

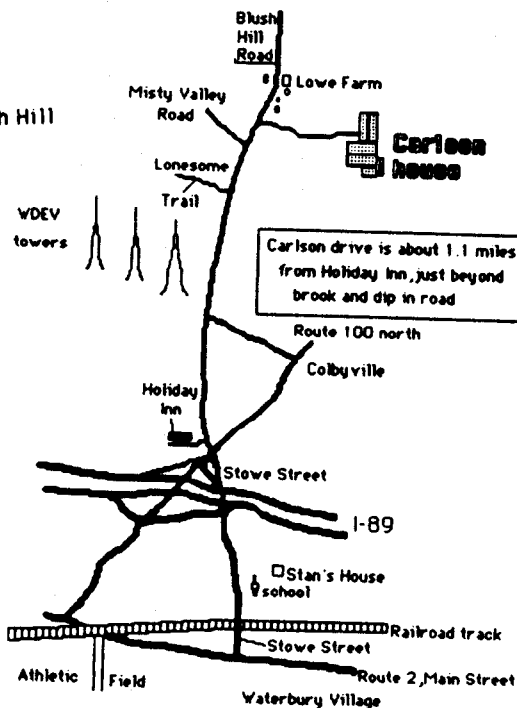
# Central Vermont Runners NEWSLETTER

VOL 6  
No 1  
JAN 85

WE'RE KEEPING OUR ANNUAL DINNER AND ANNUAL MEETING SEPARATE THIS YEAR. THE ANNUAL MEETING IS THE X-COUNTRY GALA SCHEDULED AT JERRY CARLSON'S HOUSE ON SATURDAY, JANUARY 12.

- 1 PM X Country Skiing and/or running
- 3 PM Annual Meeting with Pot Luck Supper to follow  
Bring a main dish, salad or dessert to share

Map of Waterbury and Blush Hill



ANNUAL DINNER FEBRUARY 2  
MAKE RESERVATIONS NOW

Make your reservations for the CVR Annual Dinner now by mailing in the reservation form with your check today. Deadline for reservations is Friday, January 25, 1985. Here are the details once again:

The Annual Dinner will be held Saturday, February 2, 1985, at The Lobster Pot in Montpelier with cash bar from 6-7 PM, dinner at 7PM. Dinner is a buffet including salad bar, potato, vegetable, rolls, beverage, dessert and baked haddock w/lemon butter sauce and roast top round of beef for entrees. The price is \$9.00 per person all inclusive. All reservation slips with money should be sent to Darragh Ellerson, Upper North Street, Montpelier 05602. (Send your 1985 dues at the same time and save a stamp.)

The dinner program includes meeting with Chris O'Donnell, Captain of the Union College Track Team. Chris: toured New Zealand last summer with a group of collegiate runners, has competed in international road races, and is a hot pick for qualifying for the NCAA Division III cross-country championships this coming year.

Also there should be time for rolling up the carpets and dancing.

Questions about the event should be addressed to Jeff Shutak (476-4583) or Dot Helling (223-5797).

-----  
PLEASE RESERVE SPACE FOR THE FOLLOWING AT THE ANNUAL CVR DINNER - FEBRUARY 2, 1985 - AT THE LOBSTER POT.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

ENCLOSED IS A CHECK FOR \$ \_\_\_\_\_ COVERING \_\_\_\_\_ PERSONS @ \$9/each.

It is time to renew your CVR dues for 1985. Send the completed form below and your membership fee to:

Darragh Ellerson  
Upper North St.  
Montpelier, Vt. 05602

ANNUAL MEMBERSHIP - RENEW OR JOIN

Rates: \$4 for single member  
\$4 plus \$1 for each additional member for family membership  
\$6 for CVR T-shirts

WEDGEWOOD SPECIAL - JANUARY ONLY

The Wedgewood membership special mentioned in the newsletter last month has been arranged and can happen if a minimum of 10 CVR members want to join and if we do so before the end of this month, January 1985. You get your choice of four membership programs, the initial member fee which ranges from \$75 to \$135 is waived, and you pay only the monthly member fee for the program of your choice. Additionally, once we have the original 10 members, family members may join and are eligible for a reduction on monthly dues as well. You must sign up to join with Dot Helling (223-5797) or Debi Lindemer (223-3123) no later than January 23. If we have enough interest by that date, we will collect your first month's dues and have you in the water, on the courts, or whatever your fancy, by February 1. Each month thereafter you will be expected to pay your dues to us by the 25th of the month and we will pay Wedgewood by the 1st of each month to keep the group's membership current. Keep in mind that this is a group membership and must be run through the club's Wedgewood coordinators. Also keep in mind that this is a one-time offer and, although Wedgewood might open the group up to more CVR members next January, that isn't until 1986 and is not definite. Finally, we hope that you will join with a "spirit of commitment" for at least a year. If you drop this special membership at sometime in the future, your only way back into Wedgewood will be individually with full payment of the member fee. The credit for this offering should go to Murray Banks for working out the details with Wedgewood.

CENTRAL VERMONT RUNNERS - Membership Form

Last Name                      First Name                      Middle Initial

---

Street                              City/Town                      State                      ZIP

---

Date of Birth \_\_\_\_\_ Sex \_\_\_\_\_

Phone No (Home) \_\_\_\_\_ (Office) \_\_\_\_\_

T-Shirt size: S M L XL

Dues Paid: 80 81 82 83 84 85 86 87 88

Additional Members \_\_\_\_\_

The Vermont Track Association has recently been formed and will try to make track and field a thriving sport in Vermont. Free membership is available to all interested. The Vt. Track Association, in conjunction with U.V.N. and the Burlington Dept. of Recreation, is offering a series of developmental track meets as well as a series of T.A.C. sanctioned meets for collegiate caliber athletes.

The developmental track meets are aimed at athletes not yet in college and for novice adult athletes. They feature some video taping, as well as critiques, besides the competition events. All participants must have T.A.C. numbers.

Upcoming developmental meets are Jan. 18, Feb. 15 and March 1, 1985. For more information, contact David Swan, 24 Weston St., Burl., Vt. 05401, Tel. 863-2037.

#### 999 - On The Run

The winter race schedule of the Burlington Parks and Recreation Dept. is underway for this year. Radio WQCR FM 99 is co-sponsoring the race series this year including T-shirts for first time runners in this year's series.

All races are 5K races starting at 1 PM, with registration starting at 12 noon.

Remaining races are scheduled for Leddy Park, No. Ave., Burlington on Jan. 27 and Mar. 31. The February race will be run in conjunction with the Burlington Winter Carnival tentatively set for Feb. 17. More details will be available later.

The Dec. 30 race attracted 62 runners with Eric Morse taking first place honors with a time of 14:44. Heather Mackinnon was the first woman finisher with a time of 18:33. The course is flat and fast, running on both North Avenue and the bike path. There was some talk among the runners that the course might be a little short, but Eric Morse sported a 15:20 to win the Northfield 5K, so with the weather and course at Leddy Park more favorable than Northfield, the course can't be far off.

Green Mountain AA  
Stephen Herrero  
Box 405  
Underhill, VT 05489

CENTRAL VERMONT RUNNERS  
c/o Bob Howe  
RD#1  
Graniteville, Vt. 05654  
address correction requested

