



You are Invited to the  
 C.V.R. Annual Meeting  
 January 15, 1988  
 at Bob Murphy's house  
 Birchwood Park Drive  
 Barre - 476-4328

2:00 p.m. Run, Ski, Snowshoe  
 4:00 p.m. Annual Meeting  
 6:00 p.m. Pot Luck Dinner

**CENTRAL VERMONT  
 RUNNERS  
 NEWSLETTER**

**DECEMBER  
 1988**

VOL. 9

NO. 8

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



## COME HELP DECIDE CVR'S FUTURE . . . PLEASE

This year's annual meeting of CVR, to be held on January 15 at Bob Murphy's house, is one of the most important in CVR's history, certainly the most important in the eight years I have been a CVR member. Our club is at a critical point, particularly with respect to the races which we sponsor, and at this meeting we will make some decisions crucial to CVR's future. The items we will discuss and decide are as follows:

**Races** - In 1988 and for the past several years, CVR has sponsored five races. However, heading into 1989, we have race directors committed for only two races - the Montpelier 10 Miler and the Leaf Peepers Half-Marathon. The 1988 race directors for the Berlin Pond Couples Race and the U32 5K have indicated they will not direct the races in 1989, and the Capital City Stampede race director has not committed at this point to direct the coming year's race. This means that three of our races will not be held in 1989 unless members step forward to be race directors. We must know by the annual meeting whether we will have race directors. If not, these races will fall by the wayside.

I hope all of you will seriously consider taking on this responsibility which is so vital to our club. 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 and we are planning to put together a race director's handbook over the winter. I have found that directing a race is a very rewarding experience.

If race directors do not come forward, we will decide at the annual meeting whether, as an alternative, we will put on some additional low-key races which will require less time investment and less help.

**Fun Runs** - Participation at fun runs has plummeted over the last few years and we are having increasing difficulty attracting monthly coordinators. Also, there is some sentiment that we should no longer time the fun runs or publish the results, or that we should change the format or the site. Thus, it is clear that we need to decide at the annual meeting whether we should make some changes in fun runs.

**Dues** - Dues were substantially increased this past year, which brightened our finances. However, we should consider whether we should raise dues again. This may be needed, particularly if we are going to sponsor less races and thus have substantially decreased race revenues.

**Election of Officers** - We will elect a president, vice-president, secretary and treasurer. Nominations can be made by contacting me prior to the meeting or by nominating someone at the annual meeting.

**Volunteer and Awards Banquet** - We have been kicking around for the past several months the idea of replacing our annual banquet with a volunteer and awards banquet. Tentatively, we have decided

to have such a banquet in late April at a place yet to be determined. We will finalize details at the annual meeting.

In sum, it is obvious this year's annual meeting will dramatically shape the direction in which our club is headed and determine whether our success will continue. I would like to express my great appreciation to those of you whom have done so much to keep our club functioning. I believe we have been able to accomplish a great deal with a limited amount of people, and have fun doing it. However, we cannot expect the same people to continue to do most of the work. We urgently need other members to share the load.

So, I would hope each of you will make an effort to attend the annual meeting. Bob lives on Birchwood Park Drive in Barre. Call him at 476-4328 for directions. The meeting will start at 4 p.m., followed by a potluck dinner. Prior to the meeting, we will meet at 2 p.m. to run, ski, snowshoe or whatever. Hope to see you there.

Finally, Happy Holidays !

Tim Noonan

### **START THE NEW YEAR OFF ON THE RIGHT FOOT . . .**

We will have a New Year's Day Run, starting at 9:00 a.m. at Berlin Pond. The run will be approximately 5 miles and will be on the same course as the Berlin Pond Couples Race. This will be the first in a series of winter runs we are planning. So if you want to run hard or run easy (or just get rid of a hangover), and want to run with friends to start the new year right, join us. Call Tim Noonan (229-4658) with any questions.

CENTRAL VERMONT RUNNERS  
MEETING MINUTES/HOURS  
TUESDAY, OCTOBER 19, 1988

WHERE: Dana and JB McCarthy's house

PRESENT: Dana, Dot, Merill, Bob Howe, Bob Murphy and Norm who was late!...who said that?

NEW BUSINESS: Dot received a letter from Laurie Batchlor-Adams about the Berlin Pond Couples race. Laurie feels the race is de-emphasizing the couples categories with the awards. Laurie feels we should go at least second and third deep with awards for the couples. Merill agreed. Bob Murphy added that we should continue to let the single runners run, but that they would no longer get an award. The committee also agreed that we were mistaken by not only giving the first man and woman an award, but that we handed these out first, further de-emphasizing the "couples" concept. We will continue to include the single runners in the results. All agreed that this is a unique fun low-key race and that we should support the "couples" theme. Merill suggested that we let Laurie know we like her ideas and appreciate her writing and would she consider volunteering to be race director for next years Berlin Pond Couples Race?...how about it Laurie? Are you out there? Please contact Merill if you're interested 223-3501. Again, thank you Laurie for speaking up.

