

Vol. 7

JUNE 1986

No. 5



NEWSLETTER

JUNE MEETING

The CVR June meeting will be held on June 16, at 6:30 p.m., at Tim Noonan's home at 2 Pinewood Road in Montpelier.

Directions: When you reach the light at the corner of State Street and Bailey Avenue, head up the hill on Bailey Avenue. Take the second left onto Terrace Street. Go past the Redstone building, housing the Secretary of State, and take your first left onto Crestview Drive. Take a left at the end of Crestview onto Pinewood Road. The house is at the end of the road.

Pres. - Norm Robinson
V.P. - Geoff Lindemer
Treas. - Darragh Ellerson
Sec. - Tim Noonan



SCHOLARSHIPS

CVR is proud to announce the winners of the First Annual CVR Scholarships. They are Andrea Smith of Harweed Union and Jeff Asaden of Spaulding. Each will receive \$150.00 towards their college education. Many of us are hopeful that this will be the first of a long line of scholarships that CVR can donate. On a personal note I would like to thank Geoff Lindner for attending Spaulding's awards ceremony and handing out our scholarship. Harweed does not allow club representatives to hand out awards, but handles that themselves. A special thanks to Bob Howe, chairman of the Scholarship Committee for all the legwork in contacting the schools involved and writing up our award for the Harweed ceremony. It makes all our jobs easier when we have others who are willing to spend their time to share the workload. Thanks guys!!

Norm

GOODBYE HOWARD BANK- HELLO CAPITAL CITY STAMPEDE!!!!!!

As I reported last month the Howard Bank pulled out as co-sponsor of the 10K race in Montpelier each July. Luckily for the race we have secured two new sponsors for the event. I am very happy and proud that Onion River Sports and the State Street Market have joined forces with us to continue this great race. CVR was not about to let this race die and now with two groups that are as intent as we are to put on a quality event there is no doubt it will happen. Most of you should have received a race form by now and you will note the change in name obviously. Extra forms are available at fun runs, and through many of the officers, or contact me directly. We need you to talk this race up and make sure non-members realize this is the same high-quality race we have always had, just new sponsors.

Again I need to thank the officers and Wade Walker for helping us get this off the ground on very short notice. Wade especially should be given a pat on the back for meeting with both sponsors and finalizing the plans to make this fly. Wade had all intentions of not getting too involved in yet another race, but jumped in and took over when we needed it. Please Note!!! We will need a lot of help on race day in particular if this race is to go off well. Let myself, one of the officers or Wade know if you can lend a hand before, during or after the race.

Norm

We have not had a single request for questions to be answered by our resident doctor, Jon Peterson. Also, I have not received any classified ads for this or the prior issue. I can only assume that no one is curious about a particular health problem, or has anything that they want to get rid of. Remember that this is your newsletter not mine and if you want to see it improve WE NEED YOUR INPUT!!! Race results, ideas, complaints, etc. make this more interesting and worthwhile. MAKE YOUR NEWSLETTER BETTER!!!!

RACE SCHEDULE NOTICE

Bob Murphy is once again preparing the Race Schedule. Help him out now and throughout the year. If you know of an upcoming race (or races), let him know. Many of our members feel the race schedule in our monthly newsletter is one of the greatest benefits of membership in CVR. Let's not let them down. Give Bob a call at 476-4328 evenings or 828-2693 weekdays, or send info and race entry blanks to him at RRS, Box 6866, Barre, Vt. 05641. Thanks!

RACE SCHEDULE

FUN RUN - 2, 4 and 6 mi, every Tuesday, May through October. Liquor Control Warehouse on Green Mtn. Drive in Montpelier. 5:30pm. 25 cent donation.

C - indicates races with CVR involvement. If you aren't running your help would be greatly appreciated by the race director and crew.

* - indicates that Bob Murphy (476-4328) has an entry blank. Please send SASE when requesting an entry blank from either Bob (RR3, Box 6866, Barre, VT 05641) or from the race directors listed.

C 21JUN86 MONTPELIER, VT MONTPELIER 10-MILE ROAD RACE
10:30am at Montpelier High School. \$5 entry fee. T-shirts to all who register by 7 Jun. This is the RRCA EASTERN REGION 10 MILE CHAMPIONSHIP. RRCA Championship Award to top finisher in each age division. Merchandise prizes also. Montpelier Rec Dept. c/o Ann Russell, 55 Barre St, Montpelier, VT 05602.

