

MY 1997 VERMONT 100

by  
Dot Helling

Lou Peyton wrote a wonderful congratulatory note with a request that I share the experience of winning this year's overall women's division of the Vermont 100. How did I do it? What was it like?

While the 100 miles was not effortless, the result was not intended. I did not purposefully "compete" throughout the day until those juices kicked in passing Errol Jones at mile 94 in the dark. I went into this race with trepidation. I had not run 100 miles in three years, I was undertrained compared to previous 100 milers, and my husband was not there to crew. John had been there for every other 100 miler I had run. Because of all these concerns, and questions about whether or not my compartment syndrome would act up, my goal was to pace myself carefully and pay special attention to my specific physical needs, particularly forcing myself to eat and stay hydrated. If able to stay comfortable and strong, I was hoping to break 20 hours. My previous best was 20:08 in 1994.

I did three things absolutely right. I forced the food and drink in steady quantities. I stayed with my own plan. I made myself warm. My difficulties in past 100-milers have always resulted from not eating or drinking enough, or getting cold. The latter almost got me this time.

We started the race in a damp fog, a bit nippy. Still I went with shorts and a singlet. At 5 miles I wondered why my legs were stiff and sore - had I not rested enough? not run enough miles? biked too much? not run enough downhill? The first 12 miles of the VT 100 includes a lot of downhill on gravel and dirt roads. I was concerned because it was too early to have uncomfortable legs. Somewhere along the course before reaching Taftsville, I began leapfrogging with Derrick DeLong from California, and we started socializing. He mentioned that his legs were stiff from the chilly fog, and there was my answer. I was cold. But the forecast was for clearing skies, sun and warmer temperatures so I waited for that. It never happened. Instead the skies got cloudier, the wind picked up and rain threatened. At 44 miles I picked up a windbreaker which helped my upper body but my legs stayed stiff until I put on tights at mile 70. I also put on polypro and a fleece vest, and stashed some wool gloves in my pockets. After that, it was like starting fresh. The warmth immediately loosened up my muscles and I was relatively comfortable to the finish. I also changed my shoes at mile 70, even though I was having no problems with the Nike Air Max Triax's I was wearing. I put on a pair of the Nike Air Max Lite for the added cushioning and a change in foot plant, which I feel raised my comfort level for those final miles as well, and resulted in little soreness and stiffness the next day.

Back to the unfolding of the race day events.... A woman from New York was storming the downhill in the early stages of the race, and I would pull up on the ascents. Barbara Bellows finished 5th woman overall and 2nd master. I lost track of her before reaching Suicide Six. As I found out later, I passed a number of women, Barbara included, in the aid stations where I never spend much time. I was not aware of this until mile 85 at Bill's Place when I noticed an elite-type runner sitting by the drop bags. It turned out to be Julie Arter from Arizona who I was then told had been in second place and going back and forth with Ellen McCurtin. I was in the top ten all day but, when my crew - Fred Pilon and Diane McNamara - tried to communicate standings to me, I ignored them (Sorry, Fred and Di!). I tried not to listen lest I get sucked into the competition. A few times I heard 4th or 5th but I was never quite sure, and did not want to have that interfere with concentrating on taking care of myself. Fred and Diane did a great job with my food, especially the fresh roasted turkey sandwiches on grain bread with grey poupon and a big leaf of green lettuce. A crowd at Pomfret/Route 12 got a big kick out of seeing me run down the road munching away on my sandwich and vanilla wafers. Diane and Fred had missed me at Stage Road where I planned to eat on the walk up Suicide. At Route 12 it was too flat to walk, so I ate and ran with my hands full.

After Pomfret, on the trails down towards West Woodstock, I came upon Chris and Wayne Gibbons. We ran together off and on for about 10 miles. Wayne was not trained and Chris was still nursing an injury. I think they dropped out around 40-45 miles. Before and after them until Camp Ten Bear, I was pretty much alone. This happens to me often but I enjoy the solitude, especially in the woods. It's amazing how you can wile away the miles thinking about this and that, solving the problems of the world.

