

Upcoming Events

Bear Swamp Run (CVR), 5.7 mi., Middlesex, Sat., July 13. 9:00 a.m. - See flyer

Berlin Pond Couples Race (CVR), 8 km, Berlin, Sun., August 4, 9:00 a.m. - See flyer

Leaf Peepers Half Marathon and 5K (CVR), Waterbury, Sun., Oct. 6, 11:00 a.m.

The next CVR meeting will be Monday, August 12, 6:30 p.m., at the home of Dave Kissner and Laura Medalie. Directions: North on County Road, right on Barnes Road (first right after Morse's Sugar House), first visible house on right. Phone 229-4523. Meetings start off with a pot-luck dinner and are open to all - please attend!

Membership Drive

CVR needs your support! If you enjoy the fun runs and races, go the extra mile and join the club. If you have not renewed you are no longer receiving the newsletter. If you have not joined, it's never too late. Support running in central Vermont and join Central Vermont Runners today. Find a membership form in this newsletter.

MINUTES
JULY 08, 1996

The **Kids Track Meet** was held on June 15 and 115 kids from all over Washington County participated in the five event meet. Most of the kids were pre-school through sixth graders with fewer from the 7th and 8th grades. Both children and parents were very well behaved. It was agreed that CVR should host the meet again next year since it was such a big success. Many CVR members volunteered their time including Tim Noonan, Norm Robinson, Michael Chernick, Darragh Ellerson and Bob Murphy.

The **Bear Swamp Run** is on schedule for this Saturday, July 12¹³.

78 runners competed in the **Paul Mailman 10 Miler** in Montpelier. Race Director Tim Noonan would like to see another 15-20 runners next year. Discussed more advertising, and T-shirts for those who are interested.

The **Berlin Pond Couples Race** is on track for Sunday, August 4. Michael Chernick is race director.

The mailers have gone out for ~~Leaf Peepers~~ **5k** and Half Marathon. Darragh reports that in general it is becoming more difficult to get sponsors and sponsor money.

Tim Noonan was contacted by the race director of the **Northfield 5k** who is interested in finding someone else to take over the race for him in 1997. It was agreed at the June CVR meeting that it would be a good race for CVR and Tim has volunteered to be the director in 1997. Northfield Savings Bank will continue to take care of registration, while CVR will be responsible for the technical aspects of the race. Many volunteers will be required for this race.

The next CVR meeting is set for Monday, August 12 at 6:30. Laura Medalie and Dave Kissner will host the meeting at their house in East Montpelier.

Kids' Track Meet



Saturday, June 15, 1996
9:30 - 11:00 a.m.
Montpelier High School track

How many would show up? 30? 75? 125? 200? Since this was the first year CVR was sponsoring a kids' track meet, and there was no pre-registration, we really had no idea how many kids would participate on June 15. Well, 115 kids did show up on a sunny day, a good turnout and manageable. The Kids' Track Meet represented the club's effort to replace the college scholarship program which we did for many years, but discontinued due to fewer and fewer applicants each year. The Kids' Track Meet, open free of charge to all central Vermont kids from pre-school through eighth grade, offered an opportunity to provide something to the community and promote running as a fun exercise for kids.

Everyone seemed to have fun - the kids, the parents, and the volunteers. Most parents stayed around for the whole track meet, providing a good atmosphere for the event as they cheered on their own kids and other kids. Most kids in each age group ran the quarter mile run and the 100 yard dash. It was quite a sight to see the pre-school and kindergarten kids circle the track for the quarter mile. Approximately half the kids ran the "distance" event for their age group - half mile for the first and second graders, and the mile for the 3rd - 4th graders, 5th - 6th graders, and 7th - 8th graders. Many also participated in the "field" events - the long jump and the softball throw. Medals and ribbons were presented to all participants, in lieu of awards to top finishers in each event. Kids wore their medals and ribbons proudly, some of them being spotted in town later in the day still wearing their prizes!

All in all, the consensus was we should make this an annual event. Parents and kids seemed truly appreciative we organized this meet. Norm Robinson and I, as meet coordinators, had the invaluable assistance of a superb meet crew. Many thanks to the following volunteers: Newton Baker, Michael Chernick, Darragh Ellerson, Greg Gerdel, Linda Hallinger, Bob Murphy, Colleen Noonan, Buzz Surwilo, Blaire and several parents. Thanks also to "All Sports" for providing liquid refreshments.

