

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. _____

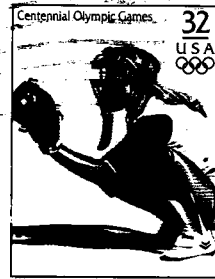
As a responsibility of club membership, I agree to be available to work on at least one club race during the year. My preferred race is indicated below. (Race directors will contact you.)

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
Laura Medalie, R.R.1, Box 4230, Montpelier, VT 05602.



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



Smyers Donna
RR 2 Box 2270-38
Riverton VT 05663

July 1997

Vol. 18, No. 4

Please recycle this newsletter (or pass it on).

Kids' Track Meet



Saturday, June 7, 1997
9:30 - 11:00 a.m.
Montpelier High School track



Cooperative weather, a large number of enthusiastic kids, and a dedicated group of volunteers ready for the challenge resulted in a successful second edition of the Central Vermont Runners Kids' Track Meet. 130 kids (15 more than last year) turned out on a sunny day with temperatures in the 70's. The meet represented CVR's effort to replace the college scholarship program done for many years which was discontinued due to shrinking numbers of applicants. The meet was open free of charge to all central Vermont kids from pre-school through sixth grade. It offered an opportunity for CVR to provide a service to the community and promote running as a fun exercise for kids.

The meet emphasis on fun and participation proved to be a winning formula. Everyone seemed to enjoy the meet - the kids, the parents and the volunteers. The spirit of the meet was perhaps best captured by spectators cheering as hard for the last finishers of a race as the first finishers. Most kids in each age group ran the quarter mile and the 100 yard dash. Most also participated in the "field" events - the long jump and the softball throw. Approximately half the kids ran the distance events for their age group - half mile for the first and second graders, and the mile for the 3rd-4th graders and 5th-6th graders. Medals and ribbons were presented to all participants, in lieu of awards to top finishers in each event. These prizes apparently were highly valued by the kids, as reports filtered back to us of kids wearing the medals and ribbons late into the day. Norm Robinson spotted three kids at church Saturday evening still sporting their ribbons and medals!

Events went smoothly and we were only slightly behind an ambitious time schedule throughout the meet. This was only possible due to the invaluable assistance Norm Robinson and I, as meet coordinators, had from a meet crew of many CVR members. Many thanks to the following volunteers who universally did a great job: Tom Bachman, Newton Baker, Maureen Carr (softball throw coordinator), Michael Chernick, Darragh Ellerson, Dot Helling, Mack Gardner-Morse, Dot Graham-Martin, Ruthie Ireland, Dave Kissner, Laura Medalie, Gordon MacFarland, Bob Mercier, Dana McCarthy (long jump coordinator), Colleen Noonan, Anya Rader, Jamie Shanley, Nance Smith, Buzz Surwillo (sorry if I forgot anyone). Thanks also to "All Sports" for providing liquid refreshments, and CellularOne for providing a cellular phone.

Tim Noonan

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.

July 12 (Saturday) Bear Swamp Run, Middlesex (see flyer in this newsletter)

July 14 (Monday) CVR meeting, 6:30 pm at Laura and Dave's, East Montpelier, 229-4523.

July 20 (Sunday) Stowe 8-miler

July 26 (Saturday) Longest Mile, Burlington (exactly 1 mile all uphill - 230' rise)

July 27 (Sunday) Berlin Pond Couples Race (see flyer in this newsletter)

August 9 (Saturday) Craftsbury 5K

August 30 (Saturday) Jeffersonville-to-Cambridge 5K

August 30 (Saturday) Northfield 5K

September 1 (Monday) Mount Mansfield Toll Road Fun Run (not a race)

Race results

Complete results of 2 CVR races - Capitol City Stampede and the Paul Mailman 10-miler - are presented elsewhere in this newsletter. Following are selected results of CVR runners and friends from other races.

Kaynor's Sap Run (April 7): **Dot Martin** wins for the women. **John Valentine** 4th of 21 for Men 40-49.

