

Can you identify
this CVR runner
nervously
awaiting the start
of the 100th
Boston Marathon?



CHAPLINS DOMINATE BEAR SWAMP RUN

For many years, Mark Chaplin has been one of the top runners in central Vermont. His daughter, Tara, is following in his footsteps, as she is one of the top high school cross country and track runners in Vermont. On July 13, 1996, they had the opportunity to show their talents together, as they were the overall male and female winners of the 5.7 mile Bear Swamp Run in Middlesex. Mark, who also won last year's race and some of the previous editions of this 18th annual race, finished the course in 35:43. Less than a minute behind him, the battle for second place was closely contested among fellow masters runners, with John Valentine finishing 2 seconds ahead of Bob Morell and 8 seconds ahead of Tim Noonan. Tara Chaplin finished in 40:06, 25 seconds ahead of her U-32 cross country and track teammate Sarah Czok. 3rd place finisher, and top women masters runner, Johanne DeBoer was only 3 seconds behind Czok.

31 runners participated this year, an increase over last year. This race is perhaps most notable for its hills and rustic nature. It climbs 450 feet in the first 2 ½ miles, and then is flat or downhill for the remaining 3 plus miles. The high amount of rain this year, and a steady rain on the day of the race, led to slippery, muddy going for portions of the race.

Many thanks to race volunteers Sue Pryce, Michael Chernick, Jessica Chaplin and any others. Special thanks to Sue Pryce of the Middlesex Recreation Committee, who stepped forward this year to be the lead person for the Committee. She arranged to have the school open, participated in putting the mile markers and directional bear signs out on the course, set up the water stop and was at the finish line. Michael Chernick also deserves special credit, devoting his entire morning (beginning at 6:00 a.m.) to performing various race duties. This was the sixth year the Central Vermont Runners have sponsored the race along with the Middlesex Recreation Committee.

Hope to see you next year at this low-key, fun event!

Tim Noonan
Race Director

RESULTS

Female 13-29	-	Tara Chaplin	40:06
		Sarah Czok	40:31
Female 30-39	-	Laura Medalie	45:25
		Maureen Carr	48:46

BEAR SWAMP RUN RESULTS (Cont.)

Female 40-49	-	Johanne DeBoer	40:34
		Carol VanDyke	44:52
		"Slim"	48:03
Male 13-29	-	Tim Croteau	39:08
		Jason Serota-Winston	39:58
		Chris Jones	42:31
Male 30-39	-	Dave Kissner	37:17
		Mike Gillis	39:01
		Lou Bello	39:04
		Tom Hecimoulch	39:24
		Jim Assmann	43:14
		Mack Gardner-Morse	43:43
		Gabriel Cadenas	45:14
		Marty Hewson	47:42
Male 40-49		Mark Chaplin	35:43
		John Valentine	36:33
		Bob Morell	36:35
		Tim Noonan	36:41
		Jamie Shanley	37:39
		Mark Brook	39:34
		Russ Petelle	39:45
		"Big Daddy Bear" (a.k.a. Sigh Searles)	41:41
Male 50-59		Bill Jones	39:39
		Gordon Johnson	44:33
		Bill Mayo	45:18
		Syd Champany	45:38
Male 60+		Bob Mercier	49:38

Berlin Pond 8K Couples' Race - August 4, 1996
Michael Chernick

An initially foggy Sunday morning quickly evolved into a bright sunny day that was meteorologically ideal for the 17th annual Berlin Pond 8K Couples' Race. Despite competition from the live televising of the Olympic men's marathon, a small, but enthusiastic, field of 23 runners, that featured some of central Vermont's sturdiest competitors, ran the dirt surfaced hilly and circular course.

Laura Medalie zoomed ahead at a speedy clip to lead the seven female open class competitors with a finishing time of 38:25. Moira Durnin speedily led the three master females finishing the course with the admirable time of 32:27. Keith Woodward dramatically outdistanced the entire field in stunningly winning the eight member male master class in a flat 28:00. Tom Kaiden led the 5 open class males methodically finishing the circumferal path in 29:10.