I don't remember much about the Ten Bear Loop, except for running quite awhile with Derrick and Bruce Boyd from Connecticut. It was fun to see Derrick again and I taught him the "tree to tree" game. I was nervous about the threatening rain, and cold. I concentrated on eating and "ordered" some soup and a change of clothes for mile 70 at Gerry's, then plugged along continuously reminding myself of something John Medinger said to me the first time I ran VT100 - this is the part of the course where you "do the work." At times this loop seems endless. On the other hand, you can look forward to your second time through "party central" (the "Michigan Bluff of Vermont") and PICKING UP YOUR PACER!!!

Diane was my official pacer. But I had another surprise waiting for me. My friend Donna Smyers whom I had trained for and done the Earth Journey 3-Day Triathlon with last summer showed up. She and Diane decided that Donna would pace the first 10 miles and then Diane would "finish me off." A few weeks before while Donna was doing the swim portion of the Lake Fairlee triathlon (I was

there as part of a team), I put a funny dog face horn on her racing bike which makes a fairly obnoxious sound. She took it in good humor and came into the bike/run transition blasting the horn. When she started pacing me at Ten Bear, guess what she had with her? We ran swiftly for 10 miles with the threat of that horn in Donna's control.

When Diane took over, we were on schedule for a sub-20 hour and all I had to do was maintain my steady pace. We ran into the aid station at Bill's. When I saw Julie Arter sitting there looking spent, I asked Fred what was going on. He told me I had taken over 2nd place and that the first place woman, Ellen McCurtin, was just minutes ahead. Diane and I burst with excitement and started roaring down the road out of Bill's. Fred chased us with words of warning, something to the effect of, "Now, girls, this is not the time to race. You still have 15 hard miles to go. Just stick to what you've been doing. It's moved you up all day." I looked at Di and said "he's right." Not only do we still have 15 miles in a 100 mile event, but it's getting dark, colder, and more craggy trails are coming. So we settled down, with smiles on our faces of course.

It was dark as we entered the next to last woods section, a winding section of the course that I had covered early that morning and gotten turned around in. At about mile 94, Di stopped in her tracks and turned around looking at me wide-eyed. I thought, "What the h---? Is this going to be another encounter like at Western States three years ago when we bumped into a big black bear?" Di turned forward and I followed her look right into the eyes of Errol Jones. We had teased Errol incessantly the night before and said to him that he surely did not want me to pass him, and that he could never live that down back in his home state of California. Lo and behold, here he was, frozen on the trail with his pacer John Medinger trying to get him to move on. I hugged him and Di reminded him that he was into the "single digits" and it was no time to give up. Apparently, after we sailed by John appealed to Errol's "machismo" and convinced him he could not let TWO women beat him. I was now ahead of him, along with Ellen McCurtin.

Di and I left Errol in the woods ("left him to die on the trail" as he put it later) and stepped onto the dirt road which leads into the last aid station, a barn. At approximately 95 miles we saw her, Ellen and her pacer just ahead in the dark. We kidded about trying to disguise ourselves and "sneak" by so I wouldn't have to worry about racing. I tucked my braid into my vest and we ran by. Of course, I looked straight at her and she at me, and there was no hiding that another woman was going by. Just seconds or minutes later, Ellen and her pacer flew by us at what seemed like a storming pace and we followed them to the barn. I noticed they almost ran past the barn road and got pulled in. The course required us to run down to the barn door to check in and then back out. As Ellen was running back out, I ran in and at the check-in

yelled "#77 coming in and going right back out." Ellen glanced at me. As I ran out, Errol was coming in. Diane and I crossed the road and headed uphill into a drive before what would lead into the last four miles of fields crossings and woods trails. Errol and John flew by us urging us to steam ahead and overtake Ellen. I called Di back and said it was too early. I was not about to blow up in the last few miles. I knew what was yet to come, some pretty hard climbs, winding, uneven trails and deep dark woods. We could keep track of Ellen's flashlight just ahead in the dark. Errol disappeared into the night. Diane's excitement and her natural playfulness were intoxicating.

