

Thursday track sessions catch on

Maureen Carr and "Just call me Coach" Nance Smith began Thursday speed sessions in mid-July at the high school track. They have added Richard and Tim Noonan to their ranks subsequently. These speed sessions last about an hour, starting at 5:30 and anyone with a good attitude is welcome to join in. "Coach" says experience running track is not needed.

A typical workout, so far, has been: a mile slow warm-up, while chatting; a few 100 yd. "pick-ups" to get your legs ready to move faster; 4 400 yd(1 lap) sprints at about 3/4 pace, i.e. faster than your 5K pace, slower than you can run 400 yds once; followed by a mile cool-down. The 400 yd sprints are followed by a slow recovery lap each time.

These workouts can benefit you at any level of fitness. Richard had never run speed sessions before and seems to be thriving on it. Maureen and Nance are both track veterans (we won't say how long ago, OK 15 -20 yrs ago), but are now finding the speedwork helps with distance running speed.

Please do feel free to join us. See you at 5:30 Thursdays. (Perhaps subject to availability when school starts.)

Dates to remember!

CVR meeting - Monday, August 25, 6:30 pm, Darragh Ellerson's (229-2080)

Northfield 5K - Saturday, August 30, 10:30 am. CVR is helping out with this race, if you would like to volunteer please contact Tim Noonan at 223-6216.

Leaf Peepers half-marathon and 5K - Sunday, October 5, 11 am



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Please recycle this newsletter (or pass it on).

Minutes from July 14th CVR Meeting

(notes by Maureen Carr, write-up by Nance Smith)

Members of CVR met at Dave and Laura's home in E. Montpelier for a front porch potluck and meeting. Several CVR members were inspired to run around the neighborhood trails before the meeting, despite the warm temperatures. After the host and hostess hosed off a bit, the gathering got under way. A predominance of pasta dishes surprised no one, at the peak of July. About 15 members attended the meeting. Norm brought several top newsletters of other running clubs to circulate and pine over. Nance brought photos of the Kids' track meet. Much joking occurred about building an official CVR clubhouse at the site, but no funding has yet been secured. Now, onto the official business notes:

The issue of advertising CVR events in Vermont Sports Today was discussed without significant conclusion.

The Northfield 5K race applications are out. Some volunteers are sought. The race is predominantly organized by the sponsors in Northfield, but the director (Tim Noonan this year) must attend quite a few meetings. It's a good race to direct because you have so much help, says Tim, who is in favor of someone else directing it next year because of his time considerations. Anyone interested can speak to Tim.

Berlin Pond race details were discussed briefly. Director Michael Chernick noted that the Maplewood Store Manager has been very helpful and should be acknowledged.

Darragh Ellerson reported that 21 entries for Leaf Peepers have already accumulated and that this is 4-5 times more than were received any other year at this time. Does this mean the race field will be 4-5 times bigger? Speculation took place, but no one panicked.

Dave Kissner reported that First Night is now being sponsored by Onion River Arts Council, the regional arts non-profit group from Montpelier. It was previously sponsored by KidsFest and the race profits had been shared with KidsFest. The 5K is now headed into its third year in Montpelier and has attracted a small, but increasing field. Dave is wondering if CVR wants to split profits with ORAC in '98. It was decided that it could be Dave's decision. One member spoke of ORAC as being a good non-profit in need of funds for its activities.

Dot Helling reported that she had heard of interest from Susan Amestoy for a race to raise money for battered women. In discussion, it was pointed out that a first time race is often small and not likely to raise a lot of money. The question was asked--is the purpose fundraising or something else? The conclusion was that Dot would invited Susan Amestoy to attend a CVR meeting in the future.

October 21 was noted as "run to work day" sponsored by RRCA.

Norm Robinson continued coordination of the Lake Winnepesaukee relay race on Sept. 20th at Weirs Beach NH. Teams are being assembled and Norm gave a deadline of late July for him to receive firm commitments.

Nance Smith volunteered that she intends to hold regular speed workouts at the Montpelier High School track at 5:30 on Thursdays. (See elsewhere in newsletter for details.)

CVR recently purchased two tables for use at races.