Tim Noonan

CARRYING THE OLYMPIC TORCH

by Tom Kaiden

On April 27 the Olympic Flame left the Los Angeles Coliseum to begin a 15,000 mile odyssey across the United States concluding at the opening ceremony of the 1996 Summer Games in Atlanta on July 19. On its 84-day, 43-state journey the flame will have been transported by cable car through San Francisco, ferry across the Puget sound, canoe down the Arkansas River, and Pony Express through Nebraska. In between it will travel on foot, carried by some 10,000 different torchbearers. On Friday, June 14, I had the privilege of being one of those of those 10,000 torchbearers.

It all began last February, when Julie Hickory, one of my co-workers at the Stowe Area Association, was driving to work. She heard a contest on the radio to nominate an individual embodying the Olympic spirit to help carry the Olympic Torch on its day in Vermont. She conspired with the other members of the staff to write a "gushy" letter that they thought was certain to win. Several days later when they learned that the contest would not be judged, but rather drawn randomly, the plan changed. At that point, they solicited the help of the Stowe Area Association members who completed over 70 letters of nomination. The laws of probability paid off, and four months later, on June 14, I was running down Route 9 in Brattleboro with the Olympic Flame.

On the day of the event, my family and I piled into our minivan at 6:30 in the morning and drove off to Brattleboro. There we met up with a dozen other friends and family members who drove down for the occasion. Our first hint of something special was the quantity of gold mylar balloons lining the route. The second was seeing 2500 school children pour into the park where the flame was to stop. (The entire population of Brattleboro is only 8,600.) At Noon I boarded a shuttle bus with seven other torchbearers and escort runners. The bus took us to the edge of town where the flame was to arrive by ~~motorcade from Bennington. While we waited,~~ we were each given our own torch, and provided with instructions on how to pass the flame from one torch to the next. The torch we received was designed by a Greek American, and modeled after the reed torches of ancient Greece. It weighs four pounds and features 22 aluminum reeds representing each time the modern Olympics have been held.

Just before 1:00 the flame arrived, and we were each dropped off in sequence at our designated places, about a kilometer or so apart. Ten minutes and three runners later, we could see the flame and accompanying entourage approaching. A Georgia state trooper came over and turned on the gas for my torch, and moments later, I raised it to meet the torch of the preceding runner. As we exchanged the flame, a huge roar went up from the crowd and the long anticipated run began. I was fortunate to be accompanied by two escort runners on this stretch, including Julie who had originally nominated me. As we ran, the three of us passed the torch back and forth, partly because it is heavy, but mostly because by its very nature the Olympic Flame is something to be shared. And as we ran past all of the people lining the route, you could see that they felt as much a part of the event as we did. We ran slowly to savor the experience, more of a shuffle than a run. We had anticipated before that day that the half kilometer stretch would go by in a flash. But that wasn't the case at all. In fact, looking up at the flame as we ran along, time almost seemed to stand still. And when it was time to pass the flame along to the next torch bearer, we were ready.

Looking back on the day, my most vivid memory is of the Olympic Flame itself. At a time when other flames were burning churches in the South and a proposed farm here in Vermont, it was a reminder of the human potential to divide or to unite. For two weeks this summer in Atlanta, the world will come together to witness the excellence that comes from healthy competition. It is my hope that each of us can capture some of that Olympic spirit and work cohesively in our own communities.

Race Roundup

This space is devoted to coverage of races and other events attended by CVR members. If you participated in a race, please submit an account to the editor. -Thanks!

Boston Marathon

This concludes accounts from CVR runners who ran the 100th Boston this spring.

Sam Davis said it was not a great race for him, physically, but he was in awe of the spectacle. Despite his low start number in the 1300's, which got him to the start line in 8 seconds, he said the runner traffic never really seemed to open up. Sam clocked in at 2:55.