Norm, you're late! You look nice all dressed up...at first we didn't recognize you with your clothes on!

RACES:

\* BERLIN POND COUPLES RACE: Dot Helling - This race raised \$306.37 for the two High School scholarship funds. Results were posted in last months newsletter. Thank you notes were sent out by Dot and Merill. Two new course records were set. Dot is now "officially" retired as the race director for this race. She hopes to run in it next year. Currently there is no race director for next years race. If no one comes forward by the Annual Meeting, this race will be cancelled bad, everyone seems to really enjoy this event. Anyone who may be interested in becoming the next race director, please attend the Annual Meeting and let us know. Past race directors will be more than happy to help you with the necessary steps to run this fun event.

\* LEAF PEEPERS: The police car that was working "sweep" during this race, left before the last runners were in. Someone even began tearing down the finish shoot before every runner was through! Norm suggest that next year we should have a two hour 20 minute cut off to start the awards ceremonies. He thinks the awards should be held as soon after

1:00 to prevent everyone waiting around in the cold. All agreed. The radio coverage was as good as always...thanks to Matt. The dinner the night before was poorly attended; 40 to 50 people. They had tables and food enough for 200! ouch! Those who attended enjoyed the speaker, food and company. Norm suggested that the dinner be highlighted better on the race form. All agreed it was easy to miss on the form. All present felt it would have been better attended with more publicity.

\*JUNIPER HILL 15K: Bob Murphy- Bob has measured the course and all miles plus the 5 and 10k will be marked. CVR members will get a break because their results will be in the newsletter and they won't have to pay the fifty cents for the results to be sent to them. The club will be down \$30.00 if no one shows up. Bob thinks he has enough volunteers (3), but could use one more if anyone is interested...anyone want to help? Please contact Bob Murphy if you're "free".

\* Merill suggested the Electric City Printing/ RRCA challenge 5K Series as a possible race for next year. EVERY participant receives an award. Lapel pins are awarded to runners achieving the time level on a predetermined chart with age groups. Gold is the highest level followed by silver, bronze, yellow and orange, the participation level. Said she may be interested in running it. Norm said he would be interested in helping run such a race. Merill will get more information on the race from RRCA and present at the next meeting.

\* Dot mentioned that there may be a 100 mile race next year in Woodstock...are they nuts?!

\* CAPITAL CITY STAMPED - We're thinking of changing the date of this race; May or early June to get away from the heat. The last two races have been in the 90's and number of runners is down. Would this conflict with the Bear Swamp run? Norm was wondering how everyone felt about the course. He thinks it would help the race to start on State street and run down that street plus maybe Langdon street. This would give the race more visibility but would cause more problems. Still needs to be discussed. We have to pay the Montpelier police \$80.00 an hour, so the less we have to use them the better. Merill suggested we give tickets to the runners from the local sponsors to draw more runners (business) to the sponsor's stores. We need to keep our sponsors happy and make it worth their while to help us out. The tickets could be for a free apple or the like or discounts from the stores. This way runners would come into the establishments and buy something (runners couldn't resist buying more food or drink once in a store), which in turn gives our sponsors more business and encourages them to be a sponsor again the next year. We need to do more for our sponsors if we want to keep them. We will decide the date for this race during the Annual Meeting.

\* So far the only races that are a sure thing for next year is the 10 Miler and the Leaf Peepers Half Marathon (June 24 & October 1, 1989)

UP-DATES

\* SCHOLARSHIPS: Bob Howe- The two scholarships (one high school girl and boy) got \$200.00 each. Does the club want to keep it at \$200.00? VISACK said they will advertise it next year. Bob Howe made a motion to keep the scholarships the same amount as last year. Dot second the motion. All agreed. Tim suggested that we put on our races forms that half of our income goes towards these scholarships. All agreed that we haven't advertised to the public some of the other benefits we bring to the community.

\* SPRING AWARDS BANQUET- Open to the public. Awards will be given to the top runners in the state; not just CVR runners. April would be a good time for travel and to kick off the racing season. We need LOTS of volunteers...so here's your chance. So how about helping us out this time. Merill suggest large ceramic dishes/bowls with CVR, date and award title printed on them. We will send out forms for the Awards banquet with the race forms. Dot will look into the Culinary Institute catering this event and report back to us during the next meeting.

\* ANNUAL MEETING - MARK YOUR CALENDARS! January 15, 1989(Sunday) at Bob Murphy's house. The fun (X-Country skiing and/or running) begins at 2pm. Pot-luck meeting begins at 4pm. Please join us...we'd love to have you.