Rollin Irish half-marathon (April 26): **Dot Martin** wins for the women in 1:31:55. **Dave Kissner** 8th of 15 for Men 30-39. In Men's 40-49, **John Kaeding** and **Sigh Searles** are listed with identical times in Vermont Sports, but they give the edge to John. They were 14th and 15th of 21 in that age group. **Newton Baker** was 4th of 6 in Men's 50-59.

Covered Bridges Half Marathon (May 11): Top-20 finishers in their age groups were: **Sue Barber**, overall women's winner and first in 40-49 age group in 1:23:35; **Ruthie Ireland**, 10th in Women 20-29; **Dot Martin**, 5th in Women 30-39; **Dot Helling**, 8th in Women 40-49; **John Valentine**, 17th in Men 40-49.

Vermont City Marathon (May 25): Covered in last month's newsletter.

Powerman Switzerland Duathlon (June 1): **Donna Smyers** did well despite having a tough time dressing properly in some fickle late spring weather in Zofingen Switzerland.

Mt. Washington Road Race (June 21): The 37th running was a wild one, with summit winds greater than 50 mph and visibility about 20 ft. In a post-race interview, **Keith Woodward**, who's run it about 20 times, said about 1 year in 4 are this bad. Most people ran 3-4 minutes slower than usual, and the winning time for the men was 6 1/2 minutes off the course record. Moretown's **Eric Morse** led for the first half of the 7.6-mile, 4600' vertical rise race, but in the end finished 2nd, 50 seconds back of **Craig Fram** of New Hampshire. **Keith Woodward** was 20th and the first finisher over 45 years old. He finished the race carrying his new shoes, which were hurting him. He ran in his socks for the last two miles. **Dennis Shaffer** finished #100. For the women, **Donna Smyers** was 8th. **Dot Helling** was 26th and tops in her age group, repeating from last year when she shattered the age group record under better conditions. **Jean Kissner**, sister of Dave, was happy to achieve her goal of a sub-2 hr time in her first run up the mountain.

VERMONT ROAD RACE RECORDS
by Bob Murphy
Vermont Running Data Center

Road race records are set every year by runners in Vermont races. National records are only occasionally broken, but many statewide records are demolished on a regular basis. The Vermont Running Data Center is the collection place for those marks, and I have tried, over the past ten years, to keep the records as complete and up-to-date as possible. Age-group records and single-age records are maintained for marks set on USAT&F-certified courses at all standard distances. In addition, listings of the best performances by age group (50 deep for open, 10 deep for 2-year age groups up to age 19, and 20 deep for 5-year age groups starting at age 35) are maintained as well. Distances represented include 5 km, 8 km, 10 km, 12 km, 10 mi, half-marathon, marathon, 50 mi, and 1-hour track run.

In order to be eligible for ranking in these records, certain standards are necessary. First, the course must be USAT&F (USA Track & Field) certified. Over the years, the number of certified courses in Vermont has gradually increased to the point where there are now about 20.

Second, timing of the event must be accurate. This is normally ensured by having multiple timing devices (at least 2, 3 preferred), so that runners are assured of an accurate time. In large races, special techniques such as select timing and multiple finish line chutes may be used to keep things orderly and ensure correct results. As all race directors are aware, all sorts of bizarre things can happen at the finish line to make determination of correct results difficult. Backup timing procedures and keeping the finishers orderly after they cross the line can reduce those difficulties.

Race directors at all certified races are asked to submit complete results, along with a completed USAT&F race documentation form (entitled "Application for the Recognition of Road Race Performances"), to me so that I may update Vermont records and forward the race results and documentation form to USAT&F for national recordkeeping. The results should include each finisher's name, gender, hometown/state and finishing time. The need for this basic information is obvious; however, why is the USAT&F documentation so important?

The USAT&F documentation form contains a number of important bits of information about the race, including verification that the race was run on a certified course (must include the course certificate number), a statement that the start was fair, in accordance with USAT&F rules, and details of the timing and scoring procedures. Stopped times (to the hundredth of a second) are recorded for the first male and female by up to three watches. These determine the official times (average of three, or the slowest of two) for reporting results, and may result in the need

to adjust times for other competitors as well. This may sound like a lot of work, but it is information easily gathered on race day, and is not difficult or time-consuming.

