

## VERMONTERS SHOW THEIR 'METAL' AT LAKE PLACID IRONMAN

In September 1998 a small blurb in the Burlington Free Press announced "Lake Placid to Host Ironman USA." The news spread quickly through Vermont and the rest of the world. Within 6 weeks, over 1700 crazy triathletes from 30 countries and every state had sent in \$300 to reserve their right to compete (or torture themselves) on the first official Ironman course in the contiguous U.S. By late October, with a dozen Vermonters registered, the race, scheduled for August 15, 1999 was closed to new entries. The Ironman distance, a 2.4 mile swim, 112 mile bike and 26.2 mile run has been made famous by the annually televised Ironman Triathlon World Championships in Kona, Hawaii. The Isuzu Ironman USA Lake Placid was a qualifier for the Kona race, with 80 spots reserved for top competitors to go to Hawaii.

A group of Central Vermonters, including Dot and John Martin of Barre, Betsy Laflame of Warren, Dr. Mike Mason of Northfield, and me, Donna Smyers of Montpelier, trained for and participated in the event. After a winter of running on snow and ice, we started to ramp up our training in May as the cold spring of '99 turned into the hottest and driest summer we've ever experienced. We first proved our running endurance in the Vermont City Marathon, then found several 90+ degree days to prepare for the expected heat of mid August in Lake Placid. Betsy demonstrated her cycling strength over the summer solstice weekend, biking 200 miles to Sturbridge, MA on a Saturday and returning the same route 2 days later. Dot, John and I took a concentrated approach, completing our first 100 mile ride July 4<sup>th</sup> weekend. We spent July doing time trials with the Stowe Bike Club, swimming back and forth across #10 Pond in Calais, and every weekend doing a long ride (~100 miles) one day and a long run (18-20 miles) the other. We all took one weekend to test ourselves at the Half-Ironman distance at races in Kingston, NY or Tupper Lake, NY.

We tapered and rested during the first 2 weeks of August; then it was time to head to Lake Placid. Driving over to the race, Betsy and I expressed our fears that this first-time event would be disorganized and maybe even dangerous. As we registered and went to the pre-race meeting and parade, our fears evaporated. Everything was under control except for the weather. While we had been training in the sun, it was muggy and raining. Sometimes the humidity made it feel hot but at the parade on the eve of the race, we were shivering in our sweaters. Had we checked the correct clothing in our bike and run bags?

The day of the race dawned with a 60 degree mist. Dot moved her bike number to a long sleeve Duofold, Betsy slipped some arm warmers into her bike bag; I was glad I'd chosen my bike jersey to my usual sleeveless mesh racing shirt. The swim with 1500 thrashing humans was rough. A 2.4 mile double out and back in 70 degree Mirror Lake mimicked our #10 Pond training. We all survived and Dot even made it to the front page of the Lake Placid newspaper the next day as she gritted her teeth for reentry into the second loop of the swim.

The day cleared but remained cool as we started the bike. The two loop bike course was the most amazing part of the race. The organizers managed to close route 73 from Lake Placid to Keene, 9N from Keene to Jay, and 86 from Jay to Lake Placid in the direction the bikes went. The 14 mile out and back to Haselton was completely closed as were all bike and running roads in Lake Placid. Policemen and volunteers were everywhere to keep the roads safe. There were more volunteers than racers in this event. Aid stations were well stocked with water, Powerade, Gu, cookies, bananas, and Ironman Bars. The exciting part of the course was a 5 mile careening downhill into Keene, where most racers exceeded 40mph for the distance. The toughest part was the 12 mile uphill into Lake Placid, which on the second loop we started after having ridden 100 miles. The views of Whiteface Mtn. were awesome whenever we had the energy to look up during the long climb.

