	60	00:40:49
42	468 Bob Lannata	Wolcott, VT	57	62	00:42:24
43	415 Joseph Rob	Montpelier, VT	46	65	00:44:02
44	474 Stephen Reid	Randolph, VT	38	69	00:45:52
45	467 Bill Zager	Wilbraham, MA	43	72	00:46:51
46	466 James H. Hanna, Jr.	Montpelier, VT	54	73	00:47:04
47	316 Fred Heasley	Riverton, CONN	48	74	00:47:06

Ninth Annual Berlin Pond Couples Race August 13, 1988

F E M A L E S O V E R A L L (32 starters, 32 finishers) ***COURSE RECORD***

Number	Name	Hometown	Age	Place	Time
1	472 Kare Holm	LeRoy, NY	32	14	00:31:18***
2	76 Pam Trainer	Brandon, VT	27	18	00:31:56
3	369 Patty Roach-Davis	Hinsdale, NH	27	25	00:32:50
4	82 Sue Drapp	Waterbury, VT	32	29	00:33:46
5	413 Dorothy Graham	Montpelier, VT	27	30	00:34:33
6	303 Dot Neely-Guerra	Mansfield Ctr, VT	30	33	00:35:19
7	308 Mary Labate	E. Calais, VT	32	40	00:37:01
8	374 Nancy Reid	Randolph, VT	38	42	00:37:17
9	361 Ginny Richburg	Randolph Ctr, VT	29	43	00:37:43
10	363 Mailis Ellerson	Montpelier, VT	27	46	00:38:07
11	Dana McCarthy	Montpelier, VT	30	47	00:38:19
12	370 Patricia Evans	Chicago, Ill	44	48	00:38:28
13	378 Chris Dakes	Stanhope, NJ	16	50	00:38:51
14	373 Debbie Clark	Calais, VT	27	52	00:39:03
15	207 Elizabeth Meiklejohn	E. Calais, VT	40	53	00:39:11
16	362 Darragh Ellerson	Montpelier, VT	58	55	00:39:47
17	364 Jennifer Veshia	Goshen, MA	19	56	00:40:32
18	304 Mary Kehoe	Burlington, VT	30	57	00:40:34
19	365 Lynn Izzo	Hinesburg, VT	20	59	00:40:40
20	371 Rebecca Denmark	St. Johnstown, NY	16	61	00:41:25
21	314 Christine Landry	Barre, VT	18	63	00:43:30
22	302 Laurie Batchelder-Adams	Montpelier, VT	28	64	00:43:56
23	407 Molly Bachman	Montpelier, VT	32	66	00:44:26
24	366 Karen L. Hanna	Burlington, VT	22	67	00:44:45
25	310 Reidun Nuquist	Montpelier, VT	48	68	00:45:26
26	315 Sheila Wynn Davis	Montpelier, VT	41	70	00:46:37
27	367 Allison Balliett	Northampton, MA	23	71	00:46:50
28	416 Sharon Tighe	Worcester, VT	36	75	00:47:11
29	276 Deborah Kozlowski	Brattleboro, VT	34	76	00:47:49
30	368 Beverly Nolan-Lannata	Wolcott, VT	53	77	00:50:50
31	306 Kim Maxwell	Cabot, VT	20	78	00:53:52
32	351 Joan Ingalls	NY, NY	44	79	00:56:18

C O U P L E S D I V I S I O N W I N N E R S O F F I C I A L T I M E S

C O U P L E S 28 - 39

Number	Name	Hometown	Age	C/I	Place	Time	C-AGE	Combined Time
371	Rebecca Denmark	St. Johnstown, NY	16	C	61	00:41:25		
471	John Denmark	St. Jonstown, NY	19	C	15	00:31:43	35	01:13:08
364	Jennifer Veshia	Goshen, MA	19	C	56	00:40:32		
464	Nick Hopley	Amherst, MA	20	C	10	00:29:55	39	01:10:27
314	Christine Landry	Barre, VT	18	C	63	00:43:30		
414	Greg Tosi	E. Montpelier, VT	17	C	20	00:32:15	35	01:15:45

