

Central Vermont Runners membership application

Name (please print) _____

Street _____

City _____ State _____ Zip Code _____

Sex: M F Age _____ Birth Date _____ Phone _____

Names and 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.)

- April - Mutt Strutt _____ May-Oct. Tuesday fun runs _____
- June - Capitol City Stampede _____ June - Montpelier 10 Miler _____
- July - Berlin Pond Couples Race _____ Sept - Northfield 5K _____
- Oct.- Leaf Peepers _____ Dec - First Night _____

Annual dues are \$10 for individual or family, \$2 for students.
Enclosed are dues for the following years: 1997 1998 1999 2000.
Please make checks payable to Central Vermont Runners and mail to Norm Robinson, 66 Terrace St., Montpelier, VT 05602.



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

**June
1997**

Vol. 18, No. 3

Please recycle this newsletter (or pass it on).

CVR President's Message Late May/Early June 1997

Happy trails to all runners in the Central Vermont area! I certainly do hope the trails and roads in your area by now are indeed "happy" and not muddy.

Taking the lead from my last President's Message, where I dropped a hint or two about our club's First Annual Mutt Strutt (a huge success as you've no doubt already read about in this newsletter), I'm using this space to keep you informed of some different, "alternative" running events. None of these items are -- as yet -- CVR sponsored events.

HASHING!

Yes, one of Central Vermont's leading proponents of hashing is at it again. Laura Medalie and I are setting a hash on Wednesday evening, June 18, from the Old Meeting House in East Montpelier Center at 6:30 PM.

For the uninitiated, a hash is a running course, usually on trails, marked by dollops of flour on the ground. The challenge to the "hounds" (i.e. you as the runners following the hash course) is to follow the marked course through the many "checks" or intersections along the way back to the starting point of the course. Some of the trails from the checks are in fact false trails, so the hounds are forced to go back to the last check to find the "correct" trail. I know it sounds a little bit confusing -- it's sort of like a runner's maze. But it's easy to learn as you run along with the hash.

And the hash is a non-competitive event -- in fact, good hounds will help each other out by calling "on-course" or "on-flour" when following the correct trail. Walkers as well as runners are always encouraged to join the hash.

Our local hashing group, the Green Mountain Hash House Harriers, meets about twice a month from May through Halloween. The GMHHH is a Burlington-based group, so most of the hashes are set in or near Chittenden County. Your next chance to catch a nearby hash after our East Montpelier Center hash is July 23, when Larry Lackey sets the "Stowe Death March" hash. Please let me know if you want more information on Larry's hash or would like to have the complete 1997 schedule. Just call 229-4523.

CREEMEE RUN?

Discussion on this topic has a run in pursuit of Montpelier's finest taking place some time this summer. You may have heard of, or even participated in, a pub crawl. But are you ready to take on a "creemee crawl"?

Like the hash, the creemee run would be a non-competitive running event. We are merely discussing a fun run from one creemee stand to another. And maybe another, depending on how one's stomach handles running after a couple creemees. The creemee run course might include the Dairy Creme stand on Route 2 near the Three Mile Bridge Rd., Cano's on Elm Street, or your favorite downtown creemee location. But it MUST include the best maple creemees in the world, found at the Morse Farm (with apologies to the Bragg Farm, which is too far out of the way to include on this run.)

Another proposed version of this event includes a creemee stop at the Morse Farm with several stops at other famous sites in the East Montpelier area.

Date, time, official course for the creemee run? Anyone wish to take the lead on this?

(President's message, continued)

TRAIL RUNNING

Over the last few summers I've hinted among club members that I've wanted to do more trail running. But I've never been able to break out of the rut of my Montpelier/East Montpelier routine running routes.

Is there a critical mass of runners within the club that would like to get together for occasional weekend fun trail runs?

YOUR THOUGHTS...

The above suggestions are just some food for thought for alternatives to our club's competitive road race schedule. Ideas like these are always welcome for discussion at any club meeting. I also still hope to see you aiming to shatter your PR at our next club race!

By popular demand, Richard submitted the recipe he prepared at the last CVR meeting at Norm's house. Here it is!