The next CVR meeting will be held at Darragh Ellerson's home on North St. in Montpelier at 6:30 p.m. Monday August 25.

President's Message

As many of you are probably aware, CVR has two rather important races coming up on its late summer/early fall schedule. Every year these two races each attract several hundred runners. In fact, Jon Reidel in the Barre-Montpelier Times Argus recently listed these two races as being among the most popular in Vermont.

The first race, Northfield Savings Bank's 5K Foot Race and Children's 1-Mile Race, is new to our CVR schedule. Although the race is now in its 20th "running," CVR is picking up co-sponsorship for the very first time this year.

The Northfield Savings Bank came to CVR with this co-sponsorship arrangement knowing of our club's great record for organizing and directing races. Let's all make sure this is another well-supported CVR race by coming out on race day (Saturday, August 30, 10:30 am start for the 5K and 9:30 am start for the Children's 1-Mile) as a volunteer or competitor in this popular Labor Day weekend event. Just let race director Tim Noonan know of your plans to help out by calling him at 802-223-6216.

The other upcoming race is of course the club's premier event, the 14th Annual Leaf Peepers Half Marathon and 5K Race. Leaf Peepers is scheduled this year for Sunday, October 5, in Waterbury, with an 11 am start for both races. With visitors to Leaf Peepers coming from Canada, our neighboring states, southern New England--and even in some cases as far away as the Carolinas--it is always essential that the race has plenty of volunteer support.

Race director Gordon MacFarland is aiming to have several volunteer coordinators working under him to make race day come off smoothly. If you are interested in helping to coordinate the volunteer effort for water stations, registration, finish line, or any other race detail, please let Gordon know at 802-229-6379. Any questions regarding registering to run in Leaf Peepers should be directed to Darragh Ellerson at 802-223-2080.

Let's come together as a club to make sure the Northfield Savings Bank 5K becomes a successful addition to the CVR schedule, and to make sure Leaf Peepers continues to be our traditional premier event. Please volunteer!

Race Round-up

Complete results of 2 CVR races - Bear Swamp Run and the Berlin Pond Couples Race - are presented elsewhere in this newsletter. Following are selected results of CVR runners and friends from other races. Most results reported below were found in Vermont Sports Today.

Vermont Sun Triathlon #1 (June 14) **Dot Martin** was overall women's winner of 21 contestants in 1:13:57 for this 600-yadr lake swim, 14-mile bike, and 3.1-mile run.

Batten Kill Road Race 12K (June 15) New CVR member **Marti Andersen** was tops in Women's 50-59 in 56:28.

Vermont Sun Triathlon #2 (June 28) **Dot Martin** wins again out of 28 contestants in 1:09:17 for the same course.

Clarence Demar Road Race 10K (July 4). **Gordon MacFarland** was 11th in 37:43. Close on his heels was **Sue Barber**, 12th in 38:37. **Sigh Searles** was 29th in 43:44.

Cannonball Run 4-mile (July 6). **Sigh Searles** was 3rd of 9 men in the 40-49 age group in 27:21. **Carol VanDyke** was 5th of 10 women in the 40-49 age group in 29:48.

Vermont 100-miler (July 19) **Dot Helling** takes Women's title at the wire!! For details and other CVR/Vermont performances see Dot's article in this issue.

Stowe 8-miler (July 20) *After each time is place in age group followed by place overall (overall for men, overall women for women):* Women 30-39 (55 finishers): **Dot Martin** 52:05 (1,5); **Donna Smyers** 52:52 (2,7); **Jean Kissner** 64:12 (27,71); **Nance Smith** 65:49 (36,90); **Liz Muckerman** 66:18 (38,93); **Maureen Carr** 71:05 (47,122). Women 40-49 (47 finishers): **Sue Barber** 49:27 (2,3); **Carol Van Dyke** 61:52 (14,51); **Janice Kulak** 69:06 (26,109); **Elizabeth Meiklejohn** 73:44 (35,47). Women 50-59 (17 finishers): **Marti Andersen** 58:19 (1,35). Men 30-39 (92 finishers): **Sam Davis** 43:07 (7,11); **Tom Kaiden** 47:18 (13,31); **Dave Kissner** 52:29 (26,79). Men 40-49 (139 finishers): **Gordon MacFarland** 48:06 (8,37); **Tim Noonan** 48:25 (9,39); **John Valentine** 50:12 (12,54); **Russ Petelle** 54:01 (34,111); **John Martin** 58:05 (63,201); **Neil Van Dyke** 60:32 (84,261); **Elden Dube** 65:08 (113,359). Men 50-59 (59 finishers): **Bob Olkin** 80:13 (55,516).