Carol VanDyke started in the 26,000's, out of earshot of the starting gun. She said she felt like part of one big organism, and she reached the start line in 17 minutes. Carol didn't have too many running miles under her belt, having skied herself into shape, and her quads tightened up at around 20 miles. But she was picked up by seeing friends near the finish, and the high she got from the cheering crowd as she turned onto Boylston Street. She was really using Boston as a training run for the Vermont City Marathon, where she set a PKPR. (Post-Kids PR).

Mt. Washington Road Race, Gorham, NH, June 15

This is an annual 7.6-mile race with "just one hill," - up the highest peak in the northeast U.S. The course begins in tall forest at 1800' and climbs the toll road to snowy tundra at 6288'. Temperatures were pleasant - near 70 at the start and 48 at the finish - and the winds not too strong except for the occasional gust. Daniel Kihara of Kenya shattered the course record by 56 seconds, winning in 58:21, besting past winner Dave Dunham by more than 4 minutes. CVR women had strong performances. Donna Smyers placed 6th - just one notch out of the prize money - in 1:23:19. Dot Helling was 12th in 1:28:42, good for a new course record in the 45-49 age group. Friend of CVR Johanna deBoer of Quebec, running her first Mt. Washington, finished in 1:30:24. Dave Kissner, also running for the first time, turned in a 1:29:31, and Jamie Shanley ran 1:32:00.

Lac Brome 10K, June 23

Gordon MacFarland traveled north of the border and ran in the rain to win the Master's division (8th overall) with a sub-38:00 10K time.

Clarence DeMar 10K, South Hero, July 4

The rains let up nicely just long enough to squeeze in this holiday classic. CVR had a respectable showing in the Master's Division with Gordon MacFarland 2nd in 36:57 and Tim Noonan 4th in 37:53. Rumor has it Sigh Searles also ran.

Cannonball 4-miler, Morrisville, July 6

Mark Gilbertson won in 20:32. Joe Gingras was 4th in 22:06, just seconds out of 2nd. Masters runners were shut out of the first 5 places but swept the 6 through 11 slots, with John Valentine 6th overall and top Master in the sub-6:00 pace at 23:57, and Jamie Shanley 9th in 24:32. Stowe CVR members Carol VanDyke and Liz Muckerman (AKA Boris Yeltsin) had strong races on the women's side.