FINICKY PERSON'S BLACK BEAN SOUP WITH CHICKEN AND RICE (by Richard Cleveland, adapted from *The American Heritage Cookbook*)

2 cups dried black beans	Pinch mace or allspice
Large yellow onion, chopped	Pinch thyme
2 cups chopped carrots	½ tsp ground clove
4 stalks chopped celery	2 bay leaves
4 or 5 sprigs fresh parsley or 1 TBSP dried	2 tsp dry mustard
1 TBSP Worcestershire sauce	¼ cup cooking sherry
1 lb cooked chicken, finely diced	2 cups cooked rice (any variety)

Soak beans overnight in enough cold water to cover; in morning, drain and add 2 quarts water; add all other ingredients except sherry; bring to boil and simmer gently for 2 to 3 hours or until beans are very tender. Remove bay leaves and run soup through blender; add sherry, cooked chicken and rice and season to taste. If it's too thick, thin with water.

Because I like the taste, but not the texture, of onions, I cooked the onions, celery and carrots in chicken broth (enough to cover) until mushy and then pureed it; that went into the pot with rest of the ingredients when I started cooking the beans. When the beans were tender, I pureed about one-third to one-half of them and left the rest whole to give texture to the soup. (If you're not finicky about onions, you could certainly leave some of the beans and other ingredients whole if you follow the original recipe.)

The original recipe called for a meaty hambone to go into the pot at the outset, with the meat to be cut off and added to the pureed soup at the end (instead of the chicken, which was my brainstorm). For vegetarians, the basic recipe ought to work well without the meat (and of course, anyone who hates rice can omit *that!*).

Upcoming events

Ongoing (Tuesdays), 5:30 pm. Fun Runs. 2, 4, or 6 miles. Meet at start of bike path at end of parking lots beyond Montpelier High School athletic fields.

June 7 (Saturday) Kids' Track meet, Montpelier High School - *application in this issue*

June 14 (Saturday) Capital Stampede 10K, Montpelier - *application in this issue*

June 21 (Saturday) Mt. Washington Road Race

June 28 (Saturday) Paul Mailman 10-miler, Montpelier - *application in this issue*

July 6 (Sunday) Cannonball 4-miler (+ kids' 1-miler), Morrisville

July 12 (Saturday) Bear Swamp Run, Middlesex

July 20 (Sunday) Stowe 8-miler

July 27 (Sunday) Berlin Pond Couples Race

Race results

Boston Marathon: Dot Helling ran 3:25, Sigh Searles ran 3:28, and Russ Petelle ran 3:38.

Covered Bridges Half Marathon: Several CVRs participated - will report next issue.

Corporate Cup: Many CVRs participated. Donna Smyers was first woman overall.

Powerman Switzerland Duathlon: Donna Smyers, by winning her age class in the Powerman Alabama Duathlon, qualified to compete in the Powerman at Zofingen Switzerland on June 1. We wish Donna luck!

Vermont City Marathon: Norm Robinson gave a pretty good rundown of CVR results in his column in this issue. I have one to add, Liz Muckerman's 4:09.

CVR meeting

The next meeting will be Monday, June 2 at Darragh Ellerson's house on Upper North St., Montpelier, at 6:30 pm. For directions call Darragh at 223-2080. We will discuss logistics for the Kids' Track Meet on June 7 and our other 2 big June races. See application forms in this issue.

* Special Entertainment Feature* Newton Baker will show his video of the Mutt Strutt.

Walk for animals

The Central Vermont Humane Society Walk for Animals on May 10 was a big success despite the cold and rainy weather. CVR presented the Humane Society with a check for \$240 -- the proceeds from the Mutt Strutt -- at the Walk. Our support was appreciated.

Renew your membership! - LAST CHANCE!!

If there is a blue dot next to your mailing label we still need your membership dues for 1997. This is the last newsletter you will receive if you don't renew. If you think we're in error, please check with Norm (223-7351). See registration form in this issue.

LAKE WINNIPESAUKEE RELAY !!

A great opportunity exists for CVR to participate in a team event. The Lake Winnepesaukee Relay will be held on Sept. 20 at 8:00 a.m. It is 64 miles around the lake with 8 person teams. Legs of the relay vary from 4 to 11 miles.

The legs (in order they are run I believe) are: 10.7, 11, 10, 4, 10.8, 6.4, 8.5, 4.4. So you see there is a distance for everyone!