COUPLES 40-59 (3)

Number	Name	Homelown	Age	C/I	Place	Time	C-AGE	Combined Time
363	Mailis Ellerson	Montpelier, VT	27	C	46	00:38:07		
463	Tim Noonan	Montpelier, VT	32	C	12	00:30:30	59	01:08:37
365	Lynn Izzo	Hinesburg, VT	20	C	59	00:40:40		
465	John Izzo	Hinesburg, VT	39	C	34	00:35:36	59	01:16:16
76	Pam Trainer	Brandon, VT	27	C	18	00:31:56		
193	Rick Trainer	Brandon, VT	30	C	4	00:27:06	57	00:59:02
302	Laurie Batchelder-Adams	Montpelier, VT	28	C	64	00:43:56		
402	Gregg Batchelder-Adams	Montpelier, VT	31	C	24	00:32:43	59	01:16:39
373	Debbie Clark	Calais, VT	27	C	52	00:39:03		
473	Blake Mackey	East Calais, VT	18	C	7	00:28:59	45	01:08:02
369	Patty Roach-Davis	Hinsdale, NH	27	C	25	00:32:50		
469	Sam Davis	Hinsdale, NH	27	C	3	00:26:27	54	00:59:17

COUPLES 60 - 79

Number	Name	Homelown	Age	C/I	Place	Time	C-AGE	Combined Time
303	Dot Neely-Guerra	Mansfield Ctr, VT	30	C	33	00:35:19		
403	George Guerra	Mansfield Ctr, VT	41	C	32	00:34:48	71	01:10:07
366	Karen L. Hanna	Burlington, VT	22	C	67	00:44:45		
466	James H. Hanna, Jr.	Montpelier, VT	54	C	73	00:47:04	76	01:31:49
374	Nancy Reid	Randolph, VT	38	C	42	00:37:17		
474	Stephen Reid	Randolph, VT	38	C	69	00:45:52	76	01:23:09
413	Dorothy Graham	Montpelier, VT	27	C	30	00:34:33		
313	John C. Martin	Montpelier, VT	36	C	39	00:36:58	63	01:11:31
276	Deborah Kozlowski	Brattleboro, VT	34	C	76	00:47:49		
376	Randy Witlicki	Brattleboro, VT	32	C	38	00:36:49	66	01:24:38
306	Kim Maxwell	Cabot, VT	20	C	78	00:53:52		
406	Mike Maxwell	Cabot, VT	40	C	17	00:31:47	60	01:25:39
304	Mary Kehoe	Burlington, VT	30	C	57	00:40:34		
404	Bill Dysart	Burlington, VT	36	C	8	00:29:03	66	01:09:37
361	Ginny Richburg	Randolph Ctr, VT	29	C	43	00:37:43		
461	Larry Richburg	Randolph Ctr, VT	35	C	54	00:39:30	64	01:17:13
367	Allison Balliett	Northampton, MA	23	C	71	00:46:50		
467	Bill Zager	Wilbraham, MA	43	C	72	00:46:51	66	01:33:41
372	Craig Holm	LeRoy, NY	33	C	2	00:25:23		
472	Kara Holm	LeRoy, NY	32	C	14	00:31:18	65	00:56:41
308	Mary Labate	E. Calais, VT	32	C	40	00:37:01		
408	Jeff Fehrs	Williston, VT	30	C	36	00:36:06	62	01:13:07
409	Bob Howe	Williamstown, VT	41	C	37	00:36:26		
407	Molly Bachnan	Montpelier, VT	32	C	66	00:44:26	73	01:20:52
405	Ryan Cohon	Montpelier, VT	32	C	58	00:40:39		
	Dana McArthy	Montpelier, VT	30	C	47	00:38:19	62	01:18:58

