

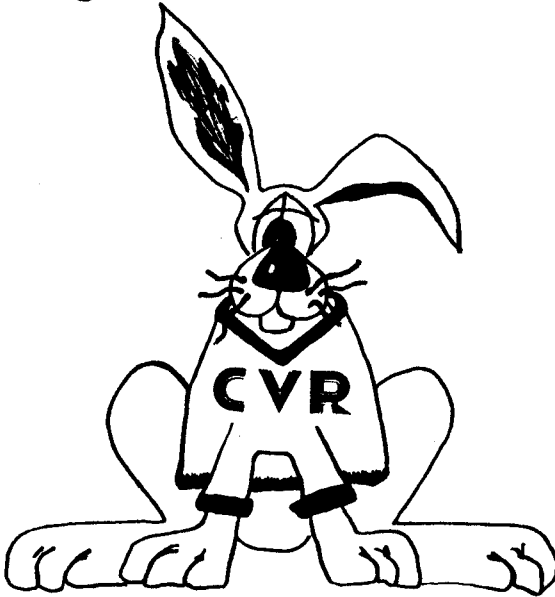
CENTRAL VERMONT RUNNERS

NEWSLETTER

APRIL 1987

VOL. 8

NO. 2



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



NORM'S NOTES

While studying our constitution I realized a number of flaws in wording that in my opinion need revising. These appeared in the March newsletter and will be voted on at the April meeting.

At the same time there are some articles that we should become more aware of and follow more closely. The first is that "if a member fails to pay his dues by the 1st of March, membership shall end". As the March newsletter stated, it was the last for those who haven't paid for 1987.

If you know of someone who hasn't paid for '87 remind them that they are missing out on one of the primary reasons for being a member. As the price (and quality) of the newsletter continues to go up, CVR can't afford to carry memberships. Your dues don't cover the cost of the newsletter, so your membership is definitely a bargain.

The second article that we should abide by more closely is that "members using club funds for any purpose shall give a full and detailed record of expenditures to the treasurer". We are trying to prepare a budget for 1988 and the more exact on recording '87 expenses the more accurate the '88 budget can be.

The third article is to "publish a membership listing once during a fiscal year. A listing with telephone numbers would give everyone a handy directory of club members. In order for us to do this it is vital that you fill out a membership form completely and not just hand Darragh a \$5.00 bill and consider yourself a member. As mentioned last month anyone interested in reading or obtaining a copy of our constitution can call me at 479-1968.

Our racing schedule is coming up fast and I'm sure you are all as excited about the summer as I am. Good luck and see you on the roads.

Norm

The next meeting of CVR will be on Tuesday, April 21 at 6:30 at the home of Dot Helling and John Peterson. Their address is 34 St. Paul St., Montpelier. It will be a pot-luck dinner meeting. Of special note will be the vote on constitution changes and all members are urged to attend.

SPECIAL THANKS

The editor would like to give a special thanks to Bob Howe for sending in the race schedule each month, to Dave Dow for printing up our monthly labels, and to Darragh for volunteering to slap on the labels and mail them. I would also like to kiss every member of the club who was at the meeting and voted to have CVR pay to have the newsletter collated and stapled at the printers. It's not that I didn't like the job... I LOATHED it! THANK YOU * THANK YOU * THANK YOU * THANK YOU * THANK YOU * xxx

Starting April 7th (Tuesday) at 5:30pm, UNOFFICIAL "FUN RUNS" will start at the usual place. There will be no water, times or popsicle sticks provided. Due to early Day Light Savings, Larry Miller said he'd go if you do. It would be worth it just to see his legs after being incased in lycra all winter. We don't have permission to use the parking lot yet, so...if anyone asks you if your with CVR, say..."What's CVR?". Thank You.

