

An extraordinary year: The 1997 high school girl's cross-country season

by Jamie Shanley

Editor's note: This was written before the national high school cross country finals in Orlando, Florida, on December 13. See the Race Roundup section for results of that race.

Poor Kelly Joy. In an ordinary year, the U-32 junior would have been in the thick of contention for the distinction of fastest female high school cross-country runner in Vermont. In an ordinary year, her exciting season-long seesaw battle with Harwood's Caitlin Compton and occasionally Megan Malgeri of Essex would have been the main story, not just a sideline. But Kelly can't even lay claim to being the fastest at U-32. Though she regularly clicked off sub-20 minute times in the standard 5-kilometer cross-country races, her own teammate, senior Tara Chaplin, was running down in the 18's and even 17's by season's end.

Poor Tara Chaplin. For the past 2 years Tara has dominated female high school cross-country in Vermont. And she is running more than a minute faster than last year, when she placed 7th at the Northeast regionals, becoming only the second Vermont school girl ever to qualify for the National Championships (the other was Eileen Ellig of Rutland in 1982 and 1984). In an ordinary year Tara's performances would be off the charts, untouchable. But this is not an ordinary year.

Enter Erin Sullivan, a junior from Mt. Mansfield High School in Jericho. Seemingly from out of nowhere Erin burst on the cross country scene this season. Her sport was soccer. She decided to run cross-country when the soccer schedule allowed. Suddenly it was Tara's turn to be second. In their first few encounters Erin beat her soundly, by more than 30 seconds.

Tara reacted to the new situation in a very positive way. She got faster. Inspired by this unexpected competition, she has attained times that she might have thought were out of reach earlier in the season. And even though Erin is also getting faster, Tara is narrowing the gap. On November 30, when it really counted, she was only 15 seconds behind Erin and ahead of everybody else. It was a 1-2 finish for Vermont at this year's Northeast Regionals. Erin and Tara beat the best from all New England, New York, New Jersey, Pennsylvania, Delaware, Maryland, and D.C. The odds of a 1-2 Vermont finish considering its small population were 1 in 10,200.

Much has been made of the differences between the 2 runners. Tara is known for her intensity and diligent hard work - running 50 to 80 miles a week, building her strength and endurance through a lot of carefully planned training. She races tactfully and with a lot of heart. Erin has gotten by on 30 miles a week, and a lot of raw talent. Her race strategy is to lead all the way, even it means sprinting at the start. It's still all so new to her. But the 2 have trained together in the last 2 weeks, and have become friends. They will travel to the national finals as teammates. Some experts feel that Erin has a chance to win it all. If she does, she may at least for the first time feel what it's like to have someone right on her heels. And it just might be Tara!

Back in Vermont, Tara will trade in her running flats for cross-country ski boots. If she's not too burned out on competition, she may use her excellent cardiovascular conditioning to try to wrest the top spot on the U-32 female cross-country ski team from the clear front-runner. That would be Kelly Joy.

Race Roundup

The race season is winding down. Here are some of the fall races, will fill in some we missed in the next issue.

Class Time Class place\total Overall place\total

Dutchess County Classic Half Marathon, 9/21/97, Poughkeepsie, New York

Gordon MacFarland	M4549	1:18:10	1 \	7\349
Sue Barber	F4049	1:26:24	1 \	25\349

Hunger Mountain Challenge Hill Climb, 10/11/97, Waterbury Center, VT

Donna Smyers	F	38:45	1\9	4\20
Rick Hubbard	M	42:49	7\11	9\20
Dot Helling	F	60:29	8\9	18\20

Tour de Burlington Halloween Howl 5K, 10/27/97, Burlington, VT

Tim Noonan	M4049	18:30	3\22	7\101
Norm Robinson	M4049	21:04	9\22	33\101

1997 Jingle Bell Run for Arthritis, 11/9/97, Burlington, VT

Eric Morse wins in 15:25

Gordon MacFarland	M4049	17:42	1\10	6\88
Michael Chernick	M4049	21:56	8\10	32\88

Dartmouth Co-op 10K Turkey Trot, 11/22/97, Hanover, NH

The course was a short 10K

Gordon MacFarland	M4049	35:11	1\11	4\125
Sue Barber	F4049	37:57	1\6	12\125

21st Middlebury Turkey Trot and Gobble Wobble, 11/23/97, Middlebury, VT

5K

Dick Millar	M3039	18:13	4\9	
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10K

Christine Maloney	F1829	51:26	12\20	
Richard Cleveland	M5059	48:43	2\5	

Foot Locker 1997 High School Cross-Country National finals, 12/13/97, Orlando, FL

Erin Sullivan of Jericho Vermont becomes National Champion! Erin wins convincingly by 31 seconds, with a time only 5 seconds off her personal best despite a muddy, waterlogged course. Tara also runs a very strong race, improving on last year's 30th place.