FIRST OVERALL

COUPLES 80 - 99

Number	Name	Hometown	Age	C/I	Place	Time	C-AGE	Combined Time
315	Sheila Wynn Davis	Montpelier, VT	41	C	70	00:46:37		
415	Joseph Rob	Montpelier, VT	46	C	65	00:44:02	87	01:30:39
370	Patrick Evans	Chicago, Ill.	44	C	46	00:38:28		
470	Jamie Kelven	Chicago, Ill.	39	C	31	00:34:43	83	01:13:11
316	Fred Heasley	Riverton, CONN	48	C	74	00:47:05		
416	Sharon Tighe	Worcester, VT	36	C	75	00:47:11	84	01:34:16
310	Reidun Nuquist	Montpelier, VT	48	C	66	00:45:26		
410	Bob Murphy	Montpelier, VT	48	C	13	00:31:03	96	01:16:29

COUPLES 100 +

Number	Name	Hometown	Age	C/I	Place	Time	C-AGE	Combined Time
368	Beverly Nolan-Lennata	Wolcott, VT	53	C	77	00:50:50		
468	Bob Lennata	Wolcott, VT	57	C	62	00:42:24	110	01:33:14
362	Darragh Ellerson	Montpelier, VT	58	C	55	00:39:47		
462	Larry Miller	Montpelier, VT	50	C	41	00:37:11	108	01:16:58

INDIVIDUAL DIVISION WINNERS:

Female Overall-	Susan Drapp	33:46
Female 14-29	- Chris Oakes	38:51
Female 40-49	- Elizabeth Meiklejohn	39:11
Male Overall	- Eric Morse	24:57***
Male 14-29	- Marc Gilbertson	27:15
Male 30-39	- Bob Neil	27:34
Male 40-49	- Fred Kosnitsky	32:19
Male 50+	Fred Oakes	38:27

*Thanks everyone for participating.
We raised \$300 for the 1989 Scholarships.
Hope to see you next year!!*

FROM: Central Vermont Runners
c/o Dot Heiling
34 St. Paul Street
Montpelier, Vermont 05602



Course records
Eric Morse
1:07:28, 1986
Lyle Hagner
1:12:15, 1985



THE FIFTH ANNUAL LEAF PEEPERS MILK RUN HALF-MARATHON

SUNDAY, OCTOBER 2, 1988
11 A.M., WATERBURY, VERMONT

SPONSORED BY WDEV

Organized by the Waterbury Lions Club and Central Vermont Runners.

COURSE: 13.1 miles of scenic country in the shadow of the Camel's Hump. A combination loop and out and back on fast, flat to gently rolling, 60% dirt, 40% paved road. Starts and finishes at the Waterbury Recreation Field. Aid stations approximately every 3 miles. Traffic control, R.R.C.A. Sanctioned. Certified. Co-directors: Darragh Ellerson and Jeffrey Shutak.

AWARDS: At the Waterbury Recreation Field. Prizes will be quality Vermont products.

DIVISIONS: Male—18 and under, 19-29, 30-39, 40-49, 50-59, 60 and over; Female—18 and under, 18-29, 30-39, 40-49, 50 and over.

ENTRY FEE: \$9.00 (U.S.); entries postmarked by September 19 will receive a free LeafPeepers Half Marathon T-shirt. Post entries accepted 9 a.m. to 10 a.m. on race day, \$10.00 (U.S.).

PACKET PICKUP: October 1st, 5 p.m. - 6 p.m. at dinner hall, 9 a.m. to 10 a.m. on race day at Waterbury Recreation Field.

Carbo-load Spaghetti Dinner: October 1 - 6:30 p.m. to 7:30 p.m.

For location call WDEV, 244-7321 in Waterbury. Dinner free to runners, each additional guest \$6.00. Total tickets reserved (including athlete's) = _____
Dinner followed by short sport related presentation by Joan Benoit Samuelson's coach, Bob Severe.

