

BOO!

CENTRAL VERMONT RUNNERS NEWSLETTER



OCTOBER 1988



VOL. ⁹~~10~~ No. 7

PRESIDENT: Tim Noonan
VICE PRESIDENT: Darragh Ellerson
TREASURER: Norm Robinson
SECRETARY: Merrill Cray
EDITOR: Dana McCarthy





WANTED!

Rumor control has it that runners are now banding together in hordes and picking off quiet law-abiding citizens of Berlin Pond. The two latest incidences involved one group of four (2 men and 2 women) runners and one lone male jogger. The heavily armed foursome (4 pairs of rubber nubbed shoes - complete with plastic tipped laces, shorts, shirts and one even sporting finger nails!), were seen attacking a blind hundred year old invalid man (on a respirator) with no arms, one leg and holding a deaf and dumb puppy on his lap. These runners, dressed in leather shorts, and plastic socks with spikes, allegedly pounced on this unsuspecting motorist (one runner stopped the speeding vehicle by grabbing the bumper), dragged him from his car while verbally abusing him about his eating habits and unmercifully tickling his naked foot till he yelled Uncle, then threw him over a twenty foot cliff to see if he could imitate Greg Louganis's one and a half gainer...he didn't. Anyway, they were last seen putting a notch on their symbolic running "club" and silently running off into the sunset.

The second incident involved a lone runner (apparently they are getting quite bold), and a gentleman in his pick up truck. It is said the gentleman stopped the solitary jogger on the runners daily reconnaissance of the "pond", to comment on the over powering scent of the runner's cologne and the large boulder he was carrying. This unidentified runner has been spotted dropping large boulders on the family pets that inhabit the area. The man confronted the runner in hopes to save his docile miniature poodle from becoming a "road pizza". An oral battle ensued with both parties eventually backing away from one another without an incident. * NOTE: The poodle was killed when the portly gentleman tripped over his canine while backing away from the runner.

Anyone knowing the whereabouts of these five (5) renegades, please contact CVR immediately. For more information contact Rich Brown, Merill CrayZ, Dot Graham, John Martin or Jeff Shutak. And just remember...Run tall and carry a BIG stick.

Bunny Toes

Minutes
 Central Vermont Runners'
 Tuesday, September 27, 1988
 Merrill's & Rich's abode

PRESENT WERE:

Merill, Darragh, Norm, Tim, Bob M., Bob H., and Dana

ABSENT WERE:

You know who YOU are!

Hay, I hear another car!...maybe somebody else is going to show up for the meeting. Na, just a lady bringing her dog to the vets. Maybe she would like to join us? Can't hurt to ask. "Hay lady, want a free dinner and some cheap booze?"...Yea? well you too!

NORM: I make a motion that we adjourn...just kidding.

PIZZAS here!...and Tim too. What kind of pizza did you say that was Bob M? Hay Norm, did he really say that? I can't print that; if anyone is interested in what kind of pizza that was, they'll just have to ask Bob himself.

Is Darragh bring her fruit salad? Might as well start eating, by the time Darragh gets here, it will be time for the dessert anyway...dig in.(who said that?)

NORM: "Merill, munch munch, do you have red mile markers painted on route 2"

Merill: "Yea, and you can't use them"

NORM: "Martha complains that she wore a size 3 wedding dress"

MERILL: "I'd be happy with a size 3 for just one leg!"

TREASURER'S REPORT: Norm

There's a lot of money coming in from the Leaf Peepers race, with more coming in everyday. I can tell you what's in the check book (\$900:04), but this doesn't count the money coming in. I would say we own about \$650.00 of that. We're about the same as we were this time last year. My guess is we'll end the year with around a thousand dollars. We're on track for what we're funding this year.

Anyone want this last bit of Dana's apple cobbler?...I do, I do!

ATTENTION RACE DIRECTORS (From ALL clubs and ALL Vermont races) Please send your results to Bob Murphy. He needs race documentation from all our three races. From the 10K, 10 Miler and the Berlin Pond Couples race, he needs race results

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with individual ages. ALL race directors are asked to PLEASE turn in the race documentation forms you filled out. This goes for any other races in Vermont that are certified. Bob Murphy suggest race directors should assign someone else to gather that data on race day - The race directors already have too much to do.

NORM: Not that it's been a problem, but we should make sure in the future that we get receipts, for everything. Just to make sure no money falls through the cracks. If we can, it would help if we could set up a procedure each director would follow. Every race is different, but it would help to organize the money flow a little bit better. The easiest would to have each director wait till after the race to give me the money and the receipts. Getting bits and pieces here and there make it just that more confusing. I'm going to start breaking down each race.

MEMBERSHIPS:

TIM: We have a drop off in membership. Norm said we've had five new members in the last two weeks. Darragh says six.
NORM: My feelings are that if I get a membership in now , it should be good for next year as well. What does everyone else think? On the new membership forms we should put anything after September 1st or August 1st (or whatever everyone else agrees on), would be credited for the following year. We're only looking at about two more newsletters at the most. All agreed that September 1st would be fine, but don't put on form.

* NOTE: In the future, No memberships will be excepted WITHOUT a membership form. Please CVR members take note. It makes it very difficult for the treasurer to remember who gave him money for what. PLEASE send in your check with your membership form to Norm. Thank you for your cooperation. This also goes for a change of addresses. If you've changed your address, please don't run (no pun intended) up to Tim or Dana (or any of us, for that matter) and tell us your new address. Dana was forced to write it on a diaper for lack of any paper. PLEASE send any changes to the proper person. If you are not receiving your newsletters, it may be because you told your new address or handed money to a officer while they were rushing down the street or warming up for the Tuesday night Fun Runs. Again, thank you for your cooperation.