21JUN86 BURLINGTON, VT BURLINGTON PARKS & RECREATION 5Km & 10Km
10am at Leddy Park. Call Ray Tanguay to confirm time and place.
864-0123

28JUN86 MORRISVILLE, VT CANNONBALL RUN
2mi fun run at 8am, 10km race at 8:30am. Debby Maniatty, RD2, Box 940, Morrisville, VT 05661.

04JUL86 BURLINGTON, VT BURLINGTON PARKS & RECREATION 5Km
10am at Leddy Park. Call Ray Tanguay to confirm time and place.
864-0123

C 12JUL86 MONTPELIER, VT CAPITAL CITY STAMPEDE
9:30am at School & Main. Certified 10km course previously known as Howard Bank 10km. New sponsors this year, but the same great race! \$5 entry. Bicycle caps to first 200 entrants. Gift certificate prizes and after race refreshments. Wade Walker, P.O.Box244, Montpelier, VT 05602.

* 20JUL86 STOWE, VT UNION BANK/GROLSCH 8 MILE ROAD RACE
9am on Cape Cod Road. \$8 by 12 Jul, \$10 after. Lee LaBier, Box 135, Stowe, VT 05672. For info, call Lee at 253-9009 days, 888-3234 eves, or Larry Kimball at 878-5555.

27JUL86 WINDHAM, NY ESCARPMENT TRAIL RUN, 30 KM
Rugged and rocky hiking trail run with up and down sections so steep that it not only challenges your running ability, but your balance and agility as well. 9am. Must meet qualifying standards. Dick Vincent, c/o Dick's Sports, 604 Ulster Ave, Kingston, NY 12401. Phone (914) 338-4633

* 27JUL86 GARDINER, ME MAINE EVENT TRIATHLON
10km run, 6mi canoe & 28mi bike ride. 9am at Gardiner Junior High School. \$15/\$25 individual before/after 5 Jul, \$28/\$38 2 person team. \$48/\$58 3 or 4 person team. limit 175 teams or entries by 21 Jul. Maine Road Ramblers, P.O. Box 264, Augusta, ME 04330

C 16AUG86 BERLIN, VT BERLIN POND COUPLES RACE (6mi)
9am at Berlin Elementary School. \$4 per person by 9 Aug, \$5 per person after. Awards for male/female teams (division by combined age) and for single participants. Dot Helling, 24 Pearl Street, Montpelier, VT 05602. Ph. 223-5707

14SEP86 CHESTERFIELD, NH PISGAH WILDERNE 18.7 MILES
9am at Roads End Ski Touring Center. Variety of foot trails, X-C
ski trails, dirt roads and old logging trails. Post race snacks.
\$5 entry (pre-entry requested; post entry allowed). Fred Ross, 9
Chestnut St, Brattleboro, VT 05301. Phone (802) 257-4745

28SEP86 BURLINGTON, VT BURLINGTON PARKS & RECREATION 5Km & 10Km
10am at Leddy Park. Call Ray Tanguay to confirm time and place.
864-0123

C 05OCT86 WATERBURY, VT LEAF PEEPERS HALF-MARATHON
11am @ Waterbury Recreation Field. Darragh Ellerson, Jeff Shutak
and Tony Dimauro, Race Directors.

12OCT86 EASTHAMPTON, MA M & M MOUNTAIN MARATHON
9am. Difficult trail race with 5250' of climb, rotten footing and
ease of getting lost. Inexperienced runners should plan on 6-7
hours. Post race picnic. No awards. \$6 fee, \$8 post. Fred Pilon,
114 Main St, Northampton, MA 01060. Phone (413) 586-1971 days,
665-3684 evenings.

* 12OCT86 PORTLAND, ME CASCO BAY MARATHON
7am, \$7 by 4 Oct, limit 1500 runners. Charlie Porter, 839-6593.
Casco Bay Marathon, P.O.Box 3172, Portland, ME 04104.

* 12OCT86 HAMMONDSPORT, NY WINEGLASS MARATHON
10am at Taylor Wine Co. \$10 by 4 Oct. No post entry. In addition
to individual entries, 3 runner teams will also be accepted. Two
9mi legs and one 8.2mi leg. Men's, women's or mixed relay teams.
For info, call Laura at 607-937-8371. Wineglass Marathon, P.O.Box
98, Corning, NY 14830-0900

26OCT86 BURLINGTON, VT BURLINGTON PARKS & RECREATION 5Km & 10Km
10am at Leddy Park. Call Ray Tanguay to confirm time and place.
864-0123

02NOV86 NEW YORK, NY NEW YORK CITY MARATHON
10:45am. For entry form, send SASE (#10 business-size envelope)
with check or money order for \$3 (non-refundable handling fee) to
Marathon Entries, P.O. 1388 GPO, New York, NY 10116. Make check
payable to NYC Marathon. Entry forms will be sent out early June.
You will need a TAC membership for this race.