1986 Age Group Records for Vermont

10 Miles

| Age | Time | Name | Hometown & State | Race | Date |
|--------------------|---------|--------------------|------------------|--------|---------|
| <<< 15-19 Male >>> | | | | | |
| 16 | 1:00:40 | Chris D'Avolio | Utica | NY MTM | 21Jun86 |
| 19 | 1:05:09 | Steven Tosi | East Montpelier | VT MTM | 21Jun86 |
| <<< 20-24 Male >>> | | | | | |
| 21 | 52:48 | Eric Morse | Waterbury | VT MTM | 21Jun86 |
| 23 | 1:02:42 | Amos Kornfeld | Thetford Center | VT MTM | 21Jun86 |
| 20 | 1:04:49 | Matt Czaplinski | Montpelier | VT MTM | 21Jun86 |
| 22 | 1:08:48 | Louis Bello | Montpelier | VT MTM | 21Jun86 |
| <<< 25-29 Male >>> | | | | | |
| 27 | 51:37 | Jim Miller | South Burlington | VT MTM | 21Jun86 |
| 27 | 56:58 | Shane Bowley | Underhill | VT MTM | 21Jun86 |
| 29 | 59:36 | Rick Cleary | Burlington | VT MTM | 21Jun86 |
| 27 | 1:01:56 | Sam Mallette | New York Mills | NY MTM | 21Jun86 |
| 27 | 1:16:31 | John Howe | Waterbury | VT MTM | 21Jun86 |
| <<< 30-34 Male >>> | | | | | |
| 30 | 56:00 | Richard Weinstein | Newton | MA MTM | 21Jun86 |
| 33 | 56:46 | Dean Bumstead | Winooski | VT MTM | 21Jun86 |
| 34 | 57:36 | Steve Thompson | Swanton | VT MTM | 21Jun86 |
| 32 | 58:54 | Chad Couto | Stowe | VT MTM | 21Jun86 |
| 33 | 58:54 | Bill Dysart | Winooski | VT MTM | 21Jun86 |
| <<< 35-39 Male >>> | | | | | |
| 35 | 57:37 | Ray Kellett | Brattleboro | VT MTM | 21Jun86 |
| 39 | 1:00:36 | Sumner Williams | Underhill Center | VT MTM | 21Jun86 |
| 36 | 1:03:07 | John Valentine | Northfield | VT MTM | 21Jun86 |
| 37 | 1:03:10 | Win Thomas | Rutland | VT MTM | 21Jun86 |
| 39 | 1:05:54 | Paul Munn | Lyme | NH MTM | 21Jun86 |
| <<< 40-44 Male >>> | | | | | |
| 43 | 1:01:48 | Oleg Fitter | Stowe | VT MTM | 21Jun86 |
| 43 | 1:02:54 | Bruce Meader | Vergennes | VT MTM | 21Jun86 |
| 41 | 1:05:52 | Jack Vaughan | Springfield | VT MTM | 21Jun86 |
| 41 | 1:06:04 | Pete Kramer | Morrisville | VT MTM | 21Jun86 |
| <<< 45-49 Male >>> | | | | | |
| 45 | 1:01:51 | Timothy Simpson | Lyndonville | VT MTM | 21Jun86 |
| 47 | 1:05:46 | Emery Bassett, Jr. | Essex | VT MTM | 21Jun86 |
| 47 | 1:08:25 | Wayne London | Brattleboro | VT MTM | 21Jun86 |
| 45 | 1:11:34 | Bruce Cunningham | Essex Junction | VT MTM | 21Jun86 |
| 45 | 1:12:32 | John Edmondson | Waterbury Center | VT MTM | 21Jun86 |
| <<< 50-54 Male >>> | | | | | |
| 53 | 1:01:08 | Gerald Barney | Swanton | VT MTM | 21Jun86 |
| 50 | 1:15:26 | Robert Mercier | Montpelier | VT MTM | 21Jun86 |
| 50 | 1:19:20 | Robert Carlson | Clayville | NY MTM | 21Jun86 |
| 50 | 1:30:51 | Philip Wolff | Montpelier | VT MTM | 21Jun86 |
| <<< 55-59 Male >>> | | | | | |
| 58 | 1:41:35 | Fred Tillotson | Fayetteville | NY MTM | 21Jun86 |

<<< 60-64 Male >>>

| | | | | | | |
|----|---------|----------------|------------|----|-----|---------|
| 64 | 1:10:10 | Edward Buckley | Clinton | NY | MTM | 21Jun86 |
| 61 | 1:17:01 | Don Sill | Rensselaer | NY | MTM | 21Jun86 |
| 60 | 1:24:16 | Donald Lyons | Montpelier | VT | MTM | 21Jun86 |

<<< 10-14 Female >>>

| | | | | | | |
|----|---------|----------------|------------|----|-----|---------|
| 14 | 1:30:59 | Jennifer Wolff | Montpelier | VT | MTM | 21Jun86 |
|----|---------|----------------|------------|----|-----|---------|