Berlin Pond is a unique event from a scoring perspective. While all participants are rated as individuals in their respective gender and age based classes, many runners are also paired as couples teams. This year the impressive 6 entries in the open (combined age under 80) class were led by the powerful performance of Dave Kissner and his teammate Laura Medalie whose team time was 70:08. A sentimental favorite open team of many race aficionados was comprised of the father and daughter combo of John and 17 year old Megan Valentine who, as a running duo, ran a respectable 73:19.

Amongst the four masters teams (combined age over 80) the winning pair was Tom Kaiden and Moira Durnin who set a combined pace of 61:37.

Corporate support, which enabled those great tee shirts from the presses of Porcupine Graphics in Bethel to be manufactured, was provided by the generous underwriting of the Central Vermont Medical Center. Doug Hill once again, and for the first time on a busy Sunday morning, graciously permitted the use of the Maplewood Convenience Store's parking lot and adjacent facilities as a staging and awards' presentation area.

The very novice race director approached this assignment with the expected degree of trepidation. His concerns were alleviated by the much appreciated help of Dave and Darragh Ellerson who magnificently supervised the finishing line duties and performed other essential tasks. The ever reliable Bob "Murph" Murphy expertly set the course assuring that the distances were genuine and USATFA certifiable. Most especially, Tim Noonan guided the director through the fundamentals of supervising a road race and provided crucial logistical support.

RESULTS

Couples Masters (Combined Age Over 80)

Rank 1

Name	Hometown	Age	Time
Thomas Kaiden	East Montpelier	37	29:10
Moira Durnin	Stowe	<u>45</u>	<u>32:27</u>
		82	61:37

Rank 2

Name	Hometown	Age	Time
Sally Searles	Wolcott	48	43:08
Keith Woodward	East Corinth	<u>46</u>	<u>28:00</u>
		94	71:08

Rank 3

Name	Hometown	Age	Time
Pat Driscoll	Moscow	41	39:11
Sigh Searles	Wolcott	<u>47</u>	<u>35:29</u>
		88	74:40

Rank 4

Name	Hometown	Age	Time
Newton Baker	Randolph	55	36:38
Ann Gilbert	Calis	<u>38</u>	<u>38:43</u>
		93	75:21

Berlin Pond Couples Race Results - August 4, 1996

Couples Open (Combined Age Under 80)

Rank 1

Name	Hometown	Age	Time
Dave Kissner	East Montpelier	30	31:43
Laura Medalie	East Montpelier	<u>33</u>	<u>38:25</u>
		66	70:08

Rank 2

Name	Hometown	Age	Time
Tim Noonan	Montpelier	40	30:34
Maureen Carr	Montpelier	<u>31</u>	<u>39:57</u>
		71	70:31

Rank 3

Name	Hometown	Age	Time
Jamie Shanley	Montpelier	43	31:14
Kim Kendall	Montpelier	<u>31</u>	<u>39:29</u>
		74	70:43

Rank 4

Name	Hometown	Age	Time
John Valentine	Roxbury	46	30:27
Megan Valentine	Williston	<u>17</u>	<u>42:52</u>
		63	73:19

Rank 5

Name	Hometown	Age	Time
Nannette Dyer	Woodstock	34	39:19
Jeff Blake	Woodstock	<u>32</u>	<u>37:08</u>
		66	76:27

Rank 6

Name	Hometown	Age	Time
Mark Brier	Williamstown	27	48:38
Rose Thmpson	Barre	<u>30</u>	<u>45:30</u>
		57	94:08

Female - Open (Under Age 40)