The most important thing to remember is that the runners deserve accurate times, and the recognition that comes with outstanding performances. All race directors are encouraged to (1) maintain course certifications, (2) use the USAT&F documentation form at their races, and (3) provide backup timing to ensure accurate and complete results. Then pass those race results and documentation to me, Bob Murphy, 35 Birchwood Park Drive, Barre, VT 05641-8653 as soon as possible after the race. I will update Vermont records and send the information along to USAT&F. I will thank you, and so will the runners.

If there are questions concerning race course certification, road race records, backup timing, USAT&F race documentation or other issues I have raised above, don't hesitate to call me at 802-476-4328 or e-mail at bmurphy@plainfield.bypass.com. Age-group records may be viewed on the internet at Central Vermont Runners' website at <http://plainfield.bypass.com/~bmurphy/>.

Dates to remember!

Bear Swamp Run - Saturday, July 12, 9 am, Rumney School

CVR meeting - Monday, July 14, 6:30 pm, Laura and Dave's (229-4523)

Berlin Pond Couples Race - Sunday, July 27, 9 am

**** Russ Petelle and Newton Baker were among 26 runners honored with special racing numbers at this year's Vermont City Marathon for having run all 9 races so far.****

MERCURY RISES, RECORDS FALL AT MONTPELIER TEN MILER

Despite temperatures climbing into the high 70's under a bright sun, three female age group records were set at the 23rd annual Paul Mailman Montpelier Ten Miler on June 28, 1997. Jim Miller of Burlington, Vermont, who set the course record 15 years ago, held off defending champion Sam Davis to win the race in 54:30. Davis finished in 55:17. Third place finisher Dan Vogt was the first Masters finisher in a time of 59:17. Shari Bashaw of St. Albans continued her strong performances this year to win the overall women's title in 1:04:26. Tara Chaplin of U32 High School was the second female finisher, and broke the under 18 female record by 12 minutes, finishing in 1:06:12. Janet Labuc of Hudson, Quebec, the first Women's Master with a time of 1:07:12, shattered the Women's 45-49 age group record by seven minutes. 66 year old Sylvia Weiner of Montreal came in nine minutes under the previous Women's 60+ age group standard with a time of 1:29:38.

Ski Rack repeated as the Open Male team champion; the three member team finished in an impressive 2:49:03 combined time. The host Central Vermont Runners won the Masters Male team division. The Quebec-based Da Girls were both the Open Female and Masters Female team champions. There were 88 registrants for the race. 81 runners started the race, and all 81 finished.

Many thanks to the following race volunteers: Marty Anderson, Mike Baginski, Kim, Sue Barber, Joanne Beaudin, Shawn and Helen Bryan and their daughter, Maureen Carr, Jessica Chaplin, Pat DeBlasio, Darragh Ellerson, Greg Gerdel, Dave Kissner, Bob Mercier, Bob Murphy, Collen Noonan, and Jamie Shanley. Thanks also to Onion River Sports who provided financial support to the race, and The World, Times Argus, Vermont Sports Today and the Hockomock Swamp Rat who publicized the race. Next year's race will be the finale for the Hockomock Swamp Rat race series.

Tim Noonan
Race Director

RESULTS

<u>Overall Place</u>	<u>Age Group Place</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
<u>FEMALE UNDER 18</u>				
18	1	Tara Chaplin	16	1:06:12
68	2	Bethany Ogilby	15	1:29:20
<u>FEMALE 18 -29</u>				
34	1	Paula Morrison	24	1:11:15
58	2	Susan Kelly-Thompson	27	1:26:00
78	3	Jennifer Campbell	29	1:37:22