MERILL: I motion that we start sending the newsletter for free to Larry in the Berlin Mall's Athletic Attic. He has been a super supporter of our club. All agreed.

BERLIN POND: How much money did we make? You hoo...Dot where are you? Merill never saw the final figures.

ULTIMATE RUNNER: Highly successful! Some people actually

SEPTEMBER

showed up -all injured, but they had a good time. We didn't make any money, but we didn't lose any either. The trophy was made and donated by Norm and Martha's little girl. Next year we'll open it up to teams, dogs and family members. ~~August~~ was a better date than what was first planned. There were a lot of injuries, but they've concluded that the best way to prepare, was not to train for the damn thing. Seven adults participated with four kids getting a good laugh out of it. The kids are still able to walk. Dana was the lone woman to partake. Three records were set. It has been decided these records will stand, but next year there will be mandatory drug testing for every participant. Dot Helling wasn't there to defend her FAMOUS hundred yard dash! Tim was the shining star in the hundred this year setting a new record...11:89. Right up there with Ben Johnson.

LEAF PEEPERS: Darragh

At this time, we have a 167 runners. About the same we had last year. Weather sounds better than last year...no snow. She needs one extra person to help. George Bush's schedule has changed, so he won't be able to make it to Vermont to help. Bob Murphy suggested that next year she should put the reservation for the dinner on the entry blank itself. All agreed. Depends on if we get a sponsor next year if we have a carbo loading dinner again. If this race ends up being just a local race with no sponsor, so be it...we'll still continue to hold this race; sponsors or no sponsors. Jeff and Darragh are still committing themselves to being long term race directors for this event. Darragh feels the Lions Club have been great to work with.

NEW RACE: Bob Murphy

Would like to propose a 15K (9.3 miles) race to start at his house, go up and around by the airport road to the east road that parallels the interstate (that comes back over to the access road) to the south Barre access then down the hill. Start off by making one loop around his block then the bigger loop-makes it out to about 15K. This to be a low key fun race with no sponsors (that's a plus) with an overall race budget of around \$75.00. Unfortunately, about \$30.00 of that goes for insurance. Figures about \$20.00 for prizes, \$20.00 for refreshments and \$4.00 or \$5.00 dollars for materials. Bob is proposing to charge \$3.50 per runner, and .50 cents additional to mail the results. Charging \$3.50 a head, Bob feels he would break even with about 20 or 21 runners. He can't guarantee that he will get 20 or 21 runners to break even. If the club agrees to so this, they stand a chance to lose \$75.00 bucks. It is to be held Sat. November 5th. Byran Hill's race is two weeks later. The 50 miler is a week before and it doesn't conflict with any of the GMAA's races. Many feel the future of our club will be in races like this. Low key races that don't require a lot of help...something that

is hard to come by these days. Maybe a direction we may want to move in. All liked the idea of Bob's race and gave it the go ahead. The club guaranteed to cover Bob's expenses (for this race), with a budget, and not to exceed \$100.00. Bob said he is only talking about three to four prizes. One for the top male and female and the others to possibly given away randomly. All agreed on the entry form it should read \$2.50 entry fee and \$1.00 surcharge for insurance. Runners should be made aware that we must buy insurance and just how much it is. Great idea Bob. Feels he can put on race with only four other people helping. Anyone out there want to help? Please call Bob. Merrill suggested Bob should call both the Berlin and Barre selectmen and/or police to let them know about the race. All agreed. In his wildest dreams, Bob doesn't expect more than 30 runners...come on everyBODY, help Bob fulfill his wildest dream. Gosh, is this guy organized; even has an elevation map made out. It will be called the Juniper Hill run. There's no Juniper Hill listed on the maps, but someone has it on their mailbox and he thought it sounded good. Total climb is 720 feet.

NEW BUSINESS: Norm - October is normally the time we set next years race dates. We'll do it at the next meeting at Dana's house...so she can put the kids to bed. Dana promises to make her apple cobbler again...yum.

We need to decide on race directors. There was some discussion if we were going to move the 10K and if we were going to have the 5K again. Problems getting new race directors. Berlin Pond also needs a race director. Tim has offered to direct the 10 miler again and thinks Jeff will do the 10K again - but isn't sure.

NEXT MEETING: Tuesday, October 18th after the fun run (5:45pm - Please be on time) at Dana's house. All members are urged to attend. See you there.

CrayZ

EDITOR'S NOTE: There seem to be a lot of races on our schedule we hear or read nothing about. This newsletter is yours and to communicate running news with other club members. Let's hear from you; one paragraph, a few minutes of your time, to learn how other races are run.

MONTREAL MARATHON results aren't sent to participants until mid-winter, or some such time past our deadline. Here are a few CVR'ers results courtesy of Newton Baker and Darragh Ellerson.