1996 CAPITAL CITY STAMPEDE 10K ROAD RACE

MALE 19 AND UNDER									
PLACE	NAME	TIME	AGE	CITY	PLACE	NAME	TIME	AGE	CITY
1	TIM CROTEAU	42:48	14	BARRE	3	KEVIN COOK	51:08	15	MORETOWN
2	BRIAN LETOURNEAU	48:52	16	BARRE	4	MATTHEW WINDISCH	51:52	13	ESSEX JCT.
MALE 20-29									
1	MARK CHURCHILL**	32:48	20	MORRISVILLE	5	CHAD SWAN	42:20	26	ST ALBANS
2	CHRIS VOLLARO	35:06	24	BURLINGTON	6	JEFFREY KANE	44:16	20	PROVIDENCE
3	SHAWN ALLARD	37:47	24	ST ALBANS	7	PETER SACCHETTI	45:30	26	BURLINGTON
4	TIKI ARCHAMBEAU	39:55	25	NORTHFIELD	8	ANDREW BUNK	49:09	24	WATERBURY
**OVERALL WINNER									
MALE 30-39									
1	RANDY SIGHTLER	33:00	37	BURLINGTON	10	MACK GARDNER-MORSE	44:26	35	CALAIS
2	FRANCIS BURDETT	33:48	31	BREWSTER, NY	11	MICHAEL GORDON	45:19	33	ESSEX JCT.
3	JOE MCNAMARA	33:56	33	BURLINGTON	12	TIM KRUGER	45:20	30	STOWE
4	ANDREAS NOLTE	36:27	36	ESSEX JCT.	13	KIRK FERNALD	45:25	33	PLAINFIELD
5	DAVID WILHIDE	37:12	38	HYDE PARK	14	CHRIS WILLIAMS	45:45	35	MORETOWN
6	MARK BURNS	40:40	31	ESSEX JCT.	15	ANDY WATTS	46:14	34	ST JOHNSBURY
7	BUZZ SURWILLO	40:43	37	MONTPELIER	16	ED DEAN	48:23	35	MONTPELIER
8	JAMES RUSHFORD	42:21	30	NORTHFIELD	17	KEN HAGGETT	58:54	34	
9	BARRY METAYER	44:21	36	MILTON					
MALE 40-49									
1	GORDON MCFARLAND	37:53	48	MONTPELIER	15	ROB ROTHMAN	46:18	41	WATERBURY
2	BOB MORELL	37:55	46	MONTREAL, PQ	16	BILL ARANGO	46:45	44	BURLINGTON
3	STEVE BURKHOLDER	38:03	44	E. MONTPELIER	17	SCOTT ROBERTS	47:00	49	NEW HAVEN
4	PASCAL CRAVEDI-CHENG	38:38	42	BURLINGTON	18	PAUL HARRINGTON	47:09	45	MONTPELIER
5	JOHN VALENTINE	38:46	46	ROXBURY	19	TONY KLEIN	47:24	49	MONTPELIER
6	BILL DYSART	39:12	43	BURLINGTON	20	FRAN COOK	47:55	44	MORETOWN
7	CHARLIE WINDISCH	39:26	42	ESSEX JCT.	21	JOHN ROUSSEAU	48:38	40	FAIRFAX
8	PETER DALE	39:28	42	MONTPELIER	22	BILL LORENZ	48:00	48	RICHMOND
9	JOHN MAZZUCCO	40:07	43	RANDOLPH	23	WAYNE MEEHAN	50:06	48	GLENS FALLS
10	PATRICK BURKE	41:27	48	BURLINGTON	24	WILLIAM ARRAND	50:18	45	W. LEBANON
11	CRAIG WHIPPLE	41:52	43	BARRE	25	MIKE SHOVER	51:04	47	BRADFORD
12	BRUCE JOHNSON	45:00	43	MIDDLEBURY	26	AL SHAMASH	52:50	45	WALPOLE, NH
13	DAVE DELIBAC	45:30	44	GRAND ISLE	27	CHIP WINNER	52:52	47	MIDDLEBURY
14	JOHN KAEDING	46:18	48	WORCESTER	28	GERRY AHERN	57:20	45	ESSEX
MALE 50-59									
1	DOUG MACGREGOR	36:30	57	LEBANON, NH	7	NEWTON BAKER	46:56	54	RANDOLPH
2	CLIFFORD CARY	41:16	54	LEBANON, NH	8	BOB AIKEN	50:51	56	ESSEX JCT.
3	GORDON JOHNSON	44:48	54	DERBY LINE	9	RAY HENNESSEY	51:51	52	WOODSTOCK
4	ROBERT RENALDI	46:07	55	CHELSEA	10	VINCE FEENEY	53:00	53	BURLINGTON
5	GREG WIGHT	46:21	50	BROCKFIELD	11	ED MARTIN	55:16	54	LITTLETON, NH
6	GENE NICHOLS	48:35	59	STOWE					
MALE 60 AND OVER									
1	DAVID BOUCHER	42:04	60	ESSEX JCT.	3	DAVID HERSHBERG	51:11	63	BURLINGTON
2	SIG BALTUCH	48:41	63	STOWE	4	BOB MERCIER	52:31	60	MONTPELIER
FEMALE 19 AND UNDER									
1	BLAINE HAGGETT	58:55	16	MONTPELIER	2	BETH OGILBY	61:40	14	W. LEB, NH
FEMALE 20-29									
1	DEB DOYON	44:06	27	ST JOHNSBURY	5	ERIN O'NEILL	48:48	24	BURLINGTON
2	ALISON FRYE	45:47	27	STOWE	6	DEB L'HERAULT-NORTON	53:37	26	BURLINGTON
3	ANNE HELSABECK	45:59	29	BARRE	7	TINA FURCOLO	54:05	26	ROSLINDALE, MA
4	CHRISTIANNE ALLISON	46:00	29	S. BURLINGTON					
FEMALE 30-39									
1	LISA KOTHE**	38:35	35	CLEARWATER, FL	10	BETSY MARTIN	46:33	32	MONTPELIER
2	SUSAN DODGE	39:28	36	BURLINGTON	11	SHIRLEY PATRICK	48:10	39	WESTFORD
3	SUE BARBER	39:47	39	JOHNSON	12	SOLANGE HARVEY	48:40	35	WESTFORD
4	JOHANNE DEBOER	41:43	39	AYERS CLIFF, PQ	13	LORI TARRANT	51:04	31	BURLINGTON
5	PATTY DAVIS	41:56	36	COLCHESTER	14	DONNA CLEMENTS	50:27	36	E. TOPSHAM
6	DOT GRAHAM-MARTIN	42:42	35	BARRE	15	MARIA CALZONETTI	51:40	36	MONTPELIER
7	ELLEN FOLEY	42:48	39	NY, NY	16	PENNY KLEIN	52:36	33	ESSEX JCT.
8	ANNE MARIE JEFFREY	42:55	37	NEW CANAAN, CT	17	MELINDA MAYER	52:53	33	JEFFERSONVILLE
9	CATHY MARTELL	45:48	38	ST ALBANS	18	JANE HOOD	55:29	31	GROTON
**OVERALL FEMALE WINNER									
FEMALE 40-49									
1	LINDA HALLINGER	46:22	43	WASHINGTON	6	ELIZABETH PERREAULT	51:17	44	ST JOHNSBURY
2	SUSAN WALTER	46:31	41	MONTPELIER	7	VERA NICHOLS	55:42	47	STOWE
3	PAM STEPHENS	48:36	47	CHELSEA	8	PATRICIA RENNAU	57:00	47	MORETOWN
4	PAM KANE	49:15	47	NEW HAVEN	9	JEANNE WEST	58:46	46	HANOVER, NH
5	BONNIE BURKHOLDER	50:15	43	E. MONTPELIER					
FEMALE 50-59									
1	ANNE HENNESSEY	52:30	51	WOODSTOCK	2	SUE CHRISTIAN	53:22	52	MONTPELIER