<u>Overall Place</u>	<u>Age Group Place</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
<u>FEMALE 30-39</u>				
12	1	Shari Bashaw	35	1:04:26
36	2	Elle Foley	39	1:12:11
39	3	Jennifer Silpe	30	1:13:33
46	4	Mary Mancuso	39	1:18:09
48	5	Debbie Weiner	36	1:19:26
53	6	Pamela Lowe	34	1:22:59
59	7	Ingrid Jonas	30	1:26:12
66	8	Mary Kehoe	39	1:29:11
79	9	Michelle Rorick	30	1:38:04
<u>FEMALE 40-49</u>				
23	1	Janet Labuc	46	1:07:12
33	2	Johanne DeBoer	41	1:11:13
54	3	Roberta Kiesbach	45	1:23:36
67	4	Andrea Gray	41	1:29:15
71	5	Claire Remeika	49	1:31:47
<u>FEMALE 50-59</u>				
70	1	Rosemary Rusin	54	1:31:36
<u>FEMALE 60+</u>				
69	1	Sylvia Weiner	66	1:29:38
<u>MALE UNDER 18</u>				
57	1	Matthew Windisch	14	1:24:39
<u>MALE 18 -29</u>				
4	1	Ryle Goodrich	19	1:00:37
11	2	Shawn Allard	25	1:04:05
16	3	Ethan Townshend	21	1:05:53
17	4	Josh Walton	21	1:06:09
35	5	Chaz Langelier	18	1:11:35
38	6	Chad Swan	27	1:12:40
80	7	Mike Sanders	22	1:46:46
81	8	Rob Skiff	29	2:06:27

<u>Overall</u> <u>Place</u>	<u>Age Group</u> <u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
<u>MALE 30 - 39</u>				
1	1	Jim Miller	38	54:30
2	2	Sam Davis	36	55:17
7	3	Tom Kaiden	38	1:01:58
9	4	Peter Brook	37	1:02:53
13	5	Mark Burns	32	1:04:40
19	6	Charlie Buttrey	38	1:06:23
20	7	Jim Bixby	34	1:06:36
24	8	Dave Kissner	31	1:07:42
25	9	Eric Wallace-Senft	31	1:08:33
40	10	Barry Metayer	37	1:14:00
55	11	Peter Moreman	36	1:23:37
72	12	Paul DeLuca	37	1:32:24
73	13	Bruce Thompson	34	1:32:32
75	14	Paul Collyer	34	1:33:52
77	15	Tom Scribner	38	1:36:36
<u>MALE 40 -49</u>				
3	1	Dan Vogt	44	59:16
5	2	Ed Drapp	41	1:01:36
6	3	Tony Treanor	45	1:01:39
8	4	Pascal Cravedi-Cheng	43	1:02:14
10	5	Gordon MacFarland	49	1:03:10
14	6	Rick Cleary	40	1:05:30
15	7	John Valentine	47	1:05:48
21	8	Mike Feulner	44	1:06:51
22	9	Charles Windisch	43	1:07:09
26	10	Jim Plaza	45	1:09:08
27	11	Russ Petelle	49	1:09:54
28	12	William Ludlow	41	1:09:58
29	13	Mark McGowan	42	1:10:00
30	14	Patrick Burke	49	1:10:02
47	15	Glenn Gershaneck	49	1:18:57
49	16	J. Atchinson	45	1:20:12
50	17	Fran Cook	45	1:20:54
51	18	Joe Zuaro	48	1:21:40
56	19	Fred Glover	42	1:23:53
60	20	Peter Evans	44	1:26:57
65	21	Bill Lorenz	49	1:28:54
76	22	Bob Bennett	48	1:35:05

<u>Overall Place</u>	<u>Age Group Place</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
<u>MALE 50 - 59</u>				
31	1	Bill Considine	50	1:10:13
32	2	William Jones	54	1:10:55
42	3	Peter Wallan	55	1:15:50
43	4	Frank Short	50	1:16:59
44	5	Newton Baker	55	1:17:29
45	6	John Horne	50	1:17:52
61	7	Peter Buhl	56	1:27:28
62	8	Harry Colombo	52	1:27:52
63	9	Mike Zahner	50	1:27:55
64	10	Jim Currier	57	1:28:27
74	11	Vince Feeney	54	1:32:36

<u>MALE 60+</u>				
37	1	David Boucher	61	1:12:37
41	2	Burt Moffatt	62	1:14:25
52	3	Ben Burd	64	1:22:26

TEAM RESULTS

Male Open -

1. Ski Rack (Jim Miller, Sam Davis, Dan Vogt) - 2:49:03
2. Central Vermont Runners (Gordon MacFarland, John Valentine, Russ Petelle) -3:18:52