Newton Baker 3:57:20

Andy Eschen 3:03

Line Barral 4:09

Leaf Peepers Half-Marathon
Waterbury, VT 13.109375mi 2 October 1988

Place	Ovr	Age	Time	Name	Age	Address	Club	Face per Mile
All	Grp							
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Female 0 to 18								
119	1	1:43:23	Kiesler, Liza	15	Stowe	VT		7:53
141	2	1:48:37	Enman, Molly	13	Shelburne	VT		8:17
Female 19 to 29								
46	1	1:29:53	Sprague, Carolyn	27	Claremont	NH		6:51
62	2	1:33:23	Rood, Jennifer	27	Kittery	ME		7: 7
64	3	1:33:50	Fortier, Jo-Ann M.	29	Graniteville	VT	CVR	7: 9
79	4	1:36:43	Graham, Dorothy	27	Montpelier	VT	CVR	7:23
99	5	1:40:09	Bertram, Lori Ann	25	Hull	MA		7:38
112	6	1:42:18	Arnold, Helene	29	Stowe	VT		7:48
115	7	1:42:40	Maddock, Kathy	23	Waterbury Center	VT		7:50
116	8	1:42:58	Bell, Nancy	28	Stowe	VT		7:51
123	9	1:43:55	Ellerson, Mai-lis	27	Montpelier	VT	CVR	7:56
151	10	1:50:32	Nelligan, Cindy	21	Essex Junction	VT		8:26
165	11	1:53:13	McGivney, Michele M.	23	Morristown	VT		8:38
171	12	1:54:02	Bourgeois, Deborah	22	Burlington	VT		8:42
175	13	1:54:32	Weaver, Karen L.	28	Colchester	VT		8:44
177	14	1:54:43	Graveline, Erika	21	Burlington	VT		8:45
181	15	1:55:08	Bowes, Tammie B.	23	Steamboat Springs	CO		8:47
187	16	2:00:00	Kissner, Jean	29	Underhill	VT		9: 9
192	17	2:01:59	Bessenyey, Ilona	27	Bethel	VT		9:18
211	18	2:13:59	Klein, Joanne	25	Cambridge	MA		10:13
Female 30 to 39								
16	1	1:21:29	Sikora, Leatrice	33	Greenfield	MA		6:13
32	2	1:27:25	Coyne, Ellen J.	31	Avon	NY		6:40
37	3	1:28:31	Drapp, Sue	33	Duxbury	VT		6:45
52	4	1:31:02	Banks, Jane	39	Bethel	VT	CVR	6:57
53	5	1:31:22	Durnin, Moira	37	Stowe	VT		6:58
59	6	1:32:58	Crow, Debbie	37	Stowe	VT		7: 5
70	7	1:35:07	Ritz, Muffy	31	Waitsfield	VT	GMVS	7:15
81	8	1:36:47	Samuels, Eloise	33	St. Laurent	QUE	WolfPack	7:23
93	9	1:38:47	Changelian, Nina	33	Essex Junction	VT		7:32
95	10	1:39:00	Jones, Susan R.	32	Jericho	VT		7:33
106	11	1:41:17	Bernardin, Lisa	33	Essex Junction	VT		7:44
108	12	1:41:42	Lindemer, Deborah A.	32	Stowe	VT	CVR	7:45
110	13	1:42:13	Saganov, Marcie	31	Jamaica Plain	MA		7:48
126	14	1:44:32	McKeever, Una	34	Worcester	MA	CMS	7:58
131	15	1:45:29	Brey, Sally	30	Stowe	VT		8: 3
138	16	1:46:46	Nash, Barbara	39	Stowe	VT		8: 9
143	17	1:48:42	Enman, Sandra	39	Shelburne	VT		8:18
159	18	1:51:34	Blauvelt, Marcy	32	Waterbury Center	VT		8:31
162	19	1:52:51	Comtois, Marie	36	Barnard	VT		8:37
163	20	1:52:51	Ellerson, Deirdre	36	Barnard	VT	CVR	8:37
170	21	1:54:00	Faynyiarz, Kathy	30	Norwich	VT	UVNST	8:42
183	22	1:56:29	Bell, Helen B.	38	Waterbury	VT		8:53
185	23	1:58:20	Barral, Line	32	Waitsfield	VT	CVR	9: 2
197	24	2:02:44	Cano, Jill	39	Montpelier	VT		9:22

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205 25 2:06:53 Berman, Joanne 31 Hull MA 9:41

Female 40 to 49

71	1	1:35:11	Girouard, Patty	40	Stowe	VT	7:16
85	2	1:37:40	Sachs, Marlene	44	Norwich	VT	7:27
132	3	1:45:34	Candido, Linda J.	41	Oneida Castle	NY	8: 3
164	4	1:53:00	Rusin, Rosemary	45	Florence	VT	8:37
172	5	1:54:09	Davis, Rose Marie	47	Morrisville	VT	8:42
209	6	2:09:22	Connelly, Patricia	45	Williston	VT	9:52
216	7	2:45:07	Dodge, Mikki	42	Essex Junction	VT	12:36

Female 50 to 99

133	1	1:45:40	Bancroft, Marsha	50	Essex Falls	NJ	8: 4
168	2	1:53:53	Ellerson, Darragh M.	58	Montpelier	VT CVR	8:41
174	3	1:54:21	Doughty, Mary C.	51	Madison	NJ	8:43
198	4	2:02:54	Flanders, Polli	51	Montpelier	VT CVR	9:22
199	5	2:03:03	Seidner, Marilyn	52	Latham	NY	9:23

Male 0 to 18

90	1	1:38:31	Wilcox, Reg III	16	Cambridge	VT	7:31
98	2	1:40:03	Sayers, Keith	15	Northfield	VT	7:38
101	3	1:40:22	Enman, Eli	11	Shelburne	VT	7:39