VOLUNTEERS NEEDED

Volunteers are needed to help at the Montpelier
10 Mile Road Race on Saturday, June 21. If you are
not running the race, and are able and willing to
help, please contact Tim Noonan, the race director.
Tim can be reached at night at 229-4658 or at the
Tuesday night fun runs.

Geoff Lindermer ran the "Mountain Goat" 10-Miler on April 27
in Syracuse, N.Y. He finished in a time of 61:02 and 43rd in a
field of 817 runners! Great going Geoff!!

Other race results showed Geoff setting a PR in the Maine
Coast Marathon with a time of 2:48:27. Other CVR members present
were Dot Helling and Elden Dube but their status was unavailable.
In this regard, if you run a race or you know of anyone who has
please forward the results to our newsletter editor for publication.

For those interested, a number of CVR members are meeting in-
formally at the Montpelier High School track for interval workouts.
These are currently at around 5:00 p.m. on Thursday evenings. Hope
to see you there.

RRCA National Convention Highlights

Eleven CVR members & spouses were in Portland, Maine, on 16, 17 and 18 May, for a weekend of meetings, socializing and running. Joan Benoit-Samuelsan addressed the group present on Thursday night and then flew on to San Francisco, where she was to participate in the Bay To Breakers Race. For those of us who arrived on Friday, however, there was plenty to keep us busy and entertained, with meetings, workshops, fun runs and well-planned and delicious meals.

Friday night's feature was a lobster bake on the beach, with lobsters, clams, mussels, potatoes and hot dogs steamed over a bed of hot rocks and seaweed. Plenty of draft beer was available, and strawberry shortcake and live dixieland jazz topped off this fabulous feast. A good portion of the group then boarded buses to Freeport and L.L.Bean, where they all proceeded to "shop until they dropped"!

The annual meeting was held on Saturday morning. We were updated on latest developments on the insurance front and advised of RRCA emphasis areas for the coming year. RRCA and TAC do have a working relationship going on the insurance issue, and both groups reassured those present that they are trying to facilitate the process to eliminate the hassle that many clubs report experiencing when dealing with TAC. The undercurrent of bad blood between RRCA and TAC was only thinly veiled (if that!) during the convention. With both groups ostensibly dedicated to make things better, however, it is hoped that future relationships will improve.

A new slate of officers was elected, and former VP (East) Henley Gible succeeded outgoing President Harold Tinsley. CVR has a friend in high(er) places now. (Henley visited with CVR's Executive Committee during her trip to Vermont in the Spring of 1985, and was helpful in obtaining the Eastern Region Championship for the Montpelier 10 Miler.)

At the Saturday night banquet, awards were presented to top road runners of 1985. Joan Benoit-Samuelsan and Phil Coppess were recipients of the top RRCA awards for open competition and top masters were Gabrielle Anderson and Barry Brown. Coppess and Anderson were both present to receive their awards and stayed to participate in Sunday's race.

Final event of the Convention was the RRCA 10K National Championship Race, held on a flat, fast course in Portland. The sun was bright and temperature was about 65 degrees. Approximately 500 participated in a fast field of runners from all parts of the country. CVR was well represented with both a men's and a women's team. Overall women's winner was our own Lea Hayer, in a time of 36:01! Men's winners were brothers Bruce and Stanley Bickford in identical times of 30:32, and Ed Benham established a new world record for 78-year old men. CVR women really cleaned up in Portland, with Merrill Cray and Darragh Ellerson first in the F30-34 and F50-59 age groups,

respectively. In addition, the CVR women's team was first, ahead of Washington Runners. CVR men were no slouches, either, finishing as second team behind Greater Boston Track Club. The CVR banner was highly visible at the awards ceremony and throughout the Convention, and you can bet that CVR is a team that runners across the nation will remember and look forward to competing with at next year's Convention. Times for all CVR finishers are as follows:

Lea Hayer	36:01	Bryan Liss	35:45
Merrill Cray	40:23	Geoff Lindemer	36:07
Darragh Ellerson	47:09	Norm Robinson	40:58
Deb Lindemer	47:54	Bob Howe	41:48

David Ellerson, Carol Howe, and Bob Murphy, by the way, did a great job of cheering on the CVR teams!