At about 98 miles we were climbing what feels like an enormous hill at that point in the event, and I could tell as we got closer that Ellen was walking. I was jogging and we caught up to her at the crest of the hill. Di and I looked at each other, it was about 98.5 miles, and we knew it was time to go. I think Diane said "now" and off we went, racing for the finish line. A half mile later it was clear that Ellen was not taking up the chase, and we started to ebulliently delight in the amazement of what had unfolded. We both decided it was a, if not the, highlight of our ultrarunning careers. Di told me how she and Fred had been watching the developments in the women's field all day, and the entertainment it afforded, especially with me as one of the players. I thought about catching Errol but could see no lights or movement ahead or behind. When we hit the last climb, Fred was on top with his camera. He took a shot, told us we had it and that he'd see us at the finish. We started hooting and hollering. I could hear Laura Farrell, Fred and John hooting back. We sounded like noisy Indians. Di almost crossed the finish line ahead of me and I almost fell coming down the last hill, we were so excited. It turned out that Errol finished just one minute ahead. Too bad - if he had only waited for me, we could have crossed the line together and "maybe" made the cover of Ultrarunning. Fred was there with his camera and, after all, Errol and I had been back-to-back UR profiles and favorite pacer/handlers, and we got each other through Leadville.

I finished in 19:33:35, a PR by 35 minutes. I felt better after this VT 100 than I've ever felt after a 100-miler. Some say it is the high of the win and the endorphins. I feel it was also the fact that I never ran outside my physical and mental capacities for the day. I clearly had alot more to give but I held back. Maybe I could or should have pushed, and maybe I could have grabbed the lead much sooner and/or ran in the 18 hours range. But maybe I would have blown up or come out of it injured or not had as enjoyable a finish. One never really knows. Each ultra experience is different, no matter how comparable your training and approach may be. Certainly my knowledge of the course helped me. I knew that it was too soon after leaving the barn for me to push. I knew what lay ahead. I also have a familiarity with that last section that helps alot mentally. Every time I have run the VT100,

including this year's, I've gone out in the weeks before with friends for a "night run". We park at Smoke Rise farm at dusk and run the start and finish of the course as a loop, just to remind me of what's there. I find it helps to have no surprises and to have counted the hills that have to be climbed in those final four miles. I always think there is "one more hill" than there is. Must be my Mt. Washington mind set. I'm happy to find that I've anticipated one more than there actually is and the finish line seems closer each time than the year before, and far closer than the year I travelled it as Suzi Thibeault's pacer. Since Lou Peyton was with us up to the final two miles when I was pacing Suzi in 1989, it's fitting to be writing about this at her request. Both Lou and Suzi finished the Grand Slam that year, and her maiden VT100, along with Helen Klein and several others - the first year women had completed the Grand Slam and the first year that Vermont could be substituted for Old Dominion. There lies another coincidence since Laura Farrell, founder and director of VT 100, is a past winner of Old Dominion and has run both the OD trail run and the endurance ride. VT 100 is also a combination trail run and endurance ride 100.

I love this event. I love the fact that it raises so much money for the physically disabled and that it takes place in our beautiful Vermont. I am thrilled to have become the first Vermonter to win the male or female division overall. I was thrilled at age 47 to have dueled it out with 30-year old Ellen McCurtin, a member of our National 100K Team. Ralph Swenson and I have done well over the years, finished in the top three and won the masters divisions, but this was the greatest! It was also thrilling to have Ralph set a new course record for Over 50 by 28 minutes, and to have snatched it away from California's premier ultrarunner Alfred Bogenhuber. Lastly, it was a three part thrill to have another Vermonter, Tony Treanor of Swanton, in his 100 mile debut, finish 2nd overall in the male division and win the male masters. It was a great year for Vermonters. A record 10 started and eight finished, all under 24 hours to earn the coveted silver buckle.