Entries are \$120/ team (this is \$15.00/person) and entry deadline to get T-shirts is **August 1**. There is a variety of teams combinations possible, including: men's & women's open, men's/women over 40, 50 60, mixed, and mixed masters. Mixed teams are 4 men and 4 women.

I believe this would be a lot of fun for one or more teams. I am willing to coordinate things, or you can get a team together. We need to plan now, and make commitments soon. Call me at 223-7351 if interested.

Norm Robinson

WANTED:

VOLUNTEERS FOR THE CVR KID'S RUN!!

SATURDAY, JUNE 7TH: 8:30-11:30

We need lots of help with pre-registration, timing, softball and long jump activities, etc.

Contact Tim Noonan(223-6216), or Norm Robinson (223-7351) if you can lend a hand, even for an hour.

Kids' Track Meet



Saturday, June 7, 1997
9:30 - 11:00 a.m.
Montpelier High School track
(Registration: 8:30 - 9:15 a.m.)



Open to all Central Vermont kids from pre-school through 6th grade. Age groups are: pre-school-kindergarten, 1st - 2nd grade, 3rd - 4th grade, and 5th - 6th grade. Grade based on school year just completed.

Second annual event! Last year's meet attracted 115 kids from throughout Central Vermont.

Many different events! - mile run (3rd grade and older), half mile run (1st and 2nd grade), quarter mile run, 100 yard dash, long jump, and softball throw.

Free admission to all events! Medals and ribbons to all participants!

Liquid refreshments will be provided. For more information, call Norm Robinson (223-7351) or Tim Noonan (223-6216). A parent should be present at the track to grant permission for a child to participate. All participants need to register by 9:15 a.m. to allow the meet to start on time.

Come Join the fun!!!

Sponsored by Central Vermont Runners Club



20th Annual !!

CAPITAL CITY STAMPEDE

10 KILOMETER ROAD RACE
VERMONT'S FASTEST 10K
SATURDAY JUNE 14, 1997
MONTPELIER, VERMONT

SPONSORED BY:



RACE-DAY REGISTRATION: 7:30 AM, CORNER OF SCHOOL STREET AND
MAIN STREET, MONTPELIER, VT (Unitarian Church Parking lot)

 RACE START TIME: 9:00 AM SHARP!

ENTRY FEE: \$6.00 UNTIL JUNE 8TH, \$9.00 ON RACE DAY
(T-SHIRT IS ADDITIONAL \$7.00 - LIMITED QUANTITY)

FLAT AND FAST: Out-and-Back Course; Half Pavement, Half Dirt. USAT&F CERTIFIED
Water Stops at approximately 2 and 4 miles

AWARDS: Gift Certificate Prizes to Top 3 Male and Female Finishers
Awards Presented to Top 3 Finishers in Categories:
Male & Female; 19 and under, 20-29, 30-39, 40-49, 50-59, 60+

REFRESHMENTS PROVIDED AFTER THE RACE

Name: _____ Age on Race Day _____ Sex: M F

Street _____ City _____ State _____ ZIP _____

T-SHIRT SIZE (please enclose additional \$7.00) M L XL

OFFICIAL ENTRY BLANK

Deliver or Mail with Entry Fee to: Sam Davis, 7 Valleyfield Drive, Colchester, VT 05446
(Checks must be made payable to *CENTRAL VERMONT RUNNERS*)

I HEREBY WAIVE, RELEASE, AND DISCHARGE ANY AND ALL CLAIMS FOR DAMAGES FOR DEATH, PERSONAL INJURY OR PROPERTY DAMAGE WHICH I MAY HAVE, OR WHICH MAY
HEREAFTER ACCRUE TO ME AS A RESULT OF MY PARTICIPATION IN THE CAPITAL CITY STAMPEDE. THIS RELEASE IS INTENDED TO DISCHARGE THE PROMOTERS, THE
SPONSORS, THE OFFICIALS, AND ANY PUBLIC ENTITIES, FROM AND AGAINST ANY AND ALL LIABILITY.

SIGNATURE OF ENTRANT _____ DATE _____

PARENT OR GUARDIAN if under 18 _____

Meeting Minutes
April 17, 1997

MC

Mutt Strut: Jamie Shanley and Donna Smyers are making preparations to hold the race on April 27 at Little River State Park in Waterbury.