Name	Hometown	Rank	Age	Time
Laura Medalie	East Montpelier	1	33	38:25
Ann Gilbert	Calis	2	38	38:43
Nannette Dyer	Woodstock	3	34	39:19
Kim Kendall	Montpelier	4	31	39:29
Maureen Carr	Montpelier	5	31	39:57
Megan Valentine	Williston	6	17	42:59
Rose Thompson	Barre	7	30	45:30

Female - Masters (Over Age 40)

Name	Hometown	Rank	Age	Time
Moira Durnin	Stowe	1	45	32:27
Pat Driscoll	Moscow	2	41	39:11
Sally Searles	Wolcott	3	48	43:08

Male - Open (Under Age 40)

Name	Hometown	Rank	Age	Time
Thomas Kaiden	East Montpelier	1	37	29:10
Dave Kissner	East Montpelier	2	30	31:43
Jeff Blake	Woodstock	3	32	37:08
James Morgan	Montpelier	4	32	40:56
Mark Brier	Williamstown	5	27	48:38

Male - Masters (Over Age 40)

Name	Hometown	Rank	Age	Time
Keith Woodward	East Corinth	1	46	28:00
John Valentine	Roxbury	2	46	30:27
Tim Noonan	Montpelier	3	40	30:34
Jamie Shanley	Montpelier	4	43	31:14
Sigh Searles	Wolcott	5	48	35:29
Newton Baker	Montpelier	6	54	36:38
Gene Nichols	Stowe	7	53	37:22
Harold Orr	Woodstock	8	57	57:29

Congratulations Donna and Dot!

Donna Smyers and Dot Helling had outstanding performances in the recent Vermont Sun Earth Journey Triathlon

This article is reprinted from the September 25 issue of the Washington World

Local Women Complete Earth Journey

Donna Smyers of River-ton, and Dot Helling of Montpelier, completed the three-day Vermont Sun Earth Journey Triathlon, one of the six hardest triathlons in the world. Smyers and Helling finished second and fifth, respectively, in a field of nine finishers. Three of the finishers were women, all from Vermont, and all becoming the first North American women to complete this event. The event took place Sept. 13-15, in the Middle-bury and Lake Dunmore area.

Smyers completed the event with a total time of 25 hours and 35 minutes. She was second only to Steve Hare, the race director and defending champion, who finished in a time of 24:13. The event consisted of a 13-mile canoe or 5.5-mile swim and 95-mile road bike on day one, 168-mile road bike on day two, and a 51-mile run on day three. The biking and running included a series of climbs including Appalachian, Middle-bury and Brandon gaps. Helling capsized in the canoeing portion of the event and suffered hypothermia but struggled her way back to finish with a total time of 28 hours and 32 minutes, good for the masters championship.

The competitors battled

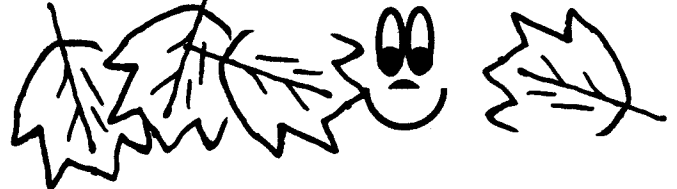
through a variety of adverse conditions including high seas, stiff headwinds, rain and cool temperatures. The event drew competitors from other countries. This was the fifth annual event. Helling and Smyers were both sponsored by Onion River Sports and Mad River Canoe also sponsored Helling in the canoe portion of the event. Smyers swam the first leg and clocked the fastest swim time amongst the competitors. Helling's canoeing fiasco placed her dead last at the start of the first biking segment.

The third woman finisher was Susan Olgivie from the Middlebury area. Olgivie is a teacher at the Ripton Elementary School and finished her first Earth Journey in a time of 33 hours and one minute. In addition to the three women and Steve Hare, there was a fifth Vermonter, Craig Wood of Plymouth, who finished in a time of 27 hours and 51 minutes for fourth place.