Erin Sullivan		17:22		1\32
Tara Chaplin		18:26		9\32

The November running experience

by Laura Medalie

When the newsletter editor suggested this assignment, my first reaction was "not much of a story there." But with a few days of pondering under my belt, I see where I was wrong. November just bursts with excitement!

First, even the most drab dressers among us are required to don otherwise closet-bound red and orange vests and hats. The flashier and clashier the better. Pickups on the road to dodge and bearded guys clustering in 2s and 3s, traipsing stealthily through the woods, carrying weapons of destruction, are as much a part of the scenery as those ubiquitous grey skies and loss-of-daylight frowns. What runners have in common with hunters is a lively interest in the start and end dates of hunting season, though the associated adrenaline rush is for entirely different reasons.

Regarding the weather, November generally marks the transition when anything is possible. If we're lucky, we'll be blessed with an early snow, like this year, which, while gracing the landscape with boundless beauty, requires constant vigilance against treacherous footing, thus negating that benefit. Still, the cold air invigorates--unless it's cold and wet--when it just infuriates.

Even if snow is elusive, the month's overall grayness has an under-appreciated bright side. If you've ever noticed how subtle colors become enhanced against a dull background in the absence of

daylight and bright colors, you'll understand. Runners are often alone to reap this benefit--road and mountain bikers have usually thrown in the towel, except for the hardiest of the lot who have artificial extremities.

For many runners, November is a crucial month to train for the upcoming ski season. Got to log those extra miles in anticipation of the Craftsbury marathon, only to carelessly abandon the sport, like a pair of holey socks, with opening day at Trapps. Loyal sneakers that served well over the summer and fall are relegated to some musty corner of the attic only to be called to duty with a curse for those 2 weeks in January when temperatures soar above freezing. Into February, runners split into 2 camps, those that stick with skiing as long as there's the barest bit of corny mush on the ground, and those who resurrect sneakers (perhaps a new pair) to worshipful icons, as preparations for the Boston Marathon begin.

But back to November. At month's end, running becomes a religious experience. Traditions are entrenched, whether they be the annual Turkey Trot 5 or 10k, or the casual pre-Thanksgiving meal run to work up an appetite in anticipation of that extra serving of stuffing or pie. Post-Thanksgiving Friday morning's slog is neither a run or even a jog, it can only be billed as a guilt trip when you congratulate yourself on each painfully wretched mile, while promising that next year will be different. But you're kidding nobody. November is always the same.

CVR Meeting Minutes
November 17, 1997

The meeting was held at Michael Chernik's house. Delicious pot-luck followed by discussion.

Gordan gave us a summary of **Leaf Peepers**.

- Registration was held inside and went smoothly.
- Race volunteers were pleased to receive T-shirts. Over 90 people volunteered.
- Bagels and other food went over big, but next year we might want to move the food closer to the finish.
- Water stops spaced differently than previous years and seemed to work well.
- Race organizers, Nan and Howard Atherton, did a great job, but unfortunately will not be able to help out next year.
- Lots of high school students running the 5K.
- Town of Duxbury was annoyed by traffic slow-down caused by runners.
- The bridge which is currently closed will be open next year - might want to consider changing course to go over bridge. Course would need to be recertified.
- Gordon will not be playing such a big role in organizing the race next year. CVR is looking for someone to take on some race director responsibilities.
- No complaints received from runners - big improvement from previous years.
- Rented sound system was a big success.
- Could use one more volunteer at the race turnaround.

Michael Chernick reports that the **Berlin Pond** race is set for the first Sunday in August.

Corporate Cup - Tim Noonan is going to talk to Mike Fullner about possibly moving the race date so that it is not so close to Burlington Marathon.

Plan to discuss purchasing **CVR t-shirts or singlets** after the first of the year but in time for Fun Runs.