For me, dismounting the bike meant waddling into the transition area as I tried to fake a running stride six hours and 50 minutes into the race. The volunteers slathered sunscreen on my back while I changed my shoes and socks. The run started with 2 severe half-mile downhills, which punished our aching thigh muscles. The rest of the run was beautiful and relatively flat with the Olympic ski jumps looming just ahead on the return trip. The double out and back format with 4 trips through town was very spectator friendly, but also fun for the competitors as we saw nearly everyone we knew several times. We cheered each other while trying to gauge whether we were gaining or losing ground. It turned out that Mike Mason, Dot Martin and I (all who work at Central Vermont Medical Center) ran within a few minutes of each other so saw each other at the exact same place each loop.

As the race concluded into the evening and late night hours, it became evident that Central Vermont produces tough triathletes. With 1500 people competing from all over the world, we took home 2 firsts and 2 seconds in our respective age divisions. Mike Mason took top honors in the 50-54 age group in his first ever Ironman. It won't be his last though—he accepted the spot for the World Championships in Hawaii this October 23. He was last seen shopping at Onion River Sports to replace the 15 year old bike on which he had an awesome race.

Dot Martin finished in her best time since 1992 capturing 2<sup>nd</sup> in the 35-39 age group. She declined her Hawaii spot, but both Dot and John had so much fun that they have already registered for next year's race. While the tough bike course slowed winners and former Ironman World Champions Heather Fuhr and Thomas Hellriegel, by more than ½ hour from their Hawaii times, Betsy LaFlame of Warren improved by more than a half hour and captured 2<sup>nd</sup> in the 45-49 division. Buoyed by the 3<sup>rd</sup> fastest woman's bike time (I have to thank Larry Damon and Onion River Sports for the clean and efficient machinery), I finished half way through the women's pro field as 2<sup>nd</sup> amateur, 1<sup>st</sup> 40-44. A testament to Vermonters' tenacity is that all who stepped to the starting line finished, despite a 6% overall dropout rate.

For complete results or to sign up to become an Ironman yourself, check out [www.Ironmanusa.com](http://www.Ironmanusa.com).

**Isuzu Ironman USA Lake Placid Results August 15, 1999 (Overall winners and all Vermonters)**

overall place	total time	Name	Town	Division	division place	swim	bike	run
1	8:36	Thomas Hellriegel	Germany	M PRO	1/20	0:49	4:43	2:59
27	9:51	Heather Fuhr	Canada	W PRO	1/13	0:55	5:39	3:11
114	10:35	Donna Smyers	Montpelier	W40-44	1/26	1:06	5:37	3:42
214	11:01	Amy Hollingsworth	Windham	W PRO	9/13	0:55	5:42	4:17
222	11:03	Mike Mason	Northfield	M50-54	1/53	1:19	5:53	3:40
275	11:17	Dot Martin	Barre	W35-39	2/56	1:09	6:10	3:45
365	11:33	David Guzik	S.Burlington	M25-29	70/179	1:07	5:55	4:20
376	11:35	Betsy Laflame	Warren	W45-49	2/23	1:13	6:13	3:57
568	12:05	Greg Garone	Bradford	M35-39	112/258	1:13	6:18	4:21
648	12:20	Stephen Judice	Colchester	M25-29	122/179	0:59	6:03	5:07
783	12:48	Paul Martin	Shoreham	M40-44	111/206	1:17	6:36	4:39
948	13:25	John Martin	Barre	M45-49	51/94	1:21	6:36	5:14
1047	13:50	Nancy Elwess	N. Hero	W45-49	10/23	1:30	7:40	4:23
1299	15:34	Robin Crossman	Rutland	M40-44	191/206	1:25	7:13	6:34
1322	15:52	Debra Tirrito	Winooski	W40-44	19/26	1:45	7:17	5:46

Note: All times rounded down to minutes. Transition times not included in swim, bike, run splits.