Fifth Annual Top Notch Triathlon (August 2) **Dave Kissner** anchored a team that was supposed to be an all-U.S. Geological Survey team until **Jamie Shanley** backed out. In this event at Franconia, NH, Team USGS posted the fastest time of the day and may have set a course record. **Joe Ayotte** had the 3rd fastest time for the 6.5 mile mountain bike leg (31:04), **Tom Mack** brought the team into the lead with the fastest swim of the day, 8:53 for the 0.5-mile crossing of Echo Lake, and **Dave** held on for the victory though only managing 30:39 for a 2.5-mile run*.

*2000' climb up Cannon Mountain on trails

Craftsbury 5K (August 9): CVR dominated the 40-49 age groups: New CVR member **Sue Barber** won for the Women's 40-49 and was also overall female winner in 18:29. She was 11th of 50 overall (1st of 11 women). **Gordon MacFarland** was fastest of the 11 competitors in Men's 40-49 age group and 6th overall in 17:48. **Jamie Shanley** was 2nd in Men's 40-49 and 15th overall in 18:58. **Dave Kissner** was 12th overall and 4th of 10 in Men's 30-39 in 18:32. The overall men's winner was 38-yr old **John Sackett** of Lyndonville in 16:37.

The Vermont 100-Mile Race

Ed. note: The following article by Dot Helling on the Vermont 100-miles appeared in shorter form in the Washington World a few weeks ago. This version includes times of other Vermont runners.

This year's Vermont 100 mile endurance run was the thrill of a lifetime for me! I ran a personal record and won the women's division overall in a time of 19:33:35, giving me an automatic entry in next year's 25th Western States 100. I took the lead for the last time at 98.5 miles into the race, passing a member of the National 100K team, Ellen McCurtin from New York who just recently turned the ripe age of 30 (I'm 47). I proceeded to cross the finish line 15 minutes ahead of her. It was the first time a Vermonter has won the male or female division overall in the nine year history of the event.

A record number of ten Vermonters started this year and eight finished. Tony Treanor of Burlington placed second overall amongst the men in his first 100 mile run, posting a time of 15:44:14. Ralph Swenson, a UVM assistant dean and non-practicing lawyer from South Burlington, placed ninth overall. His time of 16:40:05 was a course record in the male 50-59 division. He beat the course record previously set by a premier California runner named Alfred Bogenhuber by 28 minutes!

The run took place July 19, 1997 on a hilly woods trail and dirt road clover leaf course with its start and finish at the Smoke Rise Farm in South Woodstock, Vermont. The course includes 14,000 to 15,000 feet of climb and descent with obstacles such as the Suicide Six Ski area. 217 runners started and 160 finished. The most represented state was the state of California. Simultaneous with the running of this event was a 100 mile endurance ride for horses. The event raises funds for the Vermont Adaptive Ski and Sport Association.

The other Vermonters who finished the event were in order as follows: Darrin McKenzie of Windsor, 22:39:53; Newton Baker of Montpelier, 23:07:20; Peter Rowlands, 23:07:33; Sue Buckingham of Richmond, 23:14:24; and Michael Pare, 23:26:27. All the Vermont finishers were under 24 hours and earned a silver buckle.