Northfield 5K: A meeting is scheduled for May 5 at Northfield Savings Bank. Tim Noonan plans to attend.

Montpelier 10 Miler: Tim Noonan would like to offer T-shirts this year. The registration fee will be \$13 and will include a T-shirt. The fee will drop when the shirts run out. The race is scheduled for June 28 at 9:00 at Montpelier High School.

Capital City Stampede is on schedule for June 14 with Sam Davis as race director.

Berlin Pond: Michael Chernick reports that the race is set for 9:00 on July 27.

Leaf Peepers: Gordan MacFarland, race director, is suggesting some changes to the race such as more food, holding registration and awards inside, holding the award ceremony earlier and involving the vendors, providing more aid on the course, charging a lesser registration fee if the T-shirts run out, and giving T-shirts to the volunteers. The race is planned for Oct 5. Gordon is looking for a volunteer coordinator, someone to manage the food, and a course manager.

Kids Track Meet: Norm Robinson and Tim Noonan will have pre-registration this year. They plan to have kids begin the softball throw and long-jump immediately after registering. The meet will include kids up through the 6th grade. Norm and Tim are looking for volunteers. The meet is scheduled for June 7 at the Montpelier High School track.

Darragh is filling out a questionnaire for RRCA - something to do with certification.

Bob Murphy picked up another Jones Counter for use in calibrating the race courses.

The next meeting is scheduled for June 2 at 6:30 at Darragh's.

The Paul Mailman

Montpelier Ten Miler

Saturday, June 28, 1997, 9:00 a.m.

**23rd
Annual Race**



**One of Vermont's
Oldest Races**

T-Shirts to first 75 registrants. Register early!

- PLACE:** Montpelier High School, Montpelier, Vermont
- SPONSOR:** Central Vermont Runners. Call Tim Noonan if you have any questions -223 6216.
- REGISTRATION:** To pre-register, make checks payable to Central Vermont Runners and mail entries to: Tim Noonan, 2 Pinewood Road, Montpelier, Vermont 05602. Post-registration at the high school, June 28, 1997, from 7:30 a.m. - 8:45 a.m. Dressing and bathroom facilities available.
- FEE:** \$13. Pre-registration must be made by June 24.
- STARTING TIME:** 9:00 a.m.
- COURSE:** Starts at front of Montpelier High School. Flat to rolling out and back course over primarily dirt roads. Finishes at Department of Employment and Training building, a quarter mile from the start. Four water stations. Miles accurately marked. Course is certified.
- DIVISIONS:**
 FEMALE - Under 18, 18-29, 30-39, 40-49, 50-59, 60+
 MALE - Under 18, 18-29, 30-39, 40-49, 50-59, 60+
 TEAMS-1-39 Open Male, 1-39 Open Female, 40+ Masters Male, 40+ Masters Female
- PRIZES:** Trophy and gift certificate/merchandise prize to top male and female. Gift certificate/merchandise prize for top finishers in each age division. Plaque to top teams.



OFFICIAL ENTRY FORM - JUNE 28, 1997 PAUL MAILMAN MONTPELIER TEN MILER

NAME _____ SEX M F AGE _____ BIRTH DATE _____
 STREET _____ CITY _____ STATE _____
 ZIP _____ CLUB OR TEAM (if applicable) _____
 T-SHIRT SIZE: S M L XL

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 Montpelier and all sponsors, their representatives and successors from all claims and liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____ Date _____

Signature of parent or guardian if participant under 18 years of age _____

The following article was submitted by Darragh. It appeared in the January 1997 issue of the University of California at Berkeley Wellness Letter

Can pond scum really keep you healthy?

In their search for healthy foods, human beings have swallowed a lot of odd-looking things: oysters, turnips, kumquats, kiwifruit—all of which must have required a certain courage to bite into for the first time. Lately some people have courageously been swallowing capsules, pills, and powders containing what is basically pond scum: blue-green algae of various types, including Spirulina, Anabena, and Aphanizomenon. One of these blue-green products, marketed aggressively by an Oregon company called Cell Tech, is called "Super Blue Green Algae," which is a type of Aphanizomenon.