<<< 15-19 Female >>>

| | | | | | | |
|----|---------|----------------|----------------|----|-----|---------|
| 16 | 1:18:31 | Julie Eells | Essex Junction | VT | MTM | 21Jun86 |
| 16 | 1:28:46 | Sarah Eschholz | Westford | VT | MTM | 21Jun86 |

<<< 20-24 Female >>>

| | | | | | | |
|----|---------|---------------|---------|----|-----|---------|
| 22 | 1:12:14 | Louise Plante | Johnson | VT | MTM | 21Jun86 |
|----|---------|---------------|---------|----|-----|---------|

<<< 25-29 Female >>>

| | | | | | | |
|----|---------|-------------------|------------------|----|-----|---------|
| 25 | 1:04:04 | Deb Glendinning | Burlington | VT | MTM | 21Jun86 |
| 29 | 1:05:26 | Sue Manley | Fletcher | VT | MTM | 21Jun86 |
| 29 | 1:10:20 | Caryn Etherington | Middlebury | VT | MTM | 21Jun86 |
| 25 | 1:13:35 | Michelle Pinard | Orleans | VT | MTM | 21Jun86 |
| 27 | 1:14:17 | Pat Thompson | South Burlington | VT | MTM | 21Jun86 |

<<< 30-34 Female >>>

| | | | | | | |
|----|---------|----------------|------------------|----|-----|---------|
| 30 | 1:07:45 | Marcia Desy | Windsor | VT | MTM | 21Jun86 |
| 33 | 1:08:02 | Merill Gray | Montpelier | VT | MTM | 21Jun86 |
| 31 | 1:09:00 | Mary Kiningham | Little Silver | NJ | MTM | 21Jun86 |
| 31 | 1:15:13 | Lisa Natti | South Burlington | VT | MTM | 21Jun86 |
| 30 | 1:22:09 | Karen Dawson | Burlington | VT | MTM | 21Jun86 |

<<< 35-39 Female >>>

| | | | | | | |
|----|---------|--------------------|----------------|----|-----|---------|
| 36 | 1:11:03 | Dot Helling | Montpelier | VT | MTM | 21Jun86 |
| 37 | 1:14:37 | Donna Kennedy | Essex Junction | VT | MTM | 21Jun86 |
| 39 | 1:17:11 | Iva Kristina Kazda | Arlington | MA | MTM | 21Jun86 |
| 37 | 1:19:08 | Karen Harris | Stowe | VT | MTM | 21Jun86 |
| 39 | 1:22:25 | Louise McCarren | Charlotte | VT | MTM | 21Jun86 |

<<< 40-44 Female >>>

| | | | | | | |
|----|---------|----------------|------------|----|-----|---------|
| 40 | 1:13:47 | Gerry Cahill | Orleans | VT | MTM | 21Jun86 |
| 43 | 1:17:45 | Rosemary Rusin | Florence | VT | MTM | 21Jun86 |
| 42 | 1:30:05 | Liz Schaeffer | Burlington | VT | MTM | 21Jun86 |
| 44 | 1:30:23 | Sarah Cabell | Montpelier | VT | MTM | 21Jun86 |
| 44 | 1:34:42 | Heidi Smith | Moretown | VT | MTM | 21Jun86 |

<<< 45-49 Female >>>

| | | | | | | |
|----|---------|-------------------|-------------|----|-----|---------|
| 45 | 1:14:26 | Setsu Rosen | Utica | NY | MTM | 21Jun86 |
| 45 | 1:19:13 | Rose Marie Kinney | Morrisville | VT | MTM | 21Jun86 |
| 46 | 1:38:28 | Dolores Luber | Stowe | VT | MTM | 21Jun86 |

<<< 50-54 Female >>>

| | | | | | | |
|----|---------|----------------|------------|----|-----|---------|
| 54 | 1:30:00 | Marilyn Wilson | Montpelier | VT | MTM | 21Jun86 |
|----|---------|----------------|------------|----|-----|---------|

<<< 55-59 Female >>>

| | | | | | | |
|----|---------|------------------|------------|----|-----|---------|
| 55 | 1:19:19 | Darragh Ellerson | Montpelier | VT | MTM | 21Jun86 |
|----|---------|------------------|------------|----|-----|---------|



Early vegetarians returning from the kill



The deadline for articles for the May newsletter is April 27th.