Respectfully submitted by: Merill

## JUNIPER HILL 15KM RACE

Barre, VT

5 November 1988

What if they gave a race and nobody came? That was one of the questions asked at a recent club meeting when we were discussing whether or not to sponsor a 15 km race this year. The answer became painfully evident the day of the race. The answer, simply put, is that the club loses money.

Although the weather could not have been finer (50 degrees, light breeze and cloudy, road conditions perfect), only four runners turned out to run a scenic, but challenging course through the hills of Barre Town and Berlin. After a fast, relatively flat first loop of the figure-8 course, runners tackled three major hills between 2.2 and 5.2 miles. From there the course was rolling, pleasant dirt road to the 7-mile point, and from there, a long, gentle descent to the finish. Complete results are as follows.

1.	1:01:13	John Valentine	39	Northfield
2.	1:01:25	Bob Murphy	48	Barre
3.	1:05:40	Tim Kruger	23	Waterbury
4.	1:11:28	Bob Howe	41	Williamstown

Prizes of quality Vermont products were awarded to all runners, and refreshments of fresh cider and donuts were enjoyed. Excellent assistance from Maureen and Shannon Murphy and Megan and Brian Valentine made it possible for the race director to participate in the event (thereby increasing the field by 25%). Those involved in this event will no doubt be supporters of the "Small is Beautiful" platform in the future.

As nice as a small event as this may be, however, it is definitely not in CVR's best interests to have too many of them in the future. Insurance alone for this event was \$30. That's \$7.50 per runner. Entry fee was only \$3.50! In all, expenses for this race totalled nearly \$67. Entry fees brought in only \$14. Whether this race should be repeated in future years is in serious doubt.

Bob Murphy  
Race Director

CENTRAL VERMONT RUNNERS  
MEETING MINUTES/HOURS  
TUESDAY, NOVEMBER 15, 1988  
Merill's house

PRESENT: Tim, Merill, Bob Murphy, Bob Howe and Darragh

TREASURER'S REPORT: Norm- \$1,230.00. Looks like we own it all free and clear. \$650.00 of checks haven't been cashed yet. This includes both high school scholarship checks. All of the money needed for the Leaf Peepers has been taken out as well.

Only one more newsletter plus the postage is left for this year (around \$70.00). Most of the money on hand is for next years dues and most of this goes towards printing and mailing of the newsletter.

RACE REPORTS

LEAF PEEPERS: Darragh- 253 entries (81 on race day). 225 finished. Darragh felt we lost runners by sending the race entry forms too early this year. Next year she thinks it would be a good idea to have another mailing for Leaf Peepers and Juniper Hill later on in the year. It was suggested that next year we give the speaker a CVR and race T-shirt; all agreed.

JUNIPER HILL 15K: Bob Murphy- Would like to change the name to the Juniper Hill Men's Race - no women showed up. He was glad he didn't have any Jog-Bras for a prize! Drug testing was held on his front lawn. Bob stayed within the \$75.00 budget. \$68.00 was spent. Raised the large sum of \$14.00 from the four entries. There was an unknown runner from Waterbury who won the race - Bob quickly gave him a CVR membership form along with his prize. Sent the results to TAC along with the insurance money - \$7.50 per runner!...doesn't seem quite fair for our small low key Vermont races. \$10.00 were spent on refreshments. No one registered in advance. Prizes were maple candy. Rumor control said there were some hills in that race. Even though the club lost some money, all would like to give it another go.

SUB-ULTIMATE RUNNER: Norm said the race will again be held next year. When? Stay tuned.

ONE HOUR TRACK RELAY: Bob Murphy would like to hold a relay on the track. Maybe just for club members so we won't need insurance. When? When would you like? Stay tuned.

BERLIN POND COUPLES RACE: Maybe tone down the prizes. Someone suggested that club members bring a baked good to give away as a prize. Tim said Annie would make three chocolate chip pies for the race...hear that Annie? Norm said he'd make 25 pies...no thanks Norm. It was suggested that single runners



would only get a certificate and be called up last after all the couples have received their awards. Certificates would only be given out to the single runners if regular nice awards were given to the top couples.

WINTER FUN RUNS: Maybe twice a month on a Saturday. Meet at the Montpelier High School at 8:00 or 9:00 am. How about it? Want to meet some fellow runners for some Frost Bite 10Ks or longer. Speak up.

NEW YEARS RESOLUTION 5 MILER: This year a group will be meeting at Berlin Pond (on the dirt road where the pond splits) for a fun easy going 5 mile run. Please join us and make this a yearly event. Bring your hang over and meet us at 9:00 am sharp!

VALENTINES AND EASTER RUNS: How about it? Got any ideas?