Former Peoples Academy standout Mark Churchill won the 19th annual Capital City Stampede in a time of 32:48, just ahead of Burlington's Randy Sightler. On the women's side, Lisa Kothe of Clearwater Florida won in a strong time of 38:35 followed by Sue Dodge of Burlington. A total of 110 runners started and completed the race on an overcast and very humid day.

Davis and Dodge Win 22nd Montpelier Ten Miler

Sam Davis of Colchester and Sue Dodge of Burlington took advantage of a relatively cool, cloudy day to run strong times and prevail as the overall male and female winners of the 22nd annual Paul Mailman Montpelier Ten Miler on June 29, 1996. Davis led from the start, and finished 32 seconds ahead of fellow Ski Rack team member Joe McNamara. Dodge repeated as champion, and bettered her winning time in the warmer 1995 race by more than two and one-half minutes. Ski Rack won the Open Male team division with one of the fastest team times ever recorded for the race. The host club, the Central Vermont Runners, won the Masters Male team competition. Trail Animals repeated as the Open Female team champion.. There were 78 registrants for the race; 73 runners started and finished the race.

This race needs the continuing efforts of many volunteers to continue the running of this second oldest race in Vermont. Many thanks to the following volunteers: Shawn Bryan, Josh Cookson, Pat DeBlasio, Darragh and David Ellerson, Cindy Gardner-Morse and the Gardner-Morse kids, Greg Gerdel and the Gerdel kids, Dave Kissner, Don Lyons, Gordon MacFarland, Bob Mercier, Bob Murphy, Reidun and Andrew Nuquist, Jamie Shanley, and Donna Smyers

Tim Noonan
Race Director

RESULTS

<u>Overall Place</u>	<u>Age Group Place</u>	<u>Name</u>	<u>Age</u>	<u>Hometown</u>	<u>Time</u>
FEMALE 18-29					
27	1	Ruthie Loescher	28	Montpelier, VT	69:06
38	2	Siri Rooney	24	Morrisville, VT	73:19
47	3	Alison Frye	27	Stowe, VT	74:45
50	4	Christin Healy	25	Enfield, NH	76:19
59	5	Julie Davis	29	Winooski, VT	79:25
63	6	Kristi Lunny	29	Burlington, VT	81:14
67	7	Halle Sobel	24	Richmond, VT	82:49
FEMALE 30-39					
12	1	Susan Dodge	36	Burlington, VT	64:25
28	2	Valerie Madden	33	Jamaica Plain, MA	69:25
34	3	Marcie Sagnaov	38	Jamaica Plain, MA	70:21
51	4	Jennifer Gear	38	Cambridge, MA	76:32
64	5	Raeann Rose	37	Lachine, Quebec	81:34