Male 19 to 29

2	1	1:12:58	Benson, Dan	25	Bristol	NH	5:34
3	2	1:14:03	Viens, Rodney	21	Claremont	NH	5:39
4	3	1:15:24	Radka, Dale	28	Bristol	RI	5:45
5	4	1:16:10	Sightler, Randy	29	Burlington	VT	5:49
6	5	1:17:00	Demers, Robert	26	Dorval	QUE	5:52
22	6	1:24:01	Fish, John A.	29	Johnson	VT JSC	6:25
23	7	1:24:23	Lane, Tom	26	Burlington	VT	6:26
25	8	1:24:45	Powers, Robert	24	Burlington	VT	6:28
28	9	1:25:57	Lombardi, Bryan	20	Westford	MA	6:33
29	10	1:26:35	Birse, Dave	29	Mt. Sunapee	NH	6:36
33	11	1:27:37	Connelly, Joe	23	Burlington	VT	6:41
35	12	1:27:49	Robinson, Steve	23	Warren	VT	6:42
36	13	1:28:16	Kissner, Dave	23	Underhill	VT	6:44
38	14	1:28:35	Halpern, Russell	27	Burlington	VT	6:45
41	15	1:28:51	Slote, Stu	29	Montpelier	VT CVR	6:47
61	16	1:33:20	Gebbie, James G.	27	So. Burlington	VT	7: 7
67	17	1:34:42	Petersen, Grahame	29	New York	NY	7:13
73	18	1:36:05	Pels, James D.	28	Madison	NJ	7:20
75	19	1:36:20	Robinson, George	29	Warren	VT	7:21
77	20	1:36:35	McDonough, Lane J.	29	Watertown	MA	7:22
94	21	1:38:55	Shanley, Kevin Allen	22	Morrisville	VT	7:33
96	22	1:39:43	Salinger, Peter	25	Jeffersonville	VT	7:36
117	23	1:43:01	Burlock, Steve	29	Vergennes	VT	7:51
120	24	1:43:32	Mann, Douglas P.	29	Waitsfield	VT	7:54
134	25	1:45:47	Montminy, Eric	23	Stowe	VT	8: 4
144	26	1:48:45	Kruger, Timothy	23	Waterbury	VT	8:18
146	27	1:48:53	Harbourne, James M.	24	Ballston Spa	NY	8:18
176	28	1:54:43	Robinov, Richard	28	Westbrook	ME	8:45
178	29	1:54:43	Horn, Jeff	23	Columbus	OH	8:45
193	30	2:01:59	Van Tuyn, Peter	25	Bethel	VT	9:18
194	31	2:02:34	Ingegneri, Bob	20	Johnston	RI	9:21
215	32	2:31:47	Hilligas, R. Eugene	26	Columbus	OH	11:35

Male 30 to 39

1	1	1:11:15	Miller, James D.	30	So. Burlington	VT		5:26
7	2	1:17:35	Stack, Robert	31	New London	CT	KelleysP	5:55
8	3	1:17:42	Fahey, Jack	32	Belmont	MA		5:56
9	4	1:18:47	Drapp, Ed	32	Duxbury	VT	CVR	6: 1
12	5	1:20:08	Cravedi-Cheng, Pascal	35	Burlington	VT	GMAA	6: 7
13	6	1:20:26	Martell, Kevin	30	Essex Junction	VT		6: 8
14	7	1:20:48	Coyne, David A.	37	Avon	NY		6:10
15	8	1:21:09	Anderson, Edmund	32	Ann Arbor	MI		6:11
17	9	1:21:57	MacLean, Bruce	35	Newbury	VT		6:15
18	10	1:23:10	Noonan, Tim	32	Montpelier	VT	CVR	6:21
19	11	1:23:25	Furlong, Gary	35	Burlington	VT		6:22
20	12	1:23:35	Pels, Chris	34	East Greenwich	RI		6:23
21	13	1:24:00	Lane, Dale L.	39	Jeffersonville	VT		6:24
24	14	1:24:28	Miller, Bob	30	Burlington	VT		6:27
27	15	1:25:19	Yoerg, Rick	31	Stowe	VT		6:30
31	16	1:27:02	Sanborn, Dave	38	Brattleboro	VT		6:38
34	17	1:27:42	Grace, Thomas A.	36	Fairfax	VT		6:41
42	18	1:29:02	Mercure, Jeff	33	So. Burlington	VT		6:47
47	19	1:30:09	Potter, Thomas L.	38	Northfield	VT	CVR	6:53
50	20	1:30:47	Sanborn, Jeffrey	30	Morrisville	VT		6:56
51	21	1:30:53	Nelson, Gene	35	Essex Junction	VT		6:56
58	22	1:32:40	Martin, Bradford J.	36	Bennington	VT		7: 4
65	23	1:34:03	Walker, Wade	31	Montpelier	VT	CVR	7:10
66	24	1:34:30	Gilbert, Timothy	32	Enfield	NH		7:13
68	25	1:34:57	Rose, Scott R.	30	Bennington	VT		7:15
76	26	1:36:27	Lindemann, Robert	35	Hyde Park	VT		7:21
82	27	1:36:56	Beinert, Laurence	37	Williston	VT		7:24
87	28	1:37:51	Eriksson, John	38	Hampton	NH		7:28
92	29	1:38:37	Poirier, Jean-Guy	37	Belmont	MA		7:31
100	30	1:40:13	Jackson, Jeff	30	Stowe	VT		7:39
103	31	1:40:44	Frantz, Bill	39	Randolph	VT		7:41
105	32	1:41:11	Provost, Mark	32	Northfield	VT		7:43
107	33	1:41:39	Grinnell, Charles	35	Burlington	VT	GMAA	7:45
135	34	1:45:54	Hess, Mark R.	32	Calcium	NY		8: 5
137	35	1:46:36	LeDrew, Brent B.	33	Springfield	VT		8: 8
142	36	1:48:38	Shover, Michael	39	Bradford	VT		8:17
145	37	1:48:46	Stanton, Christopher	32	Fair Haven	VT		8:18
147	38	1:48:58	Kavanaugh, Bruce C.	38	St. Albans	VT		8:19
148	39	1:49:47	McGovern, John T.	38	Portland	ME		8:22
152	40	1:50:36	Smith, Carter	37	Williston	VT		8:26
158	41	1:51:33	Witlicki, Randy	32	Warren	VT		8:31
160	42	1:51:38	Gilbert, Conrad L.	34	Montpelier	VT		8:31
161	43	1:52:02	Price, Stephen	33	Stowe	VT		8:33
166	44	1:53:22	MacLean, Douglas P.	39	Newton	MA		8:39
167	45	1:53:50	Briggs, Dennis K.	37	Milton	VT		8:41
169	46	1:53:54	Robinson, Norm	32	Montpelier	VT	CVR	8:41
179	47	1:54:46	Chadwick, Brian	30	Jacksonville	FL		8:45
189	48	2:01:27	Goldberg, Ron	36	So. Burlington	VT		9:16
196	49	2:02:41	Davis, Wayne	37	So. Burlington	VT		9:22
200	50	2:03:49	Swenson, Dana E.	31	Underhill	VT		9:27
204	51	2:06:21	Bytnar, Mike	33	Sterling	MA		9:38
208	52	2:08:51	Penney, Robert A. Jr.	39	Shelburne	VT		9:50
213	53	2:19:43	Maynard, Donald	36	Shelburne	VT		10:39