NEW NEWS

\* Dot looked into the Culinary Institute catering CVR's Awards Banquet. Those present voted that it was too expensive. Tim will look into La Gues for the April banquet.

\* Bob Murphy still hasn't received useable documentation from the Capital City Stampede and the Montpelier 10 Miler. He needs the ages of all the runners plus their times.

\* There is now another certified course in Vermont. The Green Mountain Marathon.

\* New printer timer: The committee feels the clubs finances are "healthy" enough to purchase the needed timer. Have been needing another "back-up" timer. It's not likely that both timers or the people using them will "goof" up at the same time...we hope.

\* All present agreed that the CVR banner should be ALL races (high school, Corporate Cup etc.) that CVR members are working. Most races are run by CVR members. This is one opportunity to expose CVR to the community and just how much we do.

\* Five runners showed up for the Pre-Pig-Out Thanksgiving Run at Berlin Pond. John Valentine, Merill Cray, Rich Brown, Bob Murphy and Nancy Maloney. The guys ran the regular five miler while Nancy and Merill took the longer nine mile loop - guess who got to eat "guilt free" seconds?

\* MARK YOUR CALENDARS -CVR ANNUAL MEETING AT BOB MURPHY'S HOUSE. BE THERE OR BE SQUARE. DON'T MISS OUT ON GOOD COMPANY, GOOD FUN EXERCISE AND GOOD FOOD.

Please join us...we need YOU!

*Heille* ☺

DANCING ROCK 15-MILE TRAIL RUN - RESULTS

Held Sunday, September 29, 1988, in Cross River, New York at the Ward Pound Ridge Reservation. This was the 5th race in the 6-race Northeast Trailrunners circuit. The last race is the M&M Mountain Marathon, a 50K on October 16, 1988, outside of Northfield, Massachusetts. Dancing Rock results are as follows:

Overall Men:	1-Rich Fargo, Plainville, Conn.	Time:	1:31:27
	2-Stewart Dutfield, Highland Park, N.J.		1:38:37
	3-Dennis Tetreault, Lisbon, Conn.		1:39:15
Overall Women:	1-Helga Lahoud, Lawrence, Mass.		1:59:48
	2-Elin Larson, Avon, Conn.		2:04:33
	3-Dot Helling, Montpelier		2:11:43
	4-Sue Christiansen, Montpelier		2:21:12 (1st Master)
	5-Susan Snyder, N.Y.C.		2:23:21

RESULTS: MAD RIVER GREEN-N-GOLD 5K (October 1, 1988)

Overall Men:	1-Tony Bates, South Burlington	Time:	15:27*
	2-Jim Fredericks, Underhill		16:-- (1st 35-49)
	3-Jamey Latham (last year's winner)		not available
Overall Women:	1-Ruthie Davis, Waitsfield		19:43*
	2-Dot Helling (last year's winner)		20:15 (1st 35-49)
	3-Stacey Smith, Waitsfield		not available

\*new course records. (1987 records: male-15:37, female-20:19). Only two Central Vermont Runners are known to have participated, Dot Helling and Heidi Smith. Heidi finished 3rd in the female 35-49 age group in a time of 24+ minutes.

Pardon me, Dot as I take an Editor's liberty and add some Ultra-Marathon results out of their chronological order.

GREEN MOUNTAIN ATHLETIC ASSOCIATION

50-Miler

Essex, Vermont

October 29, 1988

MALE:	1. Ralph Swenson South Burlington, Vt.	6:09:57--**Course record (Previous record: Bob Dion 6:23, 1985)
	2. Rick Hogan Cambridge, Mass.	6:35:38
	3. Shane Bowley Richmond, Vt.	7:01:23
FEMALE:	1. Dot Helling Montpelier	7:19:16---**Course record!!! (Previous record set by CVR's own Merrill Cray 7:36, 1987)
	2. Sue Christiansen Montpelier	8:23:12
TEAMS:	1. Mixed-Up Bag (Gordon Mactgarland, Carl Thubel, Dave Van Houten, John Dempsey and Joe Connelly)	5:57:17---** Course record (Previous record: SMC 5:06) 1986

M & M MOUNTAIN MARATHON (50K) EXCERPTS FROM A SURVIVOR (Oct 16, 1988)

Pardon me while I use this opportunity (Dana's urging) to spit out the trials and (mostly) tribulations of the 6th race in the Northeast Trailrunners Circuit - the M & M Mountain Marathon 50K (31 miles of trails) - the last in the series (phew). After a week of the flu I seriously considered the sensibility of doing it at all but, alas, it was the last of the 6 so give it a go, I said to myself. Off we went, Sue Christiansen and I, to Northfield, Mass. where we'd reserved a room for a good night's sleep pre-event. We should know by now that no trail race goes smoothly. After all, these are adventures, not road races.. At the motel we encountered busted thermostats and cockroaches. We moved on and ended up victims of a motel scam, paying twice what we were quoted and sleeping restlessly through the night, if you could even call it sleeping. We used plenty of hot water trying to shed that cockroachy feeling. Don't ever stay in the Quabbin Inn/Motel or the Bald Eagle. Avoid both like the plague and you can tell them we said so.