(CON'T NEXT PAGE)

This year's Convention is over, but the memories of good times, new acquaintances, and great camaraderie will stay with us until next year's version, to be held in Rockville, MD. Those who attended this year are already looking forward to participating next year and hope many of you who could not come this year will join us in Rockville. Our thanks to Maine Track Club for hosting this Convention; they did a great job!

Bob Murphy

STATE AGENCY CHALLENGE
and
CORPORATE CUP CHALLENGE

Team Results - 29 May 1986

State Agency Challenge

Small Units - Mixed Team

1. Dept. of Motor Vehicles (B-Team)	
Russell Poulin	67
Susan Kiniry	97
William Conway	150

	314

Small Units - Male Team

1. Historical/Labor & Industry/Labor Relations (HLM)	
Tim Noonan	10
Mark Smith	16
Bob Howe	56

	82

Small Units - Female Team

1. Dev. & Comm. Affairs (DCA Women)	
Zoe Erdman	42
Gina Campoli	59
Dia Brickner-Wood	180

	281

Large Units - Male Team

1. Human Services (Human Services #1)	
Michael Fuelner	6
John Mazzucco	22
Dan NiCasio	30
Rod Copeland	41
Pat Casey	51

	150

Large Units - Female Team

1. Health Dept. (North Avenue Nooners)	
Myra Brautigam	163
Dede Schlageter	167
Ann Morway	171
(DNF - penalty score)	207
(DNF - penalty score)	207

	1114

Large Units - Mixed Team

1. Johnson State College (VSC Mixed Team)	
Peter Moriarty	17
Sigh Searles	15
Peter Kramer	18
Dale Lane	35
Louise Plante	43

	124

Corporate Cup Challenge

Small Units - Mixed Team

1. Wedgewood (The Stride of Wedgewood)	
Townshend Gilbert	52
Carol Post	116
Mike Rossi	126

	294
2. Morristown School System (Morristown Movers)	
Stu Maynard	68
Ingrid Prouty	108
Phil Rochette	138

	314

Small Units - Male Team

1. The Craftsbury Center (Craftsbury Gentlemen)	
Keith Woodward	1
John Brodhead	8
Joe Piela	26

	35

Small Units - Female Team

1. The Craftsbury Center (Craftsbury Ladies)	
Mary Ostergren	38
Karin Persson	90
Clare Carver	91

	219

Large Units - Mixed Team

1. Trapp Family Lodge	
Chris Ludington	14
Ian Dowling	20
John Howe	70
Mary Lou Kete	161
Kirsten Sultan	165

	430

Large Units - Male Team

1. National Life Insurance Company	
Mike Richardson	5
Dennis Malloy	71
Aaron Shank	109
Steve Cano	115
(DNF - penalty score)	207

	507

Central Vermont's
Complete running shop
with
Clothing and *Footwear
from

Bill Rodgers

Hind Wells

Dolphin

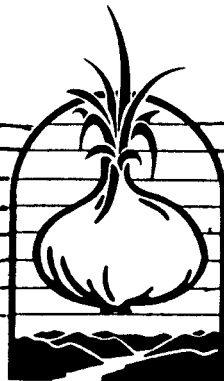
New Balance

Nike

Saucony

Adidas

We can fill all your triathlon needs
*Discount for student athletes



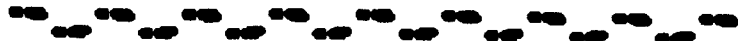
**ONION
RIVER
SPORTS**

20 LANGDON STREET
MONTPELIER 229-9409

OPEN MON-SAT
FRIDAY EVENINGS

MORRISTOWN RECREATION COUNCIL

presents



1st Annual

CANNONBALL RUN

SATURDAY JUNE 28, 1986

(RAIN or SHINE)



.....

SCHEDULE: 7:45AM Check in and Post-registration
 8:15AM 2 Mile Fun Run
 8:45AM 10 Km Run (6.2 mile)

COURSE: Map of course on reverse side of race form. Race begins behind the Kindergarten classroom at People's Academy.

ENTRY FEES: 12 years old and under \$2.50
 13 years old and over \$5.00
T-Shirts to the first 100 registrants!