Male Masters -

1. Central Vermont Runners (Gordon MacFarland, John Valentine, Russ Petelle) -3:18:52

Female Open -

1. Da Girls (Janet Labuc, Johanne DeBoer, Sylvia Weiner) - 3:48:03

Female Masters -

1. Da Girls (Janet Labuc, Johanne DeBoer, Sylvia Weiner) - 3:48:03

Give It Up by Nance Smith

"Give it up." That's the advice I got last August: give up running, for good. I was sitting, uncomfortably, in the office of a surgeon. The doctor wanted to operate on my herniated disk in my lower spine. I had to admit my prospects for recovering without surgery were looking slimmer by the minute. I was beginning to take in the idea of surgery. But give up running? Surely you jest.

The surgeon seemed not to be kidding. I'll admit it here: I started to cry. I'd been in bad pain, all but bed-ridden two months. I was tired and *scared and* frustrated. I knew I wasn't going to be okay tomorrow or the next day, but I planned to be a runner again. I mentioned to the doctor that I knew a person who'd had disk surgery and was still a top runner. I had plans to be like that person. The doctor just shrugged. "Couldn't you just bike instead?"

I found another surgeon to do the operation and to give me advice on recovery. "Don't run for six months, then try to run more on trails and dirt roads than on pavement. Be sort of moderate about it. You'll probably do fine. You might have some arthritis in old age, but you might have that anyway."

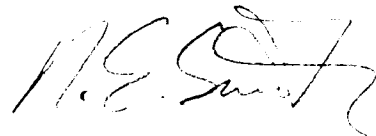
Two months after surgery, I walked a 5K. At the mile mark, someone told me "14:36, if you care." The truth was--I didn't. I was pretty happy to be walking at all. Four months after surgery, I snuck in some running, in time to participate in the New Year's 5K. Nobody but me knew that I was starting my comeback. I was defying the "give it up for life" doctor. I was happy. Happier than I'd been with much faster race times; happy to be racing in the bone chilling cold. I'd made it to the finish line with a huge grin on my face.

Then, it snowed; I retreated to skiing and put running off until April. I've always been a spring and fall runner, teased for not running in the cold or the heat. I've often mistreated my legs, jumping into a half-marathon with not much running conditioning. You could say I was casual about my training, and that'd be being polite about it.

This year, I promised myself I'd "be good." I'd increase my running gradually. I'd be consistent. I wouldn't race at all until mid-summer. I'd keep running through the heat, by adding morning runs and increasing my tolerance for being hot. *I'd train responsibly; It'd be my pleasure.*

So far, so good. I had a little scare with a psoas muscle strain and some back pain, but it's responding okay to rest and massage. I've haunted my usual races, happy to help with timing or the course. I helped one friend finish her half-marathon by running along with her, a favor I'm usually on the receiving end of. All the time, I'm watching others run races, I'm thinking how it'll be my turn again soon.

And I've kept up with fun runs and running with people I know. Last year, just as I knew how grave my back situation was, I paid my dues to Central Vermont Runners Club for the first time. "I need the good karma," I said. I have to say it's paid off. I didn't give up running, and as far as I can tell, I'll be a better runner than ever in the next few years. Kind of like the kid who just has to do what she's told not to, now I've got something to prove!

A handwritten signature in cursive script, appearing to read "M.E. Smith".

20TH ANNUAL CAPITAL CITY STAMPEDE
10K ROAD RACE RESULTS
JUNE 14, 1997, USATF # VT97002LVN

OVERALL MEN'S AND WOMEN'S WINNERS: TONY BATES and SUE BARBER
A total of 83 runners raced under cool conditions with partly overcast skies.