Blue-green algae, an important part of the food chain, are microscopic plants with characteristics of both bacteria and algae (such as seaweed), but are more closely akin to bacteria. Blue-green algae contain protein, vitamins (including C and folacin), beta carotene, and other nutrients. Like green plants, they are rich in chlorophyll, a pigment that enables plants to

Wellness facts

■ **Chromium loses its claims.** In November the Federal Trade Commission forced three of the leading marketers of chromium picolinate to stop claiming that the pills promote weight loss, burn fat, build muscle, lower cholesterol, regulate blood sugar, and treat or prevent diabetes. The FTC concluded, as the *Wellness Letter* did in August, that these health claims had not been substantiated by scientific studies, and that there was no good evidence for the claim that most Americans don't consume enough chromium in their diets.

■ Thirty years ago, virtually all American adults had significant gum disease (periodontitis), **but today only about 15% have moderate to severe gum disease.** This improvement is due to better oral hygiene, fluoridation (which helps keep teeth healthy), and increased use of antibiotics. Gum disease, which can lead to loss of teeth, is caused by bacteria that live off trapped food at the gum line. One sure sign of periodontitis is gums that bleed during brushing.

■ The discovery that the bacteria *Helicobacter pylori* are involved in most peptic ulcers—and that ulcers can thus be cured with antibiotics—has been one of the most impressive recent advances in medicine. But before any ulcer is treated, it's important to make sure that the bacteria are indeed present. Until now this has required an endoscopy (expensive and invasive) and biopsy. **But now the presence of the bacteria can be detected in a doctor's office with a simple breath test recently approved by the FDA.**

manufacture sugars from solar energy. Chlorophyll, however, is not a human nutrient.

No medical claims allowed, but...

It is not true, as some marketers of blue-green algae claim, that these capsules or pills or mixes will treat or cure AIDS, Alzheimer's, herpes, and other diseases. Searching the medical literature, we have unearthed no solid evidence that blue-green or any other algae will "detoxify" your body, "purify" your blood, energize you, help you lose weight, or boost your immune system. The people who sell these and similar products are prohibited by law from making medical claims on the box or bottle, but they make them anyway, in brochures and other materials and by word of mouth, promoting their products as "whole foods" with nearly miraculous powers. The marketers also sell an array of nutritional supplements, inspirational tapes, and how-to tapes for recruiting customers. The sales pitch includes the unfounded and preposterous claim that food grown in American soil is no longer nutritious.

Cell Tech, like many other purveyors of supplements, sells through a multi-level marketing system. That is, if you buy a product, you can then sell it to your friends and relatives, who sell it to their friends, and so on. Cell Tech's ideal distributor, the company president says in a rather startling piece of typecasting, wears Birkenstock sandals, belongs to Greenpeace and Save the Whales, and eats granola. (Why would *these* people encourage their friends to spend perhaps \$100 or more on such unproven stuff?) Brochures claim that Cell Tech's products will energize your body, focus your mind, keep your digestion "on track," make your hair shine, and even keep your pets healthy. As of 1995, Cell Tech claimed to have 255,000 distributors in the U.S. and Canada.

Little evidence, many testimonials

Our repeated requests for published, independent scientific studies with data backing up Cell Tech's health claims produced only a vague statement that "studies are underway at research institutions." What institutions? "Well, we can't say." A Canadian researcher who is a consultant for Cell Tech assured us that the products are not contaminated. Nevertheless it's easy for algae to become contaminated, and according to the National Council Against Health Fraud, consumer complaints about side effects of algae supplements, such as nausea and diarrhea, are common.

You're better off eating a vegetable

Blue-green algae is not medicine. It's a negligible protein source when taken as a tablet or capsule. Anyway, protein is widely available in the American diet, in much less expensive forms. And blue-green algae is inferior to most vegetables as a source of vitamins, minerals, and fiber.