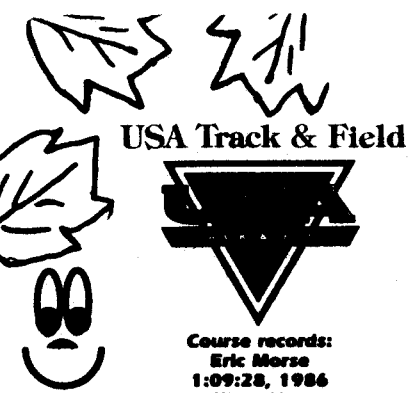


THE THIRTEENTH ANNUAL
**LEAF PEEPERS
HALF-MARATHON
AND 5 Km RACE**

SUNDAY, OCTOBER 6, 1996
11 A.M., WATERBURY, VERMONT
Organized by the Central Vermont Runners
and Harwood Union Boosters Club.



15 Years of Great Coffee



Course records:
Eric Morse
1:09:28, 1986
Cindy New
1:19:27, 1995

SPONSORED BY: The World, WDEV, National Life, Cabot Creamery and Vermont Pure Natural Spring Water

ORGANIZED BY:
The Central Vermont Runners and Harwood Union Boosters Club.

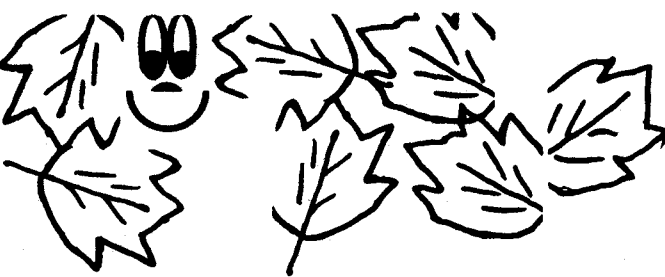


Harwood Union Boosters Club

COURSE: 13.1 miles of scenic country in the shadow of the Camel's Hump. Course is out and back on fast, flat to gently rolling, 60% dirt, 40% paved road. Starts and finishes at the Vermont State Hospital Main St., Waterbury, Vt. Off Exit 10 - I89. Aid stations approximately every 3 miles. Traffic control. R.R.C.A. Sanctioned. Both Races Certified. Co-directors: Darragh Ellerson and Newton Baker. Unique radio coverage of race from start to finish by WDEV.

AWARDS: At Vermont State Hospital.

DIVISIONS: Male-18 and under, 19-29, 30-39, 40-49, 50-59, 60 and over. Female-18 and under, 19-29, 30-39, 40-49, 50-59, 60 and over. (No earphones or baby bug-gies.)



PACKET PICKUP: 9 a.m. to 10 a.m. on race day at Vermont State Hospital, Waterbury, Vt.

ENTRY FEE:

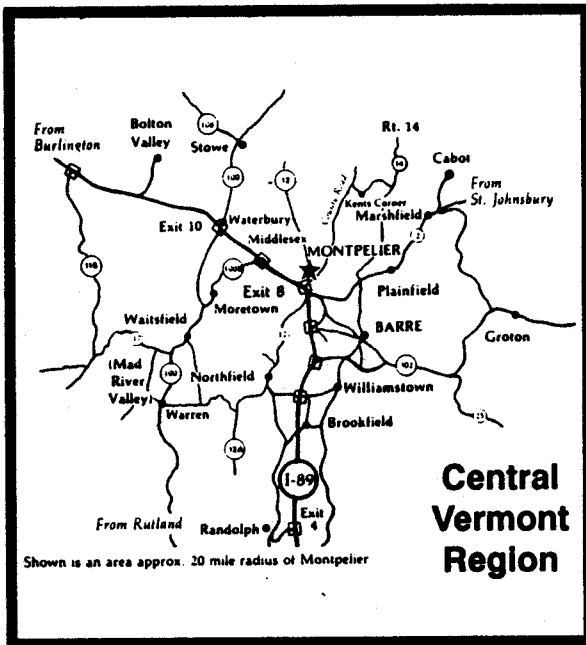
Half Marathon: \$15 (U.S.)-\$20 race day
5 Km: \$10 (U.S.)-\$15 race day.