I thank all my supporters, especially Diane and Fred. I loved all your notes, the flowers and the extended endorphin high from telling my story. Thanks!

Pat Helle  
8/22/97

# Race Roundup

*Class      Time      Class placetotal      Overall placetotal*

## **Vermont Sun Triathlon #3, Salisbury, VT, 7/12/97 (600-yd swim, 14-mi bike, 3.1-mi run)**

Dot Martin                      F3039      1:09:11                      1 \                      1st overall

## **Nett's Fairlee Great Triathlon, Fairlee, VT, 7/13/97 (0.75-mi swim, 24.5-mi bike, 5-mi run)**

Donna Smyers                      F3039      2:01:56                      4th overall

## **Northfield Savings 5K, 8/30/97**

John Valentine	M4049	18:40	4\59	17\261
Jon Reidel	M2029	19:02	8\24	27\261
Greg Gerdel	M5059	19:56	8\30	51\261
Mack Gardner-Morse	M3039	20:21	7\30	56\261
Tom Bachman	M4049	20:40	18\59	63\261
John Kaeding	M4049	21:37	28\59	90\261
Richard Cleveland	M4049	21:58	30\59	99\261
Ken Austin	M5059	22:51	16\30	115\261
Gus Kaeding	M<19	23:00	18\29	119\261
Carol Van Dyke	F4049	23:06	3\28	121\261
Tracy Perry	F2029	24:34	4\13	157\261
Molly Bachman	F4049	25:19	10\28	171\261
Mai-Lis Ellerson	F3039	26:49	11\20	196\261
Bob Olkin	M5059	27:21	27\30	210\261
Deirdre Ellerson	F4049	27:27	14\28	211\261
Reidun Nuquist	F5059	28:13	2\5	220\261

## **Northfield Savings 1-mile, 8/30/97**

Gus Kaeding	M13	6:02		3\142
Sasha Gerdel	F12	6:59		10\83
Carolyn Zuaro	F11	7:14		11\83
Emily Bachman	F11	7:49		27\83
Forrest Van Dyke	M8	7:51		59\142
Sarah Van Dyke	F10	8:06		35\83
Sten Kaeding	M7	9:34		108\142

## **Jeffersonville to Cambridge 5K, 8/30/97**

Sam Davis	M3039	15:50	1\26	1\277
Gordon MacFarland	M4049	17:57	5\42	17\277
Sue Barber	F4049	19:02	1\26	26\277

# Race Roundup, cont.

## Archie Post 5-miler, GMAA, Burlington, 9/6/97

Carol Van Dyke	F4049	38:02	2\6	4\10
Gordon MacFarland	M4049	29:29	2\13	5\36

## Burlington Triathlon - 15th annual (.5 mi swim / 23 mi bike / 5 mi run), 9/7/97

John Valentine	M4549	2:09:51	8\22	56\131
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## Maple Leaf Half-Marathon. Manchester, VT, 9/7/97

Jon Reidel	M2029	1:27:45	5\17	22\145
Dot Martin	F3039	1:32:19	2\44	46\145
John Kaeding	M4049	1:41:19	29\98	96\145

## Wapack Trail Run, 17.5 mi, New Ipswich, NH, 9/7/97

Dave Kissner	M3039	3:11:11		18\80
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## Blue Cross / Blue Shield 5K, Berlin, VT, 9/20/97

Jamie Shanley	M4049	19:08	1\3	1\5
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## Lake Winnepesaukee Relay, 65-mile, 9/20/97 (story in next issue!)

CVR Women		8:23		11\14
CVR Men		7:43		56\165

## News FLASH!

Recently, a CVR runner, who will remain anonymous out of respect for his own diligent protection of other CVR runners' anonymity, was spotted by another anonymous CVR runner, bopping along the shores of Lake Champlain, far from his northeast kingdom home, showing signs he had run a very long way.