OFFICIAL ENTRY BLANK

NAME (Please Print) _____

STREET _____ CITY _____

STATE _____ ZIP _____

AGE _____ BIRTH DATE _____ SEX: Male Female

SHIRT SIZE: S M L XL (circle appropriate size)

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 entered to act on my behalf, waive and release the Central Vermont Runners, the City of Waterbury 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 of entrant _____

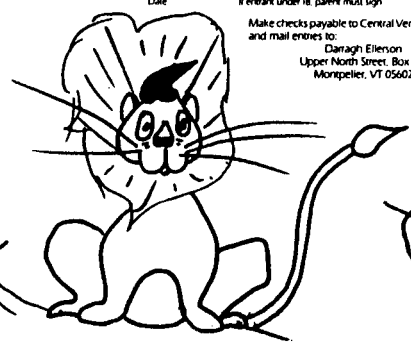
Date _____

If entrant under 18, parent must sign _____

Date _____

Make checks payable to Central Vermont Runners, and mail entries to:

Darragh Ellerson
Upper North Street, Box 170
Montpelier, VT 05602



GREEN MOUNTAIN MARATHON

Race: Marathon

Half Marathon

DATE/TIME: October 15, 1988 / 9:30 a.m.

DIVISIONS:

Men—Open (29 and under), Submasters (30-39), Master (40-49), Seniors (50-59), Veterans (60-plus)

Women—Open (29 and under), Submasters 30-39, Master (40-49), Seniors 50-59, Veterans (60-plus)

AWARDS: T-shirts with the Marathon logo to all Participants who register by Oct. 1, 1988. Distinctive certificates to all finishers.

Awards to 1st-10th men overall.

Awards to 1st-5th women overall.

Trophies to first three in each age group men and women.

ENTRY: \$15.00 in check or money order payable to the Green Mountain Marathon.

Absolutely no refund to entry fee.

The Green Mountain Athletic Association, in cooperation with the towns of South Hero and Grand Isle, is sponsoring marathon and half marathon runs to be held on October 15. The course, which begins and ends near the house where Clarence H. Demar* once lived, is out and back on the west shore of South Hero and Grand Isle, a land of farms, apple orchards, and summer cottages. It is flat to rolling and about half dirt road (hard packed and well-maintained). The island is sparsely populated; traffic will be minimal. The race will begin at Folsom School at 9:30 a.m. Mileage markers will be posted at each mile; times will be given at 1-mile, 13.1, and 20 miles. Eight aid stations offering water and electrolytic drink will be located at 3-mile intervals. Additional assistance will be available to the runners in the form of Rescue Squad and pickup vehicles. The school will be open from 6:30 p.m. through 8:00 p.m. on Friday evening, October 14, for registered participants to pick up their numbers and race kits. In addition to registration, information on the race and course will be available. Registered participants may pick up numbers and race kits from 7:00 a.m. to 8:30 a.m. the morning of the race. Showers and changing facilities (runners must bring their own towels and soap) will be available at the school which will remain open until after the awards ceremony following the race.

Race results will be posted at the school as rapidly as possible. Awards presentation promptly at 2 p.m. (12 noon for half marathon)

*7 Time Boston Marathon winner.

Pickup certificate approximately 30 minutes after individual completes the course. THEY WILL NOT BE MAILED.

ENTRY FORM INSTRUCTIONS

Please complete all items in ink (print or type) and sign. Parent or guardian must sign also if under 18. All entries must be accompanied by the entry fee (\$15.00). Mail to: Howard Atherton, RD #1, Box 236, Richmond, VT 05477, 802-434-3228

GREEN MOUNTAIN MARATHON

ENTRY FORM

Entry Fee: \$15.00 (non-refundable)

NAME _____

ADDRESS _____

PHONE _____ SEX (circle) M F

AGE (as of October 15, 1988) _____

TAC Number _____

T-Shirt Size (circle one) Sm. Med. Lrg. X-Lrg.

Marathon Half Marathon

In consideration of your accepting this entry, I do hereby for myself, heirs, executors and assigns, forever waive and release all sponsoring organizations and cooperating agencies from all claims and causes of action which I may acquire at any time as a result of participation in this event. I certify that I am physically fit and adequately trained for this event.

SIGNATURE(S) _____

DATE _____

WE LOOK FORWARD TO MEETING YOU

ON THE WEEKEND OF THE 15th!