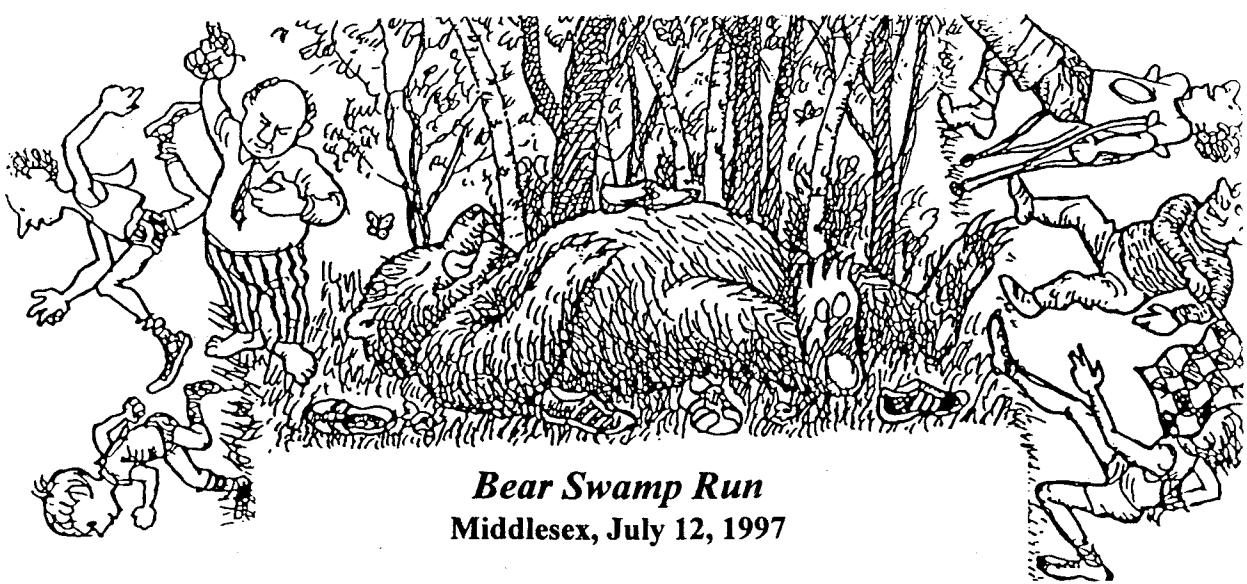
Dot Helling
July 1997

Web site

Check out the CVR web site maintained by Bob Murphy at <http://plainfield.bypass.com>. Click on Users and then Central Vermont Runners.

CVR runner cuts corners!

This just in! Just before press time we received word that a certain unnamed CVR runner, who was training for the Vermont 50-miler with other CVR runners Donna Smyers and the Big Bopper, has been seen cutting corners.



Bear Swamp Run
Middlesex, July 12, 1997

41 runners, the largest turnout in many years, participated in the 19th annual Bear Swamp Run on a warm, sunny July 12. Montpelier masters runners Dot Helling and Tim Noonan were the overall female and male winners of the race. Noonan finished in 35:09, just 17 seconds ahead of masters runner Robert Morell of Quebec, in a closely contested men's race. Helling's time of 43:02 was more than two minutes ahead of second place woman Laura Medalie of East Montpelier.

This was the seventh year the Central Vermont Runners have sponsored this low key, fun event along with the Middlesex Recreation Committee. The race is most notable for its hills and rustic nature. The loop course climbs 450 feet in the first 2½ miles, and then is flat or downhill for the remaining three plus miles.

Many thanks to race volunteers Maureen Carr, Sue Pryce, Tanner Pryce, Arlen Dahline, and Robin Ratazzi. Special thanks to Sue Pryce of the Middlesex Recreation Committee who once again this year was the lead person for the Committee. She arranged to have the school open, solicited volunteers, participated in putting the mile markers and directional bear signs out on the course, and worked at the finish line. Special thanks also to Maureen Carr who helped out beginning to end at registration, results, and cleanup.

At next year's 20th running of this event, we plan to have t-shirts with the original design from the early years of the race. Hope to see you then!

Tim Noonan, Race Director

RESULTS

Female 13-29 -	Carla Provost	48:00
	Kim Maxwell	53:29
Female 30-39 -	Laura Medalie	45:24
	Kim Kendall	49:19
	Rhonda Shippee	49:49
	Rebecca Harrington	50:57
	Nance Smith	53:29
	Maureen Carr	53:29

BEAR SWAMP RUN RESULTS (Cont.)