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Male 40 to 49

10	1	1:19:08	MacFarland, Gordon	40	Colchester	VT	GMAA	6: 2
11	2	1:19:40	Brodhead, John	44	Craftsbury Common	VT	CVR	6: 5
26	3	1:25:10	Meador, Bruce R.	45	Vergennes	VT	GMAA	6:30
30	4	1:26:43	Kramer, Pete	43	Morrisville	VT		6:37
43	5	1:29:12	Murphy, Bob	48	Barre	VT	CVR	6:48
44	6	1:29:34	Hulburd, Lloyd	40	South Burlington	VT	GMAA	6:50
45	7	1:29:46	Peterson, Bradley	47	Montpelier	VT		6:51
48	8	1:30:31	Enman, David	41	Shelburne	VT		6:54
49	9	1:30:45	Linton, David	44	Brattleboro	VT	GAC	6:55
54	10	1:31:26	Haikkinen, Richard	42	Claremont	NH		6:58
55	11	1:31:44	Gordon, Robert J.	41	Underhill Center	VT		7:00
56	12	1:32:21	Murphy, Jim	41	Jericho	VT		7: 3
60	13	1:33:16	Hegeman, Bob	43	Essex Junction	VT		7: 7
63	14	1:33:24	Seemann, Jim	49	So. Burlington	VT	GMAA	7: 7
69	15	1:35:01	Kearney, Kevin	48	Peru	NY		7:15
74	16	1:36:19	Webster, Timothy	47	Concord	MA		7:21
78	17	1:36:42	Austin, Ken	45	So. Burlington	VT	GMAA	7:23
80	18	1:36:46	Pare, Joseph	43	Beaconsfield	QUE		7:23
83	19	1:36:57	Gershaneck, Glenn	40	Montpelier	VT	CVR	7:24
84	20	1:37:14	Graves, Art	48	Peru	NY		7:25
86	21	1:37:45	Beresford, William A.	49	Groton	MA		7:27
88	22	1:38:07	Pellegrini, Richard L.	44	Westborough	MA		7:29
89	23	1:38:21	DeCarli, Barry	41	So. Burlington	VT		7:30
91	24	1:38:37	Davis, Rod	45	Morrisville	VT		7:31
97	25	1:39:53	Bortree, Robert	41	Waterbury	VT		7:37
102	26	1:40:39	Baker, Newton B.	46	Montpelier	VT	CVR	7:41
109	27	1:41:52	Trudell, Paul R.	45	Morrisville	VT		7:46
111	28	1:42:14	Hyland, John A.	47	Faxton	MA	CMS	7:48
113	29	1:42:20	Perkins, Phil	48	Lebanon	NH		7:48
114	30	1:42:30	Spurrer, Robert	40	Exeter	NH		7:49
118	31	1:43:17	Jenike, Ian	41	Quechee	VT		7:53
121	32	1:43:41	Denton, Bernard	44	Burlington	VT		7:55
122	33	1:43:47	Mordes, John	41	Waban	MA		7:55
124	34	1:43:59	Ferioli, Peter	41	Pt. Drum	NY		7:56
127	35	1:44:37	Candido, S. James	43	Oneida Castle	NY		7:59
130	36	1:45:28	Lasky, Jerry	41	Essex Junction	VT	GMAA	8: 3
136	37	1:46:10	Meyer, John	42	Morristown	VT		8: 6
139	38	1:47:13	Swainbank, Dan	40	Lebanon	NH		8:11
140	39	1:48:14	Fitzsimmons, Lawrence	41	Lachine	QUE		8:15
149	40	1:49:55	Collins, Art	46	Oneida	NY		8:23
150	41	1:50:22	Chugg, John	40	Nashua	NH		8:25
153	42	1:50:46	Shanley, Richard A.	46	Morrisville	VT		8:27
154	43	1:50:46	Anderson, John	46	Hyde Park	VT		8:27
155	44	1:50:46	Kennedy, Joe	42	Johnson	VT		8:27
156	45	1:51:15	Gutman, Huck	44	Burlington	VT		8:29
157	46	1:51:31	Feeney, Vince	45	Winooski	VT		8:30
173	47	1:54:17	Carr, Wendell	48	So. Burlington	VT	GMAA	8:43
180	48	1:55:01	Chase, Ted	48	St. Johnsbury	VT		8:46
186	49	1:58:20	Curtin, Thomas	46	Richmond	VT		9: 2
190	50	2:01:41	O'Neill, Terry	43	St. Albans	VT		9:17
191	51	2:01:55	Newlander, John	43	Fairport	NY		9:18
195	52	2:02:34	Ingegneri, Ben	42	Johnston	RI		9:21
201	53	2:04:00	Dunne, John B.	42	Orwell	VT		9:28
203	54	2:04:41	Cano, Steve	42	Montpelier	VT		9:31
207	55	2:07:45	Turnbull, Stephen	40	Northfield	VT		9:45
212	56	2:14:00	Megrath, James	40	Montpelier	VT		10:13

