

Central Vermont



Runners

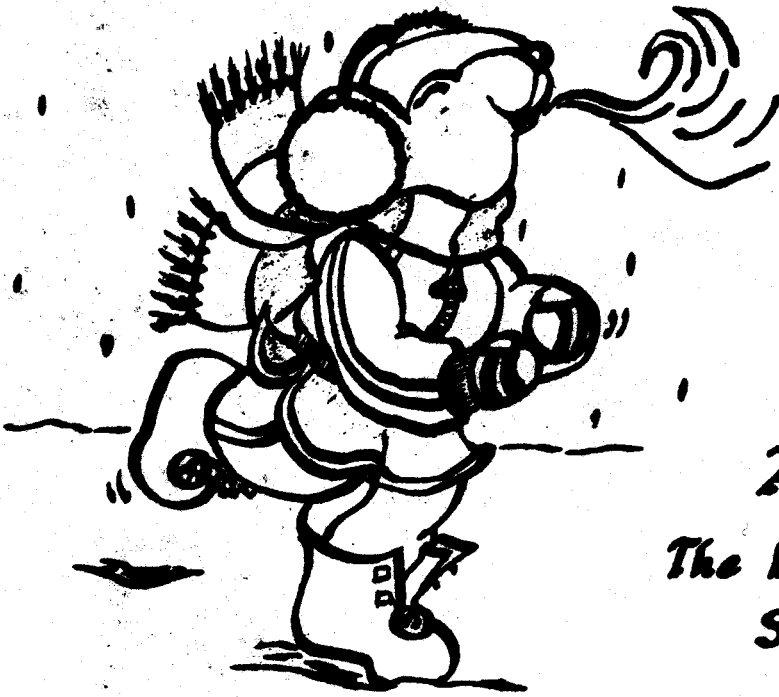


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SPECIAL ANNOUNCEMENT

INSIDE.....



CVR

ANNUAL BANQUET

The Lobster Pot Restaurant, Montpelier, Vt.
Saturday, February 8th, 1986

Buffet style, featuring:

*Baked Halibut with Lemon-Butter Sauce, and
Roast Top Round of Beef*

Cocktails (Cash Bar) 6-7^{PM} Dinner 7^{PM} \$9.00 per person

Special Guest Speaker: Murray Banks

Topic: Feeling Fit: "The Incredible Balance"

Send reservation confirmation with check or money order

by February 1st, to: Darregh Elfron

Upper North Street

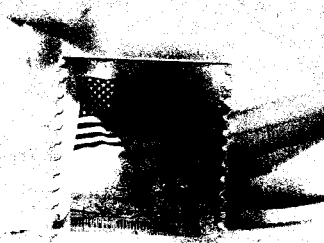
Montpelier, Vermont 05602

Name(s): _____

Address: _____

Number Attending: _____

Muriel Cator
c/o Central VT. Runners
231 Elm Street
Montpelier, VT 05602



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