Female 40-49 -	Dot Helling	43:02
	Carol Van Dyke	46:05
	Elizabeth Meiklejohn	55:10
	Norleen Jones	59:00
	Carlen Finn	64:34
Male Under 13 -	Tanner Pryce	57:01
Male 13-29 -	Justin Skinner	37:25
	Jonathan Morell	50:52
Male 30-39 -	Hans Estrin	37:15
	Tim Kruger	38:26
	Mack Gardner-Morse	41:15
	Alex McHenry	42:18
	Richard Duke	52:08
Male 40-49	Tim Noonan	35:09
	Robert Morell	35:26
	Mike Feulner	37:34
	John Valentine	38:22
	Mike Ellis	40:10
	Jamie Shanley	40:19
	“The Big Bopper” (a.k.a. Sigh Searles)	40:53
	Paul Harrington	43:39
Male 50-59	Greg Gerdel	41:07
	John Horne	42:16
	Jeff Shutak	42:32
	Newton Baker	44:14
	Michael Katzenberg	47:27
	Bob Olkin	57:24
	Ben Bycel	57:51
	William Jones	59:00
	Vince Feeney	64:34
	Scott Skinner	73:55
Male 60+	Bob Mercier	49:50

Berlin Pond Couples Race - 1997 Results

Individuals

Female - Open (Maximum Age 39)

Rank	Name	Time	Age	Hometown
1	Joy Peterson	35:09	37	Williston, Vermont
2	Pam Lowe	37:45	34	Waterbury, Vermont
3	Betsy Martin	38:00	33	Montpelier, Vermont
4	Laura Medalie	38:25	34	East Montpelier, Vermont
5	Aimee Boutillatte	38:53	21	Durham, New Hampshire
6	Suzanne Glazos	40:18	36	Northfield, Vermont
7	Kim Silsby	40:34	28	Montpelier, Vermont
8	Carla Provost	41:16	16	Barre, Vermont
9	Kim Maxwell	42:11	29	Boulder, Colorado
10	Rose Thompson	47:07	31	Barre, Vermont
11	Laura Beliveau	50:45	31	Waitsfield, Vermont
12	Kim Martin	60:18	39	Middlesex, Vermont

Female - Masters (Minimum Age 40)

Rank	Name	Time	Age	Hometown
1	Dot Helling	36:53	47	Montpelier, Vermont
2	Anne Golden	43:10	41	Barre, Vermont
3	Gail Lawson	44:08	49	Northfield, Vermont
4	Bestsy Eldredge	44:44	53	Hanover, New Hampshire
5	Elizabeth Meiklejohn	46:15	49	East Calis, Vermont
6	Paula Pyle	46:39	46	Waterbury, Vermont
7	Marie McWilliams	47:49	54	Worcester, Vermont
8	Deborah Johnson- Surwilo	47:58	40	Montpelier, Vermont
9	Lynda Bullard	58:29		Barre, Vermont
10	Sue Pryce	60:18	47	Middlesex, Vermont

Individuals

Male - Open (Maximum Age 39)

Rank	Name	Time	Age	Hometown
1	Joe Gingras	29:09	21	Berlin, Vermont
2	Tory Kendrick	31:03	22	Durham, New Hampshire
3	Dave Kissner	32:33	31	East Montpelier, Vermont
4	Mac Gardner-Morse	33:52	36	Calis, Vermont
5	Michael Young	36:01	36	Barre, Vermont
6	Arthur Ebbinger	36:08	35	Clarksville, Tennessee
7	Chris Williams	37:53	36	Moretown, Tennessee
8	Nate Leehman	38:45	23	Boulder, Colorado
9	Todd Sternbach	39:23	36	Waitsfield, Vermont
10	Mark Believeau	46:39	31	Waitsfield, Vermont
11	Paul Sanders	48:54	28	Clarksville, Tennessee
12	Dan Bell	48:55	39	Clarksville, Tennessee
13	Mark Brier	55:04	28	Barre, Vermont
14	Chris Dominicali	59:08	11	Middlesex, Vermont
15	Tanner Pryce	59:08	11	Middlesex, Vermont

Male - Master (Minimum Age 40)