<u>Overall Place</u>	<u>Age Group Place</u>	<u>Name</u>	<u>Age</u>	<u>Hometown</u>	<u>Time</u>
<u>MALE 40-49</u>					
4	1	Rick Charbonneau	40	Manchester, VT	59:14
5	2	Dan Vogt	43	Colchester, VT	59:28
8	3	Pascal Cravedi Chang	42	Burlington, VT	62:11
8	3	Gordon MacFarland	48	Montpelier, VT	62:11
13	5	Charlie Windisch	42	Essex Junction, VT	65:19
14	6	Jamie Shanley	43	Montpelier, VT	65:36
19	7	Michael Cass	41	West Hartford, CT	67:11
20	8	Patrick Burke	48	Winooski, VT	68:02
23	9	Mark McGowan	41	Dorval, Quebec	68:20
29	10	Bill Ludlow	40	Lachine, Quebec	69:27
30	11	Mark Nelson	42	Underhill, VT	69:35
31	12	Victor Tirrito	42	Winooski, VT	69:39
35	13	Chuck Arnold	49	Randolph, VT	72:37
36	14	Bruce Johnson	43	Middlebury, VT	72:45
39	15	John Tewhill	41	Morristown, VT	73:22
41	16	Ismail Laher	44	Burlington, VT	73:41
42	17	Joe Zuaro	46	Northfield, VT	74:08
44	18	John Kaeding	48	Worcester, VT	74:21
45	19	Frank Short	49	St. Albans, VT	74:24
52	20	Bill DeFlorio	47	Randolph Ctr., VT	76:44
53	21	Dave White	46	Montpelier, VT	76:51
56	22	Brian Ganley	43	Thetford Ctr., VT	79:01
72	23	Gerry Ahern	45	Essex, VT	103:33
<u>MALE 50-59</u>					
22	1	Bob Murphy	56	Barre, VT	68:18
25	2	William Jones	53	Redford, Quebec	68:27
57	3	Peter Buhl	55	North Easton, MA	79:16
61	4	Newton Baker	54	Randolph, VT	79:45
65	5	Peter Wallan	54	Sharon, MA	82:14
71	6	Johan Naess	58	Barnet, VT	97:11
73	7	Paul Mailman(walker)	58	Pawleys Island, SC	109:58
<u>MALE 60+</u>					
21	1	David Boucher	60	Essex Junction, VT	68:18
46	2	Bert Moffatt	61	Williston, VT	74:39
66	3	Ben Burd	63	Middlebury, VT	82:15
68	4	David Hershberg	63	Burlington, VT	83:03

<u>Overall Place</u>	<u>Age Group Place</u>	<u>Name</u>	<u>Age</u>	<u>Hometown</u>	<u>Time</u>
<u>FEMALE 40-49</u>					
48	1	Linda Hallinger	43	Washington, VT	75:00
54	2	Barby Nash	47	Stowe, VT	77:29
60	3	Carol Van Dyke	40	Stowe, VT	79:39
62	4	Claudia Sullivan	42	Jericho, VT	79:53
<u>FEMALE 50-59</u>					
69	1	Rosemary Rusin	53	Florence, VT	86:24
<u>MALE UNDER 18</u>					
70	1	Matthew Windisch	13	Essex Junction, VT	92:39
<u>MALE 18-29</u>					
3	1	Josh Cookson	20	East Montpelier, VT	58:58
6	2	Joe Gingras	20	Berlin, VT	60:02
11	3	Thomas Nydam	25	Lebanon, NH	63:57
16	4	David Wisell	28	So. Hero, VT	66:11
18	5	Max English	20	Morrisville, VT	66:24
<u>MALE 30-39</u>					
1	1	Sam Davis	35	Colchester, VT	54:41
2	2	Joe McNamara	33	Burlington, VT	55:13
7	3	Mark Madigan	35	Burlington, VT	60:35
10	4	Rick Cleary	39	Burlington, VT	62:46
15	5	John Wisell	30	Bristol, VT	65:49
17	6	James Bixby	34	Winooski, VT	66:21
24	7	Matt Conway	34	Burlington, VT	68:24
26	8	Buzz Surwilo	37	Montpelier, VT	68:28
32	9	Joe Beyer	33	Concord, MA	69:47
33	10	Bruce Charbonneau	36	East Dorset, VT	70:11
37	11	Barry Metayer	36	Milton, VT	73:08
40	12	John Grzych	39	Essex Junction, VT	73:29
43	13	Peter Moreman	35	Williston, VT	74:19
49	14	John Howe	37	Burlington, VT	75:05
55	15	Todd Frank	36	Milton, VT	78:46
58	16	Mark Lawliss	35	Burlington, VT	79:21