Morning dawned to pouring rain which, luckily, subsided. And we did find a wonderful smoke-free cafe serving homemade oatmeal and raisin toast. We arrived at the start uneventfully and it was an okay go. Not much reason for gunfire when you have 30+ miles of rugged terrain and navigation ahead of you. Not two miles into the race I was off the trail, with two male companions. We sailed along with the white dots all the way down the mountain to a deadend. Backtracked to a tee and went left and then right. Nothing. Only thing to do was to go back up the mountain and see if the white dots went elsewhere. They did, about a mile up the mountain. By then everyone had gone by and was well ahead. These guys were faster than me and left me behind in good order, but not before I lost my shoe in the mud trying to keep contact. Oh well, relax and make this a training run. After all, I was dead last. An hour or more went by when I came up on runners. Whew, don't have to spend the whole day alone. They were slow and I picked them off and was alone again. A water stop. A sharp right turn. Oh no! another dead end. Turn around and someone behind me says, guess we missed it. Back we go and find the turnoff. 10 min later I'm coming up on the same group I picked off earlier. I pick them off again and hook up with Diane McNamara. She gets to talking with some folks and I decided to stretch out a little and scoot by just in time for a lovely downhill through a soft grove. All along voices in front and in back and streamers marking the way. I follow them into a clearing and a group of 3 runners who say deadend. Oh no, not again. We're on a powerline and no markers to be seen. We go up the mountain and down the mountain, and across and nothing. I follow the markers back into the woods and the course looks good. Finally, I hear voices and yell. Back comes Diane's voice, over here. We bushwhack and find her on another trail marked the same way. Looks like ours was a cross-country similarly marked at an earlier time. This time I say, Diane, I'm staying with you and I do. We're at approximately 12 miles and stay together through the turnaround and then all the way home until mile 30 of the marked course. (I say the course because I did many additional miles.)

Sabotage. Diane and I are running along and the markers are missing and then they go in two different directions. We come into a clearing and meet 6 other runners all lost and no signs of where to go. Again, up the mountain, down the mountain, across the mountain. Nothing. Frank decides to appeal to his hiking sense and figures out which direction we need to go to at least get home. Off we go, up another mountain in search of an earlier crossing across a power line. We find it. By now we've gone who knows how far off course and lost who knows how much time. Ah well, this was just for fun. What an experience. But at least we're back on the trail. From there a number of us keep contact and Diane and I stay together determined not to finish dead last. There's still one woman behind us. Everyone else was hours ahead. We trip along delicately taking turns navigating. Tough to see because the Mass. foliage was brilliant therefore blending everything into the leaves. We're getting hungry. What was to be a 5:30 to 6-hour run looks like it will be 7+. We finish in 7+, me in 7:04, Diane a few minutes behind and the last woman after her. Two men were behind us so we weren't dead last. But except for Sue (who finished grandly in 6:53) and a few stragglers, no one was left but the bagels. Don't even know the final times except that Jim Jones and Marcy Schwam were the male/female overall winners taking home \$100 each. Lots of dropouts. Our Sue was first master again and 5th overall. We should have the overall Circuit rankings in November. We made it! Stream of consciousness after 4 losses, a fall and anywhere from 35-40 miles, just stay in the rankings - definitely endorphin sickness. Guess who.