Norm Robinson volunteered to organize **Winter Fun Runs**. Jamie Shanley will include a schedule in the next newsletter.

We discussed taking on the proposed **border-to-border endurance run** that Dot Helling brought to the club's attention. The event, scheduled for mid to late August, would go west to east across Vermont and include kayaking, swimming, running, in-line skating and more. Yikes! Although it sounds like fun, we agreed that CVR members are spread too thin already, and this big event might be too much for CVR at this time.

First Night 5K: Dave Kissner will try to get volunteers through First Night sponsors, but anyone interested in volunteering can let Dave know. Race is set for 3:00. Dave is going to bring up safety considerations with ORAC. One area of concern is the path in the rec area - could be quite slippery. Runners will receive Turtle Fur headbands. Registration will include a First Night button. Fee is \$9 pre-registration, \$12 post. Dave plans to use the Pavilion again for registration and awards. Will check into having hot cocoa in addition to bagels and water. Yum, yum.

Annual Meeting will be held on January 18 at Laura Medalie and Dave Kissner residence, East Montpelier. Arrive at 2:00 for a fun outdoor activity - meeting at 4:00.

Race Proposal by Dot Helling

Ed. note: This is a proposal by Dot Helling for a multi-modal cross-Vermont race. Is CVR interested in being part of this?

ONION RIVER SPORTS PRESENTS:

THE FIRST ANNUAL CENTRAL VERMONT BORDER TO BORDER ENDURO-CHALLENGE

PROPOSED COMMITTEE MEMBERS: ANDREW BREWER (ORS), LAURA FARRELL (VASS), JIM FREDERICKS (ROSSIGNOL), ROB CENTER OR ROB SCARGES (MAD RIVER CANOE), DOT HELLING, AND REPRESENTATIVES OF CENTRAL VERMONT RUNNERS, STOWE BIKE CLUB, MAD RIVER RIDERS, AND MAD RIVER BIKE SHOP.

PROPOSED MODALITIES: KAYAK/SWIM, ROAD BIKE, MOUNTAIN BIKE, TRAIL RUN, CANOE, ROAD RUN, IN LINE SKATE.

PROPOSED DATE: MID TO LATE AUGUST. (REASONS: Warm water, light events schedule, pre-School startup and Leafpeepers, time to train.)

PROPOSED TEAM SIZE: 2-4 INDIVIDUALS, ONE VEHICLE, ONE KAYAK, ONE CANOE, ONE MOUNTAIN BIKE, ONE ROAD BIKE.

PROPOSED TEAM CLASSES: OPEN MEN, OPEN WOMEN, MASTERS MEN AND MASTERS WOMEN (ALL OVER 40), MIXED OPEN AND MIXED MASTERS (EACH TEAM MUST HAVE AT LEAST ONE MEMBER OF THE OPPOSITE SEX COMPETING IN A WATER EVENT, BIKE EVENT AND RUNNING EVENT).

PROPOSED STAGES:

1. START BY DRIVING TEAM MEMBERS AND KAYAK OVER THE CHIMNEY POINT BRIDGE TO PORT HENRY. TWO TEAM MEMBERS KAYAK AND SWIM ACROSS LAKE CHAMPLAIN TO CHIMNEY POINT. THE TWO TEAM MEMBERS MAY TRADE OFF KAYAK/SWIM AS OFTEN AS THEY WISH. PART OF THE CHALLENGE WILL BE THE SWITCHING OFF. (Alternatives: Westport to Basin Harbor or Essex to Charlotte.)
2. ONE MEMBER ROAD BIKE FROM CHIMNEY POINT ON ROUTE 17 (or wherever on/from Eastern shore of Lake Champlain) THROUGH BRISTOL AND OVER THE APPALACHIAN GAP TO TUCKER HILL LODGE.
3. ONE MEMBER TRAIL RUN ON THE MAD RIVER ASSOCIATION TRAILS BEHIND THE TUCKER HILL LODGE AND COME OUT AT THE MAD RIVER BIKE SHOP.

4. ONE MEMBER ROAD RUN FROM MAD RIVER BIKE SHOP TO DIRT ROAD/TRAILS EN ROUTE TO MORETOWN. (I have a number of suggestions on this one, depending on how technical we decide to make the next stage.)

5. ONE MEMBER MOUNTAIN BIKE WAITSFIELD BACK ROADS AND TRAILS THROUGH MORETOWN AND MIDDLESEX TO EAST MONTPELIER START OF RAILROAD BED.