The super blue-green truth: *Dr. Varro Tyler, Professor of Pharmacognosy (that's the scientific study of herbs) at Purdue University, has this to say about blue-green algae: "It contains minimal amounts of protein, and it's not a particularly good source of nutrients. It doesn't even taste good. It has never been proven useful. I'd rather eat a carrot."*

First Annual Mutt Strutt, April 27, 1997

A Central Vermont Runners event at Little River State Park, Waterbury, Vermont

On a beautiful sunny spring day, 39 human-canine teams came to Little River State Park to compete in the first annual Mutt Strutt. Tim Noonan and Gus turned in the fastest time of the day, 18:33 for the challenging 3-mile course. In second place overall, and first for the women was 16-year old Caitlin Compton, who coaxed her dog Clover across the line in 19:20. Sometimes dogs dragged their owners across the finish line and sometimes it was the other way around. Dogs cooled off after the event by jumping in the kid's pool that was supposed to be their drinking water and by rolling around in a patch of remaining snow. The dogs were particularly well-behaved, only a few minor skirmishes broke out; they even sat patiently through the group photo session.

Thanks to: VTskate, who put up seed money for the event; sponsors Waterbury Agway, Ide's Feed Store, Onion River Animal Hospital, and House Mouse Designs, who provided prizes; KC's Bagel Cafe of Waterbury, who provided bagels; and the Vermont Department of Forests, Parks, and Recreation, who waived the permit fee for use of the park. Because of the generosity of these parties, race entry fees went entirely to support the Central Vermont Humane Society. CVR presented a check for \$240 to the Humane Society at their Walk for Animals on May 10. Thanks also to Maureen Carr, Nance Smith, Joann Demicco, Laura Medalie, and Tim Noonan for volunteer help. Sandy and Clay kindly provided quality control testing on the doggie biscuit snacks and rawhide prizes. See you again next year!

Owner	Dog	Residence	Time	Owner M/F	Owner age	Dog size	Place in division
1 Tim Noonan	Gus	Montpelier	18:33	M	40	Med	1
2 Caitlin Compton	Clover	Warren	19:20	F	16	Large	1
3 Ted McKnight	Bentley	Jericho	20:29	M	52	Med	1
4 Brian Morse	Cadbury	Montpelier	20:39	M	30	Large	1
5 Dennis Shaffer	Lopey	Waterbury Ctr.	20:43	M	43	Large	1
6 Jon Reidel	Crews	Montpelier	21:01	M	29	Large	1
7 Dot Martin	Kona	Barre	21:10	F	36	Med	1
8 Joe Canino	Cusco	Plattsburgh, NY	21:49	M	40	Large	2
9 Julia Canino	Phaeton	Plattsburgh, NY	21:49	F	27	Large	1
10 Dot Helling	Smoochie	Montpelier	22:33	F	47	Med	1
11 Peter Demasi	Peggy-O	Montpelier	23:49	M	38	Large	2
12 John Martin	NODOG	Barre	23:50	M	45	Large	1
13 Greg Hilgendorf	Deja	Montpelier	24:13	M	40	Large	3
14 Kim Kendall	Sandy	East Montpelier	24:43	F	31	Large	1
15 Doug Burns	Clay	Albany, NY	24:44	M	40	Large	4
16 Laura Medalie	Lilly	East Montpelier	24:57	F	34	Med	2
17 Anya Rader	Finnie	Montpelier	24:57	F	30	Large	2
18 Bill Lorenz	Koda	Richmond	25:01	M	49	Med	2
19 Sandra White	Kia	Worcester	25:14	F	36	Med	3
20 Joann Demicco	Toto	Plainville, CT	25:27	F	36	Small	1
21 Rhonda Burns	Waldo	Concord, NH	25:28	F	25	Large	2
22 Dan Percy	Bernadette	Montpelier	26:36	M	36	Large	3
23 Darien McElwain	Maggie	Burlington	26:53	F	40	Large	1
24 John Horne	Pepper	Waterbury	28:07	M	50	Small	1
25 Paula Pyle	Peach	Waterbury	28:28	F	45	Small	1
26 Mary Cathy	Bernice	Williston	28:39	F	30	Large	3
27 Ellen Jareckie	Penny	Shelburne	28:46	F	37	Large	4
28 Barbara Craig	Shana	Charlotte	28:51	F	49	Large	2
29 Susan Buchanan	Sam	Plainfield	28:52	F	30	Large	5
30 Diane Gagnon	Delancy	Burlington	29:14	F	38	Small	2
31 Peggy Stevens	Midnight	Colchester	29:34	F	41	Small	2
32 Amy Emler-Shaffer	Tenakee	Waterbury Ctr.	29:45	F	40	Large	3
33 Libby Hale	Olive	Waterbury Ctr.	30:02	F	30	Large	6
34 Shireen Hart	Utah	Burlington	33:10	F	27	Large	3
35 Tad Issaksen	Spanky	Plattsburgh, NY	45:14	M	30	Small	1
36 Mark Merchant	Paycheque	Waterbury Ctr.	48:28	M	39	Small	2
37 Wendy Issaksen	Spanky	Plattsburgh, NY	48:36	F	28	Small	1
38 Kim Mihan	Jazz	S. Burlington	50:01	F	37	Large	4
39 Sarah Conroy	Teela	S. Burlington	50:01	F	37	Large	4