Vermont Runner Rankings  
Scores earned at Leaf Peepers Half Marathon, 2 Oct 88

Time	Name	Sx	Age	Hometown	St	Score
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Women Open						
1:21:29	Leatrice Sikora	F	33	Greenfield	MA	30
1:27:25	Ellen J. Coyne	F	31	Avon	NY	25
1:28:31	Sue Drapp	F	33	Duxbury	VT	20*
1:29:53	Carolyn Sprague	F	27	Claremont	NH	15
1:31:02	Jane Banks	F	39	Bethel	VT	12*
1:31:22	Molra Durnin	F	37	Stowe	VT	10*
1:32:58	Debbie Crow	F	37	Stowe	VT	7*
1:33:23	Jennifer Rood	F	27	Kittery	ME	5
1:33:50	Jo-Ann M. Fortier	F	29	Graniteville	VT	3*
1:35:07	Muffy Ritz	F	31	Waitsfield	VT	2*
1:35:11	Patty Girouard	F	40	Stowe	VT	1*
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Women 40-49						
1:35:11	Patty Girouard	F	40	Stowe	VT	3*
1:37:40	Marlene Sachs	F	44	Norwich	VT	2*
1:45:34	Linda J. Candido	F	41	Oneida Castle	NY	1
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Women 50-59						
1:45:40	Marsha Bancroft	F	50	Essex Fells	NJ	3
1:53:53	Darragh M. Ellerson	F	58	Montpelier	VT	2*
1:54:21	Mary C. Doughty	F	51	Madison	NJ	1
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Men Open						
1:11:15	James D. Miller	M	30	So. Burlington	VT	100*
1:12:58	Dan Benson	M	25	Briston	NH	70
1:14:03	Rodney Viens	M	21	Claremont	NH	50
1:15:24	Dale Radka	M	28	Bristol	RI	40
1:16:10	Randy Sightler	M	29	Burlington	VT	30*
1:17:00	Robert Demers	M	26	Dorval	QUE	25
1:17:35	Robert Stack	M	31	New London	CT	20
1:17:42	Jack Fahey	M	32	Belmont	MA	15
1:18:47	Ed Drapp	M	32	Duxbury	VT	12*
1:19:08	Gordon MacFarland	M	40	Colchester	VT	10*
1:19:40	John Brodhead	M	44	Craftsbury Common	VT	7*
1:20:08	Pascal Cravedi-Cheng	M	35	Burlington	VT	5*
1:20:26	Kevin Martell	M	30	Essex Junction	VT	3*
1:20:48	David A. Coyne	M	37	Avon	NY	2
1:21:09	Edmund Anderson	M	32	Ann Arbor	MI	1
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Men 40-49						
1:19:08	Gordon MacFarland	M	40	Colchester	VT	25*
1:19:40	John Brodhead	M	44	Craftsbury Common	VT	20*
1:25:10	Bruce R. Meader	M	45	Vergennes	VT	15*
1:26:43	Pete Kramer	M	43	Morrisville	VT	12*
1:29:12	Bob Murphy	M	48	Barre	VT	10*
1:29:34	Lloyd Hulburd	M	40	So. Burlington	VT	7*
1:29:46	Bradley Peterson	M	47	Montpelier	VT	5*
1:30:31	David Enman	M	41	Shelburne	VT	3*
1:30:45	David Linton	M	44	Brattleboro	VT	2*
1:31:26	Richard Heikkinen	M	42	Claremont	NH	1
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Men 50-59						
1:28:39	Gerald Barney	M	56	Swanton	VT	3*
1:28:48	Pat Hutton	M	50	So. Burlington	VT	2*
1:32:33	Roger E. Nichols	M	54	Keene	NH	1
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Men 60-69						
1:44:19	Web Williams	M	63	Burlington	VT	3*
1:44:49	William Kohrs	M	62	Madison	WI	2
1:45:12	Wally Fortier	M	61	Nashua	NH	1
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\* Note: Only Vermont Residents are eligible for comparative rankings.

Vermont Runner Rankings  
Scores earned at the Green Mountain Marathon, 15 Oct 88

Time	Name	Sx	Age	Hometown	St	Score
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Women Open						
3:06:43	Doreen Friedman	F	34			5
3:14:03	Linda Sprague	F	35			3
3:16:31	Pat Richard	F	31			2
3:19:55	Karen Kolomeir	F	34			1
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Women 40-49						
3:56:58	Barb MacArthur	F	47		VT	3*
3:59:57	Rosemary Rusin	F	45	Florence	VT	2*
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Women 50-59						
4:27:31	Polli Flanders	F	51	Montpelier	VT	3*
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Men Open						
2:40:06	Dave Faucher	M	39			100
2:44:49	Shane Bowley	M	30	Underhill	VT	70*
2:44:59	Vincent Connelly	M	25		VT	50*
2:49:35	Rick Speaker	M	37		VT	40*
2:50:04	Toby Skinner	M	43			30
2:52:23	Raul Flores	M	32			25
2:52:34	Al Sproul	M	50			20
2:53:41	Samuel Mallette	M	30			15
2:57:51	Rod Blacklock	M	27			12
2:58:23	Willie Emerson	M	24			10
2:59:00	Carl Hubel	M	31	Burlington	VT	7*
3:02:26	Reg Bowley	M	32		VT	5*
3:06:44	Jeffery Ruttner	M	23			3
3:06:54	William Tooker	M	36			2
3:07:00	Bob Harford	M	47			1
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Men 40-49						
2:50:04	Toby Skinner	M	43			10
3:07:00	Bob Harford	M	47			7
3:09:34	Lloyd Hulburd	M	40		VT	5*
3:10:34	John W. Williams	M	43			3
3:10:40	Ralph Swenson	M	41		VT	2*
3:16:16	Frank Woodward	M	46			1
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Men 50-59						
2:52:34	Al Sproul	M	50			3
3:27:30	Robert Vogel	M	52			2
3:28:49	Robert LaCross	M	54			1
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Men 60-69						
4:41:15	Randolph Smith	M	63			3
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\* Note: Only Vermont Residents are eligible for comparative rankings.