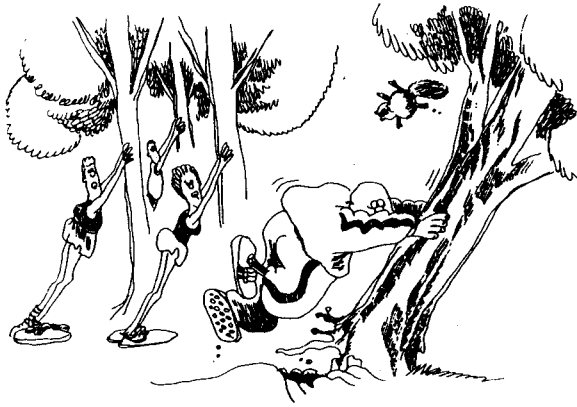
RACE SCHEDULE

CVR - 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 Howe (433-5878) has an entry blank.
Please send SASI when requesting an entry blank from either
Bob (RR1, Box 1609, Williamstown, 05679) or from the race
directors listed.

- * APR 5, '87 ALBANY, NY CHOPPERTON HALF MARATHON
9:30 am
- APR 11, '87 ESSEX KAYNOR'S 6 MILE SAP RUN
12 noon Chapin & Donna Kaynor 878-6392
- APR 12, '87 ST. ALBANS 8.5 MILE SAP RUN
Contact St. Albans Rec. Dept. 527-7194
- APR 25, '87 ST. JOHNSBURY 10K and 2 MILE SAP RUN
- MAY ? ESSEX TROLLHEIM 5K
Al & Sally Duval 899-3398
- MAY ? BENNINGTON 10K and 4 MILE
Bennington Chamber of Commerce, Veteran's
Memorial Drive, Benn., Vt. 05201
- CVR MAY 9, '87 BERLIN 5K
U32, Wade Walker
- MAY 10, '87 BRATTLEBORO CHILDREN PLACE 5 MILE
Wayne London 257-5622
- MAY 15-17 ROCKVILLE, MARYLAND
RRCA Annual Convention
- MAY 21, '87 MONTPELIER, VT
State Employee/Corporate 5K *Merill Cray*
- CVR JUN 27, '87 MONTPELIER 10 MILE
Tim Noonan
- CVR JUL 11, '87 MONTPELIER CAPITAL CITY STAMPEDE 10K
Geoff Lindemer
- CVR AUG 1, '87 MONTPELIER THE SUB-ULTIMATE RUNNER
5K, 400M, 1 MILE, 100M, 10K
- CVR AUG 15, '87 BERLIN BERLIN POND COUPLES RACE 6 MILE
Dot Helling
- CVR OCT 4, '87 WATERBURY LEAF PEEPERS HALF MARATHON
Darragh Ellerson, Jeff Shutak

Cartoons from "Running Away" by Michael Keefe
Donated by Bob Murphy



LARRY MILLER BIKES 3,397 MILES FOR HEALTHY LUNGS

On June 1st Larry Miller will join 200 other "volunteers" and make a seven-week, 3,397 mile trek from Seattle, Washington to Atlantic City, New Jersey -- on his bicycle. Larry and four other Vermonters will be taking part in the Lung Association's first TransAmerican Bike Trek, a \$1,000,000 nationwide fundraising effort.

To participate in the TransAmerican Trek, Larry must raise a minimum of \$5,000 from sponsors -- if he reaches \$7,500 the lung association will pay his airfare to Seattle -- they know how he's getting home! Another criteria for taking part in this major event is previous participation in the lung association's Treks, and Larry meets that one with flying colors. Over the past four years, Larry has "done" two Vermont Lung Association fall Bike and three winter cross-country Ski Treks, raising a total of \$2,650 in pledges for the Vermont Lung Association. Larry has even cycled on the west coast before, in the American Lung Association of Washington's Tri-Island International Bike Trek in 1986. Larry's two daughters, Stephanie and Michelle, have also participated in a total of six Vermont Lung Association ski and bike Treks between them, raising \$1,270 in pledges.

Larry has spent the winter running, swimming and cross-country skiing as part of his training, and he will soon be biking as much as he can. How much is that? Well, two summers ago, together with Paul Wishinski, Dot Helling, John Petterson, Bob Murphy, Stephanie Blandin and Shane Bowley, he cycled the length of Vermont in one day. He says the 74-mile per day average for the seven-week trek doesn't bother him -- he's looking forward to the few planned lay-over days in places such as Glacier National Park and cities such as Minneapolis and Chicago, as well as the planned grande-finale party in Atlantic City on July 16th.