A MARATHON REVIVAL

By Norm Robinson

The Vermont City Marathon was a revival for me. My last marathon attempt had been 1986, and last completed 1983. I had all the fear and concern of a first timer, including "what do I wear", or "Oh God, I hope it doesn't rain all day" and "I can't let myself go out to fast". Leading up to race day, every time I stepped on a pebble, or felt a twinge I began to worry all over again.

Training went well for someone who hasn't run much in the last decade. Thanks in large part to my Wednesday training partner, Tim Noonan, I felt I had a reasonable base to at least finish. Never known as someone who puts in a lot of mileage, the build up to race day was sporadic at times, but somehow I got in a few long runs. Two weeks prior to VCM I coasted through an easy Covered Bridges half-marathon, so my mind set was good.

Tim, Wade Walker and I traveled to Burlington together. Wade always has a story to tell, and he kept me loose. They were both so relaxed, some of it actually rubbed off on me. After numerous trips to the bathroom, we were ready to go. Tim was planning a fast time, so Wade and I ran together for the first bit. Soon Wade was pulling away as well.

My game plan was to run 85 mins. or so for the first ten, and I was a bit quick at 5, so I kept trying to back off some. It is difficult for me when I'm feeling so fresh, but I knew it was the key to success. Around 7 miles, someone asked for a split, and I commented that it was a little fast for me. I wanted to run 8:30's. A woman named Sandi, from Tallahassee, Florida; introduced herself and asked if she could run with me for awhile. The pace was her goal too. We went through 10 in 83 minutes and the 1/2 in 1:48.

Sandi's husband met her every 5 miles or so with water, and encouragement. She was attempting to qualify for Boston and needed 3:50. We stayed at 8:15-8:30 pace until about 21, when both of us began to slow. My goal was to finish, and that seemed certain. Goal two, was not to walk; but I wasn't sure about that. Still well ahead of Sandi's required finish, things got really hard the last couple of miles.

I had forgotten how exhilarating the sight of the finish is at a marathon. We passed the tents, made the last turn and crossed in 3:43:17. NO WALKING!! Sandi and I thanked each other for the help, and she disappeared into the crowd; ready to run Boston next year. Tim Noonan was right there waiting for me, and I think he was as happy as I was. He ran a wonderful 3:06. Wade ran out of gas, but still ran 3:58. (by the way both Wade and Tim ran the Holyoke Marathon 3 weeks earlier!!).

Vermont City is wonderful, lots of folks shouting encouragement along the way. My family and parents were there, and that made it special. Other "fans" like Bill Perrault, and the many relay runners from Central Vermont picked up my spirits. At the finish we traded stories. Steve Burkholder was disappointed with his 3:24; Tom Bachman seemed happy with his 3:21 (though he missed qualifying for Boston by less than 2 minutes). I discovered that Michael Chernick took a nasty fall at 18 or 19 miles, and had the bloody leg and arm to prove it. Michael got up and finished in 3:58.

Did you see the picture of Tim and Dot Grahm-Martin in the Burlington Free Press? Dot ran an incredible 3:07 to capture first Vermont woman honors. Don't spend all that prize money in one spot Dot! Our other Dot, Helling; that is ran a very fine 3:19. Ruthie Ireland finished in 3:17. Newton Baker cruised through in 4:05. I know I'm leaving out the relay folks, and surely some other marathoners, but I leave that for others.

Who knows, if everything goes well this summer, there may be a sub 3:20 in me yet. I've always wanted to run Boston at least once.