MY FIRST MARATHON  
(The Long and the Short of It)

Green Mountain Marathon -- October 15, 1988

SOUTH HERO, VT. - After waiting a full year to run my first marathon, you'd think the start would be anti-climatic, but it was all exciting. Half-marathoners and marathoners start together, so Ernie and I ran the first 6½ miles with a woman from Essex who was running her first half-marathon. We were at her turn-around before we knew it, and we were running the pace we wanted to do.

At the turn-around for us I felt great, my time was a little under the time I run a half-marathon at two weeks before, and I felt twice as good. Ernie however, started to get leg cramps at about 15 miles and I reluctantly went ahead. We had planned to run together as this was our 33rd wedding anniversary. Needless to say, the low point in the race for me was when Ernie went by in a car at about 20 miles. But I knew I wanted to finish, regardless.

Side-stitches for about 2½ miles really slowed me down at mile 21 and I had to do a lot of walking. The longest mile was mile 24 as it was a gradual up-grade for most of the way. On a good day I can walk faster than I ran the last 2 miles! 26:20 for two miles from someone who can walk 12 minute miles is S-L-O-W! However, when I saw the finish line and Ernie waiting to run in the last few yards with me, I have to say it was all worth it.

Two days later Ernie said, "Let's give it another try next year." (I think he said that after each of our children was born.) The experience is similar; you forget the pain and focus on the accomplishment. I've come a long way from someone who could not run a quarter mile without stopping to run 26.2 miles.

Thank you, C.V.R. for the support and helpful training info. over the years.

Polli Flanders

What prompted my visit with Dorothy Hartman (Berlin's Town Clerk) was that I heard "runners" were discussed during their last Selectmen meeting. I wanted to take a look at the meeting minutes to see why we were on their agenda (as if I didn't know!) and how we fared. It is important to me to keep, or try and keep a good relationship with these people for several reasons. I would hate for anything to jeopardize the Berlin Pond Couples Race, the "pond" as a popular running and walking area and the overall attitude towards runners. As it turned out, nothing was mentioned (or that she would say) about the "run-in" with a certain gentleman and some runners. She did go on to mention a "few" things that seemed to bother her and the "pond people" about runners. I asked Dorothy if she could give me a list of "don'ts" that I could put in our newsletter. How are we to know if we're doing anything wrong if no one tell us?! One of her main complaints was people parking their cars up against the building during office hours (8:30-4:30pm). Dorothy doesn't mind people using the parking lot as long as they stay off to the side, away from the building. She also doesn't want children left there while their parents get a run in around the pond. They are afraid of the liability if anything should happen to the children while the parents were gone.

Dorothy then made the comment that it seemed "a little sad that a resident had to get rid of their pet because of the runners". She didn't respond when I mentioned the fact that the pet bit someone and (not that it matters!) that the person was a walker and not a runner. She said they don't have a leash law and that many runners complain when dogs come out barking, which she feels is perfectly natural for a dog. I decided it wasn't worth arguing that it is perfectly natural to be afraid when a dog comes after you in warp drive with fangs baring and "death to the runner" in his eyes. It's not always easy to tell who's the barker and who's the ankle biter. I knew I was up against a totally different mind set and that arguing would only hinder future meetings with these people. I told Dorothy we had no idea that these things were bothering them and that they should have contacted us. She said she didn't know there was an organized club for runner. I thought that a bit odd since we contact them every year to get permission to hold the Berlin Pond Couples Race...oh well.

I said I would be more than happy to attend a meeting (held the first and third Mondays of every month) to answer any questions or complaints they may have of us. I also told Dorothy that I would print what I learned today in our next newsletter...so here it is.

The December Berlin Selectman's meetings will be the 5th and 19th at 7:30pm at the Town Clerks office. Anyone wish to join me? Give me a call SOON, and I'll set up an appointment.

Murphy's Law in Action  
Vermont Cable TV's 2nd Annual Turkey Trot

If something can go wrong, it will. Right? Murphy's law was vindicated once again on November 20th in Montpelier. Despite a TAC Certified course and documentation that clearly located the start/finish and turnaround points, both were incorrectly located. The result was a course that was some 200 feet or so short of the advertised 5km.