1988 SUB * ULTIMATE
RESULTS

This year's Sub-Ultimate can be summed up by the comments heard following the final event: "Cuch", "Groan", and "How about planning another 24-hour marathon?" All 7 participants survived, some a little bruised, but most remained intact and there were even comments about training for the 1989 Sub-Ultimate! Perhaps rather than training sanity checks should be required! Here are the results with a new twist; Kids' 100-yard dash-er-jog!

	5-K	440-yd.	Mile	100-yd.	10-K	TOTAL POINTS
TIM NOONAN	17:47	1:02*	5:23	11:89*	38:51	8
GEOFF LINDEMERE	17:33	1:03	5:20*	12:69	37:47	8
NORM ROBINSON	22:43	1:12	6:10	12:91	48:29	22
BOB MURPHY	21:17	1:17	5:37	16:86	41:35	22
BOB HOWE	25:53	1:15	6:17	13:69	45:39	26
J.B. MCCARTHY	Didn't run due to child care duties!	1:08	5:54	12:08	49:17	27
DANA MCCARTHY	23:51	2:50 with Kerry	6:51	15:27	65:28	32
KATIE ROBINSON				27:56		64
KERRY MCCARTHY		2:50				65
BRIDGET ROBINSON				42:33		65
COLLIN MCCARTHY				42:71		66

*Broke records set in 1987: 440 was 1:03; Mile was 5:21; 100 was 12:14. Brian Liss held the records in the 440 and 100 in 1987, Geoff Lindemer held the 1987 record mile.

Special thanks to race director Norm Robinson, Official Timer Carol Howe, Official Starter Deb Lindmer and son, and Official Cheerleader and Child care provider Martha Hicks-Robinson.

BEAR SWAMP

LOST: The results of the Bear Swamp race results from June 1988.

FOUND: The results of the Bear Swamp race results from June 1988, thanks to

Dot Helling's Mom and her camera. Mom Helling snapped a picture of the Board on which the results were posted. And with the Editors magnifying glass we were able to identify almost all of the posted finishers! Whew! That's what you might call a "photo finish"!

MEN
30 - 39
 Mark Chaplin 32:50
 Ed Drapp 33:55
 Steve Thompson 34:03
 Alan Altman 36:55
 Norm Robinson 41:27
 Dave White 43:14
 Randy Witticki 43:50

WOMEN
30 - 39
 Susan Deen 39:15
 Dot Helling 42:26
 Dana McCarthy 45:34
 C. Ventura //???

MEN
40 - 49
 Bob Simsten(?) 39:07
 Bob Howe(?) 41:53
 Newton Baker 44:05
 R. Mason 44:49

WOMEN
40 - 49
 Sue Christiansen 45:49

MEN
50-plus
 Larry Miller 48:30

* * * * *

AND NOW, BRAIN TEASERS THAT WE ARE...WE INVITE YOU ON A TRIP DOWN MEMORY LANE!

It happened when the thermometer never wavered from 98-degrees; remember? Picture it...July 16, 1988.... 400 to 500 triathletes have gathered for the TUPPERLAKE (N.Y.) TINMAN TRIATHLON!!!

The competitors have finished a 1.2 mile swim, 56 miles on the bicycle and a 13.1 mile run. The top local finishers are (or were depending upon your frame of mind): Jerry Ranges from Stowe 4:25:43

- Chad Couto from Stowe 4:31:01
- Dot Helling from Montpelier 5:29:57
- John Martin from Montpelier 5:41:33
- Dorothy Graham from Montpelier 5:41:47

Jerry Ranges was the first master finisher and qualified for the Hawaii Ironman Triathlon. The overall winners were: E. Jones (male) 3:59:26

Paula Ehrle (female) 4:32:01
(from Ohio)

Both Jones and Ehrle set course records.