PLACE	NAME	AGE	CITY/STATE	TIME
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WOMEN 19 AND UNDER

1	MARCIA TOSI	19	E. MONTPELIER, VT	57:33
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WOMEN 20-29

1	CHRIS SHANER	20	HANOVER, NH	42:35
2	TARA NELSON	23	GLOVER, VT	44:07
3	RUTHIE IRELAND	29	MONTPELIER, VT	45:09
4	ANGIE RICHARDSON	29	MONTPELIER, VT	47:46

WOMEN 30-39

1	SHARI BASHAW	35	ST. ALBANS, VT	38:50
2	DONNA SMYERS	39	RIVERTON, VT	40:13
3	PATTY DAVIS	36	COLCHESTER, VT	42:16
4	ELLEN FOLEY	39	NEW YORK, NY	43:49
5	ELLIE FERGUSON	37	N. HAVERHILL, NH	45:52
6	LAURA MEDALIE	34	MONTPELIER, VT	46:45
7	DANA MCCARTHY	39	MONTPELIER, VT	47:26
8	PAMELA SUE LOWE	34	WATERBURY, VT	48:00
9	JUDY BILLERA	39	MEREDITH, NH	53:03

WOMEN 40-49

1	SUE BARBER	40	JOHNSON, VT	38:29
2	NINA AITKEN	42	JERICO, VT	44:13
3	PAME KANE	48	SHELBURNE, VT	49:39

WOMEN 50-59

1	ANNE HENNESSEY	52	WOODSTOCK, VT	49:30
2	KAREN MONSEN	55	STOWE, VT	52:53

MEN 19 AND UNDER

1	BRIAN LETOURNEAU	17	BARRE, VT	42:01
2	JUSTIN MCCORMICK	15	MONTPELIER, VT	43:25

MEN 20-29

1	RICH SMITH	27	ENFIELD, NH	35:01
2	JOE GINGRAS	21	BERLIN, VT	35:31
3	JASEN BOYD	26	S. BURLINGTON, VT	35:50
4	ERIC MAAS	20	NEWPORT, VT	38:44
5	JON REIDEL	29	MONTPELIER, VT	41:00

MEN 30-39

1	TONY BATES	38	SALIBURY, VT	32:34
2	JIM MILLER	38	ESSEX JUNCTION, VT	32:40
3	DAVE KISSNER	31	MONTPELIER, VT	39:19
4	TIM KRUGER	31	HARDWICK, VT	39:40
5	BUZZ SURWILO	38	MONTPELIER, VT	40:36
6	ERIC WALLACE-SENF	31	WOLCOTT, VT	41:46
7	GABRIEL CADENAS	31	S. BURLINGTON, VT	43:00
8	MACK GARDNER-MORSE	36	CALAIS, VT	43:29
9	ANDY WATTS	35	MILTON, VT	45:19
10	DOUG HEWITT	37	WATERBURY, VT	46:51
11	TODD FRANK	37	MILTON, VT	47:06
12	MARK SKELDING	38	MONTPELIER, VT	47:39
13	TIM HENEY	38	MONTPELIER, VT	51:49
14	DAN HENEY	36	LITTLETON, MA	52:24

MEN 40-49

1	ED DRAPP	41	WATERBURY CENTER, VT	37:03
2	TIM NOONAN	41	MONTPELIER, VT	37:11
3	TONY TREANOR	45	SWANTON, VT	37:38
4	GORDON MACFARLAND	49	MONTPELIER, VT	38:04
5	PETER DALE	43	MONTPELIER, VT	39:14
6	JEFFREY ARSENAULT	40	RUMFORD, ME	39:45
7	RUSS PETELLE	49	DERBY LINE, VT	42:13
8	NORM ROBINSON	41	MONTPELIER, VT	42:39
9	JOHN LAZENBY	48	MONTPELIER, VT	42:46
10	MICHAEL CHERNICK	43	MONTPELIER, VT	42:49

11	ROBERT CLARK	46	HYDE PARK, VT	42:51
12	SIGH SEARLES	48	WOLCOTT, VT	42:55
13	MARK NELSON	43	UNDERHILL, VT	43:02
14	KEVIN O'NEILL	42	WHITE RIVER JUNCTION, VT	43:02
15	MARTIN HEWSON JR.	40	DERBY LINE, VT	45:41
16	BILL DEFLORIO	48	RANDOLPH CENTER, VT	46:07
17	JIM PASSBURG	41	MONTPELIER, VT	46:58
18	FRAN COOK	45	MORETOWN, VT	47:00
19	BILL ARANGO	45	BURLINGTON, VT	47:32
20	DANIEL ST. JOHN	48	E. CALAIS, VT	48:22
21	MIKE SHOVER	48	BRADFORD, VT	48:27
22	JOHN ROUSSEAU	41	FAIRFAX, VT	49:40
23	JEFF JONES	41	NORTHAMPTON, MA	50:01
24	CHIP WINNER	48	MIDDLEBURY, VT	52:46
25	DAVE TURKALO	40	TAUNTON, MA	54:09
26	PETER WATT	43	MONTPELIER, VT	55:42
27	MIKE SMITH	49	RANDOLPH, VT	66:15