Fellow cyclists, and fellow runners, may view Larry's upcoming summer with a bit of envy, but you can live vicariously, by helping him get there. To sponsor Larry, send a check made out to the American Lung Association to him at RD3 Box 3028, Montpelier, VT 05602. Any contribution to Larry's efforts is fully tax-deductible, and will certainly deduct a little time from Larry's fund raising efforts and add to his training phase as he gets closer and closer to his departure date.

Blue Cross & Blue Shield of Vermont



**"Run For The Health Of It"
— 1987 —**



1987 — 5 km & 1 km

SATURDAY, MAY 9, 1987 AT 11:00 AM (5 km); 10:00 AM (1 km)

- PLACE:** Union District 32 High School, Gallison Hill Road, East Montpelier, VT
- SPONSORS:** Blue Cross & Blue Shield, Central Vermont Rotary Club and Central Vermont Runners.
- REGISTRATION:** Post registration at U-32 High School May 9, from 9:00 AM-10:45 AM. 1 km race registration 9:00 AM-9:45 AM.
- FEE:** 5 km—\$6.00 before May 2, 1987; \$7.00 AFTER
(\$8.00 for Rotary Club Members)
1 km—\$1.00, MUST BE 12 years old or LESS.
- START TIME:** 1 km—10:00 AM
5 km—11:00 AM
- COURSE:** 1 km—around track.
5 km—Take a right coming out of U-32 onto Gallison Hill Road, then left to Cutler School Road, then right onto Towne Hill Road; go approximately .65 mile on Towne Hill Road and turn around and head back. Finish on track. All gravel roads.
- DIVISIONS:** 1 km—12 AND UNDER ONLY
5 km—MALE: 0-12, 13-17, 18-29, 30-39, 40-49, 50-59, 60+
FEMALE: 0-12, 13-17, 18-29, 30-39, 40-49, 50-59, 60+
- PRIZES:** 1 km—ribbon
5 km—\$100.00 CASH for first overall male ***\$100.00***
\$100.00 CASH for first overall female ***\$100.00***
\$ 75.00 CASH for second overall male and female.
\$ 50.00 CASH for third overall male and female.
Merchandise prizes for at least the first three in each age division.
Drawing also.

T-SHIRTS: To the first 150 registrants— 5 km ONLY.



Kite design contest for kids!



Refreshments for runners—concession stand available for public.

OFFICIAL ENTRY BLANK

Mail Entry and FEE to: Wade D. Walker, P.O. Box 244, Montpelier, VT 05602
(Checks payable to: Central Vermont Runners)

NAME _____ AGE _____ D.O.B. ____/____/____ SEX Male Female (circle)

STREET _____ CITY _____ STATE _____ ZIP _____

T-SHIRT SIZE: S M L XL (circle) ENTRY FEE \$1.00 \$6.00 \$7.00 \$8.00 (circle)

*5 km Only 1 km _____ 5 km _____

IN CONSIDERATION OF THE ACCEPTANCE OF THIS ENTRY, I DO HEREBY WAIVE AND RELEASE, FOR MYSELF, MY HEIRS AND EXECUTORS, BLUE CROSS-BLUE SHIELD, THE CENTRAL VERMONT ROTARY AND THE CENTRAL VERMONT RUNNERS FROM ALL CLAIMS FOR DAMAGE FOR ANY AND ALL INJURIES THAT MAY BE SUFFERED TO ME BEFORE, DURING, OR AFTER THE RUN FOR THE HEALTH OF IT 5 KILOMETER AND 1 KILOMETER RACES. I CERTIFY THAT I AM PHYSICALLY FIT AND ADEQUATELY TRAINED FOR THIS EVENT.