By Donna Smyers  
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Montpelier, VT 05602

Cc: Washington World  
Valley Reporter  
CVMC Community Relations  
CVR Newsletter

# Berlin Pond Couples 8KM Race

1999 Results - August 8, 1999

*Finally, some relief from the heat! Although humid, racetime temperature was quite pleasant. Unfortunately, a hard shower in the hour before racetime probably hurt the turnout.*

## Open Couples (Combined Age Under 80)

	Age	Individual Time	Combined Time
1. Heather Wark	34 (70)	33.34	64.59
Win Whitcomb	36	31.25	
2. Larry Allard	41 (66)	30.27	65.15
Tara Nelson	25	34.48	
3. Evan Longworth	49 (64)	39.43	79.27
Liz Longworth	15	39.44	
4. Tim Noonan	43 (72)	31.10	67.09
Melody LaPorte	29	35.59	

## Masters Couples (Combined Age 80 and above)

1. Jamie Shanley	46 (86)	32.07	72.35
Nance Smith	40	40.28	
2. Michael Benoit	50 (95)	45.56	90.42
June Benoit	45	44.46	

## Open Individual Males (Under Age 40)

1. Win Whitcomb	Age	Time
	36	31.25

## Masters Individual Males (Age 40 and Older)

1. Larry Allard	41	30.27
2. John Valentine	49	31.00
3. Tim Noonan	43	31.10
4. Jamie Shanley	46	32.07
5. Charles Evans	46	35.46
6. Evan Longworth	49	39.44
7. Michael Benoit	50	45.56

## Open Individual Females (Under Age 40)

1. Heather Wark	Age	Time
	34	33.34
2. Tara Nelson	25	34.48
3. Melody LaPorte	29	35.59
4. Liz Longworth	15	39.43
5. Danielle Pierce	14	41.13

## Masters Individual Females (Age 40 and Older)

1. Nance Smith	40	40.28
2. June Benoit	45	44.46
3. Elizabeth Meiklejohn	51	46.05

## **New Leafpeeper Race Courses Established**

by  
**Bob Murphy**

On 25 July 1999, the new Leafpeepers courses were measured for certification. Both will be certified by the time of the October running of those races, and this will represent a major improvement to both Waterbury/Duxbury race courses.

The new 5 km course will be a loop course rather than the out-and-back that it has been for years. The finish will be same as last year (next to the second light pole from Main Street on the horseshoe drive to the State complex). The start of the race will be 33 feet northerly (toward Main St.) of the FOURTH light pole from Main St. on the horseshoe drive - there is a painted line on the pavement where the start will be for those curious enough to check it out. The 5 km course goes around the horseshoe drive to Main, then east on Main St. to Vt. 100, south to Old Vt. 100, then along the river to Winooski Street, across the bridge, into the cemetery driveway, and continuing along the walking path back to the State complex, across the parking area to the paved drive, down to the sidewalk south of Stanley Hall, and along the sidewalk to the horseshoe drive and the traditional finish line. The inclusion of the walking path as part of the course should be an attractive feature to many.

The half marathon course will use the same start and finish lines as the 5 km race. It will depart from that course at the Winooski Street bridge and will continue out along the river to a turnaround point approximately 1.15 miles westerly of the Camel's Hump Road intersection. The turnaround is right near the driveway to the first blue house on the left (heading toward Richmond). This is a much safer location for the turn than was the case last year. On the way back, runners will cross the new Winooski Street bridge and finish along the walking path and the rear of Stanley Hall as did the 5 km runners.

Now that the measurements have been made, and the start, finish, turnaround and all milepoints have been documented, all that remains to be done is the paperwork and actual submittal of the work to Wayne Nicoll, USAT&F certifier for Vermont and New Hampshire. It may be a little while before I get to it. The hard part is done.

### **Course Measurement, Anyone?**

Bob Murphy has announced that the year 2000 will be his last as CVR course measurer, so he's looking for an understudy. It is not normally a big job, but it is an important one, as runners like to be assured that the courses they run have been accurately measured. Once measured and certified accurate by USAT&F, courses don't need to be recertified for another 10 years if the course remains unchanged.