Male 50 to 59

39	1	1:28:39	Barney, Gerald	56	Swanton	VT	GMAA	6:46
40	2	1:28:48	Hutton, Pat	50	So. Burlington	VT	GMAA	6:46
57	3	1:32:33	Nichols, Roger E.	54	Keene	NH		7: 4
72	4	1:35:20	Jiron, Patrick G.	50	Cambridge	VT		7:16
104	5	1:41:08	Witham, Douglas W.	50	So. Burlington	VT		7:43
182	6	1:55:36	Flanders, Ernie	57	Montpelier	VT	CVR	8:49
188	7	2:00:01	Jackson, Schuyler	54	Huntington	VT		9: 9
202	8	2:04:27	Doughty, Darrell J.	52	Madison	NJ	RoseCity	9:30
206	9	2:07:20	Seidner, Peter	57	Latham	NY		9:43

Male 60 to 99

125	1	1:44:19	Williams, Web	63	Burlington	VT	GMAA	7:57
128	2	1:44:49	Kohrs, William	62	Madison	WI	Vilas RC	8:00
129	3	1:45:12	Fortier, Wally	61	Nashua	NH	GCS	8: 1
184	4	1:56:45	Chiccone, Armand	60	So. Burlington	VT	GMAA	8:54
210	5	2:12:41	Wood, Richard R.	65	Bristol	VT		10: 7
214	6	2:27:42	Allen, Doug	61	Bethel	VT		11:16

** ** ** ** **

Have you noticed a change in the scenery on your running routes (and I don't mean the weather)? This Editor senses faces in the running crowd have changed and wonders as I peruse past newsletters, "Whatever happened to...."

....Tom Commito who was last known to have survived the 1986 Mt. Washington Road Race finishing in 1:59?

.... or the famous Martin family - Chris, Joyce, Debbie, Cynthia and Stephen who were introduced in the May 1984 newsletter as new members?

If you know whether these folks are still running, racing, mowing the lawn, shoveling snow, becoming couch potatoes, let us know. OR if you are also wondering, "whatever happened to...."someone from the running crowd let us know.

RUNNING & FITNEWS

Safe Running Means More Than Looking Both Ways: "Think before your run" said Greg Merhar, associate editor of Running & Fitnews, official publication of the American Running and Fitness Association. "Seeing traffic and other obstacles while running is only half the solution to safe running. The other half is making certain you are seen," merhar said. Reflective wear should be worn at all times, not only at night. The most dangerous time of day for drivers is at dusk, when the roads are dark but t the sky is still somewhat bright, making it difficult to see runners on the road. Merhar suggests you wear a reflective tape on a visible part of your running clothes at all times. "Also, make certain that you always carry some form of identification, perferably a brightly colored tag attached to your snow or shorts, containing necessary medical information as well as an emergency telephone number," he said. (Conversation with Greg Merhar)

GEORGE SHEEHAN'S



VIEWPOINT

ACT YOUR AGE

How old I look is important to me. Physicians, however, primarily concern themselves with biological age. How old are the arteries? The kidneys? The heart? Those questions run through a doctor's mind when faced with a patient who looks older than expected.

In my practice, I have seen many people whose lifestyles accelerated their biological aging. Our optimal life span is a little over 100 years—some say 120. But we begin quite early in life to diminish our

At one time, physiologists thought people aged functionally from 10 to 15 percent a decade. Now we know this is far from the truth. Fit individuals show about a 5 percent loss in endurance per decade. The distance world records for the 40 age-group fall within 5 percent of the actual world records. At age 50, they come within 10 percent. At age 60, they are close to 15 percent. These statistics clearly show that apparent aging can be blamed largely on inactivity.

Inactive people give aging a bad name. People think it is normal to look, perform and have the arteries of a person 20 to 30 years older. When they see a truly normal individual, they typically remark how young he or she looks.

Yet, we can all stay young. We can all hold the aging process at bay. Many individuals prove we can remain lithe and supple. Loss of flexibility says we are old even when we feel young inside. That's why yoga and range-of-motion exercises should become our best friends.

Keeping our arteries young is a life-long task. We must not accept the generosity of medical advisers who allow us to weigh more and have higher cholesterol because we've grown too old for it to matter. It always matters. Cardiologist Paul Dudley White, pioneering fitness advocate of the 1950s, said we should not gain a pound after age 25. And, I would add, we shouldn't gain a milligram of blood cholesterol, either.