T-SHIRT:

Those with entries postmarked by September 30 will be guaranteed a Leaf Peepers T-shirt. Entries accepted 9 a.m. to 10 a.m. on race day with NO guarantee of T-shirt.

LODGING

Information available from
Stowe Central Reservations: 1-800-24-STOWE
&
VT Chamber of Commerce: 1-800-223-3443



Make checks payable to Central Vermont Runners and mail entries to
Darragh Ellerson
Upper North Street, Box 170
Montpelier, VT 05602
(802) 223-2080



OFFICIAL ENTRY BLANK

NAME (Please Print) _____

STREET _____ CITY _____

STATE _____ ZIP _____

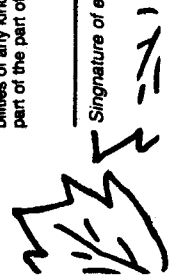
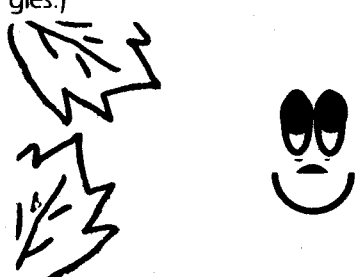
AGE _____ BIRTH DATE _____ SEX: Male Female

Check appropriate box: Half Marathon 5 Km SHIRT SIZE: S M L XL

ALL ENTRANTS MUST SIGN A WAIVER
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 City of Waterbury and all sponsors, their representatives and successors from all claims of liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence of carelessness on the part of the persons named in this waiver.

Signature of entrant _____ Date _____ If entrant under 18, parent must sign _____ Date _____

9



CVR meeting - September 30

The next meeting of Central Vermont Runners is Monday evening, September 30 at 6 p.m., at the home of Darragh Ellerson on upper North St., Montpelier. Call Darragh at 223-2080 if you need directions. The meeting begins with pizza. After dinner you can burn off those calories by helping Darragh assemble the race packets for the October 6 Leaf Peepers Half Marathon / 5K. Somewhere in between the club meeting will be conducted. Please come out and lend a hand, the more hands the quicker we're done.

Upcoming events

September 29 (Sunday): 10 am. 12-mile trail / 5-mile road races, South Strafford, VT. 800-338-8486 days, 802-765-4239 eves.
Ed. note: I ran the trail race last year (its debut). It was well-organized, the course was a nice mixture of trails, field paths, dirt roads and logging roads, no shortage of hills but some easier sections mixed in.

September 29 (Sunday): Le défi Orford, otherwise known as the Mt. Orford Hill Climb. Call Joel St.-Louis at 819-566-5363. This is a footrace up Mt. Orford, a 2890 ft peak on the north end of Lake Memphremagog near Magog, Québec, about 45 minutes north of Newport. For the past several years this race has conflicted with Leaf Peepers but this year you can do both.

October 6 (Sunday): 11 am. Leaf Peepers Half Marathon / 5K. Waterbury, VT. 13th annual. A CVR classic. See flyer this issue or better yet come to CVR meeting September 30 and hear all about it while helping out with the race packets.

October 12 (Saturday): 9 am. Arthur Tudhope Memorial 10K, Shelburne Beech, VT, David Casey, 802-865-9208.

October 13 (Sunday): 1 pm. Ripton Ridge Run 10K/5K and 5K walk. 9th annual. 802-388-2208.

October 19 (Saturday): 8:30 am. Green Mountain Marathon / Half Marathon. 11th annual. Howard Atherton, 802-434-3228.

October 22 (Tuesday): 5:30 pm. The final Fun Run of the year will be followed by the traditional post-run celebration at Julio's.



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

September
1996

Vol. 17 No. 4?

Please recycle this newsletter (or pass it on).