What does it take to be a course measurer? First of all, it takes someone with an understanding of measurement procedures (which can be learned), and an attention to detail so that USAT&F standards can be met or exceeded. Accepted procedure requires the use of a calibrated bicycle - CVR has two counters for this purpose which attach to the front wheel of the bicycle. After calibration of the counter on a steel-tape measured course, the bicycle is then used to measure the

shortest possible route on the desired race course, to determine the location of start, finish, turnarounds and all mile (or km) marks. The course must be measured twice, and the two measurements must agree very closely in order to be acceptable. This all has to be documented in writing and submitted to the USAT&F course certifier (who happens to be Wayne Nicoll for this area).

Bob has been the course certifier for CVR since 1985, and feels it is time to move on to other things, and give someone else a shot at the job. Courses which are being considered for remeasurement in 2000 include the Paul Mailman 10-Miler and the Capital City Stampede. Call Bob at 802-476-4328, or e-mail him at [rmm@sover.net](mailto:rmm@sover.net) if you are interested in learning the ins and outs of course measurement.

## Race Roundup

*Again I have not had time to compile the races thoroughly - hopefully I can get to the backlog this fall. Here is a smattering of some results in the meantime:*

July 4- John Langhans Independence Run 7.2 M, Woodstock, VT  
Gordon MacFarland, 45:15 1st M5059, 6/~175 overall

July 9- Hillsborough, NH 5K  
Gordon MacFarland, 17:43 1st M5059, 5/122 overall

July 17- Exeter, NH Kiwanis 10K  
Gordon MacFarland, 37:17 1st M5059, 6/142 overall

July 24- Runaway Pond Road Race 5.5 M, Glover, VT  
John Valentine, 33:11 2nd M40+  
Bob Murphy, 37:44 10th M40+

July 25- VT Race for the Cure 5K, Manchester, VT  
Gordon MacFarland, 17:29 2nd M5059, 6/341 overall  
*(Note: see Gordon's column about this race in the September issue of Vermont Sports Today)*

August 1- Tour de Barre 5K  
John Valentine, 19:15 1st M4049, 2/~25 overall  
Bob Murphy, 21:33 1st M5059, 7/~25 overall

August 21- Woodbury Firefighters' 5K  
John Valentine, 18:54 2nd M4049, 3/62 overall  
Bob Murphy, 21:31 16/62 overall  
John Kaeding ??

September 18- Archie Post 5M, Burlington, VT  
John Valentine, 31:22 1st M5059 (60-80 total runners)  
Bob Murphy, 35:12 ??M5059

**USA Track & Field**



Course records:  
Eric Morse  
1:09:28, 1986  
Cindy New  
1:19:27, 1995



**RACE DAY REGISTRATION AND**

**PACKET PICKUP:** 9 a.m. to 10:30 a.m. on race day at Vermont State Office Complex, Waterbury, Vt.

**ENTRY FEE:**

Half Marathon: \$18 (U.S.)-\$23 race day  
5 Km: \$13 (U.S.)-\$18 race day.

**T-SHIRT:**

Those with entries postmarked by September 25 will be guaranteed a long sleeve Leaf Peepers T-shirt. Entries accepted on race day with NO guarantee of T-shirt.

**RACE RESULTS:**

Will be posted on the web at [www.coolrunning.com](http://www.coolrunning.com).