Among these undertakings, we can maintain youthful performance the easiest of all. We can forget whatever ravages time has done and simply put our bodies into action. With use, our bodies grow young. And over time we can regain the physiological losses we have incurred by sitting around on our duffs. "Life is motion," said Aristotle. To restore life to your life, to defeat aging, to regain the youth you still possess, get your body in motion.

There you have it. A prescription to make your chronological, biological and physiological ages coincide. When that occurs, you may find that other people your age view you as an oddity.

"Why don't you act your age?" they will ask. And you can reply, "I am." ■



Bend over backwards: Yoga and stretching keep the body young.

longevity and ultimately settle for less.

Blame part of this loss on our gene pools. Some people come from short-lived stock susceptible to the major killers: heart disease, diabetes and cancer. Some are vulnerable to artery disease and high blood pressure. These people must be very diligent in order to maintain their normal biological ages.

We also have a physiological age, measured by our physical fitness. If you didn't know your chronological age, how old would you be? Surprisingly, the average American is 30 years older functionally than he or she is chronologically. An active 60-year-old and an inactive 30-year-old will have equal physical work capacity.

Dear Doctor Duck,

My boyfriend (let's call him CARLTON) likes to dress up in women's clothes, balance a ball on his nose, and bark at passing trucks....but that's not important, even though he is on the Montpelier police department.

What really bothers me is that, although my boyfriend is an excellent triathlete, he smokes! I know this is hard to believe, BUTT it's TRUE. I know he hates this bad habit; not only because it's hurting his performance, bothers me, and stinks up his negligees but he has become the BUTT of snide remarks from fellow and fellowette athletes...what am I to do? I'm too ashamed to sign my real name, so I'll have to use an alias as well to protect my position on the Montpelier police department.

signed,

D2

P.S. John, I had nothing to do with this, honest!!!



Dear D2,

Dump the dummy! If he wants to make an ASH of himself, that's his problem. Nah, keep him around, you'll be certain that you'll at least come in front of one person at each race. You could always use him for a smoke screen when your passing unsuspecting triathletes. Be sure you get him to write a will before the next BIG race. The main medical questions are: does he own any property?, have an expensive car? bonds?, a lifetime membership to Wedgewood?, or a current megabucks ticket? If any of the answers to the above questions are YES, you should encourage him to continue his athletic endeavors. If the answer is NO, then why in the (quack quack) do you care if he smokes anyway? My only reBUTTal to your problem is to try positive reinforcement-nagging NEVER works. Try subtle things like leaving the house every time he walks in, throwing up if he kisses you after having a cigarette, and if you catch him smoking, snuggle up to him and cut his cigarette in half with a pair of scissors (this tactic ALWAYS gets a reaction!). You do you own a gun, don't you? What seems to work best is those little sticks you insert in random cigarettes that blow up while he's smoking. I got my mother to quit that way. She's presently residing in Waterbury hospital in a beautifully decorated padded room.... but she hasn't smoked in years. Has John...I mean Carlton ever read any of the studies on smokers and athletics? There have been quite a few. I'll just share a few facts that you could throw up..I mean out in conversation. In 1969 in the Journal of the Royal Collage of General Practitioners, there was a study of The Respiratory Systems and Sport. They conducted a test for physical efficiency of

smokers and non smokers. The smokers had a mean fitness index of 60 whereas that of nonsmokers was 73. The conclusion; there is little doubt that smoking has an adverse effect on performance. Epidemiological studies of cigarette smokers indicate that the death rate from coronary heart disease is considerable higher for smokers than for nonsmokers. Doesn't sound too healthy to me. A German study in 1979 (Sports and Nutrition) found that cigarettes cause the heart rate to go up by some 10-20 beats per minute and the blood pressure to increase as well, which in turn is responsible for increased oxygen consumption. Not something a competitive athlete would want. The smoke of ONE cigarette contains also up to 4 percent carbon monoxide which has a greater affinity for hemoglobin than oxygen. This results in a lower oxygen supply to the muscles. During special test, results showed that an athletes performance is decreased by 14 percent following the consumption of three cigarettes within a 30 minute period. Another study by K.Cooper (Journal of the American Medical Association) on the Effects of Cigarette Smoking on Endurance Performance, showed that endurance performance was inversely related to the number of cigarettes smoked daily and the duration of smoking. The training response also was impaired significantly in the smokers. During treadmill studies, smokers had a decrease in respiratory minute volume and a lower oxygen consumption at equivalent heart rates than nonsmokers.

Smoking also has an effect on the digestive and endocrine systems, on sensory organs, and on SEXUAL capacity! Who said that?

A 1981 German study (West German Participants at the 1980 Winter Olympic Games) found that ALL the athletes practicing classical endurance sports (speed skating, cross-country skiing, biathlon) were nonsmokers. The regular smokers competed in sports which required only a short-term high performance (e.g., bobsled, curling, fishing, needlpoint). The results confirm the incompatibility of smoking with any endurance sport. Another German study conducted in 1982 studying the muscle strength associated with smoking, found four times as many nonsmokers as smokers were winners and twice as many smokers as nonsmokers were losers. Enough to make you gag huh? But wait, I'm not finished yet. The by-products of smoking (carboxyhemoglobin & carbon monoxide) damages the endothelial cells (cells that line the blood vessels and filter the blood fats - one being cholesterol - in your plasma. When these cells are damaged, the flood gates are opened to allow cholesterol to pour in and be deposited in the cell layer -up to ten times the concentration of cholesterol that it's used to handling. I also feel compelled to mention smokers and driving. Smokers have a 50% greater risk of automobile crashes than do nonsmokers. Researchers are not sure why but they know carbon monoxide in cigarette smoke slows reaction time and reduces visual acuity. They also surmise that fumbling for a dropped cigarette, coughing spasms (gross!), rooting around for a lighter and worrying

about their ashes keep smokers from paying attention to the road. Do you always wear a seatbelt when he's driving? (anytime for that matter)

And how about the risks of living with a smoker? A recent American Cancer Society study of 134 nonsmoking women with lung cancer found that a nonsmoking woman is 10 to 30 percent more likely to develop the disease if her husband/housemate smokes. The Environmental Protection Agency reported that up to five thousand nonsmokers a year die of lung cancer caused by others' cigarettes! Yuck-O.