SODOM POND RACE--1988 RESULTS
(4.2 Miles)

First place, female--- Samantha Harvey 31:00

First place, male----- Marc Gilbertson 22:14 (New course record)

Results by category:

<u>Category</u>	<u>Name</u>	<u>Time</u>	<u>Place</u>	<u>Category Place</u>
0-13 years---	no entries			
14-29 Female	Samantha Harvey	31:00	7	1
	Deborah A. Clark	32:11	9	2
	Mary Charette	50:21	17	3
	Judith Wright	50:21	18	4
14-29 Male	Marc Gilbertson	22:14	1	1
	Roger I. Garcia	28:32	4	2
	Gustavo Cuadra	30:53	6	3
	Jose Arnul Foalvarada	31:08	8	4
	Tomas A. Rosa	32:41	10	5
30-39 Female	Virginia Scharf	37:30	14	1
30-39 Male	Larry Wilk	29:45	5	1
	Craig Scharf	37:30	15	2
40-49 Female	Elizabeth Meiklejohn	32:41	11	1
40-49 Male	Lowell VanDerlip	26:35	2	1
	Richard Czaplinski	26:35	3	2
	Roger Chase	36:10	13	3
	Keith Morgan	37:49	15	4
50-59	no entries			
60+ Female	no entries			
60+ Male	Donald A. Lyons	33:03	12	1

The 1988 Sodom Pond Run was truly a Western Hemisphere event. We had runners from Honduras and others from as far away as Washington state!

Course Records: Male - Eric Gilbertson 22:14 1988
Female - Mary Labate 26:50 1986

MAPLE CORNERS 5K

JULY 30, 1988

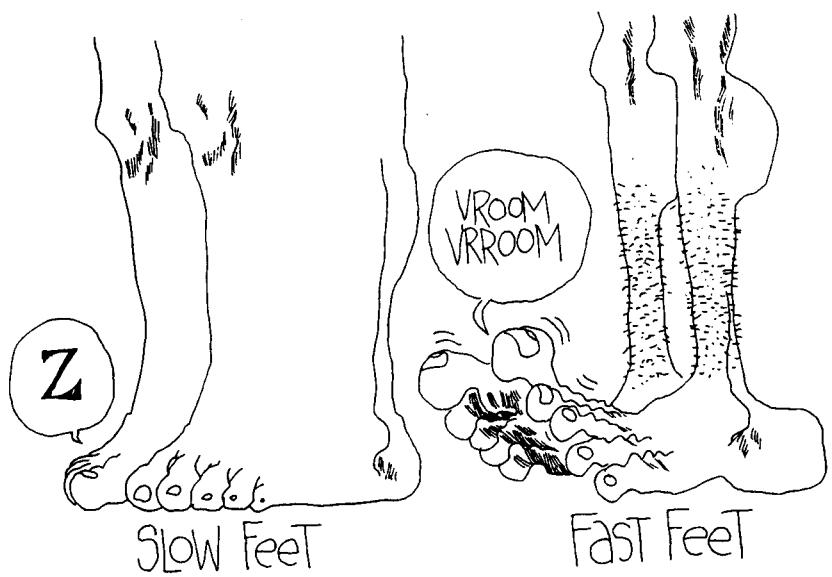
This first year event attracted 18 competitors and was part of a day long festival to benefit the Maple Corners Community Club. The results are as follows:

MEN

- 1. Blake Mackey 15:31
- 2. Ed Drapp 15:49

WOMEN

- 1. Samantha Harvey 21:04
- 2. Elizabeth Meiklejohn 21:30



RESULTS - 1988 ESCARPMENT TRAIL RUN (30k or 18.6 miles)

This was the 4th race in the Northeast Trailrunners Circuit held on July 31, 1988, in the New York Catskills. Recognized as one of the most difficult trail runs in the U.S., the sometimes hand-over-fist cumulative climb is over 6000' crossing 6 mountain peaks at varying heights from 2200' to 3940'. The start is at 1760', the finish at 2100' with many peaks and valleys between. Winning it again this year was mountain goat Rich Fargo from Massachusetts in a time of 2:49:20. The top 10 women included two Central Vermonters: Dot Helling in a time of 4:48:33 (8th overall, 3rd 30-39) and Sue Christiansen (9th overall and 2nd master). The winning woman was 24-year old Laura Paddock of Scarsdale in a blistering 3:43:03. The course records are 2:48:22 males (set in 1982) and 3:39:55 (also set in 1982). The next trail race in the Circuit takes place on September 25 - the Dancing Rock 15-miler in Cross River, New York, followed by the last in the series October 16 - the M&M Mountain Marathon, a 50k outside of Northfield, Massachusetts.