Rank	Name	Time	Age	Hometown
1	John Valentine	31:31	47	Roxbury, Vermont
2	Bill Dysart	31:57	45	Burlington, Vermont
3	Craig Ohlson	32:44	44	Lebanon, New Hampshire
4	Carter Smith	34:05	46	Williston, Vermont
5	Bob Bortree	34:26	50	Waterbury, Vermont
6	Denis Rydjeski	34:31	57	Hanover, New Hampshire
7	Mike Baganski	34:44	40	Montpelier, Vermont
8	Greg Gerdel	34:54	50	Montpelier, Vermont
9	John Horne	35:50	50	Waterbury, Vermont
10	Jim McWillaims	36:28	57	Worcester, Vermont
11	Harvey Lavoy	37:14	42	East Corinth, Vermont
12	John Bullard	44:56		Barre, Vermont

Couples

Mixed - Open (Maximum Combined Age 79)

Rank	Couple	Combined Time
1	Tory Kendrick Aimee Boutillatte	1hr 9min 56sec
2	David Kissner Laura Medalie	1hr 10min 58sec
3	Michael Biganski Kim Silsby	1hr 15min 18sec
4	Todd Sternbach Pamela Lowe	1hr 17min 8sec
5	Michael Young Anne Golden	1hr 19min 11sec
6	Nate Leehman Kim Maxwell	1 hr 20 min 56 sec
7	Mark Believeau Laura Believeau	1hr 37min 14sec
8	Mark Brier Rose Thompson	1hr 42min 11sec
*9	Chris Dominicial Kim Martin	1 hr 59 min 24 sec
*10	Tanner Pryce Sue Pryce	1 hr 59 min 24 sec

*Identical times

Couples

Mixed - Masters (Minimum Combined Age 80)

Rank	Couple	Time
1	John Valentine Dot Helling	1hr 8min 24sec
2	Carter Smith Joy Peterson	1h 9min 14sec
3	Denis Rydjeski Betsy Eldrige	1hr 19min 15sec
4	John Horne Paula Pyle	1hr 22min 19sec
5	Jim McWilliams Marie McWilliams	1hr 24min 17sec
6	John Bullard Lynda Bullard	1hr 41min 27sec

Couples - Female Open (Maximum combined Age 79)

Rank	Couple	Combined Time
1	Betsy Martin Deborah Johnson-Surwilo	1hr 25min 58sec

Couples -Female Masters (Combined Minimum Age 80)

1	Gail Lawson Suzanne Glazos	1hr 24min 26sec
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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.

August 23 (Saturday) GMAA Round Church Women's Run 5K/10K, Richmond.

August 25 (Monday) CVR meeting, Darragh Ellerson's house at 6:30, 229-2080.

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

August 30 (Saturday) Northfield 5K.

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

September 6 (Saturday) Archie Post 5-miler, Burlington.

September 7 (Sunday) Maple Leaf half-marathon, Manchester.

September 13 (Saturday) Lake Placid half-marathon.

September 20 (Saturday) Lake Winnepesaukee Relay (CVR is fielding 2 teams!).

September 20 (Saturday) Vermont Law School Chase Race 10-mile relay, S. Royalton, VT.

September 21 (Sunday) Adirondack marathon, Schroon Lake.

September 28 (Sunday) Clarence Demar marathon, Keene, NH.

October 5 (Sunday) CVR Leaf Peepers half-marathon and 5K, Waterbury.

October 18 (Sunday) GMAA Green Mountain marathon and half-marathon, South Hero.

December 31 (Wednesday) CVR 3rd annual First Night 5K, Montpelier.

Notes from the editor

- Contributions to the newsletter - stories, news items, etc. - are welcome at any time. Contributions on disk are preferred to allow for easier layout. I use Word on the Mac but can also read DOS disks and can translate from most applications. Race results are especially welcome so we can report on CVR performances.
- If you received this issue through the mail that means that you have officially renewed your membership for 1997. Thank you! If your membership has lapsed or if you would like to become a member, forms will generally be available at the Tuesday Fun Runs. If you write to me at the return address on this newsletter I'll be happy to send out an application. Or call me at 223-4856.
- Laura Medalie, CVR treasurer is now taking membership applications directly and I have taken over as keeper of the membership / newsletter mailing list. Norm Robinson had been doing both of these tasks, Norm still maintains the big mailing list for race promotion mailings. Please let me know of any mistakes I may have made in reformatting the newsletter mailing list to my system.