AWARDS: Prizes donated by local businesses for the following categories

2 Mile Fun Run: Top male and female 12 & under
 Top male and female 13 & over

10 Km Run : Top male and female 12 & under
 Top male and female 13-19
 Top male and female 20-29
 Top male and female 30-39
 Top male and female 40-49
 Top male and female 50+++

OFFICIAL ENTRY BLANK

NAME _____ AGE _____ D.O.B. ____/____/____ SEX _____

STREET _____ CITY _____ STATE _____ ZIP _____

T-SHIRT SIZE: YM S M L (please circle) 2 Mile Fun Run _____ 10Km Run _____

I hereby for myself, my heirs, executors, administrators, do waive and release any and all rights and claims for damages of any nature which I might have against any organization, municipality or individual associated with this event and agree to hold harmless from any claim such parties. I have been advised I must be in good health to participate in this event. I also give permission to the use without fee, of my name and picture in any broadcast, telecast or print media account of this event. Further, I acknowledge I have read and fully understand the conditions under which this entry is made and accept them.

Signature _____ Date _____

(If under 18 signature of parent or guardian)

Please make checks payable to:
 Please mail form and check to:

Morristown Recreation Council
 Terry Owen
 RD# 3 Box 3870
 Morrisville, VT 05661
 Tel: 888-5974

NORM'S NOTES

All of us that attended the RRCA National Convention came away feeling we had experienced one of the great running related events of our lives. I came away with enough memories and ideas to fill this entire newsletter, but I'll spare you that. Instead I'll attempt to list briefly some of the highlights.

Feed. The Friday night lobster bake was in a drizzle but no one minded. Friday was also the debut of CVE (Central Vermont Eaters). CVE President has to be Bryan Liss on the strength of 5 strawberry shortcakes. V.P. goes to Merrill Cray for her hospitality suite antics. The big question was whether Bryan's van was big enough for the food they brought with them.

People. The chance to talk in hallways and elevators to runners from Ohio, Florida and Maryland. I found out we're doing a lot of things the same and most of them are right.

Race Insurance. I came away feeling better about TAC and the relationship between the hierarchy of RRCA and TAC. There is hope we can all work together. CVR will join TAC for \$35.00 which will cover our fun runs among other things. We have to buy individual insurance for each race.

Sunday's 10K Race. Lea Hayer winning the women's race. Bryan working like a bull dog to correct a scoring error that finally gave CVR the women's team title they deserved. The awards ceremony itself was a highlight as Merrill and Darragh joined Lea on stage for winning their age categories as well as the team title.

CVR members. The pride and enjoyment of sharing time at meals, shopping and convention events with friends. The CVR banner was seen at the convention and race and our club won't soon be forgotten. A burger at "Montana's" with Bob Murphy and banana creemes in Wells River for all of us were more than feed stops. They were just plain fun. I've never felt better about being a club member.

As much fun as the convention was, it was also enlightening. Outgoing President Harold Tinsley opened the convention with remarks concerning RRCA that are applicable to CVR as well. Others "must learn who we are, then work with us" said Tinsley. "The sport is what we make it.... You must also ask, why does your club exist? We need more members. We must be better, our services must get better. We need to be more active. Our club needs more volunteers. We also must take better care of our finances. Don't give your money away to other non-profit groups....."

All of these remarks should be engrained into our club as well as RRCA in general. We have already learned many of these lessons the hard way. Work still must be done. I ask each of you to try to sign up new members. In numbers we are strong. The comment that struck me the most however was by our new RRCA President Henley Gible. "We are only as good as the people we surround ourselves with", remarked Henley in reference to the RRCA hierarchy. I, too am surrounded by a tremendous group of people. Join the club more than just by name only. Get involved and help make CVR better. We need your ideas and comments.

MILLER SPORTS

*A Fine Selection of Shoes
for the Demanding Runner*

TIGER

NEW BALANCE
REEBOK

BROOKS

*10% Discount to all CVR Members
108 Main Street, Montpelier*

MAY MEETING NOTES

The May meeting was held May 12 at Wade Walker's home with ten CVR members present.

10K Race

Wade announced the Howard Bank will not be sponsoring the 10K race this year. Instead, they will be sponsoring a Fall race in Burlington to be run by the Green Mountain Athletic Association. Norm Robinson said he would contact GMAA President Howie Atherton to express his displeasure. Wade and Norm indicated State Street Market and Union River Sports were potentially indicated in sponsoring the race, and that a meeting would be held on May 19 to discuss sponsorship. The consensus was that we would still hold the 10K race on the second Saturday in July.