## 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.

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

September 28 (Sunday) Mad Dash '97 4-Mile Foot Race, Waitsfield.

September 29 (Monday) CVR Meeting / Leaf Peepers final organization.  
Gordon MacFarland's, 6:30 pm - see notice on address page.

October 4 (Saturday) Stark Mountain Hill Climb, Mad River Glen Ski Area.

October 5 (Sunday) CVR Leaf Peepers half-marathon and 5K, Waterbury.  
(application available in this issue)

October 5 (Sunday) VASS 50-mile Trail Race, Brownsville, VT.

October 5 (Sunday) Kingdom Foliage 5K, Lyndonville.

October 7 (Tuesday) Wrap-up meeting on Northfield 5K. See Tim Noonan's article in this issue.

October 11 (Saturday) 15<sup>th</sup> Applefest Half-Marathon, Hollis, NH.

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

October 18 (Saturday) Manchester Fall Foliage Foot Race 10K & 1-mile, Manchester, VT.

October 18 (Saturday) Greater Hartford Marathon, Hartford, CT.

October 19 (Sunday) BayState Marathon and Half Marathon, Lowell, MA.

October 26 (Sunday) Mohawk Hudson River Marathon, Albany, NY.

October 27 (Monday) Halloween Howl 5K, Burlington (6:15 pm).

November 1 (Saturday) Craftsbury 5K Trail Run, Craftsbury, VT.

November 9 (Sunday) Ocean State Marathon, Narragansett to Warwick, RI.

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



CVR Meeting Minutes  
August 25, 1997

MC

Darragh Ellerson hosted the August 25 meeting. We began the meeting at 6:30 with a delicious potluck dinner, followed by a discussion of CVR activities.

Regarding the last newsletter, who is cutting corners?

Darragh received a phone call from a fast marathon runner who is requesting that CVR include Leaf Peepers as the third race in a grand prix series, along with Maple Leaf and Covered Bridges. He is getting sponsors for the grand prix, including some beer companies. After some discussion, we agreed that we liked the idea but would like more details - maybe a proposal. Some members expressed concern over giving out the Grand Prix awards at Leaf Peepers. This might get confusing and might annoy our regular sponsors.

Tim Noonan reported on this weekend's **Northfield** race. The bank is doing most of the work. Richard Cleveland is coordinating the volunteers. Norm Robinson, Darragh Ellerson, Maureen Carr, and Bob Murphy are also helping. More volunteers would be better. Richard talked to the highway crew and they will smooth over the RR tracks. There is much concern about the train crossing. Tim expects to have the race results shortly after the races are over. He plans to give out awards at 11:30 or 12:00. More than 200 have registered in both the Kid's race and 5K.

USA Track and Field has a new executive director who is an experienced runner.

CVR will be visible on the Cool Running Web site.

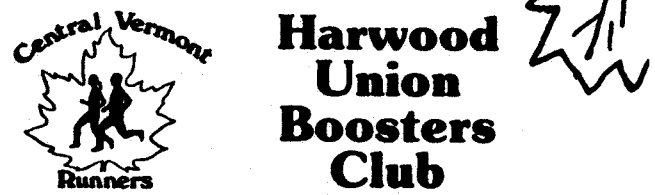
Norm Robinson is organizing the effort to send two CVR teams to the **Lake Winnepesaukee Relay Race**. He plans to mail a list of team members to each participant. We discussed the possibility of buying T-shirts or singlets for the race. Darragh offered some CVR T-shirts with old-english style logo, but no one was too interested since the logo is difficult to read. Race participants plan to meet Tuesday, following the Fun Run, to work out the logistics of the race and to practice baton passing.