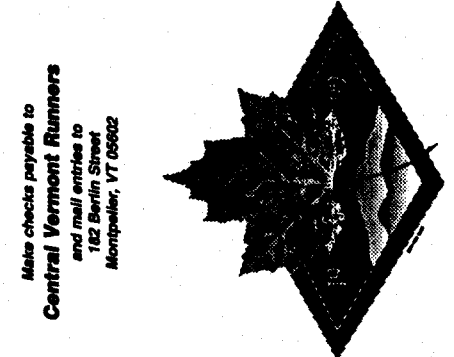
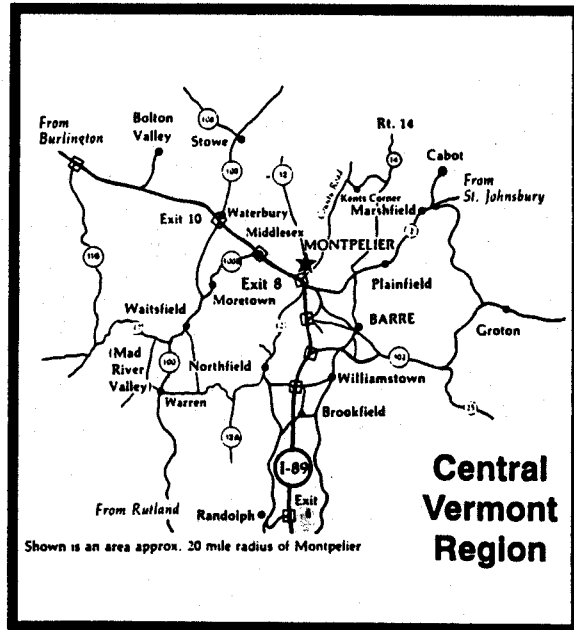
**LODGING:**

Information available from  
Stowe Central Reservations: 1-800-24-STOWE  
Central VT Chamber of Commerce: 1-802-229-4619  
Sugarbush Chamber of Commerce: 1-802-828-4748  
VT Chamber of Commerce: 1-800-223-3443

This is Vermont's busiest foliage weekend so it is advisable to make reservations as early as possible.

**FOR ADDITIONAL INFORMATION:**

Darragh Ellerson, (802) 223-2080,  
1152 North Street, Montpelier, VT 05602.



Make checks payable to  
**Central Vermont Runners**  
and mail entries to  
182 Berlin Street  
Montpelier, VT 05602

**SPONSORED BY:** Green Mountain Coffee Roasters  
**CO-SPONSORED BY:** The World, Leahy Press, Vermont Pure Natural Spring Water, Cabot Creamery, Cold Hollow Cider Mill, Copy World, K.C.'s Bagel Cafe, and National Life.  
**ORGANIZED BY:** The Central Vermont Runners and Harwood Union Boosters Club.



**Harwood Union Boosters Club**

**COURSE:** 13.1 miles of scenic country in the shadow of the Camel's Hump. Course is out and back through scenic back roads of Waterbury and Duxbury. It is on rolling terrain, 70% dirt, 30% paved road. Starts and finishes at the Vermont State Office Complex, Main St., Waterbury, Vt. Off Exit 10 - 189. Aid stations approximately every 3 miles. Traffic control. R.R.C.A. Sanctioned. Both Races Certified. Race Director: Leslie Davis. **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 buggies, please.)



Cold Hollow Cider Mill



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OFFICIAL ENTRY BLANK

NAME (Please Print) \_\_\_\_\_ CITY \_\_\_\_\_  
STREET \_\_\_\_\_ ZIP \_\_\_\_\_  
STATE \_\_\_\_\_ BIRTH DATE \_\_\_\_\_ SEX: Male  Female   
AGE \_\_\_\_\_ SHIRT SIZE:  S  M  L  XL  
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 my 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 USATF Association, the Village of Waterbury, Town of Duxbury 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 \_\_\_\_\_

## **CVR Meeting notes, August 25, 1999**

Michael Chernick called the meeting to order at 7:24 pm. Dave reported on behalf of Laura that ~ \$1,400 existed in the CVR treasury. The upcoming Northfield 5k/Kids' 1m was discussed. Tim said that 55 volunteers were already in place, most coming through the Northfield Savings Bank. This was in comparison to 70 total volunteers for the 1998 race. "The bank is taking care of most everything," Tim said. He also reported that there was no commitment yet from the Northfield Police, but the Washington Cty sheriff assistance may step forward instead.