TEAM RESULTS

- Male Open** -
1. Ski Rack (Sam Davis, Joe McNamara, Dan Vogt) - 2:49:23
 2. Rick's Team (Mark Madigan, Pascal Cravedi-Cheng, Rick Cleary) - 3:05:32
 3. Central Vermont Runners (Gordon MacFarland, Jamie Shanley, Bob Murphy) - 3:16:05
 4. Team Sparks (Matt Conway, Mark Nelson, Ismail Laher) - 3:31:40
 5. Green Mountain Athletic Association (Charlie Windisch, Victor Tirrito, Matthew Windisch) - 3:47:37

- Male Masters**
1. Central Vermont Runners (Gordon MacFarland, Jamie Shanley, Bob Murphy) - 3:16:05

- Female Open**
1. Trail Animals (Valerie Madden, Marcie Saganov, Jennifer Gear) - 3:36:18



A Better Crunch

Controversy continues over the correct way to perform an abdominal crunch. The goal is to isolate the abdominal muscles and refrain from using the iliopsoas (hip flexor) muscles. In our practice, we have found the following to do just that (figure 1):

- 1) Keep the back flat by maintaining a pelvic tilt position.
- 2) Bend the knees 90° with the feet unsupported.
- 3) Support the cervical musculature by placing the tongue on the roof of the mouth while keeping the eyes on the ceiling.
- 4) Place the fingers on the mastoid.
- 5) Contract the abdominal muscles to lift the scapula just off the surface.

This method, which prevents iliopsoas contraction and isolates the abdominals, is more effective than securing the feet under a chair, which allows iliopsoas contraction.

*Susan M. Kaschalk, BS
Pontiac, Michigan*

Illustration © 1996: Terry Boles



Figure 1. A crunch position that prohibits femur movement prevents iliopsoas contraction and isolates abdominal muscles.



Stop the Shin Splint Cycle

The onset of anterior shin pain (shin splints) is frequently insidious. Often, training errors or anatomic considerations such as early overuse; improper biomechanics (eg, excessive pronation, pes planus); inadequate warm-up; or hard, unforgiving training surfaces can contribute to the onset of shin splints. By isolating the causes in a given patient, one can address the necessary changes and determine the most effective treatment methods.

Overall, I have found positive results with arch taping or supports or heel cups, proper stretching (especially the tibialis anterior and tibialis posterior muscles), teaching proper running technique, altering the training surface, massaging with an ice cup before and after activity, and reducing training until pain subsides. Once running is pain free, an eccentric strength program that focuses on lower leg musculature can help prevent recurrence. **PBM**

*J.R. Vought, ATC
Wilkes-Barre, Pennsylvania*

Contributed
by
Daragh

Berlin Pond Couples Race

17th Annual Berlin Pond 8-Kilometer Couples/Individuals Race
Date: 9:00 A.M. Sunday August 4, 1996 Berlin Vermont

Registration: Pre-registration by mail \$6.00 with completed entry blank. Registration on race day \$8.00 from 7:30 A.M.-8:30 A.M. at the Maplewood Convenience Store, Route 62 Berlin, Vermont Exit 7 off Interstate-89 turn right at the light, the store is on the right.