Gordan MacFarland and Darragh Ellerson gave us an update on **Leaf Peepers**. So far, 32 people have registered for the half marathon, and 17 for the 5K. The race was advertised in the southern US and as a result Darragh has received a few applications from South Carolina. Gordan plans to give brightly colored race T-shirts to race volunteers. Runners will receive a white T-shirt with green lettering. Gordon would like eight volunteers: 4 at the finish line, 1 volunteer coordinator to serve as a contact for volunteers on race day, 1 food manager, and 2 people at the turn around point. More people at the registration desk would also be helpful. CVR will have use of the auditorium at the Waterbury complex. Gordan plans to use this for registration and possibly awards. We will not be stuffing race packets this year, but there will be some organizing to do the night before the race. Bridge construction on the race course may be a problem - Gordan will check into it.

The next meeting will be held on September 29 at 6:30 at Gordon MacFarland's house. Gordon lives at 21 Bailey Ave in Montpelier.



**SPONSORED BY:** Green Mountain Coffee Roasters  
**CO-SPONSORED BY:** The World, WDEV, Vermont Pure Natural Spring Water and Cabot Creamery.  
**ORGANIZED BY:** The Central Vermont Runners and 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 - 189. Aid stations approximately every 3 miles. Traffic control. R.R.C.A. Sanctioned. Both Races Certified. Co-directors: Gordon MacFarland and Darragh Ellerson. Unique radio coverage of race from start to finish by WDEV.

**AWARDS:** At Vermont State Office Complex.  
**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 bugies.)



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

**ENTRY FEE:**

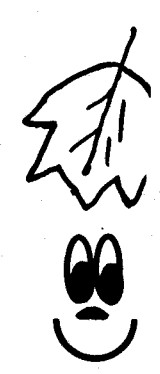
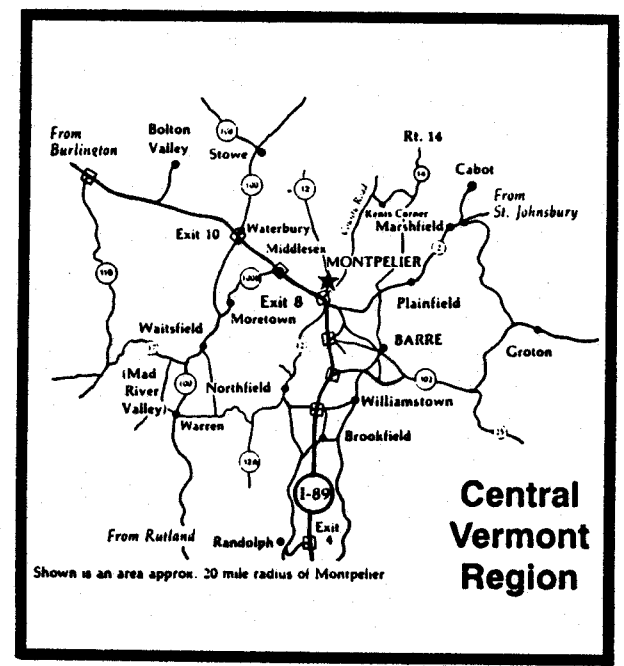
Half Marathon: \$15 (U.S.)-\$20 race day  
5 Km: \$10 (U.S.)-\$15 race day.

**T-SHIRT:**

Those with entries postmarked by September 27 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



OFFICIAL ENTRY BLANK

NAME (Please Print) \_\_\_\_\_ CITY \_\_\_\_\_  
 STREET \_\_\_\_\_ ZIP \_\_\_\_\_  
 STATE \_\_\_\_\_  
 AGE \_\_\_\_\_ BIRTH DATE \_\_\_\_\_ SEX: Male  Female

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

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, USA Track & Field, and the New England USA TF Association, 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 or carelessness on the part of the persons named in this waiver.