Darragh reported on behalf of the Leaf Peepers gang of 8 plus or minus 3. Darragh proposed offering complimentary race entry to Rick Peyser and other key individuals at Green Mtn. Coffee Roasters (the main race sponsor. This was prompted by Sue Barber's receiving a number of GMCR entries all together in the mail, including Mr. Peyser's.) It was agreed that this was a mighty fine idea. As for entries received so far, it was reported as of 8/17 that 38 had been received. As far as committee meetings was concerned, a course meeting was scheduled for the coming Sunday, with another, "regular" meeting at Michael's residence on September 29. "Things are progressing the way they usually progress," Darragh said in conclusion.

Dave was asked about how preparations for the First Night race were progressing. He reported that it's in "new course development" stage, with thoughts of reducing the course distance. "Keep it 5k" was Mack's opinion on this issue. Michael provided a Berlin Pond wrap-up report. Only 16 runners participated this year, perhaps due to inclement weather. There were some no-shows among the pre-registrants. Michael said he had experienced so many problems with his t-shirt order at Porcupine Graphix that he would not use them again. For Berlin Pond 2000 Michael is considering changing the race date and time to a night race like the successful Bear Swamp 1999, but some concern was expressed that this may distract couples from doing the race (making it more difficult for them to show up as a "unit".)

Jamie reported that he's planning on getting this newsletter out September 7 or 8. He will definitely include a blurb to encourage Leaf Peepers volunteers. Dave reported on the "Capitol Hill" trail inaugural scheduled for the next night, August 26. (Postscript: There will be trail work dates for stone retaining walls, brush moving and transplanting on September 11, 9 am to noon and on September 12 and 19, 1 to 4 pm. Come help work on this new and accessible route from the state house to the Hubbard Park tower - call 223-7335 if interested.) Tim expressed renewed interest in using Hubbard Park for fun runs/races, perhaps utilizing the new trail as a descent. The next meeting was set for Wednesday, September 22, 6:30 pm. Tentatively scheduled for Darragh's house.

## **Upcoming events** (for complete list visit our web site)

- Tuesdays, 5:30 pm., until Daylight time ends. **Fun Runs: 2,4, or 6 miles**, bike path off Green Mtn. Drive, Montpelier.
- Wednesday, September 22, 6:30 p.m. **CVR meeting**. Darragh Ellerson's house, on Upper North St. in Montpelier. Call 223-2080 for directions.
- Sunday, September 26, 10 a.m. **Mad Dash 4M**, Mad River Greenway, Waitsfield (Mad River Path Association, 496-7877).
- Saturday, October 2, **Mountain Run at Bolton**, base lodge to summit (Walter Pichler, 802-434-3444, x-1070).
- Sunday, October 3, 11 a.m. **CVR Leaf Peepers Half-Marathon & 5K**, Waterbury. (Darragh Ellerson, 223-2080). (Application in this issue.)
- Saturday, October 9, 9 a.m. **GMAA Tudhope 10K**, Shelburne Beach (Tom Rhoads, 802-865-0137).
- Saturday, October 16, 8:30 a.m. **GMAA Green Mountain Marathon and Half-Marathon**, So. Hero (Howie Atherton, 802-434-3228).
- Friday, December 31, 3 p.m. **CVR First Night 5K** (Dave Kissner, 229-4523).

**Volunteers needed!** Anyone interested in volunteering to help with the Leaf Peepers half-marathon and 5K on Sunday, October 3, please contact Darragh Ellerson at 223-2080. This is a fun race to work. Even if you are running in the race there are still ways for you to help. We need and appreciate your assistance to make this event run smoothly!



Central Vermont Runners  
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President: Norm Robinson  
Vice President: Richard Cleveland  
Secretary: Michael Chernick  
Treasurer: Laura Medalie  
Webmaster: Dave Kissner  
<http://www.cvrrunners.org>

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*CVR meeting, September 22; Leafpeepers 13.1M/5K, October 3. Details above.*