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ON THE EVILS OF FEMALE EDUCATION, AS VIEWED IN 1853

S. Weir Mitchell (1829–1914), the leading American neurologist of his time, wrote that “to my mind, the most destructive [evil] in every way, is the American view of female education.”¹ This view was shared in the following editorial published in the *Boston Medical and Surgical Journal* on September 28, 1853.

Every traveller from abroad, who comments upon American manners, customs etc., speaks of the care-worn expression in the countenances of the people. . . . The females, we are told, are thin, sharp-featured, their muscular system being imperfectly developed—and prone to headaches and pulmonary consumption. . . . Yet physicians know very well that the education of females among us is destructive to their health and happiness. Every effort in the school room is to cultivate their minds at the expense of their bodies. They consequently have a sickly life, if perchance it is not cut off in early girlhood; they make poor mothers, are unable to nurse their children in many instances, with a tendency to some of the most distressing complaints, and disease is propagated in their children. Much of this arises from the popular misconception that young misses must study algebra, chemistry, scientific botany, Latin, and perhaps Greek and Hebrew, by the time they are fifteen, in order to become ladies. They have no frolicking girlhood—because it is plebeian to romp out of doors with freedom as nature intended. . . . A knowledge of domestic economy is decidedly vulgar, and belongs to poor kitchen girls, whose red cheeks, round arms, splendid busts and fine health are perfectly contemptible. There is a kind of imagined gentility in always being under the care of a doctor, and jaunting through the country in pursuit of air, water, or expensive medical advice. . . . Parents are the persons to blame, and not the instructors of their children. Young girls are put to school too early . . . and worked too hard and too long at their studies. More active play and fewer books, pudding-making in the place of algebraical equations, with a free exercise of their feet, which were actually designed for walking, would produce a race of women in our midst, such as cannot now be found, in regard to figure, capacity and beauty. What father has the moral courage to set the example, by allowing his daughters to become the angelic creatures they were designed to be, buoyant with spirit, vigor and health, fit companions of man, and the glory of an advanced civilization? Let them gambol in the open air, and when within doors, act out the governing instincts of their nature in manufacturing rag babies, till by means of bodily health and vigor, a foundation is laid for intellectual pursuits, and then, and not before, may they with safety begin to be exercised in abstract, educational studies.

Noted by T.E.C., Jr, MD

REFERENCE

1. Clarke EH: *Sex in Education; or, A Fair Chance for Girls*. Boston, James R Osgood, 1873, p 111.

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.

*****-

- 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.
- CVR SEP 10 **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.
- SEP 10 **Archie Post 5 Mile Race**, 9:00 a.m. University of Vermont, Burlington. Bruce Cunningham, 878-3875.
- SEP 17 **Bar Harbor 13 Miler**, 10:00 a.m. Bar Harbor, Maine. Bar Harbor Chamber of Commerce, Bar Harbor, ME 04609. Tel. 207-288-5103
- 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.
- 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.

RACE SCHEDULE (CONT.)

- OCT 22 **Arthur Tudhope Memorial 10K.** Burlington area. 11:00 a.m. John Kohn, 862-8514.
- 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 **Turkey Trot.** 5K. Montpelier High School. Byron Hill, 223-6637.
- 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.
- *
NOV 5 **JUNIPER HILL 15K 10:00 A.M. BOB MURPHY'S HOUSE IN BARRE. (DETAILS IN NEXT NEWSLETTER.) 476-4328.**

Dana McCarthy
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Montpelier, Vt 05602