MEN 50-59

1	GREG GERDEL	50	MONTPELIER, VT	42:10
2	BILL JONES	54	BEDFORD, QUE	42:55
3	DAVE CHIOFFI	54	WOODSTOCK, VT	42:57
4	JOHN HORNE	50	WATERBURY, VT	44:15
5	PETER MONSEN	57	STOWE, VT	44:50
6	NEWTON BAKER	55	MONTPELIER, VT	45:09
7	GORDON JOHNSON	55	DERBY LINE, VT	45:25
8	STEVE INGRAM	53	NORTHFIELD, VT	48:50
9	KEN AUSTIN	54	S. BURLINGTON, VT	49:02
10	JAMES CURRIER	57	GLOVER, VT	49:05
11	MICHAEL LADD	53	GLOVER, VT	49:23
12	BOB OLKIN	57	WAITSFIELD, VT	60:46

MEN 60 +

1	BOB RAYMOND	64	WOODSTOCK, VT	47:21
2	BEN BURD	64	MIDDLEBURY, VT	47:46
3	SIG. BALTUCH	64	STOWE, VT	48:59
4	BOB MERCIER	61	MONTPELIER, VT	52:19

TOTAL NUMBER OF FINISHERS: 83

CENTRAL VERMONT RUNNERS CLUB PRESENTS

THE 18TH ANNUAL BERLIN POND COUPLES RACE

DATE: SUNDAY July 27, 1997

RACE TIME: 9:00 A.M.

**SPONSORS: CENTRAL VERMONT MEDICAL CENTER &
CENTRAL VERMONT RUNNERS CLUB**

T-SHIRTS/PRIZES: T-SHIRTS for the first 30 (15 couples) registered entrants: Prizes for the fastest open and masters (combined age of 80 and over). Couples times and ages are dependent on a combination of the two members of a couple's racing team. Also prizes to the fastest males and females in the open and masters (over 40) divisions. Individual runners are also welcomed.

COURSE: A single 8KM (4.93 mile) loop counter-clockwise around Berlin Pond. First half of the course is hilly and the concluding portion is straight and flat. Entire course is along a dirt road and a water stop is provided at the midpoint. Distances are marked and the course is USATFA certified. No baby joggers or walkman permitted. For further information contact Michael Chernick Race Director (223-0918).

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 of I-89. Turn right at the light and the store is on the right.

Berlin Pond Couples Race - Entry Blank

Mail with \$6.00 fee to: Michael Chernick, 7 Baird #15, Montpelier, VT 05602

Signed checks, made out to the Central Vermont Runners Club, must be accompanied by completed and signed application.

Couple _____ Individual _____

Name#1 _____ M/F _____ Age _____ Birth date _____

Name#2 _____ M/F _____ Age _____ Birth date _____

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 age 18, my parent or guardian, waive and release the Central Vermont Runners Club, the Town of Berlin, all sponsors, the USATFA and the New England USATFA from all claims and liabilities arising out of my participation in this event. If either participant is under 18, a parent or guardian must also sign the appropriate line.

Signature of Entrant # 1 _____ Date _____

Par/Guardian Signature # 1 _____

Signature of Entrant #2 _____ Date _____

Par/Guardian Signature #2 _____



19TH ANNUAL BEAR SWAMP RUN

SATURDAY, JULY 12, 1997 - 9:00 A.M.

- PLACE:** Rumney Memorial School
Shady Rill, Middlesex, Vermont
- SPONSORS:** Central Vermont Runners and Middlesex
Recreation Committee
- REGISTRATION:** 8:00 - 8:45 a.m., July 12, 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)