What about the SCPF (short course protection factor) that is built into all TAC certified courses? Shouldn't that cover a "little" error in course layout? The answer, simply put, is no. The purpose of the SCPF is to provide high statistical reliability that the measured course is at least as long as desired. There is nothing in the SCPF that is intended to take care of course layout errors. A course layed out in error is not the measured course, and can therefore not be considered certified. The SCPF, by the way, is only 0.1% of the desired distance. For a 5km course, that amounts to about 15 feet. Measurement inaccuracies can eat that up in a hurry (which is what the SCPF is there to insure against) - there's nothing there to make up for sloppy course layout.

New "course records" were announced at the awards ceremony. Many runners finished ahead of last year's winning times, including the first man and first woman. Indeed, the times were so sterling that they would have been new records if a full 5km distance had been run. Unfortunately, the course run this year was not the measured (and certified) course, so the times are irrelevant. They will not be recorded in VRDC records and the performances cannot be used to score points toward the 1988 Vermont Runner Rankings.

The lesson to be learned from this should be crystal clear to all race directors. When you lay out your race course, be sure to refer to the course certificate. It documents all important aspects of the course, and clearly indicates the location of critical points. If you rely on someone else to lay out the course, you must ensure that it is correctly done. You are advertising your course as TAC certified. Runners expect and deserve exactly what you've promised.

This year, TACSTATS began asking for photos of start, finish and turnaround points taken on race day as part of the required documentation. In 1989 I ask that all race directors make a special effort to obtain such documentation. Runners who perform exceptionally deserve to be recognized. The documentation requested by TACSTATS is designed to ensure that marks, once established, are not subsequently disallowed due to lack of proof that the runner did indeed run the course as certified in the time reported.

Bob Murphy, VRDC



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### Murphy Runs in Concord

After fuming for several days about the short course at the Vermont Cable TV Turkey Trot, Murph got a chance to run a certified course in Concord, NH. Talk about a gorgeous day! With the temperature around 50 degrees, the sun shining and the road conditions perfect, it could scarcely have been better.

The run was the Concord Jingle Bell Run for Arthritis. You got it! In addition to long-sleeved shirts and race numbers, all runners also got jingle bells. Many runners covered the distance sounding festive all the way.

The course had its ups and downs. Nearly all were gentle. The first mile was generally downhill, the next mile a gentle uphill climb, then the third descended to a flat two mile stretch with a few short hills thrown in at the end. Nice course! Unfortunately, my three mile pace was a bit brisker than I could maintain through to the end, so I struggled a lot in the last two miles. I felt like I was sucking in half of Concord by the time I hit the finish line, but was pleased with a creditable 35th place finish in a field of 363 (5th master), in a time of 30:31.

Post race refreshments consisted of great chicken noodle soup (chock full of potatoes and carrots), orange juice and apples. Complete race results were posted within minutes of the last finisher. Results were by Granite State Racing Systems. I searched the crowd before the race and the results after the race looking for a familiar Vermonter, but found only a couple of names that I recognized. No other Central Vermonters could be found. I recommend this race to you all - it's well organized, the course is a good one, and it's far enough South to make fair weather that much more likely. Hope to see some of you there next year.

P.S. There's another 5mi race near there on 29 Jan 89, in Penacook. Perhaps we can get a few diehards down there for some mid-winter racing fun.

Bob Murphy

RUN DOWN -

- \* Sports Medicine Council Statement On Alcohol: At its meeting held June 11, 1988 in San Diego, the USOC Sports Medicine Council adopted the following position in relation to use of alcohol. "Since Olympians are much in the public eye and may serve as role models for young people, we do not believe that the use of the Olympians in advertisements which feature alcoholic beverages is in the best medical interest of the athletes or the public viewing these advertisements."
- \* A recent Road Runners Club of America (RRCA) survey found that 67% of its members prefer tap water as a liquid replacement drink; 61% use vitamin supplements; 10% are vegetarians; and 42% are former smokers.
- \* Hosing down long-distance runners with water is standard procedure at many races nowadays, but "having them drink cold water would be more effective," according to Carl V. Gisolfi, PhD, professor in the department of exercise science, physiology, and biophysics at the University of Iowa in Iowa City. External application of cold water is virtually useless in preventing a climb in the body's core temperature, said Gisolfi, who spoke at an April conference on Sports Medicine.
- \* A brochure on jet lag is available from the US Olympic Committee (USOC). Titled "Jet Lag and Athletic Performance", it describes the effects of this problem and how to reduce them. For a free single copy, write the USOC Department of Education Services, 1750 E Boulder St., Colorado Springs, CO 80909
- \* Bicycling with both ears covered by headphones is a misdemeanor in six states- California, Florida, Maryland, Oregon, Pennsylvania, and Washington, said Jim Fremont, information and education director of the Bicycle Federation of America, in an interview. "Not being able to hear passing traffic is dangerous," he said. "Anyone who rides with headphones is foolish."

Merill

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