SIGNATURE _____ DATE ____/____/____

ATHLETES UNDER 18 YEARS OF AGE _____

Parent or Legal Guardian Signature

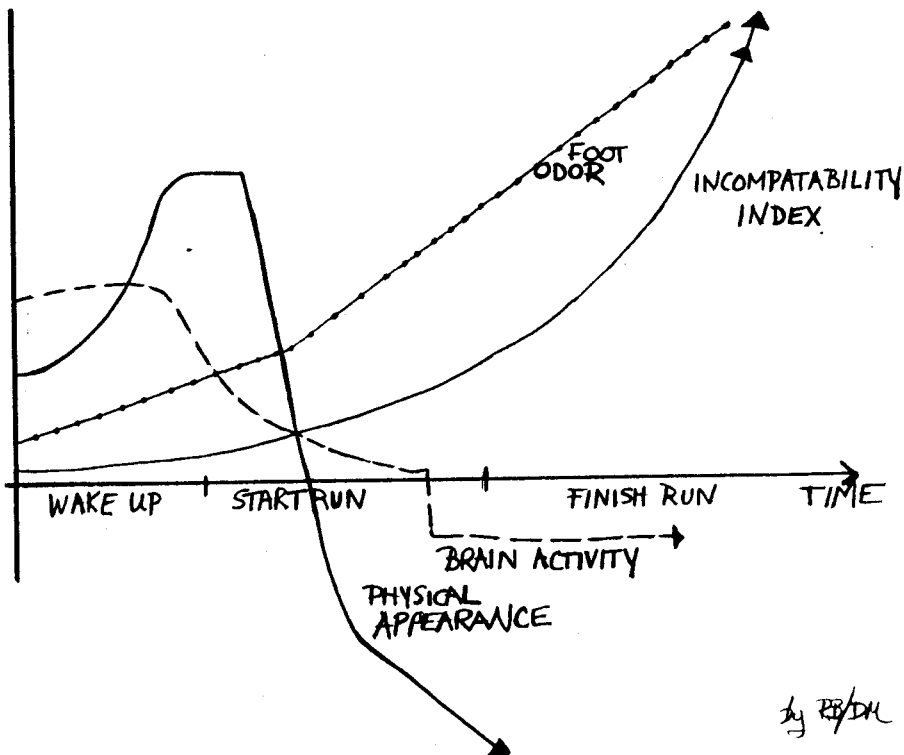
A FOOL AND HIS KNEES ARE SOON PARTED

By D.M. & R.B

After not running during the winter months, we slowed down for the summer, preparing ourselves for the fall stop. Other more serious runners (e.g. Merill) start out with five miles, then decide to increase to a mere thirteen. They then cruise into Wedgewood and announce they've just done 26 miles. Or, because it's dark at 4:30, 20 below zero, windy and icy, they run the usual seven and a half mile loop. These are the signs of a very sick mind, an obsessive, compulsive personality with masochistic tendencies. If untreated, it may lead to adult antisocial behavior with borderline intellectual functioning (see graph).

Let's talk about the Montpelier Fun Runs... that is where the guy out front is the only one having fun! The Tuesday night jogger is coerced out, is then passed by the local kangaroo (a.k.a. Bryan Liss). Are we having fun yet Bryan? If we had any strength, we'd kick him. However, trying to remain unaffected, we feebly attempt to carry on his conversation. Why can't he just shut up, leave us alone, wait at the finish line, and drink some water? Now we are at the end of the FUN part. Darragh hands us a popsicle stick (minus the popsicle) and they publish not only your time but age for all of Central Vermont to see!

Have you ever attempted to socialize with the more serious runner, perhaps something innocuous like a cross country ski, or worse yet, a party? You're minding your own business, the serious runner skis along (L.M.), mentions his riding a bike across the country! The non-serious one begins to contemplate it also. Perhaps this pathology is contagious, or the endorphines have gotten to us both? Then you're asked which marathon you are doing this year. All of a sudden, the Montpelier "Fun Runs" start sounding better and better. At least there you can ponder more esoteric questions such as, "Do real men wear Lycra?". Maybe we'll even join this running club although we suspect clubs that would have us as members.



FEBRUARY MEETING NOTES

The February meeting was held on February 17 at Darragh Ellerson's home. Approximately a dozen members attended.

TAC Requirements

There was a great deal of discussion about requirements imposed by The Athletics Congress as a result of providing insurance to running clubs. TAC requires several different forms to be filled out on items such as prize structure in races, financial statements and race sanctions. Norm Robinson indicated that he would contact TAC and try to make this process easily understandable for race directors.

Treasurer's Report

Darragh indicated there was \$867.20 in the treasury.

Mailing List

David Dow agreed to maintain a mailing list to be used for club mailings and race mailings.

Membership Forms

Bob Murphy has worked on revising the membership form. Geoff Lindemer will check on getting a good price to print the new forms.