Signature of entrant \_\_\_\_\_ Date \_\_\_\_\_  
 If entrant under 18, parent must sign \_\_\_\_\_ Date \_\_\_\_\_

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## ***Northfield Labor Day Weekend Races***

This was a transitional year for the Northfield Labor Day Weekend 1 mile children's run and the 5k adult race held on August 30. The Central Vermont Runners for the first time took over handling the technical aspects of the race, Granite Racing Systems assumed timing duties, and the Northfield Savings Bank had new coordinators.

For those of you unaware of the arrangements for the races, a brief summary is in order. CVR was approached last year by Joe Zuaro, director of the Northfield races for the past decade. Joe wanted to know if CVR was interested in taking over handling the technical aspects of the races. Ultimately, an arrangement was worked out where CVR would be responsible for directing the technical aspects of the races (i.e., course marking, course monitoring, finish line setup, safety issues., general organization and coordinating) and would receive \$1 per runner, Granite Racing Systems (a professional race timing operation out of New Hampshire) would time runners for a fee, and Northfield Savings Bank would continue to perform all other race-related tasks (i.e., publicity; ordering t-shirts, awards, bib numbers, water, etc.; responding to race inquiries; handling registration).

Although there were minor glitches on race day, the two races went off well. An all-time high of 225 kids ran the 1 mile race, and a fairly typical 261 finished the 5k race. From my perspective as race director, I could not have asked for better support. The Northfield Savings Bank financially supports and does the bulk of the work for these races, and provides many race volunteers. It was a true pleasure to work with Carol Fugazy and Chris Wrobel, the two race coordinators from the bank.

As usual, the CVR race crew did a superb job. I am willing to direct these races only because I know I can rely on the invaluable aid of committed CVR volunteers with expertise. Many thanks to Maureen Carr, Richard Cleveland, Darragh Ellerson, Cindy Gardner-Morse, Rick Hubbard, Dave Kissner, Laura Medalie, Bob Murphy, and, last but far from least, Norm Robinson.

In addition to the CVR and bank volunteers, there were approximately 40 more volunteers from the Northfield community. These are true community races, and the enthusiastic support displayed by these many volunteers reflects this community support. Recognition also needs to go to Bob Teschek from Granite Racing Systems. As you can imagine, timing 225 kids in a 1 mile race can be a bit of a nightmare. Bob handled everything in the kids' race and the 5k race expertly and with calm. Bob's finish line system resulted in the awards ceremony being held less than ten minutes after the last runner finished the 5k, an hour and a half earlier than previous years.

We will be holding a "wrapup" meeting on the races on October 7 at Northfield Savings Bank. We have some ideas for changes to hopefully make next year's races come off even more smoothly. We welcome any suggestions from race participants.

Tim Noonan  
Race Director

## **CVR meeting - Monday, September 29, 6:30 pm, Gordon MacFarland's, 21 Bailey Ave., Montpelier**

This meeting will be the final organizational meeting for the **Leaf Peepers Half-Marathon / 5K** set for Sunday, October 5 at 11 am in Waterbury. We will start at 6:30 with the usual pot luck. Anyone interested in helping out with the race is urged to attend. Volunteers are still needed for a variety of jobs. If you can not attend the meeting, please contact Gordon (229-6379) or Darragh Ellerson (223-2080) to offer your assistance. Your help will make CVR's biggest event a big success.

## **Lake Winnepesaukee Relay**

CVR fielded 2 teams for this 65-mile event that circles Lake Winnepesaukee in New Hampshire. The Women's Team, in order of running, was Donna Smyers, Dot Martin, Christine Maloney, Mai-Lis Ellerson, Merrill Cray, Maureen Carr, Mary Bates, and Darragh Ellerson. The Men's Team was Tim Noonan, John Martin, Dave Kissner, Tim Heney, Norm Robinson, Richard Cleveland, Steve Burkholder, and Mack Gardner-Morse. Look for the full story in the next issue of the CVR Newsletter.

## **Leaf Peepers Half-Marathon / 5K. Sunday, October 5 at 11 am, Waterbury, VT. (application inside)**



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

# September 1997

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**Please recycle this newsletter (or pass it on).**