6. ONE MEMBER RUN RAILROAD BED FROM EAST MONTPELIER TO LAKE GROTON.

7. TWO MEMBERS CANOE LENGTH OF LAKE GROTON NORTH TO SOUTH.

8. ONE MEMBER INLINE SKATES ROUTE 302 TO WELLS RIVER ON N.H. BORDER (THE FINISH). (I believe this section of 302 is recently repaved with a good shoulder.)

Upcoming events

December 31 (Wednesday), 3 pm. CVR 3rd annual First Night 5K, Montpelier. (application in this issue)

January 1 (Thursday), 11 am. First Run 5K and Kid's Run 1-mile, Burlington.

January 11 (Sunday), 9 am. Craftsbury Ski Marathon, Craftsbury Common. 25K and 50K races, classical technique.

January 18 (Sunday). Craftsbury Youth Cross-country ski races, classical technique.

January 18 (Sunday). CVR annual meeting. See details on last page.

February 1 (Sunday). Stowe Winter Carnival 5K race, Mount Mansfield x-c center.

February 22 (Sunday). Stowe Derby.

Make your New Year's resolution early! Run in the

FIRST NIGHT MONTPELIER 5K

December 31, 1997 • Race start: 3:00 pm

A 5 kilometer road running race in downtown Montpelier.
Part of the First Night Montpelier events.
Co-sponsored by the Central Vermont Runners club.

Course Description: Starts at the corner of Court Street and Gov. Davis Avenue, Montpelier.
Flat course on a mainly out-and-back route along Elm St. (Rte. 12).

Race day registration: 1:30 to 2:45 pm, basement auditorium, Pavilion Building.

Top Prizes: *Hiking Shoes* from Onion River Sports and *Running Shoes* from Sports Image, Berlin Mall

*All registrants will receive a Turtle Fur headband and
a First Night Montpelier button for admission to all First Night events.*

First Name _____ Last Name _____

Sex _____ Age on Race Day _____

Street _____

City _____ State _____ Zip _____

Telephone Number _____

I know that running is a potentially hazardous activity. I should not enter and run the race 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 risk associated with running including, but not limited to, falls, contact with other participants, the effects of the road and traffic on the course, all such risks being known and appreciated by me.

Having read this waiver and knowing these facts, I, for myself and anyone entitled to act on my behalf, waive and release First Night Montpelier, Central Vermont Runners, Onion River Arts Council, the City of Montpelier, all sponsors, their directors, officers, employees, agents and representatives from all claims or liabilities of any kind or nature arising out of my voluntary participation in this race even though that liability may arise out of negligence or carelessness on the part of the persons named on this waiver.

Race Registration Before 12/25/97:

_____ \$9.00 (includes First Night button)

Race Registration After 12/25/97:

_____ \$12.00 (includes First Night button)

Please make checks payable to Onion River
Arts Council

For More Information / Mail Entries To:

Dave Kissner, First Night Montpelier 5K
RR 1, Box 4230
Montpelier, VT 05602
(Tel. 802 229-4523)

Signature (Parent or Guardian if under 18)

CVR annual meeting - Sunday, January 18, 4:00 pm, Laura Medalie and Dave Kissner's - Barnes Road, East Montpelier. Phone: 229-4523.

Dave and Laura live just off the County Road in East Montpelier. Traveling north out of Montpelier, Main Street becomes County Road. About 3 miles out, take the first right after Morse's Sugar House onto Barnes Road. Second house on right. The meeting starts at 4:00 with potluck. Come at 2:00 for a pre-meeting run or ski. This is the annual meeting, when we elect officers. All CVR members or other interested persons are welcome to attend.

First Night 5K, Wednesday, December 31, 3 pm, Montpelier, VT.

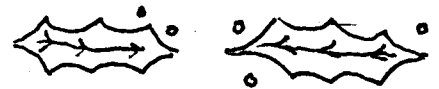
This will be the 3rd running of this CVR event. Anyone interested in helping out with the race should contact Dave Kissner at 229-4523. See application form in this issue.

Donna Smyers in Vermont Sports Today

Donna has been getting a lot of press after winning the Women's Masters division at the Hawaii Ironman. She was featured in the Times Argus and now in Vermont Sports Today. Check out the December issue.



Central Vermont Runners
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