Race Standards

Bob Murphy reported a variety of information. Bob is running the Vermont Running Data Center. Recently, he sent out mailings on the center to area clubs. He will be seeking to have races submit race summary sheets and more detailed information to the data center. Bob is working on single-age records for Vermont and wants feedback on a proposed ranking system for Vermont runners. Bob also proposed that CVR develop race standards for its races.

Digital Clock

Bob Murphy reported that research he did on digital clocks indicated it would cost CVR \$1215 for a single-sided clock and \$1795 for a double-sided clock. It was agreed the club would look into this matter further.

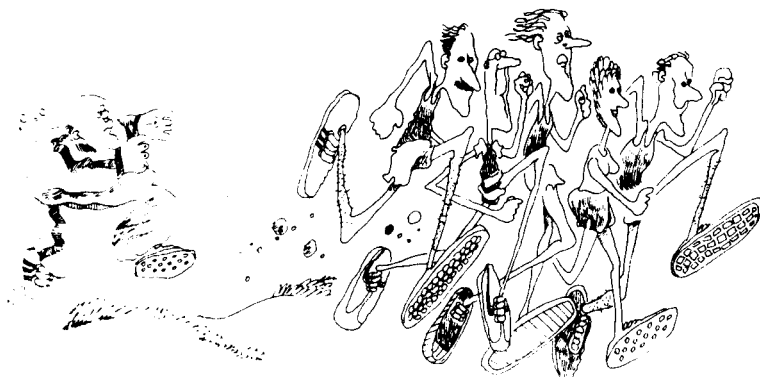
Caspian Lake Race

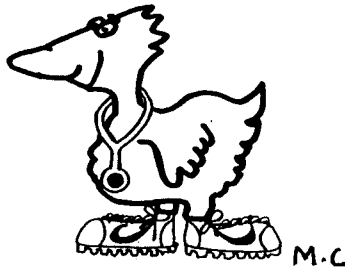
Anne Batten reported that the September Caspian Race would likely go forward with the same sponsorship this year. She stated they were looking for race insurance.

Next Meeting

The next meeting will be on St. Patrick's Day at Tim and Anne Noonan's home. 2 Pinewood Road in Montpelier. 6:30 p.m. Potluck---- Irish delicacies encouraged.

Tim Noonan
Secretary





DEAR DOCTOR DUCK

Q: Dear Dr. Duck,

I am very, very proud of my body. I have calluses on the top of my head formed by bumping into things because I walk around looking down at my various major muscle groupings. My question is: What will happen to my body when I die? Who will take care of it? Will it become soft and shapeless?

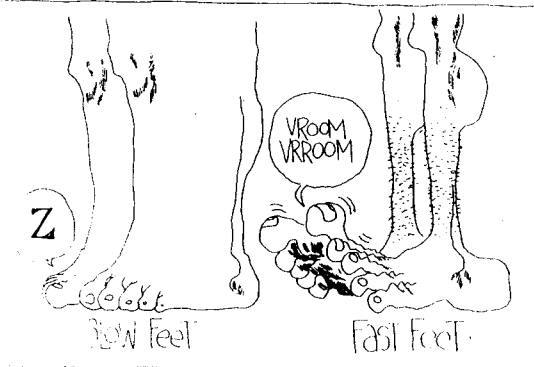
Arbie

A: Dear Arbie,

Good question Arbie. I can tell you're a man of deep thought. To address your first and last questions, I consulted the famous guru of fitness, Mr. Pee Wee Weeder himself. Through years of research, Mr. Weeder has found that a drastic weight loss seems of occur in conjunction with a reduction in muscle mass. As to why this happens is still under investigation. Mr. Weeder suggest pumping up as much as possible before you go and to seriously consider silicone implants. Mr. Weeder also mentioned that studies confirmed that ones coiffure stays in place years longer with the use of his patented "Pee Wee Weeder Hair Putty", sold only in exclusive stores near you.

As to who will take care of it (your body), I let my fingers do the walking in our local yellow pages. There are many fine "Body Shops" for your disposal. Here are just a few wonderful things they can do for you: Complete body work, glass work (a must for you since you wear glasses), frame straightening, custom painting (gotta hid those pimples), reconditioning, free estimates, foreign and domestic bodies and customer satisfaction assured. Good luck to you and remember, run fast and take chances.

Send all questions for Dr. Duck to the editor and she will see that he gets it.



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 — \$8.00.

Send completed Membership Form with initial membership fee to:

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

Montpelier, VT 05602
RD 3 Box 5310
Merill K. Cray-Z