SPONSORS: CENTRAL VERMONT MEDICAL CENTER and CENTRAL VERMONT RUNNERS CLUB

T SHIRTS/PRIZES: T-shirts to first 30 entrants (15 couples). Prizes to fastest couple open and masters (over 40) divisions' couples based upon combined times of the couples' entries. Also prizes to fastest individual females and males in the open and masters (over 40) divisions.

COURSE: A single 8-Kilometer (4.93 mile) loop counter-clockwise around Berlin Pond first half hilly, second half flat and fast, all dirt road. Water stop at mid-point. All distances are marked and the course is USA Track and Field Association certified, USATFA rules apply, including no baby joggers and no Walkmen etc. For additional information call Race Director: Michael Chernick (223-0918)

BERLIN POND COUPLES/INDIVIDUALS RACE ENTRY BLANK

Mail WITH \$6.00 fee no later than August 1, 1996 to

Michael Chernick, 7 Baird Street Apt 15, Montpelier, VT 05602.

Make checks payable to Central Vermont Runners. Be sure to complete the form and sign the waiver below.

Indicate Division Couples _____ Individual _____

Name #1 _____ M/F ___ Age ___ Birthrate _____

Name #2 _____ M/F ___ Age ___ Birthrate _____

Address: _____

City/State/Zip _____

I recognize that road racing is potentially dangerous and that I should not enter and run in this race unless I am medically able and properly trained. I agree to abide by the decision of the race officials relative to my ability to safely complete the course. I assume all risks associated with running in this race including weather, traffic, road conditions and animals. I, and if under 18 my parent or guardian, waive and release the Central Vermont Runners Club, the Town of Berlin, all sponsors, the USA Track and Field Association and the New England - USATFA from all claims or liabilities arising out of my participation in this event. If either entrant is under 18 a parent or guardian must also sign the appropriate line.

Signature of Entrant #1 _____ Date _____

Par/Guar Signature #1 _____

Signature of Entrant #2 _____ Date _____

Par/Guar Signature #2 _____



18TH ANNUAL BEAR SWAMP RUN

SATURDAY, JULY 13, 1996 - 9:00 A.M.

- PLACE:** Rumney Memorial School
Shady Rill, Middlesex, Vermont
- SPONSORS:** Central Vermont Runners and Middlesex
Recreation Committee
- REGISTRATION:** 8:00 a.m., July 13, Rumney Memorial School
- FEE:** \$4.00
- START TIME:** 9:00 a.m.
- COURSE:** 5.7 miles of scenic gravel road climbing 450
feet over the first three miles and gradually
descending back to the starting point.
- DIVISIONS:** Female and male - up to 12, 13-29, 30-39,
40-49, 50-59, 60+
- AWARDS:** Certificates or merchandise prizes to top finishers
in each division.
- INFORMATION:** Call Tim Noonan (223-6216)

Central Vermont Runners Membership Application

Name (please print) _____

Street _____

City _____ State _____ ZIP _____

Age _____ Birth Date _____ Sex _____ Phone _____

Names, birth dates of additional household members of CVR:

1. _____ 2. _____

3. _____ 4. _____

As a responsibility of club membership, I agree to be available to work on at least one club race during the year. My preferred race is indicated below. (Race directors will contact you.)

JUN-Capital City Stampede _____ JUN-Montpelier 10 Miler _____

AUG-Berlin Pond Couples Race _____ OCT-Leaf Peepers _____

Fun Runs (Tues., May-Oct) _____ DEC-First Night 5K _____

Annual dues are \$10 for individual or family, \$2 for a student. Enclosed are dues for the following years: 1996 1997 1998. Please make checks payable to Central Vermont Runners and mail to Norm Robinson, 66 Terrace St., Montpelier, VT 05602.

Fun Runs • Walks • Fun Runs



2, 4 and 6 miles

Open to All

(Runners & Walkers)

**Meet at the State Liquor Control Building
(Just beyond Green Mountain Power
off of Memorial Drive in Montpelier)**

**Every Tuesday* Evening at
5:30 PM**

***From the first Tuesday in May to the last Tuesday in October**

*Sponsored by
Central Vermont Runners Club*

Central Vermont Runners
c/o Jamie Shanley
Box 152
Montpelier, VT 05601

June/July 1996

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