Run For the Health of It 5K

Wade indicated there were 148 total entrants in the 5K and 1 mile race on May 10, compared to 209 entrants last year. CVR netted \$131 for the race.

Newspaper Coverage

Darragh expressed displeasure at the lack of coverage the 5K race received in the Times Argus. It was agreed we would strive to convince the TA to give our races better coverage in the future.

High School Scholarships

The Scholarship Committee announced the scholarships to high school seniors were being awarded to Andrea Smith of Harwood and Jeff Amsden of Spaulding.

Montpelier 10 Miler

Tim Noonan stated he had compiled a mailing list of 400 persons who ran CVR-sponsored races last year and would be doing a mailing of 10 Miler application forms, as well as the July 10K and August Berlin Pond application forms, to those persons before the end of the month. He also stated he needs volunteers to help out at the race.

Liability Insurance

It was agreed CVR would become members of The Athletics Congress to facilitate getting liability insurance from TAC, subject to discussion at the Road Runners Club of America convention. (Note: Subsequent to the RRCA convention, the CVR executive committee finally decided CVR would become a TAC member.)

TIM NOONAN, SECRETARY

The following are the winning teams at the State Agency Challenge and Corporate Cup Challenge. Also are the top five individual men and women and their times.

<u>Men</u>		<u>Women</u>	
1. Keith Woodward	14:56	1. Mary Labate	18:59
2. James Miller	14:56	2. Mary Ostergren	19:38
3. Ed Drapp	16:37	3. Zee Erdman	19:48
4. Tom McGunn	16:39	4. Louise Plante	20:01
5. Mike Richardson	16:40	5. Gina Campeli	20:44

CAPITAL CITY STAMPEDE

9th Annual 10K

(Formerly the Howard Bank 10K)

Saturday, July 12, 1986

Sponsored By:



Post Registration: 8:00 AM, July 12, 1986, Corner of School Street and Main St., Montpelier, VT (in front of the Howard Bank Drive thru)

~~Race Start Time: 9:30 AM~~

~~Entry Fee: \$5.00~~

FLAT and FAST

Certified Course: Start at the corner of School St. in Montpelier, Straight down Court St. & Baldwin St., Left on Bailey Ave.-Bailey Ave Ext., Left on Memorial Drive, Left on Green Mtn. Drive for approx. 2 miles, then Return the same course. This is the same course as the former Howard Bank 10K. Half pavement, half gravel; two aid stations.

Record Holders: Jim Miller 30:29 1983 Lea Hayer 35:27 1983
Jim Miller 30:44 1984 Judi St. Hilaire 35:41 1979

Categories: Male & Female; 0-12, 13-17, 18-29, 30-39, 40-49, 50-59, 60+
Gift Certificate Prizes

Refreshments: Fruit (melons, oranges, etc.), drinks - served after the race.

Bicycle Caps: To the first 200 entrants

Central Vermont Runners Membership Application

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: 85 86 87 88 89 90 91 92 93 94

As a responsibility of club membership, I agree to be available to work on at least one club race during the year. My preferred month is indicated below. (Directors will call for help.)

Mar Apr May Jun Jul Aug Sep Oct Nov

As an alternative, I prefer to work on the race checked below:

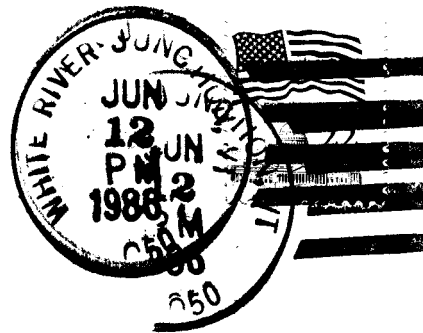
- May Rotary 5km
- June Montpelier 10 miler
- July Howard Bank 10k
- August Berlin Pond Couples Race
- September
- October Leaf Peepers Half Marathon
- Fun Runs (every Tuesday May-October)
- Newsletter
- Annual Banquet

Initial membership fee is \$5 (\$1 for subsequent members from the same household). T-shirts — \$6.00.

Send completed Membership Form with initial membership fee to:

Central Vermont Runners
Darragh Ellerson
Upper North St., Box 170
Montpelier, VT 05602

MERRILL CRAY
15 SUMMIT ST.
MONTPELIER, VT 05602



Robert & Maureen Murphy
RR 3, Box 6866
Barre
VT 05641