Quitting smoking is the most significant lifestyle change your boyfriend can make. So put it gently, tell him to QUIT smoking or else...he'll have to deal with a personal visit from Doctor Duck and the famous Butt Busters. Good Luck.

The (Quack) Doctor

Barre Woman Hurt As Car Flips Twice

Times Argus Staff

BERLIN — A Barre woman whose car flipped twice after she drove off the Airport Road today was alert and in stable condition at the Central Vermont Hospital, Middlesex State Police and a hospital spokeswoman said.

Rose Perkins, 26, was traveling north at about 8:05 a.m. when she reached down to pick up a cigarette she had dropped and drove off the road, police said. The car flipped twice before it came to a rest on a grassy area off the road, they said.

Perkins was taken to the CVH emergency room. Hospital officials did not know whether Perkins would be admitted.

The car, a 1978 Dodge Diplomat, sustained between \$2,000 and \$3,000 in damage, police said.



JUNIPER HILL 15KM RACE
 Barre, Vermont
 Saturday, 10am, 5 November 1988



Sponsored by Central Vermont Runners
Sanctioned by RRCA and TAC/USA

Course: Challenging, hilly figure-8 course; first loop 2km, second loop 13km. 50% gravel, 50% paved. Starts and finishes on Birchwood Park Drive in Barre Town. No aid stations. No traffic control. Accurately measured course (not certified). All miles, 5km and 10km marked.

Awards: Prizes to first male and female plus drawn prizes. Post-race refreshments will be provided.

Entry Fee: \$3.50. Additional \$0.50 for complete mailed results.

Registration: By mail or register between 9.00am and 9:45am on race day.

How to Get There: From I-89 Exit 6, go 1.5mi on VT 62, turn left at crossroad, go 0.2mi, turn left onto dirt rd, 4th house 1/2 mi on right.

----- **OFFICIAL ENTRY BLANK** -----

NAME (Please Print) _____ SEX: M F
 STREET _____ CITY _____
 STATE _____ ZIP _____ AGE ON RACE DATE _____ BIRTHDATE _____

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Central Vermont Runners, the Towns of Barre and Berlin 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 persons named in this waiver.

signature of entrant _____ date _____

if entrant under 18, parent or guardian must sign _____ date _____

Mail with \$3.50 (\$4 if results desired), checks payable to Central Vermont Runners, to Bob Murphy, RR3, Box 6866, Barre, VT 05641



The Vermont Membership of the
New England Cable Television Association Incorporated
presents

The Second Annual Vermont Cable TV 5-K Turkey Trot

Sunday, November 20 1988 12:00 P.M.

Montpelier High School

TAC CERTIFIED

Time by

**GRANITE STATE
RACE SERVICES**

DIVISIONS: Based on age on day of race, male & female 18 & under, 19-29, 30-39, 40-49, 50-59, 60 plus. Also teams boys and girls.

AWARDS: T-Shirts to all participants registered by November 14, 1988. **Trophies** to first three finishers in each age group. All participants eligible for prizes.

ENTRY FEE: \$8.00 pre-entry, \$10.00 day of race, Non-refundable.

SIGN IN: 10:30 - 11:30 A.M. Day of race.

Great Refreshments.

Showers available after race.

Computerized Results of race will be mailed to each participant.

1987 Winners: Matthew Guild 16:45
Merill Cray 19:40

Entry Form must be complete and clear. Make check payable to "Cable TV Road Race," mail check and Official Entry Form to Byron Hill, Montpelier Cablevision, P.O. Box 68, Montpelier, Vt. 05602

All proceeds to benefit VERMONT RUNAWAY & YOUTH SERVICE PROGRAM.

Name _____ Age race day _____ Sex _____

Street _____ City _____ State _____ Zip _____

Telephone _____ T-Shirt size S M L XL

In consideration of this entry being accepted, I hereby agree to be legally bound hereby for myself, my heirs, executors and administrators waive and release The New England Cable Television Association Incorporated (NECTA), NECTA members, The Athletics Congress, and any and all sponsors and their representatives, successors, and assigns from any and all rights and claims for damages I may have arising out of any injuries and illnesses suffered by me in this event, including those which may be attributable to weather conditions, including any and all injuries I may suffer while traveling to or returning therefrom. I attest that I am physically fit and have trained for this race.

Signature: _____ Date _____

Parents signature if under 18: _____

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.
*****_

- 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 5 **Juniper Hill 15K,** 10:00 a.m. Bob Murphy's house in Barre. 476-4328 (See details elsewhere in newsletter).

- 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 **Vermont Cable TV Turkey Trot.** 5K. Noon. Montpelier High School. Byron Hill, 223-2852.

- 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.

Dana McCarthy
10 Towne Street